

IRONBARK NEWS

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January 2012

COMMUNITY CALENDAR



Stuart Town RTC

Will reopen on 11th January 2012

Open Wednesday, Thursday & Friday
10:00am- 4:00pm
Hope to see you there.
If you would like a special luncheon please
contact us and
02 68 468359

Next Meeting of RTC

Thursday 13th January 2012 6:00pm

**Please watch the noticeboard for the date
of the next STAA Meeting**

What's happening around town?

Heritage Interpretive signs are soon to be
erected at the corner of Alexander St showing
a streetscape in the early days and one near
the old Post Office.
Special thanks to Tim Winters and Richard
Eade for organizing the signs.

A timber seat has also been purchased which
will be placed at the front of the RTC.

Wellington Council has approved extra
funding of \$1600 to cover the increased cost
of the asphalt for the tennis court. This should
happen as soon as it stops raining.

Local community members are liaising with
Council to repair the fallen down wall of the
"old garage". A proposal is being put to
council to provide funding for this.

CHURCH SERVICES

Catholic Church

Stuart Town
Saturday 8.00 am

Anglican

Stuart Town Anglican and non-
denominational
Sunday 1st 6:00pm Holy Communion
January 2012.
Sunday 15th 10.30 am Mumbil Morning
Prayer and Children's ministry.
Home communion on request contact Clare
68468308

From the Bible and a thought to ponder

You crown the year with your goodness: and
the tracks where you have passed with
fatness.
The pastures of the wilderness run over: and
the hills are girded with joy.
The meadows are clothed with sheep: and
the valley stand so thick with corn, they shout
for joy and sing.
Psalm 65:11-13

Congratulations

Congratulations to Kimberley McConnell and
Matthew Hunt on their engagement.
Our very best wishes to you both you're your
future happiness.

BIRTHDAY WISHES

2nd Kate & Nic Rushton
3rd Julie Keft, Malcolm Hurst
5th Paul Eldridge, Ricky Dean
6th Danny Pulbrook
7th Eric Stanford, Kate Walker
9th Julianne Kosztyo
13th Russ Frazer, John Lancaster
14th Helen Lancaster
15th Les Frappell, Charmaine Fleming
18th Jamie Flett, Christine McGais
19th Nancy Finn
20th Glen Stanford
21st Zac Hurst
22nd Bruce Frappell
23rd Jim Fitzsimmons
24th Julie Trudgett, Michelle Dean,
Joshua Hannelly, Kerry White
25th Ashley Sutton, Bill Holmes
26th Noleen Bayliss
27th Scott Preston
28th Robert Pope Martin Frappell
30th Nikolas Kosztyo
31st James Milson

HAPPY ANNIVERSARY.

21st David & Tracey Hannelly
25th Kath & Les Frappell

Sympathy

We wish to express our sincere sympathy to Norma and Ted Hannelly and their family on the loss of their son-in-law Anthony Denley. Anthony passed away peacefully, surrounded by his wife Debbie and their children on Friday 16th December 2011.

Thank You

Thank you one and all,
For all my get well cards and flowers
you sent to me, whilst I was in hospital.
I am now home and doing well
Kath Frappell

