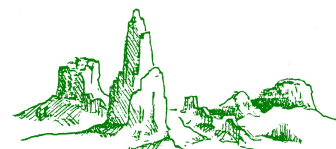


# Toora Bungles



Volume 30 Issue 2  
November 2023

## Tooraweenah Show October 21 – What a Day!

The Tooraweenah Show was held on a very hot and somewhat windy day on October 21st 2023.

The day started early with Yard dogs, Pavilion, Carbon Chat and the Horse Ring and ended with a Rodeo & the Bar, a popular place for everyone who was hot and thirsty.

In between, we had some amazing market stalls, Pooka the Clown, a Mechanical Bull, jumping castles, guess the weight of the Fat Sheep, Car & Truck display, Novelty Events for the kids and enough food so no one went hungry.

It was great to see so many people come and support the show. We had approximately 900 people through the gate which was impressive, considering harvest has had an early start this year. It was wonderful seeing so many enjoying the rides and entertainment on offer this year.

**Pavilion** The Pavilion was overflowing with approximately 700 entries; and it looked

amazing, well done to all those who entered in the pavilion and made it the success it was. Well done to Chief Pavilion Steward Kylie Moppett and thanks to all the judges and stewards on the day.

### Some results from the Pavilion

**Most outstanding exhibit by a Primary School Child – Olive Moppett**

**Most outstanding exhibit by a High School Child – Xanthe Gale**

**Most Successful Cooking – Jenny Estens**  
*Pictured to the right.*

Granny Thurston's Jam Drops was again a prize that was well sort after with lots of entrants vying for the prize.

**This year the winner was none other than President Ben Gale.**  
Now, this was a bit



of a shock, as Ben did not set foot in the kitchen! Instead, Mr Mock and Chris Whale thought they would play a joke putting in 3 entries that they graded from 1 to 3. Clearly, it backfired, with Ben taking the honours, giving us all a good laugh on show day.

### Carbon Chat

The Carbon Chat was well supported and a write up will be done for a future Toora Bungles.

Thanks to Warwick Moppett for your efforts in bringing so many knowledgeable speakers to Tooraweenah.

**More page 7**



## Students Enjoy – Warren Wetlands!



*More School News page 6*

## Celebrate AGDAY – November 17th 2023!

National Agricultural Day is your chance to celebrate an industry that is part of our everyday lives! Check it out [www.agday.org.au](http://www.agday.org.au) Resources, , photography competition and more.....!



**GROW** YOU GOOD THING #AGDAYAU



**Mountainside  
Beauty & Massage**  
Tooraweenah, NSW

Specialising in; Skin Health Programs  
Traditional Beauty Services  
\* Health Fund Accredited\*

Remedial & Advance Massage Therapy  
Remedial, Sports, Relaxation, Deep Tissue  
Pre & Post Natal Pregnancy,  
Infancy, Cupping, Dry Needling, Pre/Post  
Operation Care, Hot Stone Therapy

Check out our website for more information.

<https://www.mountaininsidebeautyandmassage.com.au/>  
[admin@mountaininsidebeautyandmassage.com.au](mailto:admin@mountaininsidebeautyandmassage.com.au)

**0439 470 549**

## TOORAWEEENAH TRADING CO

Your CRT Store in Tooraweenah  
Post Office and Newsagency

**Contact Lester**

for all your agricultural needs

Phone: 6848 1011 or 6848 1127

Helping locals grow



## Christie & Hood

Auctioneers

Stock and Station Agents

Real Estate

For all your livestock and property  
requirements contact our:

Gilgandra Office: 0429 472 741  
Dubbo Office: 6884 3800



After Hours

Paul 0429 472 741  
Tim 0429 843 804

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

## Please, Reach Out For Information & Support !

NSW Government Drought Hub

[www.droughthub.nsw.gov.au](http://www.droughthub.nsw.gov.au)

**For Mental Health Information and support:**

W: [www.ramph.com.au](http://www.ramph.com.au) to find the local

RAMHP Coordinator

**Rural Financial Counselling Service NSW**

**Central Region**

FREE Call: 1800 940 404

Email: [ceo@rfcscr.com.au](mailto:ceo@rfcscr.com.au)

Website: [www.rfcscr.com.au](http://www.rfcscr.com.au)

**One Stop Drought Portal and Seasonal**

**Conditions Information**

Web Site: [edis.dpi.nsw.gov.au](http://edis.dpi.nsw.gov.au). One stop

Drought Portal and Seasonal Conditions

Information including, rainfall, soil, moisture and plant growth.

