

AUGUST 2022 | EDITION 18

FREE

# MWMM

MID-WESTERN MAIL MAGAZINE



- DISCOVER OUR AUGUST EVENTS
- YOUR MONTHLY REGIONAL NEWS
- OUR BUSINESS IS YOUR BUSINESS

MUDGEES  
HARGRAVES

GULGONG  
ILFORD

RYLSTONE  
LUE

KANDOS  
HILL END

GOOLMA  
CAPERTEE VALLEY





## IT'S WHAT'S ON THE OUTSIDE THAT COUNTS

ED Landscapes is a multi-award winning landscape company with specialist teams focusing on Landscape Design, Construction and Maintenance. We have been designing and constructing beautiful residential gardens for over 15 years and our mission is to design, build and maintain gardens with a stress-free process delivering first class service, standards and workmanship. This results in successful implementation of our vision.

We focus on making your garden the place you want to spend most of your time, so we believe it's what's on the outside that counts.

*"We have had the opportunity to have Ed landscapes consult, design and deliver new surrounding gardens with stunning species selections, as well as highly crafted structural landscape features on two of our most prestigious new build residential projects. On both occasions the outcomes have truly complimented the architecture and enhanced our clients' properties. We hope to continue our working relationship long into the future and highly recommend ED landscapes for any Modern or Classic landscape."*

Daniel Raymond, RAMA ARCHITECTS



**GET IN TOUCH TODAY**

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 **@ed\_landscapes\_**

# Notes from the Editor

Welcome to the 18th Edition of MWM and yet another action packed month in our beautiful region. There is something for everyone to enjoy throughout our events pages, inspirational ideas in our lifestyle section, activities of our children in the school zone and sports updates and our top businesses to support in the business section. This month I have also been reflecting on more than a year and a half of success for the MWM magazine. I'm particularly buoyed by the wonderful compliments the magazine has received over this time from business owners and readers alike. We love to hear what we're doing right but also keen to hear your ideas on how we can improve! So get in touch today [mwm@businessmudgee.com.au](mailto:mwm@businessmudgee.com.au)

**Les Edwards, Owner of ED Landscapes** "Thanks for your article in the MWM last month. We have been inundated with enquiries since it went to print. It was great to promote our services to your audience and it's really given us some good projects to kick off 2022 with."

**Marg Ottley, Owner of Ultimate Care Skin & Body Centre** "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."

**Diane Burnicle, Volunteer at RDA Mudgee** "Thank you to the MWM for the great editorial you gave for Riding for the Disabled Association Mudgee Centre, we have received some fantastic response to your article. Many thanks."

**Pearl Daly-Swords, Owner of CED Centre for Executive Development**  
 "We used Mid-Western Mail to promote our 2022 Mid-Western Mentoring Program and some of our participants in this year's program came on board on the back of that advertisement! Very grateful to Naomi and the team for bringing such a wonderful magazine to our community."

*Naomi x*

Enjoy our action packed August edition!

Follow us on our socials: [f @midwesternmail](https://www.facebook.com/midwesternmail) | [i @midwesternmail](https://www.instagram.com/midwesternmail)



## ADVERTISE WITH US

The Mid-Western Mail magazine (MWM) is created monthly and has become a highly successful, not-for-profit publication showcasing regional events, businesses and services.

Each month MWM is distributed to all high traffic venues around the region including Woolworths, Aldi, Ahmedis IGA's, Mudgee Tourism Office, popular coffee shops and eateries, Airbnb's and is an integral part of The Property Shop's welcome packs for new home owners.

If you would like to tell more than 10,000 locals and visitors to the region about your business or event and support regional news, contact us today.

**Email: [mwm@businessmudgee.com.au](mailto:mwm@businessmudgee.com.au) | Phone: 0439 448 840**

**Deadline: 15th of every month | Follow us on our socials:**

[f @midwesternmail](https://www.facebook.com/midwesternmail) | [i @midwesternmail](https://www.instagram.com/midwesternmail)



## SHOUT OUT TO OUR AUGUST ADVERTISERS

- Andrew Gee MP
  - Centennial Hotel, Gulgong
  - Dugald Saunders MP
  - Gulgong Holtermann Museum
  - Kandos High School
  - Kelly's Irish Bar
  - ED Landscapes
  - Oak Tree Retirement Villages
  - Perfectly Sorted
  - Rouse Tree Services
  - Rylstone Retro Records
  - Sally Callander Law
  - Shipman's Real Estate
  - The Property Shop
  - Ulan Water
  - Wear it Outt
- Without you this publication would not be possible. We are deeply grateful for your support.*

EDITOR Naomi Rouse

ARTWORK Danielle Scott Design

PRINTING Print Storm

PRODUCED by Business Mudgee

**BUSINESS MUDGEE**



## OUR BUSINESS IS YOUR BUSINESS

*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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# AUGUST

