Parents and friends of Caragabal Public School,

Swimming

Good luck to Halle, Tully, Angus, Tom and Jack who head to Condobolin this Friday to represent Caragabal Public School and the Forbes Small schools Group. This is the first group of students we have had progress to the next level in swimming in a very long time. It is also the first time we have had enough swimmers to have our own relay team at the event.

Quandialla Swimming Carnival

The Quandialla swimming Carnival was a very successful and enjoyable day for the students. From this day and the Forbes small schools day we will set up our own school swimming records for the future.

From the department of Education

Assignment starters for the arts

Videos are great resources for getting kids enthused about their assignments. These pages on cubism, percussion and critical studies provide key points to help them get started and links to useful sites to assist with further research.


Helping your Kindy kid succeed at school

A great way to kick off your child’s formal education is to understand the school culture and what your child is doing in the classroom.


Speech problems

All kids learn how to talk and listen at different rates but did you know there’s a general pattern to your child’s language development?


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**Playgroup Weekly Events**

**Bears bush bus**

Monday 1.30

**Preschool**

Tuesday and Friday 9.15 – 3.15

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**This Week**

**Tuesday 19th**

Mrs Hetherington, Mrs Piefke and Miss Gorton on Class. Library Music Via Video Conference

**Wednesday 20th**

Pet awareness visit

**Thursday 21st**

Mrs Armstrong, Mrs Hoy and Miss Gorton on Class. Art

**Friday 22nd**

District Swimming Carnival -Condobolin

**Monday 25th**

Tuckshop – Emma AASC

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**50 Club**

The 50 club has started again. The students have to complete 50 sums at their level in under three minutes and are quickly moving up the levels at this stage. Students who have made the 50 Club so far this year include Gage - 5, Jack - 4, Hamish, Rori -3, Tom, Angus, Tully - 3, Halle - 3, Penny and Sadie.

**Mathletics Certificates**

Week 1 Bronze certificates went to Halle West, Billie Durham, Tully Mc Cahon, Angus Troth and Rori Durham. Billie scored 5700 points for the week which was a record. Week 2 Halle West received another bronze certificate.

**Have a great week. Regards,**

Caragabal Staff
Thought For the Week:

“One who smiles rather than angers is always stronger”. Chinese Proverb

Caragabal Country Golf Club:

Following the AGM yearly membership fees are now due for the 2012/2013 year. Current membership fees as passed at the meeting are:

Registered players: $110.00
Social members: $55.00
Junior Members $11.00

Fees can be paid either at the club or to the treasurer Peter Toole.

Director’s Meeting:

The next Director’s meeting is scheduled for Wednesday 13th March 2013 at 8.00pm at the club house.

DUTY ROSTER:

Sunday: 24/2/13: T Cooper, M Pollock, G Brain, R Clapham

BOWLS:

Social bowls will held each Sunday with play commencing at 6.00pm. *ie on the green at 6.00pm.* Anyone who would like a game will be made very welcome.

Royal Hotel News:

**Meat tray raffle:** Winner; Dave Forde

**Counter meals** are available Saturday night from 6 to 9pm in conjunction with normal takeaways.

**Café Hours:** 7.00pm – 8.00pm – Wednesday
6.30pm – 9.00pm – Friday & Saturday

**Coffee Shop:** NOW OPEN and serving freshly ground and brewed coffee to drink in or take away.

We look forward to seeing you at the Pub

Grant & Melissa

Caragabal Water Progressive Association:

Thank you to those who have already paid. Accounts are now overdue and as of the 1st March will attract a weekly surcharge of $2.00. If your account is not paid by the end of March then the water will be disconnected.

Tony Johnston. President.
Caragabal Post Agency:

PLEASE NOTE NEW HOURS

Hours: 2.30pm to 5.00pm
Monday to Friday

Stamps, post packs and parcel posting is available at the PO Agency Caragabal.