**Well worth a look!**

**Seniors Rights Service** Free and confidential.

Your side, your say Seniors Rights Service

works for you. **Chat with us Fee**

**Call 1800 700 600**

**National Debt Helpline**

Request a FREE CONFIDENTIAL meeting with a Financial Counselor on

**FREE CALL 1800 007 007**

**Regional Tech Hub — Check it Out!**

Independent, FREE advice about telecommunications services for regional, rural and remote Australians. **Phone: 1300 081 029**

<https://regionaltechhub.org.au>

## Gilgandra Shire Council — *Live > Enjoy > Grow*

### SAVE THE DATE – TOORAWEEAH COMMUNITY CONSULTATIONS

Council invites the community to attend upcoming Regional Drought and Village Management community consultations.

**When: Thursday, 30 November**

**Where: Mountain View Hotel, Tooraweenah**

**Time: 6.00pm**

To register your attendance, please contact the Activation & Communications team at

[enjoy@gilgandra.nsw.gov.au](mailto:enjoy@gilgandra.nsw.gov.au), or by calling 6817 8800.

### BIG IDEAS PROGRAM APPLICATIONS NOW OPEN!

The Business Improvement Grant (BIG Ideas) Program has been established to assist with economic development opportunities and investment in businesses in the Gilgandra Region.

#### Eligible projects include:

**Reasonable property or infrastructure works**  
**Upgraded utilities connections**  
**Store fit-outs**  
**Grease traps & exhaust canopies**  
**Outdoor dining infrastructure**  
**Façade improvements**  
**Repainting of external shop frontage, and much more!**

The total pool of funding available for 2023/24 is

\$50,000. There are two funding categories:

**Stream 1:** Up to \$5,000 (ex GST) - Non-matched funding.

**Stream 2:** Up to \$10,000 (ex GST) - Matched funding (\$ for \$).

For further information and to submit an application, please visit Council's website, Home>Grow>Activate Gilgandra.

**Applications close Monday, 13 November 2023.**

### SAVE THE DATE - CHRISTMAS WONDERLAND

It's time to get festive and put your Santa hats on - A Christmas Wonderland is back in 2023! Mark your calendars with **Thursday, 14 December 2023** for a festive community celebration.

Council is seeking involvement to bring local businesses, community groups, and residents together as we light up Miller Street for an evening of celebration, shopping local and connection.

If you'd like to be involved in this event, we want to hear from you! All ideas, initiatives, activations and activities are welcome.

For more information and to register your interest

contact the Activation and Communications team at

Council on 6817 8800 or [enjoy@gilgandra.nsw.gov.au](mailto:enjoy@gilgandra.nsw.gov.au).



### INDEX

- \* Page 2: **Reach Out, Shire November & December Events & Index**
- \* Page 3: **Around About, Mountain View News, Diary Dates**
- \* Page 4: **Tooraweenah Preschool**
- \* Page 5: **Work Dogs Hints! CWA Chatter**
- \* Page 6: **Tooraweenah Public School**
- \* Page 7: **Community Pictorial Toora Show**
- \* Page 8: **Check out our Business Support Advertisers**

## Around The Traps ☺

### Tooraweenah LPO

The rainfall for the month of October to date (25/10/23) was 27.2mm over 1 day.

Total rain for the year 262.7mm over 32 Days.

A reminder that your local post office has the Gilgandra Weekly available each week.

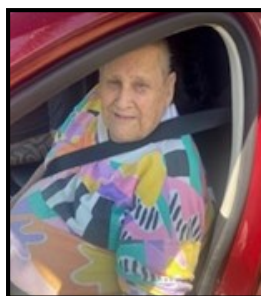
### Tooraweenah Lions Club



Toora Lions will be having a meeting on Wednesday the 1st of November 2023, 7.00 for 7.30pm at the Mountain View Hotel, please book in with the Hotel on 6848 1017

### Visitors to Tooraweenah.

Seen visiting from Cooina Retirement Village in Coonabarabran was Robbie Ferguson, getting the royal tour with his cousins from Queensland. They called on friends in the Warrumbungle area and enjoyed a nice lunch at the Mountain View Hotel.



