

# JCG



A Bundanoon Community Association publication  
for the people of Bundanoon and Southern Villages

## Trekkers & travellers

Locals' tales from exotic spots

*plus:*

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events, people, ideas and  
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*Inside:*  
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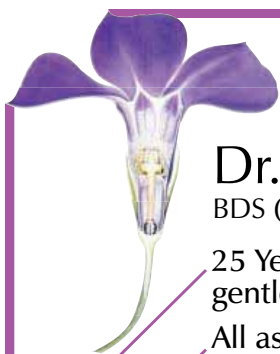
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#### Cover photograph:

Cerro Torres, a peak in the the Parque Nacional Los Glaciares in Patagonia, photographed by Helen Clark

#### Correspondence:

The Editor  
Jordan's Crossing Gazette  
PO Box 201B  
Bundanoon NSW 2578

#### Circulation

1925, quarterly

Jordan's Crossing Gazette is a Bundanoon Community Association Inc. project. It is a non-profit publication supported by our advertisers and distributed free of charge to all homes, business and private mail boxes in Bundanoon, village stores and post offices at Exeter, Penrose and Wingello, plus to Shire councillors.

#### Subscriptions:

Annual subscription is \$20(including postage) or \$50 for three years.

#### Guest editor

Helen Clark

#### Consultant

Pam Davies

#### Photographer

Wayne Todd

#### Contributors this issue:

Lucy Bainger	Deni Harden
Thomas-Andrew Baxter	Christine Janssen
Virginia Boyle	Bruce & Janine
Joy Brown	McLaughlan
Helen Clark	Christine Miller
Jim Clark	Lyn Montgomery
Ralph Clark	Lyn Morehen
Ken Davidson	Alan Olsen
Anne Davies	Anna Reid
Jennie Fea	Sue Rumsey
Kerith Fowles	Mike Swinden
Rosemarie Gray	Margie Thomas
Harvey Grennan	Karen Williams

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## Contact numbers

#### Editorial:

jcgeditor@bundanoon.nsw.au

#### Advertising Sales: Wayne Todd

tel: 4883 6744 or 0427 113 995

email: wayne@toddsrealestate.com.au

#### Design: Ben Mawston

tel: 4883 7178 email: ben@vitreo.com.au



Helen Clark,  
Guest editor

## From the editor

MANY BUNDANOON RESIDENTS have recently returned from travel to exotic places, myself included. I think it was partly this which led to BCA inviting me to be guest editor for this issue, with its theme of travel to places beyond our shores. I am privileged to be the first of a team of editors who will roll out the four 2016 issues, with assistance and advice from many helpers.

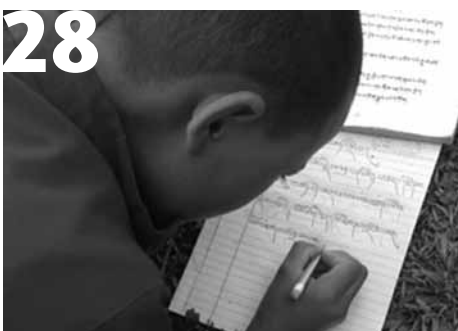
It is fitting that we wrap up the 150th anniversary of Bundanoon – a year of many memorable events highlighting both the links our village has with the past and the amazing number of interest groups and activities which make up the contemporary life of our community. JCG, as always, will continue to keep readers up-to-date with current village news and the events calendar for 2016, via reports from the Bundanoon Community Association and its affiliated sub-groups, and from other community groups.

Some new regular columns appear this year, including garden stories, notes on tiny treasures to be found in our local national park, collectible items and their stories, and reflections on the emotional ups and downs of life. If you would like to contribute to the magazine please contact the editor by email, or via PO Box 201B, Bundanoon, NSW 2578.



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## Hall Hire

For Soldiers' Memorial Hall booking enquiries please phone 4883 6971 or email hallhire@bundanoon.nsw.au

## BCA meetings

Third Thursday of month (excl Jan):  
17 March (AGM), 21 April, 19 May:  
7:30pm in Supper Room at the Hall.

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Deadline for next issue:

Friday 6 May

ARTS BUNDANOON CLAIMS to fit snugly into the exotic travel theme of this JCG edition on several counts – the music and its origins; the musicians and their lives and travels; the instruments; the concerts themselves.

After all, Music at Ten might seem an exotic concept to many. Where else can you drop in to an hour or so of world class performance in gardening clothes, bicycling clothes, concert clothes or whatever exotic mix suits? And all for less than the packet of coffee beans you might have set out to buy (coffee – now that's something exotic that's now everyday)

In a world where people go to surf in Kamchatka, once one of the most remote of places, home to bears and the odd biologist, what is exotic? Once Bundanoon was seen as barely clinging to the edge of the known (Southern Highlands) world, only rising from the mists annually, across the Brig O' Doon; now if it is, possibly, no longer a bridge too far for Highlanders, it is, for others, a travel destination. The point of this ramble – exotic is as you see it.

Of course travel can take many forms. In some periods of history when national borders were constantly changing, through wars or treaties, one could travel, without moving, from one country to another at the stroke of a statesman's pen. So Carl Reinecke, whose Trio in A major was performed in February by the Nano Symphony, was a German who was technically born in Denmark, hence a Dane, due to one of those border changes

For most professional musicians travelling to perform is a way of life, whether it is to Bundanoon or Bavaria or Bokhara (alright, I made the last one up for alliteration, but it is exotic and the Bokhara Foundation supports a viola scholarship at ANAM).

