

# CELEBRATING 21 YEARS



## MISSION STATEMENT

Billabong's mission is to enable adults living with mental illness to live their ideal life by fostering a safe and respectful environment.

*Want to become  
a member?*

Drop in and see us anytime for a guided tour and to receive our orientation pack!

No booking necessary! Our friendly staff and members are happy to chat anytime.

*Contact Us*

6 Darling Street, Tamworth NSW

Opening Hours: 8am- 4pm, Mon - Fri.

Ph: (02) 6766 9960

E: [admin@billabongclubhouse.org.au](mailto:admin@billabongclubhouse.org.au)

[www.billabongclubhouse.org.au](http://www.billabongclubhouse.org.au)

Or find us on Facebook!

# APRIL

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
12.15pm – Lunch <b>QUICHE/ SANDWICH/ SALAD OF THE DAY</b>	12.15pm – Lunch <b>ROAST OF THE DAY</b>	<b>1</b> 12.15pm – Lunch <b>FISH OF THE DAY</b>	<b>2</b>  12.15pm – Lunch <b>PASTA &amp; BAKES</b>	<b>2</b>  10.30am– <b>BIG BREAKFAST</b> 12pm - Happy Hour/ Grocery Shopping
<b>6</b>  12.15pm – Lunch <b>QUICHE/ SANDWICH/ SALAD OF THE DAY</b>	<b>7</b>  12.15pm – Lunch <b>ROAST OF THE DAY</b>	<b>8</b>	<b>9</b>  12.15pm – Lunch <b>PASTA &amp; BAKES</b>	<b>10</b>  10.30am– <b>BIG BREAKFAST</b> 12pm - Happy Hour/ Grocery Shopping
<b>13</b>  12.15pm – Lunch <b>QUICHE/ SANDWICH/ SALAD OF THE DAY</b>	<b>14</b>  12.15pm – Lunch	<b>15</b>  12.15pm – Lunch <b>FISH OF THE DAY</b>	<b>16</b>  12.15pm – Lunch <b>PASTA &amp; BAKES</b>	<b>17</b>  10.30am– <b>BIG BREAKFAST</b> 12pm - Happy Hour/ Grocery Shopping
<b>20</b>  12.15pm – Lunch Billabongs official 21st Birthday - celebrations on Wednesday the 11th of March At 5pm	<b>21</b>  12.15pm – Lunch <b>ROAST OF THE DAY</b>	<b>22</b>  12.15pm – Lunch <b>FISH OF THE DAY</b>	<b>23</b>  12.15pm – Lunch <b>PASTA &amp; BAKES</b>	<b>24</b>  10.30am– <b>BIG BREAKFAST</b> 12pm - Happy Hour/ Grocery Shopping
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>

# NEWS FLASH!!!

You can catch us on Facebook, Instagram, our website, monthly newsletters, email, phone, and of course...come on in! We look forward to seeing you!

## WHAT CAN I DO @ BILLABONG?

Billabong is voluntary to attend and you can come here as often as you like, to do as much or as little as you like! We have qualified staff who can support you in many areas. We also have a variety of fun activities available, as well as different groups daily so see below for further details.

<b>MONDAY</b>	10.30 am - Cultural awareness
<b>TUESDAY</b>	10.30 am HNEAH visit with Hannah our Occupational Therapist
<b>WEDNESDAY</b>	10.30am - Wellness Wednesday in the gym. 1.30pm - Art Group
<b>THURSDAY</b>	1.00 Budgeting, shopping and cooking skills
<b>FRIDAY</b>	10.30am - Movie Morning 11.30 am - Happy Hour (no alcohol involved!)

