

Our Place photo competition



The remains of Kellet's store and supermarket. Marlet Street, April 4



Kellet's sesquicentenary display before the fire. March 1971. **Jeanette Barlow**



I have stood sentinel for hundreds of years and provided shade and shelter to many. A poem lovely as a tree. **Fay Wells**



This deserted cottage has stood beside the Hargraves Road for as long as I can remember. Of wattle and daub construction, it has obviously been built by a craftsman, using round and adzed timber for the frame. It is sad to see something of heritage value slowly disintegrating until, in a few more years it will be no more. **Peter Burns**



Perry Street, Kellet's produce section. April 1971. **Jeanette Barlow**

Photo comp ends

Exhibition this week

The 'Our Place' heritage photo competition has come to an end.

We have been flooded with reader photos and would like to thank everyone who has taken the time to contribute.

There will be an exhibition of all of the entries this Thursday, May 22, at 5.30pm, at the Butcher Shop café.

Come along to have a look at the entries, a glass of wine, and find out who our winners are.

Snoring issues?

A simple little wire could be the difference between life and death for snorers and sleep apnoea sufferers who are snoring their way to heart and other health problems.

Ben Bosshard, general manager of Velumount Pty Limited is introducing the Swiss invention, which is registered with the Therapeutic Goods Administration, to the Australian public with the purpose to stamp out snoring.

Ben said today, people are concentrating on keeping well, rather than putting a bandaid on ill health, and stopping snoring is a very important step towards that intention.

"The answer to a problem often lies in the simplicity of a product such as this highly flexible wire," Ben said.

He has tried the medical device himself and since, has not used any other apparatus to combat his snoring and sleep apnoea.

"It is inserted when you are ready to go to sleep and removed upon waking.

"The individually fitted device is placed into the mouth and holds the soft palate in place while you sleep.

"This prevents the soft tissues from collapsing, thus preventing snoring and the more dire consequences related to sleep

apnoea.

"After a few nights you will not even know it's there and you can even drink with it inserted," he said, adding it only takes a few seconds to insert and remove.

At an estimated cost of \$15 each, the appliance is far less expensive than anything else on the market (a Constant Positive Air Pressure machine (CPAP) can cost up to \$2,500) and its use is quite simple following the practical workshop to learn how to use it. The training workshops are 2 hours, with three devices and an after care consultation is included for a total cost of \$500.

The first free public information seminar will be held in Mudgee at the Horatio Motor Inn in the conference room on Friday July 11 at 6pm.

Further seminars will follow in Bathurst, Dubbo, Penrith and Parramatta.

Velumount trainers will come from Switzerland on July 11 to train staff and a special introductory offer of \$200 is being made for the first 50 people to register to assist with the staff training.

From then on Ben will be operating in Mudgee every two weeks.



Ben Bosshard holds the simple wire Velumount, which can stop dangerous snoring.

MUDGEE & SURROUNDS SNORERS WANTED

Velumount is looking for snorers who would like to "SNORE NO MORE"

A special opening offer of \$200, normally \$500, is being offered to the first 50 snorers to assist us during the Velumount Australia Team Training Workshop being held between Friday 11th and Saturday 19th July 2008 in Mudgee. The cost includes workshop training, 3 devices and after care consultation.

For further enquires and prebookings contact Sue or Ben at Velumount on 6374 4276 or 0408 231 587 or email info@velumount.com.au www.velumount.com.au