Music at Ten in March will feature musician Angus McPherson, flute. Included in his busy schedule over the last two years, was travel to perform, teach and adjudicate in Toronto, New York, Washington, Britain, Italy, Hungary and Hobart.

Jonathon Bekes, 'cellist, will travel to Bundanoon for the April Music at Ten. This young musician has, in the last few years, studied and performed in Italy, Norway, Austria, Germany, Switzerland and

The Netherlands as well as Australian capital cities (and some pretty exotic towns as well).

As well as musicians who travel, music travels to us, in time and place. Music in the Arts Bundanoon programmes is carefully selected: every continent in the world is represented – except Antarctica (we are waiting for a scientist's composition). So we travel aurally if not in reality, to distant climes.

The instruments also have often travelled to us through ups and downs and centuries, to be seen and heard at Music at Ten. There is not only the history of their development but the strange and peripatetic history of individual instruments – an example close to home is Greg Slater's violin which is well travelled, from its birth in Sunny Naples in 1801 through England, Germany and finally to Australia.

>[www.artsbundanoon.org.au](http://www.artsbundanoon.org.au)

## Travels with Music at Ten

> Jennie Fea



### Notice

As you know, Arts Bundanoon has always striven to keep its prices astonishingly low and the quality of its professional musicians impeccably high. Musicians have always been poorly paid, but these days even they have to ask for more. Hall hire has also risen. So this year there will be an increase from \$8 to \$10. This is the first increase since 2012.

It is still a small price to pay, to travel so variously, so comfortably and in so short a time.



The Nano Symphony



Angus McPherson and Szu Yu



The Tecchler Quartet



# Republic? Or monarchy? Sing on!

## › Kerith Fowles

HOW TRULY SERENDIPITOUS it is that the concert title for *Serendipity: the choir's* programme for May is "Royal Connections". At the time of deciding on this theme we had no idea that in 2016 the republic/monarchy debate would again become a hot issue. But it gives even more relevance to our musical offerings which all relate in some way, however obscure or tenuous, to royalty. Some relations are obvious – majesty, castle, pretender, kings and queens. Others are much more challenging, with texts from the Old Testament, links to the game of chess, and blackbirds.

As in 2015, when *Serendipity* moved

to a new venue in Bowral (our audience had outgrown the Uniting Church hall in which we had happily performed for 8 years) 2016 will see us remain faithful to our home base in Bundanoon but, in Bowral, use not one but two new venues.

Our May 'Bowral' performance will actually be at Chevalier College in Burradoo, as we have been invited by the famous Sydney Male Choir to join with them in concert. Such is their fame that a still larger auditorium was required, hence the move to Chev. This very exciting joint venture will provide an opportunity for audiences to hear two choirs for (almost) the price of one. In May we have also been invited to travel down to Kiama, to present a concert in the Anglican Church. We will be

joined by a local choir who will take the role of warm-up act, in the best rock tradition!

And at the end of the year we will be performing in the beautiful acoustics of the St Thomas Aquinas hall, located in Victoria Street, Bowral. So there is much to entice the discerning listener.

Under the title 'A Choral Bucket List', *Serendipity's* December programme last year was warmly appreciated by our audiences; we were delighted by a standing ovation in Bundanoon. As always people heard both old favourites and new songs with which they found special links, and responses reflected a gamut of emotions. And many could not resist the temptation to "step to the left" with the choir in the Time Warp!


## Dates, times and venues for the May concerts

Saturday 7 May, 3.00pm  
@ Chevalier College

Saturday 14 May, 3.00pm  
@ Kiama Anglican Church

Friday 20 May, 6.00pm  
@ Bundanoon Memorial Hall

Saturday 21 May, 3.00pm  
@ Bundanoon Memorial Hall



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*Serendipity* the choir

# Royal Connections

Music Director - Kerith Fowles

**Saturday 7 May, 3pm**  
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**Sydney Male Choir**

**Saturday 14 May, 3pm**  
**Kiama Anglican Church**

**Friday 20 May, 6pm**  
**Bundanoon Memorial Hall**

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# Melting Pot Theatre

## > Rosemarie Gray

BUNDANOON'S CHRISTMAS VARIETY Show performed some unexpectedly endearing, wickedly funny, and punchy performances in our village hall mid-December. The show was a production that celebrated saucy humour, slick words, foxy timing and the art of theatre itself. For anyone eager to see a broad selection of music, dancing, poetry, comedy, and hilarious sketches this was it.

Much applause to Rebecca Vella (musical theatre), Southern Highlands Physical Culture, Jim Cheesley (stand-up comedy – brave man), Richard and Fran Bosly-Craft (romantic duet), Wendy McDonald (poetic monologue), Tappercise (May King and Co), Barbara, Libby and Jess (Cabaret), Rueben and his sister Keziah (tearjerker), O.J. Rushton (a.k.a. Victoria Borge), Daphne Cordingley (Pie Jesu – more tearjerking), and a duel across the tennis net with Valerie Warry and Jim Cheesley. More applause for the cast of Basil's Christmas Story, the infamous Patrick Brennan, 'Dame Miranda Lean', and Natalie Murnane as Mary.

I had some fun with a notebook and pencil asking members of the audience what they thought.

".....so glamorous, cheeky, and hilarious".

".....Money can't buy this much heart, and pure fun"

".....With Victoria's (Borge) stunning vocals and her relaxed style she made my night".

".....An evening of elegant decadence. We loved seeing Patrick singled out and honoured. Was that rehearsed?"

