

Toora Bungles



Volume 26 Issue 3
December 2019

Gilgandra & District
Community Bank® Branch



"Fun & Laughter—Builds Resilience!"

They say laughter is the best medicine, and on Friday 15th November the Tooraweenah Memorial Hall was filled to the brim with locals looking to unwind and temporarily forget about the current conditions.

Over 90 people attended the dinner event coordinated by a team of volunteers from the Tooraweenah CWA and Lions Clubs, with funding support from the Bendigo Bank Gilgandra & District Community Bank.

The evening's theme was rural wellbeing, resilience and recovery, with an interactive presentation from

James Cleaver & Camilla Kenny
Photo: Courtesy Gilgandra Newspapers

Camilla Kenny of the Rural Adversity Mental Health Program (RAMHP) and James Cleaver of the DPI Rural Resilience Program. The duo worked to combine discussion on skills involved in building resilience with a fun, light-hearted evening.

After some icebreaker activities to get people enthusiastic, the group created a timeline of the last 40 years of events for Tooraweenah. "We wanted to highlight the significant number of social, economic and environmental events which have occurred within the district, and in what way these have contributed to how the community has evolved to get to where we are now," said DPI's James Cleaver.

A discussion on stress and coping strategies was next, with a hilarious performance of how stressors can fill up our 'stress bucket' with assistance from local Warwick Moppet. "Using the analogy of the stress bucket helps to show that when we are impacted by many stressors, our 'bucket' can get very heavy, cumbersome and hard to manage, as Warwick found with the sand filling the bucket. Identifying what strategies help you to relieve stress can help you to empty your stress bucket and equip you with skills to manage in tough times", said RAMHP's Camilla Kenny. More Page 4

Margaret Zell – Tooraweenah's 'Hidden Treasure'



Margaret Zell was recognised on the NSW Department of Primary Industry's Hidden Treasures honour roll for 2019, which celebrates and recognises rural women volunteers and what they have done for their communities.

Margaret has been a special friend to many and an outstanding and inspirational volunteer in the true spirit of the word for more than 60 years. Gifting countless hours to make life a little easier and more rewarding for others.

Our community joins in congratulating you and thanking you for helping and supporting so many people and organisations over your lifetime.

Your gift of time to our community and beyond has been appreciated. Thank you.

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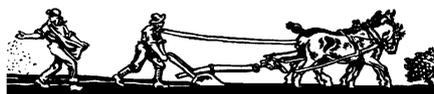
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Paul 6847 2741 0429 472 741
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Tooraweenah
Community Health
Clinic

Gilgandra Health

Service We are happy to talk to you about your health (or health problems) and Refer you to an appropriate team.

Services Provided

Baby/Child Health check
Immunisation (Please call Sarah prior to the clinic to book)
Speech and Occupational Therapy Referrals
Wound assessment
Help to understand the aged care system Referral to My Aged Care
Blood pressure check
Fall prevention
Immunisation Information
Medication Advice



Next Clinic: Thursday

12th December 10am to
12pm

Tooraweenah CWA Rooms

Contact for
Community Health
(02) 68805943 or
(02) 68805944
Sheree, Sue or
Megan

Contact for Child
and Family Health
(02) 68805937 or
(02)68805940
Sarah or Sue-Ann



Ovarian Cancer Australia

Our vision is to save lives and ensure that
no woman with ovarian cancer walks
alone.

Help Line: 1300 660 3345
Web: ovariancancer.net.au

Read the Toora Bungles at: <http://www.gilgandra.nsw.gov.au/Live/Your-Community>

Drought Support & Information

www.agriculture.gov.au/ag-farm-food/drought/assistance/farm-household-allowance; or contact;

Farmer Assistance Hotline 132316

NSW Government Drought Hub

www.droughthub.nsw.gov.au

Rural Assistance Authority (RAA)

Loans at a Glance

NSW RAA: 1800 678 593

NSW Drought Transport Subsidies

<https://www.raa.nsw.gov.au/assistance/emergency-drought-relief/transport-subsidy-online-form>. **Businesses will need to reapply for 2019/2020**

Class 1 agricultural vehicles will be exempt from the next annual registration charge.

To apply call Service NSW 13 77 88

Fixed charge component of water licences issued by Water NSW will be automatically waived for licence holders in rural and regional NSW

Contact; Water NSW on 1300 662 077

www.agriculture.gov.au

For Mental Health Information and support;

Centre for Rural & Remote Mental Health and RAMHP—Rural Adversity Mental Health Program. Check out their web site

W: www.ramph.com.au to find the local RAMHP Coordinator

E: ramhp@newcastle.edu.au

Visit www.crrmh.com.au click on the link to the Drought Support Home Page

Water Infrastructure Rebates

Applications NSW Rural Assistance

Authority www.raa.nsw.gov.au

The scheme will close 30/06/2021 or when funding allocation is exhausted, whichever comes first.

