

IRONBARK NEWS

Proudly brought to you by the Stuart Town Rural Transaction Centre

Paper kindly supplied by First Choice Credit Union. Cost 50c

August 2012.

COMMUNITY CALENDAR

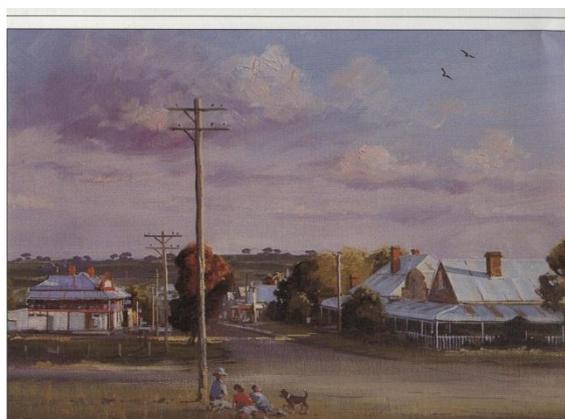
Stuart Town RTC

Open Wednesday, Thursday & Friday

10:00am- 4:00pm

Hope to see you there.

If you would like a special luncheon please contact us and we can arrange it for you.



a spring competition will celebrate the long awaited return of the Stuart Town tennis court. Some of the volunteers are pictured below enjoying their lunch.



STUART TOWN TENNIS COURT READY FOR ACTION

Last Sunday an intrepid group of about 20 volunteers and a dog with a love of tennis balls braved the cold to work on restoring the town's tennis court. After several years of slow progress one of the courts has been resurfaced and the lines marked. The volunteers concentrated their efforts on repairing the fences and clearing away long grass and undergrowth. The storage shed was cleaned up and reorganised and a local bob cat turned up to flatten out the piles of dirt left over from previous renovations, not to mention a ride on mower as well. It was great to see so many people committed to improving the town. The Mayor, Anne Jones, joined the volunteers for a sausage and a beer at their BBQ lunch. Locals had a few suggestions for further action and she took a to do list away from the occasion. One problem is that no one knows how to turn the lights on for night tennis. It is to be hoped that

If you would like to use the tennis court, the key is available at the shop but there will be a \$10 deposit on the key. This will be returned to you when the key is returned. If you would like to play at night there will be a small charge for the lights.

Stuart Town Advancement Association

Last Wednesday, 18th July the Mayor, Anne Jones and the General Manager, Michael Tolhurst, Owen Johns, Technical Services, Karen Roberts, Corporate Services, Darren????? And two Councillors Sue Edwards and David Grant attended a meeting at Stuart Town. Many members of the community took the opportunity to come along and listen to the report given by council members.

This is the second time Michael Tolhurst has come to Stuart Town to listen to our concerns and to give us feed-back.

At the first visit Michael explained that he planned to initiate a 'Report Card' system where projects concerning Stuart town and Euchareena would be categorised with stop light colours. Red, not commenced, yellow started and green completed.

True to his word, a draft plan was produced at the meeting showing the progress that had been made or not made on areas of concern. Participants at the meeting were given an opportunity to discuss issues with the relevant Directors.

Roads are always of concern to our residents and several members of the community have asked that a Program of Works be drawn up. This has not been done as yet but apparently is in progress and will be published next month.

Another area of concern to all the villages is that of water and drainage.

Owen Johns told the gathering that there were too many issues to discuss at this meeting but that a special meeting would be organised in August for all those residents who had concerns about these problems. Richard Eade will organise a suitable time and let everyone know. A notice will be placed at the Post Office and at the shop. The feeling at the meeting was very positive with many of those who attended being very impressed with the directions the new manager is taking.

I would encourage as many residents as possible to attend these council meetings as they are very relaxed and informative and give each person an opportunity to ask their questions in an informal manner and know that they will be listened to.

The council will return to Stuart town in October.

**There will be no
Stuart Town Advancement Association
Meeting in August!
The next meeting will be on 19th
September at 6:00pm.
Agenda: The Easter Festival.**

Mobile Library

will be at the School of Arts.

Another Request

Our supplies for sale at the RTC are quite diminished.

If you are cleaning out any cupboards, sheds or wardrobes could you see if you have any spare items.

