

Uralla Wordsworth

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Uralla's FREE Fortnightly Newspaper

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www.urallawordsworth.com.au

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Uralla Community Garden

The Garden is getting a new "waterless garden" feature below the existing beds, being constructed with donations from Darren McDonnell and CEBA (Compressed Earth Bricks Aust.).

It involves burying logs to absorb water deep in the ground, and covering with compost and mulch. This also makes for a fungal-rich medium in which to grow plants.

The Community Garden is an important source of fresh fruit and vegetables for the Uralla Food Pantry (via the Uralla Neighbourhood Centre). Facebook : Uralla Community Garden.



Darren of Life Force Seeds Working on the garden



The plan below shows the layout for the Gardens in 2020. Submitted by Julie Hicks.



One of two trenches dug to add the logs, sticks, mulch and compost. This trench is designed to harvest and hold water, even in the worst droughts.

Robert Bell was elected to Uralla Shire Council in September 2016 and has served one term as Deputy Mayor. He was previously Director of Engineering for Uralla Shire, lives in town, and has a grazing block at Kentucky. In his regular column, Cr Bell gives a personal view of some of the more important matters concerning Council and ratepayers in recent weeks.

Great news with the reopening of our hotels. We are also seeing easing of the restrictions around clubs, cafes, restaurants and community sport. You can now travel anywhere in New South Wales for holidays. What a difference two months make! In Dale's Butchery, there is a sign that says "Ladies, if a man says he will fix it, he will. There is no need to remind him every 6 MONTHS about it." The bad news is if he didn't fix it during the Coronavirus lockdown, he probably never will!

The latest advice on our current Level 5 water restrictions is that they will be lifted this week. Kentucky Dam is at 96%. If you have dirty water please ring Council. Flushing the mains will be much easier once the restrictions are lifted. No one likes to see water running down the street when you cannot water your garden.

An excellent job was done by Quinten Dillon and his team, together with the shire guys, in the construction of the new kerb and gutter in King Street and around into Everett Street. Please note that Council has recently posted a request for local suppliers and tradespeople to quote for Council works, and to register their details, licences etc on Council's email (council@uralla.nsw.gov.au). Please contact me if you have any problems.

A "nearly new" double bay Rural Fire Service shed is under construction on the Kingstown Road near "WhyWorry Wines." I received some sobering statistics for the 2019/2020 New England/Northern Tablelands fire season. There were 1,100,000 hectares burnt, 164 houses destroyed, another 42 houses damaged, and over 1,000 "000" calls made. A huge congratulations to all the fire brigades and their members. The Section 44 "State of Emergency" was declared on September 5, 2019 and wasn't revoked until January 15, 2020.

The current timetable for the Uralla Shire Council 2020/2021 budget is for Councillors to workshop the first draft on June 8 2020, and to workshop to finalise the budget and Operational Plan on June 23. They will meet again on June 26 to agree to exhibit the budget, which will then go on public exhibition for 28 days. The State Government has given all Councils an extra month for this to occur. Roads to Recovery funding gets another boost with Barnaby Joyce announcing that Uralla Shire will receive \$615,673 in 2020/2021 for road upgrades.

More positive news on the renewable energy front with Winterbourne Wind Farm preparing a proposal to erect up to 125 wind turbines, mostly in Walcha Council area, and

a small number in Uralla Shire, progressing to the point of having an initial scoping report being prepared for submission to the NSW Department of Planning. This Wind Farm will have a capacity of up to 700 megawatts.

Two of the positive items to come from the May Council meeting were that the projected financial position at June 30, 2020 is likely to be satisfactory, and that Council congratulate the management and staff of McMaugh Gardens Aged Care in monitoring our incredible record of full accreditation.

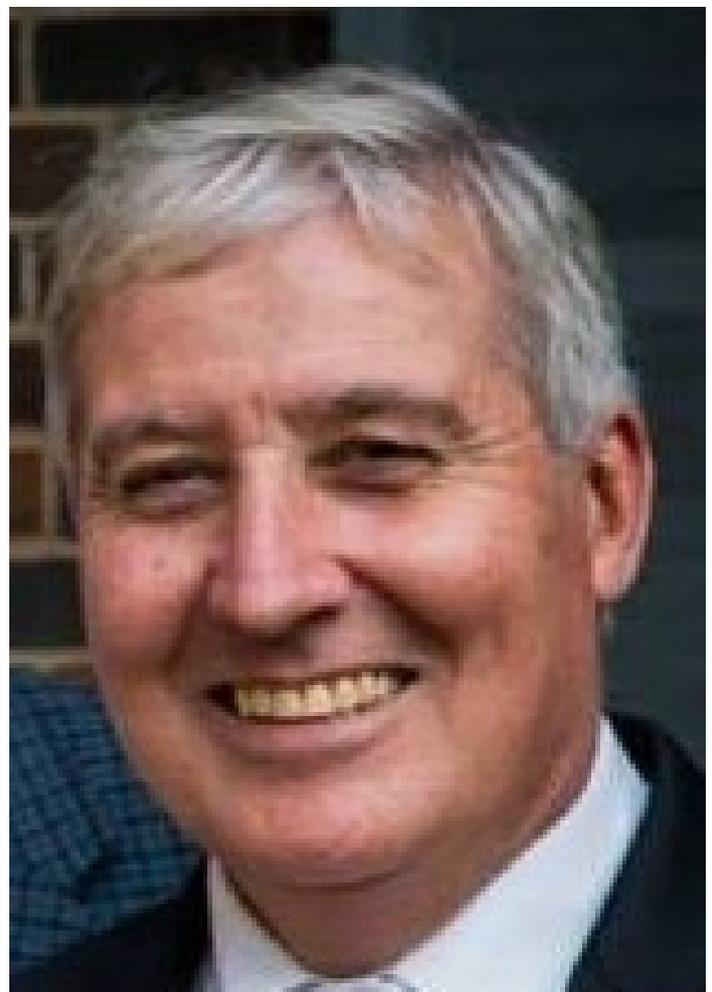
The Foodworks Development Application has again been deferred to allow a Councillor workshop and the return of Council meetings to the Council Chambers, where the community and developer can address Councillors on all the issues that need to be considered. While it would be wonderful if a few minor changes improve the application, I am strongly supportive of this proceeding for the town. I am old enough to remember when Uralla had two supermarkets.

With the closure of so many regional newspapers, it is critical that the community support local publications like Uralla Wordsworth. Information on local sport, community events and an independent assessment of Council's performance are essential in any town.

M: 0434 244 774

E: robertbell1055@hotmail.com

**Robert Bell,
Uralla Shire Resident**





If I say I will be there, I will be there.

Licence No. 346186C

Ralph Luo

☎ : 0431 277 450 ✉ : wolfunec@yahoo.com.au

Subway Uralla

Uralla Opening Times: Mon-Fri: 7:30-18:30

Sat: 8:30-16:30

Sun: 9:30-16:30

Contact Details Phone: 6778 4544

Purchase and pay - in store or on the subway app

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Email: rossburnet@optusnet.om.au

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Goods can be collected from the shop or Ross can deliver.

Social distancing measures mean that in the Café we can have one person at a time; bookshop customers in small numbers.

Look After Yourself

Selina Anne Fitness - Get in touch via her facebook page for details of her Home Workout Challenge, remember she is opening her gym in Uralla as soon as this is over too, so it would be great to support her in the mean time : [Selina Anne Fitness](#)

Way of Water Kung Fu - FREE Tai Chi classes online : Sign up at their Facebook Page, [Way of Water Kung Fu](#)

Uralla Neighbourhood Centre Phone Support only - 6778 3277

Food Pantry Monday 12noon - 2pm (back on 4th May)

Lifeline 131 114

Headspace 1800 650 890

Beyond Blue 1300 22 4636

ABC Education Resources - freely available - for Primary and Secondary as well as early childhood : <https://education.abc.net.au/home#!/home>

The Humble Cook

Our full range is available on our website, free delivery to Uralla and Armidale by arrangement.

www.thehumblecook.com.au

Get in touch by email : humblecooks@gmail.com or phone : 0434 408 163

With many thanks for everyone's support, Tara

Some Handy Links from the Wordsworth Team :

For questions about receiving additional financial support as a result of COVID-19, or looking for more information on support options available to you, see the below websites:

☐ ATO : www.ato.gov.au/

☐ Treasury: www.treasury.gov.au/

☐ Services Australia: www.servicesaustralia.gov.au/.../affected-coronavirus-covid-19

☐ Services NSW : <https://www.service.nsw.gov.au/covid-19>

Stay Well, Stay Home, Spend Locally

Home Energy Reviews

With the recent colder weather and most people staying at home due to COVID-19 a lot of you will be finding an increase in your most recent power/gas/wood bills. Some may have also noticed some draughts and cold spots in your homes.

All Uralla Shire residents – homeowners or renters are eligible to have a free Home Energy Review with the ZNET Uralla team. We will come to your home or do a Zoom session online to go through a questionnaire and have a discussion around various aspects of energy saving.

We have been getting feedback from a questionnaire to households who have already had a Home Energy Review :

- 90% feel more confident about how to improve the thermal performance of their home.
- 63% have either reduced their power usage or reduced the cost of their power through a better deal with their power company.
- 100% have said they would recommend it.

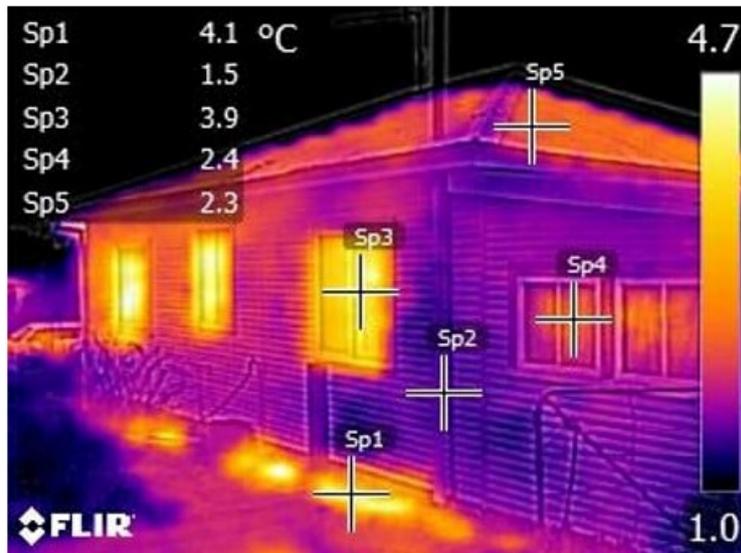
Some other comments:

"Use the wood heater less, the RC Aircon more and using efficient electric radiant heater for local heating. Use electric throw rug for sitting at desk instead of radiant heater. Thanks very much for the home energy review. Very helpful."

