

Friday 27th May 2022



COMMUNITY CHARITY... Community donations, like this load of firewood donated by Chris Lavender (right) as a raffle prize for a Can Assist Golf Day, are vital to the charity to enable them to continue to provide assistance to people undergoing treatment for cancer. Chris is with Forbes Can Assist President John Schrader

Small Charity Doing Big Things For Forbes

Each year, scores of cancer patients from Forbes and surrounding townships receive support from the amazing volunteers at Can Assist Forbes, the cancer support network that does incredible things.

Can Assist Forbes recently became the 39th branch to receive vital funds to help keep local cancer patients' cars on the road since the partnership between Can Assist and greenslips.com.au was established three years ago. The donation comes at a critical time after fundraising was stymied by the pandemic.

This means Can Assist will expand its practical and financial support to cancer patients from fuel vouchers, pharmaceuticals, medical expenses, food vouchers,

accommodation to now include CTP green slips insurance. President John Schrader, a cancer survivor, said the donation would be well used. "The only way to get to treatment is by vehicle as we don't have public transport. Most cancer treatment is in Orange, Parkes or further afield, while PET scans must be done in Sydney."

Can Assist Forbes Treasurer Maureen Field said: "People rely on their cars to travel to and from treatment. Using your own car gives you freedom of movement for the many and various medical appointments. We estimate we'll spend around \$11,000 on clients' travel expenses this year."





ISSUE 337

The Mace is a gold-plated stick that weighs 8 kilograms, and symbolises the power of the Queen in the Australian parliament. While parliament is sitting, the Mace is carried into the House by the Serjeant-at-Arms and placed on the central table.

DO YOU NEED TRANSPORT? CALL 1300 810 771

Medical appointments in regional centres 🗸 Hospital day surgeries or admissions ¥ Accessing services, shopping or visiting Taxi vouchers to subsidise local transport 🗸





SALLY'S MEATLOAF 2 SERVES (500G) \$16.00 6-8 SERVES (1.1KG) \$30.00 LAMB CASSEROLE 600G \$15.00 / 1.1KG \$30.00 CURRIED SAUSAGES & VEG \$14.99KG **CHICKEN TERIYAKI & VEG \$16.99KG** BEEF EYE FILLET MINIONS \$10.00 EACH **PORK INVOLTINI HONEY MUSTARD** LAMB MASSAMAN & VEG **ITALIAN MEATBALLS** \$22.99KG CHICKEN 600G \$15.00 2 SERVES (8 BALLS) \$15.00 1.1KG \$30.00 6-8 SERVES (16 BALLS) \$25.00 \$16.99KG **READY TO GO MEALS** AVAILABLE IN STORE AND FOR DELIVERY Phone (02) 6851 6745

Continued on page 4



It has been a busy week fulfilling executive roles for National Parks and the Country Mayor's Association, and making sure our voice was heard at the Central NSW Joint Council's Organisation.

It is vitally important for Forbes Shire Council to be a part of these larger regional and state executive bodies to keep us connected and up to date.

Our roads, particularly our unsealed roads, are really impacted at the moment with all this rain and water over roads. Our unsealed roads have suffered substantial and ongoing damage due to heavy rain.

Council staff are working with community to identify, report and repair these roads as much as we can. Please bear with us as it is a huge job.

Roads are a major and expensive asset within Council and it is a job almost 365 days of the year maintaining them.

Drivers are reminded to not drive around roads closed signs, it is for your own safety, it is in fact an offence and can cause further damage to roads and put back our works



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Advertising Deadline

Tuesday 10am if you require design Tuesday 3pm for pre-designed ads

Editorial Deadline | Tuesday 3pm

FREE community newspaper published every Friday

Please sign up on our website to receive the Phoenix via email each week.



program even more.

Council's CBD Masterplan implementation continues with a preliminary fitting conducted on Saturday for the pergolas in Templar Street, so watch for the signs - no roads will be closed. The posts will be sent for powder coating before the final instal-

FHUMBS UP... THUMBS DOWN

THUMBS UP



To families and the community for supporting the Biggest Morning Tea at Forbes North Public School on 19th May. A whopping \$1,235 was raised for the Cancer Council, a great community effort!





