

## WOODSTOCK HAS IT'S VERY OWN WEBSITE

[www.visitwoodstock.com.au](http://www.visitwoodstock.com.au) is LIVE! We have also activated a Woodstock QR code which will appear on promotional material and noticeboards, scanning the code links you to the village website for more details on everything.



## POST OFFICE UNDER NEW OWNERSHIP

### "We Bought A Post Office"

Adam Dwight has taken over running of the Woodstock Post Office. Adam is recently of Canberra, but had spent a few years growing up in Parkes and Bathurst back in the 1970s. His father worked for the Bank of NSW (now Westpac) and they moved around with his job every few years. Later, Dennis and Audrey Dwight would settle down in Clifton to run a newsagency. "I have a lot of fond memories of this time, meeting the paper delivery with Dad at 5am, being behind the counter, doing the afternoon paper run. I think it's a bit of that past that attracted me to running the post office."

Adam has been working in IT in Canberra for the past two decades and is looking forward to being behind a different (and much nicer) desk, and being part of the Woodstock community. "It's like Cheers - where everybody knows your name. Being in a small community has brought a welcome change. We already see what a connected community it is here and it's not something you get in Canberra to be able to not only recognise your neighbours but to know their names (and their dogs' names!)"

Adam's partner, Meg Thomas joins him in moving into the residence along with their two Whippets, Freddy and Saga. Meg is originally from the Hunter Valley with her

family being in coal mining among other things. Her great grandfather was the postman in Merriwa from the 1930s to the 1950s. So things have come full circle in a way! Meg worked in IT as a Project Manager and will be turning her project skills to making some updates to the residence to ensure it can see in another hundred years of life.

Why the big change from Canberra? Well it started with some country drives to explore the scenery and towns to the west which neither of us had spent much time in previously. On a stop into Woodstock to visit the Royal Hotel we were met with a lovely bunch of locals who were all very welcoming of these two strangers that stepped through the door. In touring the town, the "for sale" sign at the post office started us thinking about a tree change and a move away from office chairs and fluorescent lighting, and possibly a little more time to work on our hobbies. And the rest is history (or will be).

With new management, the post office is now open from 9am-1pm and from 4pm-5:30pm. Basic grocery items are now stocked and EFT is available! Teena Gillespie will continue to be on staff and Karen will of course continue to run the rural mail service.

We look forward to seeing you at the Post Office!



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## FROM THE PROGRESS ASSOCIATION



Big changes unfolding and small discoveries for the first half of 2024.

We continue to scout for funding opportunities in regards to the restoration of ghost signage, upgrade of tennis courts and inclusion of a multipurpose court. At this point in time we have been unsuccessful with securing funds for any of the above mentioned projects.

We welcome new owners of the Woodstock Post Office and residence Adam Dwight and Meg Thomas. New hours have been publicized. Monday to Friday 9am to 1 pm and 4pm to 5.30pm.

We also recently discovered a long lost artifact of Woodstock's history, stationed in a paddock at Monteagle, the original JJ Dresser delivery truck, whilst not in its original state, the relic has been acquired by Paul Dresser and we hope to work with Paul to preserve this small piece of history.

As always we appreciate feedback and ALL ideas for Woodstock and district, please feel free to share via email. EVERYONE is WELCOME to attend the meeting to be held June 30th at the Woodstock Soldiers Memorial Hall at 2pm.

