

SEPTEMBER 2022 | EDITION 19
MID-WESTERN MAIL MAGAZINE

FREE

MWMM

OUR REGION | OUR COMMUNITY | OUR NEWS



MUDGE WINE + FOOD MONTH

Explore all the events around our region

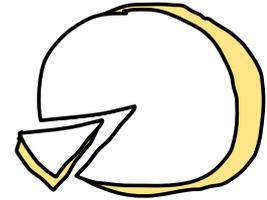
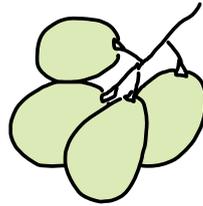
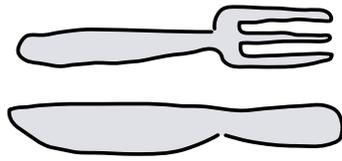
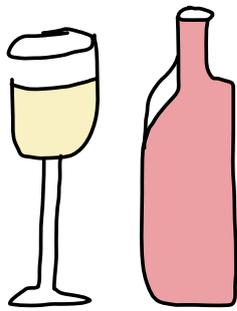
SPRING TIME HAS ARRIVED

Discover your gardening essentials

HAPPY FATHER'S DAY

Enjoy your special day Dad

MUDGE | GULGONG | RYLSTONE | KANDOS | LUE | GOOLMA | HARGRAVES | ILFORD | HILL END | CAPERTEE VALLEY



MUDGEEE **wine+food** MONTH

Something for everyone



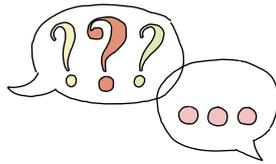
2 + 16
SEP

twilight TASTING

**St John's Anglican
Church grounds**

Tantalise your taste buds as we bring Mudgee's best wine + food to you, right in the heart of Mudgee.

Tickets \$25



7 + 21
SEP

wednesday WINE TRIVIA

Roth's Wine Bar

Join some of Mudgee's biggest & best wine personalities for a causal evening of trivia with a difference - it's all about wine!

Tickets \$20



3
SEP

go TASTING

AREC

Enjoy a public tasting of some of the region's best wines - choose from more than 100 wines & take home your favourites at special Go Tasting prices.

Tickets \$55



10
SEP

meet THE MAKER

Various cellar doors

Head to one of Mudgee's favourite cellar doors after hours for an intimate tasting session + exclusive access to new release wines.

Tickets \$80



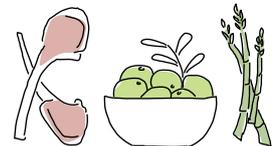
14 + 28
SEP

wednesday MASTERCLASS

Roth's Wine Bar

Join Mudgee's premier wine makers and vignerons as they take you through a guided tasting of some of Mudgee's best wines.

Tickets \$50



17
SEP

go GRAZING

Craigmoor

Join us for an elegant, long-table, 10-course degustation dinner of locally inspired dishes, paired with a selection of Mudgee's best wines.

Tickets \$180



24
SEP

Flavours of Mudgee brings the town alive with this street festival. All of the region's winegrowers, producers, bakers, cooks, distillers and brewers join together offering tastings and meals. Seriously good fun, for the entire family!

Mudgee CBD - Free

Full calendar
of events



mudgeewinmonth.com.au

2 SEPTEMBER - 2 OCTOBER 2022

RAISE YOUR GLASS – MUDGEE WINE + FOOD MONTH RETURNS

Mudgee Wine + Food Month is back, with a stellar line-up of events across the region throughout September.

The annual celebration - one of the longest running in NSW - aims to showcase the Mudgee region's award-winning wine and food from more than 40 cellar doors and restaurants.

A variety of wine + food events, including market stalls, matched wine and produce dinners, trivia and vineyard tours, will be held throughout September, along with special offerings at a range of wineries.



Signature events include Go Tasting, a chance to sample more than 100 of the region's best wines, and Go Grazing, a 10-course, long-table degustation dinner, with matched wines.



Mudgee Wine Association president Deborah Clear, said the association, which co-ordinates the festival annually, was excited to have the full month-long event back on the calendar.

"The past two years have been tough on many regions like ours that rely on tourism to support the local economy," she said.

"We are absolutely thrilled to see the return of Mudgee Wine + Food month in all its glory, with an incredible range of events throughout September.

"There's never been a better time to visit the Mudgee region - from award-winning cellar doors, offering great wine and local produce, to our stunning natural surroundings, and buildings filled with charm, there's something for everyone in Mudgee."



Tickets for Wine + Food month events are now on-sale. Head to www.mudgeewinmonth.com.au to purchase tickets or for more information.

Follow Mudgee Wine on Facebook and Instagram for news & updates.

FRONT COVER FOCUS

This month's front cover features a photo from Tim White, an award winning Mudgee-based photographer.

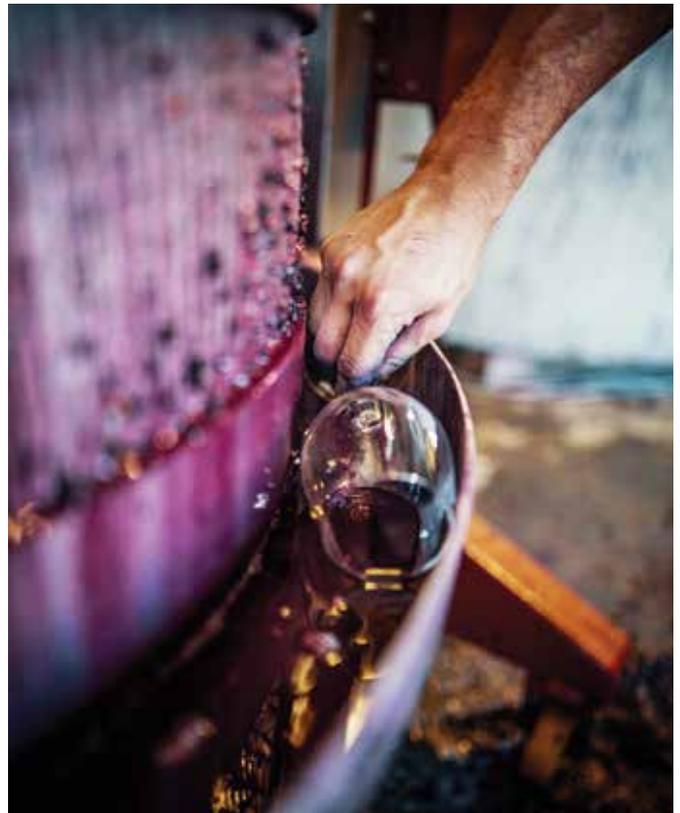
His work is an exploration of his time living in the Central West, capturing landscapes and scenes showing the beauty that is all around us. Working as a winemaker at Lowe Wines, Tim has unique access to that industry and the regular early starts mean he is always ready to capture the early morning light.

"I see beauty in everyday things, things we often take for granted. I try to highlight that in my work and I'm thrilled when other people enjoy it too," Tim said.

This month's cover image is one of the day-to-day images that pop up in the winery, pressing off fermenting Shiraz to put down to barrel.

You can find Tim's work online at timwhitephotography.com.au, and he is available for weddings, commercial shoots and portraiture. Fine art prints also available.

 @timjwhite  @timwhitephotography



Vale Jennifer Moncrieff

By Andrew Stein

I am writing to let you know of the recent passing of Jennifer Moncrieff. Those of you who were fortunate enough to know, and have worked with, Jennifer will remember she lived life to the fullest. For us in Mudgee, her enthusiasm and contribution to life and society was endless.