To the Jemalong Residential Village residents who put their hand up for the hot air balloon ride for an unforgettable experience.



WIRADJURI WORD

OF THE WEEK Yalmambirra

(pronounce: Yall mam beer rrah) Teach

lation.

The CBD Masterplan aims to improve, beautify and revitalize the Forbes CBD and integrates connectivity, tourism, art and culture.

> Your Mayor Phyllis Miller

FORBES SHIRE COUNCIL FORBES SHIRE COUNCIL "Serving the Community" Public Notices

NEXT COUNCIL MEETING WILL BE HELD THURSDAY 16 JUNE 2022 COMMENCING 1PM POSITIONS VACANT REQUEST FOR TENDER 2022-16

- Grants Officer Permanent Full Time Applications close: 29 May 2022
- Design Engineer Contract Applications close: 12 June 2022
- Economic Development Officer Permanent Full Time Applications close: 19 June 2022
- Labourer Permanent Full Time Applications close: 12 June 2022
- Senior IT Systems Administrator Permanent Full Time Applications close: 12 June 2022
- Casual Multi-skilled Urban Services Operator Casual Applications close: 30 June 2022
 Expressions of Interest Casual Business Support Officer Casual Applications close: 30 June
- Contrast Administration and Project Support Officer Contrast Applications
- Expressions of Interest Administration and Project Support Officer Contract Applications close: 31 December 2022

Applications and Expressions of Interest must be made on-line ONLY on Council's website (see Council/Working with Council). Further information regarding the on-line application process may be obtained by contacting Council's Human Resource Department on (02) 6850 2300 (Option 4) or via email people@forbes.nsw.gov.au

CENTRAL WEST INDUSTRIAL PARK – TRAFFIC CHANGES

Council wishes to advise that for the safety of road users, changes have been made to speed limits on Back Yamma Road (between Newell Highway and the Central West Livestock Exchange), due to works occurring in the industrial area. Road users will need to adhere to these speed limits which will be applied intermittently and as required depending on the works occurring. It is anticipated that the speed limits will be in place until the completion of these works in June 2023.Council apologises for any inconvenience caused. For more information, please contact Council's Project Manager on 02 6850 2300 (Option 2). Supply and Delivery of Water and Sewer Treatment Chemicals. Closes 12 noon, Monday 30 May 2022. Tenders, addressed to the General Manager, are to be lodged via Council's e-tendering portal, Tenderlink, by the time and date shown. The tender documentation is available from www.tenderlink.com/forbes. Canvassing of any of Council's staff or Councillors will disqualify tenderers from the tendering process. The lowest of any tender will not necessarily be accepted. For further information contact Council's Procurement Officer on 6850 2300 (Option 4).

2022/23 OPERATIONAL PLAN, BUDGET AND FEES & CHARGES

Council has placed on public exhibition for comment its draft:

- Community Strategic Plan 2018-2028;
- Community Engagement Strategy; Delivery Program 2022-2025 including Operational Plan 2022/23
- Statement of Revenue Policy 2022/23 including Operational Plan 2022/23; and
- Schedule of Fees and Charges 2022/23

The Delivery Program 2022-2025 and Operational Plan 2022/23 have been designed in response to the Community Strategic Plan 2018-2028, which informs Council's future planning decisions, resource allocation and identifies key actions that will be undertaken by Council to meet the community's needs. The Operational Plan also incorporates a Statement of Revenue Policy outlining Council's financial information including a summary of the 2022/23 budget and the Schedule of Fees & Charges 2022/23 to be implemented from 1 July 2022. A copy of the draft documents is available for viewing at Council's Administration Building and on Council's website at www.forbes.nsw.gov.au (Council/Public Exhibitions page). Members of the community are encouraged to view and comment on the draft documents. Submissions addressed to the General Manager can be either emailed to forbe@forbes.nsw.gov.au or posted to PO Box 333, Forbes NSW 2871 by 5pm, Thursday 16 June 2022. For more information, contact Council's Manager Corporate Business, on 6850 2300 (Option 4).

