Forbes Hospital staff are taking part in the #endpjparalysis 90-day-challenge in September. (credit: rjah_nhs instagram)

Stop Gowning Around To End PJ Paralysis

Staff across the Western NSW Local Health District (WNSWLHD) are encouraging patients coming to the hospital to bring spare clothes, as part of the #EndPJParalysis 90 Day Challenge.

WNSWLHD project lead, Rachael Hallam said: “The international campaign focuses on the mental and physical benefits of patients wearing day clothes and keeping active during their stay in hospital.”

Our clothes influence our feelings, behaviour, and identity. “Wearing normal day clothes instead of pyjamas helps make patients feel more confident and independent,” Rachael said. By wearing their own clothes, patients are also encouraged to maintain a routine and be more social which in turn, keeps them active with a more positive mindset.

“It also makes it easier to keep active which reduces the risk of muscle weakness, falls and pressure sores. This is especially important for the elderly, one week in a hospital bed can lead to a loss of 1.5kg muscle and 10% loss of general fitness,” Rachael said.

Forbes Hospital will begin the challenge on Tuesday, 1 September and staff are participating in the challenge to get as many patients up, dressed and moving each morning as possible. “Patients can support the campaign and improve their health by bringing comfy day clothes to hospital or asking family, friends or carers to bring suitable clothes,” Rachael said.

The #EndPJParalysis initiative was created by Professor Brian Dolan, to encourage patients to get up, dressed and moving to reduce the risk of deconditioning while in hospital.
This week is our August Council Meeting and I am excited to see all the wonderful projects Council has been busy with. You would have noticed work has begun in Templar Street with the new sewer pipes being installed. This work will be staged so traffic can continue to travel through the street without too much disruption.

I have inspected the new planter boxes which are going in as well. These are being manufactured locally and they look amazing!

Work has begun in Lions Park with new toilets and a car park on Junction Street. This Park never ceases to amaze me, it is such a lovely place to have a picnic, watch the local bird life, or to grab a coffee. The new parking bays will hold 20 spaces.

This month I have written to the National Cabinet calling on the NSW Premier to help ensure Local Government is represented on a National level. It is important our local voice is heard on a National level. Local Government is on the ground and we know the issues in our community.

In the Business Paper we have a paper on the three-way split for our Road Safety Officer that the Forbes, Lachlan, and Parkes Council’s share. A record of $350,000 has been allocated for 10 projects over the next three years which include road safety issues. It is great we can work together with our neighbours to tackle these important issues.

God Bless.
Your Mayor, Phyllis Miller
Your free weekly guide to what’s happening in and around Forbes... shop locally first!

SNIPPETS...

**CWA Daytime Deliveries:** August has been another busy month for the Forbes CWA Branch. Members are still finding time to sew, knit and crochet with the latest bundle of library bags, tablecloths, aprons, and doll clothes going to the Forbes Learning Ladder. Once again, members were delighted to deliver their work to the childcare centre. Aiden and Raewyn greeted the ladies and arranged to have three children model the aprons.

The ladies also delivered toiletry bags to the Forbes Hospital, which are given to patients to ensure a more comfortable stay. The ladies donated a bundle of library bags, tablecloths, aprons, and books as a way of saying thanks to the patients.

**LEGO Winner:** Thirteen-year-old Thomas Burton from Forbes has won the Lego Build competition in his age category, in the Central West Libraries school holiday Lego build competition. Thomas submitted a photo of the Lachlan bridge, along with a picture of his build which won him first place in his age category of 13+ years. The competition called on entrants to build iconic buildings across the Central West and entries included schools, train stations and museums.

The competition was judged by Orange Council CEO David Waddell, Orange City Council Senior Planner Summer Commins and the team at Source Architects. Judges were very pleased with the entries and finding a winner was challenging.

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**Forbes’ Second Street Library Launched:** A brand new street library has arrived at Lions Park in the shelter, the second of its kind in Forbes. Street Libraries provide free books for all ages without the need for a membership. Simply reach in and take what interests you, when you are done, return them to the Street Library network, or pass them on to friends. If anyone has a book or two that they think others would enjoy, they can just pop it into any Street Library they happen to be walking past.

**SNIPPETS...**

**“Bagadanara” – Dual Titles Five Minutes From Forbes**

- **122ha**
- 10 dams, S/D bore, river access

- 2 property titles, 2 houses, option to sell the separate lot with a home. Main homestead is brick and tile, 4 bedrooms and 2 bathrooms.

