

## **Council Clean-up Day**

### **Change of Dates**



The Council Clean-up Dates Uralla, Invergowrie & Bundarra:
Monday 24 November & Tuesday 25 November 2014

No hazardous waste, no asbestos, no tyres, no mattresses will be accepted.

This clean-up is <u>only</u> for those residents who receive a kerbside waste service.

Please separate recyclables such as paper, cardboard, plastics and metal.

TV screens and computer screens will be accepted. Further information contact Uralla Council 6778 6300.

www.uralla.nsw.gov.au

#### **Union Picnic Day**

The Offices of the Uralla Shire Council will be closed on Friday, 7 November 2014 for the Union Picnic Day. For emergencies on that day contact Council's emergency number on 0427 784 982.

#### Uralla's Woodland, Celebration

Celebrate Uralla's Woodland 2014 by joining in a planting bee and spotlight evening at Mt Mutton on Friday, 28 November.

A Working Bee will be held from 4:30pm meeting in Fitzroy St North at the bottom of Mt Mutton track. With specialist activities from age 10 and up, the working bee will help restore healthy native vegetation in the Reserve. Please bring a hat, water, gardening gloves and small tools if you have them. There is no need to RSVP.

A Spotlight walk is to be held from 7:30 pm, meeting at the band stand in Alma Park with an enchanting night time exploration to meet the inhabitants of Mt Mutton from 7:30 pm - 10:30 pm. This is an all ages event. If you would like to come along please bring a torch (one per group), binoculars if available and refreshments. As we will be walking in the dark and at night, sturdy closed shoes are essential. Children must be accompanied by a responsible adult. The walk will be hosted by Wendy Hawes of the Envirofactor, Inverell. If you wish to attend please contact the Uralla Shire Councils Environmental Projects Officer on 2 6778 6300.

#### Australia Day Awards

Nominations are invited for Citizen of the Year, Young Citizen of the Year and Sports Awards, and a new section, Senior Citizen's Award, to be presented on Australia Day 2015.

Nominees must be Australian citizens and live in the Uralia Shire. Young Citizen of the Year nominees must be under twenty seven years of age as at 26 January 2015 and Senior Citizen nominees must be aged seventy years or over.

Nomination forms are available from the Uralla Shire Office, Uralla Library, Uralla Post Office, Uralla Branch of the Credit Union and National Bank, or from the Secretary of the Uralla Australia Day Committee, 14 Dumaresq Street, Uralla, phone 02 6778 4328.

Nominations close on Friday, 12 December 2014.

Nominations received after these dates will not be considered.

#### **New Bus Service**

Tablelands Community Transport are pleased to announce the trial of a new bus service from Uralla to Tamworth on the second Friday of each month. This service will start on 14 November. Tablelands Community Transport are also commencing a trial service from Kentucky to Armidale on the third Friday of the month. If you would like to join us on either of these shopping/social trips or require further information please call our office on 6778 6450.

#### Remembrance Day

The Remembrance Day Service will commence at 10:45am at Alma Park Soldiers Memorial Gates with 2 minutes silence to be observed at 11:00am.

All Ex-Service men and women, current serving members and members of the Uralla Community are most welcome to attend this service.







## COUNCIL NEWSLETTER

VOLUME 22.11 NOVEMBER 2014

#### **CONTACTS**

#### **Uralla Shire Council:**

Mayor:

Cr Michael Pearce, 0488 752 520

Deputy Mayor:

Cr Bob Crouch, 0428 616 885

General Manager: Mr Damien Connor

Council Administration:

PO Box 106 URALLA NSW 2358

Phone: 02 6778 6300 Fax: 02 6778 6349

Email: council@uralla.nsw.gov.au

Council Website: www.uralla.nsw.gov.au

Tourism Website: www.uralla.com

Bundarra Works Depot:
Phone: 02 6723 7262
Phone: 0428 406 517

#### **Emergency Contacts:**

After-Hours and on Public Holidays

Overseer: 0427 784 982 Water / Sewer: 0427 784 304

Report all Fires: 000

Fallen Trees and SES: 132 500

#### **COUNCIL MEETINGS**

Next Meeting of Council scheduled for:

Date: Monday, 24 November 2014

**Time:** 4:00pm

Location: Uralla Shire Council Chambers.

32 Salisbury Street, Uralla

"Have Your Say" from 4:30pm.

(Contact Council for registration procedure)

Council Meeting Agendas and Reports are available for public viewing at:

- Bundarra General Store
- Invergowrie General Store
- Kentucky General Store
- Kingstown General Store
- Uralla Shire Council Chambers
- Uralla Public Library

Or view and download from the Council website at: www.uralla.nsw.gov.au

Link: Your Council/Council Documents

#### **NOTICES**

#### Street Store Allocations 2014

During the months of November and December the following organisations will be holding local Community Stalls:

- Uralla District Garden Club-week ending 2/11/14
- Uralla RSL Sub Branch-week ending 9/11/14
- CWA -week ending 16/11/14
- United Hospital Aux. Uralla-week ending 23/11/14
- . Uralla Lions Club -week ending 30/11/14
- Uralia Arts week ending 7/12/14
- Red Cross week ending 14/12/14.