Disclosure Statement of Political Donations and Gifts: The Local Government and Planning Legislation Amendment (Political Donations) Act 2008 states that a person who makes a planning application (i.e DA) or submission to Council is required to disclose reportable political donations and gifts made by any person with a financial interest in the application to a Councillor(s) or Council employee(s) within the past two years. Privacy Notification: Submissions made to Council are considered public access documents under the *Government Information (Public Access) Act 2009*. Personal information such as your opinion, name and address may be made publicly available including via Council's website.

Forbes Shire Council 2 Court Street, Forbes P: (02) 6850 2300 F: (02) 6850 2399 After Hours Number: (02) 6850 2300

All submissions to Council should be sent to: General Manager, Forbes Shire Council, PO Box 333 Forbes NSW 2871 Email: forbes@forbes.nsw.gov.au • Website: www.forbes.nsw.gov.au

SNIPPETS...



The NSW RFS very kindly donated 20 helmets to Learning Ladder for the children to use in imaginative play. Michael Browne from the RFS handed the donation to Louise Allen from Learning Ladder.

Grease and Oil Change Workshop: This is the 7th consecutive year of the brain and body workshops for rural people started by Cherie Quade in 2015 as a way of creating conversation in our community about mental health, wellbeing and real life stories of how people in rural communities stay afloat when the rest of the world seems like a lot. The next free workshop is on Monday, 30th May at 6pm. Clinical Psychologist Vicki Maher is coming to The Back Room in Forbes for an educational, uplifting and practical conversation about mental health in these current times. Numbers are limited due to space, make sure to register at https://greaseandoilchangevickimaher. eventbrite.com.au

Loneliness: It is a growing epidemic impacting seniors across Australia with one in four older Australians identifying themselves as lonely. Community organisation Inclusee is encouraging Australians who are feeling isolated or lonely to visit inclusee.org, au to access the power of connection. Inclusee is calling for participants over the age of 65, as well as Aboriginal and Torres Strait Islander peoples over the age of 50, who feel they are at risk of social isolation and loneliness. The programs are completely free for participants, though

some eligibility conditions apply. You can register to participate online at www.inclu-see.org.au or call on 1800 287 687.

Lightweight Bag Ban: The NSW Government's ban on lightweight plastic bags will come into force from 1st June, and from November more problematic plastics, such as cutlery, plates and polystyrene food ware and cups will be banned. Single-use plastic items and packaging make up 60% of all litter in NSW. Stopping the supply of problematic plastic will help prevent it from entering our environment as litter, or going into landfill. The ban will prevent almost 2.7 billion items of plastic litter from entering the environment in NSW over the next 20 years. So-called "compostable" and "bioplastic" alternatives are also being banned. For more information about the NSW plastics ban, visit http://www.dpie.nsw.gov.au/ plastics-ban

Birth Certificate Blitz: Hundreds of free birth certificates will be made available to vulnerable people in NSW, including people experiencing economic disadvantage, Aboriginal people and survivors of domestic and family violence. A new agreement will provide up to 700 free birth certificates for vulnerable people, particularly in regional and remote NSW. The free birth certificate blitz will run up to 30 June 2022.



Mason and Aiden Campbell enjoyed the Biggest Morning Tea fundraiser at Forbes North Public School. Read more on page 7.

Weather Apps Help Communities Prepare For Severe Weather Events

The Bureau of Meteorology has introduced push notifications on its BOM Weather app to provide more targeted advice to communities during severe weather.

The push notifications will include six types of weather warnings; tropical cyclone, fire weather, flood, tsunami, severe thunderstorms and severe weather.

"People can now turn on push notifications for their set location and the BOM Weather app will proactively alert them when warnings are issued for those areas," said Decision Support Services General Manager Sandy Whight.

"Once installed and enabled, a notification will appear on the person's device's lock screen whenever a warning is issued that is relevant to your set location, and they can also select which type of notifications they would like to receive.