For over 15 years Jennifer was involved with the Mudgee Wine Association, which was the Mudgee Wine Grape Growers Association at the time. She was secretary for some years, was on the Wine Show Committee helping with the Wine Show dinners and the running of Go Grazing. Jennifer organised the painting and erection of the big wine bottles in the main street during the September Wine Festival period, and religiously kept an eagle eye on them to ensure there was no damage done. I remember she was very upset when a couple were stolen from their position! She also worked tirelessly towards Mudgee's participation in the Wine Australia promotions at Darling Harbour. I briefly spoke with Chris Cox this week, who said that the association wouldn't be what it is today without Jennifer.

Jennifer worked at Andrew Harris Vineyard for about 13 years, and during this time she was nominated for the NSW Employee of the Year, and was the runner up – a significant achievement. She later moved to Robert Stein Winery. Jennifer became the third recipient of our Heroes and Icons Award and keenly loved the brooch she received, made by Sabine Van Gent. Jennifer was a very dedicated community member and an extremely loyal employee. She and her husband Robert left Mudgee to move to Toowoomba to follow his work.

I ask you to join me in sending love, best wishes and condolences to Jennifer's husband Rob, their son Angus, his wife and their children. She was a wonderful friend and will be missed by many.

"Jennifer was a good friend to many in our community; she contributed greatly to the local industry and our association over the years from helping write the constitution to running the Wine Show and various promotional events. Jennifer's enthusiasm and attention to detail were a huge asset to the association." - Deborah McKendry

"I was fortunate to have worked with Jennifer early in my career. I have never met a more encouraging, professional, enthusiastic and caring person. She selflessly volunteered her time for the Mudgee Wine Association and many charities and sporting events alongside Robert. I'm very glad to have known Jennifer and she will be very much missed." - Lisa Bray

Notes from the Editor

Welcome to the 19th Edition of MWM and yet another events-laden month around our beautiful region.

Firstly, due to MWM's huge success over the past 18 months I am extremely excited to announce that we are expanding. This month we have welcomed Fiona Lydiard on-board in the role of Sales & Partnerships for MWM. Please make sure you touch base with her if you are interested in advertising with us and supporting local news. Her contact details are sales@businessmudgee.com.au or 0419 288 602. Don't be shy!

Secondly, this September sees the return of Mudgee's annual wine and food month festival. An unforgettable wine and food experience which has been running for over 40 years and is now one of NSW longest running wine and food festivals. The whole month showcases a diverse range of events from local tastings, trivia, dinners and much, much more. Choose the event that is right for you, there's something for everyone.

We are already hard at work on the October edition so if you have any editorial or information you would like to share, please send it into me at mwm@businessmudgee.com.au or call 0439 448 840.

Deadline is Monday 15 September.

For a soft copy of this edition or any of our back copies visit businessmudgee.com.au/mid-western-mail-magazine

We hope you enjoy our action packed September edition!

Naomi x



ADVERTISE WITH US AND SUPPORT LOCAL NEWS

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 major supermarkets, tourism venues, popular coffee shops and eateries, Airbnb's and included in leading real estate 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.

ADVERTISING SALES –

Fiona Lydiard: sales@businessmudgee.com.au | 0419 288 602

Deadline for our October Edition – Monday 15 September



OUR COMMUNITY

Mudgee | Gulgong
Rylstone | Kandos
Lue | Goolma
Hargraves | Hill End
Ilford | Capertee Valley

OUR INFORMATION

visitmudgeeregion.com.au
midwestern.nsw.gov.au
businessmudgee.com.au
gulgong.com.au
rylstonekandos.com

OUR LOCAL LISTENS

Mudgee/Gulgong 93.1FM
Rylstone/Kandos 97.9FM
Mudgee/Gulgong MAGIC 87.6FM

OUR SOCIALS

Follow us on our socials:

@midwesternmail
 @midwesternmail

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ARTWORK by Danielle Scott Design
PRINTED by Print Storm
PRODUCED by Business Mudgee

**BUSINESS
MUDGEE**

OUR BUSINESS IS YOUR BUSINESS

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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.

SEPTEMBER

EVENTS THROUGHOUT OUR REGION IN SEPTEMBER

SEPTEMBER

Mudgee Food & Wine Month

SEPTEMBER

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

SEPTEMBER

RSPCA NSW Central West Supporter Group
raffle tickets on sale

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)

EVERY SUNDAY

Mudragons, Dragon Boat Club, training at Lawson Park, Mudgee (9.30am)

1 SEPTEMBER

First Day of Spring & National Wattle Day

1 SEPTEMBER

Flavours of Mudgee 2022 Tasting Packages on sale

1 SEPTEMBER

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

1-18 SEPTEMBER

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

1 SEPTEMBER

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

2-4 SEPTEMBER

Movies at Mudgee Town Hall Cinema - *Bosch & Rockit* (MA), *My Sweet Monster* (PG) & *Where the Crawdads Sing* (M)

2 SEPTEMBER

Twilight Tasting, St Johns Anglican Church Grounds, Mudgee (5pm-8pm)

2 SEPTEMBER

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

2 SEPTEMBER

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

3 SEPTEMBER

Go Tasting, AREC Mudgee (6pm-9pm)

3 SEPTEMBER

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

3 SEPTEMBER

Pop-Up Charcuterie Bar, Robert Stein Winery (10am-4.30pm)

4 SEPTEMBER

Father's Day

4 SEPTEMBER

Rock the Vineyard Father's Day Family Picnic, Naked Lady Wines, Rylstone (11am-4pm)

4 SEPTEMBER

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

4 SEPTEMBER

Bubbles & Brunch, Vinifera Wines, Mudgee (10am-12pm)

4 SEPTEMBER

High Cheese (High Tea with a twist) Vinifera Wines, Mudgee (11am-3pm)

5 SEPTEMBER

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

6 SEPTEMBER

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

6 SEPTEMBER

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

8 SEPTEMBER

RU OK Day?

8 SEPTEMBER

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

8 SEPTEMBER

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

8 SEPTEMBER

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

9 SEPTEMBER

Wine & Dine Friday Dinner Series, Vinifera Wines, Mudgee (6.30pm-10pm)

9 SEPTEMBER

Timberlina & Friends Gulgong Netball Club Fundraiser, Gulgong Memorial Hall (6.30pm)

10 SEPTEMBER

Green Day for Grown Ups with Costa Georgiadis, AREC, Mudgee (9.30am-12 noon)

10 SEPTEMBER

Meet the Maker 2022 including Vinifera, The Cellar by Gilbert, di Lusso Estate, Huntingdon Estate & Skimstone Wines (5.30pm-7.30pm)

10 SEPTEMBER

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

10 SEPTEMBER

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

10 SEPTEMBER

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

10 SEPTEMBER

Pop-Up Charcuterie Bar, Robert Stein Winery (10am-4.30pm)

10 SEPTEMBER

Long Table Lunch, Slowfox Wines, Mudgee (12.30pm-4pm)

11 SEPTEMBER

Author Visit with Annie Seaton, Fiona McArthur & Darry Fraser, Putta Bucca House, Mudgee (2pm-4pm)

11 SEPTEMBER

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

12 SEPTEMBER

Writing Workshop with Annie Seaton, Mudgee Library (1pm-3pm)

12 SEPTEMBER

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

13 SEPTEMBER

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

13 SEPTEMBER

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

14 & 28 SEPTEMBER

Mudgee Library Junior Chess Club, ages 6-14 (2nd & 4th Wednesday of the month 4.30pm-5.30pm)

15 SEPTEMBER

Shiraz Vertical Tasting, Robert Stein Winery (12pm-1pm)

15 SEPTEMBER

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

16 SEPTEMBER

'Caribe' Cuban Music Workshop for school students, Kandos Community Hall (2pm)

16 SEPTEMBER

Twilight Tasting, St Johns Anglican Church Grounds, Mudgee (5pm-8pm)

16 SEPTEMBER

'Caribe' Live Cuban Music, Kandos Community Hall (8pm)

17 SEPTEMBER

Go Grazing, Venue TBC (7pm-10pm)