Drought Communities

Programme Extension.

This funding is now available for farmers, farm workers and farm suppliers, and contractors facing hardship due to drought. It can be used to spend in local communities or to cover urgent bills such as food, petrol and utilities.

The \$3,000 per household can consist of up to \$2,000 in cash and \$1,000 in vouchers.

The Salvation Army, St Vincent de Paul Society and Rotary Australia World Community Service have been engaged to deliver the assistance. Eligible households should reach out to these organisations directly to seek financial support

The Salvation Army

24 hour hotline: 1300 551 030

Website: salvos.org.au/drought

St Vincent de Paul

Hotline: 13 18 12 Website: vinnies.org.au

Farm Hub

www.farmhub.org.au

Rural Financial Counselling Service NSW

Central Region

For FREE impartial and confidential financial counselling to assist farmers, fishers & agriculture dependent small businesses.

FREE Call: **1800 940 404**

Email: ceo@rfcscr.com.au

Website: www.rfcscr.com.au



Put the Merry Back Into Christmas!

2019 has been a challenging year for many in our communities, and the Rural Adversity Mental Health Program (RAMHP) is urging people to take time to look after themselves and each other and ask for help when it's needed.

With a significant part of NSW still experiencing ongoing drought, the RAMHP team are only too aware of the extra stress and challenges that the Christmas period can bring.

RAMHP Coordinator Camilla Kenny says, "we know this year Christmas is going to be a really tough time for some families experiencing added financial stressors, relationship challenges, increased work priorities and grief and isolation.

"We also recognise that many people have had an extremely busy and difficult

year, and encourage them to take the time to slow down and take care of themselves over the holiday period to ensure they are coping", said Ms Kenny.

We need people to be extra mindful of those who might be experiencing mental health issues and to reach out to them to check in and ask: Are you OK? If they're not coping, it's important to listen and help them access appropriate support".

With many people in the community experiencing added stressors, the RAMHP team have created some practical tips for putting the 'merry' back into Christmas.

Take some time out to recharge for the New Year ahead - despite the chaos that sometimes happens – it can be a time to slow things down if only for a week or so. Stop and enjoy the small things in life

Give people the invaluable gift that doesn't cost a cent - TIME – be completely present and truly listen to others and yourself. Maybe you need some time alone to reflect and then connect.

Breaking traditions—it doesn't have to be all about feasts and presents—start a new tradition this year, focus on spending time with those who make you laugh **Remember to have some fun** – revel in the simple things which make you laugh like a game of backyard cricket or the silliness of the jokes and hats in bon-bons at Christmas lunch – *laughing can be so good for our wellbeing* .

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Linking rural people to the help they need

WWW.RAMHP.COM.AU

Presbyterian Church Tooraweenah

Fourth Sunday at 9am

followed by morning tea



Reverend Peter Tamsett 6847 2036

Around The Traps ☺

Tooraweenah LPO

The rainfall for Tooraweenah for November was 27.4mm falling over 2 days with a YTD total of 283.0mm over 34 days. Please ensure you use your correct mailing address to speed up sorting and delivery, make sure your mail has been correctly addressed and you put the appropriate amount of postage on larger letters. To make sure Christmas mail is delivered on time, please remember to post early. A reminder that the Tooraweenah and Tonderburine Post Code is 2817

Pub Community BBQ's

The November BBQs at the hotel were run by the Tooraweenah Golf Club. Thank you to all who assisted in any way during the month. The December BBQ's are to be run by the Tooraweenah Lions Club and assistants, why not come in for a great meal on Saturday night during December and have a great night with locals and the visitors staying at the Caravan Park. Watch the local notice boards for menus. **Please note there will be no Saturday night BBQ on the 21st of December, but the Hotel is having their Christmas Party on Friday night the 20th, when the**

Community BBQ will operate from 6pm.

Lions Clothing Bin

Residents who take advantage of the Lions Clothing bin are reminded that it is for clean clothing only.

Toora Lions club.

The Toora Lions club will be meeting at the Mountain View Hotel, 7.00pm for 7.30pm, on Wednesday the 4th of December. Please book in at the hotel on 68481017 The Lions Club will have raffles on the 7th, 14th and 20th of December, Hams and Cherries for Christmas. Support the club that supports your town.

