



**2021  
CALENDAR**

riverina   
bluebell



## JANUARY

Bowral Show - 9th to 10th  
Kiama Show - 22nd to 23rd  
Berry Show - 29th to 30th

## FEBRUARY

Tenterfield Show - 5th to 6th  
Nowra Show - 5th to 6th  
Rydal Show - 6th  
Uralla Show - 6th  
Nimmitabel Show - 6th to 7th  
Glen Innes Show - 12th to 14th  
Dunedoo Show - 12th to 13th  
Crookwell Show - 13th to 14th  
Bega Show - 19th to 21st  
Guyra Show - 19th to 20th  
Gulgong Show - 19th to 20th  
Gundagai Show - 19th to 20th  
Maitland Show - 19th to 21st  
Ashford Show - 20th to 21st  
Gunning Show - 21st  
Canberra Royal Show - 26th to 28th  
Cessnock Show - 26th to 27th  
Inverell Show - 26th to 28th  
Binnaway Show - 27th  
Comboyne Show - 27th to 28th  
Rylstone-Kandos Show - 27th

## MARCH

Boorowa Show - 5th to 6th  
Barraba Show - 5th to 7th  
Armidale and New England Show - 5th to 6th  
Deniliquin Show - 5th to 7th  
Mudgee Show - 5th to 7th  
Robertson Show - 5th to 6th  
Newcastle Show - 5th to 7th  
Milton Show - 5th to 6th  
Braidwood Show - 6th  
Baradine Show - 6th  
Blayney Show - 6th  
Delegate Show - 6th  
Goulburn Show - 6th to 7th  
Luddenham Show - 6th to 7th  
Wallamba Show (Nabiac) - 6th  
Tumut Show - 6th  
Dalgety Show - 7th  
Koorawatha Show - 7th  
Tarago Show - 7th  
Gresford Show - 12th to 13th  
Coonabarabran Show - 12th to 13th  
Manilla Show - 12th to 14th  
Moss Vale Show - 12th to 14th  
Walcha Show - 12th to 13th  
Wingham Show - 12th to 14th  
Castle Hill Show - 13th to 14th  
Blacktown City Show - 13th to 14th  
Cumnock Show - 13th  
Cooma Show - 13th  
Wakool Show - 13th

Taralga Show - 13th to 14th  
Bemboka Show - 14th  
Camden Show - 19th to 20th  
Lithgow Show - 19th to 20th  
Gloucester Show - 19th to 20th  
Upper Hunter Show - 19th to 20th  
Mendooran Show - 20th to 21st  
Tumbarumba Show - 20th  
Yass Show - 20th to 21st  
Holbrook Show - 21st  
Batlow Show - 27th

## APRIL

Jerrawa Show - 5th  
Stroud Show - 9th to 11th  
Wauchope Show - 9th to 10th  
Kempsey Show - 13th to 14th  
Bonalbo Show - 16th to 17th  
Gunnedah Show - 16th to 18th  
Macksville Show - 16th to 17th  
Central Coast Regional Show (Gosford) - 17th to 18th  
Macleay Show - 20th to 21st  
Grafton Show - 23rd to 24th  
Gilgandra Show - 23rd to 24th  
Hawkesbury Show - 23rd to 25th  
Moree Show - 23rd to 24th  
Bathurst Royal Show - 30th April to 2nd May  
Coffs Harbour Show - 30th April to 2nd May  
Narrabri Show - 30th April to 2nd May

## MAY

Bourke Show - 1st  
Yeoval Show - 4th  
Wyallda Show - 6th to 8th  
Cobar Show - 7th to 8th  
Wellington Show - 7th to 8th  
Bellingen Show - 8th to 9th  
St Ives Show - 8th to 9th  
Walgett Show - 8th to 9th  
Orange Show - 8th to 9th  
Nyngan Show - 9th to 10th  
Dubbo Show - 14th to 16th  
Wee Waa Show - 14th to 16th  
Coonamble Show - 18th to 19th  
Bingara Show - 22nd to 23rd  
Gulgargambone Show - 22nd  
Warren Show - 29th  
Mungindi Show - 7th to 8th  
Tullamore Show - 13th to 14th  
Weethalle Show - 15th  
Trundle Show - 17th to 18th  
Bedgerabong Show - 21st  
Ganmain Show - 21st  
Peak Hill Show - 24th to 25th  
Condobolin Show - 27th to 28th  
Barellan Show - 28th  
Penrith Show - 28th to 29th  
Wentworth Show - 28th to 29th  
Parkes Show - 30th August to 1st September