## EVENTS THROUGHOUT OUR REGION IN AUGUST

### EVERY MONDAY

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

### EVERY MONDAY

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

### EVERY TUESDAY

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

### EVERY WEDNESDAY

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

### EVERY WEDNESDAY TO SUNDAY

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

### EVERY MONDAY, WEDNESDAY & FRIDAY

**Mudgee Men's Shed**, 249 Ulan Road (9am-3pm & 9am-11am)

### EVERY THURSDAY

**Red Hatter Ladies meet**  
(various times & places)

### EVERY THURSDAY

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

### EVERY THURSDAY TO SATURDAY

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

### EVERY FRIDAY

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

### EVERY FRIDAY

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

### EVERY FRIDAY TO SUNDAY

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

### EVERY SATURDAY

**Park Run** (8am)

### EVERY SATURDAY

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

### EVERY SUNDAY

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

### AUGUST

**Gulgong Holtermann Museum 'Then & Now' Exhibition** (open daily 10am-3pm)

### AUGUST

**RSPCA NSW Central West Supporter Group** raffle tickets on sale

### AUGUST

**'Mating Dance' Exhibition**, Mudgee Arts Precinct (7 days 9am-5pm FREE)

### AUGUST

**National Tradies Health Week**

### 1-19 AUGUST

**Sculptures in the Garden 'Call for Works'** for 2022 Annual Exhibition

### 1 AUGUST

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

### 2 AUGUST

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

### 2 AUGUST

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

### 2 AUGUST

**Business Mudgee 2022 AGM**, Lochiel Lounge, Club Mudgee (5.30pm-7pm)

### 4 AUGUST

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

### 5-7 AUGUST

**Movies at Mudgee Town Hall Cinema:**  
*Elvis* (M), *Top Gun Maverick* (M), *Lightyear* (PG)

### 5 AUGUST

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

### 5 AUGUST

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

### 5 AUGUST

**Jeans for Genes Day**, Children's Medical Research Institute

### 6 AUGUST

**All Hallows Catholic School Trivia Night**, Gulgong RSL (6.30pm)

### 6-7 AUGUST

**Mudgee and District Kennel Club Dog Show**, Victoria Park, Gulgong

### 6 AUGUST

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

### 7 AUGUST

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

### 8 AUGUST

**Dying to Know Day** presentation, Oak Tree Retirement Village, Mudgee (2pm)

### 8 AUGUST

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

### 8 AUGUST

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

### 9 AUGUST

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

### 9 AUGUST

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

### 9 AUGUST

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

### 10 AUGUST

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

### 10-20 AUGUST

**Kidney Kar Rally**

### 11 AUGUST

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

### 11 AUGUST

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

### 11 AUGUST

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

### 11 AUGUST

**'Forecasting & Planning in an Ever Changing Economy'** presentation, Starlight Room, Club Mudgee (6-8pm)

### 13 AUGUST Left Handers Day

#### 13 AUGUST

**'Heartfelt Morning Tea' with Greg Page** (former Yellow Wiggle), Gulgong CWA Hall, Herbert St (10.15am)

#### 13 AUGUST

**'Songs of the Heart' with Greg Page** (former Yellow Wiggle), Gulgong RSL Club (7-10pm) Over 18 years only

#### 13 AUGUST

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

#### 13 AUGUST

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

#### 13 AUGUST

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

#### 13-21 AUGUST National Science Week

#### 14 AUGUST

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

#### 15 AUGUST

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

#### 15 AUGUST

**CPSA AGM**, Gulgong Bowling Club (2pm)

#### 17 AUGUST

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

#### 18 AUGUST

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

#### 18 AUGUST

**Veterans Day / Long Tan Day** commemoration service, Cenotaph, Gulgong (11am)

#### 20-26 AUGUST

##### Book Week

#### 20 AUGUST

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

#### 21 AUGUST

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

#### 21 AUGUST

**Mudgee Running Festival**, Lawson Park Mudgee

#### 21 AUGUST

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

#### 21 AUGUST

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

#### 23-28 AUGUST

**Pink Lady Bras, Professional Bra and Prosthesis Fittings**, Wear it Outt, Gulgong (9am-4pm) Bookings Essential

#### 24 AUGUST

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

#### 24 AUGUST

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

#### 26 AUGUST Cancer Council Daffodil Day

#### 26 AUGUST

**'A Daisy in a Jar' Poetry Book launch** by local Poet; Jorie Ryan, The Book Nest, Mudgee (6pm)

#### 26 AUGUST

**'Shakespeare' from Voices in the House Concert Series**, The Prince of Wales Opera House, Gulgong (4pm)

#### 27 AUGUST

**Mudgee District U3A Annual General Meeting 2022**, "Kildallon" 70 Court Street, Mudgee (10am-12pm) Members only

#### 28 AUGUST

**Mudgee Race Club, August Race Meeting** (Gates open 11am)

#### 28 AUGUST

**Mudgee Gulgong Wolves Gala Day**, Glenn Willow (from 9am)

#### 29 AUGUST - 1 SEPTEMBER

**Centenary of Henry Lawson's Death talks**, daily readings, favourite verses and stories, Mudgee Library (10am-11am)

#### REGIONAL INFORMATION

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

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

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

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

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

#### LOCAL LISTEN

Mudgee/Gulgong 93.1FM

Rylstone/Kandos 97.9FM

Mudgee/Gulgong MAGIC 87.6FM

## BUSINESS MUDGEE ANNUAL GENERAL MEETING 2022

**The Business Mudgee 2022 AGM will be held for Members on 2nd August.**

As well as hearing about the year in review, there will be the opportunity to chat with the Committee and to catch up with and meet other BM members.

**When: Tuesday, 2nd August, 5.30pm-7.00pm**

**Where: Lochiel Lounge, Club Mudgee, 99 Mortimer Street, Mudgee**

*What will be happening on the night?*

Overview of what has been achieved in the past year | Office bearers elected including a new Vice President  
Call of Business Mudgee Committee Nominees | Networking

If you are interested in being part of the Business Mudgee Committee either as an office bearer or a committee member, please contact [info@businessmudgee.com.au](mailto:info@businessmudgee.com.au) for more information or speak with any of the current Committee.

**BUSINESS  
MUDGEE**



# THE BOOK NOOK

by Mid-Western Regional Council Libraries

## AUTHOR VISIT



Join three prominent Australian authors - Annie Seaton, Fiona McArthur and Darry Fraser (pictured from left to right), at the beautiful historic Putta Bucca House on Sunday 11 September, 2pm-4pm. Hosted by MWRC Library, this in-conversation style and intimate event will be facilitated by Jenny Nicholson. Tickets \$40 each, afternoon tea included. Book online at: [mwrclibrary.eventbrite.com](https://mwrclibrary.eventbrite.com)

## CENTENARY OF HENRY LAWSON'S DEATH: 1922-2022

Hosted by Kevin Pye (local award-winning author and Lawson advocate), residents and community groups are invited to Mudgee Library to listen to daily readings and share their own favourite verses or stories from Monday 29 August to Thursday 1 September, 10-11am. On Friday 2 September, there will also be a free bus tour of significant sites such as Budgee Inn, Church Lane, Eurunderee School and the Lawson Memorial. Bus departing Mudgee Library at 9.30am, arriving back at 11.30am. Proudly sponsored by Moolarben Coal. Limited to 50 bookings, secure your spot now at: [mwrclibrary.eventbrite.com](https://mwrclibrary.eventbrite.com)



## GOLD RESOURCES KITS

Thanks to Heart of Gold Australia, we now have two unique Gold Resources Kits available to borrow from Mudgee Library. Kits are packed with large rock samples and engaging gold materials, perfect for students and homeschoolers. Pop into the Library and borrow one today!



## HISTORY WEEK 2022

On what would have been our normal Monday History Talk morning on 5 September, we are instead planning an entire day of talks to celebrate History Week (2nd-11th Sept)! Although the program is still being finalised and we can't share any secrets with you just yet, we can tell you we have already secured three fascinating speakers and the day is shaping up to be inspiring and thought-provoking. So, save the date, and keep an eye out for the full program on our website or Facebook page. Bookings at: [mwrclibrary.eventbrite.com](https://mwrclibrary.eventbrite.com)



## NAT GEO

Explore the National Geographic Virtual Library and National Geographic Kids for free with your library membership card.

Access the complete archive of National Geographic magazines – every page of every issue, from 1888 to the present – along with a cross-searchable collection of books, maps, images, and videos. This online resource is available now from: <https://bit.ly/3aqSLzt>



## BOOK REVIEW

*The Maid* by Nita Prose (4/5 stars)

Molly Grey, a maid at the Regency Grand Hotel, discovers a guest, Mr. Black dead in bed. Who is responsible for the crime and will Molly go down just for being a bit different? A *Clue*-like, locked-room mystery and a heart-warming journey of the spirit, *The Maid* explores what it means to be the same as everyone else and yet entirely different – and reveals that all mysteries can be solved through connection to the human heart. Entertaining and smart, with a riveting combination of cosy mystery, dark comedy and thriller, with intriguing whodunnit vibes! For fans of *Eleanor Oliphant Is Completely Fine*. This endearing debut is available in print and as an eBook from the Library.

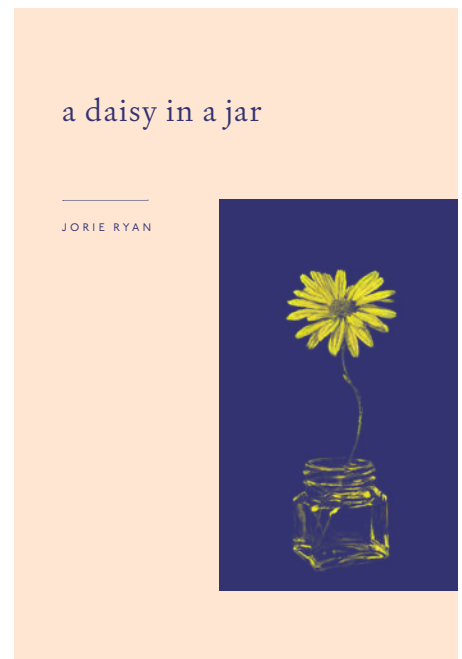


## A 'DAISY IN A JAR' BOOK LAUNCH

Jorie Ryan lives in Mudgee, New South Wales. She has written poetry as far back as she can remember and loves the music and beauty of words. Her poetry explores relationships - to each other, to the natural world and to God. Her poems bear witness to a world that is both beautiful and confusing. Jorie has published four books and has appeared in numerous journals.

*"While it can be risky to judge a book by its cover, this is not the case with Jorie Ryan's most recent collection of poems, A Daisy in a Jar. The simple beauty of the yellow daisy in its repurposed glass jar against a deep blue background is a fitting image for what Jorie is endeavouring to do in these poems. At one level, these are accessible poems about the consolations and challenges of ordinary life through*

*its seasons of belonging, dislocation and homecoming. Never far away is the poet's search for identity, for the deeper meaning of her life within some larger story. This is a hopeful book. While not avoiding times of personal difficulty, or concerns about what is happening in the wider world - ecological and pandemic issues, for example - Jorie does not linger there. Describing herself as 'the dreamer, the optimistic traveller', she readily finds herself delighted and consoled by natural beauty or the satisfactions of tending a home, a garden or a relationship. Never pious or preachy, and often playful, these poems are like a spiritual practice helping the poet to find her way home. In this sense, A Daisy in a Jar is a pilgrim memoir."* Frances MacKay, former Editor of Eremos Magazine.



