



Rylstone-Kandos district newsletter

Community Capers

September issue, 2019
Volume 251

Welcome to the September issue of Community Capers, volume 251. Our October issue will be distributed on Thursday, September 26. The deadline for this issue is Tuesday, September 10. News items, events, dates for the calendar etc. are inserted free. Email them to the editor, Brent Barlow at brenbar@winsoft.net.au or phone Brent on 6379 1020. For details and prices on advertising, sponsorship etc., contact Brian Neaves on 6379 4092.

Water restrictions now in place

Level 1 (low) water restrictions are now in place across the local government area. This is a preventative measure in the current drought conditions to ensure we have adequate water stocks heading into summer. These restrictions are not particularly onerous and generally focus on the time of day gardens and lawns can be watered. Level 1 or low level restrictions allow residents to use up to 260 litres per day. During winter, lawns

and gardens should be watered with watering systems, micro-sprays, drip systems, soaker hoses, non-fixed sprinklers and hand held hoses only between 6am and 10am or 4pm and 10pm. New turf can be irrigated one week after laying, after which Level 1 restrictions on watering lawns apply. Cars should be washed with a bucket and trigger hose. For more information on Level 1 water restrictions and how this affects your household, visit Council's website.

Looking for new firefighters

The Rylstone Rural Fire Service is actively seeking new members. They have recently lost a lot of younger volunteers because of work commitments and moving away, while 15 new cadets at Kandos High School are a couple of years away from full membership. Much of the current training is done online at your own pace with organised practical lessons, teaching firefighting techniques on a special course. The role as a firefighter is greatly appreciated in our community and is a rewarding career. You can join by attending a Rylstone RFS meeting at the Rylstone fire shed on the first Tuesday of each month at 7.30pm or by phoning Mudgee Fire Control on 63724434 or go online to NSW Rural Fire Service (volunteer).



The call is out for new members of the Rylstone Rural Fire Service. It's a great way to serve your community and pick up a few skills on the way. Please give some serious thought about becoming a member.

Aged care celebrations were over the moon

Residents at the aged care facility at Rylstone MPS have a lot of fun. In fact they were over the moon recently when they celebrated 50 years since man landed on our closest orbiting neighbour. They spent two weeks making rockets and decorations for the event, whipped up space food and then had a party that was out of this world. The 50th anniversary of man landing on the moon was definitely worth celebrating, and they did it in style.

This creative event is just one of the many amazing activities the residents get to do. Divisional Therapist Vicki Novotny enjoys the activities herself and during the recent event put on a space suit and roamed the corridors looking for a soft landing and delivering plates of space food. Residents are now wondering what else Vicki has up her sleeve. It's sure to be fun.



Moons and stars were everywhere in the aged care facility during the 50th anniversary of man landing on the moon. The decorations were made by residents.



Divisional Therapist Vicki Novotny alias moon walker, delivering a plate of space food to Health Service Manager Susan Gawthorne during the recent celebrations.

Colin McPherson making space-age decorations for the moon landing celebrations.

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Capers info

Community Capers is published by Kandos Rylstone Community Radio Inc. (KRR) at PO Box 99, Kandos NSW 2848. Funding has also been provided by the Mid-Western Regional Council and we acknowledge their support. Thank-you also to businesses and individuals across the region who have placed advertising or sponsored pages. Our publication could not continue without your support. Thank you everyone.

Community Capers is a publication where community groups and other organisations can list their meeting times, events,

dates and venues. Please send all information to the editor, Brent Barlow, 38 Mudgee Street, Rylstone, NSW 2849, or email him at brenbar@winsoft.net.au or phone him on 6379 1020. If meeting times or dates etc. change, please contact Brent as soon as possible with corrections. Advertising space is limited but we do require advertising support to fund our newsletter. Usually it's on a "first in, best dressed" basis. If you wish to advertise or sponsor a page, please contact Brian Neaves on 6379 4092.

Meals on Wheels

Rylstone Kandos District Meals on Wheels (RKMOW) supplies frozen meals to anyone who is frail, aged or a younger person with a disability and their Carers. You can contact RKMOW on 6379 1519 or call into the office at HealthOne Ilford Road, Rylstone. Office hours are Monday to Thursday - 9am to 4pm and Friday - 9am to 1pm.

