

The Hermidale Buzz



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THE COMMUNITY NEWSLETTER OF HERMIDALE PS - JULY 2020 - ISSUE NO. 47



Principal's report

As we reach the mid point of the school year, it is wonderful to see that all the students are happy, healthy and focused on their learning.

As I type, the students are drumming outside with Mrs Robb. They are playing a **djembe** drum which is a rope-tuned skin-covered goblet **drum** played with bare hands, originally from West Africa.

These drums, along with some other percussion instruments, were donated to the school through the Rural Aid Gift of Music program.

Each Friday a Primary student has been cooking morning tea to share. The learning incorporated into this has been maths based with self help and planning skills also included. The outcome has been delicious!

We were very pleased to welcome all the students back to school based learning earlier this term. Learning from home certainly had its challenges as did remote teaching. I must say that our technology skills certainly have improved as a result of the changes. My thanks to the parents and teachers for the extraordinary support and efforts during these unprecedented times.

The Sydney Opera House has been hosting some story writing zoom sessions that we have joined. These have been interactive, thought provoking and fun.

Mr Benn Wright—Principal of Nyngan High School visited our school yesterday. The students introduced themselves and then we had a fun Q & A session.

Next term we welcome back Mrs Edge 1 day a week and look forward to studying the CWA country for 2020, Ecuador.

Skye Dedman

Principal



School

holidays

Term 2 ends Friday 3 July

**Term 3 resumes for
students on Tuesday 21 July**

JNR. HERMIDALE CELEBRITY



MY NAME: Mac Lawson
NICKNAME: the Mack Truck
OCCUPATION: Student/ house work
WHERE WERE YOU BORN? Adelaide
FAVOURITE SPORT TO WATCH: NRL
FAVOURITE SPORTS TEAM: Bulldogs
FAVOURITE SUBJECT AT SCHOOL: PE
A GAME I LIKE TO PLAY AT SCHOOL: Bullrush
FAVOURITE DINNER: Catch and kill help yourself
FAVOURITE DRINK: Fanta
FAVOURITE DESSERT: Chocolate mud cake
FAVOURITE TV SHOW: Friends
FAVOURITE MUSIC, BAND OR SINGER:
 Ed Sheeran
IF I COULD GO ANYWHERE FOR A HOLIDAY I'D GO TO: White Cliffs Rodeo
A COUNTRY I'D LOVE TO VISIT: Canada
A GREAT PLACE I'VE BEEN TO: Sydney
WHEN I GROW UP I WANT TO BE: Psychologist
BEST THING ABOUT HERMIDALE: the Pub
IN HERMIDALE I WOULD LIKE TO SEE: a fun park
I WOULD LOVE TO DRIVE: a motor home
A FAVOURTIE BOOK I WOULD RECOMMEND: Diary of a Wimpy Kid
FAVOURITE COLOUR: Black
MY FAVOURITE TOY WAS: My Scooby Doo toy
FAVOURITE RAINY DAY BOARD GAME: Monopoly
A MOVIE I LOVED: Harry Potter

HERMIDALE CELEBRITY



MY NAME: Tim Lawson
NICKNAME: Tim
OCCUPATION: Biosecurity Officer
OTHER OCCUPATIONS I'VE DONE IN THE PAST:
 Stockman, Truck Driver, Machine Operator
WHERE WERE YOU BORN? Baccus Marsh
FAVOURITE SPORT TO WATCH: Rodeo, State of Origin
FAVOURITE SPORTS TEAM: Broncos
FAVE SUBJECT AT SCHOOL: Technics - steel / woodwork
GAMES I PLAYED AT SCHOOL: British bulldog, footy, cricket
FAVOURITE DINNER: Satay combination
FAVOURITE DRINK: Beer, port, rum
FAVE DESSERT: Self saucing chocolate pudding
FAVE TV Shows: Australia's Got Talent, The Voice
FAVOURITE MUSIC, BAND or SINGER: Slim Dusty, Creedence Clearwater Revival
IF I COULD GO ANYWHERE FOR A HOLIDAY I'D LOVE TO: Travel up the Western Australian coast and across the top end - NT
A COUNTRY I'D LOVE TO VISIT: Phuket
A GREAT PLACE I HAVE BEEN TO: Ireland
WHEN I WAS A KID I WANTED TO BE: a rally car driver and Australian champion rodeo cowboy
BEST THING ABOUT HERMIDALE: Relaxing
IN HERMIDALE I WOULD LIKE TO SEE: Social tennis
I WOULD LOVE TO DRIVE: Ford Falcon XA GTHO Phase IV
WHAT I LIKE TO READ: Australian war history
A BOOK I WOULD RECOMMEND: Goodbye Cobar, God Bless You
FAVOURTIE COLOUR IS: Blue
MY FAVOURITE TOY WAS: Tonka truck
FAVE RAINY DAY BOARD GAME: Scrabble
A MOVIE I LOVED: The Power of One

New Arrival



Congratulations to Bek & Sam Coddington and big brother Dusty on the arrival of Noah Peter born on 30th May 2020.