### Mountainside Beauty

Hairdresser is coming to Mountainside Beauty and Massage for everyone to use.



Next Dates are;

**5th November 2023**

**17th December 2023**

**28th January 2024** we shall see Keryn return.

Please contact Mobile: 0439 470 549 or just show up on the day if you are happy for a short wait.

## The Mountain View News!

Another month has come and gone and we are nearly at Christmas, With this in mind please book your Christmas parties in as we would hate for you to miss out.

**Our own Christmas Party is Saturday December 9th, check out the poster below, right.**

October was a super buisy month, with no community BBQ'S but, we were lucky enough to have Emma Hutchison cook up a storm on Show night, with Lee and Kerry cooking the others. A big

THANK YOU to everyone who came back to the Hotel after the Show. We all had a fantastic night while listening to the famous Peter Riley!

We will be starting to have monthly specials on certain liquor, so please check our socials or call in and see what's available. Maybe even start stocking up for Christmas.

Also, our

special merchandise range is expanding leading up to Christmas!! We also offer gift vouchers for that hard to buy for person.

Don't forget, please contact us to book and cater for all your party needs.

**Phone 6848 1017**

### Saturday 9th December

Check out the markets from 5pm

Santa arriving from 6:30pm

Christmas raffles from 6pm

BBQ dinner provided by the Lions Club

Free face painting & kids activities

Mountain View Hotel  
Gilgandra N.S.W.  
02 6848 1017

## 👍 Diary Dates 2023 ☺

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

### November

**4th, 11th, 18th, 25th,  
Community BBQ'S  
Tooraweenah Golf Club**

### December

**Thursday 7th  
Tooraweenah School  
Presentation Night**

**Friday 8th  
Tooraweenah Preschool  
Picnic in the Park**

### OAKFIELD KELPIE STUD

Offering affordable black & tan working kelpie pups for sale.

**Strong, Calm & Smart**

Karana & AKennedy's bloodlines  
The best genetics available

Contact  
Brendan Butler 0447481048



## Servo's across NSW

Call- 1800 638 700

*'More than just fuel'*

## EMU LOGIC

Emu oil for sore joints and skin problems, for you and your dog

*Products available from  
Gilgandra Coo-ee Heritage Centre  
Coona Rural and On-Farm*

**Visit us at:**  
[www.emulogic.com.au](http://www.emulogic.com.au).  
or on Facebook: emulogic





## Tooraweenah Preschool, 'Developing Wings of Independence' Marie Gale (Jacobsen)



### Back for Term 4 and lots of busy friends at preschool!

We welcome our new preschool friends, Lacey, Aria and Oscar and their families to our "Tooraweenah Preschool family". Our new friends have settled in very well and enjoyed exploring everything that preschool has to offer, along with some help from some 'old hands' at preschool. It is really special to see how our preschool friends look after each other and show kindness, care and respect to others.

Everyone has settled into preschool happily and with confidence, which is fabulous to see. We have also started the 'Positive Living Skills' program in conjunction with our 'Come Up Smiling' program, where, through discussions and various activities we are developing our children's wellbeing and resilience skills.



We loved getting ready for the recent Tooraweenah Show that was held on Saturday 21<sup>st</sup> October 2023. Everyone made lots of amazing artworks for our

pavilion display, including easel painting, drawings, colourful golf ball printing and lots of photos of all our friends enjoying their time at preschool.

### Thank you to our families who helped at our Show Bag Stall

under our new and very impressive green 'Tooraweenah Preschool' marquee. A HUGE thank you and 'well done' to the Show committee and everyone involved in the show for such a fun day and a really great show. What an amazing effort. Show Day is such a huge credit to everyone and the Tooraweenah Community.

Preschool friends pictured above, also enjoyed icing biscuits and decorating eggs for show entries. Everyone loved icing the biscuits and decorating them, and we made sure that each day we iced one for the show and one for us to enjoy for afternoon tea. As one friend said, "We are good cooks at preschool!"

