

JUNE 2022
MID-WESTERN MAIL MAGAZINE

FREE

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Winter wellness guide inside

LOCAL JUNE EVENTS

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Dear Sally

Your commonly asked legal questions answered

I am thinking of selling my property, do I need a solicitor?

The short answer is 'Yes'. To sell a property in NSW, you must have a contract of sale. The contract will deal with things such as:

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A conveyancing solicitor has the tools and knowledge to be able to put the Contract of Sale together for you that can then be provided to any prospective purchasers.

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If you are selling a property, it is a good idea to engage a conveyancing solicitor as soon as possible.

MUCH MORE THAN WORDS COMPETITION – ENDS SOON!

Mudgee Valley Writers invite you to exhibit your photo inspired prose or poetry for the **MUCH MORE THAN WORDS LITERARY COMPETITION**.

Submit a **STORY, ARTICLE** or **POEM** to 250 words on any subject, and it must be accompanied by a **PHOTO** taken by you to enhance the theme.

AWARDS

1st - \$250 • 2nd - \$150 • 3rd - \$100
(plus certificates at judges' discretion)

Open to Australian residents of all age groups.

The fee is \$10 per entry.

Terms and conditions and Entry Forms available at:

www.mudgeevalleywriters.wordpress.com

 Mudgee Valley Writers **Email:** mvw.nsw@gmail.com

Post: SSAE to PO Box 356, Mudgee 2850

An exhibition of all entries and a Presentation Ceremony will be held in Mudgee.

The top 20 entries will be included in a photo book and one copy given to each contestant featured.

Entries close on 17th June 2022.



Notes from the Editor

Welcome to the 16th Edition of MWM and Welcome to Winter 2022.



Personally, the cooler months are my favourite time of the year. A spectrum of vivid yellows, oranges and reds followed by a beautiful carpet of colour, so much fun for kids and big kids alike. You also can't beat a cosy night in front of a log fire, eating hearty foods or lighting a bonfire under the stars – we are so lucky to live in a region with the most stunning winter night skies.

I would like to take this opportunity to thank all our June advertisers, we are deeply grateful for your support without which this publication would not be possible. We encourage our readers to support the local businesses that enable us to offer you free regional news.

We also love receiving feedback from our readers and advertisers. This month, Marg Ottley, owner of Ultimate Care Skin & Body Centre comments

"We have been a regular advertiser in the MWM since its inception. The quality, circulation and local information has led to many inquiries for our business. We love to support local and it is very reasonably priced. We would not hesitate to recommend Naomi and her team."

Don't forget to follow us on our socials:

 midwesternmail  midwesternmail

Naomi x

FRONT COVER FOCUS

Riani Kruger moved to Mudgee with her family 3 years ago. Raised on the floor of her mother's flower shop in South Africa, Riani describes her lifelong love affair with weddings "I lived, slept and dreamt in the store, watching my mother create beautiful flower arrangements for weddings, events and gifts. I quickly fell in love with everything about the weddings – and even as a child, I dreamt of one day owning my own business, so I could be part of that special wedding magic." Coming from a family of entrepreneurs, Riani always encourages women around her to collaborate with likeminded people in the community when starting out. She has collaborated with Marry Me Mudgee magazine and has joined up with her good friend Jess to establish Mudgee Event Photos. Riani admits business ownership can be stressful and states how important it is to make the time to switch off and reboot sometimes. 2022 is going to be a big year for Marianna Photography having just launched 'Elope to Mudgee' with Mudgee Event Co.



MARIANNA PHOTOGRAPHY

Phone: 0447 927 888 Email: mariannaphotography@icloud.com

www.mariannaphotography.com.au

 photographymarianna  @mariannaphotography_wed

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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TELL THE REGION ABOUT YOUR BUSINESS OR EVENT

The Mid-Western Mail (MWM) is created monthly for locals and visitors alike and has become a highly successful, non-for-profit publication showcasing regional events, businesses and services. Every advertising dollar spent contributes to our community and visitors receiving free regional information with distribution across the region focused on high traffic locations in Mudgee, Gulgong, Rylstone, Kandos, Lue and everywhere in-between.

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
or call **0439 448 840**.

Deadline 15th of each month.

EDITOR Naomi Rouse

ARTWORK Danielle Scott Design

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MAJOR EVENTS GENERATE \$3.6 MILLION ECONOMIC BENEFIT

More than \$3.6 million has been injected into the local economy as a direct result of the three major events at Glen Willow this year.

A combined 18,228 people made it through the gates to see the NRL Charity Shield: South Sydney Rabbitohs v St George Illawarra Dragons (26 February), Round 4: Manly Warringah Sea Eagles v Canberra Raiders (2 April), and A-League Round 19: Central Coast Mariners v Macarthur FC (26 March). Economic data shows 67 per cent of Manly v Canberra event attendees were visitors to the region, while 54 per cent of A-League attendees and 66 per cent of Charity Shield attendees were visitors to the region.

Visitors spend in local businesses, they eat in local restaurants and cafes, stay in local motels, and shop. The flow on economic benefits of major events are among the reasons why Council works to partner with professional sports clubs to secure multi-year games.