17 SEPTEMBER

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

17 SEPTEMBER

Mudgee Branch of the Knitters Guild, Mudgee Lions Club rooms, Mudgee Showground (3rd Saturday of every month 1pm-4pm)

17 & 18 SEPTEMBER

Maggies Thai Food Pop-Up & Live Music Weekend, Logan Wines, Mudgee (10am-12pm)

18 SEPTEMBER

Cars & Coffee, Cudgong Valley Pioneer Vehicle Club, Mudgee Railway Station (3rd Sunday of every month 8.30am)

18 SEPTEMBER

'Caribe' Live Cuban Music, Prince of Wales Opera House, Gulgong (3pm)

18 SEPTEMBER

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

18 SEPTEMBER

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

18 SEPTEMBER

High Cheese (High Tea with a twist) Vinifera Wines, Mudgee (11am-3pm)

19 SEPTEMBER

Mudgee ABA Breastfeeding Preparation Session, Mudgee Therapy Room (6pm-8pm)

19 SEPTEMBER

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

19 SEPTEMBER

Blood Bank, Gulgong Memorial Hall (1.15pm - 6.30pm)

21 SEPTEMBER

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

22 SEPTEMBER

Riesling Vertical Tasting, Robert Stein Winery (12pm-1pm)

23 SEPTEMBER

Wine & Dine Friday Dinner Series, Vinifera Wines, Mudgee (6.30pm-10pm)

23 SEPTEMBER

Sunset Sippings Moothi Estate, Mudgee (6pm-8pm)

24 SEPTEMBER

Flavours of Mudgee 2022, Market Street, Mudgee (4pm-8pm)

24 SEPTEMBER

Pop-Up Charcuterie Bar, Robert Stein Winery (10am-4.30pm)

24 SEPTEMBER

Mudgee, Gulgong & Kandos Swimming Pools Reopen

25 SEPTEMBER

High Cheese (High Tea with a twist) Vinifera Wines, Mudgee (11am-3pm)

25 SEPTEMBER

Rock the Vineyard- Vignerons Birthday Bash, Naked Lady Wines, Rylstone (11am-4pm)

26 SEPTEMBER - 7 OCTOBER

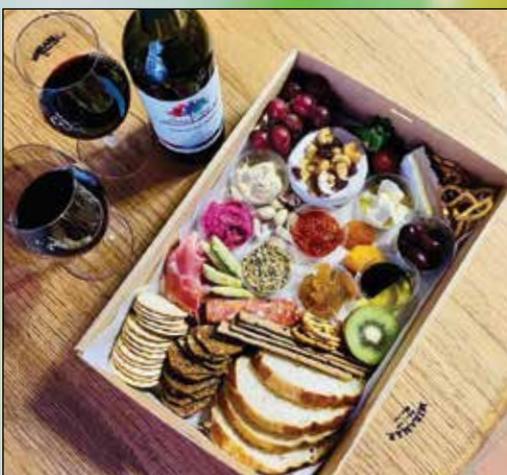
School Holidays

28 SEPTEMBER

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

30 SEPTEMBER

Sunset Sippings, Moothi Estate, Mudgee (6pm-8pm)



Lazy Oak
VINEYARD + WINES

CELLAR DOOR
Wine + Food + Events

LOCATED

59 Sills Lane, Mudgee

OPEN

Thursday to Sunday

10.00 am - 4.00 pm

(Public Holidays + by appointment for Private Tastings in the Cellar Door or in your accommodation)

BOOKINGS

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M: 0419 698 816

E: hello@lazyoak.com.au

TAKE A JOURNEY THROUGH TRADITIONAL AND FOLKLORIC CUBAN MUSIC



Get ready for a spectacular collision of beautiful music, creativity and multiculturalism set against a repertoire of original Latin Jazz.

Caribé's music is alive with spontaneous interplay and a crackling rhythmic momentum. In performances Cuban dancer Adrian Medina and members of Caribé will take you on a journey through traditional and folkloric Cuban music and dance styles, introduce you to music inspired by the Orishas and invite you to participate through chants, dance, stories, and rhythms. Two wonderful dancers, Tim and Lilly, will be joining them for these concerts to demonstrate cha cha cha, rumba and son.

Caribé are coming to Kandos Community Hall on September 16th and the Prince of Wales Opera House on Sunday September 18th at 3.00pm for performances, a workshop and to release their first album Distant Waters. They are very excited to be performing in Kandos and in the southern hemisphere's oldest still-operating Opera House in Gulgong.

Friday 16 September

Workshop for school students
Kandos Community Hall 2.00pm - gold coin donation

Concert - Kandos Community Hall
8.00pm. Doors open 7.00pm

Tickets available over the counter at Number 47 Louee St, Rylstone or online: trybooking.com/BXFRL

Sunday 18 September

Prince of Wales Opera House,
101 Mayne St, Gulgong
3.00pm. Doors open 2.30pm

Tickets available over the counter at Gulgong Post Office + \$2 booking fee or online: trybooking.com/BXFSM

'Caribé has a pool of wonderful musicians who perform with power and spirit. Add to that the extraordinary talents of Adrian Medina, who compered with exuberance and humour, presented a completely individual dance style, where different parts of his body appeared to go in several directions at once, and played brilliant cow-bell. All these elements added up to an intoxicating recipe of music and dance.' Eric Myers, jazz writer for *The Australian*, 3 December 2021.

WHAT'S HAPPENING IN SPRING?

Spring is a wonderful time to visit the beautiful Central West of NSW and the Gulgong Holtermann Museum.

The Holtermann Collection, a UNESCO listed photographic collection, includes photos of Melbourne, Sydney, Gulgong and surrounding areas and highlights Gulgong's rich gold rush history. If you visit the Museum in September or early October, you can also enjoy our temporary exhibition 'Gulgong Then & Now'. This exhibition celebrates 150 years of the Gulgong photographs. In the winter of 1872, Beaufoy Merlin and Charles Bayliss photographed the streets of Gulgong.



The spring school holidays are the perfect opportunity for younger visitors to learn about the Holtermann photographs and life on the goldfields.

We have recently installed puzzles and interactive games on our touch screens. We are thrilled to see our young visitors engaging with the displays and learning about the goldrush.

Image: *The Gulgong Opera House 'Now and Then' 1872-2022*



**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>





SATURDAY 24 SEPTEMBER 2022

4PM TO 8PM

The region's most loved street festival, Flavours of Mudgee, makes its return after a two year hiatus. More than 65 local stallholders, including 13 new producers will have the region's best food and wine on offer as they line Church and Market Streets in Mudgee on Saturday 24 September.

A key event of the Mudgee Region calendar, Flavours of Mudgee draws a crowd of more than 12,000 people and injects \$2.2 million into the local economy as locals and visitors fill the streets and enjoy local food and wine accompanied by fantastic local entertainment; Butterworth Music, Gary and Frankie Johns and Kings of Congo Congo.

"It's exciting to see Flavours of Mudgee finally returning after a pandemic forced two-year break. This event is a huge favourite with locals and visitors alike and Council is expecting a huge turnout this year," Mayor, Des Kennedy said. "The event is extremely important to the local economy and a great chance to enjoy the best the region has to offer."

FLAVOURS OF MUDGEE IS A FREE EVENT however a tasting package allows you to sample offerings from the stallholders.

2022 TASTING PACKAGES

Savour the delights of over 70 local food and wine producers as you're entertained by performers in Mudgee's iconic main streets.

ON SALE FROM 1 SEPTEMBER AT 123tix

Flavours of Mudgee Limited Edition 2022 Package - \$25
Package includes 5 x (30mL) tasting tokens and a souvenir 2022 Flavours of Mudgee glass.

Flavours of Mudgee Standard Tasting Package - \$25
Package includes 5 x (30mL) tasting tokens and a souvenir Flavours of Mudgee glass.