"We encourage everyone to stay up to date with our current warnings and forecasts, especially throughout severe weather seasons, and this new function will make it even easier to access simple weather information at their fingertips."

The apps needs to be updated or the latest version installed for the push notifications feature to work.

The BOM Weather app provides Australia's most trusted weather information directly from the source.

LETTER to the Editor

Dear Editor,

I am relatively new to town and have recently been enjoying walking with my daughter and grandchildren around Forbes and nearby towns. On some of our meanderings of late, we have been pleasantly surprised to come across the word, 'Eternity' written on the back of street signs and on the footpaths. We wondered if it might be a prevue to some coming church event or is it just someone reinventing the work of Arthur Stace of long ago?

I thought to write and ask you to post this question in the hope someone might know. It has certainly given my family and I a smile on more than one occasion and we love the hunting game it has begun. I have put together a few verses so that others might enjoy the hunt while stepping out and about in this fabulous area.

ETERNITY

Can you see 'Eternity' written on the ground in the dust or up there in chalk, waiting to be found?

Could it be Arthur's ghost back to prompt our thought?

Or just some clever, mysterious soul that I hope is NEVER caught?

Either way, we need such hope as happiness we lack,

the Black Dog is not alone, he now travels in a pack!

What we need is a little game to bring us all out in the sun,

a hunt for a word that means so much, hooray on with the fun!

If by chance you find out who is spreading joy with chalk,

keep it to yourself, don't spoil the game and end it all with talk!

So, as you wonder on your way about this wonderful place,

lift your heart and caste your eye, for the word of Mr. Stace.

Linda Clark



Have you seen the word 'Eternity' on your walks around Forbes lately?



Forbes Can Assist's John Schrader with members of the Elliot family who presented a donation to the charity. New members and volunteers are always welcome to join.

Continued from page 1

The greenslips.com.au donation comes at a time when Can Assist Forbes is helping an increasing number of cancer patients after a lull during the pandemic. "We help up to 70 clients, some need a lot of assistance, while others don't need as much. And we have some clients we've been helping for many years," said Maureen.

The support goes beyond financial help. "We have delivered firewood, moved furniture, and helped with patient transport. We are open to whatever assistance the patient needs and wants - but mostly it's financial assistance," said John.

What sets Can Assist apart from other charities is that all money raised locally stays local to help local cancer patients. The branch is funded entirely by local donations, local fundraising events, and corporate support such as greenslips.com.au, a CTP green slip insurance price comparison and information website that does not sell green slips. "We don't cut people off, we help them. It gets really tough, especially if you're not working or have large medical costs," said Maureen. "You can see the relief on people's faces when they know their bill will be paid, and \$300-\$400 on a green slip is a lot of money."

GREATER AWARENESS AND SUPPORT NEEDED

John feels it's vital that more people know about Can Assist and the support it provides. "Prior to my cancer treatment I had no awareness of Can Assist, but during my treatment I met other cancer patients and became aware of Can Assist's great work."

He urges local cancer patients to get in touch if they need financial support. "We are always encouraging people that if they have a cancer diagnosis to please contact us. Due to privacy laws, we need them to come to us. We need everyone to be aware of Can Assist so we can help more people in our community."

Can Assist Forbes welcome new members and volunteers to help with the crucial work it does.



What is special about the Forbes Men's Shed and why?



Ray New (director): It gives me something productive to do. I love the social interaction, helping others and the mateship is great.



Peter Norris (treasurer): It's a great group for men to meet and discuss health issues, as I am trained in mental health first aid.



Norm Haley (president): It's important for the wellbeing of the men in our community to meet and enjoy each other's company.