Email Trish at projects@zneturalla.org.au or leave a message on the phone at 0411804627

With the library reopening you can also drop by on a Thursday from 2pm to have a chat or ask questions about your power bill.

Trish Rasmussen, ZNET Project Officer



Home Energy Review Image supplied by ZNET

Anna & Co.

Please note my store has relocated to the Little Birdy Hanger :

Email: contact@annasutherland.com.au

Facebook : [Anna Sutherland](#)

Instagram [@annasutherland.design](#)

Website: www.annasutherland.com.au

I encourage people to send me a message on Facebook or Instagram if they see something they would like more info or prices on. I'm happy to organise postage and local delivery.

Thank you everyone for your support, looking forward to still having a presence in Uralla's vibrant retail area!

Missing the Mill?

To get your fix, head to the new and improved website
www.uhs.org.au

Please explore our digital collection library.

View the list of exhibitions at the museum on display and discover more about the characters and objects that make us who we are today.

See you in person when we re-open!



URALLA HISTORICAL SOCIETY INC.
MUSEUM AND FUNCTION CENTRE

Michael's Cafe & Catering

Phone : 67783290, from Friday to Wednesday, 7am - 2pm to order Indian Meals on the menu below. These are available takeaway on Friday and Saturday nights where customers can collect between 5.30pm and 7pm.

Home delivery can be arranged from 7pm on Friday and Saturday nights. On weekdays the cafe is open for takeaway meals (including Indian meals) and coffee.

Facebook : [Michael's Cafe](#) Check in for monthly special menus.

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Tax agent
25999057





barking dog gallery

The shop will be open Friday, Saturday, Sunday and Monday from 10am to 5pm.

Picture framing services are still available and Christine is happy to collect and deliver to clients in Uralla (any day) and Armidale (Wednesdays) free of charge.

Ph 6778 3800

Dobson's Distillery

Bottle sales only, find them online at :

<http://dobsons-distillery.mybigcommerce.com/>

Also available at :

Top Pub Bottleshop

TJ's Foodworks

Armidale St Kilda Celebrations

WhiteBull Hotel Bottleshop

Railway Hotel Bottleshop

Royal Hotel Bottleshop

Tamworth Hotel Bottle Shop

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Saturday 6am - 12noon

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Facebook : [Dales Downtown Meats](#) / 6778 3960



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Uralla NSW 2358

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E office@egfamilylaw.com.au

W www.egfamilylaw.com.au

Melrose Uralla

Open Monday to Friday 9.30am to 5.00pm

Saturday 10am to 3pm, Sunday 10am – 2pm

Until further notice. Contact Sonia on 0419 411 957, email : sonia@melroseuralla.com.au

Instagram: [@melroseuralla](#) Facebook: [Melrose Uralla](#)

Website: shopmelrose.com.au

If you are a local of Uralla I am extending 20% off all website sales. Enter code "local2358" on check out.

Orders can either be delivered by mail or collected at Melrose. Both options are on the website.

Order by Phone – call anytime. DM – Instagram.

Messenger – Facebook. Payment is online or in store (tap only) or bank transfer. Only 2 people to enter together at a time, use the hand sanitiser at the door on entry, keep a 1.5 distance. Watch the website for daily specials that I will be running for as long as I can! Daily updates on the specials will be posted on Instagram and facebook. Sending love and best wishes to all of the local community at this unsettling and sad time, and let's hope Uralla is back to some kind of normal sooner rather than later. We are all in this together. Stay well, Sonia x

Thunder Graphics & Defence Model Supplies

For both businesses, our hours are Thurs - Mon 10am - 4pm, closed Tues and Wed. If you cannot make it into the shop, you can instead email your requirements to us or use the online shops.

Web : www.defencemodelsupplies.com.au.

Phone: 02 6778 3325

Email: shop@defencemodelsupplies.com.au

Facebook : [Defence Models and Graphics Pty Ltd](https://www.facebook.com/Defence-Models-and-Graphics-Pty-Ltd)

<https://www.instagram.com/dmgstupp>

Web : www.thundergraphics.com.au

Phone: 02 6778 3325

Email: signs@thundergraphics.com.au

Facebook : [Thunder Graphics Oz](https://www.facebook.com/Thunder-Graphics-Oz)

Order online via the website or instore with contactless EFTPOS, goods can be collected by arrangement to pickup or if they cannot, we can deliver. 1 customer in the shop at a time.

Also found on <https://uralladirectory.com> along with lots of other businesses.

New England Brewing Co.

19 Bridge Street, Uralla, Phone : 02 6778 4781

On the website, there is an online ordering link: <http://www.newenglandbrewing.com.au/beers/buy-online/>

Here, you can order cartons – at a very much reduced price – for collection from the brewery: just select what you need from the Lockdown Brewery collection of classic beers.

Cold Country Organics

Fresh, seasonal, organic produce, local free range eggs, local organic bread and more delivered to your door. Pop your online order in by Friday night for delivery to Uralla, Armidale and the Invergowrie Store on the following Tuesday, or on the Wednesday for Walcha and Kentucky (and along the way).

e: coldcountryorganics@gmail.com

m: 0459 140 825

ww : www.coldcountryorganics.com



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Andrew Murray's Diary

...continued

Monday March 5, 1860:

Jin Jin or Gin Gin Creek was a banker; showers prevented all chance of drying wet clothes. Mr. Bell had got an aboriginal to herd the cattle. Relieved of that duty, I went down, stripped after calling to my mates who came down on the opposite bank. I swam over; the floating drift-wood was the greatest danger to a swimmer. Over all right, got some dry clothes and found the party were on short rations, allowance nearly all used. Tied my clothes in a bundle, put them on my head, and holding them by a string in my teeth swam back again all right, got some tucker, and a blackfellow with it on this head to swim over.

Tuesday March 6, 1860:

The blackfellow gave satisfaction as a herdsman, so we were at leisure. My mates got a white cedar log and made a dug-out of it. It was light and soft to work, so was soon scooped out like a pig trough and the launching ceremony was the next performance. Being scooped out only wide enough for one to squeeze his knees in, and the log only about 15 inches thick and no keel to steady it, no prophet was required to tell the result of trying to cross a flooded creek in it. As few of the party were swimmers, they had the forethought to try it in shallow water whilst one wedged into it, and on the inquiries "Are you all right?" being affirmed, it was let go. No sooner done then the board was on top and the passenger under where the keel should be. After many getting ducked in this way, recourse was had under directions of the principal ship-builder (Jovana Barbra) to lash a length of the unused part of the log, one each side of the canoe. It was then found that turning-over tricks were partly cured. Nevertheless I think no prudent Life Insurance Coy would have taken the life risk to par of a magpie trying to cross that flooded creek in such a makeshift boat. Still, wonderful to relate, it served the end and went from bank to bank without a capsize. Rations were taken over to the camp safely, at the shipper's risk however.

Wednesday March 7, 1860:

Taken it up-stream to where the water was calmer although much deeper, Mr. McCrossin succeeded in crossing over safely and Mr. McKay swam behind the boat.

Thursday March 8, 1860:

A very wet day. The creek is no sooner down than it is up again. No hope of getting the cattle over without swimming, so Bell and I took them up the creek about a mile above the head station and drove them into the stream. They all swam over safely and the horses were then put in with all our clothes and my boots on my horse. They reached the far bank all right and I swam after them. Mr. Bell went back and managed to paddle

over in the boat, as he could not swim. The ridges on the opposite side were very stony, a slate formation. I could not catch my horse and suffered trying to walk over the stones, barefooted. Was glad to see Bell, with one of my mates, coming to my assistance. I got my horse and boots and we rounded the cattle up on a ridge bounded on one side by a vine scrub. Camped.

Friday March 9, 1860:

Started early and got to Cabbage Tree Creek, over which we had to swim the cattle and horses and carried our saddles and traps over on a log. The camp party (my mates) also moved on today from Jin Jin and camped at Cabbage Tree Creek. We took the cattle on to a stock-yard used for mustering. Country improving.

Saturday March 10, 1860:

Went on and reached Colorya, a Mr. Holt's place, where we got a good yard to camp the cattle in and a blackboy to herd them. Here, also, a bet was decided in my favour, and I got a sovereign from Mr. John McKay who bet me a pound at camp on 22nd February that the spinal marrow in a bullock's backbone went under, not through, the backbone. A bullock having been killed and the matter proved in the cutting down, my bet was easily proved and I got my sovereign, with not very good grace, from Mr. McKay.

Sunday March 11, 1860:

River-bound again. A river a few miles ahead at the Whocoya station, called the Colan, was not crossable, so we camped in good quarters in a large shed of Mr. Holt's. Mr. Bell stayed at the house.

Monday March 12, 1860:

Camped all day. A detachment of native police, commanded by a Mr. Bligh came up from Stow. The blackboys were expert swordsmen and practiced with some cutlasses we had.

Tuesday March 13, 1860:

Still wet, creeks flooded, so we remained at Colorya, till the evening of the 16th. Old routine, quiet all the time.

Saturday March 17, 1860:

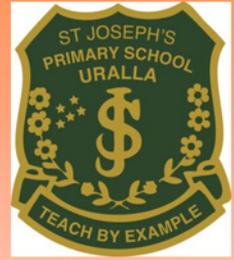
Started, passing Whocoya, Mr Clark's station. He lived at Clarkness (sic)¹ on the Bundarra. The long-continued rain and the unsuitable country for sheep was death to them. The condition of the sheep was poor and the yolk had been changed to a red mould on their backs. The Colan River was crossable. Camped at Mr. Blackman's station. All this country is of a poor description—slate rock, spotted gum and ironbark. The creek here is called Baffle Creek. A Mr. and Mrs. Charles Buchanan were staying here. They had been neighbours on New England and had stayed at Haning often. Mrs. Buchanan was trying to nurse a few sheep, a hopeless task, as the red mould was in their backs through excessive wet.

