

JULY 2022  
MID-WESTERN MAIL MAGAZINE

FREE

# MWMM

MUDGEE | GULGONG | RYLSTONE | KANDOS | LUE & EVERYWHERE IN-BETWEEN



## YOUR COMMUNITY NEWS

*Stay up-to-date with what's going on in your town*

## OUR REGION'S EVENTS

*Discover the best of July events, workshops & gatherings*

EDITION 17 | OUR REGION | OUR COMMUNITY | OUR NEWS



SCL.

## A FRESH APPROACH TO LEGAL SERVICES

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LETTERS OF  
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FAMILY PROVISION CLAIMS



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SALLY CALLANDER LAW.



## Dear Sally

### Your commonly asked legal questions answered

**I have the feeling that my friend is experiencing domestic violence. I don't know what to do about it. Do you have any advice?**

It can be difficult to know what to do, especially when you're angry or scared for the victim and want to help. Here are some tips:

**Approach the topic carefully and sensitively when their partner is not around.**

Be calm and kind. Listen without judgement and try to avoid immediately suggesting solutions. Simply 'holding space' for them to process what is happening can make a difference. Offer reassurance that you believe them and validate their feelings.

**Avoid asking the question outright.**

Sometimes a simple "are you ok?" can be powerful. Let them know – and reinforce – that you are a safe place where they can share without judgment or blame. Explain your concerns but don't force them to talk if they are not ready yet.

**Avoid making negative comments and name-calling. Do not blame the victim.**

Don't be surprised if they become defensive or deny your concerns. Understand that they may need to share gradually rather than divulge everything at once. Encourage them to engage with support services and a counsellor who have the skills and training to support them alongside your love and care.

**Don't tell them what to do or pressure them to leave the relationship.**

They may not be ready to leave the relationship after confiding in you, or once they do leave, they may return to the relationship. Statistically, it can take a victim of family violence eight attempts to leave the relationship before separation is permanent.

**Don't take it personally if they withdraw from you at times.**

Remember that they are not trying to push you away if they become distant or cancel plans at the last minute. They may be operating in a cycling state of 'fight' or 'flight'. Continue to let them know that you are there for them to listen and support.

**Offer to assist them in practical ways.**

This could include being an emergency contact for them; holding a bag of emergency supplies containing money, clothes and important documents for them; developing a 'safe' word that they can say to you to indicate they need immediate help; and accompanying them to meetings with support services or legal processes to provide moral support.



**Look after yourself too.**

It can be stressful, worrying and overwhelming to support someone experiencing family violence. Connect with support services for yourself and engage in healthy self-care practices regularly.

# Notes from the Editor

**Welcome to the 17th Edition of MWM.** The chilly winter months are definitely upon us! What better way to thaw out than by grabbing a few minutes to sit in the warmth and catch up on what's going on around our beautiful region this month? Again, July's edition is packed full of local events, clubs and gatherings – there's something for everyone. And don't miss all our tips to stay happy and healthy even though we would prefer to stay curled up under a blanket. I would also like to take this opportunity to thank all our July advertisers, we are deeply grateful for your support without which this publication would not be possible and therefore we encourage our readers to support the businesses that support your local news.

**Don't forget to follow us on our socials:**

 [midwesternmail](#)  [midwesternmail](#)

Naomi x

## FRONT COVER FOCUS

This month's front cover image was supplied by the Cudgegong Camera Club who meet on the first Tuesday of each month, upstairs at Kaldallan, Court St, Mudgee (the old TAFE building) at 7pm. Each month they enjoy a varied and stimulating programme of guest speakers, photographic competitions, practical and creative sessions as well as a valuable exchange of ideas with each other. Their membership varies widely in terms of age and experience, from beginners to professional photographers. From time to time the club will organise an outing, which could be at any time of the day - depending on the photographic conditions. For further details of these outings please refer to their program page on the website [cudgegongcameraclub.com.au](http://cudgegongcameraclub.com.au) or Facebook @ **CudgegongCameraClub**. The aim of the club is to broaden the photographic interests of its members, and to provide education, guidance, competition and social interaction in a friendly, relaxed and informal environment. The club is a non-profit organisation run by volunteers who all have a passion for photography. Visitors are always welcome at the club, and bookings are not necessary. We would love to see you, so please feel free to attend any night you wish.



## ADVERTISE WITH US

The Mid-Western Mail (MWM) is created monthly and has become a highly successful, not-for-profit publication showcasing regional events, businesses and services. Every advertising dollar spent contributes to our community and visitors receiving FREE regional information. With a highly targeted distribution across the region, MWM focuses on high traffic. If you would like to tell the region about your business or event and support regional news by advertising with us please email Naomi at: [mwm@businessmudgee.com.au](mailto:mwm@businessmudgee.com.au) or call 0439 448 840. **Deadline is the 15th of each month.**

*The Mid-Western Mail acknowledges the Wiradjuri people as the Traditional Custodians of the Country upon which we live, learn and work. We honour their Ancestors and pay our deepest respects to their Elders, past, present and emerging.*

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## WE LOVE FEEDBACK

We love receiving feedback from our readers and advertisers. This month, Jill Baggett, from the Mudgee Valley Writers wrote in to say:

*"I was able to obtain a copy of the June MWM from the Corner Shop today. Thank you once again for promoting Mudgee Valley Writers. We appreciate it very much. Everything is presented so beautifully in MWM. Such a pleasure to read. We are getting many more local entries than we usually do in our competitions. I am sure it's your promoting for us that has helped this happen."*