************************************************************

Anglican Church Services:

Sunday 24th February
11.30am Holy Eucharist, St Margaret’s, Glenelg
With kids time & activities

Sunday 3rd March
9.00am Parish Family Service, Holy Trinity, Grenfell
With “Messy Church” for kids
(followed by Parish AGM at 10.30)

Sunday 17th March
11.30am Holy Eucharist, St Peter’s, Caragabal
With kids time and activities

IRONFEST “TIME TRAVEL” 2013
APRIL 20 & 21 LITHGOW

The 14th Annual Lithgow District Ironfest
Titled “time Travel” will be held over the weekend of April 20 & 21, 2013.
Lithgow Showground

HOURS:
9AM – 6PM SATURDAY
10AM – 4PM SUNDAY
TICKETS & INFO:
IRONFEST.NET & FACEBOOK.COM/IRONFEST

Presentation Night Shields:

Thank you to those people who have returned the shields which they won last year at our Awards Presentation evening. We would like the rest of them back as soon as possible please so we can put them on display.
TAI CHI FOR HEALTH

NEWCOMERS WELCOME

From Tuesday 12th February I will be conducting 2 Tai Chi for Health classes as follows:

8.15-9.00am
Tai Chi for Energy (Chen & Sun)
24 Forms(Yang)

9.15-10.00am
Tai Chi for Arthritis parts 1&2 (Sun)

Between these 2 sessions we will have a brief Green Tea Break. Participants are welcome to either or both sessions

Tai Chi helps with balance, falls prevention, relaxation and many other health conditions. It can be performed seated.

Caragabal Country Golf Club

Wear comfortable clothes and sensible shoes to exercise in.

Enquiries to Helen Denovan 6349 1777.

Anyone is also welcome to join me for a practise session on Friday at 7.30 am commencing 15th February.
Triple P courses highlight the importance of good communication between parents and children, and suggest simple routines and small changes that help make big differences. Parents learn to understand how their family works and how to use the things they already say, think and feel in new ways. This helps to:

- Create a stable, supportive and harmonious family
- Encourage positive behaviour from children
- Build positive relationships with children
- Establish ways to plan ahead to avoid or manage potentially difficult situations
- Find suitable solutions for parents to take care of themselves while balancing work and family responsibilities

Sign up today to find practical answers to your everyday parenting concerns, and learn how to raise happy, healthy children.

Triple P is available free to all families with children aged 2-12 years.

**Please contact Cowra Family Support Service  63423432**

Grenfell Pre-school and Long Day Care

Sharon Grant  63431743

Child Care is Free and children will stay at the Grenfell Pre-school and Long Day Care

Date: 20th February ‘13

Time: 10am -12pm

Location: Grenfell Community Health Centre

Camp Street, Grenfell

Cost: Free

RSVP: 13 Feb ‘13

BOOKINGS ESSENTIAL TO SECURE YOUR PLACE.
ENGAGING ADOLESCENTS™
PARENT COURSE

Parenting skills for resolving teenage behaviour problems
A three-session program for parents and carers
at YOUNG PCYC
45 Lachlan Street, Young.
on 11th, 18th & 25th March 2013 at 9.30am to 11.30am.

Learn:
✓ Some common ground shared by parents & reasonable expectations to hold about adolescents
✓ New understandings of adolescence
✓ A three-option model & flow chart for decision-making
✓ Self check-in, first - for parents.
✓ Building relationship with your teenager and making the best of your non-crisis conversations with them
✓ Skills for tough conversations for handling those problems you just can’t ignore

Registration Fee
The course is FREE. Covered by Campbell Page – Youth Connections. Morning tea provided.

Register for this course by contacting Naomi Peters at Young and District Community Hub on Ph 63826328

What parents have said...
A step dad recalled an incident at the weekend with his 12 year old step daughter. He said that the input he had received the previous week from the course helped him keep his cool and brought a more favourable outcome.

A single Mom who had presented quite anxious on the first night told the group in week 2 that she had made an appointment with her 15 year old son during the week and had had a far more favourable discussion with him than would previously have been the case.

Who’s running it?
The trainers for this course are Fiona Lane (School Counsellor/Registered Psychologist), Joe Camilleri (NSW Police), Peter Guthrie (NSW Police). Collina Meadows (Campbell Page) who have all completed Parentshop’s Engaging Adolescents training.

