Parents and friends of Caragabal Public School,

**Regional Swimming.**

Our swimmers competed at Dubbo last Friday at the regional swimming championships. They all swam personal best times and had a great day. Halle came 6th in her heat in the 8 Yr girls freestyle. Angus came 14th out of 26 in the 8 year Boys 50m freestyle, and our PP6 relay team came 6th. Tom swam in the Lachlan junior boys relay team which was placed 8th. Congratulations on a great effort.

**Succeeding in science**

Encouraging your teen to ask questions and helping them find the answers is top of the list in helping them to succeed in science. Find out more:


**Facts about tutors**

Private tutoring to give kids a helping hand in their schooling is a growing business. However, it's also an area where parents can be vulnerable to bogus offers and misleading advertising. Find out more:


**Public speaking**

Does your child suffer glossophobia? Fear of public speaking is common. Try creating opportunities for your child to present speeches to the family, without putting pressure on them to perform. Here are some tried and true tips to make your child’s next speech a success. Find out more:


**Science starters**

Did humans live with dinosaurs? Does the moon disappear in the day? Kids love to know the answers to life's mysteries but there are a few facts they often get wrong in the name of science. Find out more:


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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 12th**  
Mrs Piefke and Mrs Hetherington  
Miss Gorton at Regional Principals Meeting at Dubbo

**Wednesday 13th**  
Mrs Armstrong, Mrs Hoy on Class and Miss Gorton at Regional Principals Meeting at Dubbo

**Thursday 14th**  
Miss Gorton and Ash on Class.  
P & C AGM 7.30 pm at school

**Friday 15th**  
LOTE, AASC – Swimming

**Monday 18th**  
Rugby Union Development Day - Grenfell

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**50 club**

These students have completed 50 sums at their level in under three minutes and have moved up the next level this week. Tully, Sadie, Halle, Rori Jack and Gage.

**Mathletics certificates**

Billie Durham, Tully McCahon, Penny Ray, Sadie McCahon, Jake Troth, Gage Durham all received Bronze awards. Hamish Napier received a Silver award and Halle West earned a gold award.

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**Have a great week.**

Regards,  
Caragabal Staff
Thought For the Week:

“Life’s most persistent and urgent question is; What are we doing for others?”. 
Martin Luther King

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:

Friday 15/3 & Sunday: 17/3/13: J Kellahan, W Death P Lynch

BOWLS:

NOTE TIME CHANGE!!
The days are getting cooler and shorter so social bowls will commence at 4.00pm. **ie on the green at 4.00pm**, each Sunday afternoon. Anyone who would like a game will be made very welcome.

LADY GOLFERS:

All you keen golfers and intended golfers please note that we have organised another coaching day with Sharon Nott.
The date will be Friday 12th April 2013 – but has to be confirmed. So please keep it in mind with further details to be announced soon.

Royal Hotel News:

** Meat tray raffle:** Winner; Mat Ray

** 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 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.

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**Anglican Church Services:**

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

**Sunday 24th March**
11.30am Palm Sunday, St Margaret’s, Glenelg

**Sunday 31st March, Easter Day at Holy Trinity, Grenfell**
6.00am Easer Vigil and lighting of Paschal Candle  
9.00am Easter Family Service with Holy Communion  
*Followed by a sausage sizzle and Easter egg hunt*

**GRENFELL JUNIOR RUGBY UNION REGO 2013**

Grenfell Junior Rugby Union is pleased to announce that Jack Burey from Brumbies Rugby will be making school visits in Grenfell on Monday 18th March. This is a great opportunity for interested players new and old to find out everything they would like to know about Junior Rugby. For the under 7’s, games are two hand touch which is fun without any contact. Under 9’s, Under 11’s, 13’s and 15’s play tackle rugby with slight law variations to suit each age group.

Junior rugby also has the flexibility of being played every second Sunday. School holidays are usually also free of rugby games. Grenfell Junior Rugby Union registration evening is on Wednesday, 27th March at 5pm, RB Bembrick field, with a light training run followed by a free sausage sizzle.

The rego fee will be $50 per player with a maximum of $100 per family. New players to the club will receive free membership for their first season! New players will need to bring their birth certificate and medicare card. All players will receive free a pair of shorts and socks as well as a Brumbies card which gains free entry to any of the Brumbies super 15 rugby games in Canberra.

