Community Newsletter Oberon and Surrounding Villages October 2022

Email: newsletter@oberon.nsw.gov.au

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Mental Health Month is celebrated each year in the month of October in NSW. This month encourages all of us to think about our mental health and wellbeing, regardless of whether we may have a lived experience of mental illness or not. It also gives us the opportunity to understand the importance of good mental health in our everyday lives and encourages help seeking behaviours when needed.

In 2022, the theme for Mental Health Month is Tune In

Tuning In means being present – being aware of what's happening within you, and in the world around you.

- Tune In to your senses what can you sense right now? What can you feel?
- **Tune In to your communities** what's happening that you can be part of, or that you can help others be part of?
- **Tune In to stigma** how do attitudes and understandings of mental health and wellbeing impact people's ability to live the lives they want?

Taking a moment to Tune In can help still and focus your mind, it can help you understand what's going on for you and others. Tuning in can help you find a new perspective, and it can help you reflect and be present.

Tuning In has been shown to help build self-awareness, help make effective choices, reduce the impact of worry, and build positive connections.

Tuning In to communities and the impact of mental health stigma can help ensure that people who need support have safe places to talk about their experiences and reach out.

Tune In to Mental Health Month and help create a world we can all Tune In to.







Community Newsletter Terms and Conditions

The Oberon and Surrounding Villages

Community Newsletter publishes articles of community interest.

We support local sporting, educational, recreational and charitable groups through publication of information relevant to the organisation. This publication aims to provide important information about services, activities and upcoming community events in Oberon and Surrounding Villages.

All submissions must contain no statements or remarks that may be considered defamatory, derogatory or discriminatory, against any person and must use respectful language.

The decision to publish an article rests with the Editor, and the Editor's decision is final.

A publishing fee applies to all advertisements of profit events, exceptions apply to non profit and community groups. For more information regarding advertising costs please contact the editor.

All photos published become the property of Oberon Council. It is the responsibility of contributors to secure permission prior to submission, to use any photographs or material provided for the Oberon and Surrounding Villages Community Newsletter.

Please forward your articles to The Editor, Oberon and Surrounding Villages Community Newsletter by sending an email to newsletter@oberon.nsw.gov.au or mail to PO Box 84 Oberon, 2787 Ph: 6329 8143

Content must reach the editor by the 12th day of each month to be considered for inclusion in the next monthly edition of the community newsletter.

Justice of the Peace		actolae
Oberon		oct ber
Barry Lang	6336 1352	
Bob O'Bernier	6336 0067	Pink Up Oberon
Elizabeth Pollock	6336 1097	
Barry Richard	6335 6239	Photo Competition
Glen Stewart	6336 5306	We invite you to pink up
Oberon Council	6329 8100	Prizes are up for grabs for first and second in each
Leanne Pointon Hannah Booth Zoe Marks Gary Wallace		section Community, Business, and schools. Simply Donate \$2 by using the QR code and submit your photo to community@oberon.nsw.gov.au by 18/10/2022 5pm. All photos submitted will be placed on Facebook,
Porters Retreat		most likes wins!
Deborah Hoolihan	0427 558 706	Photos must include pink.
O'Connell		
Kathy Manton	0411 835757	Contact the Community Services Team for more information on 6329 8100 or community@oberon.nsw.gov.au

Let's do our part for Breast Cancer

Oberon is fundraising to help make the lives of families experiencing breast cancer that little bit easier.

A breast cancer diagnosis can change your life in an instant and the impact can be felt right through your family and friends.

McGrath Breast Care Nurses bring you and your family peace of mind through expert knowledge, personal care and genuine compassion. They can help you create time in your life not defined by breast cancer.

Supporting Oberon to raise funds for this great cause is easy and you can help place specialist McGrath Breast Care Nurses, wherever they're needed.

Together, we can make a difference!

Thank you so much for your support.



Mayor Mark Kellam

It's time to talk about some roads. Specifically Jenolan Caves Road, the Two Mile and the Great Western Highway (GWH) and what is known about the future of those roads.

The Jenolan Caves Road between Hampton and Jenolan Caves was seriously damaged in early 2020 and again in early 2021.

The damage near Hampton has meant the road has been fully or partially closed for almost three years on what is our most direct road access to Sydney for private and commercial activity.

Transport for NSW (TfNSW) have now advised us that they have developed a preliminary plan to fix the damaged section of road at Hampton and expect to have a detailed design in the next month or so. This plan retains the current alignment of the road and remediates the damage caused by a landslip on the downside of the road. There is no start date for the remediation work as yet.