Based on these visitor numbers Council estimates the Manly v Canberra game generated \$1.4 million for the local economy, whilst A-League generated \$400,000 and Charity Shield \$1.8 million. Of the Manly game attendees 90 per cent plan to return to Mudgee again as a visitor, more than 80 per cent visited a local hospitality venue during their stay in the region, more than 70 per cent of overnight visitors stayed in hotels, motels, caravan parks and home rentals/Airbnbs.

Feedback on these events has been overwhelmingly



positive, with comments like: "Great long weekend. Mudgee really made an effort to welcome NRL supporters and the game itself was at a fantastic venue. The town has many cafes, pubs and restaurants and is very beautiful", "Excellent region with plenty to do while in the area plus a great ground", "Enjoyed the games immensely... our first visit to Mudgee and we're highly impressed", and "Was a good set out event with quality food and drinks with easy access to multiple options if one was busy. Sold me with the amazing stadium with the sun really shining as it went down over the mountains before the game started."

Council will host the Charity Shield again in 2023 with a date to be announced later this year.

JUNE

EVENTS THROUGHOUT OUR REGION IN JUNE

1 JUNE FIRST DAY OF WINTER

1 - 17 JUNE Much More than Words Competition, Mudgee Valley Writers

1, 2 & 3 JUNE Kandos Museum (every Wednesday - Sunday 10am-4pm)

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

1, 8, 15, 22 & 29 JUNE Gulgong Men's Shed meet (every Wednesday 9am)

2, 9, 16, 23 & 30 JUNE Red Hatter Ladies meet (every Thursday) *See inside for details*

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

2, 9, 16, 23 & 30 JUNE Craft Group, Kandos Returned Services Community Club (every Thursday 11am)

2, 9, 16, 23 & 30 JUNE Mudgee Cocktail Bar, Balcony Bar, upstairs at Kelly's Irish Pub (every Thursday 6-9pm / Friday & Saturday 4pm-late)

3, 10, 17 & 24 JUNE Rotary Club of Mudgee Sunrise meeting, Parklands (every Friday 7am)

3, 10, 17 & 24 JUNE 'Publicans Shout' Centennial Pub, Gulgong (a free beer every Friday 6pm)

3, 4 & 5 JUNE Almost Anything Emporium, Rylstone (every Friday, Saturday & Sunday 10am-3pm)

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

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

3-5 JUNE Movies at Town Hall Cinema, Mudgee

4 JUNE MudgeeQue 2022, AREC (2pm-8pm)

4, 11, 18 & 25 JUNE Park Run (every Saturday 8am)

4, 11, 18 & 25 JUNE Mudgee Heritage Walking Tours (every Saturday 10-11am)

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

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

5, 12, 19 & 26 JUNE Mudgee & District Kennel & Obedience Club training classes, Victoria Park, Gulgong (every Sunday 10am)

See inside for details

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

6, 13, 20 & 27 JUNE Gulgong Library Reading Circle (every Monday 11am)

6, 13, 20 & 27 JUNE Writing Circle, Mudgee Library (every Monday 1pm-3.30pm)

7 JUNE Cudgegong Camera Club meeting, Club Mudgee (1st Tuesday of every month 7pm)

7, 14, 21 & 28 JUNE The Man Walk, Lawson Park (every Tuesday 6pm)

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

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

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

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

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

10-13 JUNE June Long Weekend

10-13 JUNE Henry Lawson Festival Weekend *See inside for details*

11 JUNE UneARThed Art Show and Exhibition, Gulgong (various sites)

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

11 JUNE Kandos Bush Dance

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

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

12 JUNE Gulgong Gold Cup, Gulgong Racecourse *See inside for details*

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

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

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

13 JUNE Gulgong Folk Festival meeting, Gulgong RSL (3pm)

13 JUNE Queen's Birthday Public Holiday

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

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

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

15 JUNE Online Book Group, Mid-Western Libraries (3rd Wednesday of every month 7pm via Zoom)

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

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

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

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

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

20 JUNE Poetry Circle, Mudgee Library (3rd Monday of every month 10am-12pm)

21 JUNE Winter Solstice

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

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

26 JUNE Voices in the House, Prince of Wales Opera House, Gulgong (4pm)

29-30 JUNE Welding Workshop with Maurice Berry, Rosby Wines, Gallery & Sculpture Garden

GULGONG GOSSIP

The Henry Lawson Festival is here again over the June Long weekend!

This event gets all the locals involved and brings large numbers of visitors to the area. There are so many wonderful things to see and do over the weekend. The parade is one of the highlights of the festival, featuring hundreds of floats and groups, from both the local area and around the country, most of which are in decked out to match the era, making it a must see show. The Scarecrow Stroll is another great thing to see, featuring scarecrows locals have made, you can make one too! There are horse drawn coach rides, a wheelbarrow push, a ball, live poetry performances and open mic poets morning teas, horses races... there is something for everyone, so come along and get involved in this wonderful community run event. The program for this year's festival is below:

SATURDAY 11 JUNE

- 9.00am MARKET STALLS in Mayne Street
- 9.30am COBB & CO. COACH RIDES
- 9.30am STEP UP DANCE GROUP
- 10.00am & 1.00pm SALVATION ARMY BAND
- 11.00am WHEEL BARROW PUSH
- 12.00 noon GRAND PARADE through town
- 1.00pm SALVATION ARMY BAND
- 1.20pm CUTTING OF HENRY LAWSON BIRTHDAY CAKE
- 1.00pm OLD TIME FAMILY PICNIC at Red Hill