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## VALE JACK MALLON

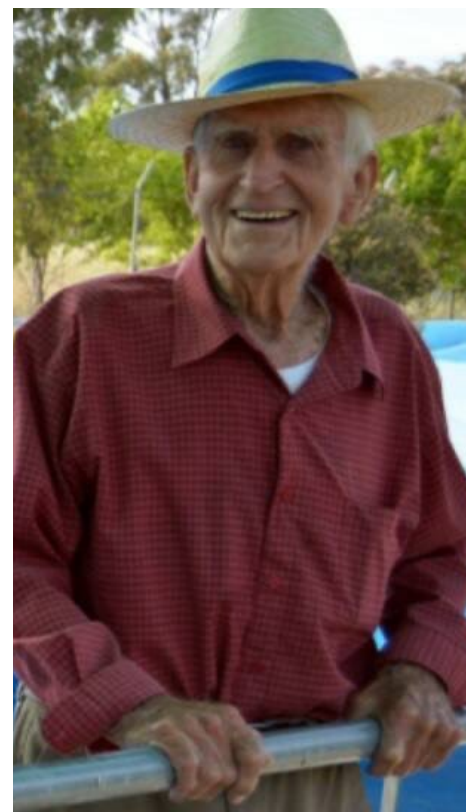
Jack Mallon died on April 1, 2024 at the age of 98 leaving behind a legacy of service and commitment to the Woodstock community and the Cowra Shire.

In recent years he had been living at Bilyara Retirement Village in Cowra but before that he was a resident of Parkes St Woodstock. Jack's sister Marie and brothers Frank and Peter all pre deceased him.

Jack Mallon was known for his contributions to farming and grazing but also for his dedication to public service. He served as a member of the Cowra Shire Council for 33 years from 1983 to 2016.

Throughout his years of service Jack Mallon held various offices both within council and outside Cowra Council. He held positions on the Wyangala Park State Recreation Area Trust and Lachlan river Advisory Committee. Jack was also a member of the Central Tablelands Water County Council for nine years including a term as Chairman. Jack was a dedicated member of the Cowra Shire Council for many years. He was a strong supporter of the establishment of the Cowra Regional Gallery, arts and culture.

In 2022 Jack Mallon joined an exclusive group of Rural Fire Service (RFS) volunteers after being presented with a Long Service Medal and clasps for his 75 years of service to the organisation.





## POOLSIDE NEWS

On behalf of the Woodstock Swimming Pool Committee we would like to thank the community for purchasing a key and supporting the pool this season. A big thankyou to the Woodstock Hotel and its patrons for supporting us during Friday night raffles. Next meat raffles are in July, so we hope to see you all there.

There were several afternoons throughout the season that that the pool opened to the public for a small entry fee. These afternoons were very well supported. This will be considered again next season if the community support is there.

A reminder all keys should have been returned to JJ Dressers by now, however if you still have your key please place it in an envelope with your name on it and place it in the honesty box inside the gate or organise a drop off to Lee, Catherine or Claire. If you would like to be on our mailing list for next season updates please let us know through our Facebook page, Woodstock Swimming Pool.



## SEPTEMBER IS SHOWTIME

Planning is underway with attractions secured including Troppo Magic, Gilmore Family Entertainment's Racing Ducks, and Base Zero Rock Climbing Wall all attractions are free for everyone. Gate fees will remain unchanged adults \$10, concession \$5 and ALL CHILDREN under 15 FREE.

Sections are being finalised, with all the old favourites returning such as woodchopping, the vintage tractor pull, speed shear and the car, ute and bike show. The Market Laneway will also be returning. Sponsorship and prizes are currently being sourced.

This is the biggest event on the Woodstock calendar and takes months of preparation. Additional volunteers are ALWAYS welcome. Membership for 2024 is now available at \$17 double and \$11 single, and forms can be accessed via the website [www.woodstockshow.com.au](http://www.woodstockshow.com.au) or on request.

All sections and classes are uploaded to the website, so you can start working on your entries anytime. Hard copies of show schedules should be available in August. Pavilion stewards would really love to see lots of entries from Woodstock village adults and children, fantastic prizes and cash to be one throughout the sections.





# BUMBALDRY @ WOODSTOCK

## Endurance Ride 27/28th April 2024

What a fantastic weekend was had by all who attended the event over the weekend in beautiful Woodstock. When the Bumbaldry event was unable to go ahead, the Lachlan Endurance Riders Club (LERC) took it on board instead of cancelling and ran the event at Woodstock. This gave or will be giving riders an extra treat this year as they will get 2 chances to enjoy the wonderful Woodstock district. The Woodstock Endurance ride is set for its normal time of the year in September.

