

NEWS

Celebrate being a mother

Central West Mums hosts social event

BY DANIELLE CETINSKI

IT'S been helping mothers connect and find advice and support for three years, now the founder of Central West Mums is taking the networking group to the next level.

Amorette Zielinski is organising MumFest for September 7 after receiving \$5000 from Facebook and \$3000 from Orange City Council.

Mrs Zielinski started the group after her own experience moving to Orange and giving birth to her younger Marlon soon after, without a network of friends around her.

She and husband Rob arrived six years ago from Canada so Dr Zielinski could help start the oncology department at Orange Health Service.

"I didn't know anyone, I didn't know about any groups, everything seemed to be word of mouth," she said.

Mrs Zielinski said there was only one mothers' group online, but it was stagnant.

Since starting Central West Mums, the group now has more than 2000 members.

As well as posts from



There is no other group like it.

Amorette Zielinski

members, Mrs Zielinski has added an Hour of Power where mums could promote their businesses.

"There are a lot of treechangers coming to the area and they use this group as a go-to as a place to connect and a place to pick up information and valuable support," she said.

Then late last year, Facebook ran a grant program for pages playing a meaningful role in their communities.

Mrs Zielinski said members responded well to the idea of holding an event and she succeeded in winning the grant.

MumFest, to be held at the Greenhouse of Orange, will feature guest speakers author Taryn Brumfitt and Di Gill from the Centre of Rural and Remote Mental Health.

"I would like this event to have legs and run annually because in the midst of many different issues that mums and women face here like



FIGHTING ISOLATION: Amorette Zielinski felt isolated when she gave birth to her second child and did not want other mothers to feel the same. Photo: JUDE KEOGH

drought and financial pressures and social anxieties and geographical isolation, I see these on posts every day within the group," Mrs Zielinski said.

"There is no other group like it."

She said one in three women experienced anxiety in their lifetimes and one in six people experienced de-

pression. "We all know you have an increased risk of having depression and anxiety when you're a mum," she said.

Tickets are \$45 and avail-

able via the Central West Mums Facebook page.

For those who do not use social media, email centralwestmumsinfo@gmail.com for a link to the ticket portal.

Councillors not giving up on bats yet

ORANGE City Council will continue to research and monitor flying fox abatement programs in an effort to move the animals out of Cook Park.

A report to the council indicated measures available were high-cost with low success rates, but mayor Reg Kidd said the bats had trav-

elled to Orange prior to 2010 and every year since and had not necessarily roosted in the park.

"One of the colonies was on Dairy Creek Road where it goes off the Mitchell Highway and in Ploughmans Lane," he said.

Councillor Kevin Duffy said the council should be

doing something, whether it be high-frequency noise or lights in the park "to see if it'll work".

"The bats in Ploughmans Lane were moved by cracking a stock whip and they moved somewhere else, I don't care where they go," he said.

"We're responsible for that

park and the people of Orange are asking us to move them along - we could finish up simply where we start to lose the trees."

Councillor Tony Mileto asked whether signage could be added to the park during the months the bats roosted.

"Just a warning to keep an eye on the bats so they don't

get surprised when they're sitting in a seat and a bat decides to [relieve itself] on it - it's not a pleasant experience," he said.

Community services director Scott Maunder said signs were possible.

Councillor Joanne McRae was wary about the cost of trialling measures and also

supported signage, saying Tamworth Regional Council had gained funding from Local Government NSW for the project.

"In fact [there's] potential tourism impacts of people coming to look at them, rather than spending money to move them," she said.

- DANIELLE CETINSKI



Cadia has donated \$15,000 towards the Bowen Community Technology Centre, providing homework and technology support to disadvantaged students.



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