".....The tap dancing and ballet were awesome"

**Crash Test Drama** launched its 2016 season on Saturday 6th February at the Soldiers Memorial

Hall. Throughout the afternoon there was a hive of activity where local actors and directors matched people to roles (a bit like a dating agency) and crammed as much rehearsal as possible into the limited time permitted. By 5pm the eight short plays were ready with actors waiting in anticipation of what was to come and with doors thrown open to the public the show commenced.

The hall filled quickly, our MC Patrick Brennan introduced the evening and the plays began. All eight plays were of the highest standards – some funny, some with a powerful message and some with poignant notes. Eight directors and 28 actors and actresses waited for the results from Michaela Bolzan.

We were delighted to welcome Michaela, convenor of the Southern Highlands Writers' Festival, back as our judge. She did a sterling job and was spot on with her well received comments on both the plays and the actors.

The judge's choice for Best Play went to 'Crumbling of the Cookie' written by Greg Tome. The Audience choice, to join Greg in the Gala final was Brian Haydon's 'Pack up your Troubles'.

Congratulations to the winners. We look forward to seeing Greg's and Brian's plays back in the Gala Final in November, when the scripts will be a distant memory, with all shows in the Final presented as fully-produced productions.

The next Crash Test event is on the 7th May and we are now open to submissions – so please get your pens out and give it a go!!! We look forward to hearing from you.

The year was well and truly launched to set the tone for an exciting 2016.

If you would like to learn a little more of what the Melting Pot Theatre group are up to please drop a line to [pat.brennan84@gmail.com](mailto:pat.brennan84@gmail.com).

### Dates to diarise...

7 May

Crash Test Drama.

30 July

Crash Test Drama, combined with a fully produced one act play.

15 October

Crash Test Drama, combined with a fully produced one act play.

19 November

Crash Test Drama Gala Final: The eight best plays from the year's programme.

Welcome to  
**JCG**  
**2016**

JORDANS CROSSING GAZETTE (JCG) is a not-for profit quarterly community magazine which for 20 years has been published by a sub-group of the Bundanoon Community Association. Supported entirely by local advertisers, it is designed to reflect the ideas and interests of the people of Bundanoon and more recently the southern villages. Important events are featured and the work of BCA and other community organisations acknowledged. The production team includes writers, photographers, and other contributors who work with an editor to produce

a final draft for the graphic designer. Finally, the magazine is prepared for distribution by volunteers before delivery by the Bundanoon Men's Shed.

If you would like to join the JCG production team please contact the editor:

> [jcgeditor@bundanoon.nsw.au](mailto:jcgeditor@bundanoon.nsw.au)

BCA acknowledges the contribution to JCG of David Morgan to JCG. In his role as Editor/graphic designer he independently produced three issues of the magazine in 2015.





Above, right, below right: Scenes from the 2015 Christmas Variety Concert



Crash Test Theatre, February 2016



Photos by Peter Gray



## Photography Group

BUNDANOON PHOTOGRAPHY GROUP Inc is a small group of local people who simply enjoy taking photographs.

We meet on the second Thursday each month at the Men's Shed, Burgess Street, at 5.30pm.

On the fourth Thursday of the month we gather at a local scenic point of interest to practice our skills and share our knowledge and often review the outing at a nearby café.

We constantly update our photos on our Facebook page.

New members are welcome, please contact our Secretary, Joy Brown on 4883 6456 or e-mail [photos2578@gmail.com](mailto:photos2578@gmail.com)

Some of our members at an excursion to Nellie's Glen, near Carrington Falls, taken by Joy Brown.

## President's Report



Christine Miller  
President

WELCOME TO ANOTHER year of shared stories and interesting recollections as you read the first issue of our excellent magazine (*Jordan's Crossing Gazette – JCG*) for 2016.

Wherever possible we warmly welcome new residents with our Welcome Packs which include information about how to be connected with something you're interested in. If your interest is not listed, you can be in touch

and we will link you to people involved already. Being part of the community can be by coming along to events, joining one of the many groups in town, and/or putting your hand up when extra help is needed. As much or as little time as you have available is always helpful.

The AGM on March 17th will ask the membership to consider a change in our Constitution. Currently, the Committee is made up of the mandatory four Executive positions (President, Vice-President, Secretary and Treasurer) and three Committee positions. We are seeking to enable the Committee to operate with the four Executive roles and a minimum three, maximum five, Committee members. This recommendation is to strengthen the base of the Committee, allowing more opportunities for learning and experiencing the work of the BCA and to open up opportunities for shadowing the roles of the Executive. More Committee members also will bring more ideas.

2015 was a monumental year for Bundanoon as we celebrated and reflected on 150 years as a community.

BCA had as a specific goal from 2015 for there to be some long-term legacies from the Sesquicentenary year – see the summary of the 150th year on page 16–17. I can share with you that all these projects have begun. Some will be completed in 2016, and some may go into the years ahead, but they all came about as a result of our celebrations of 150 years of local community. This year is the 85th AGM for BCA and that is an incredible record for a small number of people living happily in this beautiful part of the world.

This is the last President's Report I will share with you the readers of JCG. My three years on the BCA Committee followed by three years as President have brought me in touch with so many wonderful people in Bundanoon; I couldn't ask for a better personal legacy. It has never been boring, it hasn't always been 'a walk in the park' but it has always been a privilege to be part of the umbrella role BCA holds in Bundanoon. I have worked beside many people and met some quiet achievers and some not-so-quiet achievers but never felt all weren't offering their time and energy to the betterment of not only the work and role of BCA, but more importantly to our village, our community. Thank you all.

