

IRONBARK NEWS

Proudly brought to you by the Stuart Town Community

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July 2013



Stuart Town RTC

*Open Wednesday, Thursday & Friday
10:00am- 4:00pm*

Hope to see you there.

*If you would like a special luncheon please
contact us on*

02 68 468359

**Next Meeting of RTC Thursday
11th July 6:00pm**

**Next STAA Meeting Wednesday
17th July 6:00pm**

***Stuart Town RTC has been operating for
10 years! Come along and help us
celebrate at an afternoon tea party on
Sunday 7th July.***

RSVP to RTC by 5th July

68468359 or stuarttownrtc@hotmail.com

Wellington Council Community Meeting

A meeting was held in Stuart Town on the 11th June where the council representatives gave a report on actions being taken in

regard to the amalgamation of Wellington Council with Dubbo and Narromine. Wellington's submission was submitted to the Local Government Review Panel on 28th June with the final report provided to the NSW government in September.

CHURCH SERVICES

Catholic Church

Mass each Saturday morning at 8.30 @ St. John the Baptist, Stuart Town

Contact no. for Fr. Tony or Parish Office is 68452061

Anglican and non-denominational

Sunday 5pm – Holy Communion.
Sunday 10.30am – at Mumbil.
Morning Prayer and Children's Ministry.
Home Communion on request.

Enquiries – Clare 68468308

HAPPY ANNIVERSARY.

21st Kerry and Barry Bowman

BIRTHDAY WISHES

1st Darrell Hurst

2nd June Dickerson, Robert McGregor

3rd Roy Roberts

4th Sasha Muggelton, Barry Bowman

6th Bailey McCallum, Malina Skelly

7th Nicole Trudgett, Cedric Perret

8th Marion Percival

9th Christina Eldridge

11th Tracey Hannelly, Natalie Reid, Lauren Frazer

12th Hayley Hurst, Jaimee Lancaster

13th Belinda Sherring

14th Margaret Patterson, Nicholas Ryan

16th Jeanette Holmes
20th Hannah Trudgett
22nd Ben Flett
23rd Joshua Hurst, Anthony Wren
27th Logan Hunt, Sam McGregor
28th Matthew Hunt
30th Lauren Flett

From Clare White to the People of Ironbarks

As said before, and will be said again and again how wonderful you are! Legendary kindness.

Thank you for your cards, messages; support and the many ways only you know; your prayers and of course, your love. Each and every thought is added to my healing.

Although I am being spoiled in a room overlooking the "hallowed halls of Sydney University", I long to be back in the beautiful little village last seen from a tiny plane.

My love to you,
Clare



It is with great sadness that we pass on our condolences to Rosco Cohen and the family and friends of Caz Pilgrim.

Caz passed away on Saturday 22nd June in Orange Hospital. Caz was bright and positive till the end. She was surrounded by her many friends who had come from near and far to see her. Caz lived her life to the full.

We will miss her joy, her energy and her enthusiasm for life.

Kevin Offner formally of Stuart Town passed away recently. His parents owned the shop at the corner of Alexander St and Molong St. Kevin worked in the shop with his parents until 1951 when he went to live in Wellington. He later bought a school bus that ran from Stuart Town to Wellington. Kevin and his wife Norma later built Bellhaven Nursing Home in 1981.

Kevin was Shire President and the first Mayor of Wellington.

School News

Third term is coming to an end and seemed short only having 9 weeks compared to other terms that usually have 11. Due to the fact that the term was a short one it seems that we have had to pack a lot into those 9 weeks.

The 24th of May was 'Walk safely to school day' and as all the students either arrive by car or bicycle the students and staff had lessons on how to walk to school safely as we walked up Burrendong Way crossing the road at Bell Street and walking up as far as the bridge and then back to school again.

The cross country was held at Geurie on the 29th May with all the children trying their best. Haley placed 3rd in the 11yrs girls and Alex placing 3rd in the 10yrs girls. Congrats girls. Prior to the cross country event students attended a Musica Viva performance at Geurie Hall. It was a very big day with the children returning home very weary.

The following day the yrs 4-6 students returned to Geurie to participate in a Student Representative Council Leadership Forum returning to school with some great skills and ideas putting them straight into action, organising a disco with the students from Mumbil which was held on the 20th June. From all accounts it was a great success and it is hoped that another disco can be held later in the year.

We were kindly invited to Sport & Rec to attend a concert held after a band camp had been in residence all week. The young musicians came from all over the central west and treated us to some very clever items they had been rehearsing during their time in camp. Thanks to Anthony for

the invite and sausage sandwich. We all enjoyed the afternoon.