Councillors Corner



Council has resolved to support Toora CWA's request for the installation of a Telstra Tower in Tooraweenah. At this stage a Black Spot grant application is pending. Similarly, Council has favourably considered a request to support Toora Show's Regional Agricultural Show Grants Program application, for a grant to

construct new amenities and First Aid facilities at the showground. This is a significant community project. In an initiative to assist rural residents, and a first in our region, Council has decided to introduce a rebate scheme to ensure the availability of the supply and delivery of domestic drinking water at a maximum cost of \$100 per delivery. Consultation is underway to finalise the

walkway to the GK Rohr Viewing Platform with installation works planned in the New Year. For "what's on" information about local, community and other events, checkout Council's website. Go to <http://www.gilgandra.nsw.gov.au/Home> and find out what's happening locally.



Tooraweenah CWA



Another year is ending very quickly. Many thanks to everyone in our community, your generosity was amazing during 2019 and helped our Branch have a great year. Don't forget to let Beverley or Denise have your RSVP for our Christmas Lunch on Wednesday 4th December, Gilgandra Services Club, cost \$20. Also, please bring a gift for a child or adult to donate. A big thanks to Jill who headed the team for the Fun & Laughter night. A great time was had by everyone who attended. A big welcome to Lindy Connell, Kim Hutchinson and Tanya Mallison who have joined Tooraweenah CWA. We hope you

all enjoy the friendship and fun with our members. Our Market Day at the Visitors Centre went very well with 18 stall holders attending. If anyone is looking for something to read over the holiday break, our FREE Library is outside the CWA Rooms. Sip & Sew will continue each Wednesday over the holiday break, except for Christmas Day and our first meeting for 2020 will be on Wednesday, March 11th at 9.30 for 10.00am start. On March 7th members hope to get-together for a Picnic in Tooraweenah Park with family and friends. More about this in the February edition of the Bungles.

Our first major catering event will be the Endurance Ride in April. Lots of best wishes to all over Christmas and New Year, with a much wetter 2020. *Cath Waller, Publicity Officer.*

The Wonderful Gift of 13 Handbags filled with Pharmacy Products and donated by "Sydney 76 Ionian Club" has been gratefully received in Tooraweenah by drought-affected people and I pass on their very sincere thanks, with special appreciation to Ruth Brown, whose caring service is long remembered.
Bev Pike Tooraweenah CWA President

Anglican Church Tooraweenah

First Sunday at 11.30am Morning tea

Grahame Yager
0428 866 525

Gulgambone
Jeff Tym
0427 223 182



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Diary Dates

**'Take Time out!!
Relax and Enjoy Life!**

Thursday 12 December

Tooraweenah Public School
Presentation Evening & Concert 6pm
Tooraweenah Memorial Hall
Parents and community members are warmly invited to attend

Friday 20th December

**Mountain View Hotels
Christmas Party**
Live Band & Free/discounted drinks
Lions Club Community BBQ
Chocolate Wheel—Hams & Cherries

Sunday 22nd December

Christmas Carols & Refreshments
6.30pm led by Ian McCutcheon
Tooraweenah Presbyterian Church.
Everyone is Invited!!

Dates for 2020

Saturday 8th February

Nathan "Whippy" Griggs
World record holder for Whip Cracking
Mountain View Hotel—Save the daste

Sunday 11th July 2020

Camp Oven Cook Off



Fun & Laughter—continued



The duo engaged the crowd in further activities to outline the significance of reaching out to

social networks in the community for support, the impact of stress on our communication skills and decision making ability, and the importance of empathy and listening skills when asking someone if they are OK.



The final activity included participants writing down 1 thing they would do differently moving into the future. "From the timeline activity we could highlight that often we don't get much of a break to recover from an event before the next thing hits us, which is why it is important that we think now about what we can do to look after ourselves, and be in a constant process of recovering or evolving", said Camilla.

The group came up with an array of ideas of things they could do into the future, such as enjoy the good times, travel, spend time with family, and work to

respond rather than react. Overall, the event was a great success, with plenty of laughter, fun and learning late into the night!



**Mountain View Hotel
Tooraweenah**

December 2019



Sunday 8th— Breakfast 8am—11am
JNJs Coffee Van will be there too!

