

Rylstone-Kandos district newsletter

Community Capers

November issue, 2021
Volume 275

Welcome to the November issue of Community Capers, volume 275. Our December issue will be distributed on Thursday, December 1. The deadline for this issue is Tuesday, November 16. 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.

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Australia Day Awards

Residents are invited to nominate a deserving citizen for a 2022 Australia Day Award. Nominations are now open in seven categories including Citizen of the Year, Young Citizen of the Year, Community Event of the Year, Glen Johnston Memorial Award – Arts and Music, Sports Award and Volunteer Services Award. Early this year, Dr Gary Moore and Dr Alex Ghanem were named dual 2021 Citizens of the Year for leading the



Citizens of the Year at the 2021 Australia Day Awards, Dr Garry Moore and Dr Alex Ghanem with Mayor Des Kennedy and Ambassador Andrew Lock.

implementation of the region's Respiratory and Fever Clinic in 2020. The additional health service was established to relieve pressure from GP practices and local emergency departments and has been praised by the community and healthcare professionals alike. Australia Day Awards recognise outstanding

achievement, contributions towards the community, sporting achievements and a strong support of community values. You can make your nominations via Council's website at midwestern.nsw.gov.au. Nominations close on Monday, November 22.

Cementa's online spirit

Like many festivals and events across Australia, COVID meant that Cementa had to postpone until May next year, but that didn't stop them from gathering to celebrate our local community online. To mark the passing of what would have been the October 2021 festival, Cementa hosted a two-day live streamed program called The Spirit of '21, on October Friday and Saturday 15 and 16 featuring workshops, artworks, performances, music, talks, and an array of online activities across the two days. The festival kicked off with a symposium presented

by Asialink on the history of an arts led regional renewal in Japan. Fram Kitagawa, founder of numerous regional arts festivals and initiatives in Japan gave the keynote speech followed by a panel of arts leaders from Japan and Australia talking about the role that arts can play in the future of regional communities.

The festival also featured workshops in poster making with Wendy Murray, foraging with Diego Bonneto, and walking meditations with Kath Fries. Artist Tom Buckland performed Fantastic Journey, a choose-your-own-adventure and along with many other fascinating adventures including contributed short videos, the Motel Sisters guided audiences through fun and games.



The world has changed since Cementa kicked off in Kandos. Do you remember the big iron ball? This COVID year, technology played a vital role to mark the passing of what would have been the October 2021 festival. But don't worry, Cementa will be back in the streets of Kandos in May next year.

Capers info

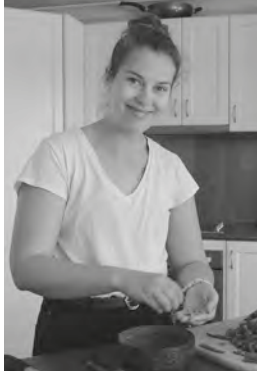
Community Capers is published by Kandos Rylstone Community Radio Inc. (KRRR) at PO Box 99, Kandos NSW 2848. Funding has also been provided by the Mid-Western Regional Council and we acknowledge their support. Thank-you also to businesses and individuals across the region who have placed advertising or 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.

Green Bin

A reminder that all food and garden waste can be placed in your green bin including fruit and vegetables, any leftovers or expired foods, meat, chicken, fish, bones, dairy, tea leaves and tea bags, coffee grounds, bread, rice, pasta, cake and biscuits. Garden waste can also be included such as lawn or grass clippings, twigs and small prunings, leaves, flowers, soiled paper, serviettes, and cardboard (such as pizza boxes).

Nutrition is the key



As a qualified nutritionist, Mikaela knows how important good food and good nutrition is for a healthier lifestyle.

Mikaela Murphy is a well-known face at the Kandos Pharmacy.

She's been working there for the past

11 years and recently completed her degree as a nutritionist. She knows how important good food and good nutrition is for a healthier lifestyle, and feels it is important to let the community know who she is and what services she is offering.

"I recently finished my degree and now have a clinic room within the pharmacy as a qualified nutritionist. I'm passionate about supporting local people to create a healthier life and can support them on their journey to wellbeing."

Mikaela says she knows how difficult it can be to become motivated and to get moving again after the lockdown.

