

WOOTTON VALLEY NEWS

AUGUST- SEPTEMBER 2009 NO 61

DISTRIBUTION 500 WOOTTON COOLONGLOOK
BUNGWAHL BUNYAH BULAHDELAH

Grey Goshawk *Accipiter novaehollandie*

This magnificent bird is a bold and persistent hunter that flies directly in pursuit of prey, striking suddenly at speed, and taking unwary birds by surprise or in ambush. It preys usually on small birds and mammals up to the size of a rabbit. It is often referred to as the 'Chicken Hawk' (for it's fondness for domestic chicken as easy food). They soar to great heights, in a circling display flight. It is a medium sized raptor, their length being 0.6 metre and wingspan up to 1.1 metre. Pairing seems to be permanent and both male and female build their nest often using the same structure in successive seasons. Breeding is between July to December laying 2 to 4 eggs. This species exists in two distinct and readily recognisable forms; grey morph and white morph. The grey morph predominates in jungle and subtropical rainforest while the white morph prevails in eucalypt forests. Often seen soaring over the hills of Wootton .



COMMUNITY CALENDAR

Thursday 6th August	Wootton Community Network AGM 7pm
Friday 7/14/21/28 August	Men's Night 5pm Wootton Hall
Friday 21st August	Ladies Night Brush Turkey café 5pm
Saturday 29th August	Community Dinner 'British' 7pm Café
Monday 31st August	Wootton Way Clean Up 9am
Friday 4/11/18/25 Sept'	Men's Night 5pm Wootton Hall
Friday 18th September	Ladies Night Brush Turkey café 5pm
Saturday 19th September	Rural Fire Service Information night 5pm
Saturday 26th September	Community Dinner 'Spring Barbeque'

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Wootton Community Network

Meetings are held on the first Thursday of every month, 7pm , at the Brush Turkey Café. Next meeting dates are 6th August (AGM), 3rd September, 1st October.

ANYONE AND EVERYONE is welcome to attend these meetings.

Café News

As you may have noticed, the café is closed for the months of July & August. This will give the volunteers a well earned break. We will be re-opening with a brand new menu.

Working Bee

Our last working bee held on 10th July saw the new outdoor table setting oiled, oiled weatherboards, cleaned out freezers and re-organised shelving. Our next working bee will be the 23rd/24th August.

Cafe Volunteers Call Leanne on 49977201 if you would like to volunteer. Full training is given. A coffee & till training evening will be held Thursday 27th August at 5pm at the café.

Community Dinners

We reached a milestone in June, celebrating the fifth birthday of the Brush Turkey café. Everyone enjoyed games, trivia and delicious finger foods. Thanks to Peter Kershaw for his entertaining music.

The Christmas in July dinner/farewell to Jean & Kevin was another great night. Over 60 people filled the room and milled around the open fire outside. By the end of the night everyone was loosening their belts to fit in the Christmas pudding and rich chocolate pudding.

Our next dinner on Saturday 29th August. will be “British”, with a modern spin.

September will be a “Spring Barbeque”

Book early, on 49977296. The dinners are a great chance to meet and catch up with friends and neighbours. We had a lovely night last Saturday at our curry night. There were flavours for everyone.

Cafe Garden

Considering it's winter, the garden is still producing lettuce, tomatoes, spinach, celery, onions, rhubarb, herbs and flowers. Thanks again to Tracey for all your hard work.

Artist at the Brush Turkey Cafe

On our re-opening in September we will be exhibiting Friedel Warmers art-work, who works in a variety of mediums. We're looking to exhibit a compilation of local residents art works from October. If you would like to exhibit 1-2 works in any medium contact the café and leave your name.

Movie Night

Augusts' movie night has been cancelled due to other commitments. The next movie night will be 10th October.

Farewell to our friends Jean & Kevin Price

Jean & Kevin have recently moved to Merriwa to be near their family. They were founding members of the Wootton community Network and will be greatly missed as they have been an integral part in the building and running of the resource centre.