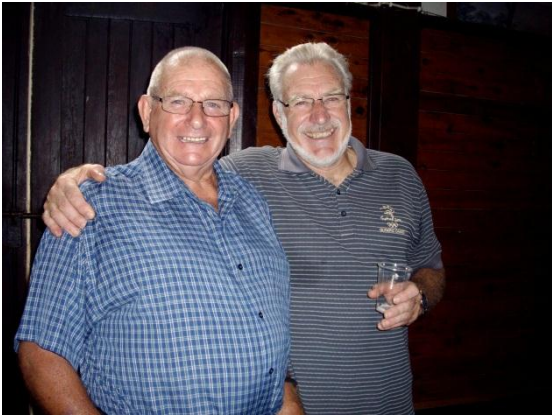
Christmas Tree Party

The spirit of Christmas is defiantly alive in Stuart Town this season with the traditional Christmas Tree bringing children and families of the community together. Over 60 children attended the event, bringing with them not only Christmas cheer but smiles that lit the night sky. The event this year included a colouring competition, treasure hunt, singing and dancing all followed by a visit from the man in red, Santa. Santa arrived in Stuart's Towns rural fire truck and took the time upon his arrival to greet each child who eagerly awaited his arrival. The festivities continued with all children receiving a gift from Santa. This year children and their families were also given the chance to have their picture taken with Santa as a reminder of this very special occasion. The event was organised by the Christmas Tree committee that consists of Lisa Pulbrook, Rhonda Pulbrook and Samantha Eade. The committee took much time and pride to ensure that it was a memorable occasion for everyone. The committee would like to thank Graham Sherring and many other volunteers for their effort and assistance with arranging this long running event of Stuart Town. We look forward to making 2012 even bigger and brighter.

Cher Fleeton

The RTC/School of Arts Christmas Party

The RTC/School of Arts Christmas luncheon was held on Monday 12th December in the hall which looked very festive with each table decorated with tinsel and Christmas decorations. The company, food, and entertainment provided by Chris, all helped to make a very enjoyable pre-Christmas get-together. Many thanks to the ladies who catered and organized this Christmas party.





Visitors to Stuart Town

Jean Taylor, Debbie Orrick's mum will be spending Christmas in Stuart Town with the family.

We hope they have a very happy time.

School News

December saw the school visited by Senior Constable Fleeton to talk to the children about safety awareness on the road, wearing seat belts, water safety and the need for adult supervision at all times. The visit was very productive and he left a colouring competition for the children to complete. Caitlin and Gus won an activity pack for their efforts.

The staff was also busy in the last few weeks completing report cards, conducting interviews and planning and practicing items for the presentation evening.

For two afternoons a week the students went swimming at Wellington pool which everyone enjoyed even though it was a bit cool. Thank you to all those who that provided transport as our numbers now mean that we don't all fit in the bus. The aluminium cans were collected and thanks to the pub, Big Ted and other regular collectors, Matthews Metals picked up four woolpacks full of cans for this term and we should receive a cheque for these shortly.

The presentation evening was the most successful yet with about 100 people attending to see the students receive prizes for their efforts

during the year. This year we were very pleased to have an extra award added to our already extensive award list. The Pulbrook family and Sport and Recreation provided the Zac Pulbrook Memorial Trophy for most improved in maths. This generous prize will be presented every year and the recipient will receive two night's accommodation with their family at the Sport and Rec Lakeside cottages.

The following students received prizes

Joel Jenkins- Primary Academic Award

Tyler Jenkins- Infants Academic Award

Mitchell Preston- Hannelly Sports Award

Sarah Hayter- Zac Pulbrook Improvement in Maths Award

Alex Dickerson- Library Award and Citizenship Award

Caitlin Gronow- Homework Award

After the presentation and some excellent dance and poetry recitals we took the opportunity to farewell our Principal, Joy Wyner. Joy will be taking 6-12 months leave next year and will be replaced by Mr Chris Grossett during that time. WE are sad to see Joy leave us as she has been a huge figure in our community over the last 7 years, willingly participating in all community events like Anzac day, the 150th school celebrations, Man from Ironbark Festival, Clean up Australia Day as well as teaching many children during that time. Being a small school teaching principal is a very challenging position as you all know. We wish her all the best in all she does and we look forward to seeing her back again.

WE also say goodbye to Mitchell Preston and Sarah Hayter who will be off to high school next year. WE know they will enjoy their time there and also wish them all the best.

Lastly we welcome our four new kinder students- Piper Fleeton, Paul McGaw, Rowan Miller, and Greta Simmonds.

Years one and six resume school on Monday 30th January and Kinda begin Tuesday 31st January 2012.