1. Clerkness Station, on the Gwydir River adjacent to Bundarra, was taken up by Edward Clerk and John Rankin in 1836.

To be continued.....

Noel Marshall, Uralla Historical Society

ST JOSEPH'S SCHOOL URALLA



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Community Calendar

Please email urallawordsworth@gmail.com if you have an event or meeting for Uralla, Kentucky or Invergowrie.

Please check with Event Organisers about Status of Listed Events

Uralla Rotary Club meets on the 2nd and 4th Mondays at 6.15pm at the Uralla Bowling Club, dinner optional after the meeting

Uralla Lions Club meets on the 1st Wednesday of each month from 5/5.30 in the CWA Rooms

Uralla Fire & Rescue meet on Tuesday nights at the Uralla Fire Station from 6-7.30pm

Uralla CWA meets on the 4th Friday of each month at 10am at CWA Rooms in the Literary Institute **Uralla Computer Bank** is open Mon, Tues & Thurs from 9.30am – 3.30pm at Uralla Shire Waste Depot

Computer Bank New England Computer Classes are each Friday from 9am - 12noon at the Uralla Community Centre

Uralla Hospital Auxillary meets on the 2nd Tuesday of each month at 2pm at the CWA Rooms in the Literary Institute

Uralla Show Society meetings are on the 2nd Tuesday of each month from 7.30pm at the Uralla Showgrounds

Uralla Shire Business Chamber meets 1st Thursday of each month at 5.30pm at the Uralla Bowling Club

Uralla Progressive Cinema meets on the last Tuesday of each month, 6pm at McCrossin's Mill, all welcome, entry is free and donations welcome

Uralla Town & Environs Committee meets on the second Tuesday of each month from 6-7pm in the Uralla Shire Council Chambers

Tennis is on Wednesday from 6.30pm at the Uralla Sporting Complex

Knattering Knitters meet at Uralla Library on Tuesdays at 10am and Sundays at 2pm

Uralla Men's Shed is open each Tuesday and Wednesday from 9am - 1pm in the Old Scout Hall, Uralla North Rd (just off the Bundarra Road).

Uralla Auto Club Inc. meets at 7 pm on the first Tuesday of each month at The Bottom Pub.

Uralla Red Cross meets on the first Friday of each month at 2pm in the CWA rooms in the Literary Institute opposite Foodworks

Uralla Historical Society meets on the 2nd Thursday of each month at 5pm at McCrossin's Mill

Uralla Driver Reviver meets on the first Sunday of each month at 2pm at 117 Bridge Street, Uralla.

Uralla Brewery Book Club meets on the third Thursday of each month at 5pm at the Brewery.

Ascent Community Care

Senior Social Group 9.30am – 2.00pm, Mondays at Uralla Community Centre Ph: 6778 3503

Seniors Exercise Class – 2.00pm -3.00pm, Wednesdays at the Uralla Community Centre Ph: 6778 3503

Uralla Community Meditation Group, meets 10-11am at the back of Burnet's Books each Thursday. \$3 casual fee, contact Karen on 0431 406 105

Uralla Food Pantry, Mondays 12 noon-2pm, Uralla Neighbourhood Centre. Good range dry goods, and fruit/veges. Fill a supermarket coloured bag \$15. New members welcome. Further information from the Uralla Neighbourhood Centre, donations welcome. Ph : 6778 3277 or email : urallaneighbourhood@bigpond.com



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We're in this together

- Get it to go - you can still spend locally and this edition of the paper is full of good ideas to help you out
- Leave a 5 star review - so many local businesses and organisations are going above and beyond right now, they deserve it!
- Like + Follow - it costs nothing but makes a HUGE difference
- Tell a Friend - if you had a great experience, enjoyed your meal or loved your products, spread the word
- Say Thank You - being kind costs nothing and it will truly make someone's day
- Need Help? Reach out, we are in this together and we are here for one another. The Uralla Neighbourhood Centre are a good starting point, they are available on the phone at 67783277.

Letters to the Editor

Letters to the Editor can be emailed to: urallawordsworth@gmail.com

Dear Editor.

Some good reasons to be suspicious of the USA

ICE HOCKEY:

A stylised form of warfare. Combatants are armed, and wear helmets. (See “football”, previously). Twenty players in a team, but only six on the ice-rink at any one time. Three periods of twenty minutes, totaling sixty minutes of actual “play”, with ad breaks of 17 minutes in between. A “game” actually takes 2 hours and 20 minutes of ads and overt violence, where “fighting” is legitimate, done by “enforcers” or “goons”. (I am not making that up!) Another primitive, or violent form of advertising. Despite the helmets, concussion is still the most common injury, followed by those to the shoulder and groin, the latter mostly suffered in post-match contact with cheer-squad girls who neglect to remove their skates. Players use a wooden weapon thing to hit a rubberised “puck”, the word a derivative of that uttered by the first person ever to be hit by one. The common term for the referee, “motherpucker”, is now the most frequently used word in the American lexicon.

UNITED STATES:

UNITED? You’ve got to be joking, right? Fifty states all with their own weird governments and shonky laws and screwed up dialects of the English language.

ROOTING FOR THE TEAM:

In the US this expression means to be an avid fan of a sporting team and/or particular player. In Australia the expression has a somewhat more lusty connotation.

ANTHEM:

“The Part Strangled Banner” was derived from another war in 1814. It is a very wordy War Cry set to music, pitched far too high and ranging over twelve notes and therefore near impossible for “ordinary folks” to sing.

The “hand on the heart” stuff is really about checking for heart attack, the other unseen hand is lower down checking for a bowel stricture caused by the strain of trying to reach those high notes.

“INJUNS”, “SAVAGES”

The terms used by cowboys in 1950’s movies to describe various tribes of indigenous peoples. The ones in the movies had pony-tails, feathers in their hair, war paint, and on horses charged around and around encircled white people, all the while hooting and hollering and getting shot down one by one. (Rather like you now see on a Los Angeles street most Saturday evenings.) These tribes had interesting names. “Apache” (Patchwork tepees), “Sioux” (the litigious ones), “Cheyenne” (modest types), “Crow” (into hootin’ and hollerin’), “Shawnee” (took the fur off their buffalos),

“Pawnee” (they sold the fur). Scalping: Indian braves would cut, then yank off the scalp of a slain or injured foe. (No, that’s not where the term YANK comes from!) This is where the expression “hair-raising” meaning “terrifying” originated. “Scalping” and “rip off” are synonymous. These days in the US it’s just how they do business. Like the “injun braves” of old, they get great kudos from ripping people off. It’s the American Way.

AUTOMOBILES:

They’re called “cars” for crissakes! (Short for “carriages”, stupid.) Henry Afford’s assembly line made cars affordable for every American, but he changed his name to “Ford” when affordability proved not to be the case. American cars have interesting names.

Dodge – for obvious reasons, (or short for “dodgie”).

Ram – exactly that. “Get out of my way”.

Lincoln – is shot when he just got going, like the car itself.

Jeep – “Jeepers”. Euphemism for “crissake” (above).

Chrysler – See “crissake” above.

Other names related to “Injuns”, I believe.

Buick – Sound of a brave throwing up outside the tepee after too much “firewater”.

Cadillac – Used to make the brave’s horse go, like “giddyap!”

Chevrolet – Seductive term used by a squaw when she’s in the mood for some “Pocahontas.”

Incidentally, the term “squaw” is short for “squawk”, which is the greeting he receives when a brave spills his coffee coming up the warpath to the tepee. Thus the work “MoccaSINS”.

FAST FOOD:

About 25% of Americans eat four Fast Food meals per week; 33% of children eat Fast Food on any given day. They don’t even shy away from names such as Chuck E Cheese, Steak n’ Shake, Jack in the Box, Dunkin’ Donuts, Taco Bell, Chick Fil A. (Wow, think about that one!) Whataburger, Dairy Queen, Chipotle ... Fast Food is “the heartbeat of the American Consumer”. (More like the “heart attack”.) “Fine Dining” in the US is when you eat in at a Fast Food outlet.

CHEWING GUM:

To clear forests, native Indians of South America use to cut the bark and chew the sap of spruce trees. Then they invented the axe. A salesman called “Wriggly” (by name and nature) conned everybody into using his spearmint version. Even the military were issued with it, because quartermasters misspelled “Gun”. Soldiers were also given a coffee-infused gum, so they could have their coffee without the need “to go to the bathroom” while they were shooting at the enemy. (This is true.)

BUBBLE GUM: Sadly, this is also true.

Kent Mayo, Uralla Resident

Dear Editor,

These are really tough times for everyone, and in tough times the tough get going as they say – the nurses, doctors, teachers, truck drivers, supermarket staff, parents and a whole heap more at the front line against Covid-19. But what about the poor shock jocks on our radios and TVs? (In Uralla, think of Alan Jones, Andrew Bolt, Rowan Dean, Chris Kenny, Paul Murray and their mates.) In spite of the marvellous work they're doing, they have largely gone unrecognised and unappreciated in these trying times.

Just consider what they're up against. Every day they are faced with TV/radio programs that need to be filled with scandal, drama and controversy. Few people appreciate how hard it is to be so grumpy and outraged every day of the working week, especially when they may not actually believe a word of what they're saying.

Then there's the problem of scouring the country/world to find something – anything – to be outraged about. Again, it's not easy. Admittedly their programs aren't telling us much about what's happening in the world, and the quality of the production is shoddy to say the least. And they can be really boring when all their "expert" guests have exactly the same views as they do - almost like it was designed like that. But hey, they do a damn good job of entertaining us with their fire and venom and amusing us with the funny little ways. We can confidently turn on our TVs and radios each day knowing that we will be fired up about something. Perhaps it's the ABC that cops heaps today. The greenies are prime targets. The Lefties (anyone less radically conservative than they are) are mercilessly lampooned at every opportunity. And for high excitement just mention the words "climate change" and see the programs erupt like Mt Vesuvius in a cyclone under nuclear attack.