Museum re-opens

After closing during the lockdown, the Kandos Museum opened to the public again on Wednesday, October 13. President Buzz Sanderson said they had been looking forward to welcoming visitors and getting back to something resembling normality.

"It was really great to be able to open our doors again. Of course we have to abide by government rules and this means that you have to be double vaccinated to come into the museum. We hope people understand this guideline, which is a rule we have to follow to be able to open again."

The museum is a showcase of the early history of the industrial town of Kandos, which came into being to produce cement around 1914. Heavy equipment from the nearby cement plant has become a feature of the museum in recent years and visitors are awed at the size and complexity of some of the pieces. Inside, there is also a glimpse of the everyday life of people living in those early times. The museum is open Wednesdays to Sundays from 10am to 4pm.



The impressive Kandos Museum with the former cement works in the background is now open for visitors again.

"How do you get more veggies into your day? How can I start to eat healthier food? If you would like to boost your immune system, manage diabetes, lose weight, tailor your diet, reduce cholesterol or lower blood pressure, I'm here to help you start your journey to a healthier life."

Mikaela is available for consultations in the Kandos Rylstone Pharmacy. She stocks an extensive variety of practitioner-only vitamin and mineral supplements and private health insurance rebates are available. She's on Facebook at: Mikaela Murphy Nutritionist and Instagram at: MMNutritionist.

Re-opening roadmap

In accordance with the NSW Government's reopening roadmap. Mid-Western Regional Council re-opened additional facilities to the public on Monday, October 11, including Mudgee Customer Service Centre - regular hours Monday to Friday, Mudgee Library - limited hours Monday to Friday 10am - 4pm (Closed Saturday), Mudgee Arts Precinct (Gallery and Mudgee Region Tourism) - regular hours seven days a week, Rylstone Customer Service Centre and Library - regular hours Monday to Friday, Kandos Library, Wednesdays only (this was reviewed the following week).

Mudgee, Gulgong and Kandos swimming pools are back to regular hours and all Waste Facilities are open regular hours however, if you have second hand goods for waste facilities stores, please keep them until these stores reopen.

New bookings for Council halls and other buildings will not be taken in the short term. Visitors must check-in to all Council venues and proof of vaccination will be required at libraries and pools. For changes that may have occurred since October 11 and for other information please check out Council's website.

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Rylstone District Care and Transport is funded for Meals on Wheels, Transport and Social Support. For further information on any of the above services please contact their office on 6379 1519 or call into the office at 46 Mudgee St, Rylstone.

Young Entrepreneurs Summit

The Central West Young Entrepreneurs Summit will go ahead in-person next year on Thursday, March 17 in conjunction with Small Business Month. The summit had been postponed until October 25 this year, however Council has moved the date to 2022 to provide enough time for regional travel to open up and speakers to attend in-person.

Council's Manager Economic Development, Alina Azar said that having speakers attend in-person gives attendees the full summit experience, providing them with the chance to network and ask questions they may not have had to opportunity to do online.

"We hosted this event virtually back in 2020 with some great success, but we think our audience is itching to get back to in-person events so a further short delay will ensure we can deliver the experience they've been missing over the last two years."

Leading next year's event are The Block favourites Kyal and Kara. Since featuring on the Channel Nine program the couple have launched their own design and construction business and completed more than 35 renovation programs as well as building a huge social media following.

The Central West Young Entrepreneurs Summit will be held at Parklands Resort, Mudgee on Thursday, March 17. Tickets are \$149 at youngentrepreneurssummit.com.au. Tickets for the October date will be honoured and ticketholders will be contacted by Council.



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Go Local First

The region's business and tourism industry bodies are joining forces with Council to urge residents to spend locally and support small businesses affected by lockdown. Council is partnering with Business Mudgee, Gulgong Chamber of Commerce, Rylstone Kandos Chamber of Commerce and Mudgee Region Tourism to reinforce the message of the renewed 'GO LOCAL FIRST' campaign. The campaign will highlight the crucial role small business plays in the nation's economy and the continued need for Australians to GO LOCAL FIRST to support those small businesses as the Delta variant of COVID-19 wreaks havoc. Local consumer data revealed that residents of the Mid-Western Region spent \$42.6 million outside the region in the December 2020 quarter. If 10 percent of this amount (\$4.26 million) was spent locally, it would create 34 new jobs and provide a major boost to the region's economy.