SATURDAY/SUNDAY ANTIQUE AND VINTAGE WATCH DISPLAY- Pearson's Jewellers, 122 Mayne Street Gulgong

Food, Music, Colonial Games, Races for kids (all kids get a prize) also Cobb & Co. Coach rides and Gold Panning, Olde Print Shoppe at the Pioneer Museum

- 7.30pm GULGONG MADS PERFORMANCE, Prince of Wales Opera House "A Night at the Opera House" Tickets at door \$20.00



SUNDAY 12 JUNE

- 9.30am MARKET STALLS
- 9.45am-10.15am SALVATION ARMY DEDICATION OF HENRY LAWSON CENTRE including Presentation of plaque
- 12.00noon CHURCH SERVICES IN THE PARK
- 12.30pm HORSE RACES Gulgong Turf Club the GULGONG GOLD CUP - Buses leave Memorial Hall
- 7.00pm GRAND COLONIAL BALL at Gulgong RSL Club Call Joy Harrison 0418 541 998

MONDAY 13 JUNE

- 10.00am -12.00 noon POET'S MORNING TEA with Don Swinnel, Henry Lawson Centre

SCARECROW STROLL lurking around the streets of Gulgong all long weekend...



Photos above and left: Daily Telegraph

Brought to you by the Gulgong Chamber of Commerce



It's 150 years since Henry Beaufoy Merlin and Charles Bayliss stood in the streets of Gulgong and created their now iconic photographic history of the Gulgong gold rush.

What a privilege for our Museum to display these fabulous photographs, which celebrate 'Gulgong in the Roaring Days' as seen through lens of photographers, Merlin and Bayliss.

The Gulgong Holtermann Museum is proud to announce, **GULGONG THEN AND NOW, 1872 – 2022** – a celebration of the photographs taken in the winter of 1872.

Our Henry Lawson Weekend highlights:

- We are pleased to provide a range of costumes so that you can have your heritage photographs taken.
- On Saturday, members of the Music and Dramatic Society will be in costume and will interact with visitors to the Museum.
- Bob Campbell and Jake Fahy will be performing in the courtyard between 1-2pm on Saturday, 11th June.
- Holtermann Under Lights – a very different experience. The Museum will be open until 8pm on Saturday, 11th June.
- The Gondolf Bible and a selection of papers from the Burke/Rumsey Collection will be on permanent display from Saturday, 11th June.
- We are also pleased to present our temporary exhibitions, the Christopher Dingle Transition Photographs and a selection of Adrian Cook glass and Tintype plates. Christopher Dingle's photographs show the same Gulgong scenes 150 years apart and Adrian Cook's plates are a modern interpretation of Henry Beaufoy Merlin's work. The temporary exhibitions will be on display until the end of September.



**GULGONG
HOLTERMANN
MUSEUM**

from glass plates to digital detail

OPEN DAILY 10am to 3pm

Adults \$10
Concession \$8
Family \$30
Child \$5 (under 5 years free)
Group bookings essential

123-125 Mayne Street,
Gulgong
(02) 5858 4002
<https://holtermann.museum>

GULGONG FOLK FESTIVAL

Earlier this year, it was brought to the Gulgong Chamber of Commerce's attention that someone not from Gulgong and not interested in using local talent, was purporting to run the Gulgong Folk Festival.

So the Chamber of Commerce has stepped in to help revive the ORIGINAL Gulgong Folk Festival which historically took place between Christmas and New Year, focusing on up-and-coming musicians busking on the streets and concerts in the parks.

We would like to get people from our region on board who have experience in running events and in particular a Folk Festival. A meeting has been organized at the Gulgong RSL on 13 June 2022 at 3pm - everyone is welcome to come and share their knowledge and experience!



GULGONG GOLD CUP 2022

Sunday 12th June | Gates Open 12 Noon

Gulgong Racecourse, 37 Racecourse Road

6 Race Program | Bar & Canteen Available

Entry Fee \$12 | Pensioners \$5 | Children U16 free

Photo: Racing Photography



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WE ALL KNOW THAT A SUMMER BODY IS MADE IN WINTER!

As we approach the half way mark of the year, we traditionally find ourselves doing less exercise, gaining a few extra kilos and feeling less confident about our body image. I know how you feel, as I go through this every winter and then as the cooler months end and the warmer months approach, I struggle to get my health and fitness back in time for the more social months ahead.

Why not turn this winter into a time to be positive and pro-active so we emerge from our usual hibernation, fitter healthier and ready to step out with confidence? Ultimate Care Skin & Body Centre can now help you achieve a more toned, sculpted and fitter body with our new Onda Coolwaves Body Sculpting.

Onda Coolwaves is the most innovative body contouring, fat & cellulite reduction treatment ever offered in the Mudgee region. Our body sculpting technology is non-invasive treatment that not only reduces localised fat cells but is able to tighten and firm the skin. With the addition of body sculpting to our extensive list of treatments means long trips to Sydney are no longer necessary - move stubborn fat deposits which can't be reduced with healthy lifestyle and exercise in Mudgee!