We have been learning key sign language this term after Miss Marie did a 'refresher' course at a recent Early Childhood Australia National Conference in Adelaide. We have some new books to go with this learning and posters of signs that we can use as well. It is a great skill for everyone to learn and use.

We are looking forward to our "Beach to Bush" session with Tooraweenah Public School friends and learning about staying safe when we are swimming at the beach. This is a great safety program and so important as we move into the summer months and holiday time.

Friends have been enjoying playing outside in the lovely weather with lots of dramatic play in and around the 'fruit shop', with friends enjoying fruit smoothies at the table while they rock their babies in the pram. Sometimes friends have to 'go to work' so leave the babies with the teachers 'to babysit'.

We've also added some extra things to our garden, including colourful windmills, and we've planted some new iris plants

that Miss Sarah gave us.

Our farm is again a very popular and busy play space inside with friends, doing stock work, building more yards and stables with the 'magna-tiles' for the horses, and loading stock into our various wooden trucks and B-Doubles. There has also been a lot of maintenance and checking of the farm machinery and getting ready for harvest.

The café has also been quite busy with lots of take away orders being phoned in and some have even been delivered! And in between all of that fun, we've been problem solving, investigating, creating and discovering some amazing things with puzzles, games, craft experiences, and small world play, along with singing and dancing with the piano and the CD.

**We will hold an "Open Day" at Preschool on Tuesday, 14<sup>th</sup> November 2023 from 11 – 12 noon in conjunction with the Connect Five Play Session.**

Interested families are welcome to come along and have a look at Preschool (and can join in with Connect Five from 9.30am if they wish) to help new children familiarise themselves with preschool. 2024 Enrolment packs will be available for new friends on this day. Returning preschool friends will get their 2024 enrolment pack sent home.

**I'm sure our term will whiz on by like the rest of the year, but please "save the date" for our Preschool Christmas Concert at the park on Friday, 8<sup>th</sup> December 2023.**

Marie Gale (Jacobsen)  
Nominated Supervisor

**Photographed below is Ryder French-Hughes in the Junior Yard Dog trials at the Tooraweenah Show**





## Hints From the Dog House with Brendan Butler



One problem that crops up regularly when training a young dog is the habit of wanting to bite the sheep when they are working in a confined pen. An example is penning up at shearing. Biting is caused by frustration

and inexperience of the young dog, and is a method of defending itself.

A normal practice to stop a dog biting would be to try and catch it in the act and chastise it, or to just put a muzzle on the dog, and in saleyards this is a requirement.

But, chastising and muzzling does not stop the problem from occurring. When this problem was brought up to Gary White at

the recent work dog school at Toora, his suggestion was simple.

The drill he uses is to put the dog in a small pen with only one or two sheep and get the dog relaxed and moving around the sheep without pressure, then as the dog gets used

to the situation, he would put another sheep in, and repeat the exercise, slowly building the number of sheep in the pen until the dog has to squeeze around the sheep, and can do it comfortably.

If a dog is really prone to biting, then the muzzle is still a good option, but the gradual building up of the numbers in the pen with the dog is a great idea. Thank you Gary White. Happy Mustering.

**Brendan Butler Oakfield Kelpies**



Brendan Butler in the Show Yard Dog Trials.

## Tooraweenah CWA Chatter! With Cath Waller

Big Hi to all, We started our meeting with a welcome to new member, Chloe Peterson. We hope your time with CWA is a special one.

Our members pass on their sincere sympathy to Sue Armstrong and family on the sad loss of Brian, our thoughts are with you all.

Catering for the Tooraweenah Show, which is one of our biggest fundraisers, went very well. Many thanks to all our helpers, preparers of salads etc and those who donated food and time. We all enjoyed the day.

Our Christmas Party is on December 13th and Beverley is finalising the invitation which will be sent out shortly. The Land Cookery judging took place

with Joan Yeo from Gollan Branch doing the judging. Results will be provided by Beverley, to the November meeting. The Annual Meeting, Chaired by Karen McHale from Golan concluded our meetings for the day.

