

Toora Bungles



Volume 28 Issue 01
October 2021



Tune in *this* Mental Health Month - With "WayAhead"



work on the bigger picture, outside factors will continue to impact individual's mental health and wellbeing.

At WayAhead we work to change the Bigger Picture through research, advocacy, policy, submissions, and community support. Our work is evidence-based and co-designed with people with lived experience. We work with other organisations that share our values to support and promote their work.

Often, we only talk about mental health as an individual responsibility, but lots of things outside our control contribute to mental health.

Things like discrimination, inequity, intergenerational trauma, access to services, and government policies can negatively impact people's and communities mental health.

During Mental Health Month we all have a chance to Tune in to things we can do as individuals for our own, and others' mental health, but without organisations and groups doing

Creating a world where people can create their own best possible mental health means creating a world where all systems, structures, policies, and services support this vision. We aren't there yet, but we will keep working until we get there.

So, why not be a Mental Health Ally, you can shift the world to be safer and more supportive for people experiencing difficulties with their mental health. **Just go to mentalhealthmonth.wayahead.org.au/how-to-be-a-mental-health-ally you wont regret it!**

Bernie & Betty 60th Wedding Anniversary Celebration - Via Zoom!!



Bernie & Betty Harvey celebrated their 60th Wedding Anniversary, on Thursday 23rd September 2021, and what an extraordinary occasion it was.

All four (4) generations had cake and bubbly via zoom!

There are thirty (30) members altogether in the Harvey family.

Wow, our heart felt congratulations to Burnie and Betty, you are among the elite, having reached the top 5% of the married population who celebrate their 60th Wedding Anniversary milestone!

Enjoy every second of your life going forward.



Full range of cricket stock has arrived for this season, juniors to adults
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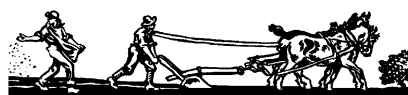
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Tim 6889 6109 0429 843 804

Colin 6884 3802 0429 843 802

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

Mental Health, Drought & COVID 19 Please, Reach Out For Support

NSW Government Drought Hub
www.droughthub.nsw.gov.au
For Mental Health Information and support;
Centre for Rural & Remote Mental Health and RAMHP— 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

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
Rural Financial Counselling Service NSW
Central Region
FREE Call: 1800 940 404
Email: ceo@rfcscr.com.au
Website: www.rfcscr.com.au

COVID 19 Help & Support
Federal Government:
www.australia.gov.au
Coronavirus Help Line;
FREE Call 1800 020 080 or If you have symptoms
Call Health Direct
FREE Call 1800 022 222
NSW State Government:
https://preview.nsw.gov.au/covid-19
Help Line for Businesses Impacted
Tel: 13 28 46

Tips to Stress Less During October Mental Health Month & Every Month!

10 TIPS TO STRESS LESS
Listen to music
Connect with friends and socialise
Nourish your body
Get enough sleep
Speak to someone you trust
Practise Mindfulness
Get moving be active!
Take a break & change your environment
stresslesstips.org.au/unitips

DEADLY TIPS TO STRESS LESS
MAKE TIME FOR YOURSELF
HAVE THE COURAGE TO BE IMPERFECT
GET ACTIVE GO OUTSIDE
GET SOME FRESH AIR GO FOR A WALK KICK THE FOOTY
SAFE SUPER VISION
GO AND SIT BY THE RIVER WATERHOLE OR THE OCEAN TAKE TIME TO BREATHE
HAVE A YARN TALK ABOUT IT
CLOSE YOUR EYES
FOCUS ON YOUR BREATH
SHARE SOMETHING THAT MAKES YOU LAUGH
SPEND TIME WITH PEOPLE YOU LOVE
CONNECT WITH THE LAND
LAUGH LOVE LISTEN
BE PROUD OF YOURSELF WHO YOU ARE WHERE YOU'RE FROM
LIGHT A CANDLE HAVE A BUBBLE BATH
SPEND TIME WITH ELDERLY SHARE STORIES
YOUR MESSAGE HERE
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Tune in Aboriginal Health & Medical Research Council of New South Wales
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Diary Dates 2021
'Take Time out!!
Relax and Enjoy Life!
Event
Sunday 31st October
'Halloween'
Dress up the kids
Meet at the
Mountain View from 5pm
Activities may be subject to change!