**Wii & Xbox, Cards & board games, Computers,  
Movies, Arts & crafts and  
Social outings**

## John Muller Profile.

John Muller (Date of birth 2nd August 1935) spent the first 12 years of his life at Nundle. The family lived in an old pioneer cottage which still stands today backing onto the Peel River behind the Caravan Park. John attended Nundle Public School and was introduced to cricket by his Headmaster Mr Craft, one of the top cricketers in the North and Northwest in that era. He also studied piano with teacher Berice Hayes. John moved to Tamworth in 1947 at the age of 12 with his parents Albert (AB) and Violet Maude Muller to live with and look after Maude's parents Jack and Sarah Jane Westaway who lived at 67 Darling Street after spending their early years at Bowling Alley Point. Maude's sister was Eydie whose parents were Cecil and Iris Tongue at "Taroon" Nundle. AB was a typical Aussie battler whose first job in Tamworth was plucking chooks at the West Tamworth Freezing Works and finally a cleaner at Tamworth Police Station. He was very popular with all members of the force who gave him a big send off on his retirement. Their eldest son Carl who was 9 years older than John spent his early working days at the Port Kembla Steel Works before returning to Tamworth and marrying Gloria Thomas. They produced 3 sons Tony now a retired school teacher, Ken bookmaker and keen golfer at the Longyard golf course and Garry a publican at Krumbach on the coast. John continued his piano lessons with Miss Sam's upstairs in the old PG Smith and Regans Building now occupied by Target. John left school at the end of his 4th year at Tamworth High School in Napier Street East Tamworth. Over his working life John spent 5 years at TJ Treloar & Co, 3 years at Falkenmires Music and Sports Store. John had been working at Pengilley's Radio and Electrical company next to Markers Cake Shop in Peel Street for 11 years. In 1974 he was approached by Terry Burke and John Smyth the owners of Burke and Smyth Stock and Station Agents. They were about to open Burke and Smyth Real Estate and offered John the job to help promote and manage the company. 26 years later in the

year 2000 when John retired Burke and Smyth Real Estate was widely recognized as one of the top and most successful Real Estate offices in Tamworth. John had 4 jobs all in the selling game and only moved half a block in 46 years!! John worked at Treloars with fellow salesman Bob Morrison who played trombone and saxophone .Bob was a member of the Police and Citizens Boys Club brass band. He invited John to join them and he had an enjoyable 3 years playing the euphonium. By coincidence there was an old saxophone lying in the music room at the club and John asked Bob would he teach him how to play it. John wrote out about 20 numbers and learn them. Out of the blue one day local band leader Lex Leicht invited John to join his band at the Tamworth Golf Club. John remembers shaking like a leaf and played the 20 tunes for quicksteps, foxtrots, Barn dances and gypsy taps etc and earned 3 quid for the night. It was a long weekend and he also played on the Sunday night. He never looked back after that and always thanked Lex for giving him a start in dance bands.. When Lex retired John took the opportunity to form his own band which featured various musicians over a period of 58 years. Some of his muso mates included Bruce Carmichael trumpet, Darrel Newby and Johnny Neal trombones, pianists Les Smith and Sandy McGillivray, Maurie Benning and best mate Peter Harkins on drums and vocalist Geoff Doyle. John also had a passion for the Glenn Miller Orchestra. He even called his eldest son Glenn after his idol. His dream came true in 1977 when he formed the 18 piece Johnny Muller Big Band, which stayed together for 8 years. John's son Peter played alto Saxophone in the Big Band. A major highlight was being invited by Eric Scott of Hadley Recording Studios to make a CD of the Band. It proved very successful with all 10 tracks being well received. While working at Falkenmires a nurse Mary Henderson from Bellata who was doing her training at Tamworth Base

Hospital called into the shop to purchase a record player. It was very special for John as they have been happily married for 56 years!!

They produced 2 sons Glenn and Peter and have 3 grandchildren Jordan 22, Kieren 21, and Caitlin 18. In 1997 John came up with the idea of having a Jazz Concert at West Tamworth Leagues Club as a fundraiser for the Billabong Clubhouse at 6 Darling Street which supports members who have experienced a mental illness. Thanks to the magnificent support from West Leagues CEO Rod Laing and his dedicated staff, many local businesses, advertising media and the people from Tamworth and District \$260,000 was raised between 1997 and 2011. With the exposure of the concerts John was able to pass on his expertise to many singers who grabbed the opportunity to further their careers. This included people like Rob McDougall, Felicity Urquhart, Aleyce Simmonds Gabriela Bonomo, Mim Gardiner, Roshanni Priddis and Ben Hazell. The concert also featured many world class Aussie performers like Janet Seidel, George Washingmachine, pianist Kevin Hunt and saxophonist Don Burrows.