## AUGUST

## SEPTEMBER

Grenfell Show - 3rd to 4th  
Narromine Show - 3rd to 4th  
Tamworth Show - 3rd to 4th  
Lake Cargelligo Show - 4th  
Manildra Show - 4th  
Narrandera Show - 4th  
Woodenbong Show - 4th  
Finley Show - 5th  
Woodstock Memorial Show - 5th  
West Wyalong Show - 7th to 8th  
Forbes Show - 10th to 11th  
Murrumburrah Harden Show - 10th to 11th  
Wagga Wagga Show - 10th to 11th  
Cudal Show - 11th to 12th  
Ungarie Show - 11th  
Quirindi Show - 11th to 12th  
Ariah Park Show - 12th  
Wyong Shire Agricultural Show - 12th  
Eugowra Show - 17th to 18th  
Merriwa Show - 17th to 19th  
Ardlethan Show - 18th  
Molong Show - 19th  
Young Show - 19th  
Canowindra Show - 24th to 25th  
Singleton Show - 24th to 26th  
Dapto Show - 25th  
Hillston Show - 25th  
Nimbin Show - 25th to 26th  
Temora Show - 25th  
Lockhart Show - 26th

## OCTOBER

Bribbaree Show - 2nd  
Culcairn Show - 2nd  
Berrigan Show - 3rd  
Griffith Show - 3rd  
Morongla Show - 4th  
Walbundrie Show - 4th  
Kyogle Show - 8th to 9th  
Leeton Show - 8th to 9th  
Illabo Show - 9th  
Trunk Creek Show - 9th  
Taree Show - 9th to 10th  
Corowa Show - 10th  
Norfolk Island Royal Show - 11th  
Barham Koondrook Show - 15th to 16th  
Casino Show - 15th to 16th  
Cootamundra Show - 15th to 16th  
Cowra Show - 15th to 16th  
Camden Haven Show - 16th to 17th  
The Rock Show - 16th  
Morisset Lake Macquarie Show - 16th to 17th  
Tooraweenah Show - 16th  
Lismore Show - 21st to 23rd  
Juncie Show - 23rd  
Picton Show - 23rd to 24th  
Bungendore Show - 24th  
Albury Show - 29th to 31st  
Alstonville Show - 29th to 30th  
Carcoar Show - 30th

## NOVEMBER

Murwillumbah Show - 5th to 6th  
Minto Show - 7th  
Dungog Show - 12th to 13th  
Queanbeyan Show - 13th to 14th  
Neville Show - 13th  
Mullumbimby Show - 13th to 14th  
Bulahdelah Show - 19th to 20th  
Bangalow Show - 19th to 20th  
Dorrigo Show - 27th to 28th



# AGRICULTURAL SHOWS NSW 2021





Planning and preparation will give you the greatest chance to maximise the opportunities the new year has installed for you.

# JANUARY 2021

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
31					New Year's Day 1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	Australia Day Holiday 26	27	28	29	30





I took this photo at Oura, its a photo that I took of my three children. I call it "growing tall in boots" ... As a country kid at heart myself, I love that my children get to spend time playing, getting dirty and smelling fresh, sweet air. I spent my young years growing up in Lake Cargelligo. A slow paced place that will always be home. In a world that is so fast paced, protecting our kids from growing up too quickly and the stresses of that come with it..... is something im passionate about.

