

MARCH 2022  
MID-WESTERN MAIL

FREE

# MWMM

our region | our community | our news

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LOCAL

## HELLO AUTUMN

Gather and get involved -  
there is something for everyone

## MARCH EVENTS

Discover our region's most  
popular events and workshops

EDITION 13 | MUDGEES | GULGONG | RYLSTONE | KANDOS | LUE & EVERYWHERE IN-BETWEEN

# SCL.

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**SALLY CALLANDER LAW.**



## WHAT IS EARTH HOUR?

WWF's Earth Hour is the world's biggest movement to protect our planet.



Every year hundreds of millions of people around the world in more than 7,000 cities in over 190 countries take part by switching off for 60 minutes as a symbolic gesture of solidarity to show they care about our planet's future.

This year, Earth Hour is at 8.30pm local time Saturday 26 March. WWF is inviting all Australians to make the #SwitchforNature to demonstrate their support for the switch to a renewables-based economy for Australia. Individual actions can benefit our planet, while symbolically demonstrating support for a renewable future for our country, and for the world.

You could: switch to solar power; switch your ride; or just #SwitchOff your lights for Earth Hour to show your support for Australia becoming a renewables powerhouse.

If you're representing a group, look to our dedicated webpages to find out how you can take part. We have resources to help individuals, schools, businesses and communities make the most of Earth Hour.

Did you know Earth Hour began in Sydney in 2007?

Since then, it has become a global movement for change. Take a look at our website to see the impact Earth Hour has made on climate change action all over the world during the last decade. Our actions today can change our tomorrow. [www.earthhour.org.au](http://www.earthhour.org.au)



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# Notes from the Editor

Welcome to the 13th edition of the Mid-Western Mail and 'hello' to Autumn.

Autumn is one of my favourite seasons of the year as summer cools off gently and the vibrant colours of nature turn our region even more picturesque. I particularly love the way Autumn keeps us guessing with the surprise of a hot day (summer's last attempt to get you to the pool for a cool down) or the shock of a cold day (when you find yourself debating whether or not to light a fire). This month our beautiful region is literally bursting with activities and things to get involved with. There is something for everyone so take your time, have a browse and find something that suits you. And remember, if you have an event or story you would like to share – please don't hold back, send me an email.

**SHOUT OUT TO OUR MARCH ADVERTISERS Andrew Gee MP, Cheree Edwards Jewellery, CWA Kandos, Dugald Saunders MP, Gulgong Holtermann Museum, Hi Tech ITworX, Kelly's Irish Bar, Mid-Western Mentoring, Mudgee Classic 2022, Oak Tree Retirement Village, Perfectly Sorted, Rouse Tree Services, Rylstone Retro Records, Sally Callander Law, Shipmans Kandos, The Property Shop and Ulan Water - without you this publication would not be possible.**

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

 midwesternmail  midwesternmail

Naomi x

## FRONT COVER FOCUS

This month's front cover features a photo from Tim White of one of the Highland cows in a paddock at the end of Tinja Lane in Mudgee. He's lucky enough to see them most days when returning home from work.

"They are very friendly and calm looking beasts" says Tim, an award winning Mudgee-based photographer whose work is an exploration of his time living in the Central West, capturing landscapes and scenes showing the beauty that is all around us. Working as a winemaker at Lowe Wines, Tim has unique access to that industry and the regular early start means he is always ready to capture the early morning light. You can find Tim's work online:

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

 @timjwhite  @timwhitephotography



## 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)

## AVERAGES IN MARCH

Temperature High: 26°C

Temperature Low: 13°C

Rainfall: 47mm

## LOCAL LISTEN

Mudgee/Gulgong 93.1 FM

Rylstone/Kandos 97.9 FM

Mudgee/Gulgong MAGIC 87.6 FM

*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.*

**DISCLAIMER** The Mid-Western Mail accepts no responsibility for any article, advertisement or notice published and is published at the risk of the contributor who accepts liability. All contributors forwarding advertisements, notices or articles agree to indemnify the publisher (Business Mudgee) and the Editor and warrant that the material is presented in good faith, is accurate and is not deceptive, misleading, in breach of copyright, defamatory or in breach of any other laws or regulations. The Mid-Western Mail reserves the right to edit contributions and advertisements. There is no guarantee all submitted material will be published. The views expressed in this publication are those of the contributors and are not necessarily those of the Mid-Western Mail, Editor or Business Mudgee.

## WE LOVE FEEDBACK

### MWM Contributor

*"Thank you to the MWM for the great editorial you gave to Riding for the Disabled Association Mudgee Centre. We have received some fantastic responses to your article."*

– Diane Burnicle, RDA Mudgee

### The Property Shop

*"Grateful that finally the Mudgee region now has our very own magazine that promotes the vibrancy of our community and this magical place we call home. As a local real estate business, we were keen to get on board from the start and have been thrilled with the quality of the publication and the positive feedback from our clients and tenants, as well as connecting new residents to our community with current events, associations and local stories. We love supporting locals and hope the MWM continues to grow. Thank you for shining a light on the Mudgee region."*

– Genevieve Palmer

## TELL THE REGION ABOUT YOUR BUSINESS OR EVENT

The Mid-Western Mail (MWM) is created monthly for locals and visitors alike. MWM has become a highly successful, not-for-profit publication showcasing regional events, workshops, activities, stories, businesses and services. Every advertising dollar spent contributes to our community and visitors receiving free regional information. Distribution across the region focuses on high traffic locations in Mudgee, Gulgong, Rylstone, Kandos, Lue and everywhere in-between. Also available are substantial discounts for yearly upfront commitments and a 7% discount for Business Mudgee members.

If you would like to support regional news by advertising with us, contributing a story or providing information please email Naomi at:

[mwm@businessmudgee.com.au](mailto:mwm@businessmudgee.com.au)

or call **0439 448 840**.

**Deadline 15th of each month.**

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# MARCH

DISCOVER OUR REGION'S MOST POPULAR EVENTS AND WORKSHOPS

## 1 MARCH

**First Day of Autumn**

## 1 - 18 MARCH

**Nominations open for Senior Citizen of the Year** for Mudgee, Gulgong, Kandos & Rylstone – get voting! *See inside for details*