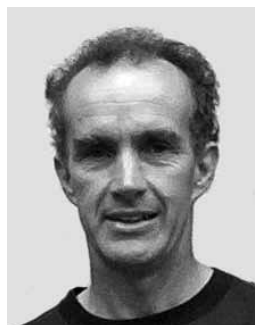
I'm looking forward to being on 'the other side of the desk' as the saying goes and will cherish the chance to be a participant in many of the things that you can do in Bundanoon.

See you on the other side.

**The BCA AGM will take place on Thursday 17 March, 7:30pm in the Soldiers' Memorial Hall. All welcome.**

## Council News

AT THE FIRST meeting for the year in February the big item was final ratification of the Special Rate Variation. Councillors voted for option three, the 'improve scenario', which will be submitted to the



Councillor Jim Clark

Independent Pricing and Regulatory Tribunal for determination. Whilst any rate rise can be controversial, it was felt that it was necessary for the Shire to maintain and improve our assets in line with community needs and expectations. As a follow-on from this, council will be looking at an internal efficiency review and saving program to ensure the Budget remains balanced and that services are provided where they are most needed.

The first meeting of the year also marked the final six months of the council term, although the State Government is considering extending the term of councils for a further six months, to allow time for the proposed council amalgamations to settle in. If the State government chooses this path, elections would take place in March 2017. Judging by some of the action and personal interplay at this first Council meeting of the year, the election campaign has already begun (in the minds of some). Can it be sustained for a full twelve months, one wonders.

Great to hear that the villages of Berrima and Medway have declared themselves coal free. Mining company Hume Coal were quick to declare this action "unachievable". Hume has invested substantial funds into advertising and public relations including setting up a "charitable foundation" to dispense grant funds in the Shire. Commendable though this may be, and designed to win over hearts and minds of local residents, it does nothing to make the reality of a large polluting coal mine in the heart of the Highlands acceptable. My feeling is that the Wingecarribee community supports Berrima and Medway in their fight against the proposed mine, as does Council.



**Save the dates for this year's Garden Ramble: 22 and 23 October 2016.**



Bundanoon Garden Ramble is an initiative of Bundanoon Community Association (BCA)



TO FURTHER ENDORSE its commitment as a community gathering, the Committee of the Highland Gathering is making some changes this year. The aim is to encourage more residents to be part of the day and to increase the festive atmosphere in the village. Remember – this event is billed as an event for the whole family to enjoy.

Banners will be positioned along the shopping strip in the weeks leading to the event to add a festive air to the village.

A special discount pamphlet is included in this edition of JCG, which can be exchanged at Todds Real Estate by April 7th for 25% discount on adult entry and 20% discount on family entry. If you have never attended this event or it has been a while since your last visit, this is a cost effective way of having a great day out with lots of chances to participate in many of the events.

Many years ago the parade through the village had to be discontinued because of traffic control and health and safety reasons. Many people in the village miss that longer march. This year, in collaboration with BCA, pipers and drummers will be positioned along the main street to play for an hour, from 8.30am to 9.30am, just before the official

parade commences down Erith Street. So come along and enjoy this prelude of distinctive Scottish airs.

Meanwhile at the oval, for those early arrivals, events associated with the Brigadoon Challenge will be held between 8.30am and 9.30am as well as entertainment by a variety of Celtic groups.

The Gathering is a not-for-profit organisation with all surpluses going back to the community. Over the years over \$1.1million has been handed back to community groups and for the beautification of the oval. The committee aims to build that contribution to at least \$1.5million by the time of its 50th Anniversary.

The more people who attend, the more is available to give back. It is truly an event 'by the community for the community'.

2017 will be the 40th anniversary of the Bundanoon Highland Gathering and a lot of additional events are being planned to involve the community, so watch this space for news as it comes to hand.

## Brigadoon reaches out to locals



### history group

## Too good to be true

› Ralph Clark

*The Bundanoon History Group is a wonderful source of local archival material and has an archive committee responsible for updating and maintaining the collection which includes many extracts from early Southern Highlands publications.*

IF YOU THOUGHT email scams were a modern innovation read on!

*The Scrutineer*, April 2nd., 1898.

Mr. Larkin of Bundanoon is in receipt of a letter from Spain in which the writer says he is a military officer in prison for desertion and embezzlement, and that he buried 650,000 francs in an iron box near Bundanoon about 6 months ago. His daughter is in a boarding school, and her trunk which contains the plans of the place where the treasure is hidden, is held for her board by the directress. These are stated to be necessary to find the trunk and enough money is wanted to release the trunk and to pay the daughter's passage to Australia, with that of a servant.

Mr. Larkin is to receive one-third of the amount on condition he proves a faithful guardian. The generous offer is still open to anyone. This letter may be seen at the Scrutineer office by anyone interested.

(Warning)

On careful examination we notice that the letter is a "lithographic" one, and we can hardly conceive how such a communication could have secured the result it appears to have done in some quarters. Assuming that the whole of the letters that have been received are of a like character, had the recipient submitted it to a bank manager or any keen commercial man it would have easily been detected and pronounced a forgery.

*Bundanoon History Group has over 100 members and meetings with a guest speaker are held at the Bundanoon Club on the first Monday of the month (except January). 10.00 am morning tea and meeting at 10.30am. Please join us.*



› Christine Miller  
and Christine Janssen

# Bundanoon's 150th birthday

**2015** began with special signs at both ends of the village welcoming all to Bundanoon's 150<sup>th</sup> year! A notice board went up on the side of the Hall to keep the community and visitors aware of all the opportunities to enjoy the Sesquicentenary, month by month.

