



# Guyra Gazette

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## Ben Lomond RFS celebrates

There were double celebrations held in Ben Lomond on Saturday with the official opening of a new fire station and presentation of long service medals. **Full story page 3**

### Pictured l to r:

RFS New England Zone Manager Steve Mephram, Michael Mulligan, Dorothy Every OAM, Don Stride, Andrew Willis, Cameron Way, Adam Marshall MP, Anthony Cunningham and NSW RFS-Commissioner Rob Rogers



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# Snow day falls short of predictions

The fifth snow fall of the year and the second for the month of August arrived just in time for the weekend. The promising forecast, which co-

incided with the weekend meant that an influx of visitors arrived in anticipation of a good fall.

This time around the fore-

cast fell well short of predictions which were for around 2 to 5cm of snow.

The maximum for the day was 6.2C at 11am, however strong westerly winds kept the wind chill temperature to below zero degrees for most of the day.

The cold weather arrived with a severe cold front passing through north-east NSW in the early morning. It brought showers of small hail and snow to higher parts of the Northern Tablelands.

In Guyra there were a number of showers of soft hail (often referred to as sago snow or sleet) throughout the day, however there was only one

brief very light shower of snow around midday when the temperature dropped to 0.5C.

Despite the cold, many visitors enjoyed the experience, with lots of positive feedback on social media.

**Jenny** - We were having a great time. Well worth the beautiful trip from Grafton.

**Sarah** - It's all part of the experience my son was in a tshirt running around in it we're from Coff's

**Tina** - We got to see some snow fall for the first time so it was a win

**Rae-Ann** - Us too! Always enjoy a visit to Guyra.

**Nerissa** - We loved it!

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Visitors to Guyra on Saturday were rewarded with a brief but welcome fall of snow around mdday.

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# Ben Lomond RFS celebrates

The NSW Rural Fire Service (NSW RFS) New England Zone celebrated the achievements of dedicated volunteers while also celebrating the official opening of the newly upgraded Ben Lomond Rural Fire Station on Saturday.

NSW Rural Fire Service (NSW RFS) Commissioner Rob Rogers joined Member for Northern Tablelands Adam Marshall, and members of the Ben Lomond RFS on what turned out to be beautiful 'crisp' morning on top of the mountain.

New England Zone Superintendent Steve Mepham welcomed everyone to the opening of the repurposed station which began with the presentation of long service medals, marking over 200 years of combined service by local members.

Medals were presented by NSW RFS Commissioner Rob Rogers who congratulated the medal recipients with special mention of Dorothy Every.

"A long term member of the Ben Lomond Brigade, Dorothy has been a highly respected and capable member and I thank her for her service to her brigade and protection of the community.

"I would like to take this time to praise all our volunteers for their ongoing efforts each and every day, particularly when dealing with emergencies in the New England Zone.

"We also thank the family, friends and colleagues of these and all volunteers. We know it takes their support and patience to help Rural Fire Service members do what they do."

Dorothy has been an active member for 45 years and she praised the new premises which have been on the wish list for a long time.

"This shed is something quite incredible," Dorothy said. "When I was secretary



**PLAQUE UNVEILED:** RFS NE Zone Manager Steve Mepham, Member for Northern Tablelands Adam Marshall and NSW RFS Commissioner Rob Rogers

many years ago, every year when we had to put in our annual report I would have to call people from here to Wandsworth and then visit to track down the equipment."

"And quite often you couldn't find the machinery or the pumps or the hoses so it is wonderful to have somewhere to keep all the gear in one place."

The new shed replaces one that was built by volunteers in the 1970s and is reward for the group who have been waiting for 20 years for the upgrade. It will allow

the brigade to house their current vehicles and provide better amenities for volunteers. The new station features increased space for vehicles, and also the installation of new water tanks.

Long service medal recipients were Nigel Bourne (not present) Anthony Cunningham, Nathan Fletcher (not present) Andrew Willis, Michael Mulligan, Cameron Way (28yrs), Don Stride (32 yrs) and Dorothy Every (45 yrs).

COVID-19



Dr Khyarne Biles

## Protect one another.

It only takes one person to spread COVID-19 in the community. Get tested and self-isolate at the first sign of a symptom, so we can limit potential outbreaks.

COVID-19 symptoms include fever, coughing, sore/scratchy throat, shortness of breath and loss of smell or taste.

We have a very low rate of influenza in NSW. You can't tell whether it's COVID-19 or the flu without a test.