John will always cherish the moment Don invited him to do a duet of Frank Sinatra's "In the wee small hours of the morning" with Don on alto flute and John on tenor saxophone accompanied by pianist Kevin Hunt. A special mention must be made of singer the late Dave Craswell who passed away after a long battle with cancer. Dave appeared on 9 of the 15 concerts. He also acted as stage manager for all John's concerts. Dave also appreciated to be given the opportunity to feature son James, daughter Sophie and brother Jasper to also perform with him on various shows. John would also like to thank entertainment venues Chief Peter Ross for his support and expertise in producing and directing John's 80<sup>th</sup> birthday concert celebrations at the Capitol Theatre 2nd August 2015. It was an outstanding success and all proceeds went to the Billabong Clubhouse. Being a Glenn Miller Fan gave John the

opportunity to feature Val Godden on clarinet with the Tamworth 2340 Big Band playing the Miller theme song "Moonlight Serenade" to open the show. John also received lots of pats on the back for his clarinet solo of Acker Bilk's "Stranger on the Shore". The Godden family thoroughly deserve special recognition for their contribution to the music scene in Tamworth over many years.

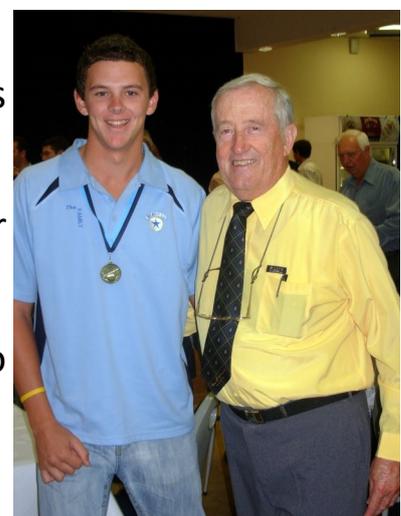
Reluctantly John made the decision to retire from playing in his band due to the persistent wooziness in his head caused from his battle with cancer which also stops him from playing golf. Before his retirement in 2015 he had really cherished playing with The John Muller Trio which consisted of John on Piano Phil Reading Bass and Lou Farina Drums. He was also very impressed with his vocalist Kate Armstrong. Over the period the band were together John has always rated Kate as one of the best all round performers that he has worked with. There's an old saying in music. "There are millions of singers but not a lot of entertainers". She is blessed with all the right attributes and enjoys singing the old standards made popular by Doris Day, Ella Fitzgerald, Rock'n'Roll and Country songs. She is currently a featured vocalist with Tamworth's 2340 Big Band. Another very successful fundraiser was the annual Billabong Clubhouse Charity Golf Days at the Longyard Golf Course promoted by Ken Muller and his mates.

John also has fond memories of his career in cricket. A left arm swing bowler he first represented the north and North West against the NSW TOURING SHEFFIELD SIDE at Gunnedah in 1954. The team included CAPTAIN KEITH MILLER, ARTHUR MORRIS and a young RICHIE BENAUD. John's main ambition was to play on the Sydney Cricket Ground. His dreams came true in Narrabri 1960 when he took 3 wickets against the touring NSW SHEFFIELD TEAM including their captain IAN CRAIG. And 1 month later he was chosen to represent COMBINED NSW COUNTRY verses CITY at the SYDNEY CRICKET GROUND. An even bigger

surprise followed when John was picked to play against the WEST INDIES in NEWCASTLE again representing NSW Country. It was also very special for John's future wife Mary who sat between Sir Garfield Sobers and Rohan Kanhai who both had the day off. John has always rated Sobers as the best all round cricketer in the World. A three MONTH TOUR OF THE WORLD followed with JS Whites Emu Club side. Former Test spinner, the late Johnny Gleeson was also in the side as a wicket keeper batsman. The tour took in every major city across Canada and 19 games in 21 days in England then Holland and finishing up in Hong Kong. John took 91 wickets on the tour. On his return to Tamworth John played against TED DEXTERS ENGLANDS MCC TEST SIDE at No1 Oval in Tamworth. The icing on the cake came in 1963 at number 1 oval Tamworth playing for North Tamworth first grade side against West Tamworth. JOHN TOOK ALL 10 WICKETS FOR ONLY 22 RUNS!! He is a life member of the North Club. John has also been credited with teaching Bendemeer's Aussie test cricketer Josh Hazlewood the Glenn McGrath bowling method during his 3 years at the Ken Falkenmire coaching academy before Josh moved to Sydney.

John also enjoyed playing hockey with his good mate Ted Gumbley in the late fifties and early sixties with the Police Boys Club. John was credited with scoring the only goal playing against the touring New Zealand Hockey Test side in Tamworth in 1963. Don Spencer was also a team member who represented NSW Colts in Sydney 1961. Don will also be remembered as the former father in law of actor Russell Crowe.