## SHOUT OUT TO OUR JULY ADVERTISERS

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# JULY

## EVENTS THROUGHOUT OUR REGION IN JULY

### **JULY** JuEYE Get your eyes checked!

*See inside for details*

### **JULY** Dry July

*See inside for details*

**JULY** Gulgong Holtermann Museum & Free Interactive Street Trail (open daily 10am-3pm) *See inside for details*

### **EVERY MONDAY**

**Gulgong Library Reading Circle** (11am)

**Writing Circle**, Mudgee Library (1pm-3.30pm)

### **EVERY TUESDAY**

**The Man Walk**, Lawson Park, Mudgee (6pm)

### **EVERY WEDNESDAY**

**Gulgong Men's Shed meet** (9am)

### **EVERY WEDNESDAY TO SUNDAY**

**Kandos Museum** (10am-4pm)

### **EVERY THURSDAY**

**Red Hatter Ladies meet**

**Craft Group**, Kandos Returned Services Community Club (11am)

### **EVERY THURSDAY TO SATURDAY**

**Mudgee Cocktail Bar, Balcony Bar**, upstairs at Kelly's Irish Pub (Thursday 6-9pm / Friday & Saturday 4pm-late)

### **EVERY FRIDAY**

**Rotary Club of Mudgee Sunrise meeting**, Parklands (7am)

**'Publicans Shout'** Centennial Pub, Gulgong (a free beer 6pm)

### **EVERY FRIDAY TO SUNDAY**

**Almost Anything Emporium**, Rylstone (10am-3pm)

### **EVERY SATURDAY**

**Park Run** Short Street & Perry St (Behind Big W), Mudgee (8am)

**Mudgee Heritage Walking Tours** (10-11am)

### **EVERY SUNDAY**

**Mudgee & District Kennel & Obedience Club training classes**, Victoria Park, Gulgong (10am) *See inside for details*

### **1-3 JULY**

**Movies at Mudgee Town Hall Cinema**

### **2-17 JULY**

**Bathurst Winter Festival**

### **2 JULY**

**Church Markets**, St Johns Anglican Church grounds (1st Saturday of every month 9am-1pm)

### **2-10 JULY**

**Mayfield Winter Festival**, Mayfield Gardens, Oberon

### **3 JULY**

**Mudgee Makers Market**, Robertson Park (1st Sunday of every month 8.30am-12.30pm)

### **3-17 JULY**

#### **SCHOOL HOLIDAYS**

### **3-10 JULY**

**NAIDOC Week** *See inside for details*

### **3 JULY**

**Annual Members Race Meeting**, Mudgee Race Course

### **4 JULY**

**Monday History Talk** (1st Monday of every month 12.15pm-2pm)

### **5 JULY**

**Cudgegong Camera Club meeting**, Kaldallan, Court St, Mudgee, *old TAFE building* (1st Tuesday of every month 7pm)

### **5 JULY**

**Mudgee Library Evening Book Group** (1st Tuesday of every month 6pm-7pm)

### **5 JULY**

**Business Mudgee meeting**, Club Mudgee (5.30pm)

### **7 JULY**

**Books that Made Us Book Group**, Mudgee Library (1st Thursday of every month 6pm)

### **8 JULY**

**Cudgegong Valley History Group**, Henbury Golf Club, Kandos (1st Friday of every month 11am-3pm)

### **8 JULY**

**CWA Day Meeting** 48 Market St, Mudgee (1st Friday of every month 11am)

### **8-9 JULY**

**Mudgee Small Farm Field Days**, AREC Mudgee

### **9 JULY**

**Rylstone Artisan & Produce Markets**, Rylstone Memorial Hall (2nd Saturday of every month 9am-1pm)

### **9 JULY**

**Kandos Rylstone Film Society: Film Night**, Rylstone Hall (2nd Saturday of every month)

### **9 JULY**

**Lawson Park Markets, Mudgee** (2nd Saturday of every month 8.30am-12.30pm)

### **10 JULY**

**Mudgee Miniature Railway** (2nd Sunday of every month 10am-2pm)

### **11 JULY**

**CWA Evening Meet**, 48 Market St, Mudgee (2nd Monday of every month 5.50pm)

### **11 JULY**

**Adventure Club 8-12yrs**, Book Club, Book Nest (2nd Monday of every month 4-5pm)

### **12 JULY**

**Crafternoon**, Kandos Library free for 12-20 years (2nd Tuesday of every month 3.45pm-4.45pm)

### **12 JULY**

**Book Nest Wine Club**, Mudgee (2nd or 3rd Tuesday of every month 7pm)

### **12 JULY**

**Mudgee Valley Writers meeting**, Club Mudgee (2nd Tuesday of every month 12.00pm-3pm)

### **13 JULY**

**Mudgee Library Intermediate/Advanced Junior Chess Club**, ages 6-14 (2nd Wednesday of the month 4.30pm-5.30pm)

### **14 JULY**

**Christmas in July Bus Trip to Yulefest**, Blue Mountains *See inside for details*

### **14 JULY**

**Folk Session**, Centennial Pub, Gulgong (2nd Thursday of every month 6pm-late)

### **14 JULY**

**Seniors Meeting**, Kandos Returned Services Community Club (2nd Thursday of every month 2pm)

### **14 JULY**

**Mudgee Library Afternoon Book Group** (2nd Thursday of every month 2.30pm)

### **14 JULY**

**'Business Mudgee Monthly Meet and Greet'** for Business Mudgee members and guests, Club Mudgee (5.30pm)



## 15 JULY

'A Pleasant Morning,' a presentation on the history and development of Mudgee Region, Oak Tree Retirement Village, Mudgee (10.30am) *See below for details*

## 16 JULY

**Mudgee Farmers Markets**, Robertson Park (3rd Saturday of every month 8.30am-12.30pm)

## 17 JULY

**The Rylstone Community Markets**, Rylstone, The Globe beer garden (3rd Sunday of every month 10am-1pm)

## 17 JULY

**Combined Pensioners & Superannuants (CPSA) 'Christmas in July'**, Gulgong Bowling Club *See inside for details*

## 17 JULY

**Guided Farm Walks, Mudgee** (3rd Sunday of every month 9am-12pm)

## 17 JULY

**Third Sunday Yarn Therapy**, Makers Space, Dunedoo (3rd Sunday of every month 10am)

## 17-23 JULY National Farm Safety Week

*See inside for details*

**18 JULY Poetry Circle**, Mudgee Library (3rd Monday of every month 10am-12pm)

## 20 JULY

**Online Book Group**, Mid-Western Libraries (3rd Wednesday of every month 7pm via Zoom) *See inside for details*

## 21 JULY

**Mudgee Library Adult Chess Club** (3rd Thursday of every month 5.30pm-6.30pm)

**22 JULY National Pyjama Day** (Foster Care awareness) *See inside for details*

## 24-31 JULY Donate Life Week

*See inside for details*

## 25 JULY - 2 AUGUST

**Blood Bank Mobile Donor Centre**, 86 Market St, Mudgee *See below for details*

## 27 JULY

**Cudgegong Poets**, The Book Nest, Mudgee (4th Wednesday of every month 6.30pm)

## 27 JULY

**Mudgee Library Beginners Junior Chess Club**, ages 6-14 (4th Wednesday of every month 4.30pm-5.30pm)

## 31 JULY

'My Gypsy Heart' from Voices in the House Concert Series, The Prince of Wales Opera House, Gulgong (4pm) *See inside for details*

## 31 JULY National Tree Day

*See inside for details*

## REGIONAL INFORMATION

[visitmudgeeregion.com.au](http://visitmudgeeregion.com.au)

[midwestern.nsw.gov.au](http://midwestern.nsw.gov.au)

[businessmudgee.com.au](http://businessmudgee.com.au)

[gulgong.com.au](http://gulgong.com.au)

[rylstonekandos.com](http://rylstonekandos.com)

## LOCAL LISTEN

**Mudgee/Gulgong 93.1FM**

**Rylstone/Kandos 97.9FM**

**Mudgee/Gulgong MAGIC 87.6FM**

## A PLEASANT MORNING



Rebecca Redfern, Village Manager of Oak Tree Retirement Village Mudgee is looking forward to hosting well-known Historian and Author John Broadley for his presentation on the history and development of the Mudgee region. The presentation was originally planned for earlier this year but was postponed due to COVID.

John's presentation will cover the history and development of the Mudgee region and town, the second oldest European settlement west of the Blue Mountains after Bathurst.

The presentation will be held at Oak Tree Retirement Village on Friday 15 July 2022 at 10.30 am. Morning tea will be served at the conclusion of the presentation.

The organisers hope that interested people will take advantage of this talk and come along with their friends to enjoy hearing about some of the history that helped the Mudgee region become a centre well known through the state for the production of fine wines and food and particularly for its hospitality.

It would be greatly appreciated if a gold coin could be donated at the door. All funds received will be going to the Mudgee Historical Society.

For catering purposes, and to ensure that COVID regulations at the time are adhered to, please register your interest by phoning Rebecca on 0437 796 603.

## ROLLUP YOUR SLEEVES

The Blood Bank Mobile Donor Centre is coming to Mudgee so roll up your sleeves – it will be at 86 Market St (located at the Mid-Western Regional Council's rear car park) from **25 July to 2 August**.

### Open hours:

Monday 25 July - 1.45pm - 7pm

Tuesday 26 July - 8am - 2pm

Wednesday 27 July - 1.45pm - 7pm

Thursday 28 July - 8am - 2pm

Monday 1 August - 1.45pm - 7pm

Tuesday 2 August - 8am - 2pm

Visit [www.lifeblood.com.au/donor-centre/nsw/mudgee-mobile-donor-centre](http://www.lifeblood.com.au/donor-centre/nsw/mudgee-mobile-donor-centre) or call **13 14 95** for more information.