Further down Jenolan Caves Road at the Five Mile Hill there has been catastrophic damage to the road in one place and substantial damage in other spots. This damage occurred in early 2021. TfNSW does expect to be able to partially remediate the damage, but it does not expect to ever restore the road for normal traffic (large buses and large numbers of cars) to or from Jenolan Caves.

The state of the Two Mile Road (from the end of Edith Road to Jenolan Caves) is currently severely limiting access to Jenolan Caves. Access is now controlled by TfNSW and access is only for visitors who have booked tours or accommodation and other authorised people.



5 Mile Damage

At some point in the near future the Two Mile will be closed for a significant period while the entire road is brought up to an appropriate standard.

The GWH is being upgraded to a dual carriageway from Katoomba to Lithgow at an estimated cost of over \$4.5 billion. There are three phases in this upgrade:

- Katoomba to Blackheath with construction from early 2024 to late 2026. This includes the road through Medlow Bath which will be dual carriageway but with a 60kph speed limit
- Little Hartley to Lithgow with construction currently scheduled for early 2024 to late 2026. Plans include the Jenolan Caves Road intersection and Coxs River Road intersections both having flyovers to greatly improve safety and traffic flows.
- Blackheath to Little Hartley. This is an 11 km toll free tunnel going underground just to the east of Blackheath and coming back to the surface in the vicinity of the Lolly Bug. Construction is scheduled from 2024 to late 2030.

This schedule indicates that travel to Sydney from Oberon will likely be disrupted from 2024 through to 2026 while the above ground segments are being constructed.

A PowerPoint presentation produced by TfNSW is available on the Council website <u>www.oberon.nsw.gov.au</u> which provides some more information and graphics on the GWH project.





Oberon Health Council

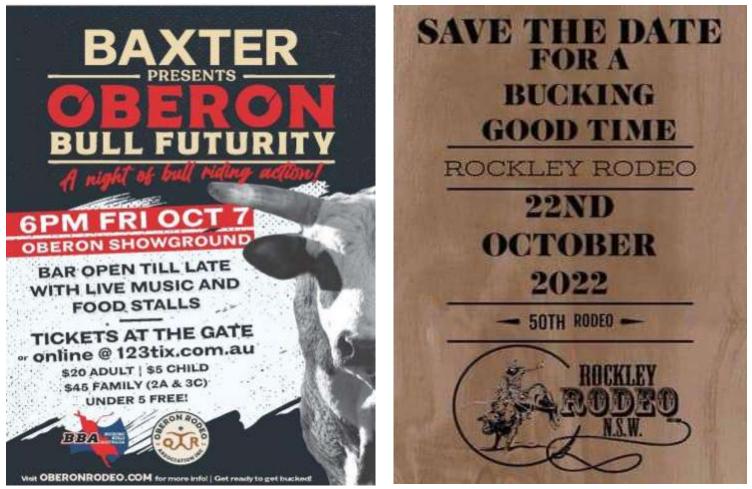
October: Breast Cancer Awareness Month

Did you know you can reduce your risk of breast cancer with lifestyle choices?

- Maintain a healthy weight by being active & eating well
- Reduce your alcohol intake
- Quit or reduce smoking
- Breast feeding –good for baby, good for your breast.
 Australian guidelines recommend breast feeding for 12months or longer if desired.
- Medication and surgery for those at substantially increased risk of breast cancer.

For more information go to: Breast Cancer Network Australia (BCNA) Phone 1800 500 258







Western NSW

Oberon District Museum Launches new Forest and Timber Pavilion

On Sunday, October 30, the Oberon Museum will hold an Open Day to launch the recently completed Forest and Timber display. The actual pavilion was built using funds from a Foundation for Regional and Rural Renewal grant.

The display features a comprehensive history of the timber industry in Oberon with information posters, photographs, video productions, a range of timber cutting equipment, and wall displays provided by the Forestry Corporation and Borg. There are



newspaper records from Timber Industry's 50th anniversary back in 1993; John Ralls' "saw gulleter" and Stan Rawson's two man chain saw are on display, along with a number of older chain saws, axes and measuring equipment. Videos feature many of the local identities involved in the timber industry over the years, Mangan's logging operations, the work done by the Forestry Corporation, and current operations at Borg's factory.

There is so much to see! And that's just in this one pavilion!

Visitors on the day will be able to see huge changes in the rest of the museum as well. The weatherboard cottage has been restored, the grounds have been reorganised to allow a focus on horse drawn equipment, much of which has been restored by the U3A "Rusty Restorers" working group, and the main museum near the entrance has undergone many changes.

This is an opportunity for locals to visit free of charge, participate in a free lunch, and discover what a gem your local museum is!