- Caroline Cattle, Oura NSW

# *Feel Good* FEBRUARY 2021

(1) <https://www.onedoor.org.au/events/upcoming-events>    Feel Good February: [www.facebook.com/feelgoodfebruary](https://www.facebook.com/feelgoodfebruary)

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	One Door Mental Health Connector Hub Sessions (1) 11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						



Learning from past experiences will enable you to make smarter decisions for the future.



# MARCH 2021

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6
7	International Women's Day 8	9	10	11	12	13
14	15	16	17	18	19	International Day of Happiness 20
21	22	23	24	25	26	27
28	29	International Bipolar Day 30	31			



I took this photo at Oura this year on Anzac day. On a walk to the river reserve, I noticed the tree and the sun sparkling like a star behind it. I felt this photo was very fitting for our country, especially on a special day. The colours of green and gold shone amongst the paddocks of wide open spaces.

- Caroline Cattle, Oura NSW



# APRIL 2021



Sydney Agricultural Royal Easter Show

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				 1	 Good Friday 2	 Easter Saturday 3
 Easter Sunday 4	 Easter Monday 5	 6	 7	 8	 9	 10
 11	 12	13	14	15	16	17
18	19	20	21	22	23	24
Anzac Day 25	26	27	28	29	30	



Don't forget what's really the important things in life. Great time of year to reset and reflect the best way you know how.



# MAY 2021




Larapinta Challenge (FUNDRAISER)

(1) <https://www.onedoor.org.au/events/upcoming-events>

<https://www.blackdoginstitute.org.au/get-involved/fundraise/fundraising-events/larapinta2021/>

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
30	31					1
2	3	4	5	6	7	8
9	Mother's Day 10	11	12	13	14	15
16	17	One Door Mental Health Symposium (1) 18	19	20	21	22
23	International Schizophrenia Awareness Day 24	25	26	27	28	29



This is a photo of my beautiful poddy cow, Bella. Roughly six years ago, my father and I found her laying a creek just two days old after her mother passed away. We wrapped her in a flannelette shirt, put her into the ute on my knee and bought her home to lay in front of the heater in the hope that maybe she would survive. The next morning surprised everyone, Bella was walking around and happy as Larry. From that day forward, I had poddied her until she was big enough to mingle with the other cattle. This is a photo of Bella and I, which emphasizes the fact that even though animals cannot talk, the emotional connection that we share is much more incredible - this is why we farm. It is important to acknowledge the connection between people and their animals because that is ultimately why we put in the effort to be farmers. After the devastating Black Summer bushfires as well as the continuous drought, I have realized that the connection shared with the land and animals is as empowering as it is tough. It is vital to check in on a mate be it farmer or animal.

- Amy Glynn, Batlow NSW



# JUNE 2021

(1) [waimh.org/](http://waimh.org/) (2) [www.petsit.com](http://www.petsit.com) (3) [www.phoenixaustralia.org](http://www.phoenixaustralia.org)

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	International Men's Health Week  Queen's Birthday	15	16	17	18	19
20	21	22	Infant Mental Health Awareness Week (1)	24	25	Bring Your Dog to Work Day (2)
PTSD Awareness Day (3)	28	29	30			



The Vision, The Dream, The Planning –  
this is the time to make any adjustments.

# JULY 2021

(1) [www.farmsafe.org.au/Farm-Safety-Week](http://www.farmsafe.org.au/Farm-Safety-Week) (2) [www.lifeline.org.au/get-involved/campaigns-events/](http://www.lifeline.org.au/get-involved/campaigns-events/)

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	National Farm Safety Week (1) 21	22	23	Stress Down Day (2) 24
25	26	27	28	29	30	31





This photo was taken 9 May 2020, four months after the Dunns road bushfire tore through my home and left nothing but devastation and ruin. If struggling with drought for years prior didn't impact upon mental health, then the bushfire scar definitely put it into perspective. During this time I had become more self aware regarding the mental health of others as well as my own and learnt that there was empathy and support available, that it's not weak to speak out. Mental health in the farming community is an underrated topic because we have our livelihoods to protect first. All the passion and the hard times are worth it when you can catch a glimmer of hope. This photo for me, emphasizes resilience and connection between all aspects of farming. This encourages me to reflect upon the good times within the bad and still believe in hope, still believe that there is something to make us as farmers, feel less forgotten. For myself, it brings comfort to know that I am not alone and I hope this allows farmers and their families to seek out the positives of their passion and to reach out.