# THE BOOK NOOK

by Mid-Western Regional Council Libraries

## WINTER READING PROGRAM



Have you registered for the Library's Winter Reading Program (Season of Mystery) yet? Borrow books, puzzles and DVD's. Attend author events, book groups and trivia nights. Complete crosswords, book bingo and other puzzles. 12 wintry weeks, 12 tales of mystery and suspense, how many mysteries can you solve? Register now at: [mwrclibrary.eventbrite.com](http://mwrclibrary.eventbrite.com) for opportunities to win prizes!



## VIRTUAL BOOK GROUP

Our Online Book Group is looking for more members! Held the third Wednesday of the month, 7:00pm via Zoom. Perfect for those who live out-of-town or who don't have time to travel for face-to-face catch-ups.

Register at: [mwrclibrary.eventbrite.com](http://mwrclibrary.eventbrite.com)

## SCHOOL HOLIDAY PROGRAM

Fun and low-cost activities these school holidays at your local library branch for ages 3-12. Our NAIDOC and winter-themed program is sure to be a hit with the kids! Make a pom-pom or a glass jar snowman, create an imaginative artwork with Magiclay, design an indigenous wooden pendant or an Aboriginal Flag thaumatrope, plus much more.

Bookings at: [mwrclibrary.eventbrite.com](http://mwrclibrary.eventbrite.com)



## GOOD READING HUB

A digital magazine dedicated to book lovers you say? *Good Reading Magazine* helps readers around Australia discover the best authors, books and writing from here and across the globe. *PK Mag* includes creative work such as stories, book reviews, poetry, video, music and art, created by and for kids. *SpineOut* features creations by young adults for young adults, including book reviews, artwork, photography and short stories. All discoverable for **FREE** with your library membership card on the Good Reading Hub: <https://bit.ly/3g0srea>



## BOOK REVIEW

*Everyone In My Family Has Killed Someone*  
by Benjamin Stevenson

The worst family get together in the history of family reunions. This quirky murder mystery has everything from whip smart humour to a perfect blend of classic whodunnit and modern crime writing. The conversational and often sarcastic tone of the book is unique, as the protagonist regularly addresses the reader and points out facts that happen on certain pages. Witty and fun, for fans of *Knives Out* and *The Thursday Murder Club*. Available in print from the Library.



SCHOOL HOLIDAY PROGRAM

# July 2022



Mid-Western Regional Council Library aims to offer fun and low-cost activities for children of various age groups during the school holidays.

## Mudgee Library

### WEEK 1

DATE	AGE GROUP   TIME	ACTIVITY
<b>Wed 6 July</b>	3–5 years 10am–10.30am	Aboriginal flag thaumatrope
	6–8 years 11.30am–12.30pm	Wooden circle pendants
<b>Thu 7 July</b>	3–5 years 10am–10.30am	The cunning crow
	9–12 years 11.30am–12.30pm	Paper Magiclay artwork

### WEEK 2

DATE	AGE GROUP   TIME	ACTIVITY
<b>Wed 13 July</b>	3–5 years 10am–10.30am	Glass snowman
	9–12 years 11.30am–12.30pm	Pom pom snowman
<b>Thu 14 July</b>	3–5 years 10am–10.30am	Penguins on ice
	6–8 years 11.30am–12.30pm	Snowy town watercolour painting

## Kandos Library

### WEEK 1

DATE	AGE GROUP   TIME	ACTIVITY
<b>Fri 8 July</b>	6–8 years 10.00am–11.00am	Wooden circle pendants
	9–12 years 11.30am–12.30pm	Paper Magiclay artwork

To book a session, go to

[mwrclibrary.eventbrite.com](http://mwrclibrary.eventbrite.com)

**NOTE:** A parent or carer is required to stay with their child for any sessions that are for ages 3–5 years. Sessions are strictly limited to the number of tickets available on Eventbrite, please book a spot for each child attending. Also be aware that there is a minimum number of children required to run our sessions. Unfortunately, if this number is not reached, we may have to cancel the session at short notice. Please contact the Library if you have any questions about our school holiday activities.

## Gulgong Library

### WEEK 2

DATE	AGE GROUP   TIME	ACTIVITY
<b>Mon 11 July</b>	6–8 years 9.30am–10.30am	Snowy town watercolour painting
	9–12 years 11.00am–12.00pm	Pom pom snowman



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# GET INVOLVED

There are many organisations across the country running events during the month of July to raise awareness and funds for important causes. Perhaps you would like to set up your own fundraiser or get involved with an event already being run in our region? Either way, below are some ideas for July!

## JulEYE

The Australia and New Zealand Eye Foundation (ANZEF) encourage everyone to get their eyes tested this JulEYE. 75% of vision loss is preventable or treatable if detected early enough, yet every 65 minutes an Australian loses part or all of their vision. Find out more, visit: [ranzco.edu/home/foundation/juleye](http://ranzco.edu/home/foundation/juleye)

## DRY JULY

Dry July is a national fundraiser, run by Dry July Foundation that encourages people to go alcohol-free in July and raise funds for people affected by cancer. Funds are provided to projects and programs that improve the comfort and wellbeing of people affected by cancer- whether it's a lift to a life-saving appointment, guidance from a specialist nurse, connection to an informative voice, access to therapy programs or a bed close to treatment. We aim to make a difficult time, a little easier for those affected by cancer. Having a month off alcohol also has great health benefits and encourages awareness of a healthy attitude to alcohol consumption. The challenge is a perfect fit for workplaces or social groups. Find out more, visit: [au.dryjuly.com](http://au.dryjuly.com)

## NAIDOC WEEK (3-10 July)

NAIDOC stands for National Aborigines and Islanders Day Observance Committee. NAIDOC Week is usually held in the first full week of July. It is a time to celebrate Aboriginal and Torres Strait Islander cultures and an opportunity to recognise the contributions that Indigenous Australians make to our country and our society. Find out more, visit: [naidoc.org.au](http://naidoc.org.au)

## National Pyjama Day (22 July)

National Pyjama Day is all about wearing your favourite pair of PJ's to help The Pyjama Foundation raise much-needed awareness and funds for children in foster care. With the money raised from National Pyjama Day, you'll be helping us offer learning skills to more than 1,000 children, fund educational resources and help provide stable, positive relationships. So this July put on your favourite PJ's, make a donation, and get your friends/colleagues involved! Find out more, visit: [theypyjamafoundation.com](http://theypyjamafoundation.com)

## National Farm Safety Week (17-23 July)

National Farm Safety Week is run each year, in the third week of July, aims to raise awareness of farm safety issues in rural communities across Australia. Find out more, visit: [farmsafe.org.au/Farm-Safety-Week](http://farmsafe.org.au/Farm-Safety-Week)

## Donate Life Week (24-31 July)

DonateLife Week is Australia's national awareness week to promote organ and tissue donation and is led by the Organ and Tissue Authority as part of the Australian Government's National Reform Agenda to increase organ and tissue donation rates. Find out more, visit: [donatelife.gov.au](http://donatelife.gov.au)

## National Tree Day (31 July)

Planet Ark is calling for people to connect with nature by getting involved in National Tree Day, Australia's largest tree-planting and nature care event. People can participate by becoming National Tree Day site coordinators or attending plantings in their local areas. Find out more, visit: [treeday.planetark.org](http://treeday.planetark.org)





# THE HEART OF THE MATTER IN MID-WESTERN REGION

Business Mudgee is launching a new initiative supporting the health of all residents, not just business people, across the Mid-Western Regional Council area. *The Heart of Cudgegong – Defib Project* will promote the location and installation of Defibrillators or Automated External Defibrillators (AEDs) in all communities including Rylstone, Kandos, Mudgee and outlying villages.