KHS celebrates NAIDOC

Kandos High School students and staff celebrated NAIDOC week last month. They started the day with the school's Indigenous students meeting with Peter Swain, Sharon Riley and the Perrin family along with Local Elder Aunty Lyn Syme and other community members. After recess there was a whole school assembly in which local community members, students and staff participated in a smoking ceremony, flag raising and the traditional Welcome to Country. Peter Swain conducted a very informative and inclusive ceremony and Sharon Riley did the Welcome to Country in language.

Lunchtime was special with the whole school enjoying a BBQ lunch. This was followed by workshops on Aboriginal Art, Tools/Weapons, Roping; and Language. A big thank you to teachers and volunteers, Jo Radcliffe, Peter Swain, Sharon Riley, Emma Syme, Aunty Lyn Syme and the Perrin Family for their time. The students had a fabulous time exploring the Aboriginal culture.

Young Entrepreneurs Summit

The inaugural Central West Young Entrepreneurs Summit was met with resoundingly positive feedback from local business people who attended the full day event recently. Central West business owners ranging from beauty specialists to automotive repairers learnt from some of Australia's most successful young



MC and award-winning journalist Alison Rice leads a panel discussion with speakers Omar Khalifa (CEO iAccelerate), Troy Douglas (co-founder Nexba), Raph Freedman (co-founder Peak Chocolate) and Diamond Hawkins (founder of Panorama Prebuilt).

entrepreneurs who grew their startups into multi-million dollar international companies. Entrepreneur Samantha Wills, founder of Samantha Wills Jewellery and the Samantha Wills Foundation, delivered the keynote address on 'The art of brand building; from regional Australia to the international stage'.

School's Big Lift



University of Technology students under the banner of TBL with RPS staff and parent volunteers.

The first weekend of the July school holidays was 'The Big Lift' working bee at Rylstone Public School. Forty students from the University of Technology, Sydney ventured west to do their bit, giving back to the community. Before starting, locals shared a little about their community with Virginia Hollister from the Rylstone Historical Society giving a fabulous presentation on the history of Rylstone. Principal, Jodee Burcher, was thrilled to have so many able hands for the tasks that had been planned. Work was done on the outdoor kitchen and veggie gardens, 'sealing the roads' in the car garden, new chessboards painted on the outside tables and various other painting jobs. Ms Burcher thanked those parents who either came along and helped or provided meals for the volunteers on the first weekend of their holidays. The 'Big Lift' was a huge success. Special mention to Rohan Fielder who donated time and resources to creating the school's wonderful outdoor kitchen area and also to Kelly Lus who coordinated the meals and day.



RPS getting a facelift courtesy of these TBL helpers who painted chessboards on the table

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Jack Jones, Lachlan
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Roberts ready for music
with clapping sticks and
didgeridoo.



Noah Kernaghan
with an interesting art
work based on the
Aboriginal flag.

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PH 6379 1406

Landcare project gets the vote



Winner of the Soup Sessions event, Kerrie Cooke receiving \$500 for her project from Kodi Brady from Orana

Orana Arts hosted one of its patented Soup Sessions at WAYOUT ArtSpace in Kandos on Thursday, August 8 in order to raise money for a local creative community initiative. Local artists and community members paid \$15 for a bowl of soup and the opportunity to vote for the best idea that was pitched on the night. The winner was Kerrie Cooke from the Capertee Valley who walked away with the pot of money for her Landcare Project. Kerrie's proposal is very relevant in this era of drying weather patterns in south-east Australia. It's all about trying to restore the hydrology of the valley and better drought proof the area. Her project combines both art and science and part of the process is creating awareness and education. "Our aim is to restore the hydrological process both above and below ground and we plan to hold workshops on Natural Sequence Farming as part of the process. We are finding that communities are engaging in the program and we want people to know that if we are doing work in the creeks it's for the benefit of landowners and ultimately everyone." A large part of the money raised at the Soup Session will be spent on having plans drawn up for approval.

Cycling Classic for region

Cycling enthusiasts will get a chance to participate or view the newest event on Australia's cycling calendar when, for the first time, Mudgee will host the Mudgee Classic on Sunday May 3, 2020. Delivered by Bicycling Australia, it will cater for all levels of cycling ability, offering three courses: The Maxi Classic (170km) for the more seasoned rider who is looking for a real challenge as they go through the Mungahorn National Park and Bylong Valley on route back to Mudgee, the Challenge Classic (110km) where riders roll out to Rylstone, perhaps one of the most iconic country towns in NSW, and the Social Classic (35km) for the more relaxed rider, who will enjoy the rolling hills and the smell of wine on a more causal ride. Riders and their supporters can relax on a supplied bean bag and refuel on fine food, wine and craft beer that will be in abundance at the official event village. The village will have a live band and showcase local food suppliers as well as many other activities for kids and families. There's also a serious side to the Mudgee Classic - the charity factor. Bicycling Australia's events have collectively generated more than \$300,000 for various charity groups. For 2020, Mudgee Classic riders will have the opportunity of supporting the charity of their choice via a unique 'Choose your Charity' initiative.