'A Daisy in a Jar' is being launched at The Book Nest, Church St, Mudgee on Friday 26th August at 6pm. Wine and cheese and all welcome.

## NEW INTERACTIVE ACTIVITIES FOR OUR YOUNG OR 'YOUNG AT HEART' VISITORS

Our new touch screen activities for children made possible by NSW Heritage Grants Program 2021-23. With funds provided by the NSW Heritage Grants Program 2021-23, we have upgraded our touch screens to better cater for the needs of our younger visitors. Children visiting the Museum can now become 'A Holtermann Hero' by completing some of our puzzles. The jigsaw and find a word puzzle have been designed to engage, teach, and entertain the children. In order to become one of our heroes and win a badge, each child must complete 4 puzzles and answer the associated questions. The answers to the questions are only found in our displays, so everyone has to engage with the content of the Museum.

It has been a pleasure to watch the children tackle each new puzzle and see their faces when they complete each task. There is always a rush to have mum or dad take the required photographs so that a badge can be



A young visitor and a group of school children engrossed in our new touch screen activities.

issued by a volunteer. Both individual young visitors and school groups have enjoyed the challenge.

When you're out and about in Gulgong, keep a look out for children wearing 'A Holtermann Hero' badge. These children have had a wonderful experience at the Gulgong Holtermann Museum.

If you have family or young visitors coming to town or you are wanting to engage and entertain your children, during holidays or on weekends, then a visit to the Gulgong Holtermann Museum is an absolute must.

For \$25.00 you can become A Friend of the Museum. This allows you and one guest to visit the Museum free of charge for a year. Call into the Museum for more details or phone 0488 741 614 for more information.



**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>



# MUDGEES MEN'S SHED Working Together for Mudgee Men's Future

## What is Mudgee Men's Shed?

There's nothing new about men gathering together in their own space to talk, share skills, swap ideas, solve problems or just discuss life in general – it's been happening since the beginning of time. There's nothing new either about men spending time in their backyard shed – an acknowledged Aussie pastime.

What is new is that men, particularly retired men, are combining these two activities in a communal space simply called a "Men's Shed". What is also new is how strongly men have embraced this new identity – being a member of a Men's Shed. Men's Sheds, as such, are a peculiarly Australian phenomenon. In the past decade a wide range of community-based Men's Sheds has sprung up – each with its own unique identity and purpose.

Activities within sheds are many and various: woodwork, metal work, restoration of old cars, community projects, portable sheds taken to Alzheimer facilities or mobile sheds for remote country areas. The membership is diverse too. Men of all ages from all backgrounds, ethnic and social mixes can enjoy a Men's Shed, bringing their unique cultural characteristics to enliven the activities.

The common theme in all Sheds is about men feeling useful and contributing again to their communities, learning or sharing their skills, making friends, networking and availing themselves of health information programmes and opportunities. Men's Sheds are under the auspices of a variety of organisations whose ethos they tend to exemplify.

Communities are keen to provide activity, identity and meaning for vast numbers of older, unemployed, job-redundant, 'downsized', isolated, depressed and happily retired, active, creative, enthusiastic men. Men's Sheds are fast being recognized as vital, viable places to fulfill these needs and provide relaxed, happy creative spaces for men to enjoy.

## Benefits of Mudgee Men's Shed

- The shed encourages male atmosphere for all men that feel that they can network and talk to each other.
- The shed encourages improved health and lifestyle by addressing issues such as isolation, loneliness or depression.
- Men learn, master or teach new skills.
- Men improve self-esteem by being productive and contributing members of the community.
- Members develop new friendships, life experiences and have fun among their peers.
- Members increase daily exercise and social interaction.
- New opportunities for mentoring and medical information as well as for men with disabilities.

## Where and When?

**Mondays & Wednesdays 9am – 3pm**

**Friday 9am-11am**

**249 Ulan Road, Bombira**

## How Do I Join?

Simply fill out a membership form available on the website and bring it with your payment.



Initial Cost: \$50 (includes \$25 joining fee plus \$25 annual membership) – all Membership fees go towards insurance requirements of the Mudgee Men's Shed and its members.

## Contact Us

Phone: **6372 2023** Email: [mudgeeshed@bigpond.com](mailto:mudgeeshed@bigpond.com)

Visit: [www.mudgeemensshed.org.au](http://www.mudgeemensshed.org.au)



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**Andrew Rouse 0425 368 368**  
[rousetreeservices@gmail.com](mailto:rousetreeservices@gmail.com)



# MUDGEE ARTS PRECINCT'S LATEST EXHIBITION

## *Mating Dance* by Anna-Wili Highfield

Born in 1980, Anna-Wili studied fine art at the National Art School, Sydney and worked for many years as a scenic artist for Opera Australia, before establishing herself independently as a practising artist. Her remarkable sculptures are held in private collections around the world and have featured in numerous publications, including the *New York Times* and *Sculpture Review*, USA.

The largest commercial collection of Anna-Wili's work is held by luxury French fashion brand Hermès, with her well renowned solo exhibitions including *Animals at Carriageworks*, Sydney, *Spirit Faces*, Olsen Gruin Gallery New York City, and *Companions*, Olsen Gallery Sydney.

The exhibition is a celebration of Australia's principal dancing bird - the brolga, and features unique sculptures sewn from waxed cotton of the Australian native birds suspended like marionettes in courtship formations. Composer and musician Bree Van Reyk has created an accompanying sound piece which will intermittently join the dancing birds with instrumentals inspired by the brolga's bold trumpeting.

Anna-Wili first exhibited *Mating Dance* at Glasshouse Regional Gallery, Port Macquarie where she spent time drawing inspiration from the abundant birdlife within the lands of the Dunghutti and Birpai people. The exhibition now travels to another place of significance, with the brolga known to inhabit the Mid-

Western Region on the lands of the Wiradjuri people.

Contributing artist Bree van Reyk is a drummer, percussionist, composer and sound artist who lives and works on Gagigal, Bidjigal and Awabakal lands. Bree has forged a unique career playing and recording with the likes of Gurrumul, Emma Donovan and Paul Kelly, as well as the Australian Chamber Orchestra with commissions by Sydney Symphony Orchestra, Sydney Chamber Orchestra and the Museum of Contemporary Art.

The exhibition aims to choreograph a moment in nature in a way that emphasises a shared spirit between humans and animals.

*Mating Dance* by Anna-Wili Highfield will close 18 September. **Mudgee Arts Precinct is open seven days a week from 9am to 5pm. Entry is free.**



## SIG 2022 CALL FOR WORKS

**Calling all artists. Would you like the opportunity to showcase your work among peers in regional NSW's largest and most renowned outdoor sculpture exhibition?**

Wouldn't it be nice to be in the running to win prize money for your sculpture up to the value of \$25,000? Better still, imagine if your artwork joined the ranks of previous SIG winners, permanently displayed for public enjoyment in Mudgee and its surrounds for generations to come?

Sculptures in The Garden returns for its biggest year yet in 2022. The annual exhibition will be held from Saturday 8th October to Sunday 23rd October 2022 at Rosby Wines in Mudgee.

**We are now calling for submissions from interested artists.**

Sculptures in the Garden provides artists an opportunity to exhibit their works and showcase them alongside local, regional, metropolitan, and interstate artists, while also being in the running for a number of the acquisition and non-acquisition prizes.

The total prize value for 2022 is over \$45,000. The top three prizes will be acquired and showcased for public enjoyment in the Mid-Western Regional Council's public art collection displayed within the Lawson Park Sculpture Walk. SIG has contributed 26 acquisitive works to the Lawson Park Sculpture Walk over the

years, which is visited and enjoyed year-round by both locals and visitors to the region. The walk acts as a legacy of the Sculptures in the Garden event and all it has achieved for arts in the Central West over the years.

**Entries will close on Friday the 19th of August.**

For more details visit:

[www.sculpturesinthegarden.com.au](http://www.sculpturesinthegarden.com.au)



*Entwined* by Michael Ferriss

# RYLSTONE STREET FEAST – BACK FOR 2022

By Peter Hatfield - President 2022 - RSF Organising Committee

After having to make the hard call to postpone for the last couple of years, the organising committee is back in 'full swing' and we promise another entertaining and enjoyable day in the main street of Rylstone on **Saturday 5th November 2022**.