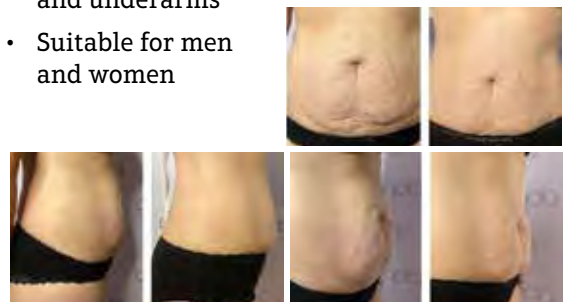
Please Note:

- The images supplied are of a client after just one treatment. This is an extraordinary result and not everyone will achieve this result after one treatment, imagine results after 4 treatments!
- A course of 4 treatments is recommended.
- Onda Coolwaves is not a weight loss program but for people of a healthy weight range looking for treatment for skin laxity, cellulite and localised fat reduction.

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Latest Award-Winning European Technology – Onda Cool Waves Offers:

- Walk-in-walk-out with no downtime
- Non-surgical body sculpting
- Can be used on multiple areas including chin
- Short 10min sessions per 15cm x 15cm area
- 3 actions in 1: fat, cellulite, skin laxity
- Safe
- Suitable for all body shapes and particularly effective for abdomen, knees, thighs, buttock and underarms
- Suitable for men and women



As the chilliest months of the year descend, it's easy to assume that getting sick is almost inevitable. But with the right wellness strategies in place, we can cut down that probability significantly, and it might be as easy as tweaking your diet or getting more sleep in order to reap the benefits. So here are my top tips for supporting your immune system this winter!

- 1. Keep up the workouts** to reduce your chances of getting sick. Just don't overdo it, since upping the intensity of your sweat sessions when you're exposed to germs can actually lower your defences.
- 2. Make sleep your top priority.** Getting enough shut eye is crucial to an efficient immune system. When we sleep, our bodies are undergoing major restoration. Nothing equals sickness like being run-down in combination with a bad diet.
- 3. Add immune boosting foods to every meal!** Eating (mostly) nourishing, organic, vitamin packed foods sticking to seasonal produce whenever possible, focusing on foods that have roots and are grown underground: squash, carrots, sweet potatoes, ginger, and beets. Foods that are oily like ghee, eggs, nuts, seeds, whole grains, fish, and olives will help bring more moisture to your system to combat the dryness. Some specific foods are shown to have immune-boosting properties, like capsicums, citrus fruits, and maitake mushrooms. Also consider incorporating local honey into your diet. It helps coat a sore throat, but also has antimicrobial properties and is full of minerals.
- 4. Vitamins.** If you want your immune system running on all cylinders, there are some fantastic vitamin C supplements on the market that can help. Liposomal C is one of the top forms for bioavailability and nil impact on gastrointestinal integrity. Combine with a zinc picolinate and these two powerhouses will provide your body that extra protection this winter!
- 5. A healthy gut** helps support a healthy immune system and overall health. A good probiotic strain, fermented rich foods and drinks, plus prebiotic fibres all support an effective, regular and healthy digestive system.
- 6. Try immune boosting herbs.** Adaptogenic herbs are a great option. Ashwagandha is my favorite supplement for this season. It is really good for stress, anxiety, and soothes the nervous system. Teas like ginger and tulsi are best for keeping your immune system strong or helping you battle a cold, as well as warming spices like cumin, cinnamon, cardamom, cayenne, and fennel.
- 7. Hang out with friends.** Whilst the urge to hibernate is strong, research tells us that being social has a significant balancing effect on our hormones, which in turn helps stabilize our immune system.





“

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 oaktreegroup.com.au.

15 Meramie Street, Mudgee

Call 1300 367 155

oaktreegroup.com.au



OAK TREE
RETIREMENT VILLAGES



Winter

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THE FLAVOURS OF WINTER

by Ali Broinowski, *Perfectly Sorted*

The winter chill is certainly in the air. The mornings are crisp and the evenings have us getting out the slow cooker, cradling a cup of warm tea and lighting the fireplace. You can also see the change in fashion. Walking down Mudgee's Church Street, it's hard to miss the warm, rich tones of this season's coats, scarves and boots.

Shades of warm vanilla, deep chocolate, mellow mustard, earthy turmeric and rich coffee are everywhere we look. These hues not only make us feel warm and cosy, they are also the home styling trend to try this winter.

Turmeric and mustard are one of our favourite tones to introduce warmth into the home. Cushions or throws in this earthy yet vibrant hue adds a splash of brightness to any bed, sofa or your favourite armchair.

Shades of coffee and chocolate can be added in with decorative ornaments, table runners and art for your walls. You can also bring out this tone through larger statement pieces in the home, like a rich chocolate leather lounge that brings instant warmth to a room.

Using a creamy vanilla tone is also a must try – not only is it a neutral colour that won't clash with your existing styling palette, but it's also calming and easy to incorporate. Don't be scared to add a vanilla-coloured rug or go more subtle with some cream candle lanterns and vases.

And don't forget the rich tone of red wine for a wintery evening by the fire...for your shopping list, of course. Delicious!

Perfectly Sorted is the home styling, relocation and organisation expert. With a stunning Mudgee store filled with stylish treasures for your home, *Perfectly Sorted* is a must-see when you visit picturesque Mudgee.



Happy birthday Mudgee CWA!