There remain several vacant dates for 2015 street store allocations. Applications forms are available from Council Administration office.

# Volunteer Drivers required for Tableland Community Transport (TCT)

If you have some time and would like to give back to your local Community, TCT needs your assistance in transporting disadvantaged residents to appointments.

Please call Karina Wight at TCT on 6778 6450 to volunteer. Your assistance would be greatly appreciated.

#### Volunteering at Visitor Information Centre

Do you have a love of the Uralla district and enjoy speaking to others about it? Then why not join the team of like-minded volunteers at the Uralla Visitor Information Centre and help spread the word about our area's many wonderful attractions. If you are able to spare 1-4 hours a week and are interested in lending a helping hand, please contact Patrick or Luise on 6778 6420, or call into the Visitor Information Centre to register your interest.

#### MARKETS

#### **Uralla Indoor Markets**

Saturday, 22 November 2014 at RSL Memorial Hall, Salisbury St, Uralla. 8:00am to 1:00pm.

For further information contact Uralla Neighbourhood Centre Inc. on 6778 3277.

#### **Uralla Unique Markets**

Held in conjunction with Thunderbolt Festival, the markets are on Saturday, 29 November 2014 at Pioneer Park, Uralla between 9:00am to 1:00pm. For further details contact Deni McKenzie on 6778 7065.

#### Kentucky Progress Association Seasonal Craft and Produce Market Day

Sunday, 14 December 2014 at Kentucky Memorial Hall between 9:00am - 1:00pm, featuring produce and locally made crafts from Kentucky and the surrounding area.

For further details contact Rod McGrath on 6778 7320.

#### Uralla RSL Sub-Branch November 2014 Meeting

All members, visiting Sub-Branch members and any Ex Servicemen or Ex Servicewomen are invited to attend the next meeting of the Uralla RSL Sub-Branch to be held on Thursday 27 November at 10:00am at the Uralla Memorial Literary Institute. A social get together will be held on completion of the meeting. For further information, please contact Mr Pete McCarthy JP, Hon. Secretary Uralla RSL Sub-Branch on 0438 046 198.

#### **Recycling Inspections**

Recycling bin inspections are taking place over the next month. Random premises will be selected for full audits of the recycling bin contents. This means emptying the bin on a plastic sheet and going through and ensuring that the contents are all recyclable.

Congratulations to Uralla residents who are recycling well. Remember to rinse items before putting in your recycling bin, no plastic bags, no food stuff!

#### **National Recycling Week**

10-16 November - Check out... I Heart Recycling on Facebook to follow Planet Arc and recycling projects or website:

www.recyclingweek.planetark.org

Garden Mulch Sale -\$11 per cubic metre For the month of November only, garden mulch is on sale the Uralla landfill.

If you need it loaded please call Council first.

#### **Resolutions of Council**

The Minutes of Council Meetings are available to be read at the Council Administration Centre, Uralla Public Library and General Stores at Bundarra, Invergowrie, Kentucky and Kingstown.

Minutes are also available online at <a href="https://www.uralla.nsw.gov.au">www.uralla.nsw.gov.au</a> - go to: Your Council / Council Documents / Minutes.

#### **APPLICATIONS**

Development Application and Complying Development Certificate Approvals / Refusals September 2014

Approvals:

Application No.	Applicant	Property	Development
DA-51-2014	Mr A Cook	3B Dumaresq Street, Uralia	Dwelling
DA-52-2014	Mr B & Mrs R Tobler	45 Queen Street, Uralla	Dwelling Additions
DA-53-2014	Mr M & Mrs B Baker	38 Plane Avenue, Uralla	6 Lot Subdivision
DA-54-2014	Mr P Bryne	6 Queen Street Nth, Uralla	Timber Deck
DA-56-2014	Ms R Richardson	9 Faulkner Street, Uralia	Glass Enclosure of Existing Patio
DA-60-2014	Mr G & Mrs B Byers	44 Andersons Road, Rocky River	Dwelling Additions & Alterations
DA-61-2014	Mr P Byrne	115 Rifle Range Rd, Rocky River	Rural Shed
CDC-19-2014	Shed Boss	51 Mundays Lane, Saumarez Ponds	Shed

Refusals: Nil

The Notices of Determination for the above Development Applications and Complying Development Certificates are available for public Inspection, free of charge, during office hours at Uralla Shire Council.