We are committed to providing a COVID-safe event in Rylstone. We will be working with all necessary agencies to ensure all public health guidelines are followed.

Rachael McCarthy and her team from Mudgee Catering Co will cater for this year's 'long lunch' ([www.mudgeecateringco.com.au](http://www.mudgeecateringco.com.au)).

We are finalising the entertainment program and it will be an exciting mix of great local talent from Rylstone and surrounding areas.

Our website [www.rylstonestreetfeast.com.au](http://www.rylstonestreetfeast.com.au) and our Facebook page is being updated for this year and this will continue to happen at regular intervals, so you will be able to keep up to date with all aspects of this year's StreetFeast.

We look forward to seeing you again in Rylstone on 5th November!

## Rylstone StreetFeast



## FRONT COVER FOCUS

This month's front cover features a cheeky photograph in the woolshed from Col Boyd Photography.

Col has lived in the Mudgee Region for over 20 years and has extensive experience in all genres of photography. He is a fully accredited professional photographer with the AIPP and a member of Nikon Professional Services, featuring in Australia's top selling Photography Magazine. He is also the current president of the Cudgegong Camera Club.

Freelancing is mostly what he enjoys these days being fortunate enough to photograph an amazing amount of people from all walks of life, including former Prime Minister Tony Abbott, Danni Minogue, Olympian and three time world champion Jessica Fox, Lee Kernaghan, Jimmy Barnes, Angry Anderson, Shannon Noll and The Living End, to name a few.

Loving to get amongst the action, Col has also photographed Nitro Circus for many years, the Australian Kayaking Team Olympic trials and Moto GP and World Superbikes for over 25 years. More locally, he has been employed by Fairfax Media as a photographer for the *Mudgee Guardian* and independently covered many local events, business and schools including



Mudgee Regional Council, Mudgee High School, Gulgong High School, local dance companies, Mudgee Race Club and the Mudgee Small Farm Field Days.

His talents don't stop there. Col also captures many weddings in our beautiful region and interstate priding himself with professional quality workmanship and deliver premium quality images, albums and slideshows.

Phone: **0414 738 824**

Email: [info@photographymudgee.com.au](mailto:info@photographymudgee.com.au)

[www.photographymudgee.com.au](http://www.photographymudgee.com.au)

 @colboydphotography  @colboydphotography



# ECONOMIC FORECAST & PLANNING INFORMATION DINNER

On Thursday 11 August, Business Mudgee is holding a dinner event for members and non-members alike with guest speaker, Mark O'Donohue, founder and CEO of Finlease. "Unprecedented" may well have been the most spoken word over the past two years, and still our economy is impacted daily by so many things – inflation, supply chain issues, labour shortages, international affairs, housing shortages, real estate prices, interest rate changes, electricity supply and looking for "greener" options in everything – plus much more.

Mark will take us through the maze of forecasting and planning in the current economic climate, sharing insights on how we can navigate the current economic climate and plan for the future.

With over 30 years' experience in Finance Broking, Mark leads a team of more than 60 people and has offices Australia wide. He and his team aim to provide their clients with the same experience that as a SME they would expect – great and timely service and highly valuing their clients while providing an alternative to the traditional banks.

With his passion for finance and vast knowledge of the sector, we are grateful to Mark for sharing his insights to our Business Mudgee community.

We hope to see you for a very informative and relaxed evening. Bookings essential, everyone welcome.



- Date:** Thursday 11 August 2022  
**Venue:** Starlight Room, Club Mudgee  
**Time:** 5.30pm - 9.00pm  
**Bookings:** Available until 8 August 2022  
**Tickets:** [www.eventbrite.com.au](http://www.eventbrite.com.au) – search 'Business Mudgee'  
**Costs:** \$38 for Business Mudgee Members  
\$48 for Business Mudgee Non-Members

## DYING TO KNOW PRESENTATION

Oak Tree Retirement Village Mudgee is hosting a Dying to Know Day on Monday 8 August 2022.

Being prepared for the event of passing away is very important, and while it's not the easiest subject, having conversations around dying and death reduces the fear and stigma surrounding it. Conversations can unite family, friends, colleagues and the community, and ensure that we live well and die well.

Solicitors Hannaford Cox Connellan & McFarland, Macquarie Valley Funerals and NALAG will be presenting at the event.

Hannaford Cox Connellan & McFarland will talk through the documentation you should have in place to make life easier for loved ones when the time comes. Macquarie Valley Funerals will explain to guests what you need to consider when planning a funeral, and how they can make the process easier. NALAG will talk about the services they provide, whether it be for loss of a loved one or a four legged friend.



The event will be held in the Village Centre on **Monday 8 August 2022 at 2pm**, and anyone is welcome. It is FREE to attend. **Please RSVP to Village Manager Rebecca on 0437 796 603.**

**Strict COVID-19 guidelines will be in place to ensure the safety of all attendees.**



# GULGONG GOSSIP

## TRIVIA

Do you like going to trivia nights? If so, All Hallows School is having a trivia night on the 6th of August at the Gulgong RSL Club. This is a great opportunity to have some fun and support a local school.

## HEART OF GULGONG CONCERT

Greg Page, of Wiggles fame, will be returning to Gulgong on August 13, with a morning tea at the Gulgong CWA (details page 14) and an over 18s evening concert at the Gulgong RSL Club (details below right) to support the Heart of Gulgong initiative! Try and make it to one of these great events to support much needed life-saving equipment for our community.

## VOICES IN THE HOUSE

August 26th, 4pm, is the fourth and last of the wonderful series of Voices in the House. The theme of the night is Shakespeare featuring Mezzo soprano Judith James, Paul Griffiths, and Dionne Mitchell. The other performances have been most enjoyable, and all very different!

Tickets available at [TryBooking.com/BYFWC](http://TryBooking.com/BYFWC)

## VETERANS DAY

August 18th is the celebration of Veterans Day / Long Tan Day. This day will be commemorated with a service at the Cenotaph at 11am.



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



JUDITH JAMES, PAUL GRIFFITHS  
& DIONNE MITCHELL

SUNDAY 28 AUGUST 2022 4PM

# SONGS OF THE HEART

IN THE HEARTLAND OF NSW GULGONG  
SUPPORTING HEART OF GULGONG

**WHEN**  
August 13th, 2022  
7pm - 10pm

**WHERE**  
Gulgong RSL Club 6374 1310

**FEATURING** Greg Page Former Yellow Wiggle *..A journey of the heart.*  
**Supported by** Gulgong Folk Musicians

Mr Greg Page spends some time with Gulgong highlighting his musical journey and life.

**18 AND OVER EVENT**

**Tickets**  
\$15 adults  
Book and pay at Gulgong RSL please..asap

**ENJOY**  
MUSIC NOSTALGA,  
AUCTION, RAFFLES  
AND A FUN NIGHT  
TO HELP  
GULGONG  
HEARTBEATERS

**SPONSORS**

**BENEFITING**  
HEART GULGONG

Thankyou





## GULGONG COMBINED PENSIONERS AND SUPERANNUANTS ASSOCIATION

July was a very busy month. Following the June meeting, a letter was sent to NSW CPSA requesting a name Change from Gulgong Branch of the NSW CPSA to Gulgong and District Branch of the NSW CPSA. As at the time of writing, we have not had a decision back. Watch this space.

Christmas in July was very well attended with 36 members and friends attending. Apple and Johnny at the Gulgong and Sporting Club presented a fabulous three course Chinese feast plus tea and coffee. Our Christmas party will be a more traditional fare at the RSL Club on a date to be advised.

With the sudden rise in interest rates, banks have started increasing the interest paid to account holders. But at this stage it still has to rise more before the deeming rate is offset. We keep hoping though! Please ensure that you read the Voice to ensure that as a pensioner or superannuant, you are not missing out on increases in benefits. For those who missed it, the deeming rate will be frozen until 30 Jun 24.

If you are a self funded retiree you need to check whether you have now become eligible for benefits that you cannot currently get, such as a health care card

or travel concessions. The allowable assets have risen which is good news for some.

