

Have YOUR say the easy way – with an online survey

Goulburn Mulwaree Council is making it easier than ever for residents to have a say in the future of Goulburn Mulwaree.

Residents recently received a special edition of Council's newsletter with details of a new strategic planning program, which includes the development of a 10-year Community Strategic Plan for Goulburn Mulwaree.

Other documents, such as a 10 year Resourcing Strategy, four year Delivery Program and the annual Operational Plan will be developed to reflect the Community Strategic Plan - which means this plan will directly impact on what Council does on a daily basis.

The special edition newsletter contained a survey to help residents have their say. Council has also provided a simple online version of this same survey, plus a tick-box survey, at www.goulburn.nsw.gov.au

A Facebook page has also been set up to facilitate discussion, which already has close to 100 friends.

"The online surveys are immediate and convenient for people to use," Goulburn Mulwaree Mayor Carol James said.

"The longer answer survey gives people more opportunity to expand on their answers, while the tick-box version will take less time. It is important for people to realise that they can complete either survey, or both if they like, and do not have to complete the entire survey. They can simply complete the section that they feel is most relevant for them."

"People are also not limited to having their say via the survey. They can also write, email, fax or hand deliver other comments to us," Cr James said.

"Better still, we are encouraging people to come along to one of the eight community workshops planned between 24 March and 12 May 2010.

"Council staff will also be on hand at upcoming community events, such as, **Windellama**

Markets and Tallong Apple Day to talk to residents and assist with any inquiries.

And for Facebook users, you can enter a discussion by becoming a fan of our page titled 'What do you want - Integrated Planning and Reporting'.

"There are plenty of opportunities to have your say in our future," Cr James said.

The new Goulburn Mulwaree Community Strategic Plan will cover the period from 2012 to 2022.

Community workshops are on from 6pm to 8.30pm at the following locations:

Goulburn Regional Art Gallery, enter via Church Street, on Wednesday 24 March 2010.

Marulan Community Hall, George Street on Monday 29 March 2010.

Parkesbourne Church Hall, Church Hall Road on Wednesday 7 April 2010.

Towrang Community Hall, Towrang Road on Wednesday 14 April 2010.

Windellama Community Hall, Oallen Ford Road on Wednesday 21 April 2010.

Tarago Community Hall, Wallace Street on Wednesday 28 April 2010.

Tallong Community Hall, Memorial Drive on Wednesday 5 May 2010.

Bungonia Community Hall, King Street on Wednesday 12 May 2010.

Feedback will be received until 5pm on 21 May 2010.

For further information or advice, please call Strategic Planning on 4823 4408 or email

Easy Fruit Loaf

1 cup cold tea

1 cup mixed dried fruit

1 cup sugar, brown or white

2 cups S/R flour, sifted

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Some of Our Early Settlers (Continued)

Firstly, let me correct a serious typo in last month's article, James Minshull arrived in Sydney as a convict in 1822 not 1922.

To introduce a bit of light-heartedness I must admit that this was started off by someone asking me by phone as to the whereabouts of Mary Minshull's grave whom I answered and then got intrigued by the whole situation, and now I cannot remember who it was that asked me in the first place!! So if that person is reading this, please give me a call.

To give you some insight into the hidden difficulties in researching these sorts of things, I will elaborate a little further on James Minshull.

James, as stated, arrived as a convict in 1822 on the 'Shipely' 11th March, but he arrived as James Minshin (a surname that is used from time to time during his life) and forwarded to Minto for distribution as Minshull (another surname used from time to time as was Minshall, probably brought about due to him not being literate and therefore the person filling out the forms needed to spell as they saw fit).

He applied for and received a Ticket of Leave in 1827 which was cancelled due to misrepresentation in the correspondence and his Ticket of Leave finally was issued in 1829.

On 6th February 1832, with the Governor's permission, he married Catherine Foy, a Life Convict from Ireland. The ceremony was conducted by Rev. Samuel Marsden.

No trace of any children has been found.

In 1837 he and Catherine, according to the 1837 Census: Catherine Minchin, 35, per "Forth" tried 1829, life. Master: James Minchin-Inverary.

No more has been able to be found concerning Catherine, but it is being delved into, (you will also notice the surname used). The next we know is that James married Mary McGaw (nee Robson) in 1837 at Goulburn.