2020 Bureau of Meteorology Rainfall Readings:



	Babinda	Hermidale
January		10
February	57.8	44.4
March	82.1	92.4
April	101.6	100.2
May	5	16.6
June	30	17
Total	276.5 mm	280.6 mm



BOGAN BUSH MOBILE

Term 3 Hermidale timetable

9.30-11.30am

Hermidale Tennis Club

Friday July 31
 Friday August 14
 Friday August 28
 Friday September 11
 Friday September 25

Hermidale Tennis & Fitness Centre / Community Hall

Is now open and available for use by
 the community.

Enquiries phone Tania 0448 330 657



RECIPE

Slow Cooker Chickpea Curry with Sweet Potatoes & Red Capsicum

(From: simplyrecipes.com)

1 Tbs olive oil

1 onion, diced

500g dried chickpeas (rinsed) OR 2 cans chickpeas

2 Tbs yellow mild curry powder

1 large sweet potato, peeled, chopped

1 or 2 red capsicum, diced and chopped

1 can diced tomatoes

1 can coconut milk

1 + 1/4 cup water

3 cloves garlic

1 diced chilli (optional)

1 tsp salt

Box baby spinach

Cooked rice to serve

Chopped coriander to serve (optional)

Lime or lemon wedges to serve



* Combine all ingredients in slow cooker -
 * ensuring curry powder is stirred in evenly
 * Cook on low 6-8 hours.

* Stir at around the 4 hour mark. If it seems dry
 * add more water to make it "soupy"

* Curry is cooked once chickpeas are soft. Curry
 * should thicken up the longer it is cooked

* Stir in baby spinach prior to serving. Serve
 * over rice

JOEL'S CHOCOLATE LOG RECIPE

1pkt milk coffee biscuits

2 cups coconut

1 can condensed milk

4 tablespoons drinking choc powder

1 cup walnuts

Gladwrap & foil

- * Extra coconut is needed to coat the roll at the
 end - place extra coconut onto a piece of
 gladwrap
- * Break biscuits in a bowl
- * Break up the cup of walnuts OR grind them
- * Put in the 4 tablespoons of choc powder;
 4 tablespoons of coconut; tip condensed milk on
 top
- * With a wooden spoon mix everything till it is all
 coated and the condensed milk is chocolate
- * Roll out 1 long piece of glad wrap & place part
 of the mixture onto it and with the gladwrap, roll
 it into a log. Place log onto coconut gladwrap
 and coat and roll. Seal and wrap in foil & place
 in freezer.
- * Repeat this process with remaining mixture.
- * Cut as required.

JACINTA'S JOKES

Why did Cinderella get kicked off the football team? ... Because she kept running away from the ball.

Why are pirates called pirates? ... Because they arrrrrrr

I think I want a job cleaning mirrors ... I could really see myself doing that

How do you count cows? ... With a cowculator

A duck goes into a shop to buy lipstick. He says to the cashier. "Can you put it on my bill?"

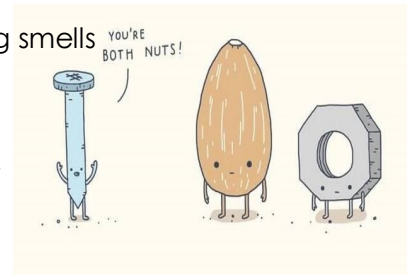
Why do you tell actors to 'break a leg'? ... Because every play has a cast

Did you hear about the claustrophobic astronaut? ... He just needed a little space

What did the left eye say to the right eye? ... Between you and me, something smells

What did the 0 say to the 8? ... Nice belt!

What did the shark say when he ate the clownfish? ... That tastes a little funny.



De Olde days

My grandfather William John Cunningham was a teacher who married my grandmother Doris Gourlay in 1927 in Braidwood where he was teaching.