Kevin Miller, Whitty, Lennon & Co.	LIVESTOCK AGENTS: Kevin Miller: 0427 236 777 Luke Whitty: 0427 524 442 Matt Lennon: 0427 516 100				
Forbes Market Report:					
FORBES CATTLE SALE	23/05/2022	DRAW			
PRIME YEARLING STEERS	475.0c TO 615.0c	CATTLE SALE MONDAY 30/05/22			
PRIME YEARLING HEIFERS	480.0c TO 614.0c	POSITION 7			
FEEDER STEERS	530.0c TO 699.0c	SHEEP SALE			
HEAVY STEERS (500-600)	TO 468.0c	TUESDAY 31/05/22 POSITION 6			
HEAVY HEIFERS	430.0c TO 482.0c	POSITION			
COWS	328.0c TO 375.0c	Entries			
HEAVY BULLS	300.0c TO 340.0c	Invited for			
FORBES SHEEP & LAMB SA	UPCOMING SALES:				
LIGHT YOUNG LAMBS (restocker)	\$130.00 TO \$165.00	CARCOAR STORE			
TRADE LAMBS (up to 23kg)	\$164.00 TO \$201.00	CATTLE SALE CTLX			
HEAVY LAMBS (24-26kg	\$192.00 TO \$218.00				
EXTRA HEAVY LAMBS (26KG+)	\$212.00 TO \$290.00				
TRADE WEIGHT MERINO LAMBS	\$162.00 TO \$206.00	FORBES STORE			
HOGGETS	\$139.00 TO \$193.00	CATTLE SALE			
www.kmiller.co					

Get Your Flu Shot Now

NSW residents are being urged to book in for their flu vaccine without delay, with winter just a few days away and hospitals already seeing a surge in influenza cases.

Health Minister Brad Hazzard said NSW hospitals were facing a triple threat with high numbers of COVID-19 cases, a surge in flu cases and staff furloughing due to illness.

"With almost no exposure to flu these past two years, it is imperative we all get a flu jab to protect ourselves and the community."

NSW's Chief Paediatrician Dr Matt O'Meara said there was particular concern for children aged six months to five years old, as young children were particularly vulnerable to the harmful effects of flu.

Those considered to be at higher risk of severe illness from influenza are eligible for a free flu vaccine. This includes children from six months to under five years of age; Aboriginal and Torres Strait Islander people from six months of age; people with serious health conditions, pregnant women, and people aged 65 and over.

At the time of going to press, the minister was considering making the flu vaccine free for all NSW residents.

Malaysian Dinner Concludes CWA Study

Food not only brings people together, but is also enriching as members of the Forbes CSW Evening Branch experienced at the conclusion of their international study of Malaysia with a traditional meal last week. Each year the CWA of NSW nominates a country for all its members to focus on and learn about the environment, the people and their customs, the traditional food and clothing, social issues and its government. Before and after dinner, guests perused a static display on Malaysia, as well as a display of some batik material, a red hibiscus, the Malaysian national flower, and products imported to Australia from Malaysia.

National issues were highlighted including the destruction of rainforests due to clearing for palm oil plantations that is threatening critically endangered species of animals like the orangutan, pygmy elephant and Malaysian tiger, as well as unique plants species such as the Rafflesia, the largest flower in the world. Food and water security, climate change and the disposal of plastic waste, which has increased dramatically since Covid -19, are other issues. "It was a very enjoyable and insightful night with very interesting information and an unusual way of presenting it. It was good to have people involved," said President of Forbes CWA Elaine Bright.



International Committee Carol Watling, Sue Cunningham and Heather Mackinnon in traditional Malaysian dress at Malaysian Dinner (left), and Karen Wright with mum Dianne at the dinner (right).

Several of our members dressed up in traditional Malaysian costumes.

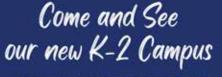
Oxley Group International Officer, Marilyn Pizarro said it was a very enjoyable evening and an impressive display of issues confronting Malaysia today.

"The lucky dip idea for guests to choose a fact and read to guests was a great way

to get people interacting with each other," said vice president of the Forbes Evening Branch Karen Wright.

Forbes Evening Branch would like to thank Forbes Sport and Recreation Club for allowing us to host our evening at the club.

By Sue Cunningham



ST LAURENCE'S PARISH SCHOOL FORBES KINDER 2023 OPEN MORNING

EXAMPLE 1 Fincipal, Paula Leadbitter and learn about our unique learning community.