“We have been inspired by the great work of the Gulgong community to provide easy, 24hr access to defib devices for residents of that town. We would like to roll out a similar initiative right across our Council area”, Ali Broinowski President of Business Mudgee said today. “We understand that the use of an AED within the first three minutes of a cardiac arrest has shown to improve lifesaving outcomes of patients from 10% up to 70%. (Source<sup>a</sup>) It would be amazing if we could support these sorts of outcomes for anyone suffering a cardiac arrest in our region”.

The first stage of the project will be to conduct an audit of the location and availability of existing AED devices. “From talking to people, no one seems to have a clear picture of where existing AEDs are located and whether they are accessible to the public. We will start to build a database of these locations and this will then highlight gaps where AEDs are missing or where they are not available to the public 24/7”, Ali said. “We have been in communication with Greg Page, Heart of the Nation founder, and ultimately we would like to see our region’s AEDs listed on the Heart of the Nation free app, so anyone can find their closest AED instantly”.

“We realise this is a longer-term project as it will take a while to, not only build the database, but also to fill in the gaps. Fundraising will be an important component

of the project and we will be encouraging business and community sponsorship of AEDs and seeking grant funding to increase accessibility to devices, especially in our outlying villages. In the meantime, we encourage everyone to make contact through our Facebook page @cudgegongdefibproject or by emailing defib@businessmudgee.com.au to share your AED information or other ideas”, Ms Broinowski said.

*Source: a. Heart of the Nation: <https://www.heartofthenation.com.au/copy-of-sca-facts>*

*Pictured below: Mel Robbins at F45 Mudgee (located in Mudgee’s CBD) with her in-studio AED device.*



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(02) 6882 3577

Authorised by Dugald Saunders MP, 1/18 Talbragar Street Dubbo NSW 2830. Funded using Parliamentary entitlements.

# GULGONG GOSSIP



It has been busy in Gulgong just recently, the Eisteddfod was held during May and June, and always brings people to town.

It is great to see it up and running again with all three sections. There were successful competitors from nearby as well as from as far away as Cobar! What a wonderful weekend we have had with the **Henry Lawson Heritage Festival**. Lots of people around enjoying our town. The parade was amazing as always, and the Scarecrow Stroll very imaginative. Along with the Night at the Opera, Colonial Ball, dancing, children's games, Poets Morning Tea, Photography Exhibition, a great weekend all round, even the weather turned out sunny!

It is that time of year when Christmas in July happens, and a bus trip is planned for the 14th of July to **Yulefest in the Blue Mountains**. If you are interested, please contact Bec on 0408 259 038. Sounds like it will be a lovely trip.

The CPSA (combined Pensioners and Superannuants) is also having their **Christmas in July** on the 17th of July at the Gulgong Bowling Club, which should be a nice get together.

The **Voices in the House** concert series at the Prince of Wales Opera House continues on the 31st of July with **'My Gypsy Heart'**. Voices in the House celebrates the voice and beautiful acoustic of Gulgong's historic opera house which has been in continuous operation since 1871. My Gypsy Heart with Deborah Humble and Sharolyn Kimmorley. Opera singer Deborah Humble takes a break from her busy performance schedule to summon her inner gypsy in Gulgong. With pianist Sharolyn Kimmorley AM, guru for singers around Australia, she performs Seven Popular Spanish Songs by de Falla, Brahms' Gypsy Songs, and of course the famous Habanera from Bizet's opera Carmen. Time to dust off those castanets and set your heart soaring.

The concerts thus far have been lovely to see, internationally renowned singers, a bit risqué at times, but most enjoyable!



Brought to you by Cheryl Vassel  
on behalf of the Gulgong Chamber  
of Commerce











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[ultimatecaremudgee.com.au](http://ultimatecaremudgee.com.au)



### TURN UP THE HEAT! *by Marg Ottley*

Winter is well and truly upon us, it is predicted to be the coldest winter we have seen in years. I personally love winter but I know I am in the minority, but I find it a time to give yourself permission to sleep in a bit longer on a frosty weekend, rug up and mentally re-charge. However, our skin can really suffer from the harsh winter temps and bitter winds.

It is so important to take the time to nurture from the inside- out, to not only help with how your skin feels on the outside but also include things like more Omega 3 (Fish Oils) to help nourish and protect your skins barrier function from the inside, Omega will also help with our emotional wellbeing. Omega 3 or Essential Fatty Acids are incredibly important to help maintain a healthy brain and most of us in the western world do not have enough in our diets to maintain the recommended daily allowance.

Some of us will also start to feel the effects of the winter blues as we move further into winter and the shorter days. Since sunlight helps regulate our serotonin levels, serotonin contributes to feelings of happiness and when these chemicals drop it can lead to feelings of depression. Vitamin D deficiency in winter can also affect serotonin levels, since sunlight helps produce vitamin D, less sun in winter can lead to a change in mood. And then there is Melatonin. Melatonin is a chemical that affects your sleep and mood. The lack of sunlight may stimulate an over production of melatonin in some people which may make you feel sluggish and sleepy during the winter months.

It is important to remember to take some time to get out and about in the winter months and if possible, expose your long limbs, arms or legs for a few minutes a day to help with your vitamin D production. Another way to help with light exposure is to have a course of

LED light therapy. LED light therapy is very effective for boosting the performance of the skin cells and lifting mood and give a feeling of overall wellbeing and it's available at Ultimate Care Skin & Body Centre.

To help you escape the winter blues we have also designed a special treatment to help nurture and boost your feelings of wellbeing.

### TURN UP THE HEAT TREATMENT

**OUR SPECIAL PRICE \$169**

*Valued at over \$220*

**Indulge in 90 minutes of  
Warmth & Relaxation includes:**

- 20 min Hot Stone Back Massage
- 45 min Hydration Facial
- LED Light Therapy
- Hand & Arm Massage
- Warm Paraffin Hands OR Foot Mask

*Valid to 31st August 2022*





# EXERCISING THE WINTER BLUES AWAY

by Peta, BSc CNut / Adv Dip Nutr Med / Adv Dip Nat

**When the temperature drops outside, hibernation mode is activated and we find ourselves waiting on the glorious sunshine and longer days to return. Exercise will usually take a back seat, but if you decide to brave the cold and leave the fireplace comfort behind you, you will soon find training in cold weather can bring plenty of benefits to not just your body but your mind too.**

## BOOST YOUR IMMUNE SYSTEM

As winter's grip tightens on all of us, bugs and viruses become common place and do the rounds, only a few escape without being hit hard by the common cold or flu. Doing exercise will not only help you fight off any symptoms of a cold or flu but reduce the likelihood of you even being affected. Your immune system works harder and is more prepared to fight off foreign invaders and their nasty symptoms.

## GREAT CARDIOVASCULAR WORKOUT

Cold weather forces your body to work harder during training, and this also applies to your cardiovascular system. As the heart works harder to pump blood around the body during cold weather exercise, this invigorating workout helps to keep your heart health in tip-top shape. With cardiovascular disease being a major health threat in this country, anything that strengthens your heart is a no brainer.

## IMPROVES YOUR MOOD

The winter blues or Seasonal Affective Disorder (SAD) is when you feel down and your mood is off despite all that winter comforts bring. This happens due to shorter days and your body/mind not getting enough light and endorphin's.

Exercise can boost your mood at any time of year, but it has a particularly profound effect during winter, sending those all-important feel-good hormones soaring, and keeping the winter blues at bay. In fact, research has shown that a good workout can be up to four times more effective than taking antidepressants, for improving symptoms of depression. As well as being an effective mood booster and pick-me-up, getting outdoors in the fresh air in cold weather can help replenish vitamin D levels in the skin.