Jean & Kevin have always volunteered their time to many good causes including the Lions Club, CWA amongst others.

Our loss is Merriwa's gain. We wish them a happy future.



“Best of the British “
Saturday 29th August 7pm
Come along for a modern
British style dinner.

\$20 per adult, \$10 teenager, \$5 child
Book early on 49977296

LADIES' NIGHT

Brush Turkey Cafe

5-7 PM 21st August & 18th September
(3rd Friday of the month)

A social get together!

Ring Fran on 49977323 for details

Wootton Men's Group

We meet at the Wootton Community Centre
every Friday at 5.00pm and finish at 7.00pm.

Much to talk about, cards to play and darts to throw.

Unfortunately the pole-dancer has been put off by the cold winter snap.

All are welcome. BYOG and \$3 to cover costs.

John Smith 49977178.

Mating Season For Foxes!!

Have you heard any blood curdling screams coming out of the bush lately? Winter is the time that foxes mate and the vixen doesn't sound too happy about it!

The red fox (*Vulpes vulpes*) was introduced by colonial huntsmen to the Australian environment on several occasions in the mid-nineteenth century, but became established following two releases in 1871 at Ballarat and Geelong. The fox's present distribution covers all of mainland Australia, except the tropical north. This spread was achieved within 100 years. Previously considered a last refuge for some of our unique fauna, there is now little doubt that foxes are present in Tasmania.

Foxes cause environmental damage, by preying on many species of Australian native wildlife. The foxes' diet includes birds, small mammals and reptiles on their menu.

Foxes can be difficult animals to observe due to their elusive habits but during the mating period they may become quite bold and oblivious to their surroundings, and the dog will spend most of his time closely following the vixen.

Barking can be heard during the evenings. Foxes are classed as nuisance animals in NSW and while there is no obligation for a landholder to control these species. Local Livestock Health and Pest Authorities can provide advice and assistance in their control such as Group baiting programs (organised with your neighbours) or individual control methods.



Wootton Way Clean Up

A clean up was undertaken on Wednesday 24th June. (change of date due to wet weather) Six people, Pat Tate, Bron Little, Warren Richardson, Greg Gill, John Hammond & Robyn Piper collected rubbish from the northern end of Wootton Way to Newman's Rd. To our surprise a large trailer load of garbage was collected, the majority being take away food and drink containers. Frustratingly, since the cleanup more take away rubbish has been thrown again along this strip. Who does this? Undeterred we are planning another clean up on the southern end continuing on from Newman's Rd on Monday 31st August 9am. Meet at the end of Newman's Rd. Thanks to GL council for supplying bags, gloves & tongs.

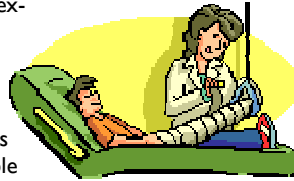


Local Bitten by Snake

Squires Road resident Linda, recently had an exciting and eye opening experience. The story starts with ... a southern Boobook owl moved into their carport but had recently disappeared. Linda was sitting working at her computer just before lunch, when she heard a commotion of birds outside. She walked outside towards the carport to investigate. The Boobook owl was back and the butcher birds, bower birds and others were swooping at it. While she was looking at the birds, she felt a bite on her toe and realized, on looking down and noticing a red-bellied black snake slithering away, that she had trodden on it and could see where she had been bitten. "The bite felt 10 times as strong as a bull ant or wasp bite", she said. After the initial surprise, her husband, Greg, calmly put a compression bandage on Linda's leg and took her to Bulahdelah hospital (all that training in first aid finally came to good use). She said, "The staff were absolutely amazing". Whilst in Bulahdelah hospital her legs were wrapped together from the tip of her toes to her torso, just like a mummy. Every machine possible seemed to her to be attached. She lay still for 7 hours and was monitored very closely for the first hour, then every half hour afterwards to monitor any changes. No anti venom was used as she did not have any adverse reaction. She was left with a really, really sore toe and lived to tell us the tale.