Kids Flavours of Mudgee Treat Package - \$10*
Package includes 3 x tokens and a souvenir Kids Flavours of Mudgee cup.

**Tokens are redeemable at participating vendors only. See Stallholder list for participating vendors.*

Pre-purchased online packages (tokens and glass/cup) can be collected from 123tix Trailer, 86 Market St Mudgee open 10am - 3pm, every day from 19 September or at the event from Tasting Package sales locations.

Please note: Wine tasting packages are for 18+ only.

For more information, follow Flavours of Mudgee on Facebook or visit flavoursofmudgee.com.au



Cade KITCHEN & BAR

OPEN 7 DAYS

EXCLUDING SUNDAY DINNER

BREAKFAST | LUNCH | DINNER

Experience a memorable dining experience at Cade Kitchen & Bar. Using the finest produce and exclusively local wines, CADE's innovative and indulgent menu options features cocktails, small bites to full feasts. Visit our website to view our latest menu and to book.

CADE is conveniently located in the heart of Mudgee and nestled within the Cobb & Co Boutique Hotel circa 1850s heritage building. You can enjoy the choice of three different dining areas, our **Outdoor Courtyard, Restaurant** and the **Attic**.

LOCATION

97 Market Street, Mudgee NSW 2850

BOOKINGS

0409 932 339

www.cadekitchenandbar.com.au

bookings@cadekitchenandbar.com.au



GULGONG GOSSIP

After a downpour in late July, it is lovely to see the sun come out and the temperatures warming up a bit! The weather was lovely but quite cool for the dog show at Victoria Park, with many people in attendance. It was a shame that the following weekends training day had to be cancelled due to the Park being turned into a lake!

9th September

We will see Timberlina and Friends at the Gulgong Memorial Hall, which should be a lot of fun. This is a fundraiser for the Gulgong Netball Club at 6.30 pm \$20 pp.

15th September

The Hunter Valley Gardens bus trip will be on including high tea and possible 45 min train ride.



The Christmas in July trip to the Mountains was most enjoyable by all accounts, so this should be a great trip! \$66pp for bookings please call Bec 0408 259 038

18th September

It looks like the Caribe Music + Dance at the Opera House will be on this time after being cancelled earlier in the year due to ill health. Should be a very lively show. Adults – \$34.50, Concession – \$29.50, Children – \$19.40

19th September

Blood Bank will be in Gulgong at the Memorial Hall, 1.15pm – 6.30pm

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



GULGONG PIXTERS: IRONBARK CREEK NATURE RESERVE (TURILL)

Gulgong Pixters are a local group who venture into beautiful natural areas, photograph them and report on their journeys.

Heading out of Gulgong after breakfast we follow Cope Rd past Ulan and Turill, all the way to the intersection with the Golden Highway. On the opposite side of the road to the intersection is a short driveway into a closed nature reserve gate. It is not a restricted nor private place so in we go.

Parking on the side of the track after couple of hundred metres we set off walking the well-formed track through low grassy-box woodland loosely following the creek. Soon we dip down over a creek crossing with some but not a lot of water.



Up the other side we come to some ancient sheep pens and an intersection. We opt for the northerly branch as we know from our Lands Dept topo map that the south track loops around to the Golden Highway.

We travel through lichen-covered woodland to the chorus of kookaburras, thornbills, and magpies. In a delightful clearing next to the creek we spot a pair of

Olive-backed Orioles and marvel at their antics for a few minutes.

We come to another shallow dip, and we are greeted by a splendid vista across a pool of dark water reflecting the large granite boulders lining its perimeter. This is a perfect spot for lunch and a rest.

Exploring the pool we discover a black snake sunning itself on a rock and imagine the yabbies, small fish and eels that Wiradjuri people may have subsisted on in this tranquil setting.

Following the watercourse we arrive at a substantial waterfall at the head of an eroded gully. This is Ironbark Falls and while not much water fell, we knew it would be spectacular in the wet. While contemplating this place, we were treated to the appearance of a wombat bulldozing his way along the bank to his burrow. We saw an echidna and several wallabies on this walk as well.

Returning to our vehicle along the track, we carefully closed the gate and determined to return to follow the other two tracks through this beautiful area.



GREEN DAY

By Watershed Landcare for Grown Ups



Saturday 10th September
9:30am-Noon



With Keynote Speaker
Costa Georgiadis



Over the last 14 years, Watershed Landcare has been presenting an event called Green Day to schools across our region. Now, we are excited to be expanding upon this day by inviting the community to attend the first ever Green Day for Grown-Ups! The 2022 theme is “Grow Your Own Way” with the aim to motivate the community to Grow Your Own Way to a more sustainable world.

Hear inspiring talks from our special guests:

Innovations in Artificial Hollows
Habitat Innovation & Management - *Joe Simmons*

Backyard Beekeeping & the Benefits of Pollinators
Mudgee Bee Group - *Sandi Munro*

Wicking our World, the benefits of Wicking Beds
Mudgee Uniting Community Garden & Waterups

Native Plants, their Traditional Use & Significance
Royal Botanic Gardens and Domain Trust - *Peter Dawe*



For more info & tickets!

www.trybooking.com/CBSIO



Contact: greenday@watershedlandcare.com.au

Green Day for Grown-Ups is a Watershed Landcare event proudly supported by:



THE BOOK NOOK

by Mid-Western Regional Council Libraries

A WRITING WORKSHOP

Do you have a story to write? Or a story ready to publish? Come along to Mudgee Library on 12 September, 1pm-3pm for a free writing workshop with Annie Seaton, one of Australia's most successful self-published authors. Learn all the tips and tricks for polishing your manuscript so it is ready to submit to a publisher or self-publish. Be quick – limited spots available.

Book online at: mwrclibrary.eventbrite.com

SCHOOL HOLIDAY ACTIVITIES

Venture down the rabbit hole these school holidays at your local library. Make absurd hats, card soldiers, pencil birds and garden ornaments, design your own tea cup, go on a scavenger hunt, and even attend a mad hatters tea party! A small fee of \$5 is charged for each activity to cover craft supplies. For ages 3-12. Bookings at: mwrclibrary.eventbrite.com



KIDS CHESS CLUB

We have decided to combine our beginner and intermediate/advanced chess clubs for kids into the one fortnightly chess club. This means our keen chess players can practice more regularly, and all skill levels are welcome at any session. Our expert trainer looks forward to seeing you all more often, or whenever you can come along. Held on the 2nd and 4th Wednesday of each month (for ages 6-14). Don't forget! We also have an adult chess club that runs on the 3rd Thursday of each month from 5.30pm. Bookings at: mwrclibrary.eventbrite.com

GOLD: PRESENTED BY MALCOLM

DRINKWATER

This October marks 150 years since the discovery of the world's largest known single mass of gold, the Beyers and Holtermann Specimen, at Hill End, near Bathurst. To celebrate this sesquicentenary, locally-based, renowned goldrush historian and History Hill Museum owner, Malcolm Drinkwater, is bringing gold and the Holtermann name together once again, hosting a special event, 'Gold: The Beyers & Holtermann Specimen', at Bathurst Memorial Entertainment Centre (BMEC), on Saturday 22 October.

The show will include a documentary premiere of *The Monster Specimen*, a Gold Q&A session, an opportunity to meet Holtermann's descendants,



afternoon tea and a chance to win great prizes. Doors open at 1pm for a 1.30pm start. Tickets \$25, available from 28 July. Tickets at: bmec.com.au/gold-the-beyers-holtermann-specimen.html

LITTLE LEARNERS LOVE LITERACY

The Library has recently acquired a complete pack of Little Learners Love Literacy books. The program teaches all children to read, write and spell with confidence. Created from evidence-based research, it includes phonemic awareness, phonics, vocabulary knowledge, fluency and comprehension. Each stage is sequentially taught so that children can learn, apply and practise their developing skills in words and connected text. Available to borrow now from the library!