- Historically a livestock property carrying 200 ewes plus progeny, this river flat country would lend itself to livestock, cropping or recreation.

*Approx

**Call Ian Simpson for memorandum 0417 468 565**

**Open Farm Tours**

11am on Aug. 15, 22, 29.

**Auction**

Sep. 3, 2020 – 1000am

Forbes Inn Hotel.

Offers considered prior to auction.

**FORBES Veterinary Clinic**

**MATERNITY POSITION VACANT**

**Small Business Manager** – The successful applicant will take over current managerial roles and implement new business solutions. The right candidate would ideally have experience in the management of small business teams and have a desire to grow our practice.

This is NOT a nurse or reception position and no veterinary experience is necessary. You will be working closely with the principal Veterinarians and other key staff members.

Hours and start date are flexible with the potential for extension. Please email Elle at admin@forbesvet.com.au for further information.

Applications close on the 21st August 2020
Ridgehaven Ram Sale Offers Top Quality Animals

Ever since Ridgehaven Poll Dorset stud was started in 1965, it has always been run with a focus on producing top quality, commercially focused animals. Structural correctness, fertility, ease of lambing, growth rates, muscle and fat cover and the wool type have been a basis for selection from the start. In the last four years, the stud has worked with meat processors and UNE to accurately identify genetic lines with superior lean meat yield, intramuscular fat (IMF) and eating quality. Ridgehaven has seen the benefits of carcass measurement and how this can be used for genetic gain and it is now an important annual aspect of their breeding program.

To maximise the opportunity for all their clients to be able to get the rams they want, the Ridgehaven ram sale will not only be held in person on property on Thursday, 10 September, but will also be interfaced on AuctionsPlus.

On Thursday, 27 August, there will be an open day where the rams and ewes can be viewed. For the safety of all attending, on the open day and on sale day, COVID-safe measures will be in place. For more information contact Ruth Klingner 0438642113, Isabele Roberts 0405098335 or Floyd Legge 0402185727.

Felix Rams 22nd Annual On-Property Sale

Felix Rams focuses on producing efficient and profitable prime lambs by breeding high performance, structurally sound rams for efficient prime lamb enterprises. Their commitment to collecting good accurate performance data is in the DNA and is embedded as the fundamental approach to the way they breed sheep.

In the world of big data, 27,000 lambs weighed within 12 hours of birth, 22,000 weaning weights, almost 18,500 scans with weights for postweaning fat and muscle and 4,400 individual worm egg counts is a lot of data. This is the performance data that influences the ram selection and the accuracy of the Sheep Genetics Lambplan asbvs on the rams you buy.

Felix Rams are selected for quick early growth and maturity, not maximum adult ram size. Most of the selection is done at 6.5 to 7 months, reflecting the age most lambs are sold. At Felix it is all about the lambs. Felix Rams selects for early maturity to efficiently produce a 22-28 kg lamb. Early maturity also means your suckers have the best chance of hitting the target year in year out, while attention to the “right” amount of fat means that you will almost always have finish on your lambs at market weights.

Despite the tough start, the 2019 drop rams have transformed with the improved season. Felix Rams selection are for rams that perform on pasture and under commercial conditions. This year’s sale rams are paddock grown and finished and are not pumped up or grown out on a grain feeder.

Felix Rams will offer around 140 Poll Dorset and 50 White Suffolk rams at their 22nd annual on-property sale at Greenethorpe on 1 September at 1pm. Catalogues are available at www.felixrams.com.au. Email felixrams@gmail.com or call Rodney 0417 499 204, Isaac 0437 493 407 or the selling agents, Allan Gray and Co Cowra 02 6342 2377.
Karen Wright, President of the Forbes CWA evening branch holds some of the beautiful face masks that the ladies have sewn for the community.

Serving The Country

The Forbes Evening branch of the Country Women’s Association (CWA) have again put their time and skills to great use by sewing masks for cancer patients. The colourful face masks are also available to the community for a small donation of $5.

It is not the first time that the ladies’ have put their time and efforts towards supporting those in need, in fact, since its inception in the early 1920’s the CWA has strived to ensure the survival and well being of people living in the country. While some of their earliest achievements were gaining access to proper education, roads, and healthcare in a time where such luxuries did not exist for rural women, the CWA has not tired of finding new ways to improve life and support the wellbeing of all living in the country.