Adults don't normally die from a red-bellied black snake bite but it should be noted that small snakes inject just as much venom as a large one. The compression bandage made all the difference, thanks to Greg, the staff at the hospital noted. Towards the end of 7 hours the nursing staff slowly started to release the compression bandage. She was really impressed with how diligent, skilful and caring the staff at Bulahdelah Hospital were. As she couldn't eat or drink anything during her stay she was extremely hungry by 8 o'clock that night.

What can we all learn from Linda's experience? Everyone should have first aid knowledge and to be aware of the dangers of living in the country. Also, that we should all support our local community run hospital. Anyone that has had any experience with the staff there realizes how valuable they are.



Coolongolook News

Tennis court hire contact Neryl Gordon 49977157 or Tracey Harwood on 49977136

Coolongolook Hall News

- Hall committee election of office bearers 3rd August.
- Playgroup meets the **Last Wednesday** of every month.
- Quilting, sewing & craft group meets 10am every Tuesday (except school holidays)
- The hall committee is planning a Coolongolook Hall and community reunion for October long weekend in 2010. Anyone with old photos or memorabilia contact Neryl on 49977157.



Old photo of Coolongolook

YOUR GOOD HEALTH

What could be more important to you than your health and that of your family ? The responsibility for, and vested interest in monitoring your wellbeing, such as recording events, lies with you. Are your family members aware of the medication you have been prescribed by your doctor ? Do they know who your doctor is ? What if you were unconscious or incapacitated and were dependent on a stranger for help ?

Of course the above scenarios are unlikely to happen to you.

Nonetheless it does happen, so why not be prepared by keeping a record of important personal information by your phone. Keep a record of your child's vaccinations, illnesses and health related conditions for possible future reference. A change in doctor or medical practice or a change in location means a loss of continuity of a health profile .

Why stop there ? Your elderly parents who are more at risk should keep such a record at a place known to you and your family. What do you know of their wishes for advanced care ? Who is to act as "person responsible" or "enduring guardian" ?

"My Health Record" is a special A5 plastic covered folder that will make it easier for you, your doctor and other health care providers to manage and keep track of your health care in the best possible way. Contents and details to be entered and maintained include:

- Personal details
- Emergency contacts
- Key health and other contacts
- Appointments
- Monitoring your health problems
- Allergies, side effects and immunizations/vaccinations
- Medications
- Advance Care Directive

Managing your health is no less important than managing your home and your family.

"My Health Record" is a NSW Department of Health publication, distributed through the Bulahdelah Myall Lakes Local Health Advisory Committee (BMLLHAC) and available in limited numbers at Wootton Community Centre now.

The BMLLHAC meet every two months at 2.00pm at the Bulahdelah Community Hospital. The next meeting is 7th September 2009.

Discussion revolves about community matters and the greater the input the better.

Membership is open and participation or observation is welcome.

For further details contact Julie Richardson on 49977130 or John Smith on 49977178.

Midcoast Rural Rates Action Group

At the invitation of concerned local citizens, representatives of the Rural Rates Action Groups of Wauchope and Wingham attended a public meeting at Bulahdelah on Sunday 5th July. Always an irritant to farmers, who see little return for what they pay, rural rates became a hot issue when dramatically increased earlier this year. Attendees at the Bulahdelah meeting signed a petition calling for the abolition of the LHPA and the transfer of its functions and resources to the DPI. Contact for further information 49977190 or email lensdooley@skymesh.com.au

Wootton Fire Brigade News

Holiday Coast Credit Union Supports Wootton RFS

The Wootton RFS Brigade would like to express our gratitude to the Holiday Coast Credit Union for their community grant of \$4000. This grant will be used to purchase desperately needed equipment. The equipment included 7 Powerful handheld radios, a Garmin GPS unit (installed in one of our vehicles) and a Garmin GPS Navigator. Our brigade would appreciate any support that the community can give to the Holiday Coast Credit Union, remember it is our only local banking institution and a branch is located in Bulahdelah.