Their shows aren't perfect of course. They don't pretend to be. These people will humbly admit to misplacing their rage on occasions, such as when they trivialised the seriousness of the pandemic in the beginning. The rapidly mounting death toll around the world saw them subtly change their view 180 degrees to the expert medical version. (Obviously not an ideal position for a media outfit dedicated to controversy.) But not to be undone by the facts, and again showing admirable dexterity, they flipped back to their original argument. Once again they are telling their viewers/listeners that very few people have died and that the danger of Covid-19 has been overblown. Who would have thought that Australia's effective response to the virus and the low death toll would have proven them right in the first place? (Don't look at the death tolls overseas of course.)

It's time to recognise the brilliance behind these wonderful warriors of spite, distraction and hatred. As beacons of truth, publishing excellence and a guiding light for the world, they don't rate well, but think of the fun we

would miss out on if we turned our TV/radio over to another more reliable channel and had to confront the real world news. It just doesn't bear thinking about. Yes, it's time our shock jocks were awarded the credit they deserve and celebrated for the wonderful work they do for us in these unprecedented times.

Ann Honimus (An interested media observer)

Opportunity Knocks!

This space is dedicated to the Uralla Shire Council Employment and general work opportunities that the Uralla Wordsworth team want to make sure you hear about. This has been taken from the Uralla Shire Council website.

- Any local tradesperson, builder or contractor who wishes to register to work with Council, please email council@uralla.nsw.gov.au and include: Contractor details; Licences; Insurances; Hourly rates; and a brief statement of services provided, including your location and serviced areas.
- Co-ordinator Governance and Risk (closes 2/6/20)
- Personal Care Assistant - Casual (closes 10/6/20)
- Plant Mechanic (closes 4/6/20)
- Project Manager - Term (closes 16/6/20)

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Region's New Board Members Welcomed to Local Land Northern Services

Tablelands MP and Minister for Agriculture Adam Marshall has today congratulated the six new board members who have been elected to represent the region's primary producers through the Northern Tablelands and North West Local Lands Services (LLS).

Mr Marshall said the new representatives would play a pivotal role in aiding the region's agricultural sector to rebuild, after what has been a challenging time for farmers and landholders.

"Following the double whammy of drought and bushfire there is no denying the past couple of years have been some of the most difficult farmers and communities across our region have ever experienced," Mr Marshall said.

"LLS has proved vital in the response to both these disasters by offering on the ground support and local knowledge to farmers when they needed it most.

"Each board has three elected members and I'm incredibly impressed by the level of experience each of these people brings to their role.

"Guyra grazier Jane Mactier, Walcha Councillor and rural contractor Scott Kermode and sheep industry stalwart Bill O'Halloran from Invergowrie will take up positions on Northern Tablelands LLS for the first time.

"While each of the elected North West LLS board members has had previous experience in the role, including Croppa Creek and Crooble farmer Geoff Cruikshank, Burren Junction grazier Annie McMahan and semi-retired property manager Keith Harris from Tamworth.

"Now more than ever, it is critical we have dedicated local board members working with their communities to help identify and deliver key services for our farmers and rural landholders."

Mr Marshall said the LLS boards would assist in four focus areas of strategy, community engagement, advocacy and advice.

"LLS Boards are the link between the agency and its offices and the community. Local boards help provide strategic guidance to LLS and help shape the work that LLS officers undertake," he said. "With members from all walks of life, these boards reflect the wealth of expertise, skills and experience in rural NSW, which is something we should be proud of."

Across the State 34 new elected members have joined the 11 Local Land Services (LLS) regional boards, with 45 per cent of all board members women. This reflects a concerted effort to increase diversity on all LLS boards.

To see the full list of the 78 board members, or to find out about the services LLS offers, visit the website www.lls.nsw.gov.au.

NORTHERN TABLELANDS Board Members :

Jane Mactier Jane owns and manages Tenterden Station with her family, a beef and sheep property between Guyra and Inverell. In addition, Jane has a background as a livestock veterinarian and environmental scientist. She is particularly interested in agricultural production and biosecurity parts of the Local Land Services business. Jane is an active member of the Guyra community with involvement in various community groups and initiatives. This is Jane's first term on the Northern Tablelands LLS Board.

Scott Kermode Scott lives in Walcha and works as a self-employed rural contractor. He has a background in agriculture and previously owned and managed a grazing and cropping farm for over 30 years. Scott has extensive experience in leadership roles for a range of organisations in his community including the Walcha Council. This is Scott's first term on the Northern Tablelands LLS board.

Bill O'Halloran Bill is from Invergowrie and has previous board experience on Local Land Services' predecessor organisations. He is a former District Sheep and Wool Officer and was the NSW Department of Primary Industries' state Sheepmeats Industry Leader and state project leader for NLIS (Sheep & Goats). William is an engaged member of the NSW Farmers Association with a passion for animal health, agricultural production and biosecurity. This is Bill's first term on the Northern Tablelands LLS board.

Adam Marshall, Member for Northern Tablelands

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Email: kentuckystore@bigpond.com

Social Media: Facebook: [Kentucky General Store & Café \(@kentucky2354\)](#)

Website: www.kentuckygeneralstore.com.au

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How to hold successful family meetings

Looking to establish employable transferable skills for yourself and your family? Under the broad banner of communication, you may feel you're a little in the dark when it comes to your own family? Has communication dwindled between you and your children? Then it's time to hold a family meeting, either as a one-time event to discuss important family matters or as the beginning of a regular routine.

Sure, it might seem a little cheesy—like something you might see in a made-for-TV movie—but you'd be surprised at what a difference it can make for your clan.

Reasons to hold family meetings

Although you might eat dinner together as a family or you may all sit around the family room watching TV, your conversation may be more light-hearted and everyone may be a bit distracted. A family meeting is an opportunity to accomplish something specific without any distractions from the outside world.

There are many times when it makes sense to hold a family meeting. Here are some common reasons you may want to gather the family to have a discussion:

- Communicate logistical issues. If you have a busy family, a weekly meeting could be the best way to coordinate schedules. Use a family meeting to review sports practice schedules, transportation issues, and other activities.

- Deal with a specific problem. Perhaps you need to problem-solve an issue like the living room always seems to be a mess. Or maybe, you've noticed that everyone is using their electronics too much and the family seems distanced. A family meeting can be a great way to brainstorm your options and create a plan to work together to resolve it.

10 Tips for Limiting Your Child's Screen Time

- Gather input about potential change. If you're thinking about making a big change that could affect your family—like a move to a new city or a change in your work schedule—a meeting gives you an opportunity to talk about it. Make it clear that the decision is ultimately up to the adults, but you're interested in hearing how your children feel about it.

- Assess how everyone is doing. If the family has dealt with a tough issue, like the loss of a pet or a health issue in the family, a meeting can be a helpful way for everyone to check-in and talk about how everyone is doing.

- Make transitions smoother. If you're going through some changes, like blending a family together after remarriage or adjusting to a new baby in the home, a family meeting can be an opportunity to help everyone adjust. Putting your heads together can help everyone know you're all in this together and it can help kids feel supported.

Benefits

Family meetings are effective as a bonding experience, as well as a way to improve communication among all family members. Other benefits include:

- Building children's self-esteem. Family meetings give children a voice, ensuring that they know they are a valued

member of the group. It also shows them that their ideas are considered, rather than ignored, which can be good for their self-esteem.

- Teaching kids how to appropriately manage social situations. Family meetings might work on solving a disagreement, showing kids and teens how to compromise, express feelings, and resolve the problem amicably.

- Reinforcing the family's values. There's not always time in daily life to reaffirm the values that you want your children to espouse. With family meetings, though, you can talk about specific topics that teach a lesson you want your children to understand. You may explain the values that drove you to make a certain decision, like changing jobs or beginning volunteer work.

- Sharing information. Meetings give you the ability to share information with the whole family at one time, so no one is left out from knowing and understanding what's going on, whether it's with a parent's job, a family pet, a member of the extended family or an academic situation.

- Celebrating everyone's achievements. Whether you're publicly acknowledging a child who was especially helpful over the week or you want to announce you got a promotion, a family meeting can be a great way to celebrate one another's accomplishments.

Who to invite?

Everyone who lives in the home should be encouraged to join the family meeting. That includes not only the nuclear family—parents, and children—but also any relatives that live in the house, such as cousins or grandparents.

Be prepared to lead the discussion. If you have older children, though, consider rotating through each person serving as the leader of the meeting. This continues to show them that they're important members of the family, who can play a valuable role.

Additionally, everyone at the meeting should get some time to talk.

Some people might not want to open up, but gentle questioning—such as asking them about the best thing that happened to them that day—might help start the conversation.

Part two of this topic may be read in *Uralla Wordsworth* June 15 2020 edition.

The writer has tertiary qualifications in communication.

Barry Blair, Uralla Resident

SANDWICHES

Made on White or Wholemeal Bread.

Turkish, Gluten Free,
Roll or Wrap extra 1.00

MEAT

Ham, Chicken, Tuna, Salmon,
Bacon, 6.50

Meat and Salad 9.00
BLT (cafe toast) 9.50
Chicken & Avocado 7.50
Ham, Cheese & Tomato 8.50
Salmon, Red Onion & Mayo 8.00
Chicken Schnitzel, Lettuce &
Mayo (cafe toast) 8.50
Salad Sandwich 7.00
Cheese or Tomato 5.00

TOASTED sandwiches extra .60

SPREADS- Jam, vegemite, honey 4.00
Peanut butter, or nutella

EXTRAS FILLINGS 1.00
Bacon 2.00

SAUCES

Mustard, Mayonnaise, Tomato,
BBQ Sauce, Sweet Mustard Pickles,
Sweet Chilli or Tartare .60

TAKEAWAY DESSERTS

Slice of Cake with Cream 5.00
Scones Jam & Cream 5.00
Banana Bread (toasted)with butter 5.00

BURGERS

Plain Burger with Lettuce, Tomato, Beetroot,
Onion & BBQ sauce 8.00
Extras - Bacon 2.00
- Egg, Cheese or Pineapple, 1.00
Burger with Bacon & Egg 10.50

Works Burger with Lettuce, Tomato,
Beetroot, Onion, Bacon, Cheese, Egg,
Pineapple & BBQ sauce 12.50