Election results: Congratulations to Sue Armstrong, President, Jill Blackman Secretary and Anne Armstrong Treasurer. Also, congratulations to all who took up executive and officer positions within the Branch for 2024.

The meeting day ended with a lovely lunch at the Mountain View.

A quick update, Tooraweenah CWA Markets are now in recess until March 2024. "Sip n Sew" continues 10am to 2pm each Wednesday.

Our November Meeting is on Wednesday November, 8th 9.30am for 10am start.

**Buy for now. Cath Waller Publicity.**



**Luke Harvey**

**Owner/Certified Welder**

Mobile Welding and Repairs  
On-Site Service, No Job Too Small

**Ph 0407 321 672**

**lmhwelding87@gmail.com**

*Our services include:*

MIG TIG STICK, Air Arc Gouging  
General Fabrication, Farm Equipment,  
Earth Moving Equipment,  
Trailers, Repairs

**Call For A Quote Today**

## TOORA MOTORS



MVRL—57677  
ABN—95714460638  
7 Denman St  
Tooraweenah NSW 2817

- \* All mechanical Repairs & Servicing
- \* Rego Inspections on Light & Heavy Vehicle
- \* Brown slip inspections on Heavy Vehicles
- \* Tyre repairs & fittings
- \* Battery supplies
- \* Bags of Ice
- \* Limited on site repairs

**Call Stephen Watt Tel: 6848 1182**

**Mobile: 0466 472 897**

**Email: stephenwatt33@gmail.com**

## Needing a Remedial, Sports, Pregnancy or Relaxation Massage?

**Nicole is Diploma Qualified and Health Fund Accredited**

**Located in Tooraweenah**

*For appointments call or text*

**Nicole Harte**

**0457 954 346**



**Eat in or Takeaway  
7 days a week**

## Opening hours

**12 Noon**

**Bistro hours 12-2 & 6-8.30pm**

**Fridays 6 to 9pm**

**Full menu available all the time whilst our kitchen is open.**

**Follow our Facebook page**

## Tooraweenah Public School with Principal Karen Smith.

### Save the Date – Presentation Night

Save the date for our school Presentation Night on Thursday 7th December 2023.

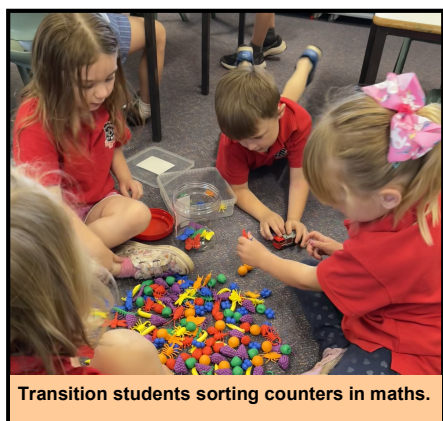
### Congratulations to Maddison Jenkin

who was Runner -up in the Baradine Interschool Public Speaking Competition. Maddison received an inscribed medal at school for her achievement.

### Warren Marshes Landcare Excursion

Warren Wetlands proved to be a fantastic place to do some hands on, in the field environmental education. Ably guided by WOW (Window on the Wetlands) Volunteer Jim, students toured the Wetlands searching for bird-life, hearing bird calls and spotting some very interesting birds including a yellow-billed spoonbill, kingfisher, various parrots and wrens. The wetlands are looking low due to limited rain, but we were able to see the water mark from last year, still visible on the trees. We can't wait to return after more rain. Back at the "Window on the Wetlands (WOW) Centre", students learned about different birds nests and how the wetlands provide important habitat for wildlife. Jim, along with Therese Ryan, Coonamble Landcare allowed students to explore the WOW Centre gardens and engaged in a treasure hunt for matching plants and trees. Students explored the centre in greater detail by hunting for facts and figures using clipboards to record their findings. A delicious morning tea and lunch was provided. We would like to express our thanks to all involved in running this day. It was a delight to visit the centre. We are very thankful to Coonamble Landcare for providing the funds to support our participation on this worthwhile excursion, and to the Window on the Wetlands Centre volunteers.

### Transition to School



Transition students sorting counters in maths.