The competition is set to start on the 5th of May so dust off your boots and get ready for a fun season of rugby.

Any queries please phone 0458475243.

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**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

It has been great to welcome some new people to Tai Chi- it is never too late to commence. It has been shown that practicing Tai Chi twice a week for 16 weeks greatly reduces your risk of falling. Additionally Tai Chi has been shown to have many other health benefits.

TUESDAY CLASSES commence at 8.15am and 9.15am. Participants are welcome to attend either or both sessions. There will be no classes on 9th April.

FRIDAY CLASSES commence at 7.45am. There will be a break from Friday classes commencing 22nd March. We will recommence Friday 19th April.

INDIVIDUAL CLASSES if you would prefer to learn Tai Chi at home at your own pace there are a range of DVDs available. Contact Helen for information.

Caragabal Country Golf Club

Wear comfortable clothes and sensible shoes to exercise in.

Enquiries to Helen Denovan 6349 1777.

Caragabal Music Club

Have you ever thought about singing in a choir? Would you like to learn a musical instrument? Would you like to meet with other musicians and share your talents, skills and knowledge?

Most importantly would you like to challenge yourself and have some fun?

Come along to a meeting on Wednesday 27th March at 7.00pm at the school hall.

This group is not only for those with musical skills, those who are tone deaf but love music or would like to learn are encouraged to attend.

Please contact Helen Denovan on 6347 5286 (After Hours if you would like to know more).

GARAGE SALE:

Holy Trinity Anglican Church Hall on Saturday, 16th March at 9.00am.

Donations of goods for sale would be greatly appreciated; for safety reasons we are unable to accept electrical appliances.

For goods pick up phone 6343 2149 or 6343 1243.
Tall Poppies Garden Club:

Next meeting: 13th April at 9.30am at Clare & Simon Nowlan’s property “Glenesk” Bimbi.

Alex Dalglish will be the guest speaker

Everyone welcome.

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The current Book Club order form is due back at school on or before Wednesday 20/3/2013.

JUS BEAUTIFUL

Ashlee’s next visit will be Tuesday 19th February 2013.

Available services include:

• Waxing
• Tinting
• Manicure and pedicure
• Swedish massage
• Lash grafting
• Facials

Please phone Melissa on 63 475 336 or Ashlee on 0447 475 229 for an appointment.

Bookings are not essential but do make life much easier.

Please note change of date. Due to unforeseen circumstances Ashlee will not be able to be here on the 12th and apologises for any inconvenience.
LIME JELLY WHIP

Ingredients:
1 sachet low-joule lime jelly
⅓ cup light evaporated milk, chilled
⅓ cup light cream
1 lime, zested
1 teaspoon icing sugar

Method
In a bowl, combine jelly crystals with 1 cup boiling water. Allow to cool completely but not set.

Whisk evaporated milk until creamy and slightly thickened. Whisk in cooled jelly, then whisk in cream and lime zest.

Pour mixture into serving dishes or cups and chill until set (at least 90 minutes). Dust with icing sugar before serving. Garnish with fresh mint, if desired.

To make gluten free: use gluten-free icing sugar.
Release your inner Boyle in time for Opera in the Park.

Co Opera will be running a Choral Workshop on Thursday 4th April 6.30pm. Practice sessions start soon!

Participants will be invited to be part of the Co Opera performance of “The Revenge of the Bat” in Barnado Park on 5th April 2013.

Call Pat Redmond on 040 118 0427 ASAP - this is not an opportunity to be missed!

www.operainthepark.com.au

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The Revenge of the Bat

Opera in the Park
Gates open 6pm Friday 5th April
Barnado Park West Wyalong
Tickets available from West Wyalong Post Office and online at www.operainthepark.com.au
BYO Chair. This event is non-smoking and glass free.
Adults $35 Students & Pensioners $17 Family $90
Brought to you by West Wyalong & District Country Education Fund
No doubt the big news of last week was the long-awaited arrival of Dr Akhiwu, his wife Elizabeth, and their four children.

The chair of the Weddin Health Council, Mr Peter Moffitt, Mrs Chris Lobb and the General Manager comprised the welcoming committee when the family flew in to Mascot last Wednesday. The council Kluger was packed to the gills for the trip to their hotel and it still needed a station wagon taxi to fit in the rest of the luggage. Fortunately none of the children were lost in this manoeuvre.