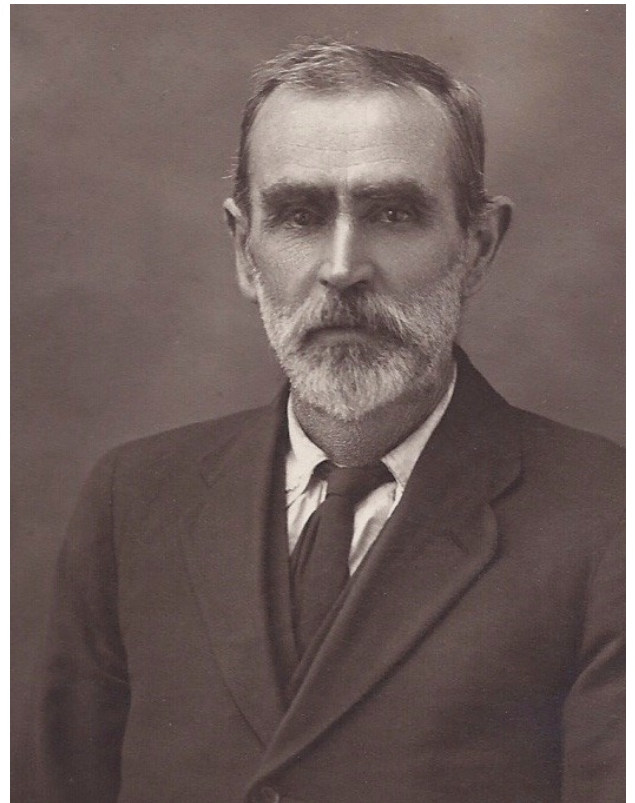
My grandfather had taught at a variety of schools in New South Wales. **Their first appointment as a married couple was Hermidale Public School sometime in the late 1920s.** He was appointed the Principal and my grandmother the sewing teacher. I gather he left the Education Department on leaving Hermidale and became a Child Welfare Inspector.

I gather things were pretty tough out there in those days. They lived in the Principal's residence with their ray of joy being they were both avid tennis players.

The story goes that foodstuffs were limited with the train from Nyngan and I guess further east their conduit to anything they couldn't grow, shoot or butcher. Fresh fruit and vegetables were particularly scarce.

One night the community was pretty desperate for fruit and vegetables and were waiting on the station platform for deliveries. The train arrived but the only foodstuffs in the guard's van was a crate of onions. In desperation the community sat down and polished them off.

The school kids would have been swamped with bad breath the next day and further down the line locals got no onions. The photo of the very stern man is my grandfather.



Regards

John Willing

FREE DENTAL APPOINTMENTS



MOBILE ORAL HEALTH CENTRE

Are you eligible for a dental appointment?

Children (Under 18 years old)

- Must hold a Medicare card

Adults (18 years or older)

- Must hold a Medicare card, and
- Must hold or be listed as a dependent on a valid Australian concession card:
 - Health Care Card
 - Pensioner Concession Card
 - Commonwealth Seniors Health Card

****Wheelchair Accessible****

All adults and children must be normally live within the boundary of the Western NSW Local Health District



Health
Western NSW
Local Health District

Where are we?

Nyngan

Multi-Purpose Service

15 Hoskins St, Nyngan NSW 2825

When:

Every Thursday and Friday

From the 18th June to the 21st

August 2020

To make an appointment you can:

- Call our Contact Centre on

1300 552 626

Or

- Drop into our Mobile Oral Health Centre during opening hours

55006 V2 - 23.07.19



Nyngan Community Day

Hearing Testing for Children

(for any child between 6 months & 18 years of age)

Nyngan Multi-Purpose Centre - 15

Hoskins St, Nyngan

Wednesday 15th July 2020

9.30am - 3.00pm

For appointments or further information contact Hear our Heart Ear Bus Office

Ph 6884 8751

Email office@hearourheart.org



Tune In and Tune Up

Free Drought and Wellbeing Webinars

Join Australian Red Cross in a five-part series of free webinars exploring drought and wellbeing. We have invited expert speakers along to share their insights with us so we can better support our own communities, ourselves and our loved ones in these tough times.

The webinars are free but limited to 500 attendees so click below and register for one or all five today!

1. Maintaining wellbeing through drought & prolonged stress (10-11am Wednesday 17 June)

Gain a greater understanding of the effects and signs of prolonged stress, the science behind stress and practical ways to maintain wellbeing, support your community and loved ones.