John was awarded an OAM in 2006 for his services to the community of Tamworth as a musician, Representative cricketer, fundraiser and supporter of charitable, sporting and youth organizations and the NSW Government award for Services to the Community in 2007.



## BLAST FROM THE PAST



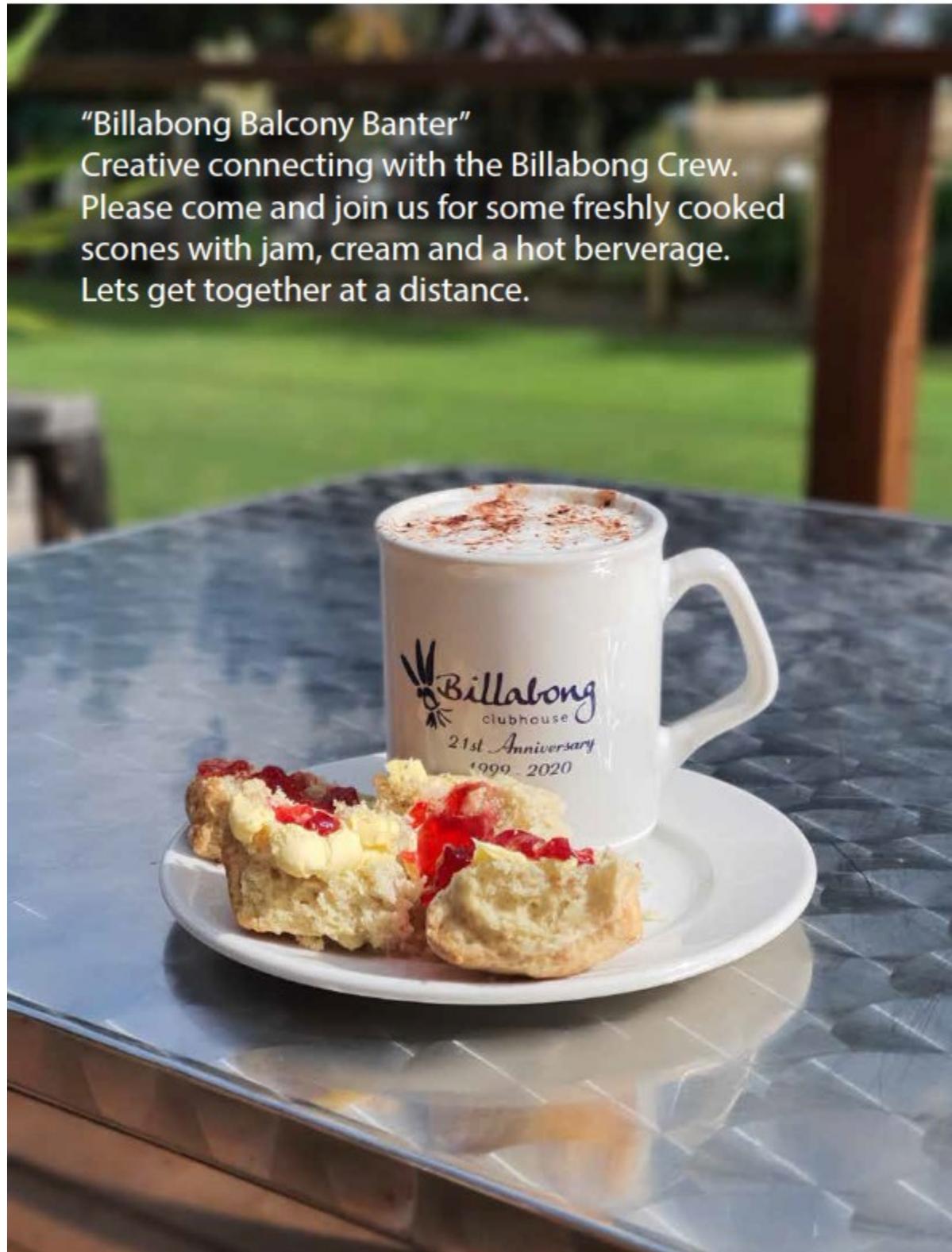
Some of our current members in a flash back to the past.

Does anyone know who all the members are?

Let us know.

# Good news

With the relaxation laws in NSW scaled back a bit we are happy to say we can now see 2 members at a time at the clubhouse for a catch up. This will be booking only so we can practice our social distancing rules. Looking forward to seeing you all soon.