Have a restful holiday and see you all in the New Year.

CWA Christmas Party



Ladies from Mumbil and Stuart Town CWA Held their Christmas party at the Stuart Town School of Arts Hall on Wednesday 7th December.

It was great to see Kath Frappell out and about again.

The ladies enjoyed a chicken salad followed by Christmas pudding or pavlova with fruit salad and ice cream.

Pam Penhall and Margaret Patterson did a marvelous job catering for the ladies who all seemed to have a very happy time.

We hope to see you back next year.

Changes to NSW electricity suppliers

From Energy & Water Ombudsman NSW

Changes resulting from the sale of the NSW Government owned electricity retailers take effect on 1 March 2011. A summary of the changes appears below.

For more detailed information about the transfer and customer arrangements, visit NSW Government [Industry & Investment website](#).

For a list of EWON's members [click here](#).

The NSW Government's free Home Power Savings Program is helping eligible lower income households save power, money and cut carbon pollution.

More than 66,000 households have already taken advantage of this free service and are expected to save up to 20 per cent off their power use. The free program is available right across NSW to anyone who has a

nominated Centreline or Veterans' Affairs concession card as well as energy utility hardship customers and social housing tenants.

The program offers households a FREE:

1. in-home assessment by an energy expert to find out how much their appliances cost to run;
2. Power Savings Kit, that comes fully installed and includes a stand-by saver power board, energy efficient light globes, draught proofing, water efficient showerhead, shower timer, thermometer and tap aerators; and
3. Personalised Action Plan showing the household how much more money and carbon pollution they can save by being energy efficient.

Households who have joined the program are already noticing the savings. Ron and Margi from Lake Macquarie will save at least \$129 a year from their Power Savings Kit and around \$210 more by following their Action Plan.

"As pensioners we were worried about the escalating cost of electricity which had started to impact on our living standards and our ability to pay other bills," said Ron. "The visit from the [Government] representative has helped us considerably. By following all of the recommendations we have experienced a significant reduction in our power bill and kept our house warmer in the chilly weather."

The [Home Power Savings Program](#) is managed by the [Office of Environment and Heritage](#) and is available until 30 June 2013. Eligible households can call 1300 662 416 now to join the program.

If you work with vulnerable households and you would like to partner with the program, please call the Home Power Savings Program Stakeholder Team on (02) 9995 5479 or email powersavings@environment.nsw.gov.au. For more information on the program go to [savepower.nsw.gov.au/free help](http://savepower.nsw.gov.au/free_help)

Latest Complaints Statistics from EWON
Energy & Water Ombudsman NSW

From April to September 2011, EWON finalised 11,073 cases, a 24% increase from

the previous 6 month period. While the majority of complaints (69%) related to electricity retailers, complaints about gas, dual fuel and water also increased.

High and disputed bill complaints continued to dominate customer issues. Of growing concern however is the increasing number of reports by consumers that they were misled or pressured by marketers, or that their account was transferred without consent. We are also concerned to see a continuing rise in credit-related complaints involving payment difficulties, disconnection and credit listing.

Have You made Your New Year's Resolution Yet?



Top 10 New Year Resolutions

New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes. Did your New Year resolutions make our top ten list?

1) Spend More Time with Family & Friends

Recent polls conducted by General Nutrition Centers, Quicken, and others show that more than 50% of Australians vow to appreciate loved ones and spend more time with family and friends this year.

2) Fit in Fitness

The evidence is in for fitness. Regular exercise has been associated with more health benefits than anything else known to man. Studies show that it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. In short, exercise keeps you healthy and makes you look and feel better.

3) Tame the Bulge

Fifty-five percent of adults in Australia are overweight, so it is not surprising to find that weight loss is one of the most popular New Year's resolutions. Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program, and the key to success for those millions of Australians who made a New Year's commitment to shed extra pounds.