The

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Hope and Emma at Max Potential

Kandos High School year 10 students, Hope Norris and Emma Wisser celebrated their completion of the 2019 Club Mudgee Max Potential program at the Showcase event on August 2 with Hope providing Welcome to Country for the over 120 attendees. It was a special night for the participants and especially for the two local students. Hope completed a community service project on improving mental health in the school environment and Emma's project was on recycling in the community. Dugald Saunders MP for the state electorate of Dubbo presented Hope and Emma with certificates of completion, while Toni Turner from Kandos High School was presented with the school's certificate of participation. Damian Walsh, Program Manager for the Mudgee/Kandos-Rylstone/Gulgong Max Potential program congratulated Hope and Emma for their success in the program

"Hope and Emma are commended for completing the Max Potential program, undertaking their community service projects and sharing the story of their journey in the program at our Showcase event. They have grown in confidence and demonstrated perseverance with creativity in their activities in the program."

The Max Potential program relies on volunteers to support the young adults on a one-on-one basis.



Hope Norris and Emma Wisser addressing the large audience at the Club Mudgee Max Potential Showcase event.

Bring joy to a child

Operation Christmas Child is getting ready for the 2019 season. Organisers invite you to be a part of this program. Last year, people in the Ilford-Kandos-Rylstone districts, made more than 200 gifts. The 'gifts' are shoeboxes filled with practical things like: Something to LOVE - a soft toy such as a Teddy, something to WEAR - clothes, something to PLAY with - small toys, skipping rope etc., something of HYGIENE - washer, cake of soap, toothbrush, something for EDUCATION - small exercise book, coloured and lead pencils, rubber, sharpener, "SPECIAL EXTRA" - hair ties, ribbons or harmonica, marbles etc. While the gifts from Australia are usually taken to underprivileged children of our Asian-Pacific neighbours including Cambodia, Vietnam, Thailand, Vanuatu and Fiji, this year all the boxes from NSW were sent to the Philippines because of a special need in that area. Every single shoebox brought joy and change to the life of a child, a family and a village. The Samaritan's Purse "Operation Christmas Child Shoebox Mission" concludes on October 31. Locally it concludes by September 27, before the school holidays so they can be transported to Sydney for processing in October. Facilitators invite you, your friends and families to once again experience the joy of filling at least one shoebox for a special child. If you don't have a shoebox, your own Christmas wrapped shoebox at 50c each can be collected and any further questions answered by contacting Sue on 0428 588563.

Hope's coach was Amanda Roach from Rylstone and Emma's coach was Jen Consadine from Mudgee. Both Amanda and Jen said they valued the opportunity to contribute by being involved and enjoyed working with Hope and Emma over the 22 week program. Applications are now open for the 2020 Max Potential Program for next year's year 10 students from Kandos High School. The program is also seeking volunteers to be community coaches in 2020. No experience is required with full training and support provided by the Max Potential team. An information session for interested volunteers will be held at Club Mudgee on Wednesday 11th September at 6pm. For further details on the 2020 Max Potential program please contact Damian at damian@maxpotential.com.au



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Calendar of Events - September 2019