Swift Coffee By M set up with the best coffees on the ground and riders enjoyed the local Woodstock Pub and Club for meals and a few beverages. Great reviews were received on the meals were and the friendly atmosphere. A couple of riders had sore heads the next morning, so they had a great Saturday night with the locals.

Events like this take a village so they say, so thanks to the village behind the weekend, from Council's road slashers, to the grounds looking amazing; so well presented with great facilities, to our committee, friendly locals, sponsors, riders, volunteers, vets, chief stewards, and more.

We are very appreciative of the Woodstock RFS for providing the water for the horses on course.

A huge thankyou goes to our land owners for granting us access to their properties, allowing the riders to see some beautiful parts of the district. Thanks for sharing.

The event consisted of 20km and 42km distances on the Saturday, and the Sunday saw another 42km ride, as well as the main event of 83kms where riders left the showgrounds at a brisk 5am start.

The line honours for the event went to Kate Pilley on Box Hill Jackpot and Georgia Johnson on Henley Farm Rakkad, both from Windeyer near Mudgee, who completed the 83kms in 5hrs 34mins.

Massive thankyou to our sponsors for the weekend, we and the recipients are very grateful. Mr Embroidery, Lachlan River Produce, Cowra Machinery Centre, Girilambone Arabians, 2nd Chance Saddlery, Cowra Vet Centre, Cowra Toyota,



Nicole Allan Equine Education, Bryant's Packaging and Equistash Australia.

Congratulations to all who were successful over the weekend, especially our local riders, and commiserations to those not.

If you or anyone you know may be interested in giving Endurance riding a try, then please don't hesitate to contact us under Lachlan Endurance Riders Club (LERC) on Facebook. One of our committee will be more than happy to give you some information or feel free to come along to one of our events and see for yourself. Endurance has a great, family friendly atmosphere, where you can learn and enjoy your horse at different levels.

If you may be interested in volunteering, we will feed and water you and welcome you to our crew happily. We have many roles from sitting on a gate, watching horses go past while watching stock, to helping with office tasks. Please reach out if interested.

Looking forward to seeing riders and horses return to Woodstock in September to see the district in all its beautiful glory. It is such a pleasure to attend for many.

Tina Walker: Vice President, LERC  
Photographer credits: Animal Focus, Jo Arblaster



## BOWLING CLUB MARKETS

On 21st April Woodstock Bowling, Sport & Recreation Club hosted its inaugural market day. A total of 12 stalls filled the tennis court area and approximately 200 people meandered through the stalls. Feedback received was very positive, a family friendly event. As a result this will be an ongoing event with three more market days planned for 2024.

A reminder that MEAT RAFFLES are held at the club every Saturday night, a meat tray and two chooks are supplied by Blayney Hi Grade Meats. At the end of each month two MEGA MEAT TRAYS are raffled. HAPPY HOUR everyday 5pm - 6pm.

Pizzas are available Monday through to Thursday. The bistro is opened Friday and Saturday Nights from 6pm to 8pm eat in or take away available. Kitchen is available for functions.

A REMINDER membership is due at the end of May and payable by 31st July.



## WHAT'S ON

### Sunday 26th May

Dirt Track Club Day, Woodstock Speedway

### Sunday 30th June

Woodstock and District Progress Association Meeting 2pm,  
Woodstock Soldiers Memorial Hall

### Saturday 20th July

Camp Oven Cook Off, Woodstock Hotel

### XMAS in JULY (date TBC)

Woodstock Hotel

### Sunday 28th July

Dirt Track Club Day, Woodstock Speedway

### Sunday 1st September

2024 Woodstock Memorial Show Inc,  
Woodstock Showground

### Sunday 8th September

Dirt Track Club Day, Woodstock Speedway

### 7th /8th September

Lachlan Endurance Ride, Woodstock Showground

### 11th November

Remembrance Day Ceremony,  
Woodstock Soldiers Memorial Park

# WOODSTOCK PLAYGROUP

Woodstock Public School is happy to announce that we will be hosting a weekly playgroup during the school term.