# IN THE KITCHEN...

## Winter meals

*, These easy honey garlic pork chops are coated in a sweet and savory sauce, then cooked in the slow cooker until tender and succulent. The perfect easy meal for a busy day!*

If you've never experienced crock pot pork chops, now is your opportunity to give them a try! The pork comes out fork tender and the sauce has just a handful of ingredients, yet is complex in flavor.

### INGREDIENTS

- 6 thick cut boneless pork chops
- 1 tablespoon olive oil
- salt and pepper to taste
- 2 teaspoons minced garlic
- 1/2 cup ketchup
- 1/3 cup low sodium soy sauce
- 1/4 cup honey
- 2 tablespoons cornstarch
- 2 tablespoons chopped parsley

### INSTRUCTIONS

- Heat the oil in a pan over high heat. Season the pork chops generously with salt and pepper on both sides
- Cook the pork for 4-5 minutes on each side until deep golden brown
- Add the pork chops to the slow cooker.
- NOTE: you can skip the browning process if you prefer and simply season the pork chops with salt and pepper then add them to the slow cooker.
- In a small bowl, whisk together the garlic, ketchup, soy sauce and honey. Pour the sauce over the pork chops.
- Cover the slow cooker and cook on LOW for 4 hours.
- In a small bowl, mix the cornstarch with 1/4 cup cold water. Add the cornstarch mixture to the slow cooker.
- Cook for 1 more hour or until sauce has just thickened and pork chops are tender. Sprinkle with parsley and serve



## COVID-19 UPDATE

In line with Social Distancing Laws, Billabong Clubhouse is still closed to Members.

At this time we have no idea when clubhouse will return to normal operations. In saying that, we are encouraged by the relaxation of some visiting rules come May the 1st and hope this is a sign that more rules will be relaxed.

During this time we will provide Outreach to our Members via phone support.

We are also able to provide meals for those in desperate need during this time.

Please call the Clubhouse after 8.30 am Monday to Friday for support or to discuss urgent needs or matters.

We, The Billabong Staff, hope to see all our members come through this challenging time healthy and well and we assure you that we will continue to support you to the best of our ability until we can return to business as usual.

Take Care of yourselves & each other.



**Service welcomes government funding**

ONE of Tamworth's longest-standing mental health services has welcomed the federal government's latest funding support for the sector.

Billabong Clubhouse will be among the thousands of facilities across the country to benefit from the government's \$1.1 billion support measures for mental health services and domestic violence support.

The funds are the latest in the federal government's support measures during the COVID-19 pandemic.

Billabong Clubhouse community engagement officer Joe Miller said any help the government could provide the mental health sector would be welcome.

"In my opinion, isolation is probably the biggest challenge facing most of our clients at the moment," Mr Miller told the *Leader*.

"Due to the pandemic restrictions, we have had to close our centre and offer our service to our clients remotely.

"Being able to come to our centre is a big thing for so many of our clients and any funding we can get that can help us deliver the service remotely is certainly welcome."

Federal agriculture minister David Littleproud said the funding would further support people in the outback and remote communities.

"No Australian, no matter where they live, needs to go through this alone," Mr Littleproud said.

"Those in regional and rural Australia have had it rough recently, with drought, bushfires and now the COVID-19 crisis. We will continue to be there for them."

Mr Miller said he expected the demand for mental health services would only increase as the pandemic continues.

"We've just celebrated our 21st anniversary in Tamworth and some of our clients have been with us since day dot," he said.

"However, I think we will start to see more and more people reach out to us because of things like unemployment and isolation.

"We have seen the statistics rise for the suicide rate in young people, so it's more important to have mental resources in place than ever before. It's only going to worsen and hopefully this funding can help us to see people through."

|| Lifeline 13 11 14.  
|| Beyond Blue 1300 22 4636 |  
- BILLY JUPP

**HERE TO HELP:** Tamworth's Billabong Clubhouse is helping its clients remotely during the COVID-19 pandemic. **Photo: Peter Hardin 300320PHD001**

# HELPFUL CONTACTS

Mental Health Line	-	1800 011 511
Lifeline	-	13 11 14
Beyond Blue	-	1300 22 4636
Suicide Call-back Service	-	1300 659 467
National Sexual Assault & Family Violence Counselling Service	-	1800 737 732
Kids Helpline	-	1800 55 1800
Men's Line	-	1300 78 99 78

# PROUD SUPPORTERS