## 1-31 MARCH

**Small Business Month NSW**

## 1-31 MARCH

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

## 1 MARCH

**Cudgong Camera Club meeting**, Club Mudgee (1st Tuesday of every month 7pm)

## 1 MARCH

**The Man Walk**, Lawson Park (every Tuesday 6pm)

## 1 MARCH

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

## 2 MARCH

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

## 3 MARCH

**Red Hatter Ladies meet** (every Thursday) *See inside for details*

## 3 MARCH

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

## 3 MARCH

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

## 3 MARCH

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

## 4-5 MARCH

**Mudgee Show**, Mudgee Showground

## 4 MARCH

**I Heart Books**, Mudgee Library (1st Friday of the month 10am) *See inside for details*

## 4 MARCH

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

## 4 MARCH

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

## 4 MARCH

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

## 5 MARCH

**Live Rock Cover Band**, Kelly's Irish Pub (every Saturday from 9pm-1am)

## 5 MARCH

**Park Run** (every Saturday 8am)

## 5 MARCH

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

## 5 MARCH

**Makers Market**, Robertson Park, Mudgee (1st Saturday of every month 9.30am-1.30pm)

## 5 MARCH

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

## 5-6 MARCH

**Town Hall Cinema**, Mudgee Town Hall (first weekend of every month)

## 6 MARCH

**Clean Up Australia Day**

## 6 MARCH

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

## 6 MARCH

**Mudgee & District Kennel & Obedience Club training classes**, Victoria Park, Gulgong (every Sunday 10am)

## 7-13 MARCH

**NSW Women's Week**

## 7 MARCH

**Monday History Talk**, Mudgee Library (10.15am) *See inside for details*

## 7 MARCH

**Gulgong Library Reading Circle** (every Monday 11am) *See inside for details*

## 7 MARCH

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

## 7 MARCH

**Tea Cosies Book Club**, Book Nest, Mudgee (1st Monday of every month 10am)

## 8 MARCH

**International Women's Day**

## 8 MARCH

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

## 8 MARCH

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

## 8 MARCH

**CWA International Women's Day Lunch**, Kandos Memorial Hall (11am) *See inside for details*

## 9 MARCH

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

## 10 MARCH

**Working Women's Wellness Luncheon** MIND | BODY | SOUL, Mudgee Brewing Company (11.30am-2pm) *See inside for details*

## 10 MARCH

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

## 10 MARCH

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

## 10 MARCH

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

## 12-13 MARCH

**Drypoint Etching Workshop** with Seraphina Martin, Rosby Wines

**12 MARCH**

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

**12 MARCH**

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

**12 MARCH**

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

**13 MARCH**

**Gulgong Community Garden Project**, Community Consultation Picnic, Peoples Park (10.30am)

**13 MARCH**

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

**13 MARCH**

**Caribé, Cuban Music & Dance Group**, Prince of Wales Opera House, Gulgong

**14 MARCH**

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

**14 MARCH**

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

**15 MARCH**

**Grazing for Drought - Free workshop**, 'Winona' Gulgong (10am-4pm) *See inside for details*

**15 MARCH**

**Dinner & Forum for Emerging Trends in Agriculture**, Gulgong RSL (6pm) *See inside for details*

**16-20 MARCH**

**World's Greatest Shave 2022**

**16 MARCH**

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

**17 MARCH**

**St Patricks Day** *See inside for details*

**17 MARCH**

**Young Entrepreneurs Summit**, Parklands Resort, Mudgee

**17-19 MARCH**

**Kelly's Irish Pub St Patricks Weekend Celebrations**, Mudgee *See back page*

**17 MARCH**

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

**17 MARCH**

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

**18 MARCH**

**St Patricks Celebration**, Centennial Hotel Gulgong (from 8pm) *See back page*

**19 MARCH**

**14th Annual Can Cruise 2022 NSW**, Mudgee Showground (8am-12 noon)

**19 MARCH**

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

**19-20 MARCH**

**Annual Mudgee Region Food & Drink Trail**

**20 MARCH**

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

**20 MARCH**

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

**20 MARCH**

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

**21 MARCH**

**World Poetry Day 2022** *See inside for details*

**21 MARCH**

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

**21 MARCH**

**World Down Syndrome Day** *See inside for details*

**23 MARCH**

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

**23 MARCH**

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

**25 MARCH-3 APRIL**

**NSW Seniors Festival** *See inside for details*

**25 MARCH**

**Seniors Card Short Story Competition workshop**, Gulgong RSL (10.30am-12.30pm) *See inside for details*

**26 MARCH**

**Earth Hour 2022** (8.30pm-9.30pm) *See inside for details*

**27 MARCH**

**Neighbour Day 2022** *See inside for details*

**27 MARCH**

**Gulgong Seniors Week Luncheon**, Gulgong RSL (11am-2pm) *See inside for details*

**28 MARCH**

**CPSA Gulgong Branch meeting**, Gulgong Bowling Club (2pm) *See inside for details*

**29 MARCH**

**Rylstone Seniors Week Luncheon**, Rylstone Club (10am-2pm) *See inside for details*

**30 MARCH**

**"Back to Business" Dinner & Special Guest Speaker**, Lowe's Family Wines (6.30pm)

**30 MARCH**

**Mid-Western Regional Seniors Week Concert & Morning Tea**, Club Mudgee (10am-12.30pm) *See inside for details*

**31 MARCH**

**Kandos Seniors Week Luncheon**, Kandos RSL (11am-2pm) *See inside for details*

**1 APRIL**

**Mudgee Seniors Week Luncheon**, Club Mudgee (10.30am) *See inside for details*

# WORKING WOMEN'S WELLNESS LUNCHEON

**“Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you're thriving.”**

Business Mudgee are proud to present our **Working Women's Wellness Luncheon MIND | BODY | SOUL** on **Thursday 10th March 2022** as the key local event for NSW Women's Week, which coincides with International Women's Day 2022.

Take some time for yourself, hear how Ami Zielinski brought “wellness” into her life and our regional community through founding Central West Mums.

Our local “wellness” experts in the fields of MIND, BODY + SOUL will also share tips and tricks to enhance ongoing wellness in order to thrive in whatever you do.

The Wellness Panel is:

Alison Nipperess – Mudgee Psychology; Shahna Smith – Funk Fitness; and Danna Maloney – Soulwork.

Enjoy networking, great food and wine, make new friendships, and give yourself permission to enjoy this annual sell-out event.

Business Mudgee would like to thank Women NSW (Dept of Community & Justice) and Glencore-Moolarban for their generous financial support of this event.

Tickets available from [eventbrite.com.au](https://www.eventbrite.com.au)



## INTERNATIONAL WOMEN'S DAY

It being the centenary of NSW CWA and the 10th anniversary of Global International Women's Day, the local CWAs (Kandos, Rylstone and Ilford/Running Stream) are holding an International Women's Day luncheon on 8th March at Kandos Community Hall at 11am. Jane Caro, well-known social commentator and feminist and regular contributor to ABC's The Drum and Q+A, is our guest speaker. Admission of \$10 includes lunch. Everyone is invited. **For catering and COVID restrictions, it is essential to book your place on 0499 164 042.**

## KANDOS RYLSTONE FILM SOCIETY

The Kandos Rylstone Film Society, run by volunteers and an initiative of Kandos CWA, holds monthly films at Rylstone Hall on the second Saturday of each month. Last year the society showed eleven films, despite the impact of COVID. This popular community attraction is possible through a generous grant from Mid-Western Regional Council.

Annual membership of the society can be purchased on film nights for a mere \$15 single and \$30 family, which gives entry to all films. 2021 membership continues into 2022.



Kandos, Ilford/Running Stream and Rylstone Branches of CWA would like to invite you to our

### International Women's Day 2022 Event



Guest Speakers

**Jane Caro AM**

A feminist social commentator,  
writer and lecturer

&

**Health One Professionals  
And Wiradjuri Elders**

**Kandos Memorial Hall at 11am  
Tuesday 8<sup>th</sup> March 2022**

**All Genders Welcome**

**Lunch will be served. Admission \$10  
Booking for catering purposes  
are essential on 0499 164 042**

# ST PATRICKS DAY



St Patrick's Day is officially observed on March 17 each year, though celebrations may not be limited to this date. The significance of March 17 is that it's said to be the date of St Patrick's death in the late 5th century (circa AD 493). St Patrick is one of Ireland's patron saints.

While not a public holiday, Saint Patrick's Day is observed in Australia with festivities and events across the country – particularly in pubs and bars and other night venues, since most years the celebrations take place on a week day after work.

The Irish were among the first Europeans to settle in Australia. They comprised a portion of the convict settlement population in the late 1700s but more than 300,000 other Irish settlers migrated to Australia between 1840 and 1914. Many came to Australia to escape famine in their homeland. About 30 percent of Australians are believed to have some Irish ancestry today.

Celebrating St Patrick's Day is one way of preserving Irish traditions and customs in Australia. St Patrick worked as a missionary in Ireland. It is believed that he banished "snakes" from the country although the term "snakes" may have referred to druids or pagan worshippers.