In February Trish Arbib from the *Bundanoon Garden Club* shared the **History of Nurseries** in the village, and the *Bundanoon History Group* placed in the waiting room at the railway station some **framed archive pictures** showing the significance of our station throughout our first 150 years.

The celebration began officially with a **Cocktail Party** in the Hall in early March, with a guest list recognising the 'old' families of Bundanoon, and the many organisations, businesses, committees and volunteers who have made a significant contribution. At this very special event presentations of our Sesquicentenary Medal were made by Christine Janssen, the Convenor of the 150<sup>th</sup> sub-committee of BCA, to the Honorable Pru Goward, member for Goulburn and the then Mayor of Wingecarribee Shire Councillor Duncan Gair.

The event also launched the **pink boronia** as our official logo for 2015, which in many forms graced all the events held throughout the year. This beautiful emblem has been immortalised in the village on the **restored BUNDANOON sign** at the railway station, thanks to work by the *Bundanoon Men's Shed*.

BCA set a goal to have some long-term legacies from 2015 go beyond the immediate focus of enjoying the events during the year. One of those goals is the **rejuvenation of Leaver Park** and as a first step, on Clean Up Australia Day 2015, 10 cubic metres of rubbish was picked up and removed from the area.



A special 150th Birthday Lunch was held by the Bundanoon Croquet Club in April.

The Southern Highlands Visitor's Centre invited BCA to display an exhibit for 2015, which attracted a number of visitors to the Highlands to our events during the year.

During March the *Bundanoon Community Garden* held the **Grow Cook Eat Festival**

highlighting food through the ages, and the *Bundanoon History Group* offered **mini bus**

**tours** that shared the fascinating history of both the people and the buildings of our village.

**The Art of Needle Work: Past and Present**, planned and prepared by the *Needles and Natter* group, highlighted the talent and skills of women who knit, sew and weave not only for enjoyment, but also to provide beautiful and useful articles for the home. Visitors and groups from near and far enjoyed the display held over two days.

**Brigadoon** (always in April) acknowledged the Sesquicentenary during announcements on the day and the *Bundanoon Public School* entry in the Brigadoon street parade was a wonderful special birthday-cake float which attracted a lot of attention. Also in April, a **150th Birthday Lunch** was held by the *Bundanoon Croquet Club*.



A range of Sesquicentenary merchandise was produced



The *Bundanoon History Group* presented a fantastic display of **Treasures from the Past**, an event enjoyed by many, with a wide range of exhibits – some intriguingly hard to identify.

*Serendipity: the Choir* provided a choral reflection with the beautiful 'As Time Goes By' concert in May.

The *Bundanoon Garden Club* held a most enjoyable and well attended **Winter Seminar** with excellent presentations by Sabrina Hahn, John Siemon and Stuart Read, reflecting on the history of the Australian home garden and other areas of great interest.

**Voices from the Past** shared early residents' recollections in a number of oral histories recorded by the *Bundanoon History Group*. This event most appropriately took place in the Old Methodist Church and during 2015 BCA worked with the BHG to take the opportunity to use this precious building in many different ways.

The **Art of Afternoon Tea** held in June delivered our Hall to a new level of majesty. *Arts Bundanoon* brought together a special reflection on how many an afternoon was spent in earlier days of the Shire. Guests at the Palm Court sipped from fine china and enjoyed dainty nibbles – *Warrigal Care* in Bundanoon lent some of the china to the event.

A first, and a highlight of performance in our Hall proudly presented by *Arts Bundanoon*, was a **Master Class and Recital**

# celebrations

by Roger Woodward, the world-renowned Australian pianist. The master class gave four students of piano a chance to play, listen and learn and the sold-out recital shared with the audience a masterful performance.

Other important milestones were celebrated alongside the 150th events.

Early in September the *Bundanoon Brigade* of the Rural Fire Service celebrated 75 years of being a vital part of the community, and the 120-year anniversary of *St Brigid's Catholic Church* was marked by the laying of a consecrated plaque.

**Huw and Hugh In Conversation** brought together in the Hall two Bundanoon locals: renowned social commentator and author *Hugh McKay* and adventurer *Huw Kingston*, to chat about the 12 month, 14 thousand kilometre, 17 country journey undertaken by Huw by kayak, foot, boat and bike around the Mediterranean, to raise money for Save the Children Fund. The fascinating discussion touched not only on the specifics of the journey undertaken, but also why we humans do such amazing things.

The **Festival of Carriage Driving** held by the *Pony Club* attracted competitors from all over Australia and the elegantly restored carriages were a great attraction.

The **Bundanoon Garden Ramble** featured some gardens over 100 years old as part of their Sesquicentenary year event.

*JCG Food and Wine* brought together a fabulous **150th Dinner** in the Hall for 150 diners as the celebrations began to come to a close.

*Bundanoon Public School* students presented a wonderful overview of 150 years of history in their end-of-year concert '**The Terrific Time Travel Train**'; each class group presenting beautifully performed and colourful acts based on different time periods.

The year's celebrations ended with a **Street Party** which focused on the younger members of our community, who all enjoyed games from the past, delicious food and a lucky dip.



Santa was a welcome arrival and highlight of the evening. Some 'younger' adults enjoyed the Santa Dash – a sight to behold.

Other projects (as well as Leaver Park, mentioned earlier) were started as part of the Sesquicentenary year in 2015 and to be continued to completion in the years ahead. They are: the upgrading of the Bundanoon Community Pool, developing an appropriate Brigadoon-related sculpture, a permanent record in the village of the Don't Bore Bundanoon/Bundy on Tap campaign, investigating the purchase of a new piano for the Hall and the planting of many *Allocasuarina littoralis* trees (sheoaks) to strengthen the population of this native tree, a favoured source of food for the glossy-black cockatoo which is an endangered species of the Bundanoon area.