Bacon & Egg Roll 8.00
Steak Sandwich & onion
(on café toast) 9.50
Steak Burger 12.50
Steak Works Burger 16.50
Chicken Schnitzel Burger 10.00
Chicken Schnitzel Works 14.50
Sweet Chilli Chicken Burger 10.00
Fish Burger (crumbed or battered hoki)
Lettuce, Tomato, & Tartare Sauce 9.50
Vege Burger with Lettuce, Tomato, Carrot
Beetroot, Salad Onion & Mayo 9.50

FISH

Crumbed or Battered Hoki Fillet 5.00
Grilled Barramundi Fillet 10.00
Battered Flathead Fillet (3 per serve) 7.50
Calamari (1) \$1.50 (6) 7.50
Fish Cocktail (1) \$1.40 (6) 7.00
Prawn Cutlet (1) \$1.60 (6) 8.00
Tartare Sauce .60

SEAFOOD BOX 2 x Calamari, Fish Cocktail,
Prawn Cutlet, small chips & tartare 12.50

WRAPS**(gluten free \$1.00 extra)**

Chicken & Salad or Ham & Salad 9.00

Sweet Chilli Chicken with Lettuce,
Tomato, Spanish Onion, Chilli
Sauce & Sour Cream 9.00

Spicy Lamb with Lettuce,
Tomato, Spanish Onion &
Creamy Garlic Dressing 9.00

Battered Flathead with Lettuce,
Tomato & Tartare 9.50

Breakfast Wrap-Bacon, Egg,
Sausage, Cheese & BBQ sauce
with a Hash Brown. 13.00

COFFEE

Small 4.00
Large 4.50

TEA (takeaway)

Small 3.50
Large 4.00

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Sat: 8.30am to 2pm
Sun: 8.30am to 2pm
Public Hols: as advertised

CHICKEN

Chicken & Gravy Roll 8.00
Nuggets .80
Chicken Chips (7) 4.50
Chicken Schnitzel 5.00

CHIPS

Small \$5.00 Medium \$ 6.00 Large 7.00
Potato Scallops 1.50
Hash Brown 1.80
Wedges, Sour Cream &
Sweet Chilli Sauce 9.00
Gravy – small \$3.00 large 4.50
Mashed Potato & Gravy 5.50

OTHER HOT FOOD

Beef Pies 4.80
Sausage Rolls 4.00
Plain Hot Dog & sauce/mustard 4.50
Hot Dog & cheese, sauce/mustard 5.00

SAUCE

Tomato or Tartare .60

SAUCE TUB

Tomato, BBQ, Sweet Chilli
or Mayo 2.50

LAMB

Lamb & Gravy Roll 8.50

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February 2020

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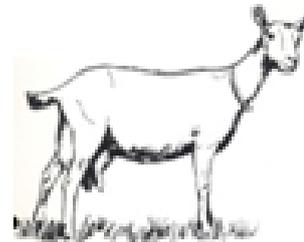
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EXTRAS \$2.00 each
GARLIC BREAD \$4.00

SALADS GARDEN Small \$8.00
Large \$13.00
GREEK SALAD Small \$9.00
Large \$15.00

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Chevrotin 150g – semi hard mild goat cheese \$10

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Traditional Feta 250g – greek style feta. \$10

Marinated Feta 300g– herb and garlic feta in olive oil \$12

Rolled Ash180g – soft curd rolled in ash \$12

Goat Camembert 150g– a creamy white mould cheese \$12

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Standard Bar – flavours available are: natural, lemon myrtle, tea tree & oats, honey, honey & oats, lavender, eucalyptus, rose, vanilla, vanilla & black raspberry, monkey farts. \$5 each or 5 for \$20

Guest Soaps, mix of 5 smaller bars \$10

Hydrating Day and Night Cream – great for dry skin, face, neck, hands in unscented or lavender. \$20 100ml
\$50 450ml

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Meals served as Vegan are marked with (Vegan)

Meals served as Vegetarian are marked with (V)

SNACKS

- Bowl of Chips with gravy 9
 Bowl of Wedges 10
 With sweet chilli sauce + sour cream.

STARTERS AND BREADS

- Garlic and Rosemary Bread (4) (V) 9
 (Can be made gluten free)
- Top Pub Bruschetta (V) 12
 (Can be made gluten free)
 Mediterranean style with pesto, topped with parmesan cheese.
- Dipping Breads (V) 17
 (Can be made gluten free or vegan)
 Lightly toasted Turkish bread with a variety of homemade dipping oils + dips.
- Vegetable Spring Rolls (4) (V) 15
 With homemade Thai sweet chilli sauce.
- Salt + Pepper Squid (GF) As entrée 20 As main 28
 Szechuan pepper + sea salt infused squid served on Greek salad.
- Creamy Garlic Aussie Prawns (GF) As entrée 22 As main 32
 Served on fragrant Jasmine rice with Greek salad.
- Crispy Tofu (GF) (V) (Vegan) 15
 Served with vegetables, homemade Thai satay sauce + cucumber relish.

HOUSE SPECIALITIES

- African Spiced Lamb Back Strap (GF) 37
 Tender New England lamb back strap lightly flavoured with African herbs and spices on a bed of baby spinach, roasted red peppers and hummus, accompanied with sweet potato chips, topped with lemon coriander yogurt.
- Macadamia, Honey + Apple Crusted Pork 36
 Barker's Creek moisture infused pork loin topped with Macadamia Honey and Apple Crust, on a bed of roasted garlic mash, buttered baby beans topped with caramelized onion.
- Fig + Brie Garlic Roasted Chicken (GF) 34
 Succulent chicken breast stuffed with stewed figs, semi-dried tomatoes and Creamy brie, wrapped in prosciutto, served with sweet potato chips, baby spinach + creamy white wine sauce.
- Stir Fried Salmon Vermicelli (GF) 34
 With cherry tomatoes, Spanish onion, semi-dried tomatoes, broccoli, spinach leaves + basil. Topped with parmesan cheese.
- Stir Fried Tofu Vermicelli (GF) (V) 34
 (Can be made vegan)
 With cherry tomatoes, Spanish onion, semi-dried tomatoes, broccoli, spinach leaves + basil. Topped with parmesan cheese.
- Crispy Grilled Tasmanian Salmon (GF) 34
 On a Thai Green Apple salad with roasted crushed cashew nuts finished with a mild chilli citrus dressing. Served with a side of chips.
- Surf on Salmon 39
 (Can be made gluten free)
 Aussie prawns on crispy skin Tasmanian salmon with Creamy garlic + lemon sauce, served with vegies + chips.

- Thai Crispy Chicken and Cashew Nut 26
 (Can be made gluten free)
 With seasonal vegetables, steamed Jasmine rice, in an authentic Thai sauce.

- Thai Crispy Tofu (GF) (V) (Vegan) 26
 With seasonal vegetables, steamed Jasmine rice, in an authentic Thai sauce.

- Surf and Turf (GF) 40
 Succulent Milky Hill Eye Fillet with our Creamy garlic sauce + topped with Aussie prawns, served with your choice of Creamy mash + garden vegetables, or chips + salad.

- Steaks 34
 300g Scotch Fillet 200g Eye Fillet 400g T Bone
 Served with your choice of: Fresh steamed garden vegetables and Creamy potato mash or chips + Greek salad.

- Sauces
 Home-style Diane, Green Peppercorn or Creamy mushroom.
 Sauces are included with all steaks, however a charge of \$4 applies if requested with other meals as all sauces are made to order.

Steaks ordered above Medium will take an extra 10-15 minutes to prepare.
 Please note the chefs recommend your steak to be cooked medium or below to maximize flavour.
 Any extras or changes from our menu will incur a charge.

FAVOURITES

- Mickey's Carbonara 23
 (Can be made dairy free with Napoli Sauce)
 Chicken, bacon, mushroom + Creamy garlic white wine sauce. Topped with parmesan cheese.
- Chilli, Prawns and Squid Fettuccine 28
 With cherry tomatoes, Spanish onion, baby spinach leaves + Kalamata olives, tossed in lemon, garlic + olive oil. Topped with parmesan cheese.
- Zucchini Fettuccine (GF) (V) 24
 (Can be made vegan)
 Ribbons of zucchini tossed with tomatoes, mushrooms, basil, baby spinach, lemon + chilli, topped with parmesan cheese.
- Add Chicken 28
 Add Prawns 32
- New England Lamb Crumbed Cutlets 28
 Dale's tender lamb cutlets (3) served with gravy on a bed of Creamy mash + garden vegetables.
- Chicken Schnitzel 22
 Tender chicken breast hand crumbed and served with homemade gravy, chips + Greek salad.
- Chicken Parmigiana 24
 Tender chicken breast hand crumbed, topped with traditional Napoli sauce + cheese, served with chips + Greek salad.
- Beer Battered Barramundi 22
 (Can be made gluten free)
 Delicately portioned filets stacked over fries with a side of Greek salad + homemade tangy aioli.
- Beer Battered Flathead 23
 (Can be made gluten free)
 Delicately portioned filets stacked over fries with a side of Greek salad + our homemade tangy aioli.
- Bangas and Mash 19
 Dale's famous sausages on a bed of Creamy mash with garden vegetables smothered in home made gravy.

