



DEEPWATER

PROGRESS ASSOCIATION NEWSLETTER

Circulation 310 E:eventsdeepwater@gmail.com Edition number 403 February 2025

We acknowledge the elders (past, present and future) of the Ngoorabul people.



The Deepwater Jockey Club celebrated it's 160th years 1865 - 2025 and what a better way to celebrate, by winning back the cup. The brainchild of Mr Emmanuel Barratt who owned the Deepwater Hotel. Emmanuel became friends with Mr William Thomas Cadell of Deepwater Station the largest cattle and sheep stations in the area, discussing the idea of having local races on the land belonging to Deepwater Station across from the Deepwater Hotel. The first race was held on Boxing day 1865. Mr. Cadell continued to lend the land to hold the races until his death in 1923. The Estate allowed the club to use the land providing the club paid a 10-guinea donation to charity until 1927, when the club bought the land from the Estate. In November 1867 a committee was formed known as the "Deepwater Jockey Club" and the rest as they say is History...



Rob Wheatley accepting the Trophy on behalf of the Deepwater Jockey Club

Information from the book "150 Years of Deepwater Races"

Author: Patricia E. Stack

Photos Willem Van der Heul

"Just a farmer" movie puts spotlight on rural mental health

Award-winning Australian movie "Just a farmer" has drawn renewed attention to the issue of mental well being in rural communities. The film (written, starring and produced by real life farmer Leila McDougall) follows the struggles of a farming family and the aftermath of tragedy. A free screening at the Deepwater hall on 26th January was attended by more than 50 people and received applause from the audience.

The movie features some familiar faces including Robert Taylor (*Territory, Longmire, The Matrix*), Susan Prior

(*Glitch, Puberty Blues, Animal Kingdom*), Damian Walshe-Howling (*Last King of the Cross, Blue Healers*) and Trevor Jamieson (*Run Rabbit Run, Storm Boy, Rabbit Proof Fence*).

Mental health in rural communities is an ongoing issue. While rates of mental illness may be similar to those in cities, rural people have less access to mental health services. There are also some lifestyle challenges in living in rural and remote areas, including greater isolation and increased exposure to natural disasters.

Talk to your family and friends if you're not feeling well, and consult your doctor about your mental well being. "Mental health is health." Your GP can offer advice, including lifestyle changes that might help. They can also refer you to free counselling sessions or specialists, or prescribe medication where appropriate. There is no shame in seeking help, and nobody needs to suffer alone.



Continued page 4

FOODWORKS

DEEPWATER

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Monday to Friday 7:00am - 6:30pm

Saturday 7:00am - 6:00pm

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POP IN AND SEE CHRIS, OR GIVE ME A CALL ON 0408743348

E-MAIL chrisecho54@bigpond.com 55 TENTERFIELD STREET DEEPWATER, N.S.W 2371

Deepwater Classifieds

Notices

The Deepwater School of Arts Hall committee are delighted to see the Hall being used by the Community. However due to the requirements of Crown Lands (the hall is on Crown Land) – all bookings need to be recorded.

The Hall can be booked through Foodworks.

Enquiries can be made through the hall chairperson, Mary Hollingworth. tinkernanny@outlook.com

Thank you for your co-operation.

Work Wanted

House Cleaning

Reasonable rates

Contact Joy on

0428 058 253

Work Wanted

Massage

Sore and aching muscles?

Remedial & Relaxation

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Sudoku

	6			7	2			1
8			1	3	6	5		
		3	4					
2			6	5				3
		6			7			1
			2			8	6	4
9		7		8	4			
		8			9			7
			7	2	1			8
								3

Answers Page 5



Our valued volunteer, Donna, who has for 7 years cleaned our shelter tables around the village is retiring. Thank you, Donna, and all our wonderful volunteers over the years.

Is there anyone who would like to help keep our village inviting for visitors and locals alike?

See Tricia if you are interested.



Anybody wishing to
burn needs a

Fire Permit

Obtainable from the Brigade Permit Issuing Officers

Daniel Skinner at

Pursehouse Rural Deepwater

Or Keith Cuninghame 0428 345 380

Advertising in the Newsletter

Business card size \$60 for the year

One off of that size \$8 issue

Full page one off \$35 per issue

Other sizes negotiable

Send your business card or designs to

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Payable at Deepwater Post Office

Deepwater Newsletter advertising & correspondence

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Progress Association

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Deepwater Railway Station

Facebook: Deepwater Railway Station

Welcome to Deepwater web page www.DeepwaterNSW.com

The Deepwater Newsletter is Part of the Deepwater Progress Association inc.

All articles published in the Deepwater Newsletter are published in good faith and the Deepwater Newsletter bears no responsibility in the accuracy of the information contained in such articles.

Printed by: Deepwater Public School

Distribution by: Deepwater Post office

Deepwater Progress Association Committee Members

President: Willem Van der Heul

Vice President: Charles Kilby

Secretary: Tricia Stack

Treasurer: Jannette Daly

Quick stats:

from page 1

- More than 3 million Australians seek professional help each year for their mental health.
- More than 3,000 Australians die each year by suicide – **three times the national road toll.**
- Suicide in the leading cause of death for people aged between 15-24.
- LGBT+ and first nations people (Aboriginals and Torres Strait Islanders) have higher rates of mental ill-health and suicide than the general population.
- Three quarters of all people who die by suicide are males.
- Ambulances respond to around 17,000 calls each year relating to males who are suicidal, and a further 9,000 ambulances respond to a suicide attempt.