The official opening of the Timber pavilion will be at 11.30am and this will be followed by a BBQ lunch. Opening hours on the day will be from 10.30am to 3.30pm

For further information visit our website at <u>www.oberonmuseum.com</u> or ring the Secretary, Pam Dellow, on 0418 671 754



PAUL TOOLE MP

STATE MEMBER FOR BATHURST

BETTER BUS STOPS FOR OBERON

The local community is set to benefit from more than \$14,000 in grants for improved infrastructure at local bus stops.

In Oberon, grants have been approved for one brand new bus stop shelter and one upgraded bus shelter.

Bus stops are often utilised as we travel around and go about our daily lives and these new and upgraded shelters will enhance safety and accessibility for all commuters.

Safety is an important aspect of the works, which include constructing shelters that will be installed with aids such as guide rails, tactile ground surface indicators and lighting, and improving kerbside access and in some cases, an upgraded or new shelter.

OBERON COMMUNITY HUB UNDERWAY

The renovation of Oberon's new Community Hub is well underway with demolition complete and construction commencing.

Oberon locals will soon have a dynamic public space to enjoy literature, culture and the arts while accessing the latest technology, thanks to funding from the NSW Government to deliver a new, digitally connected community hub.

\$3 million from the NSW Government's \$170 million Drought Stimulus Package will expand the Oberon Library and redevelop the precinct with function, meeting and exhibition spaces as well as an area dedicated to youth.

Suites 1, 229 Howick Street, PO Box 2237, BATHURST NSW 2795





Ph:(02) 6332 1300

email: Bathurst@parliament.nsw.gov.au

for Regional NSW

Garden Club

Oberon and surrounds are blooming with the plentiful rainfall. Gardeners have broken the shackles of winter when the weather allows. Those sunny spells are absolute gold and just like a starters gun sounding, we spring to tackle those tasks that fill our cup in the garden like pruning or refreshing container plants plus those less enjoyable, but necessary tasks.

In the edible garden we are seeing ever popular bean varieties, carrots, cucumbers, lettuce and of course tomatoes.....keep on the lookout for those sneaky mid to late spring surprise frosts Oberon is well known for! Where gardeners can we are covering our precious seedlings before they make their way into the broader vege patch.

Blooming around town are the many varieties of deciduous trees bursting to life. It's wonderful to see more and more streetscapes lined with ornamentals mixed in with our native varieties adding a spark and pop of colour to our patch of green.

The general meeting was held and followed by a 40th Anniversary of the Oberon Garden Club foundation at the Oberon Golf Club.

The next general meeting will be held on 17 October from 9.30, at the Uniting church Hall on Dudley St. Visitors are welcome at any meeting.

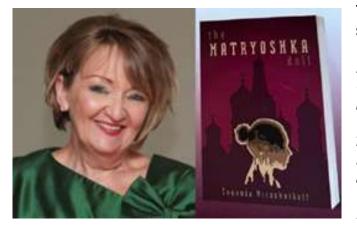
We also welcome everyone to follow our new facebook page @oberongardenclub for local and broader garden clubs of Australia information, members tips and hints and meeting highlights.





FOOLS would love you to join them and meet local author Eugenia Miroshnikoff who will share her book "The Matryoshka Doll."

Eugenia has been living in Oberon for two years. She was born in Harbin – China. Growing up in a Russian household with pre-revolutionary morals and philosophies, her upbringing was not only steeped in Russian Orthodoxy but imbued in Russian history and ancestry. Eugenia is the granddaughter of Colonel Ivan Savin, who fought in the White Army against the Bolsheviks and was her original inspiration and motivation in writing this memoir of her family's struggles and triumphs.



To whet your appetite, below is a precis of the story:

"Tatiana (Eugenia's mother) is the daughter of a Russian Imperial Colonel, Ivan Georgievitch Savin. When her family is swept into the ravages of the Russian Revolution and the Civil War that follows, Tatiana's idyllic life is altered forever. The 1917 Revolution sweeps through Russia setting in motion the political and social reforms that lead to the formation of the Soviet Union. With the downfall of Imperial Russia, Ivan takes his family out of the country and journeys to Harbin in China, a move that has

devastating and heartbreaking consequences leaving three children destitute. The terror of Communism then comes to Harbin when the Soviet Russian Army liberates the city from Japanese rule. Tatiana, now married with children of her own, is about to once again relive the horrors of Communism. They flee to Brazil in an effort to start anew. A decade later, when communism becomes a threat in Brazil, Tatiana again uproots her family in the hope of finding a safe sanctuary. So it was that at the age of fourteen, Eugenia left her beloved Brazil behind and was catapulted into an unknown world-Australia".

"The Matryoshka Doll" is a chronicle of Eugenia's own life in China, Brazil, and now Australia. The book is a tale of truth and pain, a tribute to her courageous family and their sacrifices to survive.