ONLINE RESEARCH

Explore and enjoy free access to Gale scholarly resources, one of the world's largest online research and general information platforms which includes databases and primary sources covering a diverse range of subjects such as: Australian news, business skills, contemporary issues, environment, geography, literature, science, and history. With credible, complete, and peer-reviewed content, Gale helps researchers and general users of all kinds find current, reliable information fast. Access now with your library membership card:

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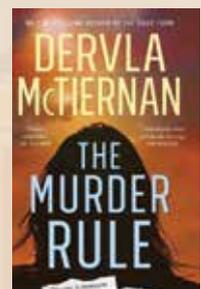
BOOK REVIEW

The Murder Rule by Dervla McTiernan (4.5/5 stars)

They think I'm a young, idealistic law student, that I'm passionate about reforming a corrupt and brutal system. They think I'm working hard to impress them.

They think I'm here to save an innocent man on death row. They're wrong. I'm going to bury him. Inspired by the true story of a young law student who worked at the Innocence Project and eventually uncovered evidence which exonerated a man who had been in prison for 26 years. This standalone legal thriller is diabolically clever, highly compelling and deeply moving.

The Murder Rule is the fourth novel from the internationally bestselling author of *The Ruin*, *The Scholar* and *The Good Turn*. This gripping must-read is available in print, eBook and eAudiobook formats from the Library.



MID-WESTERN REGIONAL COUNCIL LIBRARY PRESENTS

Author Visit

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AUTHORS**



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Fiona McArthur



Darry Fraser

Sunday 11 September, 2–4pm

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74 Putta Bucca Road, Mudgee

Afternoon tea included



TICKETS \$40 EACH

Bookings at
mwrclibrary.eventbrite.com

 **Library**
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MUDGEE CARS AND COFFEE

By David Maurice

With the continuing success of the Mudgee Cars and Coffee run by the Cudgegong Valley Pioneer Vehicle Club, we are again conducting this event on the third Sunday of September the 18th at the Mudgee Railway Station in Inglis Street, from 8.30am to whenever the last vehicle leaves.

With the month of July's Mudgee Cars and Coffee having the largest attendance since the commencement of MCNC, we had just under 100 vehicles with wheels, with regular comments from attendees, stating it as being the BEST EVER!

Each month we try to bring a different interest, in July we had the NSW Fire and Rescue group as well as the VRA.

In September we are inviting ALL Morris Minor and Mini owners to come along and join in, bring their cars no matter what stage of restoration it is in, this event could be just the place to find that missing, urgently required, part or parts.

This coming October we are inviting owners ALL Military based vehicles to bring them along to show them to remind people of the 11th day of the 11th month November. If they are not mobile, bring them to Mudgee Cars and Coffee on a trailer, we will find a place to park your vehicle of interest.

Should you not have one of the above vehicles, come along anyway, have a good look around and enjoy the morning, starts at 8.30am until you feel it is time to head to your next venue or back home.



Remembering also that October is 'Pink up Mudgee' month, join the morning and donate to this fantastic cause.

Bring the family and enjoy breakfast from the Vietnam Veterans barbeque and nice hot coffee from our mobile Coffee Caravan.

We welcome ALL comers to make Sunday mornings a very relaxing, enjoyable morning to start your day.



R U OK? Day 2022 THURSDAY 8 SEPTEMBER

Life's ups and downs happen to all of us. So chances are someone you know might be struggling. Your genuine support can make a difference whatever they are facing, big or small.

- 8 people take their lives every day in Australia.
- For every death by suicide it's estimated 30 people will attempt to take their life
- 89% of people report knowing someone who has made a suicide attempt

You don't have to be an expert to keep the conversation going when someone says they're not OK. By knowing what to say you can help someone feel supported and access appropriate help long before they're in crisis, which can make a really positive difference to their life.

In challenging times such as these, it's more important than ever for us all to say connected and, for those who are able, be willing to support those around us. By starting a conversation and commenting on the changes you've noticed, you could help that family member, friend or workmate open up. If they say they are not ok, you can follow our conversation steps to show them they're supported and help them find strategies to better manage the load. If they are ok, that person will know you're someone who cares enough to ask.

We know that suicide prevention is an enormously complex and sensitive challenge the world over. One of the most well renowned theories behind preventing suicide is by Dr Thomas Joiner. Following the suicide death of his father, Thomas has dedicated his research to try and answer the question, "why?" His theory tries to answer that complex question by describing three forces at play in someone at risk. One of these forces is a decreased sense of belonging. It's this lack of belonging and sense of connection that we are working to prevent.

By educating and encouraging people to take the time to ask "Are you OK?" in a genuine authentic manner and listen to the reply with an open mind, we can help people struggling with life feel connected and supported long before they think about suicide. Social connections including regular, face-to-face, meaningful conversations about life are a protective factor against suicide.

So don't wait until someone's visibly distressed or in crisis. Make a moment meaningful and ask them how they're really going. Your conversation could change a life.

Asking "Are you OK?" is a great place to start.

Visit ruok.org.au today for more information.

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.

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SALLY CALLANDER AWARDED 2022 REGIONAL LAWYER

The team at SCL attended the 2022 Australian Law Awards five-star black-tie gala ceremony on Friday, 12 August 2022, at the Australian Turf Club, Royal Randwick Racecourse in Sydney where principal solicitor, Sally Callander, was named Regional Lawyer of the Year.

The awards provide national recognition to legal professionals and firms for their dedication to the legal sector. Over 800 members of the legal profession were in attendance at this year's gala awards ceremony to rejoice in the industry's successes and network with their colleagues. Over 40 individual and group winners were chosen this year from a record high of 370 finalists.

Sally was applauded for her fresh, progressive approach to legal services, and her efforts to redefine the traditional law firm model by making life-changing advice accessible, convenient, and affordable. When asked what winning the award meant to her, Sally said

"Running a business is tough. Especially if you're a woman. Or if you're trying to do something differently or create long term change. That is why winning this award is so special. Because it feels incredible to have my efforts recognised by people outside of my day-to-day, by experts in the field of law and by people who have no vested interest or agenda. This win is both validation of and vindication of the tireless work that has gone into our work, our product and of course, our brand. Whilst this is a personal award, it is very much the product of the outstanding teamwork of my team at SCL who share in this achievement with me."



MUDGEES & DISTRICT KENNEL & OBEDIENCE CLUB INC.



What a fantastic weekend we had in August for the club's annual weekend of championship shows, obedience trials and rally trials. We were thrilled to be able to host the event for the first time since 2019. It was great to see so many familiar faces return after such a long period of cancellations due to Covid.

A big thank you goes out to all who helped in making the weekend the success that it was - judges, stewards, competitors, spectators, caterers and numerous helpers, all contributed. In particular, we'd like to thank Mid-Western Regional Council for their continued support of the club and for maintaining the grounds to a fantastic standard. The significant amount of rainfall over the past few months has certainly saturated the grounds and undoubtedly set a challenge for the maintenance crew. Thank you also to BlackHawk, for their generous sponsorship of both the show and trial events.

On the grandstand side of the oval, many breeds of beautiful purebred dogs were on display. Congratulations to everyone on their successful exhibits. The obedience and rally rings were set



up on the Grevillea Street side of the oval. Again, congratulations to all competitors with many obtaining qualifications and even titles.

If the weekend's events inspired you to develop your relationship with your own four legged family member, why not come on down to Victoria Park on Sunday mornings? 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 "Mudgees & District Kennel & Obedience Club", or send an enquiry for further details.

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

LOCAL WINNER OF 'MUCH MORE THAN WORDS'

Our congratulations to Deborah Cooke of Mount Marsden, Kandos for securing first place in the recent 'Much More than Words' competition for her poem 'Rekindling'. We were even more delighted to discover that Deborah came across the competition in the June Edition of MWM which she happened to pick up at her local supermarket.