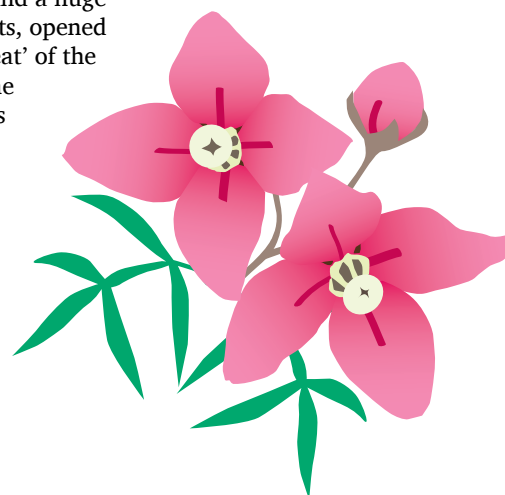


Participants in the **Kangaroo March re-enactment** spent two nights in town towards the end of September and we had a visit from the Premier of NSW, The Honourable Mike Baird to commemorate the occasion. We were pleased to be able to present the Premier with a Sesquicentenary Medal. The NSW State Library brought an extraordinary exhibition of World War I diaries for display in the Old Methodist Church, which added a real and moving sense of war-time events of one hundred years ago. The marchers were welcomed to the village and escorted to the Bundanoon Public School grounds where they camped, as in 1915. The *Bundanoon Lions Club* and *Bundanoon RSL* provided dinner – described by the marchers as one of the best on their journey. *Melting Pot Theatre* put on a show that will long be remembered by all who were able to join in. Another memorable and special part of this event was the reading of their own researched stories about the Kangaroo March by pupils from our public school.

As part of the preparation for the Kangaroo March the *Green Team* planned to make available Flanders Poppies, a close link to the time, but southern hemisphere seasons made that impossible, so they made red poppies as part of this re-enactment.

Of course, the Sesquicentenary's success was due not only to the outstanding efforts of all the interest groups within our community, the volunteers, the local businesses, and support from Council; but also to all who came along, joined in and supported all activities, bringing friends and family too. How fortunate we are to have a community where many are willing to give a lot of time, share creative ideas and thoughts and give financial support for village projects.

Another significant contributor to the success of 2015 was the Bundanoon Soldiers' Memorial Hall. It transformed itself for musical and choral performances or readings from old newspapers for the Kangaroo March, for lovely dinners and a huge array of other events, opened its doors for the 'heat' of the launch, breathed the joy of old children's games being rediscovered and played again, and in so many ways simply made things work. A treasure from the past indeed.







# Farewell Robyn!

## › Christine Miller

ROBYN VERSLUIJS'S RETIREMENT from teaching at the end of 2015 after 14 years as Principal of Bundanoon Public School (and a total of 42 years as a teacher) was marked by a recent celebration hosted by the Bundanoon Community Association.

Robyn's character, vibrancy and energy were recognised as a factor in her considerable achievements at our school.

She worked tirelessly to encourage students in all areas of their education and to strengthen links between the community and the school at many levels. A testament to her approach comes from comments made by local high schools: "We can tell the students from Bundanoon. They're well rounded, well prepared and well mannered."

During her time at the school the grounds and gardens were beautified and the Aboriginal trail path built; she ensured

the new hall at the school had a stage as well as four walls; a new staff room for the teachers was added.

She encouraged students' creativity: annual concerts developed that WOW factor, and art shows delighted family and friends while developing in all students a sense of achievement. Final assemblies were a highlight of the year with respect and celebration offered to each and every student. Robyn also helped grow the students' sense of community when participating in Brigadoon, Anzac Day marches and at the recent Kangaroo March.

Enrolments have grown and past pupils have chosen a wide variety of future paths, no doubt resulting from her encouragement always to participate, appreciate, respect and celebrate.

Thank you Robyn very much for all you have given. Our best wishes for health, happiness and lots of great travelling ahead.

## New beginnings at Bundanoon Public School

THE START OF the school year has brought many new beginnings to Bundanoon Public School. A new Principal has taken the reins from retired Principal Robyn Versluis, a new teacher has taken the first steps along her teaching journey and two new School Captains have been inducted. They introduce themselves below:



Amy Darch, Linda Wilbraham and Brendan Hughes

### Amy Darch

My name is Amy Darch. I am 11 years old and the School Captain of Bundanoon Public School. As School Captain I take the job very seriously and I feel honoured to have been voted in.

Being School Captain means that I speak at assembly every week, I meet important

people and thank visitors and guests on behalf of the students.

Outside of school I dance at Pointe Dynamic Arts. I am a fellow member of the Bundanoon community and I look forward to doing more for Bundanoon

### Brendan Hughes

My name is Brendan Hughes and I'm the School Captain for Bundanoon Public School.

I'm so excited to be the School Captain for 2016 and I take the job very seriously and respect it. I enjoy meeting guests and visitors to our school.



I've played Rep cricket for the Highlands and the Bundanoon Cricket Club.

### Marlee Peck

My name is Marlee Peck and I am another new face at Bundanoon Public School. I am a Targeted Graduate from the

University of Wollongong and was very fortunate to be given a position here. I am very happy to be a part of this lovely school and community.