**Date:** From Thursday 2nd May, 2024  
**Time:** 9.30am - 11am  
In the music room at Woodstock Public School

**WHAT TO BRING ALONG . . .**

- A piece of fruit to cut up and share
- Nappy bag and change of clothes

**Please sign in at the School office upon arrival**

Please contact us via FB Messenger Or you can call us on: 6345 0217 or email: [woodstock-p.school@det.nsw.edu.au](mailto:woodstock-p.school@det.nsw.edu.au)

We hope to see you and your children soon.

# WOODSTOCK FIRE BRIGADE

On the **third Sunday of the month** the Woodstock Rural Fire Brigade will undertake regular training exercises you will notice the team driving around the village with lights and occasionally sirens on.




# COMMUNITY GROUP CONTACTS

COMMUNITY ORGANISATION	CONTACT PERSON	PHONE/EMAIL
Woodstock CWA	Kathy Honeywood Teena Gillespie	
Woodstock Memorial Show Inc	Ben Johnstone Alison Rutledge	woodstockmemorialshow@gmail.com 02 6345 0104
Woodstock Soldiers Memorial Park	Cowra Aboriginal Lands Council	
Woodstock Rural Fire Brigade	Robert Moodie Sharon Lane	r.moodie@mail.com
Woodstock Swimming Pool	Lee Brien Catherine Finlayson	Facebook Woodstock Swimming Pool
Woodstock Memorial Hall	Ann Graham Lisa Brien	6345 0271 lisabrien18@gmail.com
Woodstock District Progress Association	Alison Rutledge Teena Gillespie	02 6345 0104 woodstockprogressassoc@gmail.com
Woodstock Speedway	Steve Kurtz Liz Cook	0439 972 737 cookroof@bigpond.net.au
Woodstock Public School P & C	Pamela Emms Sue Hoskins	
Woodstock Common	Dennis Mowll	



UNDER NEW MANAGEMENT  
-THE-  
**COMMUNITY POST OFFICE**  
\*  
**WOODSTOCK**  
STAMPS  
PARCEL COLLECTION/DISPATCH  
BASIC GROCERY ITEMS  
LOLLIES CHIPS  
POST OFFICE BOXES AVAILABLE TO RENT  
EFT AVAILABLE FOR PURCHASES  
**SERVICE WITH A SMILE**  
PHONE 0447120290  
MONDAY- FRIDAY 9AM -1PM 4-5.30PM



ACCOMMODATION AVAILABLE  
FROM \$89  
FAMILY - \$129

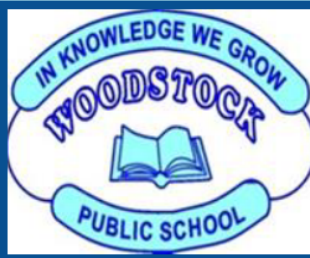
## WOODSTOCK HOTEL

Up Coming Events  
\*PJ Party  
\*Camp Oven Cook Off  
\*Christmas in July  
\*Chicken & Prawn Night

Hotel Opening Hours:  
Monday to Friday - 12pm  
Saturday & Sunday - 10am

Bistro Opening Hours:  
Thursday - Sunday  
12pm - 2pm & 6pm to 8pm

Dine In or Take Away  
63450262



## Woodstock Public School

### Kinder Orientation Days 2024

Woodstock Public School

#### Welcome to our Kinder Orientation Days!

JOIN US FOR A FUN-FILLED INTRODUCTION TO OUR KINDER PROGRAMS.



Kinder orientation days will commence on Friday 23 August 2024 and run for 5 weeks. The day will commence at 9:00am and conclude at the end of lunch (12 noon) during Term 3.

We will extend the program to full days in Term 4.

For more information please contact the school on 02 6345 0217  
Email: [woodstock-p.school@det.nsw.edu.au](mailto:woodstock-p.school@det.nsw.edu.au)

Those children who will be starting Kindergarten at Woodstock Public School in 2025 are invited to participate in visits to the school.

While at the school the children will participate in the Infants' classroom with Miss Malcolm. They will have opportunities to learn and play, explore the school and become familiar with the school routine.