Many people wear the colour green on St Patrick's Day. They may also wear a symbol of Ireland, such as a shamrock or a harp. Images of leprechauns, a pot of gold and the Irish flag colours (green, white and orange) are also visible during events and activities on the day.

In Ireland's flag, the green represents the Catholics, orange represents the Protestants and white represents the "peace" between the groups.



## 4 Surprising Facts About St. Patrick's Day

- Saint Patrick was not Irish! He was from Wales. He is remembered for bringing Christianity to Ireland.
- Although it is believed that Saint Patrick drove all the snakes out of Ireland, snakes have never been native to Ireland!
- The Shamrock was considered a sacred plant which represents the Holy Trinity. The shamrock is Ireland's national flower and it is one of the main symbols of Saint Patrick's Day.
- Leprechauns are likely based on Celtic fairies. If you catch one they are forced to tell you where their pot of gold is!

# PARENTS NSW VOUCHERS AVAILABLE NOW

Learn more: [www.service.nsw.gov.au/parents-nsw-vouchers](http://www.service.nsw.gov.au/parents-nsw-vouchers)

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# SMALL BUSINESS MONTH - MARCH 2022 - COMMUNITY EVENT

## INNOVATION AND SMART AGRICULTURE – ARE YOU SET FOR THE FUTURE IN THE NEW NORMAL?

You are invited to a dinner and forum to look at the emerging trends in agriculture, looking outside the square to improve income through innovation and diversification in the post pandemic environment – The “New Normal”.

No matter your interest, or the size of your property, this is an evening for you. A discussion panel and guest speakers will offer food for thought. They will be available to explore opportunities with you through out the evening.

**Date:** Tuesday 15th March

**Time:** 6:00 PM for meet and greet, 7:00 Dinner

**Where:** Gulgong RSL Club, Herbert St

**Cost:** \$10 per person. Welcome drink, dinner and coffee

**RSVP:** Secretary, Gulgong Chamber of Commerce, Friday 11th March

**E:** secretary@gulgong.com.au

**M:** 0448 741 446






Businesses interested in having a display, please contact the Secretary, Gulgong Chamber of Commerce.



## Made For Local Business

### Website Builder Platform

Developed by Hi Tech Creative in Mudgee, our website platform focuses on helping businesses grow online and boost their branding.

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# Could your business outcomes be better? Are you ready to take your business to a higher level? Want guidance from experienced business professionals?

Meet Pearl Daly-Swords, an accredited Coaching & Leadership Development Consultant based here in Mudgee.

## So Pearl, how did Mid-Western Mentoring come about?

During my 20+ years in HR and Learning & Development, I have had incredible mentors. I wanted to provide our region's leaders and business owners with the opportunity to experience the effectiveness of good "Mentorship". In mid-2020, I spoke with a number of local business owners and shared my vision for bringing such a program to the Mid-Western Region. It was agreed that there was a need and so we delivered our inaugural Program last year. None of it would have been made possible without the Mentors who volunteered their time to support and challenge the development of a less-experienced business owner/leader. We are delighted to share that the majority of our experienced Mentors want to assist again this year!

## What does the 2022 Mid-Western Mentoring Program involve?

It's an 8-month program that runs from early April to the end of November and provides up to 40hrs of professional development. Your minimum involvement would involve the training session (1.5hrs) to kick-start the program and 1hr per month with your Mentor – all other aspects are optional.

Participants will experience what it is to be mentored in a one-on-one relationship. The Program is framed by several sessions delivered by local experts on topics such as business strategy, marketing for small business, HR & recruitment, finance, legal aspects of running a small business and technology Apps & hacks to support business success. Additionally, all participants receive one-to-one Executive Coaching with me and are provided with a multitude of opportunities to network and collaborate. Our series of 'Fireside Chats' with distinguished local business owners will continue and this year we are also introducing 'Learning-Circles' which will be facilitated sessions focused on participants' on-going learning and development.

But don't just take my word for it! Here's what past participants have said about the Program:

*"Met other great business owners, built friendships with other mentees and business owners. Got inspired by others in the program. Learned to step outside of my comfort zone."*  
- Stephanie Ross, Exclusively Mudgee

*"Everything Pearl ran was super organised and engaging"*  
- Andrew Keipert, Traction Mode

*"Great support and feedback on my business. My mentor got me to believe more in myself and to get out of my comfort zone. Got to network with people that I never would have done. New clients and great referrals from the program!"*  
- Riani Kruger, Marianna Photography



Photo credit: Marianna Photography

Mid-Western Mentoring [www.mwmentoring.com.au](http://www.mwmentoring.com.au)



**Are you interested in being part of Mid-Western Mentoring's 8-month Program happening in 2022?**

*If we've piqued your interest, even a little bit, then please reach out for more information...*

*or simply scan the QR code to apply!*  
Applications close: March 23rd.



**Contact: M: 0419 237 619 | E: [pearl@mwmentoring.com.au](mailto:pearl@mwmentoring.com.au)**

## CALLING ALL GULGONG GROWERS

The Growers Network have some exciting news! We are in the planning & design stages to build a community garden in Gulgong! We are seeking community input and collaboration. If you have the time, skills, ideas to share then we hope to see you there!



**YOU'RE INVITED TO A  
COMMUNITY PICNIC  
13TH MARCH 10:30AM  
THE PEOPLE'S PARK**



## GULGONG COMBINED PENSIONERS AND SUPERANNUANTS ASSOCIATION

**As this edition went to press, the Gulgong Branch of the CPSA was celebrating that it was able to get back to its regular meetings. Although numbers were down, the Committee was pleased that there was a good rollup.**

Elsewhere in this edition, is the information on the Seniors Week activities. Each of these activities will be held in a COVID safe way. Advice from health care professionals is that COVID-19 is with us so it is pointless hibernating away from friends and the things that was done pre-COVID. The important things are get vaxed, wash hands or use sanitisers frequently, particularly before eating, going to the loo and after you have been. Ensure that social distancing is maintained and if unwell, get tested and stay at home pending the results.

Self imposed isolation, due to the worry of getting COVID, is way worse than getting out with friends and being involved so the mental health workers are saying. It comes down to choice – Am I going to get back to as normal a life as I can post epidemic, or am I going to waste my life worrying about the what if?

Our next meeting is on Monday 28th March commencing 2pm at the Gulgong Bowling Club. It is our Seniors Week meeting and our first meeting with a guest speaker. Don't forget to bring a plate for afternoon tea following the meeting.

Use it or lose it has never been so true for the end of March and early April. It will be a full week of great activities.

Can't get there? Need a lift? Let one of the Executive know. Tony on 0455 786 434, Jan on 0407 901 584, Wendy on 0409 741 262, or Paul on 0448 741 446. Don't miss out for lack of transport!



# THERE IS NOTHING BETTER THAN A **FREE** ACTIVITY

## Yes, the Gulgong Holtermann Museum now has a **FREE Interactive Street Trail**.

A selection of Holtermann Collection photographs and their locations are now available to anyone wishing to take a walk through Gulgong to find the locations of a selection of the 1872 Holtermann Collection photographs.

To enhance the experience, the trail has audio and text content relating to the photographs, taken from newspapers and publications of the time. Users also have a choice of following the long or short trail.

It is as easy as 1, 2, 3.

1. Scan the QR Code with your smartphone,
2. Visit the Gulgong Holtermann Museum reception desk to ask for the daily code; and
3. Read the instructions and accept the Terms and Conditions.

