

Oakenville Farm's Contribution to the Nundle and surrounds community



FEB FAST, HEALTHY HABITS RESET 2024

4 week program to kick the holiday habits & reset for 2024

- Weekly guided exercise sessions (In-person or online)
- Weekly additional exercise challenges & written work-outs
- Weekly healthy habits/lifestyle challenges

\$25/week

*All fitness levels and ages welcome.
Come along and be part of a supportive group and see how we managed to do a 42km walk after last year's highly successful program.*

Contact: Rachel Webster, ph. 0431 348 754
Pilates Instructor, Cert III in Fitness, Diploma Western Herbal Medicine



Exercise Program 2024

Women's Mini Retreat held in October 2023



Eco Plant-Dyeing Workshop September, 2023



Coldwater Therapy Workshop, September 2023



Sourdough bread-making workshop July, 2023



Rachel, Jeff and Maisy Gibson of Oakenville Farm Store



Rag-Weaving Workshop, July 2023



Our 2023 Walking Group, walking along Route 1, 2 & 3



Crochet Workshop, June 2023



Oakenville Farm, based on permaculture principles

the NSW Electoral Commission shows candidates and political parties in Tamworth. Individual local donors from the Tamworth area. Michael Steel donated \$1005 to the Liberals. However, despite the large number of donations, a single cent was declared by the political parties.



Shop puts hustle and bustle off to one side

BUSINESS
BY RACHEL CLARK

IN AN era of hectic culture, chaotic lifestyles, and the overall frantic nature of the modern world, Rachel Webster wants to take a step back and show the benefits of slow living. Since opening her storefront, Oakenville Farm Store in Nundle, she has become the leading example for her community into the world of meaningful and conscious living. "The business is to give people a living-breathing example of self-sufficiency and community-based living," she said. "We're really being sold the message that green and renewable energy is the way to go."

Her store, based in the heart of Nundle, evokes that message by offering customers a wide array of products and workshops. Some of the workshops include kombucha



Nundle walking group members Rachel Webster, Megan Trousdale and Natasha Moore. Picture by Peter Hardin.

It really takes a small village

A NUNDLE-BASED walking group is preparing to go the distance to raise money for a school at Murrumbidgee. Participants will complete a 42-kilometre trek from Inmar Station to Nundle, with all funds raised going towards fixing up the Murrumbidgee swimming pool and providing kids with additional...

“It’s great to help give back to another community.”
Natasha Moore

“It’s great to help give back to another community, this is helping to support the local kids,” she said. “The Nundle walking group was formed by six local mums who wanted a health reset and to get back into physical activity after being stuck inside due to lockdown.”

Northern Daily Leader Articles featuring our shop and walking group May 2023

Oakenville Farm Submission against the Hills of Gold Wind Farm

We run a small business in Nundle which operates both from a shop front in Oakenville Street and from our small farm on Oakenville Creek Road. Our shop front business, Oakenville Farm store has been open since October 2022. I (Rachel) have been teaching pilates and holding workshops and retreats at our farm for the past 2-3 years. Our farm is also registered on HipCamp and we accommodated over 30 guests during the Country Music Festival Period in January this year. Our offering as affordable camping accommodation enables more visitors to come to Nundle and surrounds in peak periods. Both my partner and I are also musicians and this year were involved in the Nundle Rocks music event at the Nundle Hall. This event sold over 250 tickets over a long weekend, and we were able to accommodate travellers at short notice when all other accommodation options in Nundle were full. This assisted in bringing more business to our town.

In 2023 we ran a series of workshops: a Wet-felt Hat-Making Workshop (4 participants), 2 Eco-plant Dyeing workshops (17 participants), 2 sourdough bread-making workshops (10 participants), a Mindful Movement and Sound Bath workshop (10 participants), 2 Coldwater therapy workshops (10 participants), a crocheting workshop (9 participants), a rag-weaving workshop (12 participants) and 2 kids craft workshops with 20 participants in total. Participants travelled as far as Armidale, Narrabri, Manilla and Bendemeer to attend. It is clear that our business contributes to tourism and adds to the unique experiences offered in this town.