Top Pub Mixed Grill	28		
Steak, sausage, crumbed cutlet, bacon, eggs, fried mushrooms + grilled tomato, chips, side of gravy + garlic bread. with a side of chips.			
Chicken Burger	21		
(Can be made gluten free) Tuscan grilled chicken breast with bacon, lettuce, tomato + cheese, topped with aioli, served on a fresh lightly toasted damper roll, with a side of chips.			
Top Pub Burger	22		
(Can be made gluten free) Grilled tender scotch fillet with caramelised onion, egg, bacon, beetroot, pineapple, loose leaf lettuce, tomato + cheese. Finished with smokey BBQ sauce, served on a fresh lightly toasted damper roll, with a side of chips.			
Veggie Burger (V)	22		
(Can be made gluten free or vegan) Homemade veggie patties with caramelised onion, egg, beetroot, pineapple, loose leaf lettuce, tomato + cheese. Finished with smokey BBQ sauce, served on a fresh lightly toasted damper roll, with a side of chips.			
Honey Mustard Chicken	22		
(Can be made gluten free) Sautéed tender chicken breast, finished in a local bush honey cream and whole seed mustard sauce, served on creamy mash with garden vegetables.			
Chicken or Prawn Caesar Salad			
Chicken	22		
Prawn	28		
Done with Tuscan herbs + classic croutons, bacon, lettuce + Caesar dressing, topped with a local free range Chook-a-Look egg + parmesan cheese.			
Thai BBQ Chicken Salad (GF)	22		
Grilled chicken pieces, marinated in authentic Thai spices, served with salad + topped with a special homemade sweet chilli sauce + coriander.			
Homemade Spinach Pie (GF) (V)	20		
A thin crisp GF pastry filled with spinach and ricotta cheese served with sweet potato chips + Greek salad.			
Wild Mushroom + Goat Cheese Tart (GF) (V)	20		
Made with goat cheese, sage + mixed mushrooms on a gluten free base served with lemon infused black rice + Greek salad.			
Rubie Veggie Fritters (GF) (V) (Vegan)	24		
Made with beetroot, carrot, zucchini, fresh herbs served with crispy rough potatoes, wilted spinach, broccolini, with a side of chilli tomato relish.			
Chicken + Mushroom Crepe	23		
(Can be made gluten free) Tender chicken pieces in creamy white wine sauce with sautéed mushrooms, wrapped in a daily home made crepe topped with cheese then lightly grilled. Served with Greek salad.			
Prawn Crepe	28		
(Can be made gluten free) Creamy garlic prawns, wrapped in a daily home made crepe, topped with cheese and lightly grilled. Served with Greek salad.			
Mediterranean Veggie Crepe (V)	23		
(Can be made gluten free) Mixed Mediterranean vegetables with Napoli sauce, fresh basil + feta in tomato herb, wrapped in a daily home made crepe topped with cheese + lightly grilled. Served with Greek salad.			
Greek Salad	15		
Authentic Spicy Thai Red Curry (GF)			
(Can be made mild) With seasonal vegetables and fresh basil, served on steamed Jasmine rice, with your choice of:			
Chicken	22	Beef	22
Prawns	28	Tofu	22
Vegetables	22		

KIDS MENU - Under 12 Only -	10
Including a poppa + ice cream cup	
Hot Dog + Chips	
Sausage, mash + veg (GF)	
Chicken strips, salad + chips	
Fish, Chips + salad	
Baby Pies + chips	

HOME MADE DESSERTS 15

* All desserts served with cream and ice cream.
** Gluten Free Ice Cream is also available -
Please let staff know when ordering.

Crème Brulee (GF)	
Borzenka's Baked Blueberry White Chocolate Cheese Cake (GF)	
Deconstructed Chocolate Dulce De-leche (GF)	
Incomparable chocolate caramel, served with slightly salted, crumbled baked biscuit and top with orange infused Italian snow.	
Sticky Fig, Date + Ginger Pudding (GF)	
Chocolate Coffee Roulade (GF)	
Baileys Chocolate Caramel Roulade	
Warm Real Chocolate Pear Pudding (GF)	
Seasonal Berry Crepes (ask to have made GF)	

Dobson's Le Caf ~	
From our neighbours at East View Winery Italian Espresso, with Vanilla Bean Ice Cream and chocolate on top.	
Half Nip (with 2 scoops of ice cream)	15
Full Nip (with 3 scoops of ice cream)	19

Desserts available all day + night.

NEW ENGLAND HAMBERS

Available online at www.thehumblecook.com.au

Email : info@seasonsofnewengland.com.au

Phone : 0434 408 163

F : [seasonsofnewengland](https://www.facebook.com/seasonsofnewengland) / Insta : @seasonsne

Handmade New England Products, free delivery in Uralla and Armidale, postage available.

Pie Mechanic

Closed Monday / Wednesday

Open Tuesday / Thursday / Friday 8am - 3pm

Saturday 8am - 3pm

Sunday 9am - 2pm

Craft Pies - Pastries - Coffee- Milk Shakes

Phone orders : 0448 517 267

Limit of 1 customer in the shop at a time please.

CURRIED DISHES

Curry Chicken.....	\$ 18.00
Curry Beef.....	\$ 18.00
Curry Prawns.....	\$ 18.00
Curry Combination.....	\$ 19.50
Curry King Prawns.....	\$ 21.50
Curry Seafood Combination.....	\$ 22.00

NOODLE DISHES

Chicken Chow Mein.....	\$ 18.00
Beef Chow Mein.....	\$ 18.00
BBQ Pork Chow Mein.....	\$ 18.00
Combination Chow Mein.....	\$ 18.50
Prawn Chow Mein.....	\$ 18.00
King Prawn Chow Mein.....	\$ 21.50
Singapore Fried Noodle.....	\$ 17.50
- Soft Noodle Extra -	\$ 1.00

RICE

Boiled Rice Small.....	\$ 5.50
Large.....	\$ 7.00
Fried Rice Small.....	\$ 8.80
Large.....	\$ 9.80
Special Fried Rice.....	\$ 13.00
Nasi Goreng.....	\$ 14.50

LAKSA

SOUP

Chicken and Sweet Corn Soup.....	\$ 7.80
Crab Meat and Sweet Corn Soup...	\$ 7.80
Long and Short Soup.....	\$ 7.80
Combination Long or Short Soup...	\$ 15.00

ENTRÉE

Mixed Entrée.....	\$ 9.60
(Spring roll, Dim Sim, Sesame Toast and Chicken Ham Roll)	
Mini Spring Roll (10).....	\$ 8.80
Dim Sim – Steamed or Fried (6)....	\$ 9.60
Ham and Chicken Roll (4).....	\$ 8.80
Sesame Toast (4).....	\$ 8.00
Fried Calamari (10).....	\$ 18.00
King Prawn Cutlets (6).....	\$ 17.00

SWEET & SOUR DISHES

Sweet and Sour Pork.....	\$ 17.00
Sweet and Sour Chicken.....	\$ 17.00
Sweet and Sour Fish Pieces in Batter..	\$ 17.00
Sweet and Sour King Prawns in Batter.	\$ 21.50
Sweet and Sour Combination.....	\$ 18.50

DUCK

Deep Fried Duck	\$ 23.00
(With Lemon, Orange, or Plum Sauce)	
Steamed Duck	\$ 23.00
(Crab Meat Or Mushroom Sauce)	

Enjoy a Meal at

West Ranges Bistro

02 67784807

Kitchen open
5pm - 8pm
Tues to Sun
Take away and
home delivery
options
available

West Ranges Bistro

Take Away
Menu

02 67784807



POULTRY

Honey Chicken.....	\$ 18.00
Chicken with Vegetable.....	\$ 18.00
Chicken in Oyster Sauce.....	\$ 18.00
Chicken with Cashew Nuts	\$ 18.00
Satay Chicken.....	\$ 18.00
Lemon Chicken (Boneless).....	\$ 18.00
Chicken in Black Bean Sauce.....	\$ 18.00
Chicken Chilli Sauce.....	\$ 18.00
Kun Poh Chicken (Spicy).....	\$ 18.00
Chicken in Szechuan Sauce(Spicy)	\$ 18.00
Chicken in BBQ sauce.....	\$ 18.00
Crispy Chicken in Peking Sauce...	\$ 18.00
Garlic Chicken.....	\$ 18.00
Garlic Chilli Chicken.....	\$ 18.00
Chicken in Special Sauce.....	\$ 18.00

BEEF OR PORK

Beef in Oyster Sauce.....	\$ 18.00
Beef with Vegetables.....	\$ 18.00
Beef in Satay Sauce.....	\$ 18.00
Beef with Cashew Nuts	\$ 18.00
Beef in Szechuan Sauce (Spicy)....	\$ 18.00
Beef Strips in Peking Sauce.....	\$ 18.00
Beef in Black Bean Sauce.....	\$ 18.00
Beef in Garlic Sauce.....	\$ 18.00
Beef in Garlic Chilli Sauce.....	\$ 18.00
Beef in Black Pepper Sauce.....	\$ 18.00
Beef in Special Sauce.....	\$ 18.00
Pork Rib with Plum or Chilli Sauce	\$ 18.00
Pork Rib with Peking Sauce.....	\$ 18.00
BBQ pork with Plum Sauce	\$ 18.00
San Choy Bow.....	\$ 18.00
Satay combination.....	\$ 18.00

LAMB

Mongolian Lamb.....	\$ 19.00
Lamb in Special Sauce.....	\$ 19.00
Lamb in Black Pepper Sauce.....	\$ 19.00
Lamb in Szechuan Sauce.....	\$ 19.00

SEAFOOD

King Prawns with Cashew nuts.....	\$ 21.50
Honey King Prawns.....	\$ 21.50
King Prawns in Satay Sauce.....	\$ 21.50
King Prawns with Vegetables.....	\$ 21.50
King Prawns in Plum or Chilli Sauce..	\$ 21.50
King Prawns in Black Bean Sauce.....	\$ 21.50
King Prawns Fritters.....	\$ 21.50
King Prawns in Special Sauce.....	\$ 21.50
King Prawns in Garlic sauce.....	\$ 21.50
King Prawns in Garlic Chilli Sauce....	\$ 21.50
King Prawns in Ginger & Shallot.....	\$ 21.50
King Prawns in Black Pepper Sauce...	\$ 21.50
Seafood Combination.....	\$ 22.00
Seafood Combination in Black Bean Sauce	\$ 22.00
Seafood Combination in Chilli Sauce.....	\$ 22.00
Seafood Combination Ginger & Shallot....	\$ 22.00
Seafood Combination in Satay Sauce.....	\$ 22.00
Seafood Combination in Garlic Sauce.....	\$ 22.00
Seafood Supreme.....	\$ 24.00

OMELETTE- With Gravy

Plain Omelette.....	\$ 13.00
Vegetable Omelette.....	\$ 16.00
Ham Omelette.....	\$ 16.00
Chicken Omelette.....	\$ 17.00
BBQ Pork Omelette.....	\$ 17.00
Prawn Omelette.....	\$ 18.00
Combination Omelette.....	\$ 18.50
King Prawn Omelette.....	\$ 21.50

Fung Wah Restaurant Order by phone or come in, pay instore with contactless EFTPOS or cash – delivery cash only. Collect by arrangement to pickup or if they cannot, we can deliver for \$7 within 5km of our restaurant. Normal social distancing applies when in the restaurant – 2m apart.

