**WHAT’S ON**

**VHOS CAR PARK EVENT**
FRIDAY 16TH – SUNDAY 18TH SEPTEMBER
We’ll show you how to kick-start your outdoor projects with a huge range of outdoor living, greenlife and gardening products.
Check your local store for details.

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**Raising Garden Bed**
200 x 100 x 41cm. Available in paperbark, tanaka and pair-eucalypt. Plants sold separately.
$99

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**Potted Colour**
Flat 100mm pot. Seasonal varieties.
$2.65

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**Timber Cubby House**
124 x 115 x 132cm. Can be painted any colour. Easy to assemble.
$299

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**Bosch Laser Distance Measurer**
Measures up to 20m. Includes pencil and battery.
$198.50

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**Price Guarantee**
If you happen to find a lower price on a stocked item, we’ll beat it by 10%.

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**Search is on to find more local heroes like Nicky**

**Andrea Johnston**

A PRIDE of Australia Medal symbolises the award Alice Springs campaigner Nicky Gallas says she is “most proud” of.

Recognised in 2014 for her work to raise awareness of mental health issues, Ms Gallas said the Pride of Australia Medal meant so much, even after being named the Northen Territory’s local hero in the Australian of the Year awards earlier that year.

“I think it’s because it was so local. I love the Northern Territory, and I guess there wasn’t the massive pressure of the Australian Day awards,” Ms Gallas said.

Ms Gallas, 46, took home a gong in the Care and Compassion category having battled her own demons to advocate for fellow sufferers.

In 2013 she walked 1600km from Alice Springs to Adelaide to raise money and awareness for rural mental health, under the campaign name “No More Excuses”. She did the journey on her own, to demonstrate the isolating nature of mental health conditions.

She then launched a charitably organised call-out of the Shadows through which she communicated with people all over the country, letting them know they weren’t alone in their struggles.

Using the platform of Facebook, Ms Gallas also thought up “Alice cares,” a community group which steps up to help people in crisis. It has focused the efforts of Centralians to help people who’ve lost their homes to fire, have faced unemployability, or have found themselves in any other circumstance where support and practical help is required.

“Helping others is my medicine,” Ms Gallas said. “Any time I’m down or depressed I’ll get on board with something or I’ll come up with an idea like “Coo-ee for Mental Health” and then feel like I’m doing something.”

Initiatives like “Coo-ee for Mental Health”, which took place in July this year, encouraged people to spare just a minute or two to remember those with a mental health problem which, according to Mindframe, is one in five Australians, each year.

Those involved were urged to call “Coo-ee” at the same time on a designated day in a simple, audible demonstration of support.

Ms Gallas says it was an honour just to be nominated for the Pride of Australia awards, and the recognition helped her to push her message.

“The media coverage was fantastic and people stop you on the street,” she said.

“You don’t realise people know what you’ve done until you meet them and they say ‘I know you, you’re Nicky Gallas’.”

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**Musical extravaganza for all**

**Andrea Johnston**

BUSKING at the Bakery kicks off musical celebrations today as the Desert Song Festival heads into its final stages for 2016.

What’s described as the “mandatory indulgence” which is the pop-up bakery at the Residency, has “extra spice” added today with performances from 1pm to 3pm.

A celebration of youth talent takes place tonight as 50 performers from Alice Springs schools and youth clubs participate in a parade of choirs and dance ensembles starting at the Flynn Church Lawns at 6pm.

Bec Matthews and King Marong play tonight at the Festival Club at Yaye’s, while the KonaRaah series continues tomorrow with a chamber concert by Francis Diatschenko.

The Alice Springs-born guitarist will delight the audience at Hartley Street School from 7.30pm. The Festival Club Finale gets under way at 8.30pm with performances by the Hermannsburg Band and other support acts.

Sunday will be busy with plans for any one wanting to get involved in the two major musical events which close the festival.

Oroonko Gorge is the location for the annual A Capella in the Gorge event which will see the Asante Sana Choir celebrate 11 years of making music in the Centre.

They will be joined this year by the Central Australian Ab- original Women’s Choir with a Bush Barbecue and coffee available from the kiosk. The event starts at 3.45pm.

Deirdre festival fans will then race back for The Final Festival Concert at the Ara- lua Theatre from 7pm, featuring East Marries West, the Francis Diatschenko Guitar ensemble and a mass collaboration between various choirs and musicians, all the idea of tireless festival director Morris Stuart.

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**Reflecting**

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