For more information contact Joe Camilleri on Ph 69420099

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective •

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au
ZUCCHINI & FETA FRITTERS WITH QUINOA SALAD

Ingredients

400g zucchini, coarsely grated
2/3 cup self-raising flour
125g reduced-fat feta, crumbled
3 shallots, thinly sliced
1 egg, lightly beaten
½ cup finely chopped fresh basil
Cooking oil spray
2 lemons
1 cup cooked quinoa
100g baby spinach
3 roma tomatoes, cut into thin wedges
1 yellow capsicum, thinly sliced
1 Lebanese cucumber, cut into ribbons
50g snow pea sprouts, trimmed
Light sour cream, to serve

Method

Squeeze out as much excess moisture as possible from zucchini, then transfer to a bowl. Stir in flour, feta, onion, egg and basil.

Spray a large frying pan with oil and place over a medium-high heat. Drop four 2 tablespoonful measures of zucchini mixture into pan. Cook for 2 minutes each side, or until golden and cooked through. Transfer to a plate to keep warm. Repeat with remaining mixture to make 8 fritters in total.

Meanwhile, juice 1 lemon. Cut remaining lemon into wedges. Combine quinoa, spinach, tomato, capsicum, cucumber and sprouts in a large bowl. Drizzle with lemon juice and toss gently to combine.

Serve fritters with quinoa salad, sour cream and lemon wedges.
By the time this edition of the Record is published, the Local Land Services workshop at the Grenfell Bowling Club will be over. As this was to be the only workshop in this region, a large crowd of visitors was expected in addition to local property owners. People are starting to question the Government’s bona fides with this matter, seeing it as nothing more than a cost cutting measure rather than a streamlining. The scheduling of public meetings before the explanatory papers are available has also raised concerns that the important decisions have already been made.

The big question for Grenfell is the future of the local Landcare office. This office, now and in its previous form of the Soil Conservation Service, has given good service to this district and provided improvements to many rural properties. It is an office that should be retained, not closed, but the writing may be on the wall.

The new Swimming Pools Act 2012 has been gazetted which will affect private swimming pools throughout the state. All pools must now be registered and new standards of safety fencing have been introduced. As an added feature, a potential buyer can now request a compliance certificate for a pool no matter when it was built. If you have an old pool it would be worth your while checking if anything needs to be done as councils are now required to carry out regular inspections. These rules also apply to above ground pools, including inflatables.

Before a wave of resentment builds up, it would be helpful to acknowledge why these rules are being applied. Young children continue to be drowned in back yard pools, and obviously some pool owners are not being careful enough to safeguard those children. It would be a terrible occurrence for a pool owner to go through, much less the child, and it is a clear case where prevention is better than cure. (there is none!)

Meanwhile the Grenfell Pool continues to operate well after the emergency repairs last weekend. The Manager reports that the system handled last week’s school carnivals with ease, with the water clarity being maintained right to the end. Further work is continuing to identify the leaks.

A number of generous people have donated children’s toys and baby’s items so that the doctor’s family will have something immediately upon arrival.

Some other important things they will require immediately are child seats and booster seats for children aged 7 months, 4 & 7. I would be pleased to hear from anyone prepared to donate or lend any of these items.

Council has recently engaged a health inspector to carry out the prescribed inspections of food premises throughout the shire. It is pleasing that most premises require only minor works to bring them up to standard.

These inspections are not always welcomed by shop owners but they play a valuable role in ensuring that public health is being protected.

A Federal committee has been enquiring into the likely success of a referendum to give “financial recognition” to local government in the Australian constitution. The committee has just released a majority report recommending that the referendum be held in conjunction with the coming Federal election in September.

Councils for some years have received funding directly from the Federal government, in particular for the excellent Roads to Recovery program under which Weddin Shire receives over $400,000 a year. By paying directly the State government is cut out of the picture and doesn’t get the opportunity to keep a slice on the way through. This means that all the money gets through to the councils and is spent on the job, not somewhere in Sydney.

As a consequence of this, many state governments are expected to oppose the referendum, and many wondrous reasons will be espoused. Just remember when the heavy propaganda starts, it’s really all about money, and the States don’t like missing out on their cut.

A few reminders to finish.