Recycling is another way to help our planet. What is one man or woman's rubbish may be another's treasure. Items need to be clean and in good condition.

News Items

If items for the newsletter could be submitted by the 21st of the month it would be appreciated. This will allow the volunteers to collate and print the final document by the allocated time. Any information that is received after this date will be included in the following month's edition. Thanks for your cooperation

Newsletter volunteers

Moving With The Times

If you would like to receive your Ironbark News online please send us a request with your email address and we will forward you the news as soon as it is printed. Cost only 50cents per copy.

Our email address is
stuarttownrtc@hotmail.com

Thank You



We have received a very generous donation from Andrew Hannelly for our piano fund.

Thank you so much it is greatly appreciated.

Congratulations



_To Lisa & Aaron Pulbrook on the birth of their Son Lewis Zachery born on 21st July 2012 weight 3470gm length 53cm,

Sibling: Nate, age 3

Grandparents: Rhonda Pulbrook, Colin Moynihan & Kevin Thomas.

HAPPY ANNIVERSARY.

31st Margaret and Len Patterson

BIRTHDAY WISHES

1st Kristy Sutton, Kayla Skelly

3rd Kate Hannelly

5th Lyn Winters

7th Brett Montgomery, Neil Cohen

10th Laurie Pope, Ron Frappell

12th Kristy Lee and Sky Louise Evans

13th James Cornes

16th Joshua Hannelly, Daniel Frappell

17th Paul Hannelly

18th Matthew Flett

20th Rhiannon Turner

22nd Allan Frappell

23rd Christine Stanford, Dearne Philpott

26th Eva Hudson

27th Elijah Green

28th Val Jones

From the Bible

Many waters cannot quench love, neither can floods drown it.

If one offered love all the wealth of one's household, it would be utterly scorned.
Song of Solomon 8:7

CHURCH SERVICES

Catholic Church

Stuart Town Mass each Saturday @ St John the Baptist @ 8.30 am

Wellington COMMUNITY "cuppa".....St John the Baptistyou are all invited to join with FR Tony & the parishioners as hosts , after 8.30am Mass on Saturday, 11th August, for some mid-year hospitality. Everyone welcome.

First Holy Communion will be celebrated on Sunday, 26th August at the 10.00 am Mass. Any parent / guardian or family member who has a year 3 child wishing to be a part of this, is invited to the parent meeting on Monday, 30th July @ 7pm at St Patrick`s church, Wellington.

Contact number for Fr Tony is 68452061

Anglican

Anglican and non-denominational

Sunday 1st 5.00pm Holy Communion

Saturday 11th 11 Wedding-see notice

Sunday 19th 10:30am Mumbil
Morning Prayer and Children's Ministry

Wellington Services

Fridays – 11am Sundays 8.00 & 9.30am
Tuesday – Friday 8.30am Morning Prayer
Bellhaven - 11.00am 1st Thursday of month

Maranatha – 9.30am 1st,4th Friday
4.00pm 3rd Friday

A thought to ponder

This ring the Bridegroom did for none
provide, but for his Bride.

Henry Vaughan

Wedding



The Reverend Leslie Ladlow, Anglican Rector of Wellington, to Peter Fotakis of Perth.

Celebrant- The Right Reverend Bishop Richard Hurford.

The service is to be held at St Michael and All Angels Anglican Church, Stuart Town on Saturday 11th August, 11:00am and the reception at Boehme's Hall.

Anyone who would like to "wave them well" is welcome to do so.

If you would like to wait in church grounds- please bring a chair ! (Inside overflowing!)

Hopefully the weather will be kind to us all, especially Peter and Lesley.

Citizens of the Month



Tim Trudgett, Mitchell Preston and Ted Montgomery helping out at the working bee.

Stuart town Development Plan 2010

For those of you who participated in the Stuart Town development plan a couple of years ago and for those who didn't, I thought that it was timely to review some of the things that we talked about way back then.

We developed a **Vision**, which was

Stuart Town is a picturesque, safe, friendly, caring and creative village, which takes pride in its heritage.

I hope everyone still agrees with that.

Our first objective was to improve the streetscape.

Things that were on our list included planting additional trees in Moxan Park, rehabilitate Cugaburga Creek, erect a suitable monument or gateway, improve town signage and to replace the town map.

Some of these items have been achieved and the new town map will be in place shortly but much remains to be done.