Mary and James had five children: Catherine Julia (1840), Marion (1842), Jane Martha (1844), Jemima (1846) and James (1849).

- Catherine married Samuel Mortimer,
- Marion married Thomas Sweeney (using the given names of Mary Ann – just to make things more complicated),
- Jane married John Larkham,
- Jemima did not marry and her headstone is at St. Bartholomew's Windellama,



- and James Jr. married Mary Seery (or Serey).

James' second wife Mary died in 1863 and has her headstone at Windellama, near her daughter Jemima.

In 1866 James married Mary Miller at Goulburn but apart from a court appearance or two or three, little more is known of Mary nee Miller.



Mary Minshall's (nee McGaw) headstone

Should anyone who happens to be reading this have any further information regarding the missing bits and pieces, please contact me and fill me in.

A reasonable amount of research, not to mention time, has been put into this by Maree Elliott, many thanks Maree.

Article written by Rex Hockey

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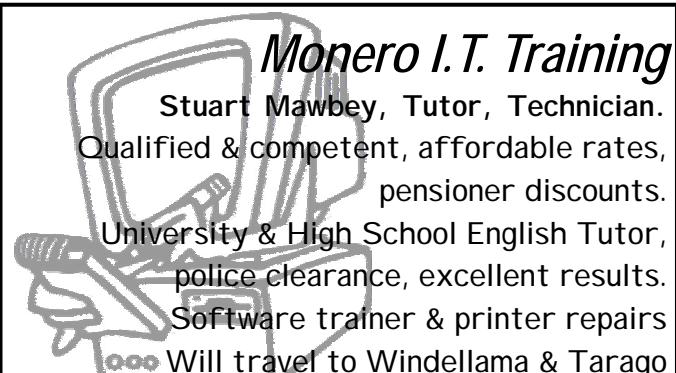
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Goulburn Health Committee

Personal profile for new member to GHSAC



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Fundraiser for Windellama Rural Fire Brigade

30th April -- 2nd May 2010

Friday night campfire

Saturday...Walkup Entertainment from 11am-5pm

Tank water for drinking only (no showers)

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For catering ...please advise if coming.

Carolyn & Bruce

I have been employed in the Nursing & Forensic profession within the health industry for the past 43 years; with some 20 years experience as a Paramedic. In more recent times, I have been employed as a Practice Nurse Manager, and am presently associated with the Marulan Medical Centre in this capacity.

My experience in the areas of chronic ill health, mental illness, aged, frail and disabled, preventative health, particularly, is quite extensive and most beneficial to the discharge of my responsibilities in the role of Community Representative on the Goulburn Health Advisory Committee.

My other pursuits include animal rescue and care through the local WIRES organisation, and as a Trustee with the Towrang Recreation Reserve Trust and The Towrang Hall Trust. I am also a Commonwealth Marriage Celebrant, a Civil Partnership Notary and, a Justice of the Peace for NSW. For the past 14 years, I have been engaged in primary production on a small holding near Greenwich Park.

Having worked with many people in the rural and remote communities, and people from many diverse backgrounds, I am confident that I will have no difficulty in representing their wider health needs, at the same time enhancing my own understanding of many issues confronting the Health system.

My telephone contact number is 0432 253 057.

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Brigade enquiries 4844 5359
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or Brigade website www.windellamarfs.com.au

Snr Deputy – Lynton Roberts 4844 5118

Yass - 6226 3100

BUSH FIRE DANGER PERIOD FINISHED ON 31ST MARCH 2010 SOUTHERN TABLELANDS ZONE

The Windellama Hall & Grounds has now been designated
as a ‘Safer Location’

Burning-off

While the fire season has finished and permits are not required for burning off from the 1st April 2010, there are still regulations that must be followed. Fines can apply if regulations are not carried out.

- Yass **MUST** be notified 24 hours before you light the fire, during business hours 9am to 5pm and by 3.30pm on Friday afternoons.
- Your immediate neighbours must also be notified.
- Notify the Brigade as a courtesy to save time, if smoke is spotted.

For more information contact one of the Brigade phone numbers above.