For visitors wishing to explore the museum an entry fee does apply. However, they too can take advantage of the FREE trail giving them the unique opportunity to take the gold rush photographic history out of the Museum and onto the streets of Gulgong. Remember also, that visitors can use their Dine & Discover Vouchers for Museum entry.

## GRAZING FOR DROUGHT

On Tuesday the 15th March, Watershed Landcare, in collaboration with local mentor Col Seis will be hosting a workshop in Gulgong to demonstrate the advantages of Adaptive Planned Grazing. Graziers and farmers are invited to attend this **FREE, interactive day** where we'll hear from experienced trainers and mentors and see the results of this practical grazing technique.

### What is Adaptive Planned Grazing (APG)?

APG is a tool. It is helpful in good times and during drought. Land managers who use APG effectively can quickly respond to climate, rainfall, and economic factors, providing opportunities to make the most of high/low livestock prices and adjust the stock density to make the most of available feed.

Put simply, APG involves high stock densities and a high rotation frequency. Ideally, you would have all your stock in one mob, rotating every day or two through smaller paddocks to get increased ground disturbance, the concentration of manure, and optimum feed utilisation. Paddocks are then left to rest and recover for an extended period before being grazed again. This technique mimics how wild herd animals graze, stimulates more diverse plant species, and builds soil health and structure.

### UPCOMING WORKSHOP IN GULGONG, TUESDAY 15 MARCH (10am - 4pm)

Here is an exciting opportunity for local graziers to attend a free one-day workshop. You'll get to see presentations from experienced land managers,

We look forward to sharing the Holtermann Collection with you and introducing you to the photographers Beaufoy Merlin and Charles Bayliss who took these stunning photographs 150 years ago. So, remember to put this activity on your "must do" list when next you visit Gulgong.

See you sometime soon!

*\*Please note VODAFONE users will have issues in our region with data.*



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Resource Consulting Services and Holistic Management trainers. You'll leave the day with an understanding of how to estimate how much feed you have on pasture and adjust stock numbers accordingly. You will learn the tools



to see the land recover more quickly after being grazed and bounce back faster after drought. Would you like to increase the diversity of grasses and perennial species in your paddocks? Then you won't want to miss this casual, on-farm workshop. Set on Col Seis' property, 'Winona', where attendees can see for themselves the remarkable results of Adaptive Planned Grazing.

The workshop alone will provide some valuable insights into how you can improve your grazing enterprise. For those keen to push their farm's sustainable production potential, there is the choice to take on further, generously subsidised training and/or funding to set up a trial on-farm with ongoing support from mentors.

If you can't make it to the Gulgong workshop, don't despair! There are upcoming workshops in Bathurst & Stuart Town.

Visit [www.watershedlandcare/events](http://www.watershedlandcare/events) for more info and to get your free tickets.

For enquiries, please contact: [grazingfordrought@watershedlandcare.com.au](mailto:grazingfordrought@watershedlandcare.com.au)

*This project received funding from the Australian Government's Future Drought Fund*

# THE RYLSTONE RUMBLE

by David Innes

The unseasonably moist conditions have the surrounding area looking absolutely beautiful.

The yellow and browns of a hot summer are not happening, it's just green. Returning visitors will notice new shops.

Welcome to Felicia who has just opened **iL Vicolo Trattoria** that specialises in traditional wood fired pizzas and Italian cuisine.

They are located next to the **Almost Everything Emporium**. Also, a spacious courtyard full of character for seating and sensational pizzas. All reviews say they are absolutely delicious.

In the heart of Rylstone, in the beautiful Central West of NSW, lies **Sisters Bazaar**. An eco-friendly, sustainable shop that sources Fair Trade and ethical products from Asia and Africa and supports Australian artisans. We strive to provide products that are good for you and good for our planet. Hence our products are largely made from natural fibres such as cotton, wool or silk.

**Vintage-on-Louee** has just opened. Run by Jo Albany and Peter Swain, this shop has vintage clothing, retro furniture and collectibles. Open Friday to Monday, 10-3pm. For more information about these new shops, just check online.

*Photo: Tindale Park is an ideal place for swimming or a picnic.*

An advertisement for 'Rylstone Retro Records'. The top part features the shop's name in large, stylized yellow letters on a black background. Below this, there are several images: a CD cover for 'High Volt' by Albert Productions, a white t-shirt with a graphic, and stacks of vinyl records in red and pink bins. A blue circular callout box in the bottom right corner provides the shop's location. At the bottom center, there is an email address.

**RYLSTONE RETRO RECORDS**

With thousands of records, thousands of CDs, hundreds of T-shirts, retro racing photos, cars and motorbikes, artworks and more, the Rylstone Retro Record shop is a pleasantly quirky shop to browse through. **Special requests, music and T-shirts are tracked down at no extra cost.**

Situated opposite the Globe Hotel, 45 Louee St, Rylstone.

[kandosrylstonemedia@gmail.com](mailto:kandosrylstonemedia@gmail.com)

# MUDGEE & DISTRICTS SENIORS WEEK

The Mudgee & Districts Seniors Week Planning Committee recently met to finalise the events for this year's Seniors Week. There will be a variety of events to suit everyone:

**Friday 25 March 2022 (10.30am–12.30 pm)**

**Seniors Card Short Story Competition workshop at Gulgong RSL Club.** Stories created will have a chance to be published in Volume 8 of the Seniors Card Stories Anthology. Entry is free.

RSVP to [j.baggett@bigpond.com](mailto:j.baggett@bigpond.com) or Maureen Kelly on 0417 403 720 no later Thursday 24 March 2022.

**Sunday 27 March 2022 (11am–2pm)**

**Gulgong Seniors Week Luncheon and Presentation of the Gulgong Senior Citizen of the Year Award.**

Lunch to be held at the Gulgong RSL. Tickets are \$10.00 per person and available from Jan Robson 6374 1944.

**Tuesday 29 March 2022 (11am–2pm)**

**Rylstone Seniors Week Luncheon and Presentation of the Rylstone Senior Citizen of the Year Award.**

Lunch to be held at the Rylstone Club. Tickets are \$10.00 per person and available from Carol Hayward on 6379 1096.

**Wednesday 30 March 2022 (10am–12.30pm)**

**Mid-Western Regional Concert and Morning Tea with Terry Leonard** to be held at Club Mudgee. Tickets are \$5.00 per person and available from Club Mudgee and Marisa Quintana at Mid-Western Regional Council tel: 6378 2720.



**Thursday 31 March 2022 (11am–2 pm)**

**Kandos Seniors Week Luncheon and Presentation of the Kandos Senior Citizen of the Year Award.**

Lunch to be held at Kandos RSL. Tickets are \$10.00 per person and available from Delma Smith on 0427 207 089.

**Friday 1 April 2022 (10.30am)**

**Mudgee Seniors Week Luncheon and Presentation of the Mudgee Senior Citizen of the Year Award.**

Lunch to be held at Club Mudgee. Tickets are \$10.00 per person and available from Club Mudgee and Marisa Quintana at Mid-Western Regional Council tel: 6378 2720.

**Nominations are now open for Senior Citizen of the Year in Mudgee, Gulgong, Kandos and Rylstone.**

Nomination forms can be collected from Mid-Western Regional Council, Oak Tree Retirement Village, Mudgee Library, Club Mudgee, Gulgong RSL, Kandos Library and Council Chambers at Rylstone. Nominations must be received no later than 18 March 2022.

*The Committee would like to thank their generous sponsors for their assistance in hosting these events at prices affordable to seniors.*

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## THE MERRY MAMZELLES

by Pam Bellhouse

**The Merry Mamzelles have been out and about within the constraints of COVID.**

Incredible isn't it that in the space of just a couple of years our lives seem to be governed by an aggressive virus, unwanted and unloved it makes its presence felt, leading us into a whole range of strategies to keep well.