Crisis support services:

If you or someone you know needs support with mental ill-health, contact one of the services below. In an emergency, dial 000

- Lifeline: 13 11 14
- Suicide Call Back Service: 1300 659 467
- Beyond Blue: 1300 224 636
- MensLine Australia: 1300 789 978
- 13YARN (Aboriginal and TSI counsellors): 13 92 76
- Kids Helpline (for young people aged 5 to 25 years): 1800 551 800
- National Alcohol and other Drugs Hotline 1800 250 015

There are also a range of services available online.

Valentine's Day, (February 14) when lovers express their affection with greetings and gifts. Given their similarities, it has been suggested that the holiday has origins in the Roman festival of Lupercalia, held in mid-February. The festival, which celebrated the coming of spring, included fertility rites and the pairing off of women with men by lottery. At the end of the 5th century, Pope Gelasius I forbid the celebration of Lupercalia and is sometimes attributed with replacing it with St. Valentine's Day, but the true origin of the holiday is vague at best. Valentine's Day did not come to be celebrated as a day of romance until about the 14th century. Although there were several Christian martyrs named Valentine, the day may have taken its name from a priest who was martyred about 270 ce by the emperor Claudius II Gothicus. According to legend, the priest signed a letter "from your Valentine" to his jailer's daughter, whom he had befriended and, by some accounts, healed from blindness. Other accounts hold that it was St. Valentine of Terni, a bishop, for whom the holiday was named, though it is possible the two saints were actually one person. Another common legend states that St. Valentine defied the emperor's orders and secretly married couples to spare the husbands from war. It is for this reason that his feast day is associated with love.

Formal messages, or valentines, appeared in the 1500s, and by the late 1700s commercially printed cards were being used. The first commercial valentines in the United States were printed in the mid-1800s. Valentines commonly depict Cupid, the Roman god of love, along with hearts, traditionally the seat of emotion. Because it was thought that the avian mating season begins in mid-February, birds also became a symbol of the day. Traditional gifts include candy and flowers, particularly red roses, a symbol of beauty and love.

The day is popular in the United States as well as in Britain, Canada, and Australia, and it is also celebrated in other countries, including Argentina, France, Mexico, and South Korea. In the Philippines it is the most common wedding anniversary, and mass weddings of hundreds of couples are not uncommon on that date. The holiday has expanded to expressions of affection among relatives and friends. Many schoolchildren exchange valentines with one another on this day.



Written and fact-checked by
The Editors of Encyclopaedia
Britannica

Valentine's Day | Definition,
History, & Traditions | Britannica

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WHAT'S ON THIS MONTH



Church Services:

Anglican Church Service (Forbes Street Deepwater—Moore Street Emmaville)
The Church services alternate weekly between Deepwater and Emmaville

Sunday February	2	Deepwater	9: am
Sunday February	9	Emmaville	9: am
Sunday February	16	Deepwater	9: am
Sunday February	23	Emmaville	9: am
Sunday March	2	Deepwater	7: pm
Sunday March	9	Emmaville	8:am
Sunday March	16	Deepwater	9: am
Sunday March	23	Emmaville	9:am



Church Wardens Deepwater - Reuben Cooper 0499 868 321 **Emmaville** - Heather Reynolds 0428 347 252

Catholic Church Service (Simpson Street)
Sunday at 10 am

Church in the Shed (Deepwater School Of Arts Hall Tenterfield Street)
Sundays at 10 am

Deepwater Rubbish Tip Hours:

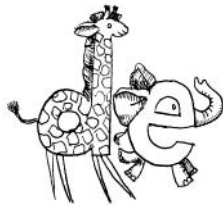
Thursday 10:00 am – 2:00 pm Saturday: 1:00 pm -3pm
Sunday: 10am -12 noon

Library Service:

Wednesday 10 am - 12 pm and 1.30 pm - 4 pm Home Library Service Deliveries 1 pm – 1 .30 pm

Preschool:

at the CWA Hall
Tuesday 9.00am – 3.00pm
Thursday 9.00am – 3.00pm



Progress Association Meeting

is set for Wednesday 12 February 7 pm at the School of Arts Hall

(Code Of Conduct Rules must be followed)

Everyone welcome.

4	6	5	8	7	2	3	9	1
8	9	2	1	3	6	5	4	7
7	1	3	4	9	5	6	2	8
2	4	1	6	5	8	7	3	9
3	8	6	9	4	7	2	1	5
5	7	9	2	1	3	8	6	4
9	2	7	3	8	4	1	5	6
1	3	8	5	6	9	4	7	2
6	5	4	7	2	1	9	8	3

Sudoku answer

For notices to be included, please send details to eventsdeepwater@gmail.com
Before the 20th of each month.



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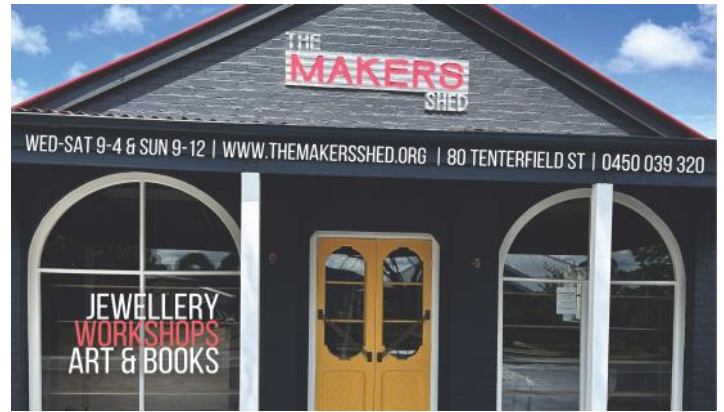
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