4) Quit Smoking

If you have resolved to make this the year that you stamp out your smoking habit, over-the-counter

availability of nicotine replacement therapy now provides easier access to proven quit-smoking aids. Even if you've tried to quit before and failed, don't let it get you down. On average, smokers try about four times before they quit for good. Start enjoying the rest of your smoke-free life!

5) Enjoy Life More

Given the hectic, stressful lifestyles of millions of Australians, it is no wonder that "enjoying life more" has become a popular resolution in recent years.

6) Quit Drinking

While many people use the New Year as an incentive to finally stop drinking, most are not equipped to make such a drastic lifestyle change all at once. Many heavy drinkers fail to quit cold turkey but do much better when they taper gradually, or even learn to moderate their drinking. If you have decided that you want to stop drinking, there is a world of help and support available.

7) Get Out of Debt

Was money a big source of stress in your life last year? Join the millions of Australians who have resolved to spend this year getting a handle on their finances. It's a promise that will repay itself many times over in the year ahead.

8) Learn Something New

Have you vowed to make this year the year to learn something new? Perhaps you are considering a career change, want to learn a new language, or just how to fix your computer? Whether you take a course or read a book, you'll find education to be one of the easiest, most motivating New Year's resolutions to keep. Challenge your mind in the coming year, and your horizons will expand.

9) Help Others

A popular, non-selfish New Year's resolution, volunteerism can take many forms. Whether you choose to spend time helping out at your local library, mentoring a child, or building a house, these nonprofit volunteer organizations could really use your help.

10) Get Organized

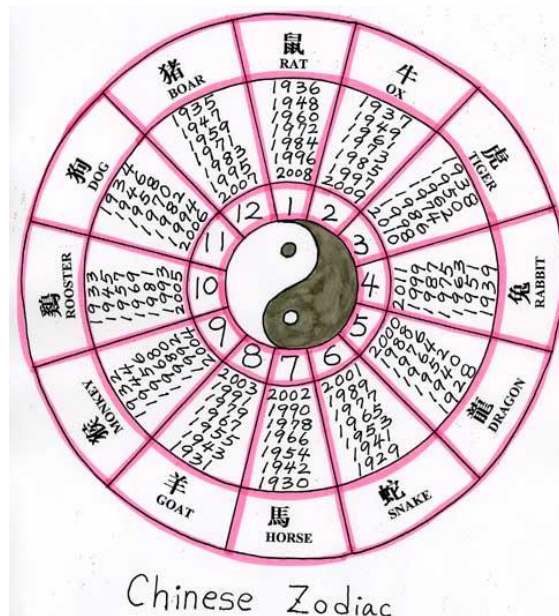
On just about every New Year resolution top ten list, organization can be a very reasonable goal. Whether you want your home organized enough that you can invite someone over on a whim, or your office organized enough that you can find the stapler when you need it, these tips and links should get you started on the way to a more organized life.

THE YEAR OF THE DRAGON, 2012

01/23/2012 - 02/09/2013 (Water)

According to the Chinese Zodiac, the Year of 2012 is the **Year of the Dragon**, which begins on January 23, 2012 and ends on February 9, 2013. The Dragon is the fifth sign of the Chinese Zodiac, which consists of 12 Animal signs. The Dragon is a creature of myth and legend. In ancient China, the celestial Dragon represents an emperor and power. Today, it is the ultimate auspicious symbol signifying success and happiness. May the celestial Dragon bring great good luck to everyone.

In Sung Dynasty (a Chinese imperial dynasty lasting from AD 960 - 1279) texts, the dragon is described as having the head of an ox, muzzle of a donkey, eyes of a shrimp, horns of a deer, body of a serpent covered with fish scales, and feet of a phoenix. The dragon usually clutches a pearl symbolic of its super-natural powers. Invariably accompanied by thunder and rain, dragons move like lightning and whirlwinds - - all powerful yet totally unpredictable.