### Linda Wilbraham

My name is Linda Wilbraham and I'm the new Principal at Bundanoon Public School. I feel honoured that the school community selected me to lead such a wonderful

school. I am passionate about providing every child with quality teaching and learning experiences so that they are able to become successful, lifelong learners.

I am currently sharing my time between the mountains and the sea! I am staying in gorgeous "Plum Cottage" in Bundanoon on workdays and then returning to my home in Gerringong on the weekends. When I am not at work, I enjoy spending time with my husband and three sons relaxing at the beach and seeking a good coffee.

### Our Youngest Students

The journey began on Friday 29th January for 26 excited Kindergarten students when they had their first official day at 'big school'. Parents bravely waved farewell and then headed for "tea and tissues" kindly provided by the school P&C. The Kindergarten students have since settled in beautifully to school routines under the expert guidance of Mrs Lisa Reid and Mrs Barbara Armfield.



Kindergarten students Madison and Mika with Mrs Wilbraham



## › Lyn Morehen

LOVE THEM OR hate them, here in Bundanoon it is almost impossible not to notice gardens and gardeners. Magnificent towering eucalyptus provide a stunning backdrop to our gardening efforts. This is not a place of scrubby bush, it is a place of grandeur.

Now one can hardly call Bundanoon a thriving metropolis. Indeed on some week days there is hardly a car or a person to be seen in our village centre. Shopkeepers pass the time of day sitting on outside benches, chatting and perhaps oblivious to the tubs of colourful flowers that adorn the main street. Come the morning of the first Thursday of the month and it is a different tale. The place is abuzz. Music plays from the 'Bloomery', our own garden shop, people rush to the Memorial Hall and if one arrives after ten all the parking spaces are taken. What is happening? It is the monthly meeting of the garden club. Bundanoon is the only town that I know where gardening is such a focus.

We came to live in Bundanoon just over two years ago; I am a horticulturist and my husband a sailor (he still escapes to Sydney for the occasional sail!). We were beguiled by many things, the things that make Bundanoon such a vibrant place. The landscapes, vistas and gardens are an exquisite, eclectic mix of plants, both endemic and from far away.

Plants travel. They may not accrue frequent flyer points but they certainly know how to accumulate the miles, or should I say kilometres. In my travels around Bundanoon I have seen plants from most corners of the world. Brought by wind, water, birds, animals and humans these plants provide diversity.

Here there are many avid gardeners; gardeners with heaps of experience and also qualifications;

gardeners giving it a go and people who just enjoy gardens. There are gardens of all types. In Bundanoon, and its surrounds we have world class gardens, think 'Red Cow Garden'; cottage gardens, quirky gardens, collectors gardens, 'native' gardens.

So, such a wonderful place deserves a garden column, a place where garden tales can be told, and hopefully read. In coming editions I may be tempted to give advice and share the experience of others but this is not to be a horticultural column, it is a column about the tales of gardens in Bundanoon. Giving horticultural advice can go awry, as my friend Elwyn Swane told me recently when she visited Bundanoon for the 2015 Garden Ramble. Elwyn and a fellow horticulturist and florist Delwyn Thomas have a garden talk show on Forster radio. They call it the 'El and Del' show. Some time ago a listener called in to ask about how to care for her ailing rose bush. Among other things Elwyn suggested that the poorly plant be given a feed and a little prune. Now Elwyn's show has a very satisfied following, so she was surprised when this listener called back some time later and complained that the rose was still not how she wanted it. So, very patiently, Elwyn asked about the treatment the listener had given the plants. The listener told Elwyn that she had dug in a prune alongside each rose bush and nothing had happened!

Elwyn loved Bundanoon, the Ramble, the gardens and the people. She went back to Forster inspired by the beauty of this place and the wonderful gardens and people.

As I ramble round Bundanoon I see gardens that give me joy, inspire, make me laugh and be glad to be here. Happy Gardening. ●

Bundanoon is a great place to relax and enjoy gardens







## Scribbly notes: Autumn

Contributed by  
the Scribbler

WANDERING INTO MORTON National Park brings the surprise of discovering the many keyhole openings along the tree-clad cliff tops, where views of the park open out like tapestries of tangerine sandstone crags, olive forested ridges and navy blue deeply shadowed gullies. Each season the light alters and colours change.

There are also seasonal tiny wildflower, fungi and insect surprises which constantly intrigue and please. Which wattle is lighting up the bush this month, who lives in this hole in the ground, and what colourful or strange-shaped fruits will jump out to the eye?



This regular column, supplied by interested locals, will feature a little of what's to be seen in each season – we hope it inspires a ramble into our amazing treasure-house of natural wonders.

On a dull day in the bush a spot of colour is welcome. Watch out for fungi – tiny scattered jewels of gold and purple and red, or lush clusters on the bark of dead trees.

A flush of brilliant orange hairpin brushes adorns *Banksia spinulosa* and the small *Acacia suaveolens* may have early pale blossoms and unusual blue-grey pods from the previous year. A tiny but



brilliant yellow and red pea flowers in autumn, while the berries which give blueberry ash its name will be attracting birds along the track to Fairy Bower Falls.

Plumwood trees at Erith Coal Mine may still have some blooms – their large white flowers have a delicate scent, and can be easily seen from the steel stairs.

Last but not least, bracken and king fern begin to turn rusty with age and can provide gorgeous colour and contrast in dull corners.



Poppy the Kelpie, who was owned by local resident Robert Smith. Read her story on the next page.



## Vet's casebook

by Ken Davidson BVSc (Hons)

THIS EDITION'S VET column is about choosing a new puppy. There are many considerations to avoid making the wrong decision and the tick-list that follows should help.