Around The Traps 😊

Tooraweenah LPO

Thank you to the patrons of Tooraweenah Trading and the Post Office for signing in upon entry and wearing the mandatory masks. A few teething problems with the manual sheets with people not writing their phone numbers clearly and a few people not writing their contact numbers at all. The whole purpose of these sheets is to allow contact tracing and it could save someones life. Scanning the QR code is the easiest way to go and that is now possible since the erection of the new Telstra tower in Aimee Street. The rainfall for Tooraweenah (until 24/9) September 2021 was 22.0mm over 2days with a YTD total of 541.8mm over 45 days.

Lions Clothing Bin

Residents that take advantage of the

Lions Clothing bin are reminded that it is for clean clothing only.

Toora Lions club.

The club will not be holding its monthly meeting at the Mountain View Hotel in October, due to the COVID lockdown. The Lions club are receiving a weekly text message and are looking after each other with phone calls and text messages during the lockdown. We are looking forward to better times ahead. Support the club that supports our town.

COMMUNITY BBQs at the Pub.

The community BBQs at the Pub are on hold again until further notice, due to COVID lockdown.

If your community group wishes to have a turn in the months ahead, please contact Ash Jenkin or Ash Starr at the pub on 68481017.

Family Gently Growing.

It is understood one of our high profile families has grown over the past few months.

They have been **Celebrating** the birth of a beautiful grand daughter and great grand daughter and a very handsome grandson and great grandson.

This family has now grown with six(6) grand children and great grandchildren . H'mm, wonder who that could possibly be? Congratulations all round! All will be revealed in the

November issue!



Royal Flying Doctors Visit Tooraweenah



What a great sight it was to see over 100 people at the Tooraweenah Showground on the 1st and the 22nd of September getting vaccinated for COVID 19.

The Tooraweenah community were very fortunate to have the Royal Flying Doctors visit and administer the Pfizer vaccination to anyone from the age of 12 who wanted either their 1st or 2nd vaccination

It was great to see so many 12 to 15 year olds deciding to take the

opportunity to protect themselves by getting the jab.

We would like to say a big thank you to the Royal Flying Doctors and the community of Tooraweenah for making this such a success.

Tooraweenah even made it onto Sky Regional news talking about transforming our local infrastructure into a vaccination hub.



The Mountain View

HALLOWEEN

TRICK OR TREAT

SUNDAY 31ST OCT

MEET AT THE MOUNTAIN

VIEW HOTEL AT 5PM

DRESS THE KIDS UP AND COME IN FOR SOME DINNER & DRINKS!!

COVID RULES WILL APPLY!!

PLEASE LET ASH KNOW IF YOU WOULD LIKE US TO CALL INTO YOUR HOME



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Hints From The Dog House! With Brendan Butler



One of the most rewarding and helpful jobs our trusty work dogs can do for us is to be able to be sent scurrying off nice and wide around a big mob of sheep or cattle, come in nice and calmly at the 12oclock position and pick the mob up and push them towards us.

Wether it be a 10 acre holding yard near the sheep yards or out in a timbered paddock a good cast and pickup is invaluable, and can save so much work and time.

But a lot of us would just ride the quad off around the stock with the dogs on the back and do the job ourselves because we can't trust the dog to get it right and a botched up cast will just cause more work and anger with the dog.