Transition to School continues to offer our Kindergarten students for 2024 the opportunity to familiarise themselves with the Kindergarten classroom and school routines whilst getting to know their new

teachers. Monday sessions will continue until Monday 6th of November. We are enjoying getting to know our Transition students and how best to support them in their learning.

### Technology Fun

During October, students got their first taste of the new, T4L Junior Explorer Kit from the Department of Education's shared library. The robots from the kit, are called Sphero Indi. Indi has a bright light and colour sensor underneath that detects the colour on each tile. Students experimented with how to operate the robot using the coloured tiles. One challenge was to get Indi to travel the furthest distance with just three green tiles. Eliana Smith achieved the longest distance at a length of 3.65m. Parents who are at school any Friday are welcome to see Indi in action between recess and lunch. Thank you Petria for leading these highly engaging lessons with our students.

### From the Stem Up

Mrs Smith attended the two day professional learning, From the Brain Stem Up by neuroscience educator, Nathan Wallis.

Topics included:

- Understanding Your Brain – The First 1000 Days
- Engage your Brain 2-7 years
- Neuroplasticity and the Brain
- Teen Brain
- Anxiety and Depression
- Question & Answer

The two days were highly informative. Mrs Smith will be sharing an overview of the information with our staff. Nathan Wallis plans to return to the area in the first half of next year, to offer parent information sessions, so I will pass on that information when it is forthcoming.

Nathan also has a website <https://www.nathanwallis.com/> with resources including podcasts and video links that may be of interest.

### John Fleming

Nadine Jenkin attended a Professional Learning Day at Gilgandra Public School with our explicit instruction mentor, John Fleming. The day consisted of classroom demonstration lessons across 4 classrooms as well as reflection and planning meetings to outline next steps for our schools. This day was the last professional learning John will be offering to our school community in Gilgandra as he will be semi-retiring next year, however, we plan to connect with John next year as he supports us in our ongoing Explicit Instruction journey.

### Possum Magic Performance - Dubbo Regional Theatre

In October Students in K-4 travelled to Dubbo for a theatre performance of the well-loved children's book *Possum Magic* by Mem Fox presented by Monkey Baa Productions. Students and staff greatly enjoyed the entertaining performance, music and clever use of props which brought this story to life. The show was preceded by lunch at Victoria Park and a play on the new playground there. Students also enjoyed a Possum Magic themed treat of lamingtons and pavlova in the morning before they boarded the bus to Dubbo!



Students proudly display their winning certificates from the Show.

### Tooraweenah Show

The Tooraweenah Show is always a highlight of our local community calendar and the 107<sup>th</sup> Annual Show did not disappoint. Students were very successful in various sections of the Show Pavilion including fine arts, handicraft and fresh produce. With plenty to see and do, all who attended had an enjoyable day. We were pleased to showcase our school in the pavilion with photos, art and bookwork proudly on display. Congratulations to the Tooraweenah P&C Association who capably ran the P&C Canteen. With a small total number of families across our school, it never ceases to amaze me how hardworking and dedicated our parent community is, in fundraising for our students. Thank you to all parents, grandparents, staff and community members, who contributed in organising and/or volunteering on the day. Profits from the Show Canteen will be discussed at the P&C meeting on Friday at 3pm.

### Egg 'Farm Gate' Stall

On Monday November 6<sup>th</sup> Wes Leedham and Carl Holmesby from the Warrumbungle National Park Environmental Education Centre (WNPEEC) will visit our school to help students design and make a 'Farm Gate' Egg Stall for our school.

*Karen Smith - Principal*



## Tooraweenah Region, Relaxed, & Enjoying Life!



### What A Show!



### A Day Of Joy!



1. Barry Chandler, Guess the Fat Sheep weight.
2. Ben and Tim. 3. Centre; athletics enthusiasm and joy. 4. Duncan rides the Bull.
5. Preschoolers and Miss Marie decorating biscuits for the Tooraweenah Show.



## Tooraweenah Show Resounding Success *continued* ..... With Kristy Gale

### Ring Events

There were good entries across all the rings with some very talented riders and beautiful horses competing for the win in their respective classes.

The sporting events were once again popular with the younger riders and it was good to see some of our very young locals competing on their ponies in the No Coats ring.