Speakers: Dr. David Younger

Click or copy URL to register: https://zoom.us/join/register/WN_tp40loUJT9G3CHkri6pW4A

2. The drought cycle; adaptation and strengthening resilience (10-11am Wednesday 1 July)

Hear about the drought cycle, the cumulative challenges communities often face and key considerations at different stages of the drought cycle. Learn a bit about the psychology around adaptation in the face of this long-term stress and how to strengthen resilience and manage wellbeing through tough times.

Speakers: Dr. Jacki Schirmer and Dr. David Younger

Click or copy URL to register: https://zoom.us/join/register/WN_FFOAv1QYRN-VwS12m5EXWg

3. Wellbeing after the rains (10-11.15am Wednesday 15 July)

Hear from the Bureau of Meteorology on winter weather predictions and what rain means for the drought. Hear what the research says about wellbeing when communities are seen to be in drought recovery, strategies to help with things beyond your control and how to make the most of every day.

Speakers: Dr. Lynette Bettio, Dr. Jacki Schirmer and Dr. Kate Gunn

Click or copy URL to register: https://zoom.us/join/register/WN_kDSi0XWITPqH4r025gybv

4. Family wellbeing in the face of ongoing stress (10-11.15am Wednesday 29 July)

Hear what the research tells us about adult relationships, family roles and children's experience through droughts, alongside practical tips on how to support children as well as adult relationships.

Speakers: Dr. Margaret Alston, Stephanie Schmidt and Dr. Margaret Nixon

Click or copy URL to register: https://zoom.us/join/register/WN_Bn-Q6FRBRAWdIRpLdQFcQ

5. Preparing for tough times (10-11.15am Wednesday 12 August)

Listen to a bit of an introduction on preparedness in the drought space and the importance of preparing the mind for challenging times. Includes tools and tips to support drought resilience and preparedness.

Speakers: Dr. Jacki Schirmer, Dr. Mel Taylor and Shannon McCormack

Click or copy URL to register: https://zoom.us/join/register/WN_77YhW0rvTXaMnA0W84ubw

Who we will be hearing from

Dr. David Younger

A Clinical Psychologist with extensive experience providing support and assistance to communities throughout Australia affected by natural disasters and emergencies. David places a focus on the social environment of community and the use of community networks and resources in driving support.

Stephanie Schmidt

A Clinical Psychologist and farmer in South Australia. She lives with her husband and two young sons and is passionate about developing a resilient rural Australia. Steph combines her psychological knowledge with her lived experience of farming life to provide easy to understand strategies to improve health and wellbeing.

Dr. Mel Taylor

An Occupational Psychologist based in the School of Psychology at Macquarie University. Her research focusses on preparedness, response and recovery to events such as pandemics, terrorism, emergency animal diseases, and disasters. Key areas of research interest are psychosocial response and recovery, uptake of protective behaviours and risk communication strategies.

Dr. Jacki Schirmer

An Associate Professor at the University of Canberra. Jacki leads the Regional Wellbeing Survey that examines the views of rural Australians about the liveability and resilience of their community and wellbeing. Jacki's personal research interests focus on the social dimensions of natural resource management and the impacts of events such as drought.

Dr. Kate Gunn

Kate grew up on a farm west of Adelaide and works as a Clinical Psychologist in the Department of Rural Health at UniSA, researching how best to promote farmers' wellbeing. She is the founder of www.ifarmwell.com.au, a free website designed to help farmers cope with things beyond their control (like the weather).

Dr. Margaret Nixon

Has over 20 years experience in education and research in the field of children's mental health and wellbeing and trauma. She has worked in various education settings in Australia and overseas and is currently a senior trauma specialist at ACATLGN at the ANU.

Dr. Lynette Bettio

A senior climatologist in the Climate Monitoring team at the Bureau of Meteorology. Lynette examines and communicates on variability and changes to Australia's climate including long-term trends in rainfall and temperature and the interaction with extreme events.

Dr. Margaret Alston

A Professor at the School of Humanities and Social Science at Newcastle University. Previously the head of Social Work at Monash University, she has a focus on rurality and gender and has published widely in the field of gender and disasters, social work and rural social issues.

Shannon McCormack

Has over 20 years in Agribusiness, including beef production, equine performance horse industry and a number of years in rural merchandise sales. Shannon studied a Dip Ag Bus and has managed agribusiness banking portfolios. Now working with the Rural Financial Counselling Service - Northern Region.

Can't join us? Fear not! Recordings will be made available at <https://www.redcross.org.au/drought-resilience-program>. Any problems registering please contact drought@redcross.org.au

redcross.org.au follow us    



The Hermidale Buzz

A community newsletter

Produced for the community

by Hermidale Public School