I run an exercise group of between 4- 7 women who walk together twice a week either along Jenkins St towards Happy Valley Road, or along the proposed Route 1 (Oakenville Street, Old Hanging Rock Road, Happy Valley Road, Jenkins Street). I also regularly walk my 5 year old daughter to school from Oakenville Creek Road to Oakenville Street and turn right into Jenkins Street. These walks along mostly quiet country roads form the highlight of my week. I am often reminded of how fortunate we are to live in a place surrounded by natural beauty which can be enjoyed on a quiet stroll with my family, friends or clients.

My previous submissions have detailed my concerns for traffic impacts, particularly on our business, and unfortunately the amendments have done little to address or allay my concerns. The roadworks associated with hardstands is likely to cause disruptions to our family's travel and may also prevent us safely using the Route 1 roads for walking. The increased traffic on these roads will also impact our safety and previous enjoyment and relaxation walking along these roads. These may like sound trivial complaints, however the positive impacts on well-being, mental health and productivity extend well beyond the 7 or 8 individuals with whom I walk these roads. Our group includes business owners, mums and community group members and we all have a great pride in and contribute significantly to our community. Our ability to 'give back' to our families, business and community is very much dependent on the mental, social and physical wellbeing these walks provide.

Most of us chose Nundle for the quiet, relaxed lifestyle and business owners such as ourselves, are also greatly dependent on tourists who also come here to escape their busy lives. As per Table 1 on

the Amendment Report (Nov 2022) APP H Traffic and Transport Assessment, Routes 1 and 3 will result in over 1000 passes of OSOM vehicles past our shop front and end of our Road (Oakenville Creek). The noise impacts of these OSOM vehicles over the 9 month construction phase will greatly disturb the ambience of our shop and will certainly disrupt business. As an example, when the current log trucks pass our shop, I am unable to hear customers speak due to the noise of these trucks. An additional 6 OSOM vehicles per day on top of the 30 passes from log trucks and the additional 126 passes by trucks and 30 passes by water trucks will impact my business operations significantly over the 9 month period transporting the components.

We are a struggling small business and whilst we do our best to cater for locals, we also rely heavily on tourists to keep our doors open. It is unlikely that the products we sell including: fresh produce, herbal teas, herbal skincare and locally made furniture, art and crafts, will be appealing to fly-in fly-out style workers on this project, given our understanding of our shop's customer demographic. We expect there to be a reduction in tourists during construction and I fear that our small business could not survive without the topping up from tourism. In addition, despite our best efforts to be inclusive and welcome all people in our shop, we are already struggling due to community division as a result of this windfarm development proposal.

It saddens me that the ethical business we have built, which is centered around building sustainable communities and a sustainable future for our natural world, could be potentially forced to close as a result of an apparent "green" project. The core of our business is in creating meaningful change from the ground up, educating and inspiring others to actively participate in the protection of our planet and its people. The proposed Hills of Gold windfarm project, owned by a foreign multi-national, is not driven by a genuine desire to create a better world, but by profit. Like many multi-nationals before it, small businesses who run on passion and the smell of an oily rag, will suffer and eventually be forced to close.

I agree that some businesses in Nundle, mainly hospitality and accommodation may benefit somewhat from this development, but ours will not. If this windfarm goes ahead, I fear there will be yet another closure of a business that offers a unique experience in a much-loved tourist destination. Our closure will also negatively impact other businesses. We strongly disagree that this project will help to 'save' a 'dying' town. As a small business we are certainly struggling, but this project is likely to stamp us out, not build us up. My hope is that this town and surrounds continues to grow, capitalizing on its strengths, not being exploited for its resources.

- Jeff Gibson, Rachel Webster and Maisy Gibson