## BURN MORE CALORIES

Think of a wintertime workout as a supercharged version of your normal sweat session, why? Because whatever workout you do, the cold weather will max out your caloric burn. This is due to the body working much harder to keep its core temperature regulated. As the body works to stay warm, the metabolism is kicked into overdrive and your body burns through more calories and fat.



# 2022 RURAL BUSINESS AWARDS - LOCAL BUSINESS SUCCESS

Perfectly Sorted announced as a finalist for the 2022 Serviced Based Business of the Year at the inaugural Australian Rural Business Awards.

The Australian Rural Business Awards are presented by Australia's leading online marketplace for rural and regional small businesses 'Spend With Us' to celebrate, highlight and recognize the absolute talent that exists out there in rural and regional Australia. Highlighting, for the first time in an Australian Rural Business Awards, what small businesses in rural/regional Australia are achieving in business excellence, innovation and sustainability, new business, Australian made and e-commerce.

The awards are designed to recognise the strength, resilience, and talent of small business owners in rural and regional areas who have, in the last few years alone, gone through droughts, bushfires, mouse plagues, floods, and lack of tourism and a global pandemic.

Ali Broinowski, Owner/Director of Perfectly Sorted, says she is excited to be named as a finalist of the Service Based Business category. It can be challenging to be a successful small business in rural and regional Australia, and community plays an enormous part in that success. Ali believes that community has played an enormous part in their business success.

The winners of The Australian Rural Business Awards for 2022 will be announced during an online event

on Friday 24 June 2022 from 7.30 pm. Tickets are on sale now. Melinda Schneider, Australia's favourite singer/songwriter and Jack Delosa from The Entourage are the keynote speakers for the night and tickets are only \$11. You can purchase your tickets here: <https://bit.ly/swuawardstickets> (You don't have to be a finalist to attend!)

Find out more about the awards:

[spendwithus.com.au](https://spendwithus.com.au)



## STALLHOLDER EXPRESSIONS OF INTEREST NOW OPEN

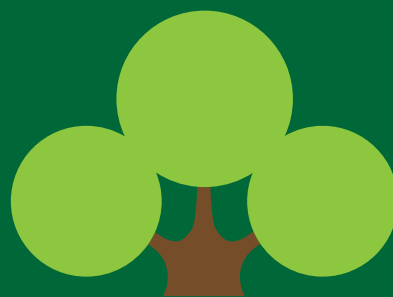
Council's flagship event, Flavours of Mudgee is returning in September, and local wine and food producers are encouraged to lodge an Expression of Interest.

Flavours of Mudgee makes a significant contribution to the local economy and is regarded as a key event on the regional wine and food events calendar. The last event was held in 2019, where over 70 stallholders shared their local food and beverage with 12,133 attendees.

Flavours of Mudgee 2022 will be held on Saturday, 24 September from 4pm-8pm.

Stallholder Expressions of Interest are now open online at [www.flavoursofmudgee.com.au](http://www.flavoursofmudgee.com.au) and close COB Thursday, 30 June.

For further details contact Council's Events Team on 6378 2850.



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## Cushion Clearance

### SAVE UP TO 40% OFF THE ENTIRE CUSHION RANGE!

- 40% OFF outdoor cushions
- 30% OFF seasonal cushions
- 20% OFF everything else!

Not sure what will suit your home? Bring a photo of your room with you for expert, personalised styling advice!

Can't make it to Mudgee? Email us your picture for virtual styling advice, or shop online!

[WWW.PERFECTLYSORTED.COM.AU](http://WWW.PERFECTLYSORTED.COM.AU)

87 Lions Drive Mudgee | 02 6372 0050



## 7 TIPS FOR STYLING CUSHIONS IN YOUR HOME

by Ali Broinowski, Perfectly Sorted

**A few well selected cushions can add colour and style to any space.**

**1. IDENTIFY 3 MAIN COLOURS** to coordinate and highlight features of your room - these are going to form the basis for your cushion selections depending on your carpets, lamps, curtains and other decor accessories. The cushions you select will need to have at least one of these colours to tie the room together.

**2. MIX UP THE SIZES AND SHAPES** - The approach stylists use today is to mix sizes, textures and shapes when selecting groups of cushions. For example a square mixed with rectangles or lumbar cushions for a lovely relaxed and inviting combination.

**3. TEXTURES AND TONES** - For interest, a combination of fabrics is best - choose from velvet, linen, silk, wool, felt, corduroy, canvas or even animal hides. Consider fringes, pompoms, piping, embroidery and even ribbons for added texture and decorative touch.

**4. INNERS SIZING AND COMPOSITION** - Though you cannot see these - the inner is very important. First consider size - if your cover is 55x55cm consider a 60x60cm inner for fullness and generosity. The golden rule is to upsize your inner for maximum comfort and beauty. Secondly - where possible choose generous feather inners. Good quality down will last for years to

come and is well worth it - these will allow a good "chop" of the cushion.

**5. SEASONAL UPDATES** - new cushions can transform and lift a space. With winter approaching - our favourite velvets and corduroy cushions will add cosiness and warmth to your home. When the warmer weather arrives - you may want to update with fresh linens and crisp florals for that springtime lift in your home. You can also mix between rooms for an update - swapping those from a living room to a guest room or bedroom.

**6. HOW MANY? TOO MANY OR NOT ENOUGH?** - Where possible, stick with odd numbers - as humans we find this more aesthetically pleasing. **BEDS** - use 5 for a double, queen or king size bed or 2-3 for a single. **ARMCHAIRS** - one cushion is fine, though a small and large is still an option if size and shape permit. **SOFA** - depending on the size, 3 in one corner and 2 in the other, or if it is large you could try 3 in each corner with a long lumbar in the centre.

**7. HAVE FUN!** The most important advice is to experiment and try things out. You really cannot go wrong if you follow our guide and practice at home.



**Last Thursday evening, I was invited to attend as a special guest at a dinner meeting of the Mudgee Lions group.**

Mudgee Lions are part of 1.3 million men and women in 205 countries and geographic areas who volunteer to make a difference in their communities by fundraising for local causes (both individual and group), awarding scholarships, providing help in time of disaster and generally supporting worthwhile causes. The group had heard about the Mudgee Small Schools network and wanted to find out what we were all about.

After a lovely dinner at Club Mudgee, I made my presentation speech and they asked lots of questions about small schools in general.

They then, very generously, provided me with a cheque for \$2000 towards the cost of transport for our combined schools Canberra excursion which is coming up shortly. Transport for this excursion is costing almost \$5000 so this wonderful contribution will really make a difference.

I'd like to thank David Halpin and his amazing band of volunteers for their interest in our network and amazing generosity. I'm constantly in awe of the wonderful communities we live in.



## GOOLMA PUBLIC SCHOOL



### **ENJOYING LEARNING**

How about Isaiah being Student of the Week again? And how good do those chocolate crackles look?

Best mates Isiah and Harry made them today as a reward for being awesome kids. Safe to say all students and staff loved a chocolate crackle to finish a big week.

### **ECO - SCHOOLS PROJECT**

Also check out the great photos from our ECO - School project where the fantastic students of GPS are reducing and recycling our waste and improving the biodiversity of our beautiful grounds and garden.

### **SMALL SCHOOLS ATHLETICS CARNIVAL**

We have been very busy training for our Athletics Carnival to be held in Mudgee on the 29th June.

Everyone is running around the school practicing their running races, they are also practicing their long jumps.





# ED LANDSCAPES

This month we talk to ED Landscapes Director, Les Edwards and his Foreman, Luke Spillane. We ask why they feel the landscaping industry has a lot of potential for growth over the next 10 years with the expansion of Mudgee and how this represents a fantastic career choice for anyone who loves the great outdoors and daily work diversity.