The CWA is the first, largest and most significant women’s association in Australia. The earliest branches of the CWA of NSW demanded change in a male dominated world. Many of the things we now take for granted living out West were only made possible thanks to the efforts of the founding members of the CWA. In a time where life on the land for pioneering women often meant a short, lonely and gruelling existence, a small group of country women banded together and changed this, ensuring the survival of rural communities.

Today the Forbes CWA evening branch continues the legacy of the earliest CWA ladies by fundraising for disaster relief and helping to sponsor countless community programs. The Forbes CWA evening branch also supplies much needed packs for the women’s refuge and miscarriage support packs for grieving women in the community. The Forbes Evening Branch meets every second Thursday of the month at the Vandenberg Hotel with a dinner meeting. Email forbeseveningbranch@gmail.com for more information.

LAND EAGLE

Land Acquisition
On Just Terms

With the State Government seeking to acquire land either by negotiation or resumption in our area, it is worth considering the law relating to this.

The NSW Land Acquisition (Just Terms Compensation) Act, 1991 was introduced to prevent land resumptions without compensation. Section 55 of the Act provides the heads of compensation:

a. the market value of the land on the date of its acquisition,
b. any special value of the land to the person on the date of its acquisition,
c. any loss attributable to severance,
d. any loss attributable to disturbance,
e. the disadvantage resulting from relocation,
f. any increase or decrease in the value of any other land of the person at the date of acquisition which adjoins or is severed from the acquired land by reason of the carrying out of, or the proposal to carry out, the public purpose for which the land was acquired.

Some of these heads of compensation might not apply in each case, but the first step would be to get a registered land valuer, who is familiar with the Act, to provide a comprehensive valuation report on these heads of compensation. It is important to remember valuations are opinions and valuers often differ in how they arrive at their valuation.

You will also need a lawyer to advise you and undertake the legal work involved. It is worth noting that loss attributable to disturbance includes legal costs, valuation costs, financial costs, stamp duty, mortgage costs and more.

Compulsory acquisitions are a very complex area and you may need our help. For further information contact us.

Book Week At Goodstart

Staff and children at Goodstart Early Learning Centre have dressed up as their favourite fictional characters this week.

Girlpower: Builder Meg Sladek, Cowgirl Annabelle Hartwig and Wonder Woman Meg McKenzie.

Clowning around: Tillee-Jae Johnson, Princess Pearl Paradowski and Alicia Cronin as Little Red Riding Hood.
FORBES SPORT

Mixed Foursomes Success

The weekend had a Men’s Stableford on Saturday and the Mixed Foursomes Championship on Sunday, where John Betland achieved success in both.

In the Saturday Men’s 18-Hole Stableford, sponsored by Gunns Traffic Control, there were 76 starters with only 72 finishing.

The Division 1 winner was Kim Herbert with 38 points, very nicely ahead of runner-up Peter Dawson on 34 points. Both players managed a few birdies in the heavy conditions. The Division 2 winner was Liam Whitfield with the day’s best score of 39 points, closely followed by Jeff Haley on 37 points, on count back.

The ball sweep went to 32 points on count back; 37, L De Bock; 34, P Dawson, N Ryan, A Currey, T Morgan, D Churchhill, B Chandler, A Dukes; 33, M Simmonds, D Bernardi, P Grayson, D Earl, T Callaghan, B Slack-Smith; 32, M Duff, L O’Connor, R Smith, D Bayley, B Doyle, S Uphill, J Cutler and A Grogan.

The winners of all three games were John Allegri, Geoff Coles, Bob Murray, Jill Rubie, Kevin Rubie, Mal Smith and Tony Thomson.

Unfortunately, Aussie Croquet was again cancelled on Saturday due to inclement weather.

A general meeting was held last Tuesday, and a new ruling was made that players must arrive at the courts 10 minutes before the commencement time, so that names can go into the draw and play can commence on time.

Last Tuesday 34 players took to the fields for their much-enjoyed game of Golf Croquet. It is indeed pleasing to see so many enjoying the game, especially on a much warmer morning. The close score games on the day were:

- Dorelle Scott, Sandy Hepburn 7 def Bill Scott, Ray Burridge 6.
- Bob Murray, Joan Littlejohn 7 def Neville Spry, Lorraine Todd 6.
- Colleen Liebich, John Allegri 7 def Neville Spry, Sally Perry 6.