WEDNESDAY 8 JUNE AT 9.30 AM

2 DALTON ST FORBES NSW

BE Seen



Seen outside Isabel's Place in Rankin Street this week were Gemma Andeliero, little Carter Newell and Marilyn Lamont.



AEC staff Whitney Duffy and Rebecca Roy at Forbes Town Hall on Saturday.



Peter and Evelyn Mahlo volunteered for National Party Member for Riverina, Michael McCormack at the election on Saturday.



Dennis Gregor, Wes McIntosh and Chris Percy on a road trip from Mackay, Queensland to Portland in Victoria stopped in to Forbes to vote on Saturday.

WHAT'S On

27 - 29 May	Big the Musical produced by the Parkes Musical and Dramatic Society at the tle Theatre. A fun and heart-warming adaptation of the 1987 motion picture fanta Tickets at www.parkesmandd.com.au		
28 May	CWA NSW 100 Years Celebrations at the CWA Hall in Forbes, 128 Lachlan St at 2pm for 2:30pm. RSVP: 0400 464 965.		
30 May	Grease and Oil Change Workshop - clinical psychologist Vicki Maher at The Back Room, Forbes at 6pm for an educational, uplifting and practical conversation about mental health in these current times. Free event, numbers are limited due to space. Book at https://greaseandoilchangevickimaher.eventbrite.com.au		
3 Jun	Reconciliation Week celebrations at Nelson's Park from 3 – 6pm with a range or activities for children and families.		
8 Jun	St Laurence's Parish School Kinder 2023 Open Morning and Information session at 9:30am, 2 Dalton Street. Come and see our new K – 2 Campus.		
16 Jun	Beccy Cole in Concert at Club Forbes. Buy tickets from 16 June Beccy Cole in Con- cert at Club Forbes. Buy tickets from www.124tix.com.		
18 Jun	Frost & Fire Winter Solstice celebration at the Forbes Ski Dam from 4 – 10pm with Thirsty Merc, Smith & Jones, Josh Maynard, Sydney Fire Dancers and more. Use your Discover NSW Vouchers to buy tickets.		
21 Jun	Forbes Mental Health Expo at the Forbes High School Hall from 11:30am – 1:30pm. Free community event. Contact Renae for information on rherbert@ccwf.org.au.		
26 Jun	Bingo at the Calarie Recreation Reserve or the "Calarie Hall" to raise funds for the upkeep of the hall. Doors open at 11am with calling starting at 1pm.		
25 Aug	The Robertson Brothers – 1960s Variety TV Show at Club Forbes. Tickets on sale at 16 June Beccy Cole in Concert at Club Forbes. Buy tickets from www.124tix.com		
Ongoing	Forbes CWA meets on the first Friday of each month at 1:30pm at the CWA Hal at 132 Lachlan Street. Anyone is welcome to pop in and join us for our afternoor meeting.		
Ongoing	Forbes Community Men's Shed in Union Street is open on Monday, Wednesday and Friday from 9am-1pm.		
Ongoing	Child and Family Health Nurse Drop-in Clinic at the Forbes Preschool every Tuesday. No appointment necessary.		
Ongoing	Forbes Badminton Club every Wednesday at Forbes High School 6:30 - 9pm. Cal Jay 0418 480 728.		
Ongoing	Forbes Handicraft Centre Market Day is held on the third Saturday of each month from 9:30am to 1pm outside the shop, 81-83 Lachlan Street.		
Ongoing	Women's Yarning Circle every Thursday at 40 – 70 Church St from 10am – 12pm		
Ongoing	Playgroup every Thursday at the Youth and Community Centre from 10am-12noor for families with young children. Contact Maree on 0427 963 048.		
Ongoing	Rhyme Time Story Time every Friday during school terms from 10:30am at Forbes Town Library. Ph 02 6852 1463.		
Ongoing	Forbes Town Band rehearsals every Monday night during school term. Learners from 6 - 7pm. Main band 7pm to 9pm. Band Hall, Rankin Street.		
Ongoing	Forbes North Playgroup every Wednesday from 10am-12noon during schoo terms. Entry via Facey Street. Ph Forbes North SaCC on 6852 3008. Bring food and drinks for children in your care.		
Ongoing	Forbes Community Garden is usually open between 9 - 11am Monday to Saturday at 59-71 Reymond St. Everyone is welcome.		
Ongoing	Thump, Jump and Rhyme every Monday at Forbes North School Hall. \$2 per child bookings essential. Ph Forbes North SaCC on 6852 3008.		
Ongoing	Free Weekly Tai Chi every Tuesday at Youth and Community Centre Battye St Forbes from 10:30am to 11:30am.		
Ongoing	Forbes Croquet Club meets every Tuesday and Saturday at 9am for a game. Gen- tle exercise and social interaction. Membership only \$20, morning tea or coffee in- cluded. Contact Elvy Quirk 0428 540 272.		
Ongoing	The Adult Survivors of Child Abuse - Cowra Support Group meets on the 1st Friday of each month from 12:30 - 2:30pm and is open to survivors of all communi- ties. All details online via: recover.itmatters.com.au or call Pascale, the facilitator, or 0458 698 460.		