So to the rest of the year as we know it. August will be the AGM. Someone once said that the easiest way not to get a job is to be there but to say no thanks and nominate someone else. Meeting date is Monday 15th August at the Gulgong Bowling and Sporting Club commencing at 2:00 PM. The AGM will follow on from the General Meeting. Please bring a plate for afternoon tea.

19th September will be an ordinary meeting with a guest speaker to follow. Time 2:00 PM at the Bowlo. Please bring a plate for afternoon tea.

17th October will be a BBQ and meeting at Oak Tree Village commencing 11:30 AM. A bus will be provided leaving the Bowlo at 11:00 AM. Leaving Oak Tree Village at approximately 3:00 PM. Tony says he will meet us there save driving all the way to Gulgong. 21 November meeting, details to be advised. Save the date.

While it is cold, do not skimp on electricity and gas. If you have not registered with Service NSW for rebates, you need to do it now. Having trouble with the hike in gas and electricity costs? You can get some assistance from Vinnies who are a part of our community.



**Wendy Christensen**  
Bra and Breast Prosthesis Qualified Fitter

Wear It Outt in collaboration with Pink Lady Bras will be offering Bra and Prosthesis fittings in the comfort of Wear It Outt Boutique from **23 - 28 August** 9am - 4pm.

Wendy from Pink Lady Bras fits all shapes and sizes. Our fitting service is FREE. *Bookings are still essential.* Hospital and home visits available.

Your one-on-one fitting with Pink Lady Bras will include advice on choice and what will meet your needs.

**TO BOOK:** Pop in and see Sim, or go to the Wear It Outt website [www.wearitoutt.com.au](http://www.wearitoutt.com.au), select your day and time and hit **BOOK NOW**

**WHERE:** Wear It Outt, 84 Herbert Street, Gulgong, Phone 0493 096 699

You are invited to  
**A HEARTFELT  
MORNING TEA**

*Supporting and acknowledging  
Heart Health Survivors and Workers*

Saturday 13th August 2022 at  
Gulgong CWA Herbert Street, Gulgong  
10.15am for 10.30 start

*Our special guest is Heart of The Nation founder  
Mr Greg Page*



*We would love you to come – please RSVP to:*  
Rob Barton 0428 942 366 Paul Fookes 0448 741 446  
gulgongheartbeat@gulgong.com.au

Please support



## FARM BUSINESS RESILIENCE PROGRAM: COACHING PROGRAM

The Farm Business Resilience Program: Coaching Program has been developed to provide support to farmers to help improve farm business acumen and achieve business goals.

Successful applicants will be assigned an experienced business coach based on their farm business enterprise and location.

Expressions of Interest (EOI) can be submitted at [droughthub.nsw.gov.au](http://droughthub.nsw.gov.au)



# 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)



## RSPCA NSW CENTRAL WEST SUPPORTER GROUP

The RSPCA NSW Central West Supporter Group works in the Dubbo, Mudgee and Cobar regions. Run exclusively by volunteers, the group plays a vital role in providing financial assistance for desexing and emergency veterinary care, as well as running vaccination and microchipping initiatives.

If you have a genuine concern for animal welfare and enjoy meeting like-minded people, why not lend a helping hand? Join the local Central West Supporter Group and help us raise much needed funds to support the animals and people in our community.

The supporter group holds various fundraising events throughout the year, including Million Paws Walk and an annual Christmas Raffle with lots of exciting prizes up for grabs!

### PRIZES PRIZES PRIZES

- Dog Kennel & Bed from Bunnings
- Brush cutter from Mudgee Honda
- Toolbox from Mudgee Chainsaws
- Metal Signs from Repco
- Sprinkler from Think Water
- Gift Voucher from Stacks
- \$50 Gift Voucher from Cudgong Rural Supplies

### DONATE A PRIZE OR GET IN EARLY FOR YOUR TICKETS

 @RSPCANewSouthWales  @rspcansw

Phone: **0422 542 250**

Email: [centralwestsupportergroup@rspcansw.org.au](mailto:centralwestsupportergroup@rspcansw.org.au)



Central West Supporter Group  
**CHRISTMAS RAFFLE**

**RAFFLE DRAW**  
**SATURDAY, 10 DECEMBER 2022**

Phone: 0422 542 250

All profits raised will stay in the community to assist your local supporter group care for animals in need

**TICKETS \$2 EACH OR 3 FOR \$5**

**RSPCA**  
Raising the Standard

## MUDGEE & DISTRICT KENNEL & OBEDIENCE CLUB INC.

Did you get out to the Mudgee Small Farm Field Days on 8th & 9th July? Did you see our club members demonstrating the wonderful skills of their talented dogs? Hopefully we provided some motivation to get your thinking about training your own fur buddies.

The next major event on our calendar is the **6th & 7th August** for our **Annual Weekend of Dog Shows & Trials**, being held in Victoria Park at Gulgong.

There will be a great variety of breeds of dogs on display in the show rings and many entrants travel quite a distance to come and compete in Gulgong each year.

In the trial rings, we will see some of the cleverest dogs and handlers from all over NSW competing. In the obedience rings, there will be heelwork, retrieving, jumping and scenting amongst the numerous exercises to be undertaken. Each level of competition gradually increases in difficulty as the dogs attain a prescribed number of passes to gain a title at each level, progressing from "Community Companion Dog" to "Companion Dog" to "Companion Dog Excellent" to "Utility Dog" and finally, the most difficult level; "Utility Dog Excellent".

The club will also be holding rally trials, where the handler and dog makes their way through a course of signs where they are to undertake an exercise at each sign as indicated. Like obedience, there are a number of levels of difficulty associated with each title that can be achieved, starting with "Rally Novice", progressing to "Rally Advanced" then to "Rally Excellent" and finally "Rally Masters".

We are very grateful to once again have sponsorship from BlackHawk, who will be providing great quality

dog food to add to our prizes for our main placegetters in all events.

So come along and see some gorgeous and clever dogs! Entry to watch the shows and trials is free and refreshments will be available at the grounds. Judging in both the show rings and the trial rings will commence at 9am on both days. You may find yourself inspired to spend more time with your own four legged buddy in which case you are more than welcome to join us for training classes held each Sunday (except 7th August!) in Victoria Park. Beginner classes start at 10am and are only \$2 per dog per lesson. If you would like more information, check out the pinned post and 'about' section on the club's facebook page "Mudgee & District Kennel & Obedience Club", or send an enquiry for further details. And follow us on Facebook for updates in between our monthly magazine articles!





# WATCHING YOUR NUTRITION THROUGH THE WINTER MONTHS

by Peta (BhSc CNut / Adv Dip Nutr Med / Adv Dip Nat)

When the temperature drops, healthy eating can become less of a priority. As winter settles in, staying inside and piling extra cheese on that creamy pasta dish may sound more inviting than squeezing fresh lemon on an arugula salad. Keeping a healthy diet in winter can be a challenge, even for the most diligent people.

With age, the body naturally starts to become less efficient in absorbing essential nutrients. Add in wintertime cocooning and decreased activity, and many people opt for a diet of convenient, comfort foods laden with empty calories.

During winter, people benefit from better nutrition through resistance to illness, an emotional boost against “cabin fever” and better management of overall health conditions.