Dugald Saunders MP

MEMBER FOR THE DUBBO ELECTORATE



www.dugaldsaunders.com.au



dubbo@parliament.nsw.gov.au



(02) 6882 3577

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

THE MERRY MAMZELLES

by Pam Bellhouse

We celebrated Easter at The Oak Tree Retirement Village with our annual Easter Egg Hunt and Best Bonnet which was jointly won by Countess Serendipity and Princess of the Three Ps

ANZAC Day saw some of us at the Dawn Service and others attended the morning service to not only remember the fallen but to show our respect for our ex Servicemen & Women and our pride for those who serve today.

On the last Thursday in April we had a wonderful morning tea at the Lauretta Café in the Mudgee Arts Precinct and May, as you may know is our Tiara May, International Tiara Day, which is celebrated by Red Hatters worldwide, on the 24th May but we, by our Queen's decree have the month in which we wear our tiaras to all the get togethers during May.

The first Thursday of May, saw us visiting the Cooyal Hotel for lunch and as usual this fantastic hotel was its usual charming place, always a delight to visit, a beautiful setting and a wonderful meal, friendly staff and of course great company made for a wonderful day.

Last week, we had lunch at the Thai to You restaurant in Gulgong and this Thursday we intend to have morning Tea at Club Mudgee and celebrate a belated Friday the 13th by wearing Black & Bling with our Red hats.

Take care and happy hatting!



THE BOOK NOOK

by Mid-Western Regional Council Libraries

KIDZ KLUB

Join us each week at Kidz Klub for an afternoon of making, creating and exploring!

Use your creative and exploration skills with building blocks and challenges, craft activities, board games and puzzles. Kidz Klub is free to join and runs each Thursday during school term from 4pm-5pm. Suitable for ages six to year 6 (inclusive) with afternoon tea provided. **Bookings at: mwrclibrary.eventbrite.com**



MUDGEES VALLEY WRITERS LITERARY COMPETITION

Our friends at Mudgee Valley Writers are holding a photo inspired writing competition!

Submit a story, article or poem (up to 250 words) on any subject accompanied by a photo taken by you to the **Much More Than Words Literary Competition**. Awards: 1st place = \$250, 2nd place = \$150, 3rd place = \$100. Download entry forms at: mudgeevalleywriters.wordpress.com. Send entries to PO Box 356, Mudgee 2850. **Competition closes 17 June 2022**. Good luck!



MUDGEES READERS' FESTIVAL

You may have been wondering what is happening with the Mudgee Readers' Festival (MRF)... well, cancelling two programmed festivals in two years (and all the behind-the-scenes work that entails) really took the wind out of the small team and they have quietly been figuring out if and how to re-build. The team has decided – for this year at least – not to run the awesome August festival that you have supported and enjoyed over the past ten years but that does not mean it is over for our shared love of stories!



The dynamic little MRF crew is very excited to present a series of smaller (and more manageable) events for the community

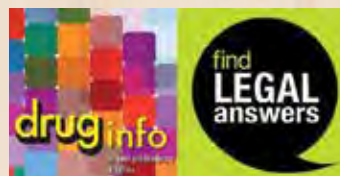
– starting with Sydney Writers' Festival Live & Local in late May and a visit from an exciting new Australian crime writer in July. You can also expect a Homegrown Stories return and a little something for our wonderful poetry community. With major

partners Mid-Western Regional Council Library and The Book Nest Mudgee also running terrific events for readers and writers – in partnership with MRF and independently – it is a great time to get involved and come along to some of the literary events in our fabulous region.

If you would like to get involved with MRF in any capacity – programming, communications, venue management, event support – contact General Manager, Portia Lindsay: info@mudgeereaders.com or Volunteer Coordinator, Erica Scales: mudgeereaders@gmail.com

FREE DRUG, ALCOHOL AND LEGAL INFORMATION

Did you know you can access drug, alcohol and legal information for free through your public library thanks to the State Library of NSW?



Drug Info provides a comprehensive toolkit of resources including books and pamphlets with information on a range of drugs, drug effects, drugs and driving, pregnancy, treatment, statistics, drugs and the law and where to go for help and further information.

Find Legal Answers provides quality, plain English, free legal information for the community of New South Wales on topics such as: family law, wills and estates, neighbours, fines, police, employment, accidents and health, plus much more.

Information is available both in print and online, so please reach out to our friendly library staff who can discreetly guide you to the resources you require.

BOOK REVIEW

Autopsies for the Armchair Enthusiast by Meryl Broughton (3.5/5 stars)

Clearly the title caught our eye in an instant and became a must-read, because we do like to hear all the gory details. A thoughtful, respectful look at what happens after death and the step-by-step process of autopsies, with real life, first-hand examples. Although at times the book was a bit beyond our medical knowledge and sometimes read as a textbook, it outlined the lessons that can be learnt from death which inform us on how to lead better lives. Overall, an interesting, yet tad disturbing read. Available in print from the Library.



CPSA GULGONG COMBINED PENSIONERS AND SUPERANNUANTS ASSOCIATION

We are already into the first of the winter months. One great complaint is how fast the months go by. The CPSA is now meeting regularly so we look forward to seeing more members at our regular meetings on the 3rd Monday of the Month except December.

In May, we celebrated Mother's Day with our men folk cooking the BBQ. A huge thanks to the Gulgong Bowling and Sporting Club for providing our desserts and the drinks. The desserts were prepared by Colleen Harvey who is well known to a lot of the Gulgong residents because of her culinary prowess. Thank you Colleen.