Parkes Rd, Forbes (next to Hozpots) PO Box 586, Forbes NSW 2871 Phone: 02 6852 4288 Fax: 02 6851 1151 Email: a97.9fm@outlook.com Website: www.valleyfm.org.au

OUR Gal

Cherie Stitt

How long have you lived in or around Forbes and what do you like about living here? I was born and raised in Trundle and went to school for year 11 and 12 at Red Bend. I studied, lived and worked away and came to Forbes 14 years ago. I love the land, the space and the people equally.

Where do you work and what do you enjoy most about where you work? I do lots of lovely things. I am a mother, I teach yoga and meditation and hold gatherings for people to come together and connect. I like learning about the Wiradjuri people and their stories.

What do you do to unwind on weekends? I love reading, watching my little fella play soccer and hanging out with family. I usually watch the Penrith Panthers game on TV.

What are you really good at? Mothering and making ghee.

What makes you laugh the most? Six-year-old humour.

What's on your bucket list? I don't have a bucket list! I will see where the road takes me.

Tell us an interesting fact about yourself.... My middle name is Alma which is the name of both my grandmothers.

If money was no object, what would you do with your time? I would set up a special space in Forbes for indigenous and non-indigenous women to come together, to heal and to support each other and our communities.

What was your first job? Helping on the farm (unpaid) and working at the Trundle Golfie with Toot Ryan as a kitchen hand (paid).



CLASSIFIEDS

WINE BARRELS FOR SALE Half wine barrels \$130 each Full wine barrels \$250 each Ph: Parkes Brick & Pavers 6862 2253



Melissa Karaitiana, Rona Ashcroft, Vicki Smart and Barb Hurford. (Photos: Lucy Cambourn)

Fantastic Effort Forbes North!

The sun was shining as parents, families and community members returned to the grounds of Forbes North Public School to share a cuppa and raise funds for the Cancer Council last week. Over 160 visitors joined school staff and students to raise \$1,235 at the school's Biggest Morning Tea event.

This was the first opportunity for new principal, David McGaw, to welcome families to the school grounds. "It is a real honour and nothing short of a privilege to lead this school into what I hope is a new era where parents and community regularly visit our school grounds, especially for such worthy causes such as the Biggest Morning Tea".

Thanks to the school canteen and staff, adults shared a range of delights including blue jelly slice, apple cake, banana cake, chocolate cake, fruit cups, individually packaged vegie crudites cups with homemade dips, scones with jam and cream and more. The table was set and the kettle was ready when guests began to arrive at 11am.

The Junior Dance Troupe performed on the day as a treat to welcome guests.





School Captain Will Markwort with Dad TJ Markwort.



Bethany and Eleanor Osborne.



FORBES SPORT

Forbes Players Gain Valuable Experience In Bathurst

Four Forbes netball teams travelled to the Bathurst regional carnival on Sunday. The 11s were excited about playing in their first away carnival, while the 17s are nearing the end of their preparation for the Senior State titles in Camden over the June long weekend.