Wintertime nutrition should include the following:

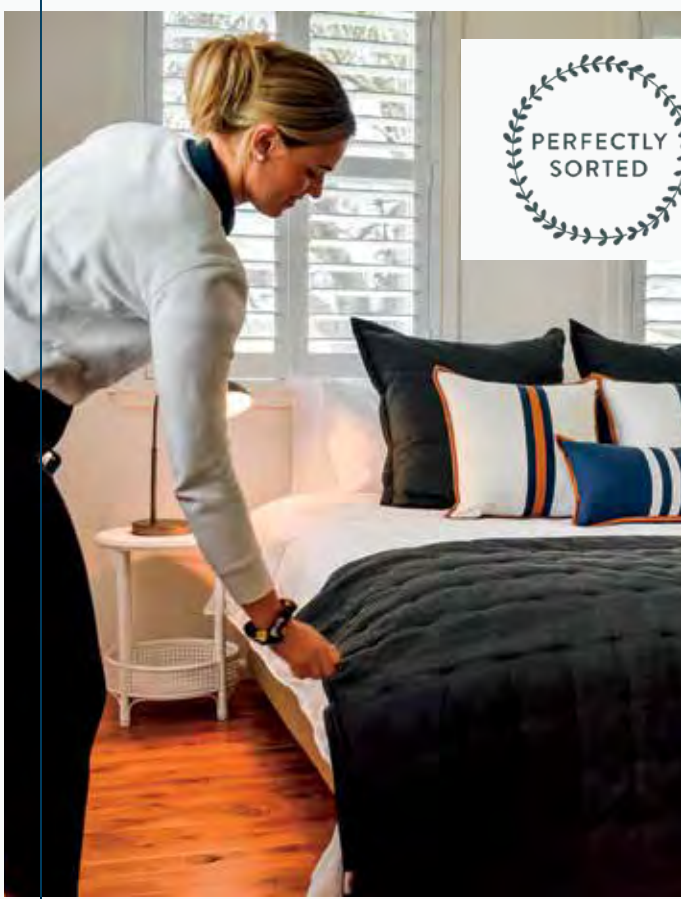
- **DARK, LEAFY GREEN VEGETABLES.** Choose antioxidant-rich, dark greens such as spinach, broccoli, kale and chard, and select yellow and orange vegetables including sweet potato, carrots and squash.
- **CITRUS FRUITS.** Oranges, lemons, grapefruit and limes are popular vitamin C-packed citrus fruits also rich in flavonoids that promote good HDL cholesterol. For greater health benefits, it is best to consume whole fruits instead of processed juices, which often contain extra sugars.
- **PROTEIN.** Eating protein sources at meals and snacks throughout the day helps with blood sugar and energy levels. Beyond red meat, you can vary protein sources with eggs, fish, dairy, legumes and nuts. Top tip: Start your days with 40 grams of protein and you'll be set for the perfectly balanced day!
- **SOUPS AND STEWS.** Adding vegetables, beans and lentils to stews and soups is an easy, inexpensive way to increase fibre and nutrients. Cook a larger pot of a recipe and divide into smaller portions to freeze. Meal prep doesn't need to be hard, it should be convenient and easy. Then when you want a lazy night you can pull out a nutrient dense, comforting option!

No matter what age you are, an occasional wintertime extra cheesy pasta dish is OK, it's what you implement consistently that will benefit your overall health, rather than the 1%!

**Foods for health not guilt.**







## Styling Experts

- Home styling & turnkey packages
- Property staging for sale
- B&B fit outs
- Relocation and organising services
- Custom curtains, blinds, bedheads and sofas
- Fully stocked furniture and homewares store.

### CONTACT US TODAY

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e: [hello@perfectlysorted.com.au](mailto:hello@perfectlysorted.com.au)

[www.perfectlysorted.com.au](http://www.perfectlysorted.com.au)

87 Lions Drive Mudgee | 02 6372 0050

## HOW TO STYLE YOUR BEDROOM LIKE A PRO

by Ali Broinowski, Perfectly Sorted

Always in awe of just how beautiful and inviting those perfectly styled bedrooms look? The good news is it is really easy to achieve this look in your own home and ensure it suits your personality! Our stylists have put together their top tips for achieving the perfectly styled bedroom.

1. Inject your **personality** to find the perfect art piece or canvas - this piece will determine the theme for the rest of the room.
2. Keep the **basics basic**: white, grey or soft solid coloured linen provides a great base to add to.
3. Get comfy with the **right lighting** - lamps are the ideal way to not only add much needed light and dimension to the room but they also add soft ambiance.
4. **Form, function or both** - Bedside tables with storage drawers are ideal for rooms used every day. Besides, with no storage for guest rooms, ensures nothing is tucked away and left behind.
5. **Asymmetry** - The rule of 3's always draw your eye to the middle by ensuring you add 3 of your chosen accessory if more than one is required.
6. Get **extra cosy** - Euro pillows are a great way to add a block colour and a luxury feel to any bed.
7. Don't be afraid to **be different** - stay away from matchy-matchy, mix and match tones & textures, making the space truly unique. Keep your theme or accent colour similar to ensure stylish cohesiveness.
8. **Add accents** - footstools and armchairs make a great spot for getting dressed or relaxing with a book.
9. **Dress the windows** - don't forget the windows! Give the room a luxury feel with heavy drapes or a soft airy look with sheers.
10. **Finishing touches** - complete the look with cushions, inspired Perfectly Sorted stylist can help you achieve all of this and much more in your home.

Learn more about our services online at [www.perfectlysorted.com.au](http://www.perfectlysorted.com.au)







**NAIDOC Day** was a great way to end Term 2 at Gulgong Public School. We had a visit from Thickibilla Vibrations, which is a cultural group that tours local areas and helps schools with performances and activities for NAIDOC celebrations. The performers were very engaging and the kids loved dancing, storytelling and painting throughout the day. They also liked learning about traditional Aboriginal culture in our areas and gaining an understanding of what different dances and paintings meant.

Following on from this, students in Years 4, 5 and 6 will go to a performance called "The Forgotten Warrior" in early term 3. This will further their understanding of the importance of culture in our local area. We are lucky to have this organised by Rebecca Nielson and Karren Morris at Red Hill Education centre for our students to attend.

We also finished our term with a rewards excursion to Dubbo for students in 3-6. 185 Students went to

watch the movie "Rise of Gru" as well as go tenpin bowling and have lunch in Dubbo. All the students enjoyed the day and are looking forward to the excursion to Wet and Wild at the end of the year. This was a thoroughly deserved excursion for the students at Gulgong Public School. Over the past 4 years we have seen a dramatic reduction in the behaviours displayed at school and only 7 students missed the opportunity to attend due to behaviour. We are hoping to further reduce this for our end of year excursion. Gulgong Public School is currently taking enrolments for next year, with our transition to school program due to start in the middle of this term. If you have a student starting in any year level in 2023, please come in and see us at the office. If you would like a tour of the school, give us a call and I would be happy to take you for a walk around and explain what we can offer your child.





## INVESTING IN THE NEXT GENERATION

During Term 2, volunteer firefighters from the NSW RFS - Cudgong District have been delivering the NSW RFS Secondary School Cadet Program to 16 students at Official Kandos High School, pictured below.

The NSW RFS Secondary Schools Cadet Program provides Year 9 and 10 students with an insight into fire safety and prevention whilst developing practical life skills and a general appreciation of community service and volunteerism.

Linked to the NSW Personal Development, Health and Physical Education (PDHPE) Years 7-10 Syllabus, this week students were afforded an insight into the other emergency services that play an important part in emergencies across the Mid-Western Regional Council area and NSW.

Thanks to Fire and Rescue NSW Station 342 Kandos, Rylstone & Kandos Rescue Squad - VRA Rescue NSW and Kandos/Rylstone NSW SES for coming along and investing your time in the next generation of volunteers.

## TALOOPY VISIT

Last term our Year 12 Agriculture students spent the day at "Talooby" with owner, Peter Grieve. All areas of farm and animal management were discussed as well as an insight into marketing strategies used to promote upcoming sales. Students were fortunate enough to be invited to the Bull Sale at Talooby that was held on the 10th of June and saw firsthand the culmination of stud management (pictured right).

Thank you to Peter and Jill for inviting students to attend this event.



SCHOOL ZONE





# Kandos High School



*A vibrant and caring learning community*



Two years in the making!  
Congratulations to all our wonderful creatives, onstage and backstage. A huge thank you to the very talented and dedicated Ms Therese and Mrs Murray and their hardworking team *Fabulous!*







*Study in the Creative Arts provides our students with a strong discipline-based knowledge and allows them to develop the complex skills required to create and test ideas and to design and generate creative works with confidence.*

*These experiences prepare them to be informed consumers of culture and provide them with the fundamental skills of creative expertise, a problem-solving mindset, and the critical capabilities for working as a team for their future world of work.*

*Our musical performance, which is held every second year provides an opportunity for students to display their talents and skills on and off stage and showcases their achievements.*



16-36 Fleming St Kandos NSW 2848

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



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



# MUDGEE WOMBATS



## WOMBATS MOVE TO NEW BURROW *By Ross Smith*

The Mudgee Wombats Rugby Football Club recently moved to their new clubhouse and grounds at Glen Willow, ending their long association with Jubilee Oval. In what was a very well-attended opening day the Wombats had all teams playing at home in an exciting day of rugby. The day was also successful on the field where all teams from under 12s through to first grade were victorious.