Kindergarten, Yr1 and Yr2 travelled to Mumbil on Thursday 6th June to participate in a Responsible Pet Education Program where they learnt how to approach a strange dog, and what to do if a dog approaches them in a threatening manner as well as reading dogs' body language. Staff also learnt a lot from this short but informative lesson.

A new colourbond fence has been erected around the school residence this past week replacing the old paling one. It looks neat and tidy but being 2 metres tall it cuts out all the views and will take a little time to get used to.

Last week a CSIRO Science Day was held at Wongarbone. The students learnt all about electricity and light formation. Thank you to the staff and students at Wongarbone for a very nice informative day, fantastic lunch and morning tea.

Lastly holidays begin on Monday 1st July with students returning Tuesday 16th July. Have a happy holiday.

Winter in the garden

words Jennifer Stackhouse



It's been proved by scientists that a spot of gardening, even on the coldest and greyest of days, will lift your spirits, and warm you up!

Have you been out into your garden recently? I don't mean the quick dash up the front path, but

down the back? With the winter days being cold and grey and all the plants are looking a bit tattered and weather worn; it can be hard to muster enthusiasm for the garden. In cold, northern hemisphere climates gardens virtually shut down over winter. Gardening tasks revolve around preventing squirrels from robbing seeds from the bird feeder. But that's not true for Australian winter gardening. Winter is an exciting time to be outside. Okay, perhaps not if it's raining, but most of the time you can find a sheltered spot to do some therapeutic gardening to

chase away the winter blues. Indeed, even five minutes outdoors can lift your spirits. Studies released in scientific journals have shown that a short walk or a spot of gardening does wonders for your mental and physical wellbeing.

And the cooler conditions mean you can take on some tasks that raise a sweat, such as laying a new path or digging a pond. If they sound a bit too hard, here are some quick winter jobs to get you outdoors and active.

Rake the leaves and pick up twigs, sticks and bark.

This is a winter job that can involve all the family and warms you as you work. Drifts of fallen leaves and bark, along with twigs and sticks, accumulate on lawns and paths over winter. Rake leaves, bark and small twigs for mulch or to add to the compost heap. Sticks need to be broken up or use them instead to light indoor winter fires, for a family barbecue or as plant support.

Dig the veggie garden & plant new crops

Provided your soil isn't sodden, winter can be a great time to dig a new veggie or garden bed or to turn in green manure crops to get the garden ready for planting in spring. It's also a good time to pull or hoe out weeds and cut back invasive plants.

There's still plenty of time to grow some tasty fresh vegetables in your garden. Plant snow peas, English spinach or some mini vegies, such as small-headed cabbage or cut-and-come-again lettuce for spring.

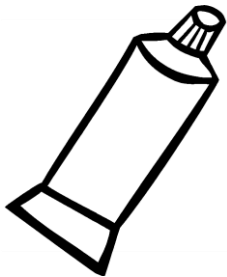
Prune and tidy

While plants are bare you can more easily remove dead or crowded growth or spot invasive climbers and remove them. Don't prune late winter or spring-flowering shrubs but do get stuck into roses and grapevines.

Cheer yourself with potted colour

Plant up a couple of pots with annuals for some colour. Choose pansies or polyanthus that are in flower for an instant show. Water well after planting and keep in bloom by deadheading and watering every 10 days with a liquid plant food.

Corner the dental market and **make your own toothpaste!** It's so easy.



- 3 tbsp. coconut oil
- 4 tbsp. baking soda
- 25 drops peppermint essential oil or cinnamon
- 1 packet stevia
- 2 tsp. vegetable glycerin

Put the baking soda with the coconut oil and mash it all up. Add peppermint essential oil, stevia and vegetable glycerine. Stir until you've reached toothpaste smooth. Brush on a sustainable smile.

New Operating Times at Waste Sites

Council wished to advise residents it will be changing the operating hours at a number of its waste sites in the local government area in the coming months.

New opening times for the waste sites and the date of commencement of these times are shown below.

Stuart Town (starts June 1)

- 24 hour Waste Transfer Station
- Open fourth Sunday of the month from 1pm to 5pm for larger items. Normal charges will apply.

If you would like further information on these changes, please contact Wellington Council on 6840 1700

Plants in Pots

Plenty of Pansies have been potted and are just starting to come on. They are ready for planting now.



Citizen of the Month



Ella Morris

An advertisement for First Choice Credit Union. At the top is the logo for "first choice CREDIT UNION" with a stylized 'C' icon. Below the logo is a close-up image of a Visa Debit card, showing the embossed numbers and the "VISA DEBIT" logo. Underneath the card image, the website "www.firstchoicecu.com.au" and the phone number "02 63622944" are listed. At the bottom, the text "Coming Soon!" is written in a script font, followed by "VISA DEBIT" in large, bold, sans-serif letters. At the very bottom, in small text, it says "Australian Credit Licence 240722".