Deborah's poem fought off fierce competition from as far away as Broken Hill, Tenterfield and Balgowlah. Deborah is a local Environmental Educator and lives in the beautiful Capertee Valley. She is passionate about sustainable land management, particularly the traditional practice of cultural burning. She has previously written and directed plays for Mudjee Shorts and the Central West Short Play Festival.

Other local successes were Samuel D. Mayson of Mudjee for 'Alleyway', Kevin Pye of Mudjee for 'I Listened to her Silence' and Monica Lee of Mudjee for 'Babe of the Vineyards'. Congratulations to all.

Rekindling

Stately sentinels

Anchored by your love affair with earth's deep places
By what means have you escaped the obliteration
Of bludgeoning axes
Or the demonic fury of modern fire?

Silent, expectant presence

Ever side by side
Like stricken parents rooted to the spot
From where they last saw their children
Frozen in unspeakable grief

Your missing parts in perfect symmetry
Hewn and worked by masterful hands to carry –
New life?

Fire?

To shield in the frontier wars?

By how many moons has your guarded ground
hungered

For 'right fire'?

To feel its warm caress

Sensual

Long absented

A Winter's day

The lighting of a tussock

And a flame draws breath

It trickles - life giving - over Country's skin

Warming her to the bones

White smoke smudges its way into sacred canopies

A dialogue rekindles

A heartbeat revives

And your guarded ground

Sings



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Use promo code MWM20 to receive 20% off selected pieces including one-of-a-kind designs.

The Mudgee Arts Precinct has been named a finalist in the 2022 World Architecture Festival Awards.

Designed by BKA Architecture, the Mudgee Arts Precinct seamlessly combines the original Victorian 1885 Cudgegong Chambers, with a brand new, purpose-built addition that houses gallery spaces and the Mudgee Visitor Information Centre.

Now in its fifteenth year, the World Architecture Festival (WAF) is the world's largest festival and live awards competition dedicated to celebrating and sharing architectural excellence from across the globe. It is the only awards where designers pitch their work to a panel of expert judges and their peers.

"BKA is proud and delighted the intended design concepts have been achieved," Director of BKA Architecture, John Baker said. "The new building relates well to the heritage building allowing each to read from the public domain as an individual component".

Mid-Western Regional Council's General Manager, Brad Cam said "the Mudgee Arts Precinct building has received overwhelmingly positive feedback from the public since the opening late last year." "The finished building is a brilliant fusion of old meets new, with a nod to the region's important heritage. For its design to be considered against projects from all around the world is a huge honour for both BKA Architecture and the Mid-Western Region."

The awards will be announced in Portugal at the end of the year. Council co-contributed to the project after securing funding through the NSW Government's Create NSW and the Australian Government's Building Better Regions Fund.



Property Staging

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SPRING STYLING GUIDE

by Scott Sutcliffe, Senior Stylist at Perfectly Sorted

With spring fast approaching you may be thinking about selling your home. It is a great time to sell when your gardens are in full bloom showcasing your home at the buyer's first glance. It is of equal importance to carry that first impression throughout your property. **Perfectly Sorted Property Staging** has the know-how when it comes to presenting your most important investment when selling your property. Here are our top tips to getting your property ready for the market.

BRINGING OUTSIDE INSIDE

Bringing the outside in is an up-and-coming interior design trend this summer. Whether it's furnishings made from natural materials, prints featuring foliage, or trees, flowers and a few indoor plants. Larger plants look great in corners of rooms while smaller flora in bathrooms, windowsills and coffee tables. If you don't have time to water, investing in quality faux versions (there are very realistic ones available these days) are a great alternative and one which we live by.

MUTED TONES

Don't mistake muted as being boring! Relaxing greys, blues and pinks are in. Pastels look amazing especially when they are offset by darker colours in similar toning. A muted and relaxed interior is just as effective as a bold interior. Muted palettes give you the chance to add more texture than you may normally.

CLASSIC PALETTE

Blues, greys and whites are such a popular palette. These nautical colours are crisp, vibrant and timeless - our favourite! Using natural textures and decor is an effective way to break up this colour palette. Light timbers and linen accents add warmth to this more crisp look.

Perfectly Sorted Staging and Home Styling are here to help and guide you through the process of selling your home or styling your current one.

Get in contact with us today on **02 6372 0050** or www.perfectlysorted.com.au



PERI (MENOPAUSE) AND MENOPAUSE – DIET AND LIFESTYLE HACKS TO GET YOUR LIFE BACK!

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

There's a lot to like about getting older, largely revolving around greater independence, and feeling more comfortable in your own skin. Then there's this curve ball called perimenopause and followed through with the big hitter menopause!

Hot flushes and night sweats become an everyday feature. Sleep problems, mood swings, irritability, increased anxiety or even depression, brain fog that hangs like a raincloud, stealing your memory.... Then there's the weight that won't seem to shift no matter what you try.

HRT (hormone replacement therapy) is one way to go and works for some, but there's a lot to be said for making some changes to what you eat, when you eat, and how you take care of the rest of your life.

What lurks behind many of the ugly symptoms of perimenopause is insulin resistance. Around this time, you often become less sensitive to insulin and can no longer deal with the same amount of carbs in your diet that you used to be able to handle, whether that's food containing actual sugar or foods that readily get converted to sugar in the bloodstream like bread, pasta, potatoes and rice.

Calorie counting is not your best option - healthy fats like olive oil, oily fish, and nuts and seeds are good and lowering the starchy carb content of your meals is the key to dropping pounds, banishing brain fog and getting those hot flushes back under control. Eat real food, three meals a day and ensure you have protein at every meal - that means meat and poultry, fish and seafood, tofu, eggs, beans, lentils, chickpeas, nuts and seeds - ideally nothing in batter or breadcrumbs.

Eat your veg - the fibre in them slows down the rate at which sugars - natural or otherwise - enter your bloodstream. They also fill you up, mop up excess hormones and keep you regular. Going to the loo at least once a day is important and is one of your body's main ways to get rid of all the toxins you accumulate as you go through life.

You have to take stress relief seriously. At this stage of your life, it is a must if you want your body to feel any kind of normal. Plus, as oestrogen decreases, the body is also less well able to regulate cortisol, which means you experience stress more readily. Prioritise self-care spending at least 30 minutes every day doing things just for the sheer joy of doing them.

Don't bathe your skin in fake hormones - xenoestrogens, which is synthetic oestrogens found in plastics and the shelf-life extending chemicals added to personal care products like shampoos, conditioner, body wash, body creams and so on. These clog up your body's oestrogen receptors, meaning what little real oestrogen you have has nowhere to go, plus they place extra stress on the body.



So there you have it, my top tips for getting your life back on track. Everyone experiences the menopause differently but there are some common themes. Finding your own magic formula will take some work and possibly also some uncomfortable conversations. What I want you to know that finding a resolution is possible, and that your mid-life can really become the best time of your life.



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KICK START FOR SPRING

We are all over the long cold, wet winter and bad news stories, so lets reset, revive & rejuvenate! At Ultimate Care Skin & Body Centre we want you to experience what advanced treatments can achieve, so our **EXCLUSIVE OFFER** has been designed to offer you our best treatments to give achievable results. This is a one-off special price. Whether you have never had an advanced treatment or want to take advantage of having your favorite treatment at this special price, now is the time to kick start your skin routine.



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T&C: Promotional items and pricing only available during listed dates in 2022. Participating Petries Mitre 10 stores only. While stocks last, however pre-paid customer orders/rainchecks will be considered on a case-by-case basis. Petries Mitre 10 reserves the right to correct all printing errors.

SPRING GARDENING ESSENTIALS



GET EQUIPPED & ORGANISED have you been waiting for an excuse to replenish your tool shed? Spring is the perfect time to organise your tools by giving them a good clean and sharpen, essential for maintaining a healthy plant as this will help prevent the spread of disease.