As always, the Gulgong CPSA was pleased to host our friends and family from Wenonah Lodge. And in a first, we were also very happy to welcome residents of

Oak Tree Village, who were able to travel out by the Oak Tree bus. The CPSA will have a return visit to Oak Tree in October which the members are looking forward to. Hopefully, our Mudgee members will be able to join us.

The rest of the year is being planned to include at least one bus trip. Keep a look out for the Gulgong Chamber of Commerce trips as well. A big thank you to Bec Woods who does the planning and Brad and Suzie from East End Bus Service who provide the wheels.

For the next few months, the meetings and planned events are

- Monday 20 June, 2:00 PM ordinary meeting with a guest speaker at the Bowlo
- Sunday 17 July Christmas in July at the Bowlo commencing 11:30 AM
- Monday 15 August 2:00 PM ordinary meeting followed by the AGM at the Bowlo
- Monday 19 September 2:00 PM ordinary meeting with a guest speaker at the Bowlo

For the ordinary meetings, members are asked to bring a plate for afternoon tea.

New members and visitors are always welcome. For more information contact the Secretary 0407 901 584.



MUDGEE & DISTRICT KENNEL & OBEDIENCE CLUB



We've been seeing some great progress being made in our Sunday classes at Victoria Park in Gulgong. It doesn't matter what type of dog you have, young or old, all are welcome. You will soon see just how well our canine buddies respond to some good training utilising an abundance of praise and rewards.

We often mention how we can assist those pet owners who are looking to improve their dog's behaviour, as well as people who progress to compete in obedience and rally trials. The club also has a portion of members who show their dogs and the Sunday classes also help these people train their dogs to be ready for the show ring.

Next month we are planning to have a demonstration team at the Mudgee Small Farm Field Days on 8th & 9th July. So we're now looking forward to putting a team together and working on some routines to demonstrate to the public just how well behaved our dogs can be! With any luck, this will result in more demonstrations in the region on a continuing basis. Keep an eye out for us and come and say hello.

In the following month of August (6th & 7th) the club will be hosting two All Breed Championship Shows, two Obedience Trials and two Rally Trials. It's all happening at our regular spot, in Victoria Park at Gulgong. It's a great opportunity to see so many different varieties



of dog breeds being shown in the one area, as well as great displays of teamwork between dogs and handlers in the trial rings. So why not pop in over the weekend and check us out. In the meantime, we are at Victoria Park every Sunday morning holding training classes. At only \$2 per class it's an inexpensive activity and a great way to spend some quality time with your four legged friends. Newcomers are welcome to the 10am class.

Don't forget that we don't train on Public Holiday weekends, so we won't be training on Sunday 12th June. Otherwise, feel free to join us any other Sunday.

If you would like more information on training classes, 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.

CVPS 'CLEANS UP' AT KEEP AUSTRALIA BEAUTIFUL AWARDS...



NOT ALL NATIONAL PARKS ARE EQUAL

There are more than 900 national parks and reserves in NSW - that's over 7 million hectares - and more than 9 percent of the land area of NSW. The NSW National Parks and Wildlife Service (NPWS) - part of the Environment and Heritage Group in the Department of Planning and Environment - manages all of them. These areas cover a range of habitats, from rainforests and rugged bush to coastal landscapes and outback deserts. But did you know that not all national parks are created equal?

Some of these protected areas can cope fairly easily with different types of human activities. Others are more fragile, and need a higher level of protection. This is one of the reasons there are different categories of protected areas. For example: Nature Reserves, National Parks, Regional Parks and State Conservation Areas (SCAs). But just how much protection is provided to SCAs? These 146 significant reserves are protected at ground level only!

According to NPWS: *'State Conservation Areas (SCAs) are lands reserved to protect and conserve significant or representative ecosystems, landforms, natural phenomena or places of cultural significance. They provide opportunities for sustainable visitation, public enjoyment, and research.*

The main difference between the management, objectives and principles of national parks and state conservation areas is that mineral and petroleum exploration and mining may be permitted in state conservation areas.'

This means SCAs are at risk of impact from exploration and mining activities. Negative impacts would easily include, noise, dust, loss of groundwater, loss of surface water, and subsidence, as a minimum. All of which would greatly reduce the values that caused the SCA to be reserved in the first place. Surely there is contradiction here? If we wish to *'protect and conserve significant or representative ecosystems, landforms, natural phenomena or places of cultural significance'* then that protection must be absolute.

SCAs are reviewed every 5 years to assess whether there is still a need for the two uses. Why not check your favourite SCA, join your local environment group and lobby to fully protect these precious reserves.

Reference: <https://www.nationalparks.nsw.gov.au/conservation-and-heritage/different-parks-different-purposes>

Article supplied by Mudgee District Environment Group: <http://mdeg.org.au/>



On Wednesday 11th May, students in year 3 to 6 travelled to Crookwell for an Agricultural camping experience.

Despite constant rain, they had a fabulous time joining in sheep shearing, (carefully analysing the fleeces), listening to Aboriginal stories and contributing to an artwork with Aboriginal elders from Goulburn AECG, learning about lunar planting and joining in a walk discussing the importance of native pastures to future farming.

Students and staff camped in yurts and experienced a real campfire dinner with freshly baked damper.