The winners of all three games were John Allegri, Geoff Coles, Bob Murray, Jill Rubie, Kevin Rubie, Mal Smith and Tony Thomson. Congratulations to all players.

All players are advised that due to COVID-19 restrictions in the Golfie Hotel, the scanning of score cards will be done by a designated member and not by individual players. It is important therefore that your score cards are completed correctly.

Keep in touch on Facebook forbesgolf-course, Instagram forbesgolf2871, or the website www.forbesgolf.org.au.

By Short Putt

Croquet Notes

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By Elvy Quirk
Rental Bonds

Today I would like to share some information with you regarding rental bonds. At the beginning of a tenancy, we ask the tenant to pay a bond for the rental property which is equivalent to four weeks rent.

The bond is only four weeks rent regardless of how many tenants occupy the property, and it is used as security for the property in case the tenant does not follow the terms of the agreement and they need to compensate the landlord.

Rental bonds are required to be lodged with the Rental Bond Board. These days we lodge bonds using rental bonds online. The bond lodgement details include the rental property address, the landlord and landlord’s agent, and the primary tenant.

To ensure they get the bond back, tenants need to make sure the property is left in the same condition as when they first rented the property, except for fair wear and tear. If the tenant has damaged the property, or not left it in a clean and tidy condition, or if they owe rent or other money to the landlord, they may forfeit some or all of their bond.

If there is a dispute over the bond at the end of the tenancy, then the matter is taken to the NSW Civil and Administrative Tribunal.

We hope that helps you understand rental bonds a little more, and if you have any questions regarding this topic or would like assistance with managing your rental property, we are more than happy to assist at Century 21 Central West for all your property management needs.

Amy Gallagher

What school do you go to and what do you like most about it? I attend Forbes High School and what I like most about it is the culture surrounding the school community and the support system in place to assist the students for success in all aspects of their schooling.

What is your favourite subject at school and why? My favourite subject is biology as it makes you think deeper about the world you live in and it is interesting to learn all about the human body.

What makes you laugh the most? My gal pals.

What is your dream job? My dream job is to become a surgical or anaesthetist nurse.

If you could have a superpower, what would it be? The superpower I wish I could have is the ability to time travel into the future or back to the past.

What is your pet hate? People being on their phone during class time.

If you could live anywhere in the world, where would you live and why? I would live in New York City, because there is a range of different cultures and there is always something to do, you can never be bored.

COVID-19 Safety Guidelines

Updated health advice announced this week will ensure that NSW public schools can continue to operate full time with face to face teaching and learning throughout the COVID-19 pandemic.

Schools remain safe however, school communities must remain vigilant.

From Wednesday, 19 August, all public schools in New South Wales will be required to adopt the changes to ensure school communities remain safe inside and outside the school gate.

Anyone with symptoms of COVID-19 is prohibited from returning to school until a negative test result has been reported.

Under additional measures for Term 3:

- Students must remain within their relevant class or year group to limit mixing.
- Schools must not travel outside their local community or zone, including between rural and regional areas.
- Interschool sport and zone carnivals are restricted to 100 people per venue and must be held in the local area.
- Spectators, including parents and carers, are not permitted within school grounds or at sporting events held during school hours.
- All group singing and other chanting activities, as well as the use of wind instruments in group settings are not permitted.
- Dance activities and drama group work can continue under a COVID-19 Safety Plan.
- School formals, dances, graduation, or other social events are not permitted.
- Schools may hold a Year 12 assembly or grounds or at sporting events held during school hours.

Students and staff required to support HSC students are permitted to undertake activities to meet their HSC requirements with COVID-19 safety measures in place.

Organisations that use school buildings or grounds must have a COVID-19 safety plan in place and encourage strict compliance with that plan.

The new restrictions will complement existing health advice for schools, including maintaining good hand hygiene inside and outside the classroom, physical distancing for adults and banning non-essential school visitors.
We’re extending financial support

The Australian Government is extending JobKeeper until 28 March 2021 and the temporary Coronavirus Supplement for those on income support until 31 December 2020, after which income support will continue.

For JobKeeper and the temporary Coronavirus Supplement there will be some changes to payments and eligibility to support businesses and households who need it most.

For information on how these changes affect you, visit Australia.gov.au

Visit Australia.gov.au