#### TERM THREE DATES:

Friday 23 August

Friday 30 August

Friday 6 September

Friday 13 September

Friday 20 September

**Venue:**

Woodstock Public School (Infants Classroom with Miss Malcolm)

**What to Bring:**

Hat, water bottle, fruit break, lunch, backpack. If you feel your child may require a change of clothes please pack these along with a plastic bag into your child's bag.

**Information:**

Please register your child's participation by contacting the school on 6345 0217 or email [woodstock-p.school@det.nsw.edu.au](mailto:woodstock-p.school@det.nsw.edu.au)

**Kinder 'O' will be held every Friday commencing 23<sup>rd</sup> August. We look forward to welcoming those children in Woodstock who will be old enough to start Kinder in 2024 to the school. To enrol in Kindergarten children must turn 5 before 31 July 2025. All children must be enrolled in a school by their 6<sup>th</sup> birthday.**

**Please note that all children attending Kinder Orientation must complete an enrolment form. This ensures that the school has emergency contact details in the instance that they are required.**

**Kinder Orientation will also be held across a number of full school days in Term Four. Dates to be advised.**



# BREAKING THE SILENCE: A JOURNEY TO HEALING IN WOODSTOCK

In the heart of our rural haven lies a story often untold, a silent battle against the stigma of mental health. Meet “John” (name changed for privacy), a member of our rural community, known for his resilience and dedication to family and work. However, beneath the surface, John was facing a challenge far tougher than any physical labour – his mental health.

For years, John believed seeking help was a sign of weakness, a sentiment echoed in the silence surrounding mental health issues in rural areas. But as the burden grew heavier, John realised that true strength lies in reaching out for help.

Taking the courage to speak with his GP, John found the support he needed. It wasn't easy; the fear of judgment was daunting. However, John's journey to recovery was met with unexpected support. His GP, understanding the unique challenges of rural life, connected John with specialised mental health services tailored to his needs.

John's story shines a light on a path for others in Woodstock to seek help without fear of stigma. It's a reminder that mental health is just as crucial as physical health and that in our community, no one has to face their struggles alone.

As John reflects on his journey, he shares, “It was the hardest step I've ever had to take, but it's led to the most rewarding journey – towards peace of mind and well-being.”

Let John's story inspire all of us in Woodstock.

Let's break the silence on mental health, support one another, and ensure everyone feels safe to seek help. Together, we can challenge the stigma and ensure that mental health care is accessible to all, both men and women alike, in our rural community.

**Note:** “John” is a fictional name used to protect privacy. This story, while focusing on the experiences of rural men, equally applies to rural women and young people, highlighting the importance of mental health care for everyone in our community.

**General Practitioner (GP):** Visit your local GP for an assessment of your mental health. They can refer you to a specialist if needed.

#### **Cowra Medical Associates**

165-169 Kendal St, Cowra NSW 2794  
(02) 6341 1400

#### **Medispring Family Medical Centre**

96 Brisbane St, Cowra NSW 2794  
(02) 6342 2555

#### **Cowra Family Medical Center**

137 Kendal St, Cowra NSW 2794  
(02) 6341 1400

**Mental Health Support Lines:** For immediate help, call the hotlines. Online resources and counselling are also available.

**Beyond Blue 1300 22 4636:** Phone service is available 24/7 for brief counselling.

**Lifeline 13 11 14:** 24/7 suicide prevention and crisis support.

## NEXT MEETING

**Sunday 30th June 2024**

at Woodstock Soldiers Memorial Hall 2pm

## CONTACT US

**Website:** [www.visitwoodstock.com.au](http://www.visitwoodstock.com.au)

**Email:** [woodstockprogressassoc@gmail.com](mailto:woodstockprogressassoc@gmail.com)

**Phone:** 02 6345 0104

## Join our Garden Club Thursday Afternoons!

Our first gardening afternoon will be this Thursday starting at 2:00pm



Come along and help us maintain our community vegetable gardens here at Woodstock Public School. All welcome. #GardenClub #WoodstockPublicSchool. Members of the community will require a free Volunteer WWCC which can be obtained through Services NSW