The event was organised by Jo Marshall at the Australian Agricultural Centre in Crookwell and is part of a pilot program to educate our next generation of farmers and Landcare specialists. It was a wonderful experience for our students and they came back to school eagerly discussing how they could embrace the idea of lunar planting with our veggie garden later this year. My thanks to Jo and her band of volunteers for their hospitality.

At Lue Public School, we continually search for opportunities and life experiences for our students and look forward to doing this one again in the future.

ABOUT THE AUSTRALIAN AGRICULTURAL CENTRE, CROOKWELL by Jo Marshall

Our education and demonstration centre the Australian Agricultural Centre in Crookwell was set up to encourage the next generation of agriculturalists. However, when COVID arrived it made me change my focus on what we could deliver without the physical infrastructure. In 2020 we ran STEMConnect which was a virtual campus as we were all learning from home. 2021 we looked at what we already had on site at the Australian Agricultural Centre, a shearing

shed, a hay shed and paddocks, and a great sky. We looked at the curriculum and brought together something that we thought would be relaxed and engaging for the students who haven't been allowed on excursions for a couple of years.

We are classified as a primitive camp so overnight was all we could manage, and we wanted the urban based students to see what rural people get to enjoy every day, the space and the sky. I had seen in the Women's Weekly the lunar guide since I was young and thought, let's work with the local school and the community garden and conduct an experiment. So, the agricultural content was started, we also wanted to look at topical issues such as drought and how native pastures and exotic pastures compare.

Lastly being out under the sky around the campfire I thought would be good for all of us with the effects of the pandemic. So some mindfulness activities and education would be terrific while learning a little about Australian Aboriginal heritage, some children nearly fell asleep around the fire. It was just an organic approach to get something going with people I knew would be great for our first program.

Since starting with what we have there has been amazing momentum and hopefully we can now source some larger funding for better amenities.

Top left (L to R): Brantley Carkeek, Benjamin Amey-Krause, Peyton Waters, (shearer Josh Clayton), Ellie Statham, Levi Statham, Holly Webb

Top middle (L to R): Kasey Charters, Ellie Statham, Knox Docherty, Levi Statham, Charli Statham, Holly Webb, Cooper Carkeek, Fiona Webb (Aboriginal Elder from Goulburn AECG, Alfie), Tyler Charters, Peyton Waters, Brantley Carkeek, Benjamin Amey-Krause, Leon Williams



Kandos High School



A vibrant and caring learning community

At Kandos High School, we provide a comprehensive secondary education where the wellbeing of the whole school community is paramount. The staff at Kandos High School are highly skilled, experienced and professional. The school offers a broad range of subjects and flexible programs, which cater for the individual needs and interests of our students. As a small school, students receive the personal attention necessary to achieve their full potential.



16-36 Fleming St Kandos NSW 2848

PH: 02 6379 4103 EMAIL: kandos-h.school@det.nsw.edu.au



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



You may have noticed over the past few weeks that our Facebook page has been very active with what is happening at school over the next few weeks.

This is because our Prefects and SRC have started to make videos (with Mrs Price's help). The idea is to give our SRC more responsibility at school and give the kids a bigger voice to tell our community what a wonderful school we have and how many activities we take part in.

Eventually the idea is that the SRC will take total control over these videos and film, edit and publish these all by themselves, giving them some media and editing skills to take to High School. Our SRC are also opening a shop at recess and lunch for students to borrow sporting equipment and then the Prefects chase up any missing items after these breaks. Again, just adding to their responsibility at school.

CROSS COUNTRY

We held our Cross-Country carnival last month. Congratulations to the following students who will go to Rylstone and represent GPS at our Zone Cross Country. Best of Luck.

Senior Girls:

- 1st Ruby Magro
- 2nd Haylee Forster
- 3rd Emily Copper

Senior Boys:

- 1st Kobey Jones
- 2nd Sam Ford
- 3rd Jackson Consadine

11 Yr Girls:

- Skye Parish
- 2nd Abbey Harrop
- 3rd Quinn Cheeswright

11 Yr Boys:

- 1st Benji Barrass
- 2nd Mitchell Auckett
- 3rd Will Hamson

Junior Girls:

- 1st Emma Kerr
- 2nd Allie Coupe
- 3rd Chailynn Adams

Junior Boys:

- 1st Archer Ford
- 2nd Jesse Clare
- 3rd Brock Smith

TINY STEPS

Our Tiny Steps program has started again this year for children who are coming to school in the next few years. Parents are invited to bring along their children each Friday at 10.00am-11.00am for a "Playgroup with learning focus". Mrs Sarah Price will be running the program in the School Library each week. Parents can stay for a chat and cup of tea or coffee and watch their children socialise and learn at Gulgong Public School.



ST MATTHEWS CATHOLIC SCHOOL



On Friday 6th May, our Senior Hospitality students worked tirelessly to create a range of delicious sweet and savoury treats, catering for over 300 Mothers and Grandmothers for our Mother's Day High Tea.

Congratulations to all the staff and students involved in making the High Tea and Liturgy such a success. And, thank you to our Mothers and Grandmothers who were able to share this day with our school community. We hope you had a wonderful Mother's Day on Sunday.