## How and why did you get into landscaping?

**LES:** I'd always enjoyed working outside and did my Year 10 work experience for a landscape construction company and loved it. I went on to finish Year 12 after which I attended TAFE full-time to do Horticulture, specialising in Landscape Construction. I highly recommend starting an apprenticeship role during this time, that way you can study whilst learning on the job.

We do all kinds of work outside, it's so varied. I like the challenge of what each day brings, there is always something new we are doing from paths to paving, stonework, retaining walls, planting, turfing, soilworks and drainage, driveways, BBQ areas, fire pits, alfresco areas it's all part of it. I also like the business side of things, managing jobs, budgets, people, training staff and apprentices is all part of the game.

**LUKE:** When I was younger, I always found myself labouring for ED Landscapes, I loved helping the boys out when I could. As I grew up and started in the trade, I began to realise how much detail, design and skill goes into landscaping as well as all the different skills you are able to learn each and every day. There is never a dull moment.

Being a foreman is both exciting and challenging. I have enjoyed the leadership, new responsibilities, creating a positive and enjoyable work environment for the boys and developing new skills daily at a rapid pace. Landscaping is such a rewarding career choice, providing the opportunity to work outdoors and getting to see and appreciate your hard work in a short space of time. All the jobs you complete and the skills you learn, you get to see it all come together quickly and it's really fulfilling. I also feel it is a trade where you can learn so many different skills in many areas such as bricklaying, paving, operating heavy machinery, tiling, concreting and so much more! Personally, I love being outdoors in the sun every day, so to me it is easy to turn up to work every day.



Les Edwards



Luke Spillane

## WE ARE CURRENTLY HIRING

Do you or someone you know have the following qualities:

- ✓ A love of the great outdoors
- ✓ Enjoy daily work diversity
- ✓ Interested in becoming a 'jack of all trades'
- ✓ Ability to be a positive, enthusiastic team member

We are currently hiring, and ED Landscapes are always interested in hearing from people who are passionate, have a positive attitude and are able to work well with others in a team setting.

If you are interested in a career in landscaping and joining the ED team, we would love to have a chat about the opportunities we have available.

## Get in touch today!

Contact us at  
[admin@edlandscapes.com](mailto:admin@edlandscapes.com)  
or via Instagram  
[@ed\\_landscapes\\_](https://www.instagram.com/ed_landscapes_)



## NEW ST MATTHEWS CATHOLIC SCHOOL MUDGEE SECONDARY CAMPUS NEARING COMPLETION Excitement mounts as open day draws near.

St Matthews Catholic School Principal Mrs Angela Myles has announced that the St Matthews Catholic School new secondary campus is nearing completion.

The planning, design and development of contemporary, functional buildings and landscaped outdoor spaces will inspire and serve staff, students and the local community long into the future.

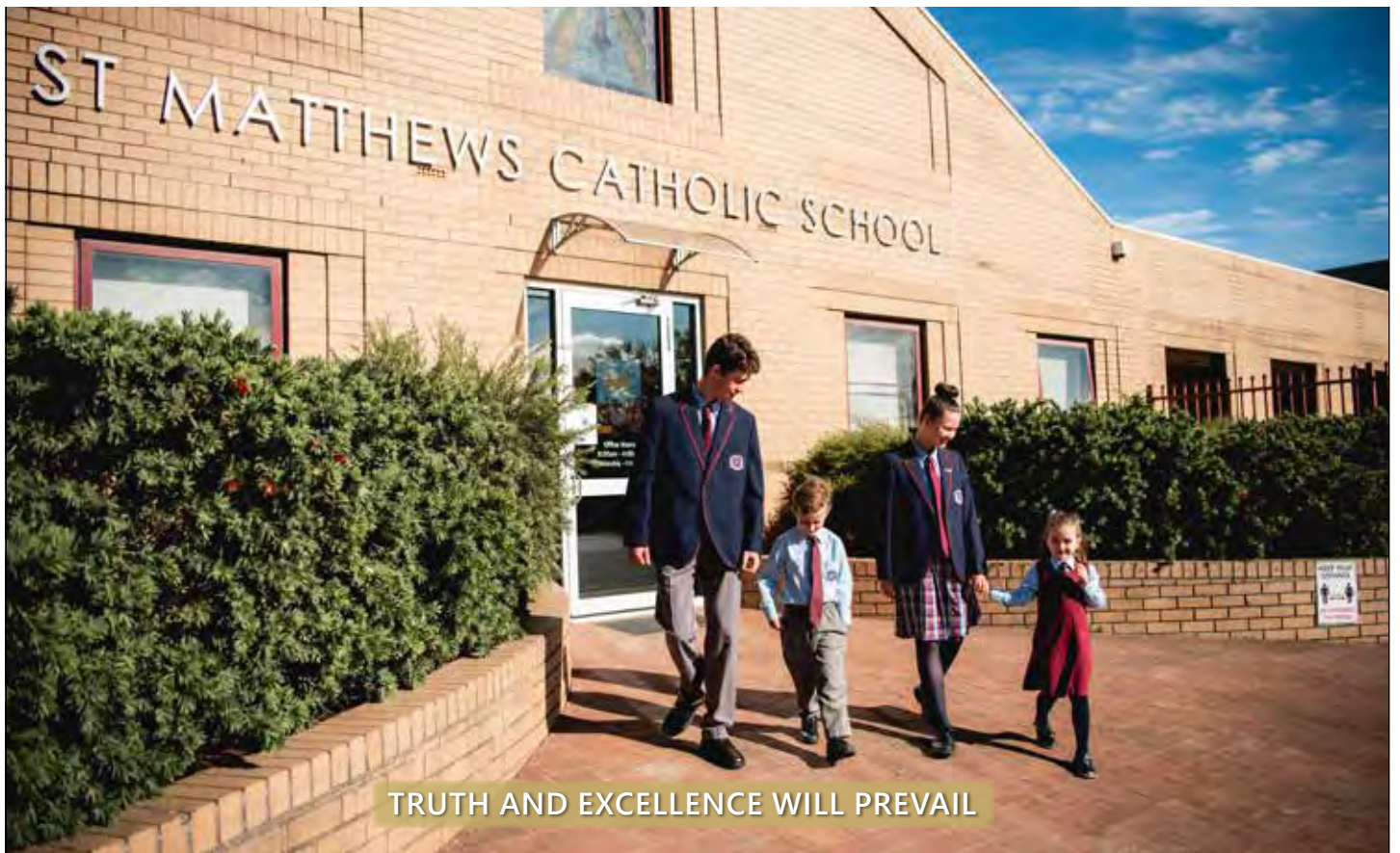
Learning on the new site for secondary students will commence in Term Four and an official Blessing and Opening has been scheduled for 16 November 2022. More details around the official Opening will be sent to the community prior to the day.

Angela Myles stated "I would like to thank our diocese, Catholic Education Diocese of Bathurst, and our local parish for their support, a large amount of work has gone into this project and it's incredible to now see the new site almost ready for our students and staff. The school will continue to provide the same friendly and nurturing environment between our primary and secondary students and we look forward to welcoming the community to the new secondary campus later in the year."

The St Matthews Catholic School, Mudgee Secondary Campus is a \$33 million investment in the local Mudgee community, entirely funded by the Catholic Diocese of Bathurst. In the midst of what has been the most difficult recent two years for the building industry, the project is due to be delivered early and under budget - a reflection of the incredible work from North Construction & Building Pty Ltd and the team of Central Western and Mid-Western areas based contractors and tradesmen who have been employed on the project since day one.