The main one there is the redevelopment of Cugaburga Creek. If this was regenerated it would make a beautiful entrance to our town.

Our objective to develop cultural and recreational events and activities has had more success.

The Man from Ironbark Festival is growing and next year will be the fourth year. The Creative Arts Centre is implementing activities. The tennis court has been refurbished and now we need to re-establish the tennis club.

The Auction days are also becoming a regular event .

And Wellington Community Health are making visits to our town.

We also wanted to look into the possibility of getting Solar and wind power for the School of Arts Hall and RTC. This is still on the list.

The motivation for the development plan was to ensure that Stuart Town continues to be a viable village with enough residents to maintain our public school and to keep the services that we now have, the Post Office,

the general store and the hotel. It is great to meet and have a chin wag and catch up on all the gossip. What would we do without these businesses?

Another issue that has arisen since the development plan was organised is the collapse of the "old garage". There have been plans to rejuvenate this site and conversations have been held with Wellington Council as to what can be done. This would be a big project.

Anyway, it is time to apply for another village grant so think about what you would like to have done and come along to our September meeting and put your ideas forward.

Kate.



See Ella for more Info

Ten early signs of dementia

How do you know if memory loss and confusion are just signs of getting older or are the first indicators that something more sinister is afoot? Knowing the warning signs will help you get the timely support you need.

The first symptoms and warning signs of dementia can be subtle and often people mistake them for normal signs of ageing. Common symptoms such as problems with your memory, especially about recent events, confusion, a change in personality or feeling

apathetic towards something you used to enjoy can be an indicator that something is wrong. If you experience several of the warning signs below it's time to consult your doctor.

1. Short-term memory loss which inhibits you from doing day-to-day tasks.

Forgetting what you went upstairs to get or what bus takes you in to town, only to remember soon after, happens to us all. Those suffering from dementia may experience forgetfulness more frequently and never remember.

2. Difficulties doing day-to-day tasks.

It's easy to get distracted and forget to read the paper or put the bins out, but someone with dementia may forget that they have had the paper delivered or that the bins need to go out at all.

3. Not finding the right words.

We all get a little tongue-tied or forget what we were about to say. However, those with dementia may substitute inappropriate words or forget simple words.

4. Not knowing where you are or what day of the week it is.

A momentary lapse in forgetting which day of the week it is, is not something to be concerned about, but if you become lost in familiar surroundings or are confused about the month and year, this is more serious.

5. Hindered judgement.

If being able to judge the speed of traffic or distance of oncoming cars while driving is becoming more difficult, then this may be a sign that memory and concentration is affected.

6. Problems with abstract thinking.

If numbers on a bank statement mean nothing and you can't relate to what they are depicting, then this may be a sign of dementia.

7. Misplacing things.

While it's common for most people to forget where they've left something now and again, those with dementia may consistently put

things in the wrong place, such as keys in the freezer.

8. Mood swings or unexplained behaviour.

We can all get a little irrational or grumpy from time to time but if someone is suffering rapid mood swings or a complete change in personality, this may be an indicator that something more serious is wrong.

9. Changes in personality.

As we get older, our personalities change but a person with dementia can suffer severe personality changes such as becoming uninhibited and more outgoing than previous.

10. Apathy.

It's common to get fed up or bored with certain things but someone with dementia may lose all initiative to do things they have previously enjoyed.

Of course, you need to keep things in perspective and recognise that all these behaviours may be a sign of something else. It's important to consult a doctor and be honest about your general health and wellbeing to ensure a correct diagnosis.

For more information on diagnosing dementia, visit [Alzheimer's Australia](#)

Truths of Life

1. You cannot stick your tongue out and look up at the ceiling at the same time, a physical impossibility due to the tendons within your neck .
2. All idiots, after reading number 1 will try it.
3. And discover number 1 is a lie.
4. You are smiling now because you are an idiot.

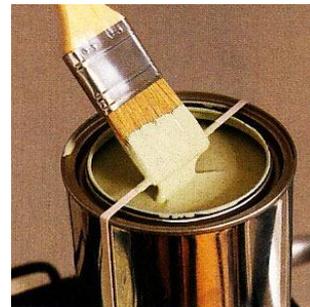
There is still a stupid smile on your face.