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1 One Life Family Church services, 10am every 1st, 3rd and 5th Sunday at the corner of Noyes and Dunn Streets, Kandos	2 Pilates classes, 6pm Mondays at St James Hall Rylstone.	3 Rylstone Rural Fire Brigade meets 1st Tuesday of each month at 7.30pm - training nights on 3 rd Tuesdays.	4 R/K VRA Rescue Squad meeting at 7pm. *RKB&T meeting at 6pm.	5 Scrabble on 1 st , 3 rd and 5 th Thursday of month, 10am at Rylstone Club.	6 Rylstone CWA meets at 10am. *Cudgegong Valley History Group, 11am to 3pm at Henbury Sport & Rec.	7 The Kandos Museum is open Wednesdays to Sundays, 10am to 4pm.
8 The Cottage Museum, Rylstone is open every Sunday from 10am to 3pm.	9 Scouts and Cubs meet at 4.30pm on Mondays at Kandos Scout Hall.	10 Rotary meets every Tuesday at the Rylstone Club, 6.30 for 7pm.	11 The Craft Group meets at 10am each Wed. at the VRA shed, Rylstone. *Kandos RSL Sub Branch meeting.	12 Kandos CPSA meets 2pm on the second Thursday of each month at the Kandos RSC Club.	13 Ryl Hosp Aux Meetings 2 nd Friday of each month at 10am.	14 Rylstone Markets
15 3rd Sunday of the month Community Markets at the Globe Hotel.	16 Yoga with Jodi, 6pm Mondays, \$12pp at Stone Strength Gym	17 The Kandos Art Group, Tuesdays at the CWA rooms in Kandos from 11am - 2pm.	18 Pop in Playgroup 10am to 12noon every Wednesday.	19 Ladies Tennis, 9am Thurs. at Henbury Sport & Rec. Club.	20	21 Kandos Markets
22	23	24 Twin Town Players meet at 6pm on 4 th Tues. of each month at VRA Shed Rylstone.	25 KRR Radio meet 5.30pm on last Wed. of month at 50 Angus Ave. Kandos. *Kandos CWA, 5pm on last Wed. of each month.	26 Ryl. CPSA meet at 11am at the Globe Hotel on the 4 th Thursday of each month	27 Storytime for kids, 10am to 11am Fridays at Kandos Library.	28 KR Singers, 2.30pm to 4.30pm Saturdays at One Life Church Kandos.
29 Uniting Church holds services at Rylstone at 9.30am every Sunday. *Rylstone-Kandos Street Machine Club meeting at 2pm on last Sunday of each month.	30	Dance to be fit, 5.45pm every Tuesday at St James Hall Rylstone.	Venturers meet at 5pm Wednesdays at the Kandos Scout Hall.		Join the Ukulele Group, 4.15pm for a 4.30pm start on Fridays at the Kandos CWA Rooms.	KRR Broadcasting on 98.7FM

November 2...Rylstone StreetFeast, November 21 – 24 Cementa Arts Festival, May 3, 2020...Mudgee Classic cycling event.

POP-UP CAFÉ

Kandos CWA presents the POP-UP CAFÉ every Tuesday from 11.30am to 2.30pm. Call in for Soup and special of the day. Enjoy Cake and biscuits, tea and coffee. Take-away available too. All welcome - 7 Jaques Street, Kandos.

Third Sunday Markets

The Rylstone Sunday Morning Community Markets are held every third Sunday of each month in the grounds of the Globe Hotel from 9am to 1pm. It's a community based event and organisers welcome stall holders with local fresh produce, baked goods, hand-crafted goods, cakes, pottery, wool, photography, soaps, records, DVD's, bric a brac, trinkets, linen and all things antique and pre loved. Come along, enjoy a morning walk in Rylstone and then pick up a bargain. If you'd like to be a stall holder, contact Philip on 6379 1048 or email info@theglobehotel.com.au for information and to reserve your spot.

Rylstone Markets

The next Rylstone Markets are on Saturday, September 14 in the grounds of the Memorial Hall in Louee Street from 9am until 1pm. Come along and browse the extensive range of quality products the region has to offer. The association is always looking for more stallholders so if you would like to come along and join their great little group, call their secretary Bev on 0410 577 667 or their president Diana on 0428 663 161. You can also send them an email at rylstonemarkets@gmail.com.

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Kandos Community Markets

The Kandos Community Markets are back for the spring and summer months. They're on Saturday, September 21 in the grounds of St Laurence Church, Kandos from 9am to 1pm. Come along for some great bargains and interesting gifts, enjoy a cuppa and have a bite to eat. There'll be all the usual stalls including fruit and vegies, books, plants, handmade soy wax candles, Devonshire teas, and a barbecue. For stall bookings, phone Pauline on 6379 4533 or Rose on 6379 4179.

StreetFeast tickets

Tickets for the Rylstone StreetFeast Long Lunch are now on sale. The annual event will be held on Saturday November 2 and this year, Rachael McCarthy and her team from Mudgee Catering Co will be doing the catering. You can get your tickets for the Long Lunch online at www.rylstonestreetfeast.com.au. As usual there will be a variety of live music, kid's entertainment, and market stalls in the main street of Rylstone from 10am.

Health seminars

Two women's health seminars will be presented at Kandos CWA on Thursday 5 September. The morning session will be for younger women, discussing topics related to sexual health, pregnancy and parenthood, while the afternoon session will be for older women, with topics related to menopause and other health issues. Information brochures will be available in the two towns with further details. Organised by Jean Hailes Women's Health.



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