Thank you to our Judges, Stewards and Announcer for making the day run in a seamless fashion. Thank you to Chief Ring Steward Robin Dowsett for throwing herself into the role and doing a fabulous job with all her helpers.

### Yard Dogs

Bret French watches grandson Xander French-Hughes in Junior Yard Dog Trials.



A very enjoyable day was had at the shows yard dogs section with competitors being kept busy running their dogs between two arenas in the multiple grades available. Dogs and handlers ranged in grade from the start up encourage class to the experienced opens. The champion open winner was the seasoned veteran Mr Jim Marshall from scone and his dog Gunna Jack. Best performing locals were brothers Xander and Ryder French-Hughes who came equal 2nd in the junior section. A big thank you to Brendan and the team who helped run the day and all the generous sponsors.

### Rodeo

The Rodeo again was popular afternoon entertainment with people enjoying watching everything from Barrel Racing to the Open Bull Ride and everything in between. Thank you to Stewards Brooke French and Cheryl Tillman and all their helpers running the afternoon entertainment.

The show was a great day with a lot of work behind the scenes. If you think you would like to help with next year's show or would

like to become a member or forgotten to pay your membership please contact Secretary Kristy Gale on 0429780323 or [toorashow@gmail.com](mailto:toorashow@gmail.com) as we have already started planning next year's show and are always after new ideas.


**Make Sure you put October 19<sup>th</sup> 2024 in your diary as this is the date for Tooraweenah Show 2024.**





Community Bank - Gilgandra

## Making good things happen



**Bendigo Bank**

57 Miller Street, Gilgandra  
6847 1502

Items repaired or replaced using  
**BASIC MACHINING  
& WELDING**



**Simon Blackman**

Mobile: 0428 064 555  
Home: 6848 1149

## MENTAL WELLBEING

### Depression

*It's not a matter of just being tougher or more resilient ... you're in strife and you can be helped*

[www.beyondblue.org.au](http://www.beyondblue.org.au) or  
Phone: 1300 224 636  
youthbeyondblue.com  
1300 22 4636

**Anxiety Disorder Information:**  
1300 794 992

**Mental Health Information**  
1300 794 991

## Mental Health Line

1800 011 511—24 Hour access

Lifeline: 13 11 14  
**Men's Line Australia**  
1300 789 978  
**Kids Help Line**  
1800 55 1800  
**Domestic Violence**  
1800 656 463  
**Alcohol & Drug Info Service**  
1800 422 599  
**Suicide Call Back Service**  
1300 659 467



You got this  
**MATE.**

**Checkout this website!**  
[www.yougotthismate.com.au](http://www.yougotthismate.com.au)

It provides tips and info to help rural men reach their best possible mental health and info you need to help you be the best possible support for a loved one who is experiencing tough times!

## Veterinarian

### Nadine Allan BVSc Hons

Will visit Tooraweenah  
second Tuesday each month

Phone 6847 1129  
for appointment

Gilgandra Veterinary Clinic  
2 Enterprise Drive  
GILGANDRA NSW 2827

Mobile:  
0427 471 129

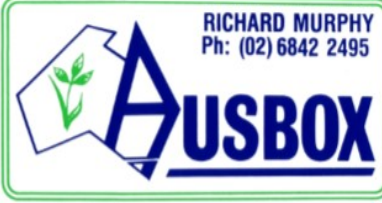


## FOR HIRE


### Cool Room

Contact  
Geoff or Bev Pike

6848 1190



RICHARD MURPHY  
Ph: (02) 6842 2495



## ROBERT WALLER

### 'Bob's Plant Hire'

Phone  
6848 3514  
Mobile  
0423 281 691

Need contour banks, roads  
or small dams?

Contact Robert



## Ovarian Cancer Australia

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

Help Line: 1300 660 3345

## CTC@Tooraweenah

We are CLOSED to the public until further notice  
Ph. 6848 1154

## Tooraweenah Caravan Park



- Relaxed Friendly Atmosphere
- Pet Friendly
- Powered & Unpowered Sites
- Ensuite Cabins
- Pool

Resident Owners  
Scott & Janelle Quilter  
6848 1133  
[www.tooraweenahcaravanpark.com](http://www.tooraweenahcaravanpark.com)