OMELETTE

49. Plain Omelette	\$16.90
50. Chicken Omelette	\$17.90
51. Combination Omelette	\$19.90
King Prawns Omelette	\$21.90
BBQ Pork Omelette	\$18.90
Beef Omelette	\$19.90
Vegetable Omelette	\$16.90
Prawn Omelette	\$18.90

NOODLES

52. Singapore Noodles	\$17.90
53. Chow Mein (crispy) - Chicken	\$17.90
54. - Beef	\$19.90
55. - Combination	\$20.90
56. - King Prawn	\$21.90
- Prawn	\$18.90
- BBQ Pork	\$18.90
57. Extra Crispy Noodles	\$3.00

LAKSA SOUP

58. Laksa Soup - Chicken	\$18.90
59. - Beef	\$19.90
60. - King Prawn	\$21.90
61. - Seafood	\$21.90
62. - Vegetarian	\$16.90

RICE

63. Boiled Rice - Small	\$4.00
64. - Large	\$5.50
65. Fried Rice - Small	\$8.90
66. - Large	\$9.90
67. Special Fried Rice with prawns	\$16.90
68. Nasi Goreng with chicken	\$16.90
69. Vegetarian Fried Rice	\$9.90

menu updated 25 Mar 2020
Printed by Thunder Graphics, Uralla

ENTREE

1. Fung Wah Spring Rolls (4)	\$6.90
2. Fung Wah Dim Sim (Steamed/Fried) (4)	\$6.90
3. Fung Wah Prawn Cutlets (4)	\$9.50
4. Fung Wah Sesame Prawn Toast (4)	\$8.50
5. Prawn Crackers (bag)	\$3.00
6. Mixed Entree (10)	\$15.00
7. Curry Puff (6)	\$6.50
Chicken Nuggets & Chips	\$10.00
Calamari Rings & Chips	\$10.00
Fish & Chips	\$10.00

SOUP

8. Combination Short Soup	\$19.90
9. Combination Long Soup	\$19.90
10. Chicken & Sweet Corn	\$6.90
11. Short Soup	\$6.90
12. Long Soup	\$6.90

PRAWNS

13. Honey King Prawns	\$21.90
14. Cashew Nut King Prawns	\$21.90
15. Garlic Butter King Prawns	\$21.90
16. Sweet & Sour King Prawns	\$21.90
(battered or braised)	
17. Satay King Prawns	\$21.90
18. Curry King Prawns with Boiled Rice	\$21.90
(Red, Green or Yellow)	

SEAFOOD

Salt & Pepper Squid	\$21.90
Seafood Combination Satay	\$21.90
Seafood Combination Garlic	\$21.90
Seafood Combination Mongolian	\$21.90
Seafood Combination Chilli	\$21.90

DESSERT

71. Banana Fritter with Icecream	\$6.00
72. Deep Fried Icecream	\$6.00

TAKEAWAY PACKS

PACK A	\$45.00
4 x Spring Rolls, Prawn Chips, Honey Chicken, Cashew Chicken, Large Fried Rice	

PACK B	\$75.00
6 x Spring Rolls, Prawn Chips, Honey Chicken, Cashew Chicken, Mongolian Beef, Satay Chicken, Large Special Fried Rice and free 1.25lt drink	

PACK C	\$105.00
6 x Spring Rolls, 6 x Prawn Cutlets, 6 x Dim Sims, Prawn Chips, Honey Chicken, Sweet & Sour Pork, Satay Chicken, Garlic King Prawns, Beef with Oyster Sauce, Large Special Fried Rice and free 1.25lt drink	

LUNCH SPECIAL

Any meal takeaway with boiled rice (except seafood)	\$13.00
with Fried Rice instead	\$14.00
(Dine in price remains the same as listed on this menu)	

BEEF

19. Beef in Black Bean Sauce	\$19.60
20. Mongolian Beef	\$19.60
21. Satay Beef	\$19.60
22. Garlic Beef	\$19.60
23. Red Curry Beef with Boiled Rice	\$19.60
24. Green Curry Beef with Boiled Rice	\$19.60
25. Curry Beef with Boiled Rice	\$19.60
26. Black Pepper Beef	\$19.60
27. Szechuan Beef	\$19.60
Chilli Beef	\$19.60

PORK

28. Salt & Pepper Pork Ribs	\$18.90
29. Sweet & Sour Pork	\$18.90
30. Thai Sweet Chilli Pork Ribs	\$18.90
31. Peking Pork Ribs	\$18.90
Barbeque Pork with Plum Sauce	\$18.90

CHICKEN

32. Chicken in Black Bean Sauce	\$17.60
33. Satay Chicken	\$18.60
34. Szechuan Chicken	\$17.60
35. Cashew Nut Chicken	\$17.60
36. Honey Chicken	\$17.60
37. Lemon Chicken (boneless)	\$17.60
38. Chicken with Oyster Sauce	\$17.60
39. Sweet & Sour Chicken	\$17.60
(battered or braised)	
Curry Chicken with Boiled Rice	\$17.60
Red Curry Chicken with Boiled Rice	\$17.60
Green Curry Chicken with Boiled Rice	\$17.60
Crispy Chicken	\$17.60
Shan Dong Chicken	\$17.60
Chilli Chicken	\$17.60

FUNG WAH RESTAURANT

ASIAN TAKE-AWAY MENU



49 Bridge St,
Uralla, NSW, 2358

(02) 6778 3357
0450 887 068

OPENING HOURS

LUNCH DINNER

MON	
TUES	11.30am - 2pm
WED	and
THURS	
FRI	5pm - 8pm
SAT	daily
SUN	

SUBJECT TO CHANGE
Also available for functions and
special occasions.

Delivery ONLY within 5km ... \$7

KING PRAWN & CHICKEN

Black Bean King Prawns & Chicken	\$19.90
Mongolian King Prawns & Chicken	\$19.90
Curry King Prawns & Chicken	\$19.90
Szechuan King Prawns & Chicken	\$19.90
Garlic King Prawns & Chicken	\$19.90
Satay King Prawns & Chicken	\$20.90

COMBINATION

40. Satay Combination	\$20.90
41. Szechuan Combination	\$19.90
42. Cashew Nut Combination	\$19.90
43. Seafood Combination	\$21.90
44. Garlic Combination	\$19.90
45. Curry Combination with Boiled Rice	\$19.90
Mongolian Combination	\$19.90

X.O. SAUCE

Chicken in XO Sauce	\$18.90
Combination in XO Sauce	\$20.90
Seafood Combination in XO Sauce	\$21.90
King Prawns in XO Sauce	\$21.90

VEGETARIAN

46. Stir Fried Mixed Greens	\$16.90
47. Salt & Pepper Tofu	\$16.90
48. Mixed Vegetables with Tofu	\$16.90
Szechuan Vegetables	\$16.90
Chilli Vegetables	\$16.90

Delivery ONLY within 5km \$7

Please let us know of any allergies when ordering.
We will endeavour to meet all dietary requirements.



繁体中文菜单



Dishes Normally For Bookings Only
- just ask :)

Traditional Chinese Menu

Fung Wah Asian Restaurant
49 Bridge St, Uralla (02) 6778 3357

Authentic Chinese dishes from the Sichuan and other regions of China.

Most of these dishes need at least two days notice to prepare and can be ordered individually so please talk to Nana to make a booking with an order from this very tasty array.

Banquets for 6 or more people with a mix of these dishes is very good value normally with a fixed price normally at \$35/head. Please discuss the options with Nana.

Starters



- | | | | | | |
|---|------|---------------|---|---|------|
| 1 | 春卷 | Chuen juan | Home-made crispy vegetable spring rolls with sweet and sour dipping sauce | V | \$7 |
| 2 | 炸点心 | Zha dian xin | Home made fried dim sims | | \$7 |
| 3 | 炸馄饨 | Zha hun xin | Home made fried wontons | | \$8 |
| 4 | 韭菜盒子 | Jiu cai he zi | Egg and garlic chive pancake pockets, grilled with dipping sauce | V | \$20 |
| 5 | 水饺 | Shui jiao | Pork dumplings with dipping sauce | | \$20 |



Seafood

- | | | | | | |
|----|--------|-------------------------|--|----|------|
| 6 | 麻辣虾 | Ma la xia | Soft shell prawns with whole dried Chengdu chillis | GF | \$24 |
| 7 | 水煮鱼 | Shui zhu yu | White fish in soupy Szechuan pepper sauce | GF | \$25 |
| 8 | 清蒸盲曹鱼 | Qing zheng mang cao yu | Whole steamed Barramundi | GF | \$45 |
| 9 | 椒盐偏口鱼 | Jiao yan pian ko yu | Salt and pepper deep fried whole Flounder | GF | \$38 |
| 10 | 椒盐鱿鱼 | Jiao yan pian you yu | Salt and pepper deep fried squid | GF | \$24 |
| 11 | 西兰花炒虾仁 | Xi lan hua chao xia yer | Stir-fried broccoli and prawn with garlic | GF | \$24 |



Meat and Vegetables

- | | | | | | |
|----|--------|-------------------------|--|--------------|------|
| 12 | 红烧肉 | Hong shao rou | Shanghai style slow cooked pork belly in soy sauce | GF | \$23 |
| 13 | 狮子头 | Hong shao shi zi tou | Red Braised Lion's Head pork meat balls | GF | \$23 |
| 14 | 白斩鸡 | Bai zhan ji | Sliced cold poached chicken with ginger sauce | GF | \$23 |
| 15 | 火爆白莲 | Huo bao bai lian | Stir fried cabbage with spicy sauce | V, GF, Vegan | \$20 |
| 16 | 干煸豆角 | Gan bian dou jiao | Fried green beans with minced pork | GF | \$20 |
| 17 | 鱼香茄子 | Yu xiang qie zi | Braised eggplant with black bean sauce | V, GF, Vegan | \$20 |
| 18 | 家常豆腐 | jia chang dou fu | Soft tofu and pork mince with mild Szechuan pepper sauce | GF | \$20 |
| 19 | 家常豆腐 | jia chang dou fu | Soft tofu with mild Szechuan pepper sauce | V, GF, Vegan | \$20 |
| 20 | 西红柿炒鸡蛋 | Xi hang shi chao ji dan | Stir-fried eggs and tomato | V, GF | \$20 |