One of the most common stuff ups with casting is that the dog when sent to the stock will run straight towards them causing the stock to turn away and move or run away at right angles to the way we want them to come to us. A dog running towards the stock is even likely to come across in front of the mob and go to the wrong side which will cause

serious mayhem. This scenario is even more likely if you try to cast more than one dog to the stock even if they are usually reliable because they will tend to race each other and lose concentration on the job at hand.

When we first start a pup on a few sheep in a small yard, the first thing we try to get them to want to do is run off us and go and balance and hold the sheep to us, this is their natural herding instinct that we want to build on, so, when we let that pup go to go around those few trainer sheep that is their first cast, even if it is only a few metres.

Once we are getting the pup to take some commands like being able to stop and know to go back is to go anti clock wise and around is clock wise, we are effectively casting our pup . We build on this by putting more distance between where we start the pup and the stock so hopefully, by the time a young dog is 12 months old it would cast out a couple of

hundred metres and by 18 months cast around a 30 acre paddock.

A couple of ways to get a dog to cast wide of the stock is to sit the dog and get between the dog and the stock and when you cast the dog onto the sheep as it is coming towards you and the sheep you walk towards it and push it out with your body language and the command to " get out".


An easier way that I have found is to put a barrier between the dog and the sheep whether it be a tree or drum in the yard or in my case at home I make the dogs go around a shed to get behind the sheep and then make the dog stop and sit till the sheep start to move off them.

If working a big mob with more than one dog I would only ever cast one dog till it has control before letting another one go to keep things calm and calm is the key to good stock work.

Brendan Butler Oakfield Kelpies!



Thank you Jamie for lobbying Council to install all this wonderful exercise equipment. Time to get physical in our beautiful Park. (Please sanitise when you are finished.)



Tooraweenah Community Bus
offers a door-to-door pick up from 9am to Gilgandra for essential transport, with restrictions returning earlier to Tooraweenah.

Schedule for 2021:
Please ring to check. THANK YOU.
Always the second and fourth Tuesdays of the month
Please ring to book: 6817 8750



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Tooraweenah Preschool 'Developing Wings of Independence' - With Miss Marie

What a dramatic and somewhat surreal end of Term 3 we had. We have all been missing our preschool friends over the last few weeks, however in saying that, the children at preschool have been very busy indeed!



Miss Marie & friends working on the Tally Charts for the Paralympics

During the Olympics, we started a large 'tally' sheet, keeping record of various countries and their medal tally. We chose 5 countries; Australia, Japan (where the Olympics were being held); France (where the next Olympics are to be held); Canada (where Miss Sarah and Miss Shannon have lived and Miss Marie has visited); and Norway (where Miss Marie's Grandad came from and where her cousins live).

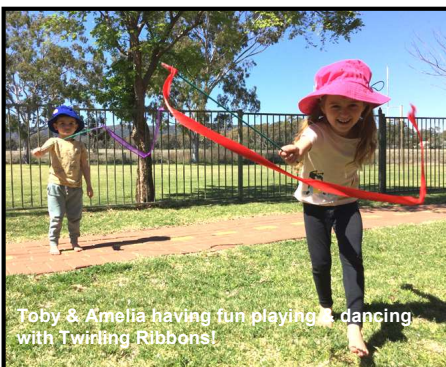
All of the children enjoyed checking the tally on the Ipad each day and adding gold, silver and red stars to our chart for the gold, silver and bronze medals. When the Paralympics began, our somewhat smaller group were keen to continue this tally sheet, so we again kept tally of the same countries with our star stickers. We have lots of stickers for Australia on both of our tally sheets!

This was a fun way for children to develop their pre-numeracy skills, including sorting, classifying, counting and matching. We also had the opportunity to talk about and learn more about the countries we had selected, finding them on our map of the world and their flags on our flag poster.

With so much interest in flags, we even made a flag lotto game (thanks to Sam's fabulous idea!) and we look forward to being able to play this with everyone at preschool as soon as we can! There was quite a discussion around the colours, patterns and designs of the different flags from around the world. Children have also been able to make their own flags, with a page of different flags sent

out on our online home programme recently to acknowledge "National Flag Day" on the 3rd of September.