The Mental Health First Aid Training course at Quandialla will be held this Thursday and Friday. This could be very valuable to residents in the Quandialla area, particularly to those families still doing it tough. Ring 63638420 to register.

A number of generous people have donated children’s toys and baby’s items so that the doctor’s family will have something immediately upon arrival.

The photographic and glass art exhibition at the Grenfell Art Gallery concludes this weekend, so you only have a few days left to see some candid shots of local identities.

The next exhibition titled ‘Different Strokes’ opens next Tuesday 19th. This exhibition features Karen Walsh, an award winning artist from Cootamundra, formerly Canada; Sally Last/Eberle, who teaches fine arts at Stockinbingal; and Robyn Moore, a porcelain artist from Young who has also won many awards including at the Henry Lawson Festival.

The Grenfell Cinema commences the 2013 season with an award winning Australian film, “The Sapphires”, about a female pop group. The movie features singer Jessica Mauboy who has gone from strength to strength since she starred. This is a highly rated movie and should fill the room. See the accompanying advertisement.

And finally, the first Council meeting of the year will be held next Thursday. Like many other councils Weddin’s councillors have been issued with iPads to cut down on paper wastage so there have been some changes to how the meetings proceed.

No doubt you’ll see them all on Facebook and Twitter next.

**Dates to Note**

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<th>Event</th>
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<tr>
<td>15 February</td>
<td>- Recycling Collection (eastern run)</td>
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<tr>
<td>18 February</td>
<td>- Recycling Collection (western run)</td>
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<td>18 February</td>
<td>- Town Works Committee, 5.00pm</td>
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<td>19 February</td>
<td>- Henry Lawson Festival Meeting, Community Hub, 7.30pm</td>
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<td>21 February</td>
<td>- Ordinary Council Meeting, 5.00pm</td>
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**Street Stall**

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<td>15/16 February</td>
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Advertisements
POSITION VACANT

Council invites applications from suitably qualified and experienced persons for the following position:-

- Yardman/Sewer Attendant

Please submit written applications with details of qualifications, drivers licence, WorkCover Certificates and work experience together with written references and/or the names of two people who may be contacted for work references.

Further information and job descriptions can be obtained by contacting Lisa during business hours on (02) 6343 1212.

Applications for this position should be sent to the General Manager, Weddin Shire Council at the address below and will close at 2 pm on Wednesday, 27 February 2013.

The Weddin Shire Council is an equal employment opportunity employer and provides a smoke free work environment.

GRENFELL CINEMA

Residents are hereby advised that the next film at the Grenfell Cinema will be shown as below:

“The Sapphires” - Thursday 28th February at 2.00 pm
Rated PG

Tickets are available from Louisa’s Locker with prices detailed below:-

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<th>Family</th>
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As there are limited tickets available residents are encouraged to book early.

AUTHORISATION

TV LOBB
GENERAL MANAGER
Growing the Business of farming. 

NSW Farmers ASSOCIATION

Member Service Centre: 1300 794 000

Regional Service Manager: Rachel Galvin: 0427 773 495

Peter Toole: Chairman 63475252

James Clifton: Secretary/Treasurer 63476254

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CARAGABAL NSW 2810

PHONE 0263475270

ROYAL HOTEL CARAGABAL

Phone: 63 475 336

Hosts: Grant & Melissa Davey
YOUR INDEPENDENT SUPPLIERS OF

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287 BOOROWA STREET
YOUNG NSW 2594

PH: 02 63 82 6622
www.deltaag.com.au

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Come along & bring your favourite craft – sewing, patchwork, knitting, crochet, embroidery or any sewing project & enjoy a coffee & meet new friends in a friendly atmosphere.

If you would like to learn to sew, just come along & we can help get you started. BYO lunch – tea & coffee provided.

Sewing days are on 1st & 3rd Tuesdays of each month from 9.30am – 3pm or at other times by arrangement.

Quilting Service available or you can hire the use of my longarm machine & do your own quilting under supervision.

Fabric & Notions available.

Looking for a personal gift – Quilts can be made to order.

Dressmaking services also available.

For more information Contact Wanda Taylor - 63475254