Wootton Fire Brigade Attends House Fire

The Brigade was called out to a house fire in Wattley Hill Road in May. It was possible that this fire was caused by an electrical fault. Electrical fires cause many house fires and a simple way to minimise the risk is to check that your electrical power box has an earth leakage device fitted. An electrician can update your power box (It is relatively inexpensive & it may save your house & your family's lives).

Community Bush Fire Meeting

On Saturday 19 September, 5pm at the Wootton Community Centre (hall), the Great Lakes RFS Safety Officer will conduct a meeting concerning preparing yourself for a bushfire, what to do in the advent you are caught in a bush fire, evacuation or stay. The meeting will be followed by a free sausage sizzle at 6.30pm & general discussion and questions.

New Yoga Group

A new group has commenced in Bulahdelah, every Tuesday, at 9.30am in the RSL Hall in Crawford Street. Cost is \$8

Regular classes are still being held:

- * Mondays, 6pm at the RSL Hall in Bulahdelah, cost is \$7
- * Wednesdays, 6pm at Wootton Hall, cost is \$7

Wear loose, comfortable clothing. Bring a mat and a blanket in the cooler weather. It is best done on an empty stomach.

Anyone can do it and benefit from it. Improve your strength, flexibility, breathing, stress levels and general health.

Contact Peter on 49977201 for more details.



What's on in Bulahdelah

DIRECTORY

Accommodation

Too many visitors! **Wootton Guest House**
4 a/c bedrooms with ensuites & balconies,
reasonable rates. www.woottonguesthouse.com.au
Peter & Leanne **49977201 0407974420**

Air Conditioning

Repairs, sales, installation. Domestic and
commercial. Mark Tidbury Lic no 123069C
0427500329 49977308

Building & Maintenance Contractor

Solutions to building problems Lic 631C
Rob McDougall **0427 955958 49977335**

Church Open House Every Sunday

Arrive at 10am. Share lunch, fun for kids.
Entrance opposite Forest Lodge on Wootton
Way. Dave and Kathy Barker **49974675**

Computer services

Software installation, cleanup, Website de-
sign, Hardware upgrade,
Custom build! New parts warranty.
Peter **49977223**

Earth Moving

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grab bucket, tipper truck hire
David Knezevic **49977402 0410 441428**

Electrical Services RDO Electrical Services

Rob Oxford C/LIC No. 8811C All areas
790 Wattle Hill Rd **0416 090887**

Horses Gembiras Docs Onyx dual sire reg-
istered stallion AQHA-A17174 ASH-
SM133207 Standing at stud: progeny usually
for sale. Gembira Horses
49977335 0419201913

Massage Trigger point, therapeutic & reme-

dial massage. Day Spa body treatments &
facials using 100% natural & organic hand-
made products. www.lotusretreat.com.au
Kerry Bromage **49977320**

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Shaun Clarke Interior/exterior colour
Consulting & feature walls **0411 253500**

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49977180(A/H) 0408492883

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caravans, yard clean-ups, reasonable
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65529130 0401880352

For Sale (This service is free)

- ◆ Push Lawn mowers from \$100 Ph
49977404
- ◆ **Free** Frigidaire Fridge/Freezer 170
litre, pick up from café ph 49977296

Advertising rates for 2008/2009 for the Wootton Valley News Directory are

\$55 for Non-members,

\$45 Members -per 4 line ad space

Please contact the editors for new
advertisers or wording changes.

Please send a cheque payable to the Woot-
ton Community Network at
1633 Wootton Way, Wootton 2423 Advertising
due 30th June. These businesses support this
newsletter. Please support them wherever
possible.