Some of those strategies are new whilst others have always been there but we just needed refresher course. You know the ones, washing hands, wearing masks, sign in procedures, sanitising equipment, social distancing but despite that or maybe because of it, we continue to make a conscious effort to enjoy every day to the fullest.

On Thursdays, we dress in our vibrant colours of red and purple and bring out the bling (you can never have too much bling) and don a Red hat or a purple one if your birthday occurs that month then meet for either morning tea or for lunch, sometimes it's a picnic in the park or a day trip to another town or village to lunch with another Red Hat Chapter or to see the sights and maybe do a little Op shopping.

Another venue that we lunched at recently is the 'Our Chow' Café at Burrundulla Winery in Mudgee. Lovely thoughtful things happen within our Chapter, one of our Mamzelles who was born in the Year of the Tiger presented each of us with a small red gift to celebrate the Chinese New Year. All of the venues we have visited have something that is special to them, Honey Haven in Mudgee has, you guessed it, honey, all types of honey even honey ice-cream and for those who like their exercise, a mini Putt Putt course – we haven't tried that yet but it is on our "To Do" list. Happy Hatting and Chatting for now!



## What's happening in the wonderful world of Birds and Wildlife in our region?

### TAWNY FROGMOUTH

When a roosting Tawny Frogmouth is discovered, it usually adopts a cryptic posture which makes it resemble a broken-off branch: it perches stiffly, sleeking its plumage and orientating its tail along the branch, and narrowing its eyes to slits. In addition, its plumage, a blend of spots, blotches and streaks



of grey, brown, black and tawny, blends in almost perfectly with its surroundings. However, when not roosting in disguise, frogmouths are much easier to spot at night.

The Tawny Frogmouth is found throughout Australia, including Tasmania and can be found in various habitats except for the denser rainforests and treeless deserts. The bulk of the Tawny Frogmouth's diet comprises nocturnal insects, worms, slugs and snails. Small mammals, reptiles, frogs and birds are also eaten. Most food is obtained by pouncing to the ground from a tree or other elevated perch. Tawny Frogmouths have a regular breeding season, but birds in more arid areas may breed in response to heavy rains.

### PEACEFUL DOVE

The Peaceful Dove is a small dove with striking black and white barring on its chest, leading some to nickname it the Zebra Dove. They can be found near water, especially in open woodlands, and can often be heard from great distances gently doodle-dooing from a high exposed branch. You will often see Peaceful Doves in pairs or small family groups on the ground where they forage for small grass and sedge seeds. Peaceful Doves need to drink at least twice a day, so they never stray far from water.



### RAINBOW BEE EATER

A striking, colourful bird, the Rainbow Bee-Eater is a spectacular sight! They are familiar with many woodland parts of mainland Australia. They are fantastic aerial hunters, swiftly darting after insects, sometimes with dramatic twists and turns. Rainbow Bee-Eaters (as the name suggests) mainly feed on bees and wasps; they will also snack on dragonflies, butterflies and other flying insects. The clever birds have developed a technique for disarming painful stings. The Bee-Eater will carry their prey to a branch where they will rub and beat the bee/wasp against the perch, removing the sting. These bold characters will gather in small flocks to travel between Summer breeding areas and Winter feeding habitats. When they are ready to breed, the females choose a nesting site in sandy soil and dig a tunnel and nesting chamber where both parents will incubate and feed the young chicks, sometimes with the assistance of auxiliaries (helpers).



**Send your bird and wildlife photos through to [maddison@watershedlandcare.com.au](mailto:maddison@watershedlandcare.com.au) to have them featured in next month's "Just Landed"**



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# NEIGHBOUR DAY 2022

Neighbour Day was founded in Melbourne, Australia in March 2003 by Andrew Heslop after the remains of an elderly woman were found inside her suburban home. Mrs Elsie Brown had been dead for two years – forgotten by her neighbours, her friends and her family. While Andrew did not know Mrs Brown he was shocked by the apparent ease with which the world had left her behind.

Widespread media interest followed and it was this coverage that prompted Andrew to suggest a 'National Check on Your Neighbour Day' in a Letter to the Editor of *The Melbourne Age* in 2003.

Andrew was inspired by his late grandparents and his own neighbour – 83 year old Clive Tayler of Albert Park. An active resident in the street, Clive mowed the nature strips of his neighbours, picked up the rubbish and recycling bins on Monday mornings, mended loose gates and took care of the odd jobs which needed to be done. Always good-humoured, gentle and kind, Clive was never intrusive – proving you can be a great neighbour without actually becoming intimately involved in other people's lives.

Andrew's concept was refined, renamed and on Sunday 30th March 2003 the first Neighbour Day was observed. Since 2003, Neighbour Day has progressed from a reminder to connect with elderly neighbours to an annual celebration of strong communities and friendly streets. People of all ages participate because everyone everywhere is a neighbour no matter where you live nor your personal circumstances.

Relationships Australia has been the home of Neighbour Day since January 2014.

2022 marks the 20th Anniversary of Neighbour Day.



*Relationships Australia*

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## 2022 PLAYER REGISTRATION

All players need to be registered to play rugby, this includes participation in training.

### Registration Fees

Under 6s	\$100	Under 16s	\$165
Under 8s	\$125	Colts	\$175
Under 10s	\$140	Women	\$175
Under 12s	\$165	Men (Open)	\$220
Under 14s	\$165		

Players receive club shorts and socks as part of the registration fee. New Junior and Senior players will also receive a Club shirt, tie and bag. Registration can be done through the Rugby Explorer App or <http://myaccount.rugbyexplorer.com.au/register>.

### JUNIORS REGISTRATION & ACTIVE KIDS REBATE PROGRAM

The Active Kids Rebate Program is an initiative introduced by the NSW Government Office of Sport where parents are able to claim two vouchers, up to \$100 per school child, per calendar year, as a voucher to reduce the cost of registration or membership fees for after-school, weekend and structured fitness or physical activities.

Players are eligible and able to access their \$100 voucher from the 1st January 2022 and 1 July 2022. Each voucher can only be used once per child (K-12) per year but can be used for any sport or activity that is registered with NSW Active Kids.

Through the Rugby Xplorer App you will be able to use your Active Kids voucher to reduce the cost of registration at the time of payment. If you do not enter your voucher at the time of registration, there is no retrospective use of voucher.

For more information see the Mudgee Rugby website: [www.mudgeerugby.com](http://www.mudgeerugby.com) or if you need assistance with your registration please contact the club Registrar, Simon Parmiter at [registrar@mudgeerugby.com](mailto:registrar@mudgeerugby.com).





## THE MUDGEE CLASSIC IS COMING TO TOWN!

### SUNDAY, 1 MAY 2022

The Mudgee Classic will surely be a bike ride to remember. Catering for all levels of cycling ability, the Gran Fondo event offers four courses: 180km, 130km, 70km & 40km.




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## MUDGE & DISTRICT KENNEL & OBEDIENCE CLUB



**Our members are very happy to be back at training for 2022. Classes started up again on Sunday February 20th at Victoria Park in Gulgong. It was also great to welcome some newcomers that had been making enquiries during our summer break.**

We cater for dogs and dog handlers of all abilities. While many people come to our classes just to achieve some basic manners from their fur buddies, others are amazed by how well they respond to training and then continue classes, developing an ambition to compete in trials.