All spectators and supporters were amazed at the standard of the new fields and facilities which will be the envy of all rugby clubs throughout the state. The Rugby Club has worked hard to achieve this result and would like to acknowledge the efforts of the Mid-Western Regional Council in gaining the funding and having such facilities added to the already first-class sporting precinct at Glen Willow.

Twelve life members along with the family members representing 4 other life members took to the field

before the main fixture to welcome the teams onto the arena, each player accompanied by a sub-junior player. A crowd of approximately 2000 spectators filled the clubhouse vantage points, the tiered seating and spilt around the hill to all sides of the ground. An excellent game ensued with the Wombats running out comfortable winners against the Dubbo Rhinos.

A packed house enjoyed the after-game speeches and festivities as the celebration continued into the evening.

In one of their best ever seasons, the Wombats are currently top of the ladder in 1st Grade, 2nd Grade, Colts and Women while in the juniors the 14s are equal first with the 12s and 16s running third. This is an outstanding position for all of our teams and makes them all strong contenders for premierships in 2022.





## WINS AT FORBES GALA DAY

It was a **BIG** day for the Mudgee Gulgong Wolves FC at Forbes Gala Day on Sunday 26 June taking U8, U9, U10, U11, U12 and U14 teams to compete against some of the Western Divisions best teams including the Western NSW Representative teams, Orange and Bathurst.

It was a hugely successful day all round topped off by the U12s making it through to the semi-finals and the U10s and U11s claiming both Grand Final Winner titles. Wonderful results for a small but strongly emerging club. Congratulations to all the players, hardworking coaches and dedicated parents on a great day of football.

Wonderful results for a relatively small club with a huge heart. Congratulations to all the players, hardworking coaches and dedicated parents on a great day of football.

## JOIN THE PACK!

Mudgee Gulgong Wolves FC help to facilitate support and grow all local competitive soccer in the Mudgee, Gulgong, Rylstone, Kandos, Dundee, Coolah and surrounding areas. Soccer is a fun way for children of all ages to stay active and a terrific opportunity for all children to develop sporting skills and awareness of team play in a safe and friendly environment.


The Mudgee Gulgong Wolves FC conducts a junior competition for children ranging from 5 years through to 16 years of age, as well as representative teams that play in Western Youth League competitions. In addition, Senior Men's grade teams and a Senior Women's team compete in Bathurst District competitions.

For the Junior Competition, games are played at Glenn Willow each Saturday from 9am.

For more information on joining the 'Wolf Pack'

Visit [www.mgwfc.com.au](http://www.mgwfc.com.au)

Email [secretary@mgwfc.com.au](mailto:secretary@mgwfc.com.au)

 @Mudgee Gulgong Wolves FC



Above: Under 11s team; Top right: Under 10s team with their medals; Middle: Under 10s team; Bottom: Under 11s with medals

# Andrew GEE MP

## FEDERAL MEMBER FOR CALARE



### RUNS ON THE BOARD FOR THE MID-WESTERN REGION

√ \$2 billion for Great Western Highway upgrade

√ \$16 million for the Ulan and Cope Roads

√ \$29.8 million for the Dixon's Long Point Crossing

\$11.4 million for construction of the Glen Willow Sporting Complex plus the training camp and roads

√ 24 hour rescue helicopter for region

√ \$1.5 million for the construction of the Mudgee Art Gallery

√ \$240,000 for Mid-Western Regional Family Day Care

√ 40 mobile phone towers and base stations for Calare

√ \$859,700 for improvements at the Putta Bucca wetlands

√ \$1.15 million for Kanandah expansion

## NEW PARLIAMENT, NEW PORTFOLIOS

It's an honour to be re-elected as the Member for Calare! I was very grateful for the strong support at the ballot box, with a solid swing towards me in primary votes. I'm dedicated, wholeheartedly, to ensuring the Central West continues to grow and thrive.

With the change of government, I now have a range of shadow portfolio responsibilities, which are going to mean that things will be very busy! Those shadow portfolios are regional health, regional education, regional development, local government and territories - each of these are vitally important in strengthening country communities.

While holding the government to account will be an important part of this work, coming up with new and innovative policies that present an alternative to those offered by the government will be crucial.

One of the lessons from the election result is that all political parties need to show that they believe in something higher than just winning elections. Communities need to know what their vision for Australia is.

With these new shadow portfolio responsibilities, I'm looking forward to working with country communities across Australia to develop some great policies that will benefit, back and bolster the bush.

## LAUNCHING - CENTRAL WEST VETERANS' VOICES

Ever since becoming the Federal Member for Calare I have wanted to record the histories of our local veterans who have served our nation through the generations. Some have been witness to historic moments, others have stories of incredible hardship, trauma and loss. There are also stories of valour, bravery, endurance and humour. All of these stories form part of our local history and they should be preserved so that future generations can understand the meaning of service and sacrifice.

*I am therefore launching Central West Veterans' Voices which aims to tell the stories of local veterans.*

I recently sat down for the first of these interviews at Gulgong RSL Club with a local Vietnam veteran, David Henderson (pictured). He tells an incredible story of what it was like being forward scout on patrol in the jungles of Vietnam and how he was wounded in combat. He also tells of the battles that he and other Vietnam veterans faced when they returned to Australia. His story is as moving as it is fascinating.

I will be posting Central West Veterans' Voices on

my Facebook page and also my web page. Keep an eye out for them.

If you are a veteran who would like to tell your story, or you know a veteran whose story needs to be told, please contact my office on 6361 7138 and we will be in contact. I'd like to record as many veteran's stories as we can from the Second World War through to more contemporary peace keeping operations and conflicts.



### BATHURST ELECTORATE OFFICE

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✉ PO Box 54  
Bathurst NSW 2795

☎ (02) 6331 0524  
✉ andrew.gee.mp@aph.gov.au  
🌐 www.andrewgeemp.com.au

For regular updates and news,  
follow me on Facebook and  
Instagram @andrewgeecalare



Authorised by Andrew Gee, Suite 1/179A Anson Street, Orange NSW 2800.



# Andrew GEE MP

## FEDERAL MEMBER FOR CALARE



*I'd like to thank all of our SES volunteers and emergency services personnel for their hard work and dedication during the recent local flood and weather events. I extend the heartfelt thanks of a grateful region!*

### \$130,000 TO RESURFACE THE GULGONG TENNIS COURTS!

They may be more than 10,000 kms away from Wimbledon, but Gulgong Tennis Courts will soon be grand slam ready, with plans underway for a \$130,000 upgrade of the surface thanks to the former Coalition government.

The current concrete surface has seen better days, with large cracks snaking across the courts. Thanks to this funding, a high-performance, synthetic grass surface is on the way!

The new synthetic grass surface will be perfect for fast-paced play, while being a little easier on the joints, not so rough on one's tennis shoes, a bit cooler during summertime matches, and will be a breeze to maintain.

For the last six years, the Gulgong and District Tennis Association have been rallying to turn the much-loved local courts into a top-notch tennis facility. With planning underway to install the new tennis surfaces, the next Goolagong could very well be from Gulgong!



The funding is through the former Coalition Government's **Locals Roads and Community Infrastructure Program**.

## AUSTRALIA'S FOREIGN RELATIONS IN FOCUS

**NEW ZEALAND** - While we love the kiwis (except when they beat us in any type of sport) the idea floated recently by the Australian and New Zealand Prime Ministers that New Zealanders who are living and working here, but are not citizens, should get the right to vote in Australian elections is not on.

Whether New Zealand gives non-citizens the right to vote shouldn't make any difference. I think it's pretty simple - if you want to vote in an Australian election, take the step of becoming an Australian citizen.