It was dads day with the dads stepping into the traditional helping roles usually carried out by the mums. Again, different combinations were tested, with players showing through their individual strengths. This will be used to put together combinations for the State Titles. The last carnival for the team is Dubbo next Sunday, with just three weeks to go to State Titles. Players player for the day was Lily Boyd.

The 14s took a step up at Bathurst recording the best results of the season against teams from Cowra, Blayney and Bathurst. Players player for the day was Holly Leighton.

The 12s development team really held their own impressing with their consistency in effort throughout the day.

The 11s were very excited for their sec-



FLYING HIGH... The 17s goal keeper Lily Boyd was named Players player for the day at the Bathurst Carnival. She is flying high playing Blayney on Sunday.

ond carnival for the season. These eight young ladies did not give up all day, playing with only one extra in each game.

They played some exceptional netball and improved every game.

By Robyn Kenny



Golf Results

The men's Stroke golf event on Saturday had a small field of 53 and was won by David Earl with 70 nett in division 1, runner-up Alf Davies 71 nett. Division 2 was won by newcomer Harry Quirk nett 64, runner-up Jake LeBrocque 70 nett.

The NTP's: 9th – Warwick Judge; 18th – Brian Everest; 3rd Hole Superpin Alf Davies who put his ball to 2.98m.

The ball sweep went to 76 nett on count back. There were 14 successes so check in the Pro Shop to see if you were successful.

Sunday's Stableford Medley was won by Sharon Grierson with 33 points, runner-up Henry Nash 32 points. There was no ball sweep, and also no NTP's recorded.

This weekend we have an 18-hole Stableford, sponsored by the Hodges family, with the 'Wilf Hodges Memorial Trophy' up for grabs. Sunday has a Stableford Medley, as well as the final leg of the 'Trilogy of Golf' played at the Condobolin Open.

By Short Putt

Croquet Players Brave The Elements

Aussie croquet was played last Saturday under very bleak conditions, however 24 players braved the elements. Three games were won by John Browne and Geoff Coles. Close scores of 14/13 were recorded by Dorelle Scott/John Farah def Kevin Rubie/Bruce Field; Kevin Rubie/Colleen Liebich def Robin Pols/Barry White; Neville Spry/Bruce Field def Elvy Quirk/Robin Pols.

Several players recorded 14/11 scoring: Barry White/Colleen Liebich def Bill Scott/Neville Spry; Peter West/Lorraine Todd def Lyn Simmonds/Cheryl Toohey; Neville Spry/Alec Todd def Bruce Field/Lyn Simmonds; John Job/Bill Scott def Cheryl Toohey/Sandy Hepburn; Peter West/Geoff Coles def Joan Littlejohn/John Cole; John Browne/Sandy Hepburn def Lorraine Todd/Barry White; Kevin Rubie/Bill Scott def Dorelle Scott/Cheryl Toohey; John Allegri/Alec Todd def Lyn Simmonds/Peter West.

On Tuesday golf croquet was played with 30 players enjoying the game. The grounds are in near perfect condition and a big thank you must go to the Forbes Shire Council for their tireless effort mowing and marking. One top score was recorded by John Browne/ Joan Littlejohn def Evelyn Mahlo/Lyall Strudwick 10/3.

Many close games of 7/6 were recorded: John Farah/Jennifer Job def John Cole/May Jones; Bruce Field/Allan Jones def Marie Spry/Irene Ford, John Allegri def Barry White; Robin Pols/Fay Picker def John Job/Neil Gilmour; Neville Spry/Jeff Liebich def Bruce Field/Evelyn Mahlo; Allan Jones/Noel Jolliffe def Jennifer Job/Colleen Liebich; Barry White def Bruce Field/Lyall Strudwick. All three games on the day was won by John Allegri, John Cole, Jeff Liebich and Neville Spry. Once again a special thanks to the few members who arrive early to set up.

This week John Browne and Neville Spry have been busy making a mallet holder. It will be a great asset keeping mallets up off the ground. Our new signs at the clubhouse look great and many people have commented on them.

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