A few club members have just recently made the annual pilgrimage to attend trials at Bermagui, run over two consecutive weekends, by Bega Valley Kennel & Obedience Club and Sapphire Coast Kennel & Obedience Club. It's just such a fantastic location for a summer getaway, who can resist returning each year?! And the club is very proud to announce that at these trials, one of its club members, Jack (pictured left), obtained his title of Obedience Grand Champion, which is the highest level of title available in obedience trialling. Another club member, Dayzee (pictured right), also recently achieved her title of Obedience Grand Champion, at trials held last December at Wollondilly.

For those who may be thinking that any attempt to train their older dog would be a lost cause...think again!!

It really is amazing to see just how well dogs respond to love, attention, toys and some good food treats. It comes down to finding out what motivates your dog. Find that trigger, sit back and watch the results! Be consistent and start with the basics. Advancements should be made in small increments as your dog shows you that he or she is learning and ready to move on. Be patient and give them time to grasp what you are teaching them. After all, when they miss, it tends to be miscommunication from the handler!

If you would like more information on training classes, please contact the **Chief Instructor, Helen Stanford on 0400 033 844.**



# INTERNATIONAL DOWN SYNDROME AWARENESS DAY

**March is a significant month for Pearl & Adam Swords and their family as March 21st is International Down Syndrome Awareness Day. It's a time to appreciate the everyday achievements of their son Charlie who has Down Syndrome.**

## **Tell us about Charlie.**

Charlie turned six on January 4th (a birthday he shares with his Nanna Kay in Ireland!) and has started Kindy at St Matthew's Catholic School.

He has a great sense of humour, loves books, enjoys going to the park, animals, movies and music. He currently loves The Imagine Dragons, Queen and Ed Sheeran to name a few. He adores babies and his warm-heart generally leaves a good impression on both young and old. He idolises his older brother Rian (8) and loves to do everything that Rian does from playing soccer to backyard cricket – he gives everything a go! The connection he has with his Nannie and Poppy Swords is also phenomenal. Our decision to relocate from Sydney to Mudgee when Charlie was 10 months old has been a great one for our family.

## **Tell us about Down syndrome?**

Down syndrome is the most commonly occurring genetic condition. It's estimated that approximately 1 in every 1,100 births annually in Australia should eventuate in a child with Down syndrome. However, the pressure to terminate such pregnancies, as Pearl and Adam also experienced, is so great that the numbers presenting with Down syndrome are sadly much lower.

The condition got its name from Dr Langdon Down who first researched it. Ordinarily, a baby is born with 46 chromosomes. However, babies with Down syndrome have an extra copy of chromosome number 21 hence the name Trisomy 21 (or T21). That's why the 21st day of the 3rd month is International Down Syndrome Awareness Day.

## **What does having that extra chromosome-21 mean?**

It typically associates with delays in terms of hitting development milestones and with reduced cognitive ability. A few of the distinguishing physical features are almond shaped eyes, a small nose and typically a shorter stature.

## **What is the best language to use when talking about Down syndrome?**

The term "a Down's child" or a "Downs" is often used. A better phrase is 'a child or adult with Down Syndrome' – Charlie is a Swords' child!

People with Down syndrome don't 'suffer' from it they merely have the condition.

People say "Charlie is just like a 'normal' child" which, although well-intended, indirectly classifies him as 'abnormal'. We often volunteer that relative to typical kids, he stacks up pretty well!

We used to describe Charlie as "our son with special needs" until a teacher corrected us. It was pointed out that while he may require additional supports to



*Photo credit: Marianna Photography*

meet his needs, those needs are exactly the same as everyone's and that they aren't in fact special needs - they're human needs.

## **What are some myths about Down syndrome?**

It is not possible to have 'mild' or 'severe' Down Syndrome. A person either does or doesn't have it. An individual's ability is not dependent on the condition but rather on the unique individual.

It is a myth that children with Down syndrome are only born to older parents. While prevalence does increase with the mother's age, around 80% are gifted to women younger than 35. A number of Mums in the T21-community are in their 20s.

It is a myth that people with Down syndrome cannot learn to read and write. Historically, people with Down syndrome were institutionalised and education was discouraged. In the past 30 years however, their IQs have increased by over 20 points and the overwhelming majority learn to read and write. Some are graduating from college and more and more are holding down good jobs. In essence, the more we expect the more we will achieve.

It is a myth that people with Down syndrome can't attend mainstream schools. Evidence-based studies show that including children with different abilities in a mainstream classroom also improves the academic and social performance of their typical peers.

We fear the unfamiliar yet the world is a diverse playground. Engaging with people with different abilities in a fun, curious and compassionate way positively impacts the growth of all involved.

*Pearl and Adam want to thank you for taking the time to read about Charlie and about Down syndrome. Please feel free to stop them for a chat – by all accounts Charlie will also be only too delighted to engage!*

## CONGRATULATIONS TO MUDGEE HIGH'S EMMA CLULOW

**Textstyle: Technology Educators Association presentations**



Each year, the Technology Educators Association of NSW hosts an evening to celebrate the works of those students considered to have been the top performers from the ranks of all the students who attempted

Industrial Technology Textiles for the HSC the previous year.

That presentation evening is called Textstyle.

This year's Textstyle will showcase 40 exemplary Textiles and Design projects from the 2021 Higher School Certificate.

Emma Clulow is one of the 40 students who produced an exemplary project in 2021. Emma completed her HSC at Mudgee High School.

The Blessington "Best in Show" Award and S&S Creativity Unlimited Awards will be announced during the evening; fingers crossed for our Emma.

The 40 projects will be displayed at Gallery 76 – located at 76 Queen Street, Concord West – from Tuesday 8 to Friday 25 March 2022.

You can contact Gallery 76 for more details by going to: [www.embroiderersguildnsw.org.au/Gallery76](http://www.embroiderersguildnsw.org.au/Gallery76)



# CUDGEGONG VALLEY PUBLIC SCHOOL



## CVPS WELCOMES KINDY 2022

After three days of Best Start Assessment, CVPS welcomed 91 Kindergarten students through our gates into our wonderful school. Students joined their classes of KB, KC, KD, KH and KS led by our lovely Kindergarten teaching team. Many new little faces making new friends and learning new routines at big school. There has been lots of smiles and just a few tears as our big brave kindy's start their primary school journey.

In the holidays each of our Kindy's received a letter from their Stage 3 buddy! Our student mentors are very excited to get to know their buddies and to help them find their way, guide them in their learning and enjoy play time together!

In the classroom, our new Kindy cohort have been learning all about sounds and have commenced our Phonological Awareness Program. They have enjoyed reading delightful stories about friendship and adventure. In Mathematics, curious little minds have been exploring and discovering numbers and patterns in our school and sorting and classifying shapes. Students have started to share their personal and family histories and enjoyed hands on fun in Music and Science!

It was exciting to see our littlest sports stars playing games on Wednesday for their first session of School Sport. How very exciting to visit our school canteen for healthy snacks and meals! Eyes lit up when we welcomed our new students into the magical world of imagination when they first visited our library to explore and borrow books.

From our Cudjee Community and team... welcome Kindergarten 2022!



# ST MATTHEWS CATHOLIC SCHOOL



## In Week 1, we commissioned our new student school leaders.

The school community joined them via zoom to affirm them in their new roles. We wish our leaders all the best over the next twelve months as they demonstrate their amazing gifts and talents and exemplify the values of the St Matthews way.



# LUE PUBLIC SCHOOL



## READING OPENS DOORS!

Thursday 3rd February was World Read Aloud Day. Students at Lue Public School LOVE reading. We have a dedicated hour of reading every single day at school when students are immersed in a variety of reading and comprehension activities at a level appropriate to them. Each student reads independently, reads to someone else and is read to by someone else every day. Students who struggle with reading have additional support to build their skills too. Our students know the importance of good reading and comprehension skills and that reading for pleasure is a lifelong habit that opens doors.