START PLANTING longer days, more sunlight and warmer temperatures will encourage your plants to grow. So, if you've been thinking about planting fresh flowers, greens, herbs, vegetables, hedges or any plant variety, now is the time to start while the weather is on your side!

MULCH is great for so many things, including conserving water and helping to prevent weeds. Mulch will assist in stopping your soil from drying, help you save water and keep your plants hydrated for longer, especially in hot weather. Mulch is something you should provide for your garden not just in spring but year-round. Mulch also encourages your plant life to have good drainage while improving soil structure and helping implement the proper nutrients for your soil.

PRUNE in the winter, you may have let your garden run a little bit wild, which means it's time to tidy up and prune as you get ready for spring and summer. There are many ways to prune a plant; removing branches that are dead, diseased or broken is essential in maintaining the long-term health of your plant and encouraging new life to form.



FERTILISE the most crucial time to fertilise your garden is in spring. An all-purpose fertiliser will work a treat in providing your garden with all the nutrients and minerals it needs to boost health and growth. An all-rounder fertiliser will suit both new and established plants, and several plant varieties including natives, veggies, lawns and trees.

START A COMPOST SYSTEM composting systems are fantastic for the environment and for reducing your own general waste in the home. Composting is easy to do and is an excellent activity for the kids to get involved in. There are many uses for compost that will come in handy during the spring gardening season as it can be used to feed your spring bulbs, add to fruit trees, act as a top layer on garden beds and much more.

SOAK YOUR EVERGREENS as the sun starts to shine more, your evergreens' roots will be more demanding of water. Without sufficient moisture, vegetation can turn brown. This is why spring is the ideal time to give your evergreens a good soak.

PEST CONTROL pests are a common issue, which unfortunately will affect most gardens year-round. Whilst you have a bit of time to get on top of it, check out some natural pest control remedies. One of the best tips is by having plants that attract beneficial insects. Beneficial insects will control the damaging ones by eating them and saving you from having to use chemicals.



LAWN CARE has your lawn been looking a little neglected lately? Whip it into shape in time for spring! First a good mow will be in order following by a quality lawn fertiliser which contains all the essential nutrients including nitrogen, magnesium, iron and potassium –this will help your lawn be in the best shape both above and below ground.

Kandos High School



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The value of sports participation is keenly demonstrated by Kandos High School students', who consistently push their personal best and represent the school throughout the year in many individual and team sports disciplines.

Participation in sport not only provides significant health benefit for our students, it is a key opportunity to improve resilience and mental health, meet positive role models and provides social connections which can extend beyond school into community involvement.



"You have to enjoy the journey. That's the best part of playing. We laugh and smile everyday. To lighten the mood and to have fun is important". - Ash Barty



Congratulations to our recent competitors and winners at Western Region Athletics and Trans Tasman Squash.

★ Small school, big achievements!



16-36 Fleming St Kandos NSW 2848

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



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

WESTERN SCHOOL SPORTS ATHLETICS CARNIVAL 2022

A small team of 21 Kandos High School students travelled to Dubbo to compete at the Western Region Athletics Carnival. After a wet and rainy start to the day, they settled into what became a very successful day.

The weeks of athletics training during sport paid off with some great results such as: Oskar Sander 2nd in Shot Put; and Jess Reynolds 2nd Triple Jump also making it to state athletics carnival at Homebush.

The following students came 3rd in their events: Ty Stone - Triple Jump; Chloe Farrugia - Long Jump; Ben Turnbull - Shot Put; Alex Grimshaw - Long jump; Mia Reddish - Javelin; and Caitlin Healey - Triple Jump.

With numerous students making it to through to the top six in their event. Thank you to the parents for their support on the day, Daina Sander's for her photography and Mrs O'Brien for driving the bus and volunteering to run Discus, it was greatly appreciated by The Western Region Convenors.

TRANS-TASMAN SQUASH

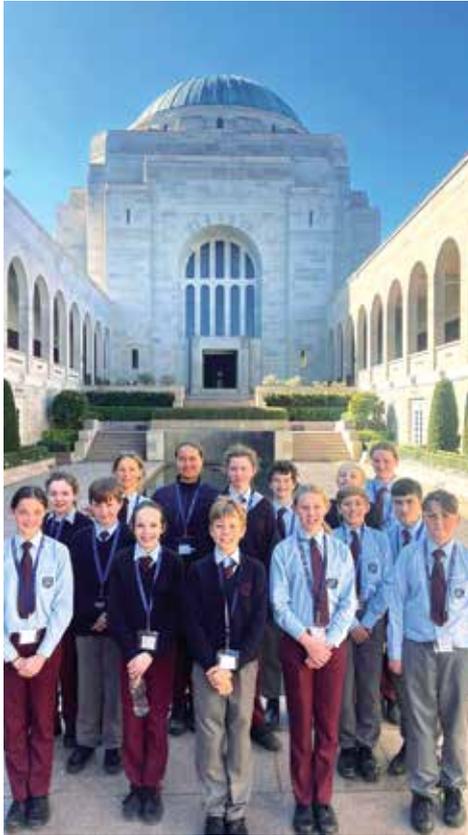
Two Kandos High School students Jessica Reynolds and Halli Obrien (pictured below left) will travel to Brisbane to compete in the TransTasman Squash tournament, representing New South Wales Combined High Schools. The local girls both placed third in the Opens and Under 15s divisions, at the NSW CHS Championships held in Thornleigh. Jessica and Halli will face a tough New Zealand team and Queensland team during the 5 days of competition where they will play as individuals and as a part of the NSW team. The school and community are very proud of these two young girls who have grown up playing and training as members of the Rylstone Squash Club. The girls are also integral members of the Kandos High School girls squash team who won the Western Region Title and will be playing for the State Title in September.



ST MATTHEWS CATHOLIC SCHOOL



Year 6 recently travelled to Canberra for a fun couple of days that included visiting the Australian War Memorial, Parliament House, the National Art Gallery and Questacon and a fun night of rock climbing!



Recently, Year 10 students and their families attended the Year 10 into Year 11 Subject information Evening at the Secondary Campus. It was fantastic to see a large number of Year 10 students engaging with staff from all faculties at the new campus.





It has been a big few weeks for Gulgong Public School. We have had excursions to Canberra and Thredbo for our Year 6 students. Hands on Rock for our Year 3 and 4 students and Art exhibitions in Mudgee for our artists.

We had 45 students and 4 staff attend our Canberra and Thredbo excursion in August. They visited The War Memorial, The Mint, Parliament House, Australian Institute of Sport, Questacon and Thredbo. Our students were all beautifully behaved and respectful in all venues. When the kids got to Thredbo they had a ball learning to Ski and riding Magic Carpets and Chair Lifts to the top of their runs. We even had a group of about 15 kids who took the chair lift to the top of "Sundowner" and skied all the way back to our base. About 1.2km of skiing. They did a fantastic job and had very few stacks. The conditions were dreadful, but the kids made the best of the rain and had a great day.

Our Stage 2 students visited The Drip with Redhill and had a great day. They made their own hand prints, made damper over the fire pit and did a lot of bushwalking, whilst viewing "Hands on Rock". Again the students came back to school raving about how good their day was and how much fun they had on their excursion.

Our artists produced some clay models and vinyl prints for the Cudgong Learning Community's art exhibition. Students from Kindergarten to Year 6 had the opportunity to participate in art workshops at school to produce their artwork to display in the exhibition. Gulgong Public's display was one of the highlight lots of the exhibition, with lots of positive comments about the quality of the students work.

Coming up in the next few weeks we have our transition to school program "Little Steps" starting to give those Pre School kids a great start to school life. We are participating in Green day, Netball and Cricket gala days and we have 34 students going to Mudgee for Zone Athletics. Best of luck to all of these students for their upcoming events.