Salads

- | | | | | | |
|----|------|---------------------|---|--------------|------|
| 21 | 白菜大拌 | Liang cai da ban | Vermicelli noodle salad with Chinese cabbage | V, GF, Vegan | \$20 |
| 22 | 拍黄瓜 | Liang ban huang gua | Sliced cucumber salad with coriander and garlic | V, GF, Vegan | \$20 |

Dessert

- | | | | | | |
|----|-----|--------------|---------------------------------------|--------------|------|
| 23 | 南瓜饼 | Nan gua bing | Pumpkin and glutinous rice flour cake | V, GF, Vegan | \$18 |
|----|-----|--------------|---------------------------------------|--------------|------|



V = Vegetarian, GF = Gluten Free, Vegan = Vegan



TUCK-IN TAKEAWAY

OPENING HOURS: TUES 11AM-7PM WED-FRI 9.30AM-8PM SAT 10AM-8PM SUN 10AM-7PM

BURGERS

Plain.....	\$8.00
Cheese.....	\$8.50
Bacon & Cheese.....	\$10.00
Works.....	\$11.50
Mr Big (double patty & cheese).....	\$12.50
Bacon & Egg roll.....	\$7.50
Chicken Snitty.....	\$9.50
Snitty w bacon & cheese.....	\$12.00
Fish.....	\$9.20
Veggie.....	\$8.00

SANDWICHES AND WRAPS

Toasted sandwich.....	\$5.50
Steak.....	\$9.50
Steak & Salad.....	\$11.50
Veggie wrap.....	\$8.50
Chicken tender wrap.....	\$9.50
Chicken & gravy roll.....	\$6.50
Chippy & gravy roll.....	\$4.00

CHIPS

Min serve.....	\$4.00
Wedges, sour cream & sw chilli.....	\$8.00
Cheesy chips.....	\$6.50
Gravy cup.....	\$2.40

HOT DOGS

Plain & sauce.....	\$4.00
Cheese & sauce.....	\$4.50
Cheese, onion & sauce.....	\$6.20

SAUSAGE DOGS

Plain & sauce.....	\$6.20
Cheese & onion/sauce.....	\$7.20
Cheese, onion & relish.....	\$8.20

MEALS

Specials on board.....	\$10.50
Snitty, gravy & chips.....	\$15.00
Cutlets, gravy & chips.....	\$15.00
Fish, chips & salad.....	\$15.00

All served with salad

KIDS MEALS

6 nuggets.....	\$4.50
10 Chicken chippies.....	\$4.00
Cheeseburger.....	\$6.00
Hot Dog.....	\$4.00
Any of above w chips & poppa.....	\$8.50

FISH N FRIED

Crumbed fish.....	\$5.20
Grilled fish.....	\$5.20
Battered fish.....	\$5.20
Fish & small chips.....	\$9.20
Fish cocktails.....	90¢
Calamari.....	90¢
Prawn cutlet.....	\$1.90
Potato scallop.....	\$1.80
Pineapple fritter.....	\$3.00
Pluto pup.....	\$4.00
Chiko roll.....	\$3.50
Corn Jack.....	\$3.30
Spring Roll.....	\$3.50
Onion rings x 6.....	\$4.50

FISHERMAN'S BASKET

\$15

\$3 chips, 2 scallops, 3 calamari, 3 fish cockta
1 prawn cutlet & 2 pineapple fritter

\$20

\$3 chips, 3 scallops, 2 battered fish, 3 calamari
2 prawn cutlets

BREAKFAST SAT & SUN

Waffles w cream/ice-cream.....	\$8.50
Pancakes w cream/ice-cream.....	\$8.50
Bacon & Eggs on toast.....	\$8.50
Fruit toast.....	\$4.50
Big breakfast.....	\$15.00

Eggs, Bacon, sausage, toast, tomato n chips

PIZZA FROM 5PM

Hawaiian.....	\$10.90
<i>Sauce, cheese, ham & pineapple,</i>	
Margherita.....	\$10.00
<i>Sauce, cheese and herbs</i>	
BBQ chicken.....	\$13.90
<i>BBQ sauce, cheese, chicken, bacon, onions, mushies, capsicum, shallots & pineapple</i>	
Pepperoni.....	\$13.00
<i>Sauce, cheese & pepperoni</i>	
Meatlovers.....	\$15.00
<i>BBQ Sauce, cheese, pepperoni, salami, ground beef, sausage & bacon</i>	
Supreme.....	\$15.00
<i>Sauce, cheese, pepperoni, ham, sausage, garlic, onions, mushroom, capsicum, olives & shallots</i>	
Veggie.....	\$14.90
<i>Aioli sauce, cheese, spinach, pumpkin, feta and basil</i>	
Gourmet Veggie.....	\$14.90
<i>Sauce, cheese, capsicum, mushrooms, cherry tomatoes, spinach, onions, olives & feta</i>	

HOME DELIVERIES THURS, FRI, SAT 6-8PM

SWEETS

Slice of cake.....	\$4.50
<i>Cakes in cake fridge</i>	
Waffles w cream/ice-cream.....	\$8.00
<i>Waffles, sauce, ice-cream and cream</i>	
Banana Split.....	\$7.50
<i>Banana, ice-cream, cream and sauce with sprinkles</i>	
Sundae.....	\$5.50
<i>Chocolate, strawberry or vanilla sundae, with vanilla ice-cream, cream, topping & sprinkles.</i>	

Tuck in Takeaway

Facebook : [Tuck in Takeaway](#), Phone : 6778 4368. Delivery is \$2, 5 nights a week, Wednesday to Sunday. Please adhere to usual social distancing in the shop.

Foodworks

Foodworks hours are the same. We do home deliveries like we have in the past, customers can ring on 67784502 or email uralla@matadorgroup.com.au.

We prefer if they pay over the phone or we can still take cash. If they can ring before 12noon with their orders, it gives us time to get it ready to deliver. We do charge a delivery fee of \$8 for phone or email delivered to your house. We charge \$5 if you want us to get an order together for someone else to pick up (as of Monday 6th April). We just ask that for any customers who are self isolating, that they pay over the phone as it makes it easier to just drop the groceries at the door and have no contact. We are taking the health of everyone involved seriously and Sean has gloves and sanitizer with him at all times and we do deliver in plastic bags only.

We have been told a limit of 200 customers in the store at one time which we are well under at this stage. We ask that people please keep their social distance of 1.5 while in the store and to not engage in conversations while doing their shopping we need them in and out as quickly as possible.

The Bridge Street Observer

There is now a coffee and treats pop-up bar at Melrose (82 Bridge Street), currently opening Friday to Monday, 8am to 4.30pm. The fine rustic counter was previously a workbench. Food is by Little Coco's Catering, coffee by New England Roasters. This brings to 18 the number of venues in Uralla where you can get a coffee. Renovation work has started at the back of the premises.

A number of Bridge Street properties are currently for sale, including the house on 3,000 m2 on the corner of Rowan Avenue, now rezoned as light industrial. The premises currently occupied by Ural Motor Cycles (151 Bridge Street?), previously Hasset's Military Museum, is also light industrial and also for sale. Both of these through RedCo (90 Bridge Street). Neville Moore's house at 140 Bridge Street, and Karen McGalman's at 81 Bridge Street, are both offered through Iain Mackintosh Real Estate (56 Bridge Street). Lindsay Hunt's house at 85 Bridge Street remains on the market. Properties Uralla (40 Bridge Street) have 24 (the nicely restored Woolridge house on the corner of King Street), 81 and 83 on their books. The easing of COVID restrictions came just in time for Neil Doran, who (hearsay tells me, but I have been unable to confirm) was able to celebrate his 80th birthday in style at the Top Pub (23 Bridge Street) with a party of ten, family members and close friends dining in the back room on Saturday 16 May. Roberts Air Conditioning have installed new refrigeration for the pub kitchen.

The bookshop (Burnet's Books, 46 Bridge Street, I declare an interest) has a visitors' book with a number of charming (and some not so charming) entries, a recent one from Abbie, Alona and Molly reading: "This store is beautiful and smells like stories." Thanks girls, I detect the kernel of an author.

Dale's Downtown Meats (76 Bridge Street) now offers a range of gluten free and normal bread from Suzanne and Garry's bakery at the Walcha Road Hotel. The gluten free range includes bread, sourdough and pizza bases. Deliveries Tuesday and Friday – be quick, it sells fast.

The Hill Street crossing is freshly painted. The metal ramp on the northern side remains uninstalled. Potholes outside Thunderbolt Country Kitchen (44 Bridge Street) have been patched.

The scariest thing I have ever seen on Bridge Street flashed past at about 11am on Saturday morning. Was the car silver grey? Who knows, because it was gone before we could focus, its presence announced by the noise as it jumped over the slight bump from Hill Street to the highway at what must have been in excess of 100 km/hr, a certain fatality had there been anyone on the pedestrian crossing or a passing vehicle on the highway. It was followed a few minutes later by the bronze-coloured highway patrol car,

also coming from the direction of the Police Station and hitting the accelerator as he passed the Bottom Pub (31 Bridge Street).

New rules start today, more people permitted in most venues but still subject to social distancing and floor space requirements. The Top Pub will be welcoming drinkers again; I have no information from the Bottom Pub or the Alternate Root.

Ross Burnet, Bridge Street

Uralla Wordsworth

From the next edition, the 15th June 2020, the Uralla Wordsworth will again be available in print as well as online. The amount of copies we print will be determined by the amount of income we generate each fortnight by both donations and advertising income. Each copy of the paper costs \$1 to print in addition to our annualised per edition costs of \$100.

Our advertising schedule has been updated and the full schedule can be viewed on our website (www.urallawordsworth.com.au), and the key price points are listed below :

Business Card Sized Ad	\$18
1/8 Page Sized Ad	\$30
Quarter Page Ad	\$60
Half Page Ad	\$100
Full Back Page Ad	\$160
Full Page Internal Ad.....	\$140
Banner Bottom Front Page	\$100
Classifieds.....	\$2/line

Advertising can be emailed in jpg format to urallawordsworth@gmail.com. The deadline for each edition is 5pm on the Thursday before the publication date.

If you enjoy reading the paper and are in a position to make a donation, the Uralla Wordsworth bank details are below :

Regional Australia Bank, BSB 932 000
Account 762598 S3, Account Name Uralla Wordsworth Incorporated

Reference Please use your name and 'Donation', sending in an email to request your receipt where required.

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