## FENCING CONTRACTORS IN THE MAKING

At the end of last year, students from Year 8 through to Year 12 who study Agriculture contributed in various ways to a fencing project at the Ag Plot. With financial support from Nanna's Haberdashery, materials and equipment were purchased to replace the existing boundary fence on the Howard Park side of the Ag Plot.

Students worked as a team, under the guidance of Will Derwent and Logan Perry in all types of weather to remove wooden posts, dug holes for new steel replacements and ran and strained wires. The project developed many qualities in students including team work, problem solving and patience.



# RYLSTONE KANDOS PRESCHOOL



## The Children at Rylstone Kandos Preschool have all settled into preschool and have been busy exploring our indoor and outdoor environments.

We have been preparing art items for the Rylstone Show and look forward to seeing them on display at the upcoming show.

The Rotary Club of Rylstone Kandos, kindly donated a Peace Pole. The Pole was to celebrate Rotary's 100 year birthday of Rotary Australia. The Peace Poles are planted with the universal peace message "May Peace Prevail on Earth". They symbolise our common wish for a World at Peace. They stand as a silent vigil for peace reminding us to think and act in the spirit of Peace. The Peace message is written in four languages on panel on each side of the Peace Pole. Our Peace Pole is now fixed in our front garden for the children and visitors to see as they are walking into preschool. We are looking forward to celebrating in the United Nations World Peace Day Ceremonies on the 21st September.

On Monday 28th March we will be having our Annual General Meeting at the Preschool. Our Preschool is a community run preschool and we need our committee to be able to run our preschool.



# THE BOOK NOOK

by Mid-Western Regional Council Libraries

## CIRCLE OF STORIES

Introducing Circle of Stories, our new and improved children's storytime program. Circle of Stories is a free early childhood literacy program for children up to school age (0-5). Sessions are offered at our Mudgee, Gulgong and Kandos branches and include a mixture of stories, songs, and a simple craft activity. For dates and times, and to book your spot, please visit: [mwrclibrary.eventbrite.com](http://mwrclibrary.eventbrite.com)



## I HEART BOOKS

I Heart Books is a new light reads book group for busy mums who love to read!

Join us and other mums in a child-friendly environment to chat about books. Held the first Friday of the month at 10am at Mudgee Library, our next book group meeting is scheduled for Friday 4 March. **Register for free at:** [mwrclibrary.eventbrite.com](http://mwrclibrary.eventbrite.com)



## READING CIRCLE AT GULGONG LIBRARY

Join us each week at the Reading Circle at Gulgong Library for an enticing blend of book group style discussions, writing activities, crafts, history, tech support and more. Held every Monday at 11am (during school terms only), our next Reading Circle will be on Monday 7 March. Free to attend, **register at:** [mwrclibrary.eventbrite.com](http://mwrclibrary.eventbrite.com)



## MONDAY HISTORY TALK

Please join us at Mudgee Library on 7 March, 10:15am for our next Monday History Talk with special guest Steve Csuba. Hear about Steve's extraordinary escape in 1949 from his home town Tapolca in communist Hungary, to making his fortune in America, and then eventually settling in Mudgee, Australia. **Register at** [mwrclibrary.eventbrite.com](http://mwrclibrary.eventbrite.com)

## PAGE TURNERS – TEEN BOOK CLUB

Join other teen readers to discuss books and pop culture at Mudgee Library on the second Thursday of the month between 3:45-4:45pm. Each month at Page Turners, the group will discuss a selected Young Adult book, as well as other titles participants have been reading lately. A complimentary afternoon tea/snack will be provided. For high school students (years 7-12), the next get-together is planned for Thursday 10 March. **Register for free at:** [mwrclibrary.eventbrite.com](http://mwrclibrary.eventbrite.com)



## MY CAREER MATCH

Are you about to start your working life, or perhaps you're looking for a career change? Why not get your FREE career profile from MyCareer Match?

Match your personality and strengths to careers best suited to you. Resume help is also available. Access now with your library membership card: <https://bit.ly/3uFyefb>



## BOOK REVIEW

**Wild Place** by Christian White

Why do good people do bad things? In the idyllic suburb of Camp Hill in Australia, a local teen girl goes missing. As rumours of Satanic rituals swirl, schoolteacher Tom Witter becomes convinced he holds the key to her disappearance.

Set in 1989, this story is rich in references of the time, and poses the question – 'how well do you really know your neighbours?' Another engrossing and twisty thriller from the author of *The Nowhere Child* and *The Wife and the Widow* which will leave you guessing until the very end. Available in print from the Library.



# CELEBRATE WORLD POETRY DAY

From the beginnings of spoken and written language in every culture, poetry speaks to our common humanity and shared values. A poem is like a message in a bottle, sent out in the belief (and hope) that somewhere, sometime, it will wash up on our heartland.

**March 21st is World Poetry Day.** Find a poem, read a poem, write a poem, celebrate a poet. Cudgong Poets some of whose work you see below, are a group from our region who meet to talk about, listen to and read poetry. They meet at Mudgee Library (3rd Monday of each month) and The Booknest (4th Tuesday of each month). You are welcome to join us to listen, to read, to enjoy. Following are works from some of our talented local poets...

## Morning by Jorie Ryan

Dance the weather  
for the dam is full, the tank alive,  
grass heavy, the powdery seeds  
eagerly spending.  
If we had raspberries,  
they would be fruiting,  
joyful like children  
digging potatoes from the thick earth.

Sleep after love, dreaming  
of live streams, the shifting sun  
through the trees.  
Breakfast of poached eggs  
warm from little grey hens.

And what I know of Spirit is stirring  
in the world, a great relisher of good,  
so very awake.

## Light Flight by Bob Campbell

Passion powers my pen till it falls  
where I drop the poet's dictionary,  
the histories, yesterday's paper  
tomorrow's clean socks.

Tired from the sapping day, loathe to let it pass,  
The drowsy fight against fading light droops.  
The Adam days cycle past with each new unveiling,  
moth drawn to the dying light that won't repeat.

Hope seeks sleep that promises respite  
until dawn delivers the shifting white light  
from the long dulling of the certain endgame  
or the bright, white light of fresh, new morning.

## Behold Mudgee Majesty

by Peter Fitzgerald

A friend from the city asked me on the phone -  
"So what's beautiful in Mudgee today?"

Mmmm -  
Goodness!

I paused.  
Pondered.  
Closed my eyes.  
Recalled my morning street stroll.  
My sojourn.  
Images evoked - .

"Well - ." I replied.  
"Where to begin?"

Puzzled - .  
Plenty.  
Blue dome.  
Divine sky.  
Deep.  
Daubed by an artist's brush.  
Cloud flicked.  
Fluffed white.  
Plump as bush melons.  
Pumpkin proud.  
Puffs of royalty.  
Wondrous.  
Floating there.  
Up high.  
But seemingly not.  
So near.  
A phenomenon.  
For me to marvel.  
Immerse.  
Woolly white bellies.  
Soft streaks.  
Shapes no artist could ever truly show.  
Scene bathed in flaxen light.  
Warm.  
Which filters.  
In golden flakes.  
Flutters.  
Over oceans of glowing greenness.  
Verdant.  
Viridescent.  
A potpourri of intoxicating green.  
Bushes.  
Blooms.  
Leafy lush.  
Lime.  
Breathtaking.  
As beautiful as I have ever seen.  
  
How could I possibly reply?  
"Just a nice Mudgee day," I say.  
Smile to myself.



