

Cancer support program for Merriwa

COMING to terms with the effects of cancer can be hard for survivors but they are not alone. A special program designed by the Cancer Council NSW for cancer survivors, their family and friends has been initiated to provide an avenue for these people to speak to others in the same situation.

Merriwa residents will have the opportunity to benefit from the Living Well After Cancer program next month.

It is a free community education program which covers practical information and open discussion for people who are experiencing life after cancer.

The program is open to all



cancer survivors, carers, family, friends and work colleagues.

Participants will learn about the possible changes, challenges and opportunities they may face after they finish their cancer treatment.

The program will be offered on Saturday, August 20 from 10am to 12.30pm.

The venue of the Merriwa session will be available when

contacting the Cancer Council.

Lunch and refreshments will be served after the program.

Registrations are essential by contacting 1300 200 558 or for more information visit livingwellaftercancer@nswcc.org.au

Interested community members are urged to RSVP by Friday, August 12.

Local scenes feature on big screen

FILMGOERS will have a feeling of familiarity tomorrow night when *The Backpacker* is screened at Scone Films.

Scenes of the cat and mouse thriller were shot at local venues in Murrurundi, Willow Tree and Nundle featuring landmarks including Paradise Park and the Willow Tree Inn and locals, such as Murrurundi's Viv Carter, were used as cast extras.

Guests at the film will also catch a taste of fame as the film's producer Tara Simonds and director Dion Boland, as well as actor Aidan Brown will be attending the screening.

The Backpacker, rated M, follows a gruelling 48 hour game of survival after a serial killer Vincent Malek abducts Australian man Ben Cross.

Australian soldier, Ben Cross, has recently returned home from Afghanistan.

He's a changed man and will stop at nothing to find his missing sister.

Ben sets off on a backpacking mission into rural Australia.

Backpacker Nina Attica will risk her holiday, and her life, to help him.

Together they journey down the lonely backroads and into the sinister world of Vincent Malek (Vincent Stone).

The stage is set for a gruelling game of survival.

According to director Dion Boland, *The Backpacker* used the vivid and contrasting landscape of forests and mountains in Nundle, the patch worked Liverpool Plains and ravines and farms around Murrurundi and Scone to help create a visually explosive film.

"The shoot consisted of weeks of trekking up mountains, scrambling along cliff faces and crawling in caves to get an amazing sequence of shots.

"We were scaling 50 metre high banyan roots clinging to rock faces, with our gear on our back," he said.

The evening will also mark three years of community cinema for Scone Films.

From Australia to *Mamma Mia*, *Harry Potter*, *The Girl With the Dragon Tattoo* and *Short Film Festivals* too, Scone Films has provided many great film opportunities for local people.



LOCAL FILM: *The Backpacker* will be shown by Scone Films tomorrow night.

To celebrate the milestone, the committee will be providing complimentary coffee and a finger supper afterwards.

The Backpacker will screen tomorrow night at 7.30pm at the Senior Citizen's Centre in Oxford Road.

The doors open at 7.15pm and the running time is one hour and 30 minutes.

Entry is open to all, at \$9

each.

To be sure of a seat, advance tickets may be purchased from Serendipity in Scone or Muswellbrook Eyecare.

For more information or if you would like to join the emailing list for future films, contact 0428 508 326.

You can watch the trailer for *The Backpacker* at www.thebackpackerthemovie.com

Last opportunity to recognise a volunteer

VOLUNTEERS within the community will have the opportunity to win an Australian getaway and \$5000 for their charity organisation.

There is just two days left to nominate a volunteer for an NRMA Helping People Award for people from a charity or not for profit organisation.

Volunteers can be nominated in one of four categories including community volunteer award (age 25 to 59), senior volunteer award (age 60 plus), conservation volunteer award (age 16 plus) and young volunteer award (age 16 to 24).

NRMA director Graham Blight said communities could not function without volunteers.

"So if you know a volunteer who deserves some recognition for the help they are giving don't delay, nominate them now."

To nominate online visit www.mynrma.com.au/helpingpeopleawards or collect a form from the Scone NRMA office.

Nominations close tomorrow.

Charity golf day this Sunday

A CHARITY golf day will be held at Scone Golf Club this weekend to raise funds for the residents at Strathearn.

The 9 hole 4 person ambrose event is being hosted by the Friends of Strathearn on Sunday from 11am.

Cost to enter is \$20 per person which includes a barbecue lunch.

All proceeds from the day will go towards the purchase of new wheelchairs for the residents at Strathearn.

Time sheets are available at the golf club. For more information, contact 6545 1814.

Census now easier with online option

IT'S that time again to provide the government with useful information as the Census forms will start to be distributed tomorrow.

People can make completing the census easier by using eCensus – a fast, easy and secure alternative to the paper form.

eCensus isn't restricted to Australian's home computer and can be completed anywhere using a dial up internet connection.

The only requirements will be the internet, a Census form number and a eCensus number.

eCensus can be easily accessed by visiting www.census.gov.au

Population Census program head Paul Lowe said eCensus has undergone rigorous third party

testing to ensure privacy and is protected by the strongest encryption technology.

"The level of security is similar to that for internet banking and the e-Tax program, which is used by millions of Australians each year."

For those who prefer the traditional method, they will start to see the forms from tomorrow ahead of Census night on Tuesday, August 9.

The eCensus website will be open from today until September 5, however hard copy census forms will be collected from Wednesday, August 10.

For more information, contact the census inquiry service on 1300 338 776 or visit www.abs.gov.au/census



Australian Government

Department of Health and Ageing

Do you need information on aged care?



From 1 July 2011, a new national phone number will help Australians find information about aged care.

So whether you care for someone and need support, or you're just not sure where to start looking, call:

1800 200 422*

or visit www.agedcareaustralia.gov.au

*Commonwealth Respite and Carelink Centres (1800 052 222 and 1800 059 059) will continue to operate, and will be diverted to the new number.



Landholder Advice Hunter River

Landholders on the Hunter River downstream of Glenbawn Dam are advised to prepare for increased water releases from Friday, 29 July.

Flows of up to 4000ML/day will result in higher river levels than those usually occurring with controlled releases.

Landholders should take necessary precautions to ensure stock and equipment are protected.

It is likely increased flows will occur until at least Sunday 14 August.

For information contact State Water Corporation

1300 662 077

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