**> HELP US STOP THE SPREAD**

To find your nearest testing clinic visit [nsw.gov.au](https://nsw.gov.au) or contact your GP



## What's HOT

**VISITORS** who came for the snow and supported local businesses

**FATHERS DAY** coming up - check out what is on offer in the local shops

**LEVEL 3** water restrictions from September 1 - hopefully habits learned during the drought will be remembered

## What's NOT

**LACK** of community meetings and public consultation about wind farm dividing the community!!

## QUOTE of the week

Don't let your bad days trick you into believing you have a bad life

Bureau of Meteorology

## Weather

### WATCH

Gyura MPS

Date	Day	Min	Max	Rain
18	Tues	1.1	14.2	0
19	Wed	4.5	12.0	0
20	Thurs	1.8	8.7	0
21	Fri	-0.4	8.7	1.4
22	Sat	-0.5	6.2	1.6
23	Sun	-2.6	6.8	2.4
24	Mon	-4.1	8.5	0

Rain this week	5.4mm
August rainfall	49.0mm
Rainfall YTD	639.0mm
Rainfall last YTD	205.4mm
Ave. rain to August	565.3mm

Information supplied by Jeff Martin, Observer for Bureau of Meteorology

# All the Fun of the Fair

The students celebrated Book Week with a range of fun activities. We had some amazing books on display which the students could purchase and some were even lucky enough to win book prizes for their creativeness in producing some very interesting book character costumes.

We started the day with Buddy Reading followed by our annual book parade with each student showing off their beautiful book character costumes. We ended the day with Pass-the-Parcel with some very excited students wondering what was in their surprise package when the music stopped.

*Mrs Justine Eddy*  
Relieving Principal



Black Mountain Public School students enjoyed dressing up as their favourite book character for Book Week

## Have your say.....

### Water security at what cost?

It is time to get some questions answered. Within a short time, the infrastructure to connect the bores around town will be completed. All that is required is for the bores to be approved and water access licenses allocated. So what does this now mean? The town and its highly water dependent intensive agriculture industry has water security, expansions are well under way and all is well.

Here is a question worth considering "Water security, at what cost?" How many bores (private and public) have been installed during the last drought and connected to water users in our district? What allocation has been given for these bores? What is your definition of self-sufficiency and sustainability? How important was

the groundwater and spring fed rivers and dams on your property in the last couple of years? How confident are you that it will still be available for your livestock in the next drought?

See, here's the problem... no sustainability research or environmental impact assessments have been carried out. There is no water management/water sharing plan for this area. The aquifers beneath our town are a finite resource at great risk of being over extracted. All we can hope for is that the regulator will look after this most precious resource when allocations are decided. We need only to look at how water is managed in other parts of the country...how confident are you now?

We need a council that understands, represents and considers the interests of ALL members of this community. A water sharing plan

for this area is essential for sustainable water extraction going into the future.

At the August Ordinary Council Meeting, it was resolved that the Drought Management Plan would be revised. When and if we get the opportunity to contribute, I encourage you to have some input. Think about the last drought and how important your groundwater was to the survival of your enterprises. Have your say to ensure water security for all members of the community and our environment.

*L & R Smith*

## Have your say

Email:

news@gafa.org.au

Mail:

PO Box 170



# Water restrictions eased to level 3

Steady run-off into the Armidale region's water supply and a 65 percent chance of above average rainfall during spring has prompted Armidale Regional Council to ease water restrictions to level 3 from September 1st.

At the Ordinary Council Meeting held last week Interim Administrator Viv May approved a recommendation to reduce water restrictions now that the region's total water storage sits at 69 percent capacity. Currently Guyra and Puddledock Dams are at 100 percent, Dumaresq Dam is at 91.5 percent while Malpas Dam sits at 68-06 per cent of capacity.

Mr May said that the easing of water restrictions will be welcome relief for the entire community who have done an exceptional job in their water saving efforts during the unprecedented drought of 2019, and that each and every person in the Armidale region should be extremely proud of their collective efforts to stave-off day zero.

Council continues to remain cautious and has set level 3 water restrictions accordingly. Outside watering of lawns and gardens can resume with a hand held hose with a trigger nozzle or with a water efficient drip irrigation system for two hours on Sunday and Wednesday between 5-7pm. Watering of gardens with a bucket can be done at any time. Buckets can be used to wash vehicles but not during the heat of the day and watering of new turf can resume for up to six weeks adding an

additional two hours on Monday and Thursday to the standard watering days already available for lawns and gardens.

Hand held hoses must not be used to wash cars and washing down hard surfaces, even with a high pressure cleaner is not allowed. The filling of private swimming pools is still prohibited and sprinklers and fixed hoses must not be used at any time.

Public parks, gardens and facilities will be allowed one watering cycle per field on Monday and Thursday for premium sports fields and parks which include Armidale Sportsground, Rologas Field, Harris Park and Central Park. Commercially owned sports areas and landscaping can be irrigated for two hours on Monday and Thursday between 5-7pm.

Commercial and industrial water users will no longer require exemptions however Council strongly encourages continued water conservation practices as a long term business strategy with the minimum expectation of a 15 percent reduction in average water usage.

During last year's severe drought conditions Council supported commercial high water users with rebates to assist in establishing long term water conservation. Residential water users were also supported with water rebates for the installation of rainwater tanks, water efficient washing machines and toilets.

"It is extremely important

that both business and residential water users adopt long term water conservation everyday regardless of restrictions or even if the dams are full," said Mr May

"We don't know what the future will bring or whether our region will experience more frequent severe droughts in the future. What I do know is we must place a higher value on water and change our everyday habits and maintain responsible use of this precious resource."

Council is encouraging water users to maintain the NSW average of 180 litres per person per day or less for normal water usage. This is particularly important as Council this Financial Year has increased the Residential and Commercial Water Consumption Stepped

Tariff charges.

A new Drought Management Plan will be developed in the coming months and will include significant community and key stakeholder input.

"As a community we need to share in the future of what water management and conservation looks like for our region. We have proven that if we work together we can achieve great outcomes," said Mr May.

"Council will continue to review water restrictions. If conditions improve more easing of restrictions may be possible. Equally last year we saw how rapidly our water storages fell away so Council and the community have to be prepared to adapt and conserve water."

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The children at Val's Family Day Care are collecting Bread Bag tags for a global community project. The plastic is recycled and sold to fund wheelchairs for those who cannot afford them. If you feel that you would like to save them for us, please phone 0413580739 and we can arrange collection or drop off. Social distancing and hygiene rules will be followed when collecting bread tags.

# Guyra Sheep & Lamb Sale

**August 19th** - Lamb numbers increased to 2,025, while sheep were steady at just 140 head. The quality of the lambs was generally good as was condition, this reflecting some very good seasonal conditions through the winter.

Heavy and extra heavy weights made up the bulk of the offering with limited supplies of good quality light-weights. The regular processors were in attendance, while there was little in the way of restocker activ-

ity with limited availability.

Comparing to the previous sale two weeks ago, market trends were cheaper. The extra heavy weights bore the brunt of the weaker demand to record a cheaper trend of as much as \$17/head.

As weight classes reduced so did the price fall, with lambs between 20 and 26kg seeing falls of \$4 to \$5/head. There were insufficient sheep for a market quote, however prices were well down on the previous sale.

# Armidale Cattle Sale

**August 20th** - There was an increase in numbers to 450 head with all categories represented. Quality was mostly good with a large percentage of well-bred cattle penned. The condition of the offering varied from fair to very good.

There was restricted processor competition, however restocker and feedlot activity was high. With Spring just around the corner and winter being less than severe restockers were active through the young cattle.

Lightweight yearlings sold to significantly dearer market trends. Discounts were applied to the plainer quality young cattle. Medium weight yearling steers to restock and feed were also dearer with some sales improving by as

much as 30c/kg.

Medium weight yearling heifers to restockers also showed significant improvement with some breed related premiums. Grown steers attracted both feedlot and processor competition, an increased supply combined with a vast improvement in quality resulted in substantially dearer pricing levels.

Well finished grown heifers sold to a dearer trend of as much as 15c/kg in places. There was little change in the cow market, odd pens were ever so slightly dearer. The bull market was firm to slightly dearer with a mostly good quality penning of well finished, heavily muscled bulls penned.

# Weekly Wool Sales

**August 21st** - Last week's small gains proved to be a false dawn as the market opened to renewed downward pressure. Losses occurred over both selling days with some of the larger declines happening on the final day.

The Eastern Market Indicator closed below 1000 cents for the first time since April 2014 and finished at its lowest level since September 2012. 24,639 bales were sold nationally for the week with once again the passed in climbing to 25%.

Major buyers included Tianyu, Endeavour Wool and Techwool. With no sales scheduled for the Western region next week's national offering

drops to an expected 22,300 bales.

As well as dipping below 1000 cents for the first time in six years the Eastern Market Indicator also fell slightly below its long term average this week. However it's a different story when looking at selected individual micron indicators percentile data. 20 micron and broader Merino types are still trading above the 50th percentile whilst the finer Merino types are in the bottom 35-40th percent of prices received over the past 25 years.

It is however the better style, finer types that have fared the best during the current decline

# Click-clack in side-by-side vehicles

The states peak farming body is reminding farmers about the importance of wearing a seatbelt when using side-by-side vehicles (SSVs) on farms.

The NSW Farmers Association says the "seatbelt save lives" safety message about wearing seatbelts in cars applies to SSVs, with seven people dying in in SSV related incidents in NSW since 2017.

"Like when driving a car, it is simply not worth the risk to not wear a seatbelt," said NSW Farmers President James Jackson.

"SSVs are becoming a more common piece of farm equipment, partly due to their safety advantages. That's why the NSW Government offers a rebate of up \$2,000 to eligible farmers for the purchase of an SSV as part of the Quad Bike Safety Improvement Program."

"Side-by-side vehicle do come fitted with seat belts, so there is no reason not to click and clack before driving one."

The NSW Minister for Better Regulation, Kevin Anderson, said farmers in NSW have spent \$38 million to improve quad bike safety since 2016, which has resulted in \$3million in rebates since the program began.

The NSW Government offers a safety rebate of up \$2,000 to eligible farmers to help improve quad bike safety on-farm, including, \$600 for the purchase of an operator protective device, \$90 for the purchase of a compliant helmet and \$500 for the purchase of one drone.

The Quad Bike Safety Rebate program is due to end in June 2021. Given the success of the rebate program and it being a cost effective intervention measure to improve safety on farms, NSW Farmers is calling for the safety rebate to be extended to December 2022.

**For more information on the Quad Bike Safety Improvement Program, visit [www.safework.nsw.gov](http://www.safework.nsw.gov)**

# WORDSEARCH

R	M	L	O	H	S	T	T
E	A	D	A	S	E	O	K
E	O	B	A	R	M	N	M
D	K	B	B	R	O	A	O
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R	I	M	O	O	W	O	L
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CORGI  
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OCTU-  
PUS  
OKAPI  
QUOKKA  
EMU  
TOUCAN  
WASP  
DODO  
ELK  
RABBIT  
RHINO  
SHREW



# From the Archives - Guyra Memorial Park

On Saturday 25 August 1951 Guyra celebrated a special Jubilee Arbor Day. Trees were planted throughout the town including:

- The President, Mr T.A. Everett who planted a tree at the showground;

- In Dutton Parade Mesdames T.S. Eggleston, P.R. Stevenson, B. Smith and F.H.R. Curtis, members of the Horticultural Society who each planted a tree;

- In Lackey Street members of the horticultural society planted a further four trees;

- President of the Bowling Club, Mr. L.P. Archibald planted a tree at the club.

From there, the proceedings moved to the Memorial Park located opposite the Guyra

Shire Chambers where the Guyra Brass Band made a re-appearance after several months of inactivity and played several items.

At 3.15 pm the dedication service attended by members of the public and Guyra soldiers attended the park service. In his address, Reverend C.G. Mathieson said:

“Today, we dedicate this park to the memory of those who gave their lives in the service of their country. We will also plant trees in their memory. These are memorials – symbols of our gratitude and they will stand as a reminder of our promise to remember them until ‘The going down of the sun’.”

At the service, the following

planted trees: Mr W, Brodie (R.S.L.), Mr R. Hudson (Chamber of Commerce), Mr. B. Smith (Rotary), Mrs B. Smith (Hospital), Mrs F.H.B. Curtis (Horticultural Society) and Mrs Parsons (C.W.A.)

It was in July 1951 that several meetings were held in Guyra to consider tree plantings and the most suitable trees for Guyra. Mrs F.H.B. Curtis, president of the Horticultural Society chaired a meeting held in the Shire council Chambers. Organisations who expressed support for the project included the Guyra Shire Council, the showground Committee, the Hospital Board, C.W.A. Younger Set, Rotary and the R.S.L. Reverend Mathieson

suggested that the Shire Council be asked to dedicate land in Bradley Street, near the Bowling Club and opposite the Bowling Club as a memorial park.

A month later the Guyra Argus, 23 August 1951 reported that the Shire Council, owner of the land in Bradley Street decided to dedicate the land as the Guyra Memorial Park in memory of Guyra's War dead. It was planned to plant a tree in the park for every fallen soldier from Guyra.

Did anyone attend the service as a child? Is anyone aware of photographs taken on the occasion?

**Graham Wilson**  
Former Heritage Advisor



## Guyra District Brass Band 1938

**Back:** H Buckley (Com), Toby Legge, Harry Snow, Bill Cahill (Drum Major) Clarrie Burgess (Past Band Master), Jim McGovern, Gus Little, Ted Cullen (Com), Joe Farrer (Com)

**Middle:** Keith Tutt, Albert Holloway, Sid Prisk, Arthur Atkins, Arthur Kirk, Jim Mathews, Bert Farrer, Len Kirk, Gordon Moore, Charlie Little

**Front:** A.S. (Hector) Kennedy, Bill Holt, Cecil Holt, Bob Holt, Doug Cutmore (Band Master) Allen Sawyer, Jim Holt, Clarrie Jackson, Charlie Williams.

## Guyra Ladies Hockey 1925.

**Back l to r:** I. Moore, M. Moore, H. Sanders, T. Bell, E. Alford.

**Middle:** A. Turner, H. Garner, A. Roberts, T. Moore.

**Front:** M. Wilson, J. Garner



# Spotlight on Local Business

## BESTECH P/L & GUYRA MOWERS & CHAINSAWS

### How long have you been in business?

Bestech was established in 2005 by my father Charlie Heagney. Anna and I took over in 2011. We started Guyra Mowers & chainsaws in December 2019. Graham and myself are both qualified mechanics so when the opportunity came our way to venture into outdoor power equipment it seemed like the right move.

### How many staff do you employ?

Dean and Graham Cameron who has been with us since 2015. Anna does the office work and Charlie still comes in when we get busy

### What services do you offer?

We sell new livestock scales & EID equipment and energizers from both Gallagher & Tru-Test. We are also service agents for their products, as well as Ruddweigh products

We manufacture our feed-out trailers/mini groupers, weighbridges and cus-



Dean and Charlie Heagney

tomized weighing equipment.

We are your local Husqvarna dealers selling and servicing all of their products

We are dealers for Rover and Cub Cadet garden Equipment selling and servicing their products

We carry spare parts for chainsaws, lawnmowers and garden power equipment including chains, bars, blades, belts & oils

### What is the best/worst thing about owning your own business?

The best thing would be seeing customers happy

with your work and products

### How have things changed since you started?

The technology in the livestock industry is going ahead so fast.

### What effects have challenges such as drought, bushfires and coronavirus had for your business?

The drought was hard, seeing the effects on the people we deal with everyday. I hope we don't have to go through that again for a long time

### Do you get good feedback from your customers?

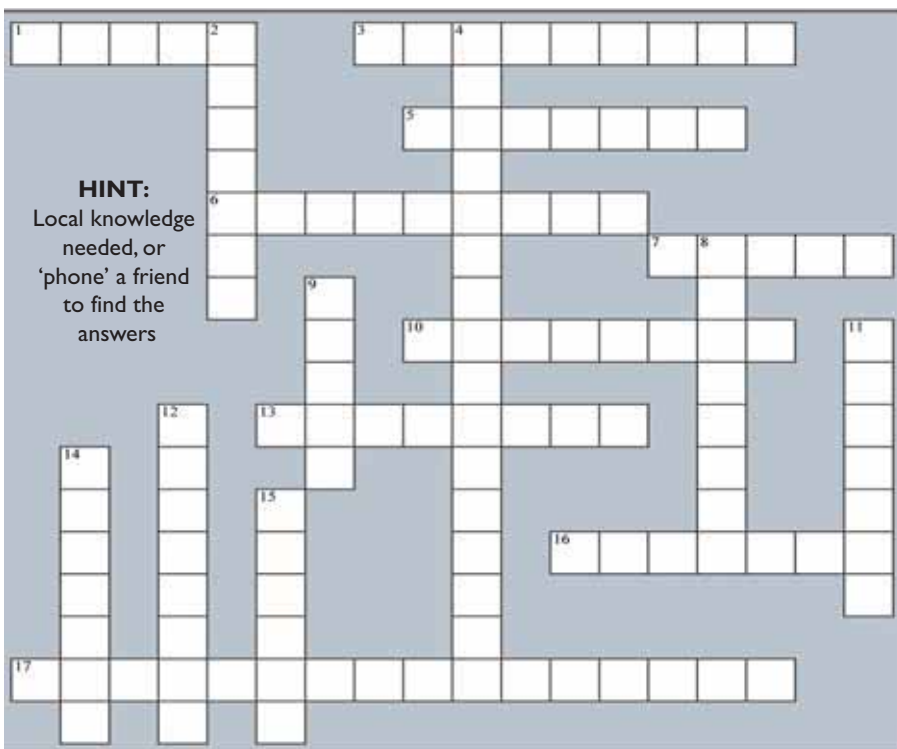
Yes I like to think all our customers are happy, it's the positive feedback that makes us keep going

### Any advice for people starting out in business?

Don't expect it to be easy. If you want something you have to work hard to get it but the rewards will be there.

### Final thoughts?

Guyra is a great town and I hope we can continue to provide a quality service for a long time to come.



**HINT:**  
Local knowledge needed, or 'phone' a friend to find the answers

## GUYRA CROSSWORD CLUES

### Across

- Guyra Central Principal at the time Primary school moved to Marne St
- Historically, the smallest Post Office in the Guyra District
- Fly fishing retreat located near Wandsworth, \_\_\_\_\_ Trout Waters
- Bridge on Guyra Rd near Wandsworth crosses this creek
- Painter (also known to kickbox) Ashley \_\_\_\_\_
- \_\_\_\_\_ and Combs (hairstylist)
- Bowling Clubs motto
- A creek, a road, a dam, a creek and a property
- Bald Blair School motto

### Down

- Guyra Central School Principal in charge when secondary school moved from Bradley St
- Home made by Michelle Stanley
- South Guyra street, also a county
- Menswear store owner (surname)
- Church in Ollera St opposite Anglican Hall
- The New England County Council oversaw the operation of which major business in Guyra?
- Fourways is part of which fuel chain
- Owner of Llangothlin Fuel Stop and Post Office (surname)



## Ladies' Golf

Last week 10 ladies played a Stroke Golf NSW Medal Round along with a putting competition, the weather was not kind extraordinarily strong winds made for a challenging round.

Jenny Shiels was the sponsor.

Vicki Reeves was the winner and Meg Simpson was the runner up.

Pip White had the best putts with 27 putts.

Nearest the pin winners were Wendy George on the 9th and Vicki Reeves on the 18th holes.

This week we are playing a Stableford.

Next week is the First Round of the Championships

over 27 holes with Wendy George as the starter. Please note the 9am start.

Good luck ladies.

## Birdie

## Men's Bowls

No Club Championships played this weekend due to Mother Nature and her weather conditions.

On to next weekend's Club Championships.

Saturday August 29th: Start: 12.00pm. Starter and Umpire: David Wilcox.

Semi Finals Club Pairs:

John Jackson and Barry Campbell to play Dan Kennedy and Barry Walls

Col Stanley and David Lyes to play John McIlwain and Anthony Bull

Club Triples:

David Wilcox, Murray Bourke, Paul Johnson to play Barry Presnell, Cameron Peardon, and Partner.

Minor Singles:

Mallie Walls to play Wayne Reeves marker Roger Cox.

Sunday August 30th: Start: 12.00pm. Starter and Umpire: David Wilcox.

Final Club Pairs:

Winner: of the games John Jackson and Dan Kennedy to play Winner: of Col Stanley and John McIlwain.

## The Bowls Bandit

## Vets Golf

Last week a reduced field of 10 played an Individual Stableford counting putts.

The winner with 33 points

was Mick Shiner and Don Campbell was runner up on 30 points

Mick was also the best putter on the day with only 27 putts.

Nearest the pins went to Ian Taylor the 7th and Herb Wilson on the 18th.

The highlight of the day was a hole in one by Phil Devlin but unfortunately he did not get nearest the pin or his ball back.

A reminder that the Vets AGM will be held on Tuesday the 1st September after golf.

Dorigo is holding their Open on Thursday September 10. If you would like to play please let Wal know.

*A Vet*

# News from Australian Poetry Hall of Fame

## Who is Tingha Billy? What did he do and why is he famous?

### What happened to the pig?

"Tingha Billy" is a brand new gripping bush poetry yarn that will have you clinging to your seat. Thundercloud will be performing it this week at Wednesday Words Open Mic Poetry from 6:30.

In other news, the new not-for-profit Guyra Film Society is up and running with our first socially distanced film night Thursday September 17th from 6pm. So that we can order our first film please pay your Annual Membership fee of \$150 to Regional Australia Bank by referencing your name. Account Name: Guyra Film Society BSB 932000 Account Number: 772622S3 Alternatively new members can join and pay on the evening.

Wednesday 2pm to 3pm Learn English with James. Wednesday 5:30 Slam Craft: Learn how to write and perform poetry. Wednesday Words Open Mic Poetry Night 6:30pm. This is your platform to inspire, get it off your chest and express yourself with other open minded and supportive poets.

"Dance on the Dot" is our socially

distanced way to have fun. Friday the 4th of September see live music in Guyra with the return of Pacific Island/ Gospel/Reggae with "Nivan Crew" from Vanuatu. Friday Fun-Klub is an all ages family nightclub which is drug and alcohol free 6:30pm to 11pm. Then Friday the 11th of September 6pm to 11pm All Ages Family funklub distanced dance on the dot Psytrance Dance FunKlub. Entry \$10 adults and \$5 youth.

Guyra Farmers and Craft market is growing with new stalls, performance poetry and music from 8:30 every Saturday morning until 1pm. There is still space for new stall holders.

Thundercloud's Altitude Training teaches Tibetan Yoga techniques which assist in flexibility, weight loss, pain management, strength as well as building your inner fire using Tummo breathing techniques. Classes are 9:30-11 Tues and Sun, 5:30-7 Tues and Thurs

You can also listen to the "Guyra Caspers Theme Song" on the Australian Poetry Hall of Fame on Youtube channel where you can subscribe to watch updates.

*James Warren*

# Building Inner Fire with Tummo

Tummo is a Tibetan Breathing and meditation technique which builds inner fire and warmth. Tummo was developed as a yogic meditation practice by Tibetan monks which allows them to sit in the snow under wet robes and dry them.

Breathing is fundamental to human life and each breath turns blue carbon dioxide laden blood into red oxygen rich blood. Breathing deep and properly allows the body to heal and increases energy and daily performance by providing vital oxygen to the organs. Tummo breathing also helps with lymphatic drainage, detoxification and builds immunity.

"Sitting" is the new "Smoking" and results in not only poor posture but also shallow breathing, sciatica, back and neck pain. Sitting in a job can shorten your life by years and in

Tibetan medical philosophy, "spinal inflexibility causes aging" Deep Tummo breathing combined with the Tsa Lung practice of Trul kor activates the relaxation response and activates rejuvenation.

You can learn Tummo Tsa Lung breathing meditation and Tibetan yoga at the Australian Poetry Hall of Fame in Thundercloud's Altitude Wellness class every Tuesday and Sunday 9:30am and Tuesday and Thursday 5:30pm. Call James 0423478656 for bookings.

*James Warren*



# Gazette's Celebrity Footy Tipping



**Congratulations** to three of our Locals who scored a full round: Eel-be-Right, Nightwatchman and The 3 Bunnies.

At the other end of the spectrum, the Famous Five have tipped their way to the Wooden Spoon position. There will no doubt be a keen contest from now on between the "Five" and Dason.

The Locals field is spreading out, but The Terrible Twosome are maintaining their control over the Leaderboard, ahead

of Bulldog 175-171.

From the Desk and Chris are in 3rd place on 165, followed by Jy, 163, with Eel-be-Right joining The Red V and Hazel next on 161.

Your local newspaper is now sharing the top spot of the Celebrities Leaderboard with B&L on 171 points.

Sue and Chris are in 2nd place, both on 163. Ben is managing to just stay ahead of Vu, but only by 2 points, 153-151.

## Sue's Tips

- Eels
- Dragons
- Roosters
- Knights
- Sharks
- Panthers
- Storm
- Raiders



Thinking Real Estate?

... **then think PINK**

- Rural
- Rentals
- Residential

We are here to help you  
95B Bradley Street, Guyra  
office@sueross.com.au



6779 1276 or 0419 606 103

**Score: 163**

## Soley's Tips

- Eels
- Dragons
- Roosters
- Warriors
- Sharks
- Panthers
- Storm
- Raiders



**Your Rural  
Taxation  
Specialists**

98 Bradley Street, Guyra  
e: csole@soletaxation.com.au  
p: 6779 1267



**Score: 163**

## B-&-L's Tips

- Eels
- Dragons
- Roosters
- Knights
- Sharks
- Panthers
- Storm
- Raiders



### Fourways Service Centre

Maxxis Tyres & other leading brands

Mechanical repairs

Log book servicing

Rego inspections



87-89 Bradley Street

6779 1284

MVRL54583

**Score: 171**

## Ben's Tips

- Eels
- Dragons
- Roosters
- Warriors
- Sharks
- Panthers
- Storm
- Raiders



### This week's specials

Navel Oranges - **\$3.50 kg**

Coca Cola 24 cans

**\$17.50**

Pork Loin Steaks - **\$14 kg**



94 Bradley Street, Guyra  
6779 1555

**Score: 153**

## Gazette's Tips

- Eels
- Dragons
- Roosters
- Knights
- Sharks
- Panthers
- Storm
- Raiders



## Guyra Gazette

Published weekly

Your local newspaper

Contact us on:

news@gala.org.au

advertising@gala.org.au

6779 2132

**Score: 171**

## Vu's Tips

- Eels
- Dragons
- Roosters
- Knights
- Sharks
- Panthers
- Storm
- Raiders



Help manage  
your medication  
with our free App  
- ask Vu

106 Bradley Street, Guyra 6779 1192

Pharmacist Advice



**Score: 151**



## Gazette Footy Tipping

Terrible Twosome	175	The 3 Bunnies	157
Bulldog	171	Nightwatchman	151
From the Desk	165	Old Chook	147
Chris Morley	165	Elva Brazier	147
Jy Starr	163	Sarbear	145
Hazel	161	GG	143
The Red V	161	WKAD	129
Eel-be-Right	161	Dason	111
Rock 3	157	Famous Five	109
Red Devils	157		

## Locals Entry Form - Round 17

Tips must be submitted by 4.00pm on Wednesday, 2nd September

Name: .....

Phone: .....

Broncos	vs	Panthers
Knights	vs	Sharks
Rabbits	vs	Storm
Bulldogs	vs	Titans
Sea Eagles	vs	Tigers
Raiders	vs	Roosters
Warriors	vs	Eels
Cowboys	vs	Dragons





# Classifieds Trades & Services



## MEALS ON WHEELS

27 August Sue Adams  
 28 August Stephen Adams  
 31 August Regional Aust Bank Staff  
 1 September Don & Betty Mayled  
 2 September Wendy Lockyer

## CHURCH SERVICES

**St. Mary of the Angels Catholic Church - Guyra** - Contact: 6779 1667:  
 Mass 6pm Saturday  
 Mass 9am Tuesday

**St. Columba's Presbyterian Church:**  
 9am Sunday followed by morning tea  
 Contact: Rev. Andrew Campbell  
 0447 724 536

**The Chapel, 66 Llangothin Street:**  
 Sunday Service: 10am  
 Contact: 0460 448 864

## FOOD PANTRY

**Food Pantry at The Chapel**  
 1st, 3rd & 5th Friday of the month.  
 10am - 12pm and 1pm - 2.30pm.  
 Contact: 0460 448 864

## FOR SALE

**ELECTRIC BLANKET**, queen size Sunbeam, near new. \$35. 6779 1635  
**LOUNGE**, 3 seater and two arm-chairs. \$120.00 ono. 0429 950 158

## FOR RENT

**HOUSE TO RENT** in Tenterden area. Suitable for family. 3 bedroom. School bus close. Ph: 0438 497 233 AH

## CROSSWORD SOLUTIONS

### Guyra Crossword 19-8-2020

**Across:** 1. Lawlor, 4. Bora, 5. Ladies Golf, 7. Vidlers, 11. Strive Ever Higher, 13. John, 15. Beth, 17. Angus  
**Down:** 2. Lions, 3. Kay Smith, 6. Maxxis, 8. Emmerton, 9. Grub, 10. Green Bin, 11. Snowclad, 12. Rotary, 14. Child, 16. Tin

## CLAIM THE DATE

**SATURDAY 12th SEPTEMBER** at 11.00am: interested descendants of the late Georgina Devlin are welcome to attend a gathering to commemorate her life at Guyra Cemetery.

**SUNDAY, 8th NOVEMBER: Guyra Cup** (note postponement from 19th April).

## RETURN THANKS

The Walls family would like to thank everyone for their cards, flowers, phone calls, messages, food and support following the loss of our mother, **Annie Ruth Walls.**

Special thanks to the doctors and staff at the Guyra MPS for the support and care they provided during her time in their care. Also thanks to Rev. Tim Stevens, Piddingtons and all who attended her funeral.

*Please accept this as our personal thanks.*

## POSITIONS VACANT

## RICHARD CROOKES CONSTRUCTIONS

### SITE MANAGER

**Richard Crookes Constructions is hiring in Guyra!**

Local Site Manager required to oversee the successful delivery of a new commercial project. Experience in managing new build projects up to \$10m will be favourable.

If you, or someone you know is interested please send your details by 15/09/2020 to Leasa Hunt: huntl@richardcrookes.com.au

## FIREWOOD

**FIREWOOD AVAILABLE.** Stringy bark. Phone: 0428 794 569

## COURSES

*Introducing a new course*  
**RAMHP**

**Rural Adversity Mental Health Program**  
 Community Support Skills Course  
 Thursday, 17th September 2020  
 at NECC

10.00am to 11.30am

RSVP to NECC 6779 2132

or email: admin@gala.org.au

Many mental health issues will be addressed at this course.

**New England Community College**  
 136 Bradley Street, Guyra (RTO#90145)  
**Phone: 6779 2132**

## TRADES & SERVICES

## CAR & TRUCK MECHANIC

- Mobile Servicing
- Repairs & Maintenance
- Diagnostics
- Fully Licensed

**0438 220 111**

mitchmechanicalcontracting@gmail.com



Licensed builder recently moved to area offering:  
 • Renovations • Extensions  
 • Patios & Decks • Sheds  
 • Building & Property Maintenance  
*No job too small.*

NSW lic no: 76103C

Ph: 0488 495 099

## Electrical Contractors

Essential Energy Level 2 Contractors

- Reverse Cycle Air/Con AU02230
- Slab Heating • TV Aerial Repairs
- Household & Stock Pumps • Generators

**Commercial**  
**Domestic**

**Industrial**  
**Rural**

**CT Electric** Phone: 6779 1273  
 101 Bradley Street, Guyra  
 A/H: 6779 1463 or 0427 791 273



If I say I will be there, I will be there.

Licence No. 346186C

Ralph Luo

☎ : 0431 277 450

✉ : wolfunec@yahoo.com.au

## WHERE'S CASPER?

Find Casper and his soccer ball! He appears three times. There are no prizes just put your detective hats on and tear your hair out looking for him!



## Perfect conditions for trout release 2020



**SPRING TIME DEALS**  
We need to make room  
for new stock  
so come in and do a deal  
on our existing stock  
and save  
**\$\$\$\$**

OR

Pre-order a new  
ROVER, CUB CADET or  
HUSQVARNA product  
and we will give you  
**5% off RRP**  
on that product  
(conditions apply, see instore)

Ask about our instore  
finance options available  
through SKYE finance

Call: **Dean or Graham**

**6779 1029 or**

**0428 791 029**

182 Falconer Street, Guyra

[www.bestechsales.com.au](http://www.bestechsales.com.au)

The yearly trout release by the Guyra Angler's Club will take place on Saturday September 5th and every sign is for perfect growing conditions to restore fishing stocks.

Club members and local farmers volunteer their time each year to release 180,000 trout fry, bred at the Dutton Trout Hatchery at Ebor, into the streams around Guyra. Its nearly a full day operation with member Robert (Tappa) Walls heading off to Ebor at 6am to collect the fish on behalf of the club. These are then allocated to volunteers and club members to distribute around the district as quickly as possible to ensure as high a survival rate as possible. This year's allocation for Guyra will be slightly less as Guyra is to receive an allocation of fingerlings later in the year which will be great for news for keen trout fishers.

Guyra is very fortunate to have so many people who willingly accept the invitation each year to do their bit for trout fishing around the district and the club sincerely thanks all those who participate.

There are still a few spots unclaimed at this stage so if



Dutton Trout Hatchery do a fine job of supporting trout fishing around Guyra by also stocking Guyra's trout fishing dam on the edge of the Golf Course for the October TroutFest and for local children and visitors during the year. Seen here are staff releasing large fish into the dam in time for the last school holidays to try their hand at fishing

you want to register please phone Lynne on 0488 755 736. With COVID 19 regulations this year every person involved must be registered and carry a stocking permit to be involved. A few people have changed their phone numbers too so if you usually participate and are still willing but haven't received a call from the club's stocking officer please call Lynne on

0488 755 736.

Arrangements at this stage are to meet at the Guyra Hotel between 8am and 9am on September 5th to register your details and collect your allocation of fish.

Remember you can become a member of the Guyra Anglers Club by calling into the Guyra Hotel or Dasha's Hardware to pay your membership.

### Productive Rural Land and Lifestyle Opportunity

#### "Rosehill" 341 Tubbamurra Road, Tubbamurra

- 51 ha or 126 acres in 3 separate titles, 20 kms to Guyra
- Cosy 3 bedroom home with combustion wood heater
- Predominantly basalt soils, flat to gently undulating terrain
  - Rosehill has the potential to drive a high level of grazing performance

**AUCTION - 24 September 2020 - 11am**  
**The Woolly Lamb, New England Highway, Guyra**

**RayWhite.**

**Ray White Rural Guyra/Armidale**  
115 Bradley Street, Guyra  
<https://raywhitearmidale.com.au/>

**Andrew Starr**  
0428 792 466

**Margo Hogan**  
0458 255 102