Regent release

Following on from the success of releases of captive-bred birds in Victoria, the Regent Honeyeater Recovery Team decided to trial similar releases in NSW. The intent behind this change in strategy was to release birds into the 'core' of their range and not the 'edge', providing a greater chance of assimilation with wild birds. An investigation of likely locations in NSW during 2019 showed that the Capertee Valley would be the most suitable site to release the birds, however monitoring showed that in August 2019 less than 8 mm of rain fell in the Capertee Valley, with nothing significant predicted in long-range forecasts. Also, the few Yellow Box and Mugga Ironbarks which flowered yielded little nectar for honeyeaters to feed on. As a result, the release was postponed, hoping for improved conditions which did not eventuate for the remainder of the year. Thankfully more favourable conditions began to unfold in the Hunter Valley, one of the species other core breeding areas. In autumn 2020, a significant flowering event of Spotted Gum at a known wintering site was first noticed in mid-April. From that point, the Recovery Team swung into action, organising a captive release at the Lower Hunter Valley site in only a six-week period, something which usually takes at least six months to prepare for.



Capertee Valley is the main focus in a bid to restore the endangered Regent Honeyeater, however adverse conditions in 2019 shifted the focus for 2020 to the lower Hunter Valley.

Nursery popped up

One of Rylstone's newest businesses has a certain charm all of its own. Helen Johnston's pop-up shop and nursery in Dabee Street, near the corner of Louee Street is close to the action of the main street, but tucked away out of sight. This makes it more intriguing to a casual observer who happens to wander in for a look. Helen has been around for a long time in Rylstone, known locally for Pinnacle Olives and her association with olive production work, for her potted plants, pottery pieces and unusual gift items. Her move in May this year from her previous little shop further up the road in Louee Street, which was also tucked away, is another example of someone who doesn't let the grass grow under her feet and who is willing to try different things and have a go. In her typical realistic and candid manner she says the recent wild storm that passed nearby with damaging winds made her apprehensive that the pop-up would become the fly-away. But thank her lucky stars, that didn't happen and she's still there welcoming customers to her quaint little nursery.



Helen Johnston invites everyone to pop in to her pop-up nursery.



Plants and gifts of all kinds are a feature of Helen's shop. Some of her little painted lizards and frogs would make great Christmas gifts for kids of all ages.

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Calendar of Events (Some events may still be in lockdown) November 2021

Sun	Mon	Tue	Wed	Thur	Fri	Sat
The Cottage Museum, Rylstone is open every Sunday from 10am to 3pm.	1 Scouts and Cubs meet at 4.30pm on Mondays at Kandos Scout Hall.	2 Rylstone Rural Fire Brigade meets 1st Tuesday of each month at 7.30pm - training on 3 rd Tuesdays.	3 R/K VRA Rescue Squad meeting at 7pm. *RKB&T meeting at 6pm.	4 Scrabble on 1 st , 3 rd and 5 th Thurs. 10am at Rylstone Club. *Ladies Tennis, 9am Thurs. at Henbury.	5 Rylstone CWA meets at 10am. *Cudgegong Valley History Group, 11am to 3pm at Henbury Sport & Rec.	6 The Kandos Museum is open Wednesdays to Sundays, 10am to 4pm
7 Uniting Church holds services at Rylstone at 9.30am every Sunday.	8 Pilates classes, 6pm Mondays at St James Hall Rylstone.	9 Rotary meets every Tuesday at the Rescue Squad VRA shed, Rylstone 6.30 for 7pm.	10 Kandos RSL Sub Branch meeting. *Pop in Playgroup 10am to 12noon Wednesdays..	11 Kandos CP&SA meets 2pm on the second Thursday of each month at the Kandos RSC Club.	12 Ryl. Hosp. Aux. Meetings 2 nd Friday of each month at 10am.	13 Rylstone Markets Rylstone CWA Rooms open for food
14	15 Yoga with Jodi, 6pm Mondays, \$12pp at Stone Strength Gym.	16 Dance to be fit, 4.45pm every Tuesday at St James Hall Rylstone.	17 Venturers meet at 5pm Wednesdays at the Kandos Scout Hall.	18 Twin Town Players meet at 6pm on 3 rd Thursday of month at VRA Shed, Rylstone.	19 Storytime for kids, 10am to 11am Fridays at Kandos Library.	20 Kandos Markets
21 One Life Family Church services, 10am 1 st , 3 rd and 5 th Sundays at the cnr. of Noyes and Dunn Streets, Kandos.	22	23 The Wollemi Singers meet at 6pm Tuesdays at Kandos CWA Rooms.	24 KRR Radio meets 5.30pm on last Wed. of month at 50 Angus Ave. Kandos. *Kandos CWA, 5pm on last Wed. of month	25 Rylstone CP&SA meet at 11am at the Rylstone Club on the 4 th Thursday of each month.	26	27 Cake and Sugar Artists meet at Ryl. CWA Rooms. Info at 63791662.
28 Rylstone-Kandos Street Machine Club meeting at 2pm on last Sunday of each month.	29	30 Walking group Tuesdays and Thursdays. Meet at Rylstone Showground Thursdays at 9am.	The Craft Group meets at 10am each Wed. at the VRA shed, Rylstone.	The Ukulele Group meet at 4.30pm Thursdays at Kandos CWA Rooms.	KRR Broadcasting on 98.7FM	KR Singers, 2.30pm to 4.30pm Saturdays at One Life Church Kandos.