NOW TAKING ENROLMENTS FOR 2023 (K-12)

Book a school tour or pick up your enrolment pack

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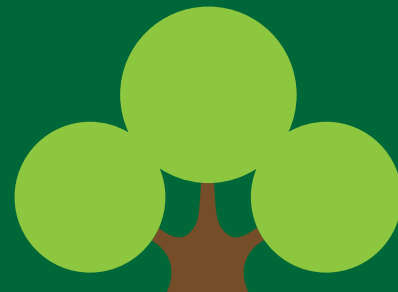
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ED LANDSCAPES



We speak to Luke Spillane who moved to Mudgee because he was passionate about his Landscape Foreman career with ED Landscapes. Luke wanted the chance to take on new challenges to further himself within his career. He could see ED Landscapes was rapidly expanding and saw the opportunity to throw himself in at the deep end and be involved in their growing success.

Luke, what do you like about your role?

In the short period of being a foreman it has been 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. I also enjoy stepping up and taking my career to a higher level which I plan to continue as more opportunities arise in the future.

Why did you get into landscaping?

I got into landscaping because I was always drawn to hard manual work. When I was younger, I always found myself labouring for ED Landscapes, I loved pushing wheelbarrows and helping the boys out when I could. As I grew up and started my trade, I began to realise how much detail, design and skill goes into landscaping but also all the different skills you are able to learn. Working for ED Landscapes I recognised how much potential there is in the industry and if you stick with it, you can advance your career fast with hard work and dedication. It's also helpful to work for a great company where you are surrounded by talented people who support each other.



Why would you suggest landscaping as a career to others?

Landscaping is a rewarding career choice, providing the opportunity to work outdoors where you get 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 is 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! You are almost the jack of all trades once you learn the ins and outs of it. Personally, I love being outdoors in the sun every day, so to me it is easy to turn up to work every day.

WE ARE CURRENTLY HIRING

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 or via Instagram [@ed_landscapes_](https://www.instagram.com/ed_landscapes_)

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LANDHOLDERS URGED TO NOTIFY AND FOLLOW RULES OF SAFE BURNING

Residents and landholders are reminded of the need to notify fire agencies before lighting hazard reductions and pile burns now that the statutory Bush Fire Danger Period (BFDP) has come to a close in NSW.

An online portal provides NSW residents the ability to quickly and easily notify fire services when they're planning to use fire on their property. Using their mobile phone or desktop computer, residents and landholders can lodge their notification of a planned hazard reduction or burn off 24 hours a day, 7 days a week via the RFS portal.

NSW Rural Fire Service (NSW RFS) Superintendent Troy Porter said that by notifying their neighbours and using the online tool at www.rfs.nsw.gov.au/notify users can help prevent unnecessary emergency calls.

"Over coming months many landholders may take the opportunity to burn off – but it's important they do it safely and let

us and their neighbours know.

"While the official BFDP has concluded, landholders still need to make sure they've obtained any required permits and permissions, as well as notifying neighbours and fire authorities 24 hours before lighting up. The online tool makes it easier to notify the NSW RFS before conducting your burn.

"If fire services know about a planned burn, it can help prevent unnecessary responses from local firefighters when we know it is planned and controlled. By using the online notification tool, landholders will also be notified of any Total Fire Bans or restrictions and if so, will be advised to not proceed with their burn. NSW RFS Superintendent Porter said while landholders are encouraged to reduce fuel loads on their property, it is imperative that it is done so safely and legally.

"Before lighting any fire you need to have adequately prepared fire breaks and have firefighting



equipment on hand to ensure the fire does not escape.

"Every landholder has a responsibility to prevent fire spreading from their property and there can be serious consequences for people who light fires and leave them unattended," Superintendent Porter said.

To notify of your intent to burn off, use the online burn notification tool at www.rfs.nsw.gov.au/notify. Landholders can still notify the NSW RFS by contacting their local Fire Control Centre.

For more information contact the Cudgegong District Fire Control Centre on 02 6372 4434

For current incidents or major fire updates visit www.rfs.nsw.gov.au



66 PIPECLAY LANE, MUDGEE
BED 4 | BATH 1 | CAR 8 | LAND 12.15HA
ONLINE AUCTION
Alyse Pilley 0421 648 155



365 WHITE ROCK ROAD, MUDGEE
LAND 40HA
ONLINE AUCTION
Andrew Palmer 0416 153 471



51 GLADSTONE STREET, MUDGEE
BED 3 | BATH 2 | CAR 1 | LAND 575M²
CONTACT AGENT
Sara Perry 0400 859 593



318 DOUGHERTYS JUNCTION RD
BED 2 | LAND 11.54HA
OFFERS OVER \$400,000
Peter Vanags 0488 738 379



12 SALEYARDS LANE, MUDGEE
BED 4 | BATH 2 | CAR 2 | LAND 731M²
PRICE GUIDE \$740,000 - \$800,000
Alyse Pilley 0421 648 155



12 MADERIA ROAD, MUDGEE
BED 3 | BATH 1 | CAR 2 | LAND 613M²
PRICE GUIDE \$550,000 - \$580,000
Peter Vanags 0488 738 379



70 GIBSONS LANE, MUDGEE
LAND 15.98HA
MARKET PREVIEW
Andrew Palmer 0416 153 471



51 PERRY STREET, MUDGEE
BED 3 | BATH 1 | LAND 452m²
ONLINE AUCTION
David Goldring 0426 251 981



CUDGEGONG VALLEY MOTEL
BED 19 | BATH 17 | LAND 7148M²
CONTACT AGENT
Alyse Pilley 0421 648 155



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