- Amy Glynn, Batlow NSW

# AUGUST 2021

(1) [www.thegroundswellproject.com/dyingtoknowday/](http://www.thegroundswellproject.com/dyingtoknowday/) (2) <https://acmruralevents.com.au/> (3) [www.overdoseday.com/](http://www.overdoseday.com/)

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4	5	6	7
Dying to Know Day (1) 8	9	10	11	12	13	14
15	16	AgQuip (2) 17	18	19	20	21
22	23	24	25	26	27	28
29	30	International Overdose Awareness Day (3) 31				





Time to capitalise, embrace the change of season, check on family members and neighbours.



# Liptember SEPTEMBER 2021



Liptember: [www.liptember.com.au](http://www.liptember.com.au) (1) [jeanhailes.org.au](http://jeanhailes.org.au) (2) [www.ruokday.com/](http://www.ruokday.com/) (3) [www.who.int/mental\\_health/prevention/suicide/wspd/en/](http://www.who.int/mental_health/prevention/suicide/wspd/en/) (4) [www.outoftheshadows.org.au/](http://www.outoftheshadows.org.au/)

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2	3	4
Father's Day 5	Women's Health Week (1) 6	7	8	National R U OK? Day (2) 9	World Suicide Prevention Day (3) Out of the Shadows and Into the Light (4) 10	11
12	13	14	15	16	17	18
19	20	Henty Machinery Field Days 21	22	23	24	25
26	27	28	29	30		



Who doesn't love an old hills hoist photo to bring back memories of country living???. I took this photo to try to capture that nostalgia feeling amongst us country folk.....The hills hoist is a true Aussie Icon! And to see the area overgrown shows that time has passed. This photo is one for memories sake.

- Caroline Cattle, Oura NSW

# OCTOBER 2021

NSW Mental Health Month NSW: [mentalhealthmonth.wayahead.org.au/](https://mentalhealthmonth.wayahead.org.au/) (1) [www.worldsmileday.com/](https://www.worldsmileday.com/) (2) [www.mentalhealthvic.org.au/](https://www.mentalhealthvic.org.au/) (3) <https://grow.org.au/oddssocksday/> (4) [1010.org.au](https://1010.org.au) (5) [www.un.org/en/observances/rural-women-day](https://www.un.org/en/observances/rural-women-day) (6) [www.sands.org.au/october-15th](https://www.sands.org.au/october-15th) (7) [www.whitewreath.com](https://www.whitewreath.com) (8) [headspace.org.au/](https://headspace.org.au/) (9) [www.blueknot.org.au/BlueKnotDay](https://www.blueknot.org.au/BlueKnotDay)

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
31					1	World Smile Day (1) 2
3	National Mental Health Week (2)  Labour Day 4	5	6	7	8	Odd Sock Day (3) 9
World Mental Health Day (4) 10	11	12	13	14	International Day of Rural Women (5)  International Pregnancy and Infant Loss Awareness Day(6) 15	16
17	Sock It To Suicide Week (7) 18	19	20	Australian National Field Days  Headspace Day (8) 21	22	23
24	25	26	27	Blue Knot Day (9) 28	29	30





Time to share experiences and knowledge with those younger ones around you! You're knowledge and know how is invaluable to the community.

@ Remember Safes Practices On the Farm Saves Lives !

# November NOVEMBER 2021



Movember: <https://au.movember.com/>

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	Remembrance Day 11	12	13
14	15	16	17	18	International Men's Day 19	20
21	22	23	24	25	26	27
28	29	30				



This is a photo that my mum took on her way home from Wagga to Gundagai.

- Emma Fekela



# DECEMBER 2021

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	Christmas Eve 24	Christmas Day 25
Boxing Day 26	Christmas/Boxing Day Holiday 27	Christmas/Boxing Day Holiday 28	29	30	New Year's Eve 31	