December 4 ...NSW Local Government Elections, March 17...Young Entrepreneurs Summit, May 19-22... Cementa Festival, November 5, 2022...Rylstone StreetFeast.

Rylstone Markets

The next Rylstone Markets are on Saturday, November 13 in the grounds of the Memorial Hall in Louee Street from 9am until 1pm. Full COVID vaccination is required. 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 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.

Kandos Community Markets

The next Kandos Community Markets are on Saturday, November 20 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 interesting stalls. For stall bookings, phone Pauline on 6379 4533 or Rose on 6379 4179.

WW2 Exhibition

After changing dates several times, the Bathurst Remembers World War 2 Exhibition 2021, Marking VJ Day and 75th Anniversary of the end of WW2 will now be held from Friday, February 25 to Monday, February 28, 2022. The four day event will be held in four pavilions at the Bathurst Showground, Sydney Road and will be open each day from 9am to 5pm. This WW2 Exhibition will contain "Snapshots of World War 2" including 600 enlarged photos of soldiers in action, battlefields, training, the home front and Bathurst Army Camp. There will also be the "Wall of Valour" consisting of over 130 enlarged photos of World War 2 Service Men and Women who have an association with Bathurst and who enlisted and served". Guest Exhibitors will display over 3,000 military items and there will be lots of other interesting exhibits. For further details contact Curator - Alan McRae on 6331 5404 or email amcrae@lisp.com.au.

Church services

Anglican Church services resumed on October 31 for Kandos and Rylstone, and people of all ages are invited to join them on Sundays as they gather in person for church. Services at St Laurence Anglican Church, Kandos are at 9am and at St James Anglican Church, Rylstone at 10.30am. Masks and sign-in are still required. Go to the YouTube channel 'Rylstone Kandos Anglican Church' for recent uploads of their services and contact Pastor Matt on 0404 329 096 for more information.

Landcare AGM

Capertee Valley Landcare is planning to have their AGM on Saturday, November 27 as a picnic on the "Common" by the river at Glen Davis. They'll be sharing more details closer to the day but it will probably start around 11am to be able to have lunch after the meeting. If circumstances prevent this - rain or continued Covid restrictions, then they'll make other arrangements. Everyone is welcome to attend, though only paid up members will have voting rights. More information is available from Secretary Julie Gibson On 02 6379 7317.

RDHS meeting

Rylstone District Historical Society are holding a meeting on Saturday, November 27 in the Rylstone Uniting Church Hall at 2pm. The purpose of the meeting will be to update members (and anyone else interested) on a variety of events planned for 2022 in conjunction with 200 years of Colonial Settlement. It will also be an opportunity to meet 'face to face' again (or 'mask to mask') and introduce new members. Afternoon tea will be provided, after which a brief AGM will be held..

Connect with KRR

New members are always welcome at Kandos Rylstone Community Radio (KRR 98.7FM). Call the station on 6379 4360 for more information or check out our website at krrfm.org.au. If you have a particular type of music you'd like to play on-air or ideas for a show, get in touch with any member or committee member.

Community Capers

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