I sincerely apologise about this but I'm an idiot and I needed company.

Smart! I never thought of that!



Use a (clean) dustpan to fill a container that doesn't fit in the sink



Place a rubber band around an open paint can to wipe your brush on, and keep paint off the side of the can



How to keep the straw from rising out of your soda can

Power Muffins



<http://www.yourlifechoices.com.au>

Low on energy? These Power Muffins are the perfect afternoon pick-me-up, with banana and yoghurt for extra Kapow!

Ingredients

1 & 3/4 cups self-raising flour
1/2 cup caster sugar
250g natural yoghurt
1 egg
2/3 cup vegetable oil
2 large bananas, mashed

Method

Preheat your oven to 180°C.
Lightly grease a 12-hole, 1/3 cup capacity muffin pan.
Sift flour and sugar into a bowl.
Combine the yoghurt, egg, oil and banana.
In a large bowl, gradually add dry ingredients and stir until combined.
Spoon the mixture into the muffin holes.
Bake for 20-25 minutes or until a skewer inserted into the centre comes out clean.
Stand muffins in pan for five minutes. Turn onto a wire rack to cool completely.

Healthy Hamburgers



30th Mar 2012

[3 comments](#)

Eating healthy food doesn't mean giving up your favourite food. These Healthy Hamburgers are much lower in fat, salt and sugar than their fast-food cousins, and they taste delicious.

Ingredients (serves two)

Patties

150 grams lean beef mince
Small handful grated carrot
1 sprig parsley, finely chopped
1/4 small onion, diced
1 egg, beaten
2 teaspoons tomato paste
1/4 cup quick oats
1 tablespoon canola/sunflower oil
cracked pepper to taste

Hamburgers

1 tomato
2 lettuce leaves
2 round multigrain bread rolls
2 teaspoons heart-foundation approved mayonnaise
2 teaspoons tomato sauce

Method

Mix the carrot, parsley, onion, beef, tomato paste, pepper, and half of the egg in a bowl. Add enough oats to make the mixture firm. Shape the mixture into two spheres with

your hands, then flatten out into patties. Fry the patties in a frypan or on the barbecue with the oil until brown on both sides.

Slice open the buns spread one half of each bun with mayonnaise, and the other half with tomato sauce. Stack patties, sliced tomato, and lettuce on the bottom half of the bun and top with the other half. Serve immediately.

Which foods are currently genetically engineered?

In Australia, GE ingredients in food are derived from **four main crops**:

- imported corn (or maize) and soy; and
- local and imported canola and cottonseed products.

In 2008, GE canola was grown for the first time in NSW and Victoria, and may enter the food chain. Canola oil is used in a variety of processed foods, and canola meal can be fed to livestock such as chicken, pigs and dairy cattle.

Other GE ingredients may also be found in many essential processed foods such as bread, pastries, snack foods, baked goods, vegetable oils, margarine, flours, starches, sauces, fried foods, soy foods, lecithin, sweets, soft drinks and sausage skins.

Soy alone can be found in **up to 60% of all processed food**, including soy flour, soy oil or minor ingredients such as lecithin.

Corn is also widely used in processed foods — look out for corn starch, corn flour, corn oil as well as more hidden ingredients such as maltodextrin.

The largest use of GE crops is not to feed people directly but as **animal feed** — fresh meat, milk and eggs may be derived from pigs, cows and chickens fed on GE grains.

and brands at risk of containing GE ingredients since their producers are not acting to remove these sources of contamination. Some companies have taken the initiative to mark food as “non-GE” or “GE free” on packaging.

Fresh vegetables sold in Australia should all be GE-free and organic foods are certified as being GE-free.

**Wellington Community Health is
conducting a Health Clinic in Stuart Town**

**9.00am to 12.00pm
at the Stuart Town RTC**

**What's in it for YOU going
to a Health Clinic ?**

- FREE blood pressure checks!
- FREE blood sugar level checks!
- FREE cholesterol level checks!
- FREE pap smear checks!
- FREE take-home information on a range of health topics!
- Learning how healthy your diet is.. Are you eating your way towards a stroke? or diabetes? or a heart attack? Have a chat with the health team to find out!?
- Learning about what services are available in the Wellington and surrounding community.

**“ Take time to check your health,
before health takes your time”.**