Friday 20th — Pub Xmas Party
Community BBQ Lions Club
Chocolate Wheel — Ham & Cherries

Discounted drinks, Brad Haling singing 7pm
Santa arriving 7pm (No presents)

Saturday 21st — Pub Bistro Open
(No Community BBQ's)

Tuesday 24 — Christmas Eve
Pub Open for Lunch & Dinner
Christmas Eve—Closing 10pm

Pub Closed Christmas Day & Boxing Day

Wednesday 1st January
New Years Day! Open 12—10pm
Bistro Open 12 —2pm & 6 — 8pm

FREE Pool every Wednesday
Happy Hour Every Friday
5-6pm



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**Tooraweenah
Community Bus**
offers a door-to-door pick up from

9am to Gilgandra, returning approximately 2.30pm to Tooraweenah.

Schedule for 2019:

December 10th & 24th

**Always the second and fourth
Tuesdays of the month**

Please ring to book: 6817 8750

Tooraweenah Public School

Principal's Position



It is with great pleasure that I announce my success, through the recent merit selection process, in becoming the permanent

Principal of Tooraweenah Public School. In my relieving role I have relished the opportunity to lead the school and am now looking forward to doing so into the future. It is a privilege to be able to make a positive impact on the education and wellbeing of our students and provide innovative 21st century learning. Thank you to the school and wider community for their wholehearted support.

u-Rippa Excursion



Recently, students K-6 participated in the u-Rippa program at the Gilgandra Pool, generously funded by the Gilgandra Amateur Swimming Club. The program was highly engaging and students found the tasks both challenging and rewarding. Students experienced swimming with and against the u-Rippa portable current simulator and practiced how to swim out

of the current as well as how to protect their airway, think and signal for help with a closed fist. Our instructor Scott did an amazing job in teaching students to learn to think quickly and concisely in high-stress situations. Congratulations to our students in rising to the challenge even when out of their comfort zone.

We would like to thank Melanie Ferguson and the Gilgandra Amateur Swimming Club for organising and funding this innovative program in our local area. Thanks also to pool staff Bill Welsh and Alicia Heffer for their supervision and assistance during the session.

S.T.E.M

Students K-6 have been investigating concepts in STEM through the "Balloon Tower Challenge". One recent challenge was: How tall can you build a freestanding tower using only balloons and masking tape? Mrs Zell was impressed by student's creativity and team work skills in solving the challenge. The tallest tower was just over 2 metres in height.

The next STEM investigation allowed students to learn about static electricity by experimenting with balloons, polystyrene, hair and string.

Congratulations Mrs Zell



It was my pleasure to present Mrs Penny

Zell with her Teaching Certificate. Mrs Zell has undergone a rigorous process to attain her teacher accreditation and we congratulate her on achieving this milestone.

Technology

This term, students have been using a Stem.T4L kit from the Department of Education's library that has included the use of a 3D Printer. Our students learned how to use the software Tinkercad and after completing some exercises, made their own name tags and other 3D models, which were then printed on the 3D Printer. Thank you to Petria and James Cameron for the extensive hours in volunteering to assist with this project.

School Leader 2020 Speeches

Congratulations to all students who presented speeches at the special assembly. The quality of the speeches were outstanding. The voting has been completed and the incoming school leader will be announced on Presentation Night

Presentation Night and Concert

Parents and community members are warmly invited to our annual Presentation Night and Concert on Thursday 12th December at 6:00pm at the Tooraweenah Memorial Hall

Karen Smith
Relieving Principal
Tooraweenah Public School
Safe, Respectful Achievers
|w| 02 68481073

Andy Zell – Celebrated his 98th Year & Shares His Recollections



Andy Zell, born at Chinnock in Gilgandra on September 26th in 1921 celebrated his 98th birthday recently. He has lived all of his life in the Tooraweenah and Gilgandra districts except for a time in the army.

Andy has been involved in numerous Tooraweenah and Gilgandra organisations during his lifetime. Some of Andy's recollections include travelling to Coonabarabran by car, with the trip taking all day and he had to open 37 gates to get to the destination. It is wonderful to see how road access has improved over the years. Andy also recalls being in school in Tooraweenah when Arthur Butler landed. He often speaks of Mr Butler talking to the school children, telling them of one incident when Mr

Butler was flying in a major storm. A sea gull landed in his lap; Mr Butler told the children this gave him faith in being able to get through the storm. Once the storm had passed, the gull hopped onto the edge of the cock pit, preened his feathers, turned to Mr Butler as though he was saying, 'thank you' and flew off. It is a privilege to have our senior residents share some of their memories. Andy now lives at the Coo-ee Lodge Hostel in Gilgandra.

Laughter is the Best Medicine!!