- Do you want small and cute, medium terrier type, working dog, large and boisterous, giant breed? Think in advance about which of these would suit your lifestyle. Small = live in house, medium = indoor and out, large = mostly outdoor, giant = happier outdoors.
- Do you want curly or shaggy coat? Short coats, if small breed, sometimes shed fur; short coats in medium dogs easily groomed; short coats in large dogs save on expensive grooming.
- Temperament. You get good and bad temperaments in all breeds but dogs that have the genetics for aggression can end up with problems as they mature, particularly related to jealousy over their owners and food.
- How big is your backyard? Large dogs need space to run around, smaller dogs less so.
- How is your lifestyle? Long working hours = less time with your dog; Kids can take up lots of time, competing with time you can spend on your puppy. The plus side is that kids can play with your dog if they are home, helping to socialise it. Time to take your dog for a walk daily preferably or at least a few times a week is important.
- Do you take holidays and weekends away? Dog boarding can be costly.
- Feeding costs and Vet bills. Generally the larger the dog, the more they eat and the more they cost to treat at the vet.

Working farm breeds of dog can be among the best pets, even at home on a house block, but they often become very attached to their owners as the following experience of local resident Robert, a lovely owner of the recently deceased Kelpie "Poppy." He has a small farm on Ellsmore Road as well as a house north of the harbour. He and "Poppy" travelled between both homes on a weekly basis.

I trust you enjoy his memories and I print them in full as there are lessons to be learnt for anyone thinking about getting a high IQ dog.

\* \* \* \* \*

### Some Antics of Poppy the Kelpie

(Born 17/9/2000. Deceased 15/1/2016)

#### Timing

Poppy had perfect knowledge of the time and day of the week. She always ensured I was up by 6.30 so that she could make sure I got my breakfast. She used the same pressure at other meal times. She also insisted I go out in the morning to get the paper but she knew there was no paper on Sunday so on that day there was no pressure.

Poppy did not like me to sit in front of the television unless I had my evening meal on my lap. (She always made sure the TV was turned on when I was getting my dinner, or I was told about it). On one occasion I sat down with just a few chips and a drink but I could tell by the look on her face that she did not think that was a satisfactory meal. She kept patting me and trying to lead me to the kitchen so in the end I had to give in and go and get a "proper" meal. She then sat down happily on her mat while I watched a two hour program.

At one time I was in the habit of going to Exeter on the same days each week. However on one occasion I went one day early so that on Saturday she thought it was Sunday. I started to put on my work clothes and Poppy started patting my church clothes which

were on the bed opposite. She was clearly telling me that I was putting the wrong clothes on. (She always checked which shoes I was putting on as that told her whether I was going out or not).

#### Driving

Poppy liked to stand between the two front seats so she could watch the road. She knew the way home from Exeter and if I deviated I would get several sharp taps on my arm. At one time I had to go to Moss Vale on the way to Exeter for several weeks so I was turning off the highway at the exit before the one to Exeter. On the following week I did not have to go to Moss Vale so as I approached the Moss Vale exit I was still going at full speed. I received a sharp tap on my arm which was clearly saying: "Slow down or you will miss the turn".

Poppy understood the colour of traffic lights, presumably by their position. There is a green arrow close to my home and on one occasion I was first in line at the intersection. I missed noticing the green arrow, but quickly received a tap on my arm to tell me to proceed.

Poppy liked to check the vent on a hot day to ensure the air conditioner was on. If not I received a clear prompt. On one occasion it was close to dusk and I suddenly started receiving lots of taps. It took me a while to work out what she was saying, but then I realised I had not turned the lights on.

Poppy always remembered where she spent her first years. Even after 10 years with me she always gave a few low barks every time we went past Mittagong on the freeway, in either direction.

#### Entertaining

Poppy knew that after dinner it was time for me to go to bed. When she accompanied me to another house for dinner therefore she was closely watching, and when the meal was clearly finished she would pressure me into leaving. If I did not respond she would then pressure the hostess to tell me to go.

On one occasion we had 7 or 8 people to dinner at Exeter. Poppy welcomed them on arrival, as she always did, and then sat quietly while we had the meal. After that we moved to the lounge for coffee and when everyone had finished Poppy went around each guest in turn and patted them on their knee. She then tapped the front door and one of them asked: "Does she want to go out". I had to say: "No, she wants you to go out".

#### Hearing

Pat, my neighbour, was cooking a chicken and insisted on giving me some dinner. She rang about 6.00pm, when I was on the computer with Poppy beside me, and she said she would bring it in in about 10 minutes. I told Poppy that Pat was coming in and went on computing. Poppy was obviously listening and after some time she barked and went to the door. I followed, thinking Pat must be there, but there was no sign of her. Poppy however did not give up, staying excited and sniffing the door jamb.

After a few moments Pat did appear and we worked out that Poppy had heard Pat's front door shut and knew she was on her way. Poppy obviously has better hearing than I do (and sometimes I am concerned she might be smarter!!!)

She was a marvellous dog and a great companion and guardian.  
E Robert Y Smith

\* \* \* \* \*

One final tip if you are trying to choose a puppy in a litter. Sit near the litter for a while. Before long a pup will come up and sit near you. Give it a pat and move elsewhere. If it comes up to you again, the pup has chosen you. It will make a faithful pet forever. Conversely, a reticent and shy puppy may always remain like that and never be outgoing.

Whatever choice you make, dogs are always a man's best friend.



# Loneliness and hope

## › Rosemarie Gray

ARE YOU FEELING alone in life? Does it seem as if you have no one to talk to but yourself?

The loