

Clarence Town and District Progress Association Inc.

The Sentinel

Your local paper containing district news circulating throughout Clarence Town—Glen Oak - Glen Martin - Glen William - Limeburners Creek Wallarobba/Brookfield - Circulation:- 1160

November/December 2021



Nominate Your Australia Day Hero

Nominations for the 2022 Australia Day Awards are now open and Dungog Shire Council is encouraging all residents to nominate the unsung heroes who enrich life for everyone across the shire community.

Mayor of Dungog, Councillor John Connors, says given the challenges the past year has presented, there are more citizens than ever before who are worthy of nomination.

"There is no doubt the events of the past year have presented unprecedented challenges for the Dungog Shire community," says Mayor Connors.

"Between the COVID-19 pandemic and our extreme weather events, many individuals and organisations have had to overcome countless obstacles and display a resilience and fortitude like never before.

"These are the citizens and organisations we wish to recognise in the 2022 Australia Day Awards – those who have faced their challenges head-on and displayed courage and determination to continue to make invaluable contributions to our community."

Council is inviting residents to nominate individuals, organisations and teams in the following award categories:

- Citizen of the Year
- Young Citizen of the Year
- Environmental Citizen of the year
- Senior Sports Award (over 18 years of age)
- Junior Sports Award (18 years of age and under
- Volunteer (as an individual) Service to the Community

Nominations may be made by individuals or organisations and should focus on achievements in the 2021 calendar year.

Nomination forms are available from:

- Council's Administration Centre, 198 Dowling St, Dungog.
- Dungog Library, 17 Mackay St, Dungog.
- Paterson Country Café, 24 King St, Paterson.
- East Gresford Store | Foodworks, 63 Park Street, East Gresford.
- Vacy General Store, 803 Gresford Rd, Vacy.
- Irwin's Fuel & Food, 15 Clarence Town Rd, Dungog.
- Clarence Town Post Office, Shop 4/116 Prince St, Clarence Town.

Forms can also be **downloaded from council's website.**

Nominations close on Friday 12 November 2021 and completed nomination forms must be submitted to council via email or in person, no later than 4pm on this day.

Please direct all Australia Day Award enquiries to council's

Executive Assistant to the General Manager on 4995 7731.

Advertising Rate for Magazine

Standard......\$22.00

1/4 page.....\$45.00

1/3 page.....\$66.00

1/2 page.....\$95.00

Full page......\$180.00

per issue (including GST)

The Email Address For Magazine Contributions

thesentinel2321@gmail.com

Please contact us if you wish to pay annually



Dr. David GILLESPIE MP

FEDERAL MEMBER FOR LYNE

OUR COMMUNITY IS A GREAT PLACE TO LIVE, WORK AND RAISE A FAMILY.

This year, our focus has been to suppress the virus and deliver the vaccine, continue to guarantee the essential services that we rely on and protect and secure Australia's interests in a challenging world.

Our Government has been taking all possible steps to protect lives and livelihoods, including unprecedented support for health care and mental health.

We are in a stronger position to recover than most countries. The next stage in our plan to secure Australia's economic recovery includes:

- Incentives for investment, jobs, new apprenticeships, and skills training.
- More infrastructure including roads, rail, bridges, dams and electricity transmission.
- Substantial new investment in aged care. health, mental health, and the NDIS.

FEDERAL FUNDING HAS BEEN SECURED FOR MAJOR PROJECTS **INCLUDING:**

- Brig O'Johnston Bridge Replacement
- Clarence Town Road Upgrade Raymond Terrace to Dungog
- Dungog Main Street Upgrade
- Bingleburra Road Safety Upgrades
- Lostock Dam to Glennies Creek Dam Pipeline
- The Bucketts Way upgrade and safety improvements

LOCALLY I HAVE BEEN DELIVERING FOR YOU, YOUR FAMILY AND LOCAL COMMUNITY, **INCLUDING:**

- \$100,000 for the Bridge Reserve's new amenities building
- \$52,916 for the Clarence Town Sports Building Path and Road access
- \$2,325 for the 1st Clarence Town Scouts
- \$1,424 for the Clarence Town Rugby League Football Club
- \$1.000 for the Glen Oak School of Arts Hall
- \$5,000 for the Glen William Public School
- \$15,000 for the Lions Park
- \$30,000 for the Clarence Town School of Arts
- \$30,000 for the Clarence Town Village Green Rotunda
- \$510,000 for the Clarence Town Road south of Hanleys Creek Road at Tabbil Creek



Dr. David GILLESPIE MP FEDERAL MEMBER FOR LYNE

He Listens. He Cares. He Delivers.

for Regional Australia

Authorised by Dr David Gillespie MP, Shops 2 & 3, 43 High Street, Wauchope, NSW, 2446

Wauchope Office

- 02 6586 4462
- R Corner of High and Hastings Streets, Wauchope, NSW 2446

Taree Office

- 02 6557 8910
- 144 Victoria Street, Taree, NSW 2430
- A DavidGillespieMP
- david gillespie mp
- davegillespiemp



ADVERTISEMENT

REOPENING NSW

COVID-19 restrictions have eased after NSW reached the 70 per cent double vaccination target.

Under the Roadmap to Reopening changes for fully vaccinated people include;

- Visiting family and friends
- Small outdoor gatherings and recreation permitted
- Masks no longer required in outdoor settings (except for front-of-house hospitality staff)
- COVID Safe check-ins and proof of vaccination required for staff and customers
- Schools open with Level 3 COVID-19 safety measures
- Non-critical retail reopens with density limits
- Carpooling permitted

Further changes to the restrictions apply after 80 per cent full vaccination is achieved.

A third round of restrictions is expected to be eased in December when people not fully vaccinated have greater freedoms.

For the latest rules and to view the roadmap see www.nsw.gov.au/covid-19/rules

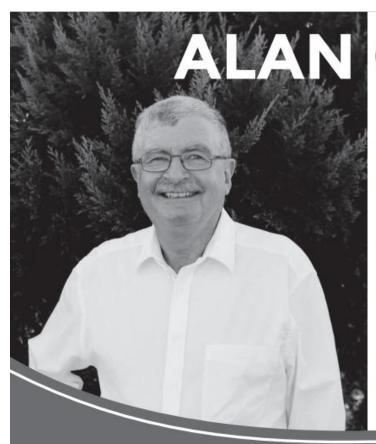
Authorised by Dave Layzell MP, 20 Bridge Street, Muswellbrook NSW 2323 Funded using Parliamentary entitlements, November 2021.











MGREEN

As a Councillor of Dungog Shire I would strive to:

- Work with the other councillors to create a sustainable future and improve infrastructure including roads.
- Promote business growth and employment.
- Make Dungog Council more transparent and an employer of choice.

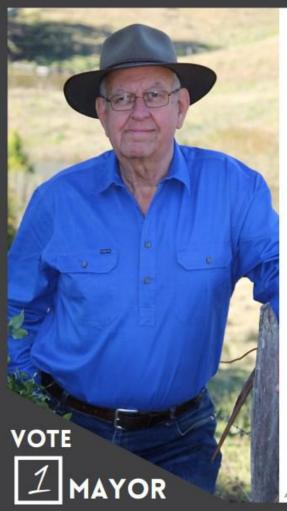
A little about Alan

- I was born and raised on a farm in the Central West of NSW and attended a one teacher primary school.
- I was Headmaster of Newcastle Grammar School for 25 years, am a Graduate of the Australian institute of Company Directors and was the CEO at Newcastle Anglican Schools Corporation for a number of years.
- After selling my farm in Orange I purchased a cattle farm at Clarence Town in 2011 where I now live with my wife.
- My three grown daughters and grandchildren enjoy visiting and spending time in Clarence Town and as a family we are committed to rural community values.

VOTE [1]

DUNGOG WARD B

Authorised By: Alan Green (Candidate) 180 Fords Road, Clarence Town, NSW, 2321



Vote for a Mayor who gets the job done.

SAFER ROADS | BETTER BRIDGES | STRONGER FUTURE

Secured over \$45M in road funding.

Successfully campaigned for a \$25M Special Purpose Grant to improve Dungog's local roads.

Implemented community infrastructure improvements including lighting and playground upgrades.

Established a fully funded \$31.5M capital works program for 2021/2022 PLUS \$25M for local roads.

JOHN CONNORS

COMMITTED TO OUR COMMUNITY

AUTHORISED BY JOHN CONNORS, 797 SUGARLOAF ROAD, DUNGOG, 2420



WARD B STEVE LOW

I represented 'B' Ward on Council over the last four years and have nominated for re-election because there is much more that I want to achieve for our community.



The Main Roads have been upgraded but local roads such as Glen Martin Road, Glen William Road, Woerdens Road and Martins Creek Road need attention. We are getting a new Clarence Town Bridge with a walkway cycleway that will not be connected to anything and we lack footpaths and other basic facilities to meet the needs of a growing community, such as a full sized playing field (Field of Dreams) for senior competition matches. Another long term aspiration is the bypass and fire break for Clarence Town.

Also, Council is part way towards developing a new Local Environment Plan and a Strategic Plan for Clarence Town and I want to see them completed to the satisfaction of our community. I am very concerned about the health of the Williams River because its condition is obviously deteriorating due to the effects of the Seaham Weir. Also, the Martins Creek Quarry extension is still undecided.

Sadly, small rural councils struggle to provide the services enjoyed in larger centres, so we must chase grants even for basic stuff. Council has been successful in obtaining many extra millions for roads and bridges but we need this to continue delivering a fair share for 'B' Ward, which is the fastest growing area in Dungog Shire.

I have lived a very fortunate life and want to continue giving something back to the community. I know how to get things done - I was a senior officer in the RAAF and have much experience with commonwealth, state and local governments. In particular I like helping people with their problems and finding a way through the bureaucracy that has now become so prolific.

I am not a member of any political party and my only agenda is to represent community values and seek common sense outcomes.

With your support I want to continue the good work.

Reflection on a life than spanned more than 100 years

Amy Edna Allen, affectionately known as "Aunt" was born on the 30th December 1916 to Herbert and Marion Allen. She was their first child with brother George, arriving the following year. Aunt would tell the story of being born at "Granny Norris" house in Queen Street Clarence Town and would laugh about being born in a little shack.

Aunt and George lived on a share dairy at Glen Martin until their father Herbert passed away when they were both young. Aunt spoke of how her mum Marion tried to carry on after their fathers passing however with two small children this was difficult and she later moved to Sydney for work. At the age of 7 & 6 Aunt and George would come to live with their great Uncle and Aunty, Herb and Nell Clode at Glenmore, later moving to Glen Livett where she would spend all of her life.

Aunt attended school at Glen Oak, where she and George would walk 3 miles, which took them about an hour, often running to get there in time after a morning of milking. Aunt told of stories of her time at school, and getting the cane for "yapping" in class. She left school at the age of 14, after packing up her books at the end of the school year and telling Aunty Nell she wasn't going back as there was plenty of work to be done on the farm. From that day on Aunt devoted her life to Glen Livett.

While Aunt never married she dedicated her life to caring for others. After the passing of Aunty Nell she took on the role of caring for Uncle Herb until he passed away in 1968. Aunt would later fulfil this role again when her sister in law Allie Allen passed away in 1986. Aunt would walk daily from her house on the farm to George's, attending to housework and cooking for him. She later moved to live with George until his passing in 2009. Aunt and George were more than siblings, they were the very best of friends. Our family takes great comfort in knowing they are now back together.

Aunt was the centrepiece of our family. She was Aunt to Peter, Kenneth, Jenny, Jennifer and Glenn. A great Aunt to myself, Luke, Cint, Phil, Ryan & Gab. Yet her most joyous role was a great great Aunt to Bentley, Quinn, Thea, Addison and number 5 due in January. We were Aunt's family and there wasn't a milestone in our lives that she missed. Of all the milestones Aunt never dreamt of seeing us have kids, she'd say "I'll be dead by then", yet she was blessed to meet them all. Our kids were the apple of her eye and brought her the greatest joy. We will forever be grateful for the memories they created together. There are very few people who have seen the events and changes which Aunt witnessed over her 104

remarkable years.

To give some perspective the year aunt was born the population of Australia was just under 5 million, and today it is almost 26 million.

She saw and lived through:

- ♦ 2 world wars
- The great depression
- The Vietnam war
- The Spanish Flu Pandemic
- The fall of the Berlin Wall
- Neil Armstrong becoming the first man to walk on the moon
- The opening of The Sydney Harbour Bridge and Opera House
- 9/11 and the rise of terrorism
- And most recently the Covid 19 pandemic

Aunt saw milk go from being delivered in cans by boat to now being conveniently purchased from the supermarket in a carton, she witnessed electricity being switched on for the first time, money changing from shillings and sixpence to dollars and cents, messages being sent via telegram to text and transport from horse and cart to motor vehicles. And it's hard to think that there will be another generation to witness such monumental changes in our world.

Aunt possessed many talents and her handy needle work is something she was known for, while we could never see a fault in her work, she would always say "ahhh its rough". Her cooking is what she was most well-known for whether it be butterfly cakes, sugar biscuits, jelly tart or the famous Christmas plum pudding these delicious treats have graced the tables of many family events. Aunt had great friendships, many of which were formed through both St John's Anglican Church and the local community of Clarence Town. With friends she enjoyed travelling Australia and New Zealand, attending local activities such as hoi, housie, the church bazaar and Glen William Gymkhana along with fishing and tennis on the farm. Aunt loved her garden and took great pride in her home grown tomatoes along with beautiful roses and hydrangeas.

Upon celebrating her 100th Birthday Aunt was asked what the secret was to a long and happy life in which she said "Working hard, rising early and caring for your family". Not only was this a beautiful way to live but a set of values which remained with her until she peacefully passed away on Saturday 11th September at the incredible age of 104.

Amy Allen was also a faithful church-goer and supporter at St. John's, Clarence Town. She was involved with every aspect of church-life, especially Sunday worship, bazaars and of course, the Glen William Gymkhana (Sports). She loved all of it and was a wonderful encourager to her friends there.

"Well done, good and faithful servant. Enter into the joy of your Master". Matthew 25: 21







CLARENCE TOWN MEDICAL CENTRE

We put our patients first



experienced team of male including patients from

40 Grey Street, Clarence Town, NSW 2321

Karuah NSW

BULK BILLING

Call 02 4996 4003

Monday to Friday: 8:30 AM - 5 PM Saturday: 9 AM - 3 PM

Online bookings available on www. healthcareevolutions.com.au the Healthcare Evolutions App

healthengine.com.au



OUR TEAM

- DR YOONUS
- DR AIMAN
- DR HASSAN
- DR MAY
- DR ALI





www.healthcareevolutions.com.au

Phone: 02 4996 4003 Fax: 02 4996 4009



What We Offer

COVID19 Vaccinations Flu vaccinations Children's health General medicine Pathology collection Adolescent's health Men's health Aged care

Chronic disease management Women's health and shared obstetric care

Health assessments Travel medicine Skin cancer checks

Workplace medical WorkCover injury assessments

We are providing AstraZeneca Vaccination to all eligible Patients

PODIATRIST | DIETITIAN PATHOLOGY

PATHOLOGY HOURS: MON - FRI :8:30AM TO 4PM



SOLICITOR

W J Enright & Prentice Solicitors & Conveyancers

124 Dowling Street, Dungog. 2420

Phone: 4992 1730

Email: mail@felixprentice.com.au

CLR

Carpets . Lounges . Rugs

Carpet Cleaning

DOMESTIC COMMERCIAL INDUSTRIAL

Vince Willemen 0499 424 070 vince@clrcarpetcleaning.com.au

BRUCE FRAPPELL SERVICES

ABN 16 600 975 859

Aerated Wastewater Treatment Tank Technician

Servicing most makes and models

CALL BRUCE ON: 0408 861 360

Over 15 years experience in the industry I offer a full comprehensive System Report, Check and Service with competitive rates.

CLARENCE TOWN PHARMACY

Providing all your health needs Services include

- Webster Packing - Agent for Diabetes Australia



We are open - Monday to Friday from 8.30am to 5pm and Saturday from 8.30am to 12noon Pharmacist - Steven Mihulka

Lovely gifts for all occasions, now in stock

Come in and have a look at our diverse range and shop locally

Shop 2, 116 Prince Street, Clarence Town. 2321. Phone: 4996 3300. Fax: 4996 3344



FLANNERY HIRE

EARTHMOVING & HIRE

Excavators with Digging Buckets and Ripper, other attachments available include Auger Drive, Grab and Tilt Bucket, Rock Breaker Attachment for Wet Hire Only Skid Steer with spreader bar attachment Tipper Hire & Other Specialty Items for Hire Call Andrew 0417 475 844 With Operator or Dry Hire Available Drop off and Pick up Available www.flanneryhire.com.au

Mollydale Music

Piano and Musical Education Specialist

- * Beginners welcome all ages
- * AMEB Examination prep to practical theory and musician exams
 - * HSC Performance Examination prep
 - * 35 years piano teaching experience

Ros 0414 391 747

N & S HARPER

MOBILE MECHANICAL REPAIRS

Now operating out of a new updated vehicle

Proudly servicing Clarence Town and surrounding districts since 1990 with friendly affordable Service

Phone Neville and Sue <u>0438 192 736</u>

For your mechanical repairs including

- Brakes
- Clutches
- Log Book Services
- Cylinder Heads
- Suspension
- CV Joints & Boots
- Timing Belts

We come to you for your convenience.

Licence No. MVRL29983

This Christmas ...



(It's never too early to be prepared!)



ARTISAN CANDLES & SOAPS

ODRMC

DUNGOG READY MIXED CONCRETE



4 Drovers Way, DUNGOG. NSW 2420

Phone: **02 4992 3309**Mobile: **0429 923 309**

NOW SUPPYLING MESH & REO

Email: sales@drmc.com.au

For all your deliveries of ready-mixed concrete in Dungog Shire and all surrounding areas.



Pixel Pest Control 0492 856 369

- Cockroaches
- SpidersAnts
- Fleas
- Rodents
- Combo Packages
- Termite Inspections & Mangement
- Commercial Pest Mangement
- Pre Construction

Ken & Olivia Hurstfield - 25 Years Local Experience





Around the Churches

St. John's, Clarence Town.

Good day once again everyone.

This will be the last report for the year 2021. We have had a mixed year but with the grace of God we have made it through. For those who have had a rough time, hope your recovery is getting better and those who have seen the light at the end of the tunnel, continue to strive ahead.

We still have a Sunday service at 10am with Covid-19 regulations applied. The parish hall is still being used by the community groups. A big thank you for following all the tasks that are required to enter and depart the building.

It is now a regulation that one must be double vaccinated to come to our Op Shop which is back in operation and a big thank you to Gillian and her faithful workers.

It was sad to say our goodbyes to one of our last remaining members of St. John's Ladies Guild. Amy Allen was very full of life and loved every minute of her life to the fullest. Her knowledge was wonderful and she was so alert, offering herself whenever there was a function in the hall. To the Allen family we send our condolences to you.

I would like to ask those in the community who knew Mrs. Lee Howie to remember her in your prayers as she recovers from a fall where she fractured a bone below her right shoulder, and has been advised that only time will heal – it is -- but the time is long. Thank-you.

Finally I would like to thank everyone who has kept the church and grounds in wonderful condition all year.

Have a wonderful Holy Christmas with family and friends, and may God keep you all safe and well.

Dates to remember:

Our Christmas Service time will hopefully be 6.pm on Christmas Eve. Covid-19 permitting!!!

Lois Edwards

St David's Presbyterian Church Clarence Town.

Once again the Covid-19 restrictions have prevented the Mental Health First Aid Course from going ahead on 15-16 October, and has been postponed to a date yet to be announced in November. The course is open to the general public and is a great opportunity for participants to gain a certificate in MHFA at the very reasonable rate of \$150 per person. To register please contact Allan Welch on 0402 387 690 or email pastor@dcpc.org.au and you will receive a link to a trybooking.com site for payment. The course is run over 2 days (Fri and Sat 9am-4pm).

At the beginning of August we commenced our series on the book of Job and so the task continues. A book on suffering was never going to be an easy experience, but some have expressed surprise at how deeply it can affect us, knowing all the time that Job foreshadows Christ, and how we suffer along with him in times of trial.

Services for church are currently being held at 10am via Zoom (and will be back physically after the vaccination rate reaches 80%.) Please contact Allan to receive the link. When restrictions allow, we will be meeting again at 10am in the hall at Clarence Town Public School.

Sadly, due to the restrictions the following things that were coming soon to Clarence Town Presbyterian Church had to be postponed:

- ♦ Mainly Music Play Group;
- Men's Breakfast and biltong making;
- ♦ Ginger Bread Houses for the ladies and kids;
- ♦ Aberdeen Highland Games church picnic day.

These will be rescheduled in to the Strategic Plan for 2022. But we do give thanks to God for his mercy, that we had been able to resume a limited return to physical services for a while, and look forward with hope to a full return to physical services in the not too distant future.

We continue to pray against the pandemic, for our town, leaders, country and world, both in private and when we meet together and, all the more as we see the great Day of our Lord Jesus approaching. May the grace of Jesus Christ, the love of God and the fellowship of the Holy Spirit be with us all.

In Christ,

Rev Allan D. Welch

Christ Church, Dungog.

It is so good to be back at church again. Our Sunday services are at 8.30am and everyone is most welcome. Our Op Shop is open each Friday in Chapman Street, Dungog, from 8.30am to 2pm. Please be aware that everyone needs to have had their double vaccination against Covid 19, to be able to enter the Op Shop and we need to see proof of vaccination.

We are hoping to be able to begin our monthly Markets again on the 1st Saturday of November in the church grounds in Chapman Street. For confirmation of this, please phone me on 4992 1389.

Again, only double vaccinated people will be able to attend.

Margaret Flannery

St. Patrick's, Clarence Town.

Praise the Lord and Halleluiah! We are out of Lock-down and can finally go back to Mass, although we are still not allowed to sing, heaven forbid!

Please pray that normality continues to return and we are able to talk to people 'face to face', give each other a hug etc.

I cannot believe how quickly the year has gone and Christmas is I ooming just around the bend. For me, Covid-19 has given me the opportunity to catch up on a lot around the place, but I have very much missed my dear friends.

Blessings to all, stay well and positive and pray that the good Lord continues to bless us.

God Bless. **Marilyn Amos**

From the Parson's Pen

Christmas

It seems strange to be writing about Christmas in October. Right now, the shops are vying for our Halloween dollars. I'm only just thinking about my Christmas list! In large centres however the Christmas decorations are already for sale. There are baubles of all description, stars, bells, mice, reindeer, possums, and many other animals but few of the decorations remind us of the real reason for Christmas.

It's impossible to write about Christmas without mentioning Jesus Christ. Even the word Christmas includes one of the titles Jesus was known by. Christmas is a Christian festival. It celebrates the birth of Jesus Christ, who was a real person in history. Christians are people who try to follow the Jesus way. Jesus' life and teaching show us that we can live a different way, respecting and loving our differences and working together for peaceful outcomes.

In the two thousand years since Jesus was born, many traditions have grown around the celebration of this season. In Australia it has become a family celebration sharing food and gifts and time with those who are most important to us. Carols by Candlelight is a great public event which is enjoyed throughout Australia. It is a uniquely Australian tradition which celebrates the holiday and the season and our warm summer evenings. All of us look forward to having fun at Christmas. We visit and visit - if we're not in lockdown. Social activity steps up. Maybe this year we can take time to remind ourselves and our families of the reason Christmas is celebrated all over the world. Check out your local church activities. If we are not locked down again there will events planned to involve everybody. We know though that not everybody gets to share in the feast. In many cities and towns people will provide meals and fellowship on December 25 for

those who struggle to participate in our communities.

Who will you invite to share your celebration this year? Someone new to the community? Someone you know is on their own? Someone who is struggling to make it? A family in need? Someone who is really not looking forward to the Christmas season? Your invitation may be the best gift those people have ever received.

Christmas in my family is a time for thanking God for Jesus, saying 'Happy Birthday' Jesus, and sharing time together. I wish you and your family a very Happy Christmas season. Please be assured of the prayers of the Christian community for a happy and peaceful time for all of us.

to the glory of God the Father. **Ruth Brand** - Locum priest Dungog Anglican Parish

Clarence Town Op Shop and Treasure Centre 4994 9168

COTTON WASTE—white or coloured 5kg bags - \$10.00 (incl GST)

WANTED

- * 8ply wool for Beanies to Seafarers
- * Wrap Squares
- * Chaff or Bran bags please
- * Ring-pulls from any cans
- * White T-shirts for rag

PLEASE—NO ELECTRICAL ITEMS

Clarence Town Op Shop and Treasure Centre.

Great to be open again and welcoming everyone. Thank you all so much for observing the Covid-19 regulations.

The new ruling is that everyone has to be double vaccinated to be able to enter the Op Shop, and we need to see proof of that. Sorry.

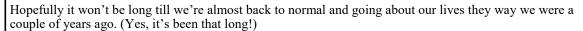
We have some lovely fashions and household items, so do come in and have a browse on Wednesdays from 8.30am to noon. Keep yourselves safe.

Gillian Finch

Focus on Health & Fitness

home to do it?

Well, there's finally some light at the end of the COVID 19 tunnel.





For many people that means getting back into physical activities, exercise and sport and, although there will be some safeguards and precautions we will need to take for a while yet, it should be pretty safe to do so. But what if you're still not sure? What if it happens again? What if you want to get active again but you don't want to have to leave

The best you can be

One of the effects of the whole pandemic thing is that many businesses had to find ways of doing business online. As a society we were heading this way anyway, but COVID has given it a huge shove! The fitness industry was definitely part of that movement and many businesses have realised that there's a growing market for online fitness classes. Everything from dance, yoga, general fitness, P.T. sessions, martial arts and pretty much anything you can think of that involves physical activity. Some require some basic equipment, some require a bit of space, but there's a big range of activities out there and all you need is a mobile device or computer and an internet connection. This means you can do it anywhere, anytime. Some are live sessions where, if you've got a camera, your instructor/leader can watch what you're doing and give feedback and encouragement. Others are recorded sessions where you can do the session at a time that suits you or pick a session that suits you and do it whenever you like. Some allow you to send in a video of you doing the activity and get feedback from the instructor/leader.

Just be aware that these days just about anyone can set up a home studio and promote themselves as being an expert in whatever you can think of. Lord knows the internet is thick with frauds and wannabes. So do your due diligence and check them out before you give out the credit card details.

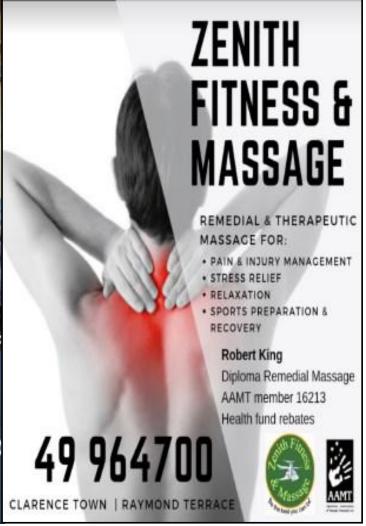
You can also get a small group of friends that you feel comfortable with and do sessions with them. That way you can get the social and mental benefits of participating in an activity and you avoid the smelly person that seems to always line up next to you in the aerobics class or the hairy, sweaty guy that doesn't towel off the equipment after he's done.

Add to this a pretty big range of modern, portable, fitness equipment that's available now at affordable prices (which can also be ordered online) and you don't have to go far to keep yourself active and healthy both physically and mentally.

Just Google "online fitness" or "online whatever" and get started. That way, when the Zombie apocalypse happens in a few years or the Aliens finally decide it's safe to invade, you won't have to leave home to keep yourself ready for action! **Robert King**

Zenith Fitness & Massage





Glen William Public School

Congratulations!! Our students are to be congratulated for the resilience demonstrated across the recent lockdown. There was some excellent work being done and shown through the zoom lessons, google classroom or teams meetings. Thank you to our families for the support that you provided.

Thank you Miss Anderson and Mrs Hurney for your fantastic virtual disco. There were some wonderful disco selfies uploaded to the google classrooms. Our wellbeing is always at the forefront of my mind, but never more so than the past 7 weeks. The wellbeing activities have been a important part of our learning journey across our home learning program.

Our Education Week assembly in Term 3 had to be postponed due to the start of Covid restrictions in Sydney. I would like to acknowledge our award recipients as we will be not holding a presentation. Certificates will be mailed out to families.

Education Week Awards: Student Awards: Alex Boyton & Jordan Keen, Teaching Award: Miss Anderson, Non-Teaching Staff Member: Mr Trae Boyle, Community Member: Mrs Julie Vasic, School program: Cultural Awareness Program. Thank you to all for the wonderful job you do contributing to our school.

GLEN WILLIAM PUBLIC SCHOOL PARTICIPATED IN JUMP ROPE FOR HEART! Congratulations to all of our students who have been skipping at home to raise awareness for the Heart Foundation. Glen William Public School students raised \$2751.00. Well Done, great effort!!!

As the term progresses we hope to be able to welcome families back into our school to share our end of year celebrations.

> We are taking Enrolments for 2021 Please contact the school office for an information pack, visit the school website to complete online enrolment.

Glen William Public School 4996 5507 E-Mail glenwillia-p.school@det.nsw.edu.au

Edser Plant & Civil Pty Ltd Glen Oak

All Types of excavation work

- * Road Construction * Land Clearing
- * Dam Construction
- * Stump Removal

The supply and delivery of

*Road base *Sand *Gravel *Soil

Excavators - 2.5, 8, 14, 20 ton Posi track 6 in 1 bucket & forks All size buckets, rock hammer & Hydraulic grabs Bogie Tipper Trucks & trucks & dogs - Water Cart Over 30 years experience





Phone Simon on 0423 517 857 or 4988 6180



Williams River Veterinary Clinic



28 Grey Street, Clarence Town

OPENING HOURS

Monday & Tuesday 9am - 5pm Wednesday 8.30am - 5.30pm Thursday & Friday 9am - 5pm Saturday 9am - 11.30am

We cater for all your pet, farm and equine medical and surgical needs.

We offer an extensive mobile and farm service and

24 hour emergency care.

We offer an equine reproductive service, cattle pregnancy testing, bull fertility testing and tagging for sale. We also stock a large range of quality pet foods and accessories, natural health products, and a wide variety of parasite control products.

Clarence Town on 4996 4441 to discuss your animals' needs.

Dr Jasmin Klocker BVSc and Associates

What a year it has been 2021. The Sentinel and the Clarence Town Progress Association would love to thank their readers, the community, businesses, and other advertisers that have not only supported the Sentinel but the community as well.

While Covid 19 and the shutdowns have wreaked havoc we've seen in many instances how the community has come together to keep things

going and support each other. it's been truly uplifting to see in many instances.

Clarence Town Progress
Association

@Clarence.Town.Progress.Association · ★ 1 (1 review) · Community Organization

While a lot of businesses and schools were forced to close, pressure resulted in other areas. Parents had a quick turnaround in learning what it's like to teach their children. But out of the doom and gloom there seems to be light at the end of the tunnel. Christmas is upon us, with catching up with friends and family. For some, the support of the local community and being locked into our local LGA will have created a greater awareness of how great our community can be.

The last point is how we would like to summarise 2021. It's been a tough year, but some special bonds have developed in our town. The sports ground upgrades are coming along nicely, and more plans are underway.

Of particular note, the Sentinel would like to give a big shout out to the advertisers who continued to support our local paper. Without their support we couldn't continue to reach our publication and distribution targets. Every bit of community support helps and brings us all together. We look forward to what Christmas and the new year brings. In the time between now and then, we hope everyone keeps safe and enjoys the festivities!

Regards, the Sentinel



Amy Martin Legal and Conveyancing Services offers a wide range of services across many areas of law:

Conveyancing and Property Law • Wills and Estates Powers of Attorney and Guardianship • Criminal Law

🗣 115 Dowling St, Dungog NSW

C (02) 4992 1166 amy@amlegal.net.au www.amlegal.net.au







Life's too short to worry about your finances! Let us help you get it sorted!

BUILDING WEALTH

PROTECTING YOUR ASSETS

PROTECTING YOUR INCOME

DOING YOUR TAX

GETTING A BETTER MORTGAGE

MANAGING INVESTMENTS

PLANNING FOR RETIREMENT

LEAVING A LEGACY

ACHIEVING YOUR DREAMS

Phone us today on 0428 976 696 Located at The Branch (Via Karuah) www.exceladvisors.com.au

ABN 97 101 135 942 | Australian Credit Licence No: 392277

PAUL CLARKE & ASSOCIATES

CONSULTING CIVIL & STRUCTURAL ENGINEERS

- Residential, Commercial and Industrial Building Design
- Road and Drainage Design
- **Footing Design and Inspections**

Ph. 4988 6111 Fax: 4988 6707

553 East Seaham Road, East Seaham. 2324



Around The District

We are at a bit of a standstill at the museum, we



hope to be open again soon. With the new regulation changes we need to have a new COVID plan in place.

The current COVID-19 regulations mean that you cannot visit the museum if you have not had your double vaccination. Hefty fines apply for everybody if cought breaking COVID rules.

You will be asked to show your COVID certificate when signing in. If you are unable to do so you will be asked to leave. You may return to us after 1st December.

We hope that once we are open the Fresh Market will be able to start up again, so keep a look out for their signs.

We still do not have a new date for the auction, it will however now be in the new year, information will be on the museum events page, and we will put some adverts about town.

When we do reopen, if you wish to visit the museum between opening times you can do this by booking an appointment which can be done by contacting us via face-book messenger, and e-mail, we can also be contacted on the museum's mobile, all contacts of which can be found on our face-book page or at the end of this update.

We continue to update our page with news, articles, adverts etc from the past. Follow us so you will get the updates and be able to read these posts, some of the family names mentioned are still around, sadly others are not.

The museum will be open on the second and last Saturdays of the month. Though if the flags are up then we are in, and you are welcome to drop in for a visit.

We are constantly looking for information and photos of the past, so if you are happy to share, please do. We are still looking for photos and items relating to schools and education for Clarence Town and the district.

Joanne Foley (President) on behalf of The Museum Committee

To get in touch our email is clarencetownmuseum@yahoo.com, Our phone number is 0401 188 849, or you can reach us through Facebook.

Clarence Town School of Arts News

Dungog Council advises that, as of Monday 11th October, the Hall is available for use, but COVID19 indoor regulations apply.



- * Masks,
- * 1 person per 4 sq metre rule, and a
- * 20-person limit for all indoor activities.

The Hall Committee has decided to keep the hall closed until further restrictions ease on 1st December.

Venessa McFarlane Secretary



Official Rainfall 2021

Clarence Town Rainfall Station 061010

200.4mm
141.4mm
362.8mm
31.0mm
61.2mm
72.2mm
35.0mm
60.6mm
62.0mm



Dungog Tip Hours

Monday, Thursday, Friday
8am - 5pm
Tuesday and Wednesday

Saturday and Sunday 8am-12noon Phone 4992 1634

CLOSED



Paterson Valley Water Cart

Phone Bryce 0409 250 355 4938 5441

Email: t_giuffre@bigpond

More Around The District



From the Lion's Den.

Lockdown has finished and for many people it is the opportunity for them to see friends and family that have not seen in quiet a while which is very exciting. Being away from those we love is difficult for everyone and it also makes you realise the priorities in your life.

Many things in our wonderful town are back up and running including our markets on the last Saturday of each month (except December) so come along and say Hi to the Lions team, catch up with friends and purchase some wonderful items. With Christmas just around the corner the Markets have some unusual and Unique homemade items that you will not find in shops, and everyone loves to receive handmade gifts.

If you would like to have a stall you can contact us through our Facebook page or by booking through the Bowling Club during business hours. Stalls are \$15.00 for a 4 x 4 metre space.

You will see the Lions Team outside the IGA during November and December selling raffle tickets in our Christmas Raffle so if you are able to purchase tickets that is wonderful as the money raised goes to assist the local community as well as other worthwhile charities.

Do not forget to keep collecting your used spectacles and they can be left at the Dr's office in Grey Street or the Bowling Club at the sign in desk. We are always looking for good condition items to sell so if you have done a clean out and you are not sure what to do with some of your items the Lions are happy to accept any donation except large pieces of furniture and clothing.

We are always keen for new members to assist us with our work so even if you are time poor and can only assist a few times a year we would love you to become part of our happy, friendly team. If you would like to know more about the Lions, please speak to one of our members call Annette on 0419964208 or contact us through Facebook.

Remember being kind to someone costs you nothing

Lion Annette

New South Wales

Rural Fire Service

FIRE SAFETY FOR YOUR PETS WHAT WILL YOU DO WITH YOUR PETS IN THE EVENT OF A BUSHFIRE?

Are you Staying & Defending?

*Bring your pets inside and put them in a secure place

*Make sure you have food, water, bedding, leads, cages & medications

*DO NOT tie your pets up during an emergency, it can be fatal for them

Are you leaving?

Can you take your pets where you plan to go?

*Do you have enough room in your vehicle to transport your pets?

*Do you have cages to transport your pets in?

What You Will Need For The Wellbeing Of You Pets:

*Food & Water (and bowls) - enough for 2-3 days

*Any Medications your pet requires - enough for 4-5 days

*Blankets & bedding

*Vaccination records - some places may require these

*Kitty litter & tray - Poop bags

*Favourite toys - something to keep them amused (just like the kids)

Also Consider:

*Contact, microchip & register details

*A current photograph of your pet plus one with you to prove ownership

*A lead, harness or muzzle if needed

*Pets can sense danger and may get stressed, keep an eye on them and reassure them if necessary

LARGER ANIMALS

In bush fires, move animals to a well grazed or ploughed area, preferably around the home and sheltered away from the winds. Open all paddock internal gates and tie them open so they can't blow shut.

Check your property insurance for (animal) related items. Remove all covering from stock e.g. halters, rugs and veils as these can burn animals if they come into contact with embers. Get rid of all spider webs around stalls etc. They will ignite and start fires.

If it is your decision to relocate your animals, this MUST be done long before the bush fire is in your area. Make sure your Animals are clearly identifiable with your contact details. Write your phone number on the hoof with a permanent marker. Do your animals have any special needs or require medicines or vet assistance? Make a note of these requirements and put it with your relocation kit.

Before you leave your property check that your chosen place to relocate your animals is accessible.

Do not leave at the last minute; this is the most dangerous option for you and your animals.

** THE SAFETY OF YOUR PETS IN A BUSHFIRE IS YOUR RESPONSIBILITY! **

Please be aware of the fires in the area and if you are leaving...LEAVE EARLY! Only the very well prepared and the very fit should stay. Houses are not built to withstand a catastrophic fire.

For a fire plan or fire information go to https://www.rfs.nsw.gov.au/

Contact Clarence Town Brigade on 4996 4454 if you require permit information.

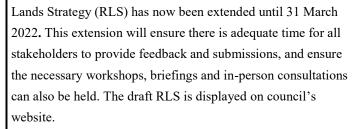
www.rfs.nsw.gov.au PREPARE, ACT, SURVIVE.

Stay safe until next time, Di Bennett OAM Lower Hunter Zone Community Engagement Team http://www.rfs.nsw.gov.au/ for more information

Council Report

RLS Public Exhibition Period Extended

The public exhibition period for the draft Rural





The NSW Government released their independent panel's interim report and unfortunately Dungog Shire completely missed out. This first report only considered priority applications, and as we are the only Local Government Area in NSW without a state road to carry our heaviest traffic - one would have thought that our submission would have been accepted.

On the positive side, the current NSW Government understands that transferring these main roads to Councils was a mistake. Their Regional Road Transfer program will see up to 15,000km of council-owned roads transferred back to the State - this is a huge task that will take years to implement.

Submissions for the next phase close on 24 December and we are preparing another report with recommendations for transfers, reclassifications and areas of road maintenance policy. The present arrangements fail because our main roads do not carry enough traffic to attract proper funding. Instead of the stipulated 50:50 funding arrangements for upgrading these roads, Dungog Shire has consistently invested significant additional funds into the Regional Road Network for rehabilitation works to support and upgrade this network. It should also be noted that under the current funding arrangements, our neighbours get between 2 and 3 times the amount of contribution (on a per kilometre basis) from the State Government than what we get to maintain the very same roads because they are classified as urban councils and we are rural.

NSW Government "Fixing Country Roads" Program.

In the latest round of this excellent program Council will receive \$643,500 for the rehabilitation of Duke Street, Clarence Town, with a council contributing \$214,500 towards the work. In addition, we have been awarded \$566,775 for the rehabilitation of Queen Street between Rifle and Grey Streets, with council committing \$188,925 to the project.

Further applications will be made to address many local roads that are in very poor condition and beyond council's financial capacity to fix in a timely manner.

Brig O Johnston Bridge.

Preconstruction investigations are continuing on schedule. The completed heritage impact statement considers two separation distances (10 and 20 metres) upstream from the Brig O Johnston. Many other environmental aspects are yet to be finalized. In due course Council will hold a public meeting to consult the community.

Council Elections to be held on Saturday 4th December 2021

Steve Low

Email: stevelow49@tpg.com.au



Services

Mick Godfrey Electrical provides a range of electrical services to Commercial, Industrial, Rural and Domestic customers. Our quality work is some of the best in the region.

Domestic

We know how busy you are so we ensure we are on time and don't leave you waiting.

- hot water
- stoves / ovens
- lighting, indoor, outdoor, LED decorative or functional
- power points
- fans, ceiling and exhaust
- switchboard upgrades
- new house / shed power supplies
- re-wires
- tennis court / pool lighting

Commercial / Industrial

Small or large, whatever your commercial or industrial electrical needs are, we can take care of it. Our professional service means your business is up and running quickly.

- factory bays, up to 100 metres in length
- sheds, garages
- shops / offices
- exit / emergency lighting
- maintenance and repairs
- programmed maintenance
- three phase outlets / pumps and equipment
- testing and tagging

Mick Godfrey 0417 411 104 Licence Number EC41037



FRAGRANCE . SKINCARE . AROMATHERAPY

DJE DESIGNS

hair accessories and other sewn handmade goods.

mention this ad at the end of month Clarence Town
Markets to receive 1 free item of choice!

find us on Facebook & Instagram @djedesigns https://DJE-designs.square.site



Karen's Mobile Hair 🔀

Specialising in Men's Barbering and all Ladies Hairdressing Services

I come to you

Over 35 years experience

Ph. 0439 955 404 ABN 91397727357



Clarence Town Tennis Club

It has been good to see some casual tennis play happen throughout the lockdown period. Now that restrictions have been eased, Council has asked us to review our COVID 19 Safe Plan for return to more tennis activities.

I hope to have the Saturday morning Hotshots starting back up very soon. We will obviously be bound by the staged reopening of NSW.

Our committee will be meeting to determine the clubs return to tennis and we will advertise this when done.

Clarence Town Tennis Club does have a Facebook page for anyone who would like to follow our activities.

Anyone interested in social play, social competition or anything else please get in touch with me.



Call Brad Elloy 0417 651 577

President.



Why do people call the Samaritans?

People contact us with all sort of worries and what for someone is a small issues for others it can be huge.

Understandably it can be difficult to open up about sensitive issues. But because we don't judge or discriminate, you can feel completely comfortable in sharing what you are going through. Our volunteers are here for you — and aren't afraid to talk about sensitive and difficult subjects. You don't have to be suicidal to call us.

Call us for help: 135 247

What can I talk to you about?

- Relationship or family problems
- Loss and bereavement
- Financial worries or job-related anxiety
- School, college or study-related stress
- Illness your own or someone you care for
- Addiction or substance abuse
- Thoughts of suicide



CLARENCE TOWN SENIOR CITIZENS DAY CARE CENTRE INC.

JOIN US NOW!

We are looking for new members to participate in fun and social activities!

On Every Tuesday Morning Tea and Lunch provided

Activities include Cooking, cards, bingo and craft just to name a few.

For information please contact Coordinator Pam Penman - (02) 4995 6033 Owen Giggins - 0409 603 995

124 Prince Street Clarence Town

NEED A VENUE FOR A PARTY, WEDDING OR FUNCTION?



Why not hire the Hall?

The Clarence Town School of Arts Hall in Grey Street has everything right in the heart of town.

If you want to have your function at home, why not hire tables, chairs and anything else we can help you with.

Phone Michael: 0420 757 656



Neighbourcare

Your helping hand at home

EVEN IN LOCKDOWN WE'RE STILL YOUR HELPING HAND AT HOME.

We can help you with:

- ✓ Meals on Wheels
- Transport to appointments and medical treatment
- √ Household Help
- ✓ Personal Care
- ✓ Grocery Shopping and more.

We follow strict hygiene protocols including mask wearing.

CALL US ON 4992 3348 TO SEE HOW WE CAN HELP YOU STAY SAFELY AT HOME.

Ron Finlayson - Carpenter

General carpentry, repairs and maintenance.

Prompt and reliable service.

Reasonable rates. L/N 138857C

PH: 4996 4208: 0418 208 843

GOODWIN'S PLUMBING KARUAH

18 years experience - Great Rates

Lic. No. 204550C ABN; 17 323 389 4423

Call Brett 0401 764 639

brettplumber@hotmail.com Servicing ALL Areas

Robyn Keller

Religious Marriage Celebrant **02 4996 4061 0400 033 873**



robynak@aapt.net.au

It is your wedding



DRESSMAKER

Specializing in Alterations

DEBBIE 0448 999 625

Clarence Town. 2321

PROMPT SERVICE



TUPPERWARE LOVERS!



Prompt Delivery Book a Party Your Local Consultant

LANA BATEY
0438 027 182
CHECK OUT MY FACEBOOK PAGE



SHAW'S WILLIAMS RIVER BAKERY

64 Grey Street, Clarence Town. Phone 4996 4488

ICECREAM COMING SOON!

Fresh Pies - Bread - Pastries
Beautiful quiches and slices
Everything freshly baked.
Bread sliced thick or thin

We will also cook large quantities for your catering needs

LET US DO THE WORK FOR YOU!
WEEK-DAY TRADING HOURS - 6am -2pm
SORRY - CLOSED ON SUNDAYS



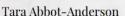


RayWhite.



Dee Braithwaite **Jedda Casserly**







Scott Hunter

Call us today 4992 2369

We have been seeing incredible results with current market! Are you curious to discover what results your property could achieve?

Our appraisals are *complimentary*.

Thinking of Buying or Selling?

PROPERTY:

Residential

Rural

Strata

REENHILLS

LEASES:

Residential

Retail

Commercial BUSINESS

We offer both mobile and after hours appointments for your conv Visit our website; www.greenhillsconveyancing.com.au

Mitchell House, 4/19 Mitchell Drive, Greenhills (near Greenhills Veterinary Hospital)

Ph: 02 4933 3748 Mob: 0400 931 371 Fax: 02 4933 9747 Email: chris@greenhillsconveyancing.com.au

1st CLARENCE TOWN SCOUT

The 1st Clarence Town Scout Group has not been able to meet at the hall during the COVID lockdown. As much as possible we have been meeting with our youth members virtually on TEAMs to keep some activities going. With school returning and restrictions easing, we are looking forward to being able to get back into our normal scouting activities as soon as possible.

We are always happy to see new faces of enthusiastic young scouting members who want to be part of our fun groups. We are also keenly interested in speaking to any adult that might be interested in helping as a Youth Leader.

If anyone has any enquiries about Scouting, please get in touch with Robyn (0400 033 873), Mark (0408 425 092) or myself (0417 651 577) for further information.



We meet on Tuesday nights between 6.30pm and 8pm during school terms.

Scout Hall 747 Glen William Road, Glen William.

- 5 - 8 years old Cubs - 8 - 10 years old Scouts - 11-15 years old

New Members Welcome

Clarence Town Post Office

Shop 4, 116 Prince Street Clarence Town Ph (02) 4996 4109

Opening Hours
Monday to Friday 9am—5pm

Bank where you post

With all our local banks closing down, come and see the lovely ladies at Clarence Town Post Office.

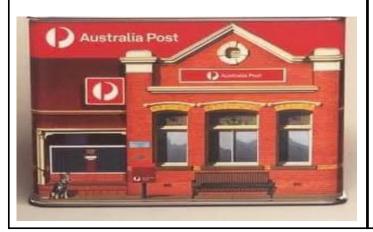
Personal or Business

Deposits & Withdrawals from over 70 financial institutions including;

Bendigo, CBA, Citibank, Defence Bank, ING, NAB, Police, Qudos, RAMS, Suncorp, St George, The Mutual.

Credit Unions - Banana Coast, Holiday Coast, Police & many more.

Stop paying ATM fees
Do you own a business?
Bank with us for better security.



POST

Passports - Interviews & Photos Appointments preferred

Travelling - get your travel money, insurance, travel cards

Mobile Phones - RECHARGE with us - Telstra, Optus, Vodaphone, Boost

Stationery - we have a HUGE range. If we don't have what you need, ask and we will try to find it.

Gifts for any occasion - Gift Cards from a huge range of outlets, great range of gifts for any occasion, plenty of cards to write a special note and wrap it up with a beautiful range of gift wrapping paper

PO Boxes - small, medium & large - for privacy and security.

Concession Stamps - are you eligible? Come and see us - save money on postage.

Lay-by available.

New Stock arriving regularly

<u>JP SERVICES - ALWAYS</u> <u>AVAILABLE</u>



CHECK OUT OUR FACEBOOK PAGE FOR INFORMATION AND REGULAR UPDATES!

Want a great return on investment?

Speak with us for an obligation-free quote.

Quality products with excellent warranties.

Deal direct with the Designer and Installer.

No salesmen or sub-contractors.

Complete off-Grid for those rural blocks

Finance packages available



Falk Solar

Clarence Town

Clean Energy Council Accredited (AA5324934) Electrical Contractor's Licence (315938C)

Installs:

Grid Connect Solar Battery on-Grid Storage Full off-Grid Solar

Talk to your local Solar bloke Phone Grant on 0434 986 557

CLARENCE TOWN FIRST RESPONDERS (CFR) We are looking for new recruits.

Your community Clinical First Responders (CFR) are still very active in the community.

We continue to support Ambulance NSW through attending an average of 15 emergency medical calls each month to provide that early treatment and support pending the arrival of the Ambulance Paramedics.

We recently recruited three more members who will soon attend their initial induction training which will hopefully see them active on our team before the end of the year.

Brad Elloy 0417 651 577.



Gypsy stitches is your local family business for all your embroidery and photo gifts.

From workwear to bath towels, clothes, and blankets we can embroider them all.

We have thousands of designs to chose from as well as a selection of ready-made gifts for all occasions. Looking for personalised gifts or maybe a new way to advertise?

We can print your photos onto mugs, bags, pillows, coasters, bar mats and much more!

Have a look at our Facebook page for photos of our work and feel free to message us or email us with any questions you may have.

Ph: 0410 494 023 gypsystítches1@gmaíl.com

Beautiful Dresses

It can be quite expensive to buy a dress for a one-off occasion.

Keeping the price affordable

All dresses \$30



Formal, Semi Formal, Cocktail, Evening.

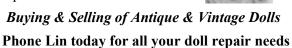
I have a range of affordable, beautiful dresses.

Some are new with tags still on. All are top brands and in excellent condition. Sizes are from 6 to 18.

Phone Sue Harper- 0447 800 698 Email sueharper@y7mail.com or find me on Facebook

The Glen Oak Doll Hospital

- * Valuations
- * Identifications
- * First Class Repairs
- * Enquiries & Advice



Phone: 4996 3316



AK PLUMBERS DRAINERS GASFITTERS

For All Domestic Commercial & Industrial Plumbing.

Andrew Rusak Licence No. 42824C ABN 24813 260 151



Ph. 4996 3046 Fax. 4996 4261 Mob. 0439963046

EFTPOS available.
E-mail. andrewrusak@hotmail.com

YOGA "HEALTH IS WEALTH"

Learn simple techniques to apply to your daily **life***Improve your strength and flexibility
*Keep Moving and Breathe

* Nourish your Mind, Body, Spirit Yoga class - Thursdays 6.30pm Clarence Town Public School Hall

Please call Maggie on 0467 325 034

Greg Hall Pest Control Services P/L

Authorized Externa Installer

Pre-Purchase Property Reports,

Termite inspections & treatments

Cockroaches - Spiders - Ants - Bees -Wasps - Rodents - Birds - Fleas - Weeds 7 days service commercial & industrial

Phone Greg or Sue, 0418 434 728

Going on Holidays?

Can't take your pet with you?

Pet Accommodation

Phone Sue on 4996 5528

Dogs and Cats - \$15.00 per day

Sorry—we are CLOSED GOOD FRIDAY and CHRISTMAS DAY



Mention this Ad for 10% off your first order! Available for all new customers

Not just warmers and wax! Laundry supplies, Cleaning Supplies Car bars, Room Spray and so much more. There is something for Everyone!!

Samantha Zuber 0409 599 544

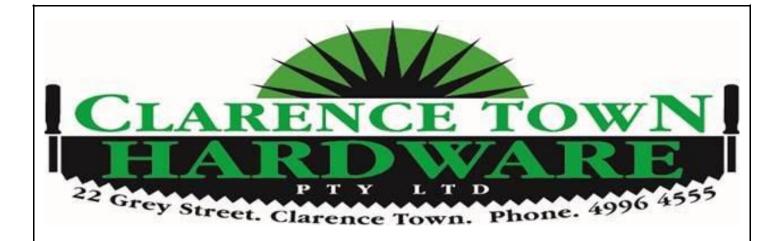
www.samanthazuber.scentsy.com.au Find me on Facebook –Samantha Zuber Independent Scentsy Consultant



J & E HAWLEY Funeral Directors

You can find us at 120 Dowling Street, Dungog. 2420 or you can contact **Lea** on

Phone - 4992 1572 Fax - 4992 1858 A.H - 4992 1806 Mob: 0400 921 806



HELP SUPPORT THE BUSINESSES THAT SUPPORT YOUR COMMUNITY

SANTA IS ON HIS WAY, BE SURE TO COME IN STORE AND CHECK OUT THE HUGE RANGE OF CHRISTMAS GIFTS WE HAVE TO OFFER

EVERY WEEK WE HAVE A MANAGER'S SPECIAL IN STORE

AFTERPAY IS NOW IN STORE - CONDITIONS APPLY

DON'T FORGET WE ARE THE ELGAS AGENT FOR YOUR 45KG HOUSE
GAS BOTTLES

BE SURE TO COME IN STORE AND CHECK OUT OUR NEW RANGE OF PRODUCTS

JOIN OUR REWARDS PROGRAM AND EARN POINTS ON EVERY PURCHASE (CONDITIONS APPLY)

WHY SHOP ELSEWHERE WHEN THERE IS SO MUCH TO OFFER ON YOUR DOORSTEP?

22 GREY STREET, CLARENCE TOWN PHONE: 4996 4555



SKT PLASTERING

*New Constructions

*Renovations

*Shed Fit-outs

*Bathrooms

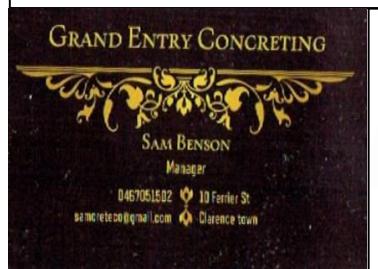
SPECIALISING IN ALL TYPES OF PLASTERING INCLUDING PARTITION WALLS AND SUSPENDED CEILINGS.

COMMERCIAL AND RESIDENTIAL.

PHONE - SHANNON - 0414 605 981



ABN - 43 961 803 107 Lic.. 168662C



Get Spruced

Local painter servicing all Maitland, Clarence Town and Dungog areas

- * Interior and exterior painting
 - * Water pressure cleaning
 - * Solar panel cleaning

Phone Greg - 0404 682 759 Web: www.getspruced.com.au

Stockers & Partridge

Specialising in all your Agricultural, Irrigation & Lawn Care needs!

Tractors

- Landini
- Kioti

Mowers

- Ferris
- Victa
- Grillo Redmax
- Masport

Stihl



WOM

Stocking

STIHL

Petrol & Battery

powered products

Lawn Care Equipment

- Stihl
- Atom

Pumps/Firefighters

- DAB
- Davev
- Bianco
- Briggs & Stratton

Logsplitters

Redgum



OPEN 6 DAYS

38 Maitland Road, PATERSON Phone: 02 4938 5154

Website: www.stockerspertridge.com.au

On farm/property service or pick up available





QUALITY SERVICE

Driveways- Dams - Arenas House Sites Landscaping Supplies

D6 Dozer - Bobcat 8 & 14 Ton Excavators

wisemansexcavations@gmail.com

RYAN WILSON CONTRACTING Agriculture and Hay Services

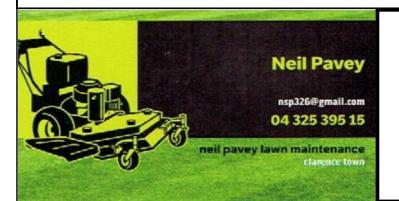
* Slashing * Harrowing * Aerating

* Super and bulk fertilizer spreading

* Silage stacking

Phone Ryan - 0448278663 ryanw4522@gmail.com

Servicing Glen William & surrounding areas



Counselling by the Creek

Specialising in Family and Youth matters



Diplomas in Counselling and child /youth intervention Go to www.counsellingbythecreek.net for info Or call for an appointment





Clarence Town Bowling Sport and Recreation Club Ltd

@Clarrobowlo - * 5 (29 reviews) - Sports Club

(02) 4996 4222

Our club will struggle financially now that Jobkeeper has ended, so it is more important than ever, to have community support so we can keep the Club viable.

So come and support your local club, bring the family in and enjoy a cold drink, hot meal and have fun!

COVID-19 Safe and Rules still apply

Our Events!

- Social Bowling,
- Friday nights and the last Sunday of the month we have Meat Raffles and Members draw commence from 6:00pm
- Tuesdays Euchre, Burger Night and Melbourne Cup!
- Wednesdays Darts,
- Thursdays Bingo Morning & Night!

Courtesy bus available from Thursday to Sunday - Ring the Club to arrange the

The Club is the Emergency evacuation centre

The Club also has a defibrillator.

Mei Chinese Kitchen

Lunch - 12.00noon - 2.00pm (Saturday and Sunday)

Dinner - 5.30pm - 8.00pm

Phone 4996 4307 Restaurant bookings





IMPORTANT PHONE NUMBERS

Local Church Contacts:

ANGLICAN: Clarence Town Pastoral Ministry

4992 1737

ROMAN CATHOLIC: 4992 1477

PRESBYTERIAN: Allan Welch - 4025 5638

DUNGOG BAPTIST: 4992 2122

DUNGOG UNITING: Joy Shelton - 4992 1508

CHURCH SERVICE TIMES:

ANGLICAN

Clarence Town:

Every Sunday Holy Communion at 10.00am

PRESBYTERIAN

Clarence Town, 29 Marshall Street

10am Every Sunday

Services held at Clarence Town public school hall Followed by morning tea at St David's church

opposite

ROMAN CATHOLIC

Clarence Town, Rifle Street:

8am Every Sunday

UNITING CHURCH

DUNGOG:

Sunday 8.45am Youth Group, Bible Studies.

BAPTIST CHURCH

Dungog: 8 - 10 Mackay St. 10am Every Sunday including morning tea.

SEVENTH DAY ADVENTIST

DUNGOG: 63 Brown St.: Saturday 10 - 11:15 am Sabbath School. 11:15am Church Service.

Sentinel Advertising:

Samantha Zuber

thesentinel2321@gmail.com

Progress Association:

David Hood 0402 258 087

clarencetownprogress@gmail.com

Health Services: 4931 2003 Beyond Blue: 1300 224 636

Lifeline: 13 11 14

Samaritans: 1300 656 336 Destiny Haven: 02 4996 5558

AL-ANON: 02 4969 3889

WIRES: 1300 094 737

WILDLIFE RESCUE: 0418 628 483

FIRE PERMITS C/Town 4996 4454

Flat Tops - Brian Atkins - 0457 979 073

CWA: Kris Burnett 0418 961 439

LIONS CLUB: Bill Pitkin 0448 428 087 **NEIGHBOURCARE BUS:** 4992 3348

C/TOWN SCOUTS: Robyn Keller 4996 4061 School of Arts Hall: Michael Duffy - 0420 757 656

DO YOU LIKE TO SING?

The Clarence Town Singers would like to encourage anyone who enjoys singing, to join our group.

We meet every Wednesday evening at 7pm in the Anglican Church Hall, Queen Street,

Clarence Town.

We are an informal group who simply enjoy each others company, and singing.
For more information please contact
Sue on **4996 5528**

EMERGENCY (life threatening) POLICE ASSISTANCE LINE 131 444 1800 333 000 **CRIME STOPPERS**

PLEASE report ANY incident no matter how small or insignificant it may seem.

> Phone it in and ask for an "Incident Report Number"

Please be vigilant. You could save a life or someone's property!

Any information given is confidential

A Final Thought

ONE SMALL THOUGH

in the morning

CAN CHANGE THE EN OUTCOME OF YOUR DAY!