After spending Thursday in the city to confirm his registration, the family were collected on Friday morning by the Weddin Community Transport bus driven by Craig Johnson accompanied by Cowra-Grenfell Health Service Manager Pauline Rowston. The bus arrived in Grenfell about 5.00pm and gave the very excited wife and children their first look at their new home.

It wasn’t long before the children discovered the donated toys and bikes and off they went, while Elizabeth went from room to room appreciatively admiring Chris’ decoration skills. You only get one chance to make a good first impression, and this was clearly achieved.

Dr Akhiwu has this first week off to recover from the trip and settle in before commencing at Cowra next week. The Area Health Service is kindly providing a vehicle for him to travel to and from Cowra, while Council has temporarily provided a spare vehicle to help him get about until he purchases his own. Apparently people are already recognising him and giving him a friendly wave, something he greatly appreciates.

Prime TV was in town on Monday to do a little story on his arrival, and there was no shortage of people in Main Street prepared to come up and welcome him to town in front of the camera. It doesn’t seem so long ago that petitions were being pushed and defamatory remarks were being made in that same street. Thankfully all that has passed.

The Clean Up Australia working bee attracted 25 volunteers on Sunday morning, all deftly deployed by chief organiser Pat Soley. As a result of these efforts a large quantity of rubbish was conveyed from our roads, streets and parks to the Grenfell Tip.

This Australia wide campaign has been going for 23 years now and the Grenfell volunteers can all justly feel proud at being involved in such a high profile campaign to improve our environment. Well done to all concerned, and many thanks to Pat for her contribution.

Another environmental campaign in the Weddin Shire was the ChemClear collection late last year. Over 11,383 litres of obsolete agricultural and veterinary chemicals were collected state wide, but the Grenfell response was relatively low. Another collection is anticipated later this year and perhaps more unwanted chemicals will come to light next time. The collection will be well advertised so keep an eye out if you could be interested.

The roll up for “The Sapphires” movie last week was so good people nearly had to be turned away. Fortunately some additional chairs were located to accommodate the record audience of 67.

It was a very enjoyable movie right up until the end when the DVD developed a glitch and 3 or 4 minutes were lost. Whilst it was a defect in the DVD and no-one’s fault, Council apologises for the resulting inconvenience and loss of continuity. It broke the mood of the movie at just the wrong time.

Council recently received two new items of plant for use on our roadworks. The first was a new low-loader trailer which replaces a unit purchased second-hand in 1979. The new trailer was manufactured by J.P. Trailers, much of it in Grenfell, and has come up very well.

The second item is a new patch truck comprising a Jetpatcher patching unit on a new Isuzu cab-chassis. This is Council’s third patch truck of this type, something which has significantly improved the quality and efficiency of patching bitumen roads in the shire over the last 15 years or so. Interestingly enough, the writer recently passed through a roads authority job where the workmen were spraying patches by hand lance and spreading aggregate by square mouth shovel. The materials were the same but the application was nowhere near as good as Weddin Shire’s.

Autumn is with us and the pools don’t have long to go before they are tucked away for next season. Quandialla pool has already reduced its opening hours and will close on 17 March. The local pool committee has again done a fine job in keeping this facility going – not many villages the size of Quandialla can boast as good a pool, or even a pool at all.

The Grenfell pool has a slightly longer season and will close on 24 March, the Sunday before Easter. Activity will continue at the Grenfell pool to investigate why and where it keeps losing water. The pool itself seems reasonably sound and the investigation will focus on the scum gutters and the inter-connecting pipework. And no, Roma Sinclair, you may not swim laps while this work is going on.

**Dates to Note**

- 19 March: Lawson Festival Committee, Community Hub, 7.30pm
- 21 March: Ordinary Council Meeting, 5.00pm
- 26 March: Extra-ordinary Council Meeting (Estimates), 5.00pm

**AUTHORISATION**

T V LOBB

GENERAL MANAGER
WE THANK OUR SPONSORS FOR THEIR SUPPORT

CARAGABAL

COUNTRY GOLF CLUB

MIDWESTERN HIGHWAY
CARAGABAL NSW 2810

PHONE 0263475270

ROYAL HOTEL CARAGABAL

Phone: 63 475 336
Hosts: Grant & Melissa Davey

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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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287 BOOROWA STREET
YOUNG NSW 2594

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

Come along & bring your favourite craft – sewing, patchwork, knitting, crotchet, 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