The Sign of the Dragon

People born in the **Year of the Dragon** share certain characteristics: Innovative, enterprising, self-assured, brave, passionate, conceited, and quick-tempered. The Dragons are the free spirits of the Chinese Zodiac. Restrictions blow out their creative spark that is ready to flame into life. So, they must be free and uninhibited. The Dragon is a beautiful creature, colourful and flamboyant. An extroverted bundle of energy, gifted and irrepressible, everything Dragons do is on a grand scale - big ideas and extreme ambitions. However, this behavior is natural and isn't meant for show. Because they are confident, fearless in the face of challenge, they are almost inevitably successful.

People born in the **Year of the Dragon** usually make it to the top. But, they must be aware of that too much enthusiasm can leave them tired and unfulfilled. They find pleasure in helping others, and you can always count on their help. Even though they are willing to assist when necessary, their pride can often impede them from accepting the same kind of help from others. Their generous personalities give them the ability to attract friends, but they can be rather solitary people at heart. Their self-sufficiency can mean that they have no need for close bonds with other people.

Dragon people tend to take thrilling risks, and burn the candle at both ends so they are fortunate to be blessed with good health. However, they can suffer bad health as a result of excess stress. Symptoms of their personalities often stem from emotional outbursts and can range from tension headaches to depression to hypertension. They can

remedy these problems by maintaining their cool, implementing a routine in their daily lives, and practice meditation, Tai Chi or Yoga that soothe the mind and spirit as well as tone the body.

The Dragon is not the most domesticated of the Animal signs. So, people born in the **Year of the Dragon** prefer enjoying outdoor activities rather than staying at home. They are extroverts who have a deep love for nature. Their homes should be as large and majestic as their personalities, providing space for the fiery temperament or emotional eruptions that accompany their character. They have true and sincere love, which comes from the depths of their hearts.

Dragon people are quite imaginative, always able to see new paths and will take a radical approach. They have innate explorative spirit and try to succeed at one stroke. They are very adaptable and are fit for various occupations, especially if those occupations allow them to take the limelight. They work hard, but would rather give orders than receive them. They should avoid jobs that encompass too much routine, and should move toward jobs in which their self-reliance can be an asset.

People born in the **Year of the Dragon** like to spend money and are charitable themselves as well as with others. Many Dragon people will take big chances with their finances. It is very rare that they remain poor for long. They will always be straightforward in financial dealings and can always be trusted.

Message from Danielle Littlewood

Hi,
I would like to wish you and the Stuart Town Advancement Group members a very Merry Christmas and Happy New Year.
I appreciate you getting me involved with your group this year. I have felt very welcomed by the group this year, thank you for that! and am very much looking forward to working with you further in 2012.
A couple of months ago we launched a [Landcare portal](#) on the CMA website to show people what groups exist in the catchment, and how they can get involved with their local group. I would love to add your group to this if you would like me to. Please contact me in the new year to discuss.

FYI, our office will be shut from the 24th December - 9th January, at which time I will be contact-able again!

Please don't be strangers in the new year, give me a call at any time to chat about what your group is up to, what you might want to do and how myself and the wider Central West CMA staff might be able to help you out. If you feel we haven't supported you well enough this year, please let me know so that we can work on this in the 2012. FYI, there are a couple of grants open at the moment (just what you want to hear about coming up to Christmas) that might suit your creek project:

Best wishes for a safe, happy and healthy festive season.

Cheers

Danielle Littlewood

Regional Landcare Facilitator

Central West Region

Phone: 02 6840 7805

Mobile: 0418 280 616

Fruit Ice blocks

250g strawberries, roughly chopped
2 cups plain yoghurt
¾ cup apple juice
¼ cup apple concentrate
1 tablespoon lemon juice

Place half the chopped strawberries in a food processor or blender, add the yoghurt, apple juice apple concentrate and lemon juice and blend until well mixed fold in remaining strawberries.

Pour mixture into moulds with sticks then freeze makes about 10 ice blocks

Citizens of the Month Margaret Patterson & Pam Oxford