#### Ranger Services

With the arrival of warmer weather, Council has noticed a lot of dog walkers at all times of the day. The Ranger would like to commend all those that are doing the right thing by keeping their dog(s) on a lead and carrying disposable bags and using them to pick up their dogs droppings. Besides it being an offence with a minimum penalty of \$275 infringement, there is nothing worse than stepping in a dog poo!

Our Ranger is currently working on establishing a responsible pet ownership Program for our local schools. If you have any ideas of what you would like your children to learn in regards to pet ownership and safety awareness, please contact our Ranger on 6778 6400.

#### **Uralla Community Garden**

Uralla Community Garden Inc. is seeking donations of straight logs for use as garden edges. Community members with suitable logs are invited to contact David Ryan on 0429 319 539, or via info@urallacommunitygarden.org.au.

Residents and friends are welcome to join Uralla Community Garden members at the Wood Street site every second Sunday from 10:00am for a program of working bees, workshops, and garden tours. Dates include Sundays, 9 and 23 November.

#### H4H 'Turkey Run on Tour'

On Friday, 7 November, H4H 'Turkey Run on Tour' will ride into Uralla at approx. 3:00pm with 250-300 motorbikes. There will be a band playing at the Uralla Bowlo that night and other activities. H4H will leave after breakfast at the Bowlo on Saturday morning, riding on to Coffs Harbour.

Visit <u>www.h4hnsw.com</u> for further information.

#### **EXPRESSION OF INTEREST (EOI)**

### Community Consultative Panels - calling for Expressions of Interest (EOI)

Council's new Committee structure adopted at the September Council meeting includes the establishment of eight **Strategic Community Consultative Panels**.

#### Mayor Michael Pearce says:

"Each Councillor will be a member of a Community Consultative Panel whose aim is to engage with interested community members and groups to ensure services provided are targeted and well planned. The new structure will allow for improved community engagement around a number of key issues."

Committees	Councillor	Staff Contact
Access and Disability	Cr Daphne Field	Ms Olivia Wood
Sport and Recreation	Cr Kevin Ward	Ms Olivia Wood
Tourism and Promotion	Cr Leanne Cooper	Ms Olivia Wood
Economic Growth and Job Creation	Cr Mark Dusting	Mr Robert Bell
Arts, Culture and Creativity	Cr Isabel Strutt	Ms Olivia Wood
Children Youth and Families	Cr Karen Dusting	Ms Olivia Wood
Parks, Gardens and Open Spaces	Cr Fred Geldoff	Mr Robert Bell
Environmental Management	Cr Bob Crouch	Mr Robert Bell

The Panels will aim to be established by the end of 2014 with meetings to be held quarterly. **EOIs to join the Panels are now open for Uralla residents and groups.** 

If you are a community group or individual with an interest in any of the areas below please contact the respective officer with your details and which committee you are interested in joining.

- Mr Robert Bell Director Infrastructure and Regulation on 6778 6300
  - or rbell@uralla.nsw.gov.au
- Ms Olivia Wood, Acting Executive Manager Community and Culture on 6778 6350 or owood@uralla.nsw.gov.au

# **Uralla Community**



# FALLS PREVENTION

# **PROGRAM**



**Uralla Community - Falls Prevention Program** 

Wook	Exercises	Education
1	Mixture of chair-based, theraband, upper limb, lower limb. Core stability - sitting standing, with balls. Standing balance (with support), if required. Weight transfer exercises.	Benefits of exercise and the perils of inactivity. Goal setting - how to do it well.
2	Mixture of chair-based, theraband, upper limb, lower limb. Core stability – sitting, standing, with balis. Standing exercises - squat and lunges.	2 Core stability and balance How do we develop these?
3	As above. Standing exercises - squat and lunges balance (with support), if required. Weight transfer exercises. Introduction of basic travel exercises. LESS SEAT BASED – as above with progressions provided.	3. Assessing falls and falls prevention.
4	As above with progressions provided	4 Independent living and self-management Ergonomic assessment - what if we need to change the house?
5	10 minutes warm up. 20 minutes - Circuit exercises - mixture of upper limb, lower limb, core stability, strengthening. 20 minutes cardio-vascular – Co-ordination and static and dynamic balance. 10 minutes stretch and cool down.	5. True or false, The facts about ageing and disease.
6	As above.	6 True or false (Part B) Common conditions which occur as we age - How do they affect us?
7	As above with progressions	7. Sustainability for the long term - remaining active.
8	As above with progressions	8. Full program over brief

THIS FREE PROGRAM WILL RUN FOR 8- WEEKS
At the Uralla Shire Community Centre (Large Group Room)
9 Hill St Uralla.

Commencing 31st Oct - 19th December (inclusive) at 9:30am - 11:30am

For more information or to register contact Alisa Kennedy

02 6771 1146



Connecting health to meet local needs