**TOORAWEEAH'S – BEAT THE DROUGHT
CHRISTMAS LIGHT COMPETITION**



Light up your house, light up your yard!

Prizes will be awarded for

Best overall display

Most colourful

Best Homemade Display

(get creative with items from around your house or yard)

People's choice

Everyone who votes for their favourite display will go into a draw for a prize.

All prizes are being donated by local businesses.

Entry is free, just call into the caravan park to register and pick up a competitor number to stick on your fence.

Voting is free, collect your voting slips from Mountain View Hotel, Tooraweenah Trading, Toora Motors or Tooraweenah Caravan Park.

Judging will be done by an independent out of town person.

Winners will be announced on Christmas Eve at The Mountain View Hotel.

Tooraweenah Show — Yard Dog Trials and Working Dog School



Gilgandra & District
Community Bank® Branch
Bendigo Bank

An excellent day of dog trials was held during the Tooraweenah Show on Saturday October 19th in which 87 trial runs were made despite the deteriorating weather conditions of wind and dust. On the following day, Sunday October 20th, the yard dog section hosted a working dog school, putting the yards and sheep to extra use to give 16 keen working dog handlers the chance to learn some basic training skills for their working dogs.

These events were sponsored by the Gilgandra & District Community Bank

Branch of the Bendigo Bank.

Mr Dave Motley a well known kelpie breeder and trialler shared his knowledge and experience with a varied age group of students, ranging in age from 12 to 60 years which featured mostly young beginner dogs and pups.

Dave started by giving a talk on dog and pup instincts and how we can work with their natural attributes, he then gave a demo with his own pup on where to position yourself to get the pup to bring the sheep. Dave then worked his way through all the handlers getting each

person to work a few sheep and get a handle on where to place themselves and their dogs to keep the stock flowing towards them. Dave then showed how to put commands with body language and touched on getting a left and right cast, getting the dog to stop, and teaching the dog to back and bark.

Dave's offsider Mr Kieran Potter kept some of the other students busy when it got quiet in the other yard putting some of the handlers with more advanced dogs through a simulated yard trial.

All in all a great day to gain valuable information on how to handle our special 4 legged friends.

The Toora Show Society yard dog stewards would like to thank Dave Motley and Kieran Potter for their contribution to an informative day during which everyone gained some excellent knowledge and had fun with their animals.

Also to the Bendigo Bank for their sponsorship to keep these sort of days affordable.

With the excellent feedback received from the day this event could become a regular part of the yard dog section during the annual Show. *Brendon Butler— Steward*

Tooraweenah Lions Roar



As Tooraweenah's local community service organisation we can take a moment to reflect on the

contribution we have made as we approach the end of 2019. We have been ably led by Ken Gordon as President and then "Lord" Lester Thurston OAM. We celebrated our Ruby (40th) year in 2019, an amazing achievement for a small rural community. Volunteerism, is the hallmark of Toora Lions members. We target projects and activities that financially and socially assist our community. We encourage and promote opportunities to provide assistance to individuals, families and community organisations to benefit from our Club's support, particularly during the current prevailing drought conditions. Toora Lions members assisted with the Bendigo Bank funded Fun & Laughter Builds Resilience evening. Lester was MC and entertained the enthusiastic crowd with his own frivolity, interspersed with the odd bit of sledging. Our Club supported the Gil MPS Gilgandra Cup Trots fundraiser. We purchased a

book of raffle tickets, ended up winning and then re-donated 1st and 2nd prizes. Local identity Paddy Gale then won 1st prize.

Club members volunteered to join in with Gil Lions to help out with Central West Riders Toy Run family event on November 30th. Another community event co sponsored by Toora Lions Club.

The Lions Club raffles, with a selection of hams and boxes of cherries, are at the Mountain View Hotel watering hole on Saturdays 7th and 14th and Friday 20th December.

Toora Lions extends to everyone compliments of the Christmas Season and hopefully drought breaking rain in the New Year. We also take this opportunity to express our gratitude for community support throughout 2019.

Lion Mock



Christmas Carols
Sunday 22nd Dec
6.30pm
Led by
Ian McCutcheon

Children's Message, in the shady grounds of Tooraweenah Presbyterian Church.

Refreshments. Everyone is INVITED!!

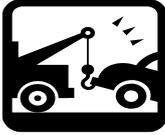
Swimming Lessons

Individual private swimming lessons available at Tooraweenah Caravan Park.
Contact: Janelle on 6848 1133



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Veterinarian
Nadine Allan BVSc Hons
 Will visit Tooraweenah second Tuesday each month
Phone 6847 1129
 for appointment
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