TRUTH AND EXCELLENCE WILL PREVAIL



## NOW TAKING ENROLMENTS FOR 2023 (K-12)

**Come and visit St Matthews Catholic School and see the learning in action!**

School tours are generally held every Tuesday at 10.00am and Thursday at 9.00am during school terms. Bookings are essential and can be made by calling the office.

4 Lewis Street, Mudgee

Office Open Mon-Fri 8.00am-4.00pm

P: (02) 6372 1742 E: [stmattsmudgee@bth.catholic.edu.au](mailto:stmattsmudgee@bth.catholic.edu.au)

[www.stmattsmudgee.catholic.edu.au](http://www.stmattsmudgee.catholic.edu.au)







# Transition program for Kindergarten students 2023



## What is Little Steps?

This is a free School Readiness program designed to support children before starting Kindergarten at Gulgong Public School



## What do children do during this time?

- PreLit Literacy Program
- Numeracy activities
- Read Stories
- Sing songs, arts & crafts and begin making friends

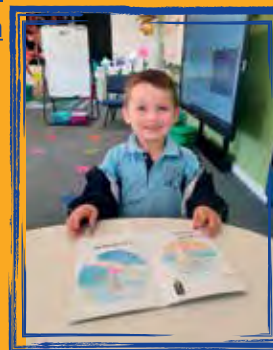
## When is the program happening?

**Fridays 9:25 am - 11:25 am**

- August 26th
- September 2nd
- September 9th
- Septemebr 16th
- Septemebr 23rd
- October 14th
- October 21st

**Fridays 9:25 am - 3:25 pm**

- Ocotber 28th
- Novemebr 4th



## Does my child need to be enrolled at GPS?

Yes, children must be enrolled before they attend the program



Kindergarten enrolment packs are available to collect from our front office. Please call 02 6374 1622 for any further queries.





## MORNING ON THE GREEN

**WOW.** What a day.

We had a great roll up of about 650 people attend our Morning on the Green performance on Friday. The highlight of the show was Olivia Vivian and the way she spoke and gave her time to all students from Gulgong Public School. She moved around all the inflatables in the afternoon and was as energetic as we see her on TV during Ninja Warrior. She spoke to our Year 5-6 students about the importance of being resilient and putting your mind to something if you wish to achieve it.

Olivia also visited Mudgee Gymnastics on the Thursday night and was a big hit there. She helped students with their performances and ran them through some small activities.

A big thanks to Sacha Etherington from Mudgee Gymnastics for co-ordinating the visit for Olivia.

Below are some of the amazing photos of the day.





# Kandos High School



*A vibrant and caring learning community*

*Our students are provided with an extensive range of extra-curricular learning opportunities outside of the classroom. Designed for the needs of our current students, these may include: agricultural events and competitions, equine sports, community fundraising, public speaking, debating, musical and theatrical performances, a range of competitive and non-competitive sports, career exposures and community work with our local organisations and mentors.*



*Congratulations to our recent participants, competitors and winners. You represent yourselves and our school with pride.*

*Respectful, responsible, building positive relationships for the future.*



16-36 Fleming St Kandos NSW 2848

PH: 02 6379 4103 EMAIL: [kandos-h.school@det.nsw.edu.au](mailto:kandos-h.school@det.nsw.edu.au)



*Please contact the school principal, Dyanna Thommeny for further information or to arrange a visit.*



## SUCCESS AT HOLBROOK

Year 10 and Year 11 Agriculture students travelled to the Holbrook Sheep and Wool Fair where they showed our coloured sheep: Alf, Roo and Martha and participated in wool, merino sheep and meat sheep judging. Our results were:

### Schools' Interbreed Competition

- Alf 3rd in the 2 Tooth Ram Section

### Open Competition

- Alf Reserve Champion Coloured Cross Bred Ram
- Martha Champion Coloured Corriedale Ewe
- Roo Reserve Champion Coloured Corriedale Ewe
- Alf "The Harold Cottrell Memorial Trophy" for Champion Strong Wool Ram – Black and Coloured Sheep

### Novice Judge in Meat Sheep Judging Competition

- Izaak Orchard placed in the Top 5

### Riverina Group Final of the Meat Sheep Judging Competition

- Brayden Moore 5th

### Riverina Group Final of Merino Sheep Judging Competition

- Laura Kubbere 1st
- Gabrielle Moore 2nd
- Brayden Moore 4th
- Millie Brown 5th



## NSW CHS Squash Championships

Western Girls Opens Squash team won first place at the NSW CHS Squash Championships after successfully winning all of their games. The team of 4 included Kandos High School students Halli O'Brien and Jessica Reynolds.

Halli O'Brien, Jessica Reynolds and Teegan Reynolds then represented KHS individually, battling for a place in the NSW U15s and Opens Girls Squash teams.

We are pleased to announce that Jessica Reynolds finished 3rd in the Opens Division and Halli O'Brien finished 3rd in the Under 15s Division, both securing spots in the respective NSW teams. Teegan Reynolds finished 6th in Under 15s Division narrowly missing out on the team selection and is the first reserve for NSW.

*Well done girls, we're very proud!*



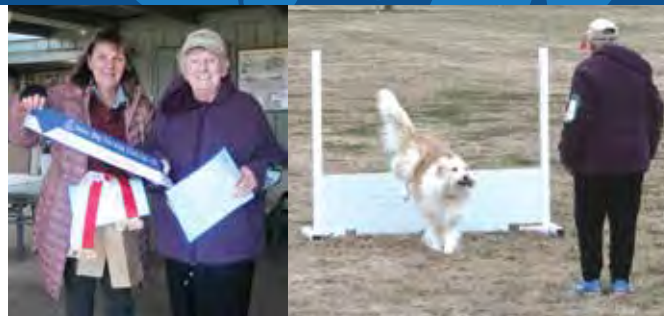
# MUDGEE & DISTRICT KENNEL & OBEDIENCE CLUB



A few of our club members made the most of the June long weekend and travelled to Tamworth for the Oxley Club triple trials. Well done to everyone who entered, but a very special mention to Carmel & River for not only qualifying in CDX, but also winning the ring AND gaining their CDX title. Fantastic work! Congratulations also to Lena & Luka on their qualification in CCD. Another great achievement! Dayzee & Jack also had a ripper weekend with Dayzee getting two 1sts in UDX and two 1sts in UD. Jack got a 2nd in UDX and a 2nd & a 3rd in UD. Clever pups!

Preparations are now well and truly underway for our annual weekend of shows and trials next month, in Victoria Park, Gulgong on Saturday 6th & Sunday 7th August. Entries are open and can be completed online at OzEntries. We will be holding two all breed championship shows, two obedience trials and two rally trials. We are again very grateful to have our shows and trials sponsored by BlackHawk.

For those who haven't yet experienced the dog sport of rally, you'll find there are some similarities to obedience exercises but in rally the handler is allowed to talk to their dog to provide assistance and encouragement throughout the course. A rally course is set out with numbered stations. Handlers have the opportunity to walk the course to become familiar with it before competing. Dog and handler then navigate the course by following the numbered stations in chronological order and carrying out the exercise shown on the sign positioned at each of the numbered stations.



Dogs work in the "heel" position between exercises. Each course is a different series of exercises and you never know what the course will be until you do the preliminary walk through. Rally has a far more relaxed atmosphere than obedience, and is a great introduction to the sport of dog trialling.

So why not come and visit us in August? There will be great displays of many different breeds of dogs in the show rings and some fantastic displays of handlers working through exercises with their dogs in the trial rings. Entry to watch the shows and trials is free and refreshments will be available at the grounds.