**FRANCE** - I was very pleased to see that the new Federal Government has mended fences with our important friend and ally, France. The friendship between Australia and France is a story of shared service and sacrifice. The friendship is as strong as it is deep. France is also an important partner in keeping peace and security in the Indo-Pacific. I support our switch from conventionally powered submarines to nuclear powered vessels but the reality is that the change could have been handled better in terms of our relationship with the French. It's important that our long friendship with France continues.

**CHINA** - Our largest trading partner is China. It is in our interests to have a strong and productive relationship with China. The people to people relationships between our two countries are still very strong. China has previously listed 14 grievances that needed to be addressed before relations could be resumed.

These grievances included the freedom of the press, and MPs being free to speak their minds. Agreeing to those terms was never acceptable to the Australian Government.

The Chinese Government has recently come up with 4 new conditions before relationships can be normalised. They are: 1. Australia must treat China "as a partner rather than a rival". 2. Countries must seek "common ground while reserving differences". 3. Australia must reject "being controlled by any third party". 4. Build "positive and pragmatic social foundations and public support".

Friendship between nations needs to be built on mutual trust and respect. Issuing a list of demands does not promote this. The demands essentially state that if there is to be a friendship it will be on China's terms. The reference to control by a third party is a reference to Australia's alliance with the United States. The demand relating to building public support featuring positiveness and pragmatism is again aimed at muting criticism of China either through the media or our MPs. The reference to "reserving differences" means that China does not want to hear any criticism of its human rights record or other activities including economic coercion and trying to build military bases in the Pacific.

As I have said, it's important to have a strong and healthy relationship with China, but it can't be a relationship at any price or on terms that compromise Australia's interests or values. These latest 4 demands are not a step in the right direction.

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## COUNCIL CALL OUT



### E-BILLS

Residents can now receive their water and rates notices directly via email.

As part of its commitment to improve online services and access to information, Council has partnered with Payreq Mybills to electronically deliver rates and water notices directly to residents' chosen email account.

As well as email, customers can also opt to receive their notices via online banking (BPAY View) or their preferred accounting software.

Electronic notices save time and paper, and allow residents to easily track and manage their bills more effectively, as well as helping businesses with reconciliation, making payments quicker and easier.

*"Council is committed to continuing to improve services and accessibility for residents, with the recent launch of Council's new responsive website and online forms, YourWater smart water meter tracking, and now online rates notices,"* Council's General Manager, Brad Cam said.

To register to receive your rates and water notices via email, visit [midwestern.nsw.gov.au/rates-sign-up](http://midwestern.nsw.gov.au/rates-sign-up)

Customers will be prompted to provide some personal details and information found on their latest notice. Get notified each time a new notice arrives and never miss a bill again.

# Congratulations Bill!



## Gulgong Local Senior of the Year!

**Dugald Saunders - Member for the Dubbo Electorate**



[www.dugaldsaunders.com.au](http://www.dugaldsaunders.com.au)



[dubbo@parliament.nsw.gov.au](mailto:dubbo@parliament.nsw.gov.au)



(02) 6882 3577

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



# LOCAL BUSINESS SUCCESS: Perfectly Sorted announced as Runner-Up in the 2022 Australian Rural Business Awards

Perfectly Sorted has been announced as the Runner-Up for the 2022 Serviced Based Business of the Year at the inaugural Australian Rural Business Awards on the 24th June, 2022.

The Australian Rural Business Awards are presented by Australia's leading online marketplace for rural and regional small businesses, Spend With Us ([www.spendwithus.com.au](http://www.spendwithus.com.au)) to celebrate, highlight and recognize the absolute talent that exists out there in rural and regional Australia.

Highlighting, for the first time in an Australian Rural Business Awards, what small businesses in rural/regional Australia are achieving in business excellence, innovation and sustainability, new business, Australian made and e-commerce. The awards are designed to recognise the strength, resilience, and talent of small business owners in rural and regional areas who have, in the last few years alone, gone through droughts, bushfires, mouse plagues, floods, lack of tourism and a global pandemic.

Ali, Owner of Perfectly Sorted, says she is excited to be named as the

runner's up of the service based business category. "I was beyond ecstatic to be called as the runner up for this award! With such a huge pool of excellent finalists, it was fabulous to be recognized for the work Perfectly Sorted has put in." Read more at [www.spendwithus.com.au/the-australian-rural-business-awards](http://www.spendwithus.com.au/the-australian-rural-business-awards) The founders of Spend With Us, Jenn Donovan and Sarah Britz have been overwhelmed

by the response to the awards and are so excited to see how many businesses have been involved. "There is nothing that gives us greater joy than seeing businesses from the bush succeed and to see their passion and determination shine through. We're also so thankful to our amazing sponsors who have also been inspired by many of our winners journeys", say Donovan and Britz.



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# LOCAL LAWYER SALLY CALLANDER HEADED TO THE AUSTRALIAN LAW AWARDS IN SYDNEY



**Local lawyer, Sally Callander of Sally Callander Law (SCL), has been announced as a finalist in the Lawyers Weekly Australian Law Awards in the category of Regional/ Suburban Lawyer of the Year.**

These Awards Nationally recognise legal professionals and firms for their dedication to the legal sector.

In light of her nomination, Sally shared with the MWM how SCL has expanded its services throughout the region, her passion for providing a fresh, progressive approach to legal services and her mission to redefine the traditional law firm by making legal advice accessible, convenient, and affordable.

Sally started SCL in November 2020 as a sole practice based in Mudgee, practising in Wills & Estates.

Sally's strong online presence, social media outreach, and collaborations with businesses in the area has helped her cultivate a strong, expansive referral network.

While SCL is a regional firm, their reputation extends broadly. Clients come to them from neighbouring

regions, Sydney and overseas because they are known for their fresh and authentic approach to legal services, and dedication to clients.

This has meant the demand for SCL's services has grown quickly. Having an agile business model has meant they were able to expand as demand increased.

While SCL's Wills & Estates practice was established, Sally was being approached by real estate agents to act on conveyancing transactions. Within one month, demand was so high, she hired a conveyancing solicitor and a month later, hired a conveyancing paralegal.

At the start of 2021, Sally saw a need for legal services in neighbouring town, Gulgong. By mid-2021, she had opened an office.

In 2022, she expanded SCL's services into Coolah. There, she collaborated with local real estate agent, Piper Real Estate, to open their satellite SCL office, thus providing legal services to a town that does not have permanent legal services.

Due to Sally's strong organic social media strategy, SCL has attracted a significant client base in Sydney. So much so that in May 2022, she opened a satellite SCL office in Sydney.

Sally is also in the process of working together with a business in Dunedoo to open a remote SCL office there.

Since starting SCL, Sally had been approached countless times to carry out Family Law work for clients. So, in April 2022, she hired a family law paralegal to assist in establishing a dedicated family law team. SCL is now able to assist clients with family law matters.

Sally's ethos for SCL is simple. To provide a fresh, progressive approach to legal services, and to redefine the traditional law firm model by making life changing advice accessible, convenient, and affordable. This ethos extends into the contributions she makes to the community.

Sally currently leads a networking group called "Girl Talk Mudgee", a group set up 10 years ago by a miner's



wife who wanted new women in Mudgee to grow their local networks and engage with the community.

Sally takes her standing in the community seriously so her aim with this group is to help foster and empower women. She hosts events including workshops and networking events that engage the community and help build local networks. These workshops also provide me with the opportunity to educate local women on the importance of estate planning.

Sally also started an Instagram blog series titled “SCL X Girl Talk Mudgee” where she speaks to local professional females about their business journeys and shines light on their businesses.

Sally also collaborates with local real estate agents to provide a blog series called “In the Know”. Sally’s Conveyancing solicitor Emily Thorn, interviews local agents across Mudgee, Rylstone, and Gulgong to educate the community on areas of importance.

The team at SCL all take turns in speaking at local group meetings for retirees, including Probus and Rotary, to educate older members of the community about the importance of estate planning.



SCL also regularly takes part in charitable causes. Last October they turned their office pink for “Pink Up Mudgee”, a local event where local businesses turn pink to raise money for the McGrath Foundation.

Sally says that her goal is to use her legal knowledge and standing to make a positive impact in the community.

Sally will head to Sydney for the 12th of August Awards evening to find out if she has taken out the title.





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