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*In memory of Gary and Scott - Rest in Peace my brothers.*

# Andrew GEE MP FEDERAL MEMBER FOR CALARE



## DIXONS LONG POINT CROSSING UPDATE

It was a sight to see at Dixons Long Point Crossing between Mudgee and Orange recently, with drilling rigs and highly skilled engineering geologists onsite undertaking preliminary geotechnical testing to pave the way for the \$29.8 million bridge project. I am immensely proud that the Australian Government is realising this project that has been 160+ years in the making!

Generations of local residents have lobbied and fought for this vital bridge, which will deliver tangible economic and tourism benefits when it links the Orange, Cabonne and Mudgee regions and opens up access to the Hunter Valley and Newcastle areas.

The Bathurst-based **Macquarie Geotech** was onsite for much of January, collecting rock and soil samples from the proposed route for strength assessment, and the potential to reuse material in construction. Once this work is complete, and environmental approvals are granted, a contract will be finalised. We're now only months away from the next milestone in this remarkable project which will be a true engineering feat!

Thank you again to Ray Kearns, and Mid-Western Regional Council for the tremendous amount of work to date on this exciting project.

**Above: Andrew with Vivien Bowman, Ray Kearns and Project Manager Engineering Geologist Craig Green of Macquarie Geotech.**



## WELL DESERVED FUNDING FOR THE HENRY LAWSON SOCIETY

Volunteers are the backbone of communities in the bush. They go the extra mile to make the region extraordinary! Just like the folks at the Henry Lawson Society in Gulgong, who manage one of the largest collections of Lawson memorabilia in the country!

I was thrilled to visit the group recently to present a \$2,100 grant to help the Society purchase a new computer, printer and scanner. Members are looking forward to the 2022 Henry Lawson Festival in June - when they'll also be celebrating the

centenary of their beautiful building in Gulgong.

I congratulate the Henry Lawson Society of NSW for being awarded this grant, as it recognises the time and energy the group puts into showcasing Gulgong's history. The funding is thanks to the Australian Government's **Volunteer Grants Program**.



**Are you a school leaver and thinking about continuing your studies away from home? I am pleased to let you know that there are many ways we're helping country students reach for the stars.**

- If you're relocating more than 90 minutes from home to study a Cert IV (or higher) at TAFE, or to attend University, make sure you apply for the **Tertiary Access Payment (TAP)** of \$3,000. You may also be eligible for a **Relocation Scholarship** that can support you throughout your study:

[www.servicesaustralia.gov.au/relocation-scholarship](http://www.servicesaustralia.gov.au/relocation-scholarship)

[www.servicesaustralia.gov.au/tertiary-access-payment](http://www.servicesaustralia.gov.au/tertiary-access-payment)

- Applications are now open for our **Rural and Regional Enterprise Scholarships Scheme**. It offers up to \$18,000 for a four-year degree:

[www.qtac.edu.au/rres-program](http://www.qtac.edu.au/rres-program)

- I also encourage you to get in contact with the Country Education Foundation to access other opportunities: [www.cef.org.au](http://www.cef.org.au)

## Planting trees for the Queen's Jubilee

To celebrate the Diamond Jubilee of Her Majesty Queen Elizabeth II, I am pleased to invite eligible groups in Calare to contact my office about grants for tree planting projects.

It's a great chance to commemorate while improving our local environment.

For more information, please contact my office on (02) 6361 7138 or via email: [andrew.gee.mp@aph.gov.au](mailto:andrew.gee.mp@aph.gov.au)



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# Andrew GEE MP

## FEDERAL MEMBER FOR CALARE



### FUNDING FOR NEW ACCOMMODATION CENTRE A BOOST FOR REGION

It's no surprise to see Mudgee's Glen Willow Stadium secure a number of thrilling NRL fixtures each year, with its strong reputation as the gold standard of regional sporting facilities.

Thanks to \$2.76 million grant as part of the Australian Government's **Local Roads and Community Infrastructure Program**, professional athletes visiting Mudgee for big matches, as well as Australia's future sporting stars, will be able to rest their heads a stone's throw away from the stadium.

The funding will allow the Mid-Western Regional Council to construct a 40 room accommodation facility, with private bedrooms and ensuites, at the Putta Bucca Training Camp - located between Glen Willow Regional Sport Complex and Putta Bucca Wetlands.

Having accommodation onsite at the Training Camp will make booking the Glen Willow Regional Sport Complex for major tournaments even more enticing to sporting associations across NSW – providing a massive economic boost to the town and surrounding region. The facility can also be used as emergency housing in times of disaster. **Above and bottom: Andrew with the Mayor of Mid-Western Regional Council Cr. Des Kennedy**



### PUTTA BUCCA WETLANDS COMING TO LIFE

If you're looking for a nice way to spend your Sunday, how about a stroll through the Putta Bucca wetlands?

Thanks to a \$859,700 Australian Government grant, the wetlands are steadily being transformed into a paradise for birdwatching, fishing, walking, and cycling. With the funding, the Council is putting in picnic shelters, a boardwalk, a playground, more signage, nesting boxes and augmented hollows, an extended carpark, new walking tracks and a shared pathway that connects Mudgee to the wetlands.



**Pictured: Andrew with Project Manager, Cassie Liney, and Director Development at Mid-Western Regional Council, Julie Robertson.**

**Did you know I have a Mudgee office? If you would ever like to meet with me, please get in touch via the details at the bottom of this page.**



Each year, the Gulgong Show Society does a tremendous job bringing together the best in agriculture, produce and crafts from across the region for the annual show. It was great to catch up with some Show Society members recently and I was delighted to present them with a \$2,000 Volunteer grant, in recognition of the hard work and dedication the group puts into the local community.

### KEEPING LOCAL PUPS HAPPY AND HEALTHY!

If there's one thing Mudgee pups enjoy more than treats and belly rubs, it's got to be the Jennie Blackman Dog Park!

I stopped by recently to check out the new secure off-leash park located between the Glen Willow Suspension Bridge and the Stadium. It's sure to get tails wagging, with designated areas for small and large pups, 'air-lock' style gates, lovely landscaping and doggie drinking stations. There's also plenty of seating and shelter.

The site was completed mid-last year thanks to \$100,000 in support through the Australian Government's **Local Roads and Community Infrastructure Program**.



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# NEW VILLAS COMING SOON

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CONTACT AGENT  
Alyse Pilley 0421 648 155



**8 WOODSIDE CLOSE, MUDGEE**

BED 3 | BATH 2 | CAR 3 | LAND 985m<sup>2</sup>  
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PRICE GUIDE \$1,800,000  
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**15A INVERNESS AVENUE, MUDGEE**

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CONTACT AGENT  
Andrew Palmer 0416 153 471



**101 DENISON STREET, MUDGEE**

BED 3 | BATH 1 | CAR 1 | LAND 364m<sup>2</sup>  
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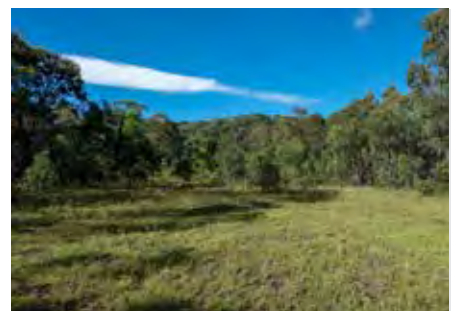
**84 CARWELL STREET, RYLSTONE**

BED 4 | BATH 2 | CAR 12 | LAND 4049m<sup>2</sup>  
CONTACT AGENT  
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**2/30 LAWSON STREET, MUDGEE**

BED 2 | BATH 1 | CAR 1  
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