MUDGEE WOMBATS



YEAR TO REMEMBER FOR MUDGEE WOMBATS

With the final series about to begin, the Mudgee Wombats Rugby Club have possibly had their finest ever season in terms of on-field results. This, together with their recent move to the outstanding new facilities at Glen Willow, has made it a year to remember.

All four senior teams, 1st grade, 2nd grade, Women and Colts have finished the regular season as minor premiers and now enter the finals full of confidence and hoping for those elusive major premierships. In the last 60 years, Mudgee Rugby Club has only won eight 1st grade premierships and three 2nd grade premierships and is yet to win a Womens or Colts Grand Final. The last 1st grade premiership was secured in 2013 while 2nd grade were named winners last year after the competition was cut short due to covid. As first grade minor premiers, Mudgee will host the New Holland Cup major semi-finals at the Glen Willow Rugby Grounds. They play Dubbo Rhinos in both 1sts and 2nds, while the Women take on CSU.

A first grade victory will secure home grand finals. As they are playing in the Blowes Cup competition, the Colts must wait another week to see where they play their major semi-final.

The junior teams also had a great season and were in the running for the club championship until the last round when they were defeated by one of their main rivals, Forbes, in two of their matches. This meant that the Under 12s and Under 16s finished fourth while the Under 14s finished 3rd in their respective competitions. The result is that all the junior teams face a knock-out game each week until the end of the competition.

Congratulations to Brian "Sticksy" O'Reilly on recently playing his 200th game for the senior club – an outstanding achievement.

We wish all the teams the best of luck during the finals. Make sure you come out and support your local teams and enjoy some great running rugby.

Up the mighty Wombats!



GULGONG AMATEUR SWIMMING CLUB



Gulgong Amateur Swimming club held their AGM on Thursday the 11th of August, the past Outgoing committee members handed over the club to the new committee members and in which all positions were filled. We would like to say a massive thank you too the past outgoing committee members Ruth Regan, Mary Freestone, Penny Pinnock, Geoff Boyd, Vic and Wendy Harris for all their hard work, achievements and success with being able to keep the club going without a club. We would like to welcome our new club Committee members

- President: Brad Toole
- Vice President/Publicity Officer: Josephine Gray
- Secretary: Amanda Maclean
- Treasurer: Emma Burns
- Registrar: Mary Freestone
- Race Secretaries: Amanda Watts & Ash Coupe
- MPIO: Katie Larimer
- Canteen Manager: Alex Toole
- Public Officer: Kylie Webster
- General Committee Members: Bec Hallam, Sandra Nasser, Steve Haney, Beck Neilson and Catrina Tamburini

We are very excited to bring the Gulgong Amateur swimming club back to our community. Our Swimming club is looking to create a family fun club night once a week that will bring our community together. Our main aims for the kids are Participation, Personal growth, enjoying time with family and friends and to have lots of fun! We look forward to letting everyone know more soon.

The Gulgong Pool is an Olympic sized swimming pool with 7 lanes, as well as an undercover learners pool. The pool is located adjacent to Billy Dunn Oval, Gulgong Skate Park and the Adventure Playground and offers accessible facilities, picnic tables and an on-site canteen. Reopening Saturday 24 September 2022.



MUDGEE AND DISTRICT JUNIOR CRICKET

Registrations are OPEN

Cricket is a game for everyone and there's no better way to enjoy cricket than to get involved!

We have fun and active programs for kids of all abilities - whether it's your first time with a bat or you're a backyard cricket star!

JUNIOR BLASTERS - 4 & 5 years

For kids new to cricket, to learn the skills to play cricket through fun game based activities.

MASTER BLASTERS - 6 & 7 years

For boys and girls ready to progress from Junior Blasters and ready to play short games of cricket in a fun and social setting.

JUNIOR CLUB CRICKET

U10's - 8 & 9 years

U12's - 10 & 11 years

U14's - 12 & 13 years

U16's - 14 & 15 years

Play organised games of cricket at your local clubs and make new friends! Fun, active and plenty of opportunities to develop your skills.

SENIOR CLUB CRICKET - 18+ years

Joining a cricket club is hugely rewarding in many ways as you get to play an amazing sport and making friends along the way. The club cricket scene is buzzing, and you can play at a level you feel comfortable with, both indoor and outdoor. Play organised games of cricket at your local club - and make new friends!



To register visit www.play.cricket.com.au and search 'Mudgee and District Junior Cricket' in the top right hand corner search bar.

Follow us  @mudgeejuniorcricket

MUDGEE MUDDRAGONS DRAGON BOAT CLUB



Dragon boating is a fast, fun and furious team-based paddling sport. Its origins can be traced back 2,500 years ago to ancient China where races played an important role during religious ceremonies and festivals.

Across the world today thousands of paddlers, from the ages of twelve to over sixty, compete in various events from local social races to huge international regattas. Whether it be for fitness, friends, competition or fun, dragon boating caters for all!

Mudgee MudDragons have been operating since 2013, firstly paddling on the beautiful Cudgegong River, Lawson Park and since the beginning of 2017, paddling has taken place at Windamere Dam, 30kms south of Mudgee. We have a dragon boat in each location.

Paddlers have competed at various regattas including Orange, Bathurst, Mudgee and Chinese New Year at Darling Harbour. Our club has had paddlers participate in the Ord River Challenge, Tasmania's Huon River Challenge, Lake Windamere 20km Challenge, a cultural exchange in China and The Australian Master Games.

EVERY SUNDAY

- 9.15am for 9.30 start at Lawson Park, Mudgee
- Bring water, hat and enclosed shoes.
- Visit www.muddragons.com.au for more information.
- Or contact us via paddling@muddragons.com.au or texting 0420 926 329

Don't forget to follow us  @mudgeemuddragons. Come and Try Dragon Boating! All equipment and training provided by the Club.



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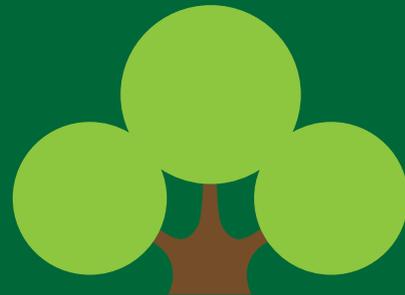
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HELLO SPRING

Winter has come to an end (at long last!) and my favourite season in the Mudgee Region has arrived - Spring!

The streets lining our towns are in full bloom and whilst people who suffer from hay fever may say otherwise, you cannot help but smile as we welcome Spring and embrace the warmer weather and longer days. We are looking forward to Flavours of Mudgee returning after a two-year hiatus on Saturday 24th September, our region's biggest food and wine event with street entertainment and performers.

Traditionally Spring is a time of abundance in the Australian property market, with more listings and more properties sold than any other season. Whilst increased interest rates and cautious spending have taken the pace off the market a little, there is still plenty of buyer enquiry and prices are remaining firm, which we are expecting will continue as we move through Spring and into Summer.

Housing is in short supply across the region with our vacancy rate continuing to remain under .5%. Major infrastructure projects related to the Central West and Orana Renewable Energy Zone, ongoing mine

development and demand for hospitality workers means interest will remain high well into the future, making the Mudgee Region attractive to property investors.

The new Mudgee South Shopping Centre on Oporto Road will be opening this Spring with the highly anticipated addition of IGA and a bottle shop. There are still several shops available for lease with attractive set-up incentives and our Commercial team are currently seeking interest from beauticians, hairdressers, café and food outlets. Alternatively, if you are looking to take on an established business and become your own boss, we have a number of iconic businesses for sale including Cedar Cicada, Hair on Church and Mudgee Music.

A shout out to all the Dad's and father figures on Father's Day, we hope you get a sleep in and enjoy spending it with your family.

Regards,

Andrew Palmer

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20 THIRD STREET, MUDGEE
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Sara Perry 0400 859 593



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