It was exciting getting ready for Father's Day, the count-down was on, both at preschool and home! Our preschool friends took time to create their Dad a very fancy tie for him to wear on Father's Day. Some were made at preschool and others at home after their craft package had been picked up from our 'magic mailbox' out the front. Such care and attention was taken when making these, especially the ties made at preschool. I'm sure all of our Dad's wore these with pride and were the smartest Dad's around, even if they have been too shy to share photos of this with us .



Toby & Amelia having fun playing & dancing with Twirling Ribbons!

We've enjoyed the recent glorious spring weather and sunshine outside with picnics on the grass with our big school friends, dancing with our twirling ribbons and riding the bikes. Our fishing game has also been popular. Friends have also enjoyed making and creating things to celebrate Spring, using items from the natural environment and making our own.



Playing in our wheelbarrow fairy garden.

We've spent time in our garden, with adults and children working together to plant some new flowers and plants around the stepping stone path garden next to the pergola. We have been checking our new plantings in our wheelbarrow fairy garden, and also our veggie patch each day and sometimes checking out the school's veggie patch too. We've been busy watering our garden and also discovering that we have a visitor in our garden, it's not a chook that's made a 'nest' in the bark chips, but an echidna! We have investigated further and discovered he's not only visited preschool but also the school's front garden! We are yet to see him ourselves, so we are keeping our eyes open in the hope that we do.

Our online preschool programme has kept us connected with friends and each day we post a video of a group story session, along with a variety of activities for friends to enjoy at home if they choose to do so. We have enjoyed seeing our friends efforts and responses to the activities and seeing the creations they've made at home via their photos and short videos.

We finished the term with a "Crazy Hair Day", with Tooraweenah Public School students also joining in this fun with everyone at home and preschool creating crazy hair dos and sharing their photos with us. We are all looking forward to being able to see, chat and play with each other as soon as we can. We hope everyone has a happy, safe and enjoyable school holiday period.

Miss Marie. Marie Jacobsen
Nominated Supervisor



Above: Miss Sarah and the garden gurus working in the veggie patch!



Right: More Preschoolers working in the Veggie garden.

Accommodation — Looking For A Place To Call Home

I am a single 62 year old man who has a pet Dog and chook who are my family. I am humble and from the land and an ex serviceman.

My name is Gavin and I am a keen gardener, particularly keen to grow vegetables for the community if given the opportunity to access a small plot of land.

I have lived in a caravan in the past due

to the lack of available rentals and accommodation. My current rental property has been sold and I only have a short time to find a new place.

I am looking to rent a farm house of any appearance or any dwelling such as a shed that may have electricity and water.

I keep to myself, I have a big heart, I am a familiar face in Gilgandra township and

many people know of me.

If there is anyone living within the Tooraweenah or Gilgandra area who can help me with accommodation and prevent me from becoming homeless then the support is greatly appreciated.

Please Contact Gavin if you can help. Mobile: 0457 344 417

Tooraweenah Show 2021 Cancelled

For the second year running, it is with much sadness that due to COVID 19, Tooraweenah PA&H Association have again had to make the tough decision to cancel the Best Little Show in the West!

For a small town like ours this has a huge financial impact on the whole community.

President Ben Gale said that although it is a shame not to be able to run this

year, Tooraweenah Show will be back bigger and better next year!!!

Take time to rest!!



MENTAL HEALTH MONTH OCTOBER

Tune In

this IN MENTAL HEALTH MONTH

TUNING IN MEANS BEING PRESENT

It means being aware of what is happening within you, and in the world around you.