In the meantime, feel free to join us for training classes in Gulgong on Sundays. If you would like more information, check out the pinned post and 'about' section on the club's facebook page "Mudgee & District Kennel & Obedience Club", or send an enquiry for further details.

And follow us on Facebook for updates in between our monthly magazine articles!



## GULGONG COMBINED PENSIONERS AND SUPERANNUANTS ASSOCIATION

The cold probably kept a few members away but never-the-less, it was a very productive meeting with Sue from Service NSW providing an update on the latest benefits for seniors and pensioners. Since our last update, the NSW Government has introduced the \$250 travel cards and further post COVID-19 recovery vouchers. Sue made sure that members understood their entitlements and helped some members get on line to access their benefits.

Now that the elections are finalised, minimum wage earners have been rewarded with an increase in their pay. The CPSA is keeping a close watch on the next due pension indexation. The CPI predictions range from 5% to above 7%. But the Reserve Bank is lifting the interest rates in order to take the heat out of the economy and slow the CPI. The good news for pensioners and self-funded retirees is that banks are lifting deposit interest rates. We should not crow just yet. There is no crystal ball that will predict what our investments will make or the future value of the pension indexation.

**CHRISTMAS IN JULY:** Instead of our July meeting, your CPSA will hold its traditional Christmas in July

on Sunday 17 July at 11.30 am at the Bowling Club. Cost \$20 per head. Unfortunately, due to the sudden increase in food and power prices, our lunch price has had to have a small price rise. If there is any business to be transacted in July, it will be done after the lunch. Bookings to Jan (Secretary) 0407 901 584, Wendy (Vice President) 0409 741 262, or Fran (Vice President) 0439 742 446 before 12 July.

The AGM will follow the August meeting. A smart person once said that the easiest way not to get a job is to be there and nominate someone else. Don't forget to bring a plate for afternoon tea.

All pensioners, no matter your age, retirees, superannuants and anyone over 55 are eligible to join the CPSA. Gulgong CPSA supports eligible people in the Gulgong, Mudgee, Coolah and Dunedoo areas. We would love to see you at our meetings or functions. Gulgong CPSA is an active member of the Gulgong Chamber of Commerce. For further information or a membership form contact Paul (Assistant Secretary) on 0448 741 446.





“

We loved our first winter in our new home. There was no wood to chop and we were very warm. I can't wait for our first summer here in the cool air conditioning. We keep thinking that the bills will start coming soon and there'll be things to pay, but it's not like that at all.

Oak Tree residents Rhondda and David

# Leave your winter worries behind

While the transition to the cooler months is undeniably beautiful, for many seniors it can also pose a major burden. From the endless leaves to the high cost of heating traditional houses, winter can take both a physical and financial toll.

A move to an Oak Tree Retirement Village means you can literally leave the leaves behind and make your winter worries a thing of the past.

With Oak Tree's lower maintenance model, everything around the house and yard is looked after for you. The onsite Village Manager will take care of all resident gardens and lawns including common areas, as well as external maintenance and cleaning of villas, clearing paths, and pest control.

Give yourself and your family members peace-of-mind knowing you don't need to put yourself through any unnecessary physical strain. You'll be able to spend less time in the cold and more time doing the things you love. The purpose-built onsite recreational facilities are ideal for socialising with friends and family, enjoying hobbies, and being as active or leisurely as you like.

You can also relax knowing there's no need to maintain a fire place and your power bill is under control. All villas are fully insulated to retain

warmth in winter, while the cosy, open-planned living spaces are equipped with reverse cycle air conditioning for efficient heating. Oak Tree residents also benefit from solar power, which helps to keep everyday energy expenses at bay.

So make the move to Oak Tree and stay warm without the worry this winter.

To learn more about a worry-free lifestyle with Oak Tree, call 1300 367 155 or go to [oaktreegrup.com.au](http://oaktreegrup.com.au).

15 Meramie Street, Mudgee

Call 1300 367 155

[oaktreegrup.com.au](http://oaktreegrup.com.au)



OAK TREE  
RETIREMENT VILLAGES



## THINKING OF SELLING OR RENTING OUT YOUR HOME? LOOKING TO BUY OR RENT?

Call Shipman's, your local, independent real estate and stock & station agents

16 Angus Avenue, Kandos NSW 2848  
T: 02 6379 6668  
M: 0417 241 943

E: [sales@shipmansrealestate.com.au](mailto:sales@shipmansrealestate.com.au)  
W: [www.shipmansrealestate.com.au](http://www.shipmansrealestate.com.au)



### REGION'S LOWEST UNEMPLOYMENT RATE IN OVER A DECADE

Latest unemployment data from the National Skills Commission has revealed that the Mid-Western Region's unemployment rate is sitting at 2.4 per cent - the lowest it has been in more than 11 years.

This is well below both the Orana Region and NSW unemployment rates of 4.1 per cent and 4.0 per cent respectively. The region's unemployment rate has been sharply declining since December 2020, and the region's tight labour market is reflective of this.

Council supports local businesses to source employees through the region's official employment platform Mudgee Region Jobs where businesses can connect with job seekers and list vacant positions completely free of charge. Local businesses are strongly urged to register on the platform as an affordable way to connect with potential employees.  
[www.mudgeeregionjobs.com.au](http://www.mudgeeregionjobs.com.au)

### STATEMENT FROM COUNCIL: DEVELOPMENT APPLICATION PACKS

It has been brought to Council's attention that a promotional document titled 'Mid-Western Region Development Application Pack' is currently in circulation and the publication is approaching local businesses to purchase advertising space.

This material is managed and produced by a printing business in Queensland. Mid-Western Regional Council would like to make it clear that it does not endorse, distribute, support or contribute to this publication, and does not sell advertising in relation to the DA process.

**Details on current Development Applications are listed free on Council's website at:**  
[midwestern.nsw.gov.au](http://midwestern.nsw.gov.au)







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**348 MELROSE ROAD, MUDGEE**

BED 5 | BATH 3 | CAR 10 | LAND 12.11HA  
OFFERS OVER \$2,200,000  
Alyse Pilley 0421 648 155



**306 MELROSE ROAD, MUDGEE**

LAND 21.26HA  
PRICE GUIDE \$1,700,000 - \$1,800,000  
David Goldring 0426 251 981



**66 PIPECLAY LANE, MUDGEE**

BED 4 | BATH 1 | CAR 8 | LAND 12.15HA  
ONLINE AUCTION  
Alyse Pilley 0421 648 155



**301 PUTTA BUCCA RD, MUDGEE**

BED 3 | BATH 2 | CAR 2 | LAND 5,365M<sup>2</sup>  
MARKET PREVIEW  
Andrew Palmer 0416 153 471



**8 GAWTHORNE PLACE, MUDGEE**

BED 3 | BATH 1 | CAR 5 | LAND 815M<sup>2</sup>  
MARKET PREVIEW  
Alyse Pilley 0421 648 155



**10 MOUNTAIN VIEW RD, MUDGEE**

BED 4 | BATH 2 | CAR 4 | LAND 909M<sup>2</sup>  
PRICE GUIDE \$780,000 - \$820,000  
David Goldring 0426 251 981



**5 WALTER STREET, GULGONG**

BED 3 | BATH 1 | CAR 4 | LAND 4825m<sup>2</sup>  
MARKET PREVIEW  
Sara Perry 0400 859 593



**85 WILLIAMS LANE, MUDGEE**

BED 3 | BATH 1 | CAR 2 | LAND 6.67HA  
OFFERS OVER \$580,000  
Sara Perry 0400 859 593



**45 LEWIS STREET, MUDGEE**

BED 3 | BATH 1 | CAR 2 | LAND 454M<sup>2</sup>  
PRICE GUIDE \$630,000 - \$670,000  
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