Eugenia will be speaking about her book, which will include a short reading, at the temporary home of the Oberon Library – St Barnabas Anglican Church Hall in Oberon Street (the building can be accessed from Queen St) on Friday, October 21, commencing 5 pm – 7 pm. Cheese and wine etc. will be served, and Eugenia will be baking Russian finger food for the enjoyment of all. For catering purposes, it would be appreciated if you could please book your spot by contacting Kathy Sajowitz 0428 543 693 or <u>dietmar.sajowitz@bigpond.com</u>. Alternatively, you can leave your name with Julie at the Library by Tuesday, 18 October. "The Matryoshka Doll" will be available for sale at the event.





The Oberon Neighbourhood Centre is located at 12 Ross Street .

We work with individuals, service providers and community groups to provide a locally based single point of access to information, resources and services that are accessible to all members of the community.

Our office hours are Wednesday, Thursday, and Friday 9am-1pm

For more information, call into the centre, phone 6336 0909 or email oberon@binc.org.au





The Neighbourhood Centre Oberon's

AUTISM SUPPORT GROUP

Every Thursday at 11:30am, 12 Ross Street, Oberon.

This group is for the support and advice/referral shared by the group members and is for people living with autism and their carers/parents.

For more information, give us a call on 6336 0909.



Pony Club

You are invited to: **Oberon Pony Club Gymkhana 9th October 2022**

Come along for some entertaining horse events where Youth from all over the region compete in Sporting, Dressage, Show jumping, Hacking and Stockman's Challenge events! Support Oberon Pony Club with a sausage sizzle, fresh coffee and a ticket in the raffle whilst cheering our kids on!

Follow the facebook event page or contact Danielle: 0448823284





Oberon District Museum: every Wednesday, Saturday & Sunday 10:30am-12:30pm. \$5 entry fee & \$12 per family. Contact 0418 671 754.

Oberon Military Museum:

every Wednesday & Friday 12:30pm - 4pm. Saturday 10am - 4pm. Donations welcome. Contact Neville 0438 615 653.

Rotary meets Tuesdays at 6.30pm at the RSL Club. Occasionally we have Vocational or Zoom meetings. For more information contact our Secretary Lin Boswell on 0447018841. **Oberon Writers Group** meet on 2nd Tuesday each month 10am-12.30pm Contact: Denise 0467390663.

What's On

The Gardening Club meets monthly on the 3rd Monday at the Uniting Church from 10am. Contact: Chris Dutton 0438 684 808.

Oberon Men's Shed

Meet every Tuesday from 9.30am to 2.30pm at the Oberon Showground. Shed is open to all local blokes who would like to enjoy some company, a chat and a cuppa. Call David McMurray on 6336 5331

The Oberon Inner Wheel Club meets on the 3rd Monday of the month at 6pm for a dinner meeting. The venue changes every month, for details contact Melita Braun on 0419 628 007.

Oberon Hospital Auxiliary

Meets every 3rd Friday at the Robey Centre in Oberon Hospital at 1.30pm. For more info contact Secretary Sarah MacKenzie 0400 995 587.

Oberon Line Dancing: Every Monday and Thursday 5pm-6:30pm, Oberon RSL. Jenny Barker 0418 227 548

Oberon Needle Workers

Ross Street Conference Room on Thursdays from 10.30am to 2.30pm.





ncil's website www.oberon.nsw.gov.au Oberon Council's Facebook page.

Save the Date

24 Sept-9 October **Weaving the Grand Drape,** various times, the Malachi

1 October **Oberon Markets**, Oberon Showground, 9am - 1pm

2 & 9 October Australian Theatre Live (Stage to Screen films), 3pm

1 October: **Oberon Tarana Heritage Railway open day,** Railway Precinct, 10am - 3pm

7 October **Oberon Bull Futurity,** Oberon Showground, 6pm

8 October **Catherine Britt, Malachi Nights,** 7pm

9 October: **Rockley Markets**, 9am - 1pm

21 October "**The Matryoshka Doll" by Eugenia Miroshnikof,** Oberon Library, 5pm-7pm

22 October, 50th Rockley Rodeo

23 October **Tarana Markets** Rural Fire Service Shed Tarana, 9am - 1pm

29 October **The Great Railway Ball**, the Malachi, 7pm

15, 16, 29 & 30 October **Gairloch Garden Spring Opening** 9.30am-5pm \$5 per adult

5 November **Music at Mount David,** Kennedy Park, pianist John Martin and violinist Vov Dylan, who holds the fastest violinist Guiness Book record 2.30pm

5 November 2022 Oberon Forest Rally, AMSAG Southern Cross Rally Series final round, Black Springs, 8am-5pm

OBERON OUTDOOR FESTIVAL 1 Nov-4 Dec