Being present by tuning in has been shown to help build self-awareness, help make effective choices, reduce the impact of worry, and build positive connections.

mentalhealthmonth.org.au

Share your colouring with the hashtags #colourintunein and #wayaheadnsw for a chance to win Mental Health month merchandise

COLOUR IN - TUNE IN

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WayAhead

Ovarian Cancer Australia

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

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Web: ovariancancer.net.au

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ramhp

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WWW.RAMHP.COM.AU

Tooraweenah – Golf Club Rounds

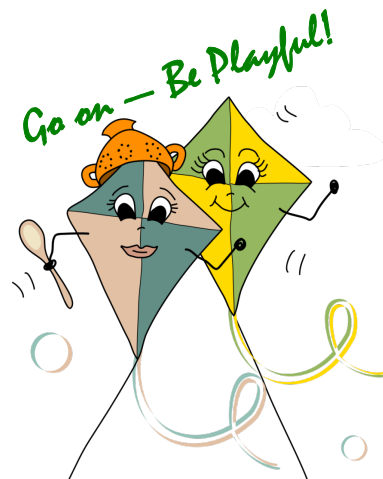
Well hello! It's been a tough few weeks for everyone but we are hoping, with all fingers crossed, by the time you read this Tooraweenah and the Gilgandra Shire LGA will have transitioned from 'Stay at Home Orders' to a 'General Area' where activities are once more on the agenda.

SO...! Dust off your sticks and polish your balls because the first weekend that we become a General Area and it is confirmed we can restart the season the Golf Club will be running a ; 2 person ambrose competition over 9 or 18 holes.

There will have to be what has become 'normal restrictions in place' i.e. mask wearing inside, a maximum of 22 people in the pavilion, 1.5m distancing on the course and we would ask that there is no sharing of equipment, unless players are from the same household.

Please ,keep your eyes open as notices will go up by the entry door of the pub, in the CRT window and Toora Motors notice board, as well as on the Tooraweenah Golf Club page as soon as it is confirmed we can go ahead.

tooragolfclub@gmail.com.



Tooraweenah CWA - Cath Waller Reports



Hi to all, activities have been very quiet except on the home front with lots of members doing craft, cooking and maybe, taking photos for the Macquarie Group photography competition. This year there will be a change in the format of the **Macquarie Group Photography Encouragement Competition**. Due to the uncertainty created by the COVID-19 lockdown and our limitation of movement, the competition will be conducted on-line. This means, you can email your photos to Heather Prout by 11th October, and she will present them to the judge in a numbered power point presentation. So please include your usual details, Name Branch and **Section A. Light and or Section B. Springtime**. This information will be recorded in the Group Photography competition Book.

Heather will notify you of the results as soon as possible. This will allow members time to send their printed photos to the Cultural Committee Secretary by November 15th. Certificates will be presented at the elusive Macquarie Group meeting. Heather Prout Group Cultural Officer. hmprout@hotmail.com

Tooraweenah members and friends can resume Sit & Sew each Wednesday in line with our COVID Plan.

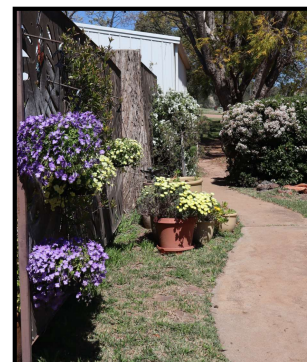
Macquarie Group Conference is set for 25th October at Wongarbon pending COVID 19 restrictions.

A gentle reminder, subs of \$53 are now due please. Just send a cheque to me or bank directly into our account with your name as a reference. Thank you.

Our Annual General Meeting will take place on Wednesday 13th October, 9.30am for coffee etc, 10.00am start, in Tooraweenah CWA Rooms using our

COVID Safe Plan.

I look forward to catching up with everyone. Bye for now. Cath Waller Publicity



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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**



Checkout this website!
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

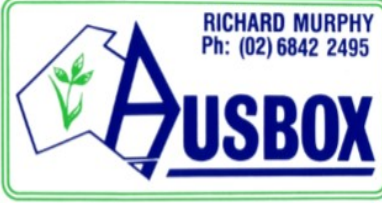


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