Support the Brigade Auction

The Windellama Rural Fire Brigade annual Auction to be held at the Windellama Hall & Grounds on Saturday 17th April 2010. If you have a stall to sell goods remember **Mother’s Day is not far away** contact Cathy Meehan on 4844 5554 or have any enquiries Contact Jim Meehan 4844 5554, Lynton Roberts 4844 4118 or Rex Hockey 4844 5147.

Training

The Brigade will be running an accredited Basic Firefighting course in May. For additional information or enquiries contact the Captain Jim Meehan on 4844 5554.
For dates, times and structure of monthly training check the Brigade website.

Training

For information or enquiries on any courses and training contact the Captain Jim Meehan on 4844 5554 or Wayne Back on 9792 5726.

For dates and times of training check the Brigade website.

General Meeting 27th March 2010 7:00pm
 24th April 2010 6:30pm

Training 27th March 2010 2:30pm Map reading and radio comms.
 24th April 2010 2:00pm Area familiarisation

Please take care on our roads and see you at the next training and meeting. **All welcome.**

Raine & Horne Goulburn

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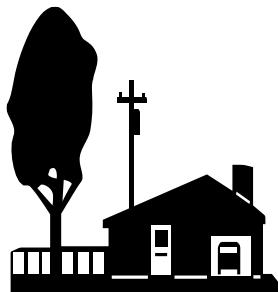


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By combining counselling with the use of Virtual Reality Therapy, the program tackles both the addiction and trigger points to prevent relapse.

Your practitioner is there for you throughout the program, to help you navigate the emotional and physical impact of stopping smoking, something an MP3 player or DVD cannot do. Experts have identified human support as the differentiating factor between success and failure to quit smoking. The Program takes you into an altered state of consciousness, during which behavioral change can occur, helping you to give up smoking once and for all. In many cases your night-time sleep quality will also improve.

Quitting smoking is one of the most important decisions you will ever make regarding your health and wellbeing. The simple fact that you are here reading this document shows that you have a desire to quit and if you need any more motivation, here are a few more reasons:

- More than 50 people die every day in Australia from smoking-related illness.
- One in two smokers will die from a smoking related illness, many by middle age.
- Weaker-tasting cigarettes contain the same amounts of the 4,000 toxic chemicals as stronger tasting cigarettes, including carbon monoxide, ammonia and arsenic.
- At least 69 of the chemicals found in cigarettes are known to cause cancer.

Smoking does not control weight gain. In fact research shows that heavy smokers are more likely to be overweight than nonsmokers.

What happens as soon as you quit?

- Within 12 hours, all the nicotine will have left your body.
- After a week, most of the nicotine byproducts have left your system and the cravings will be almost non existent, leaving only the habit behind.
- After two weeks, lung function improves and circulation increases.
- After a month, your blood pressure returns to normal.
- After a year, your risk of heart disease is halved.

After five years, your risk of having a stroke is the same as that of a non-smoker.

Before you stop smoking.

Quitting can be a difficult challenge. Smoking is a large part of everyday life for many smokers, so it is normal to feel anxious or nervous about stopping. If you are taking any medications or have suffered from mental illness, asthma, blood-pressure problems, diabetes, or other health issues, talk to your doctor prior to beginning the program.

How does the Program work: The program will help you to understand why you smoke and what triggers your urges to light up. The Virtual Reality Therapy sessions will then help to change your thinking and behaviour in those situations and give you tools to help deal with your urges until you are free from cigarettes once and for all.

The experience is relaxing and stress free. In fact, you will be calmer and most likely sleep better at night than ever before. Many have described the experience as being like taking a holiday. You'll be relaxed, refreshed and in control.

How is the program different? The program is different because it delves into both the subconscious and conscious mind and addresses the problem from within. It deals with the reasons why you smoke and helps you to reprogram your thinking about smoking rather than simply trying to deal with the symptoms. Not only will you not have to fight your cravings to smoke, but you will change the habits that trigger the desire to smoke.

How long is the program? Any stop smoking program needs to be intensive if they are to work. You also need to be committed and serious about stopping smoking. You should be prepared to attend three one-hour sessions in the first week with one day between each session, and two one-hour sessions in the second week. There is one half-hour session in the third week to check on progress.

Each session runs for approximately one hour, including time to talk with your counsellor about your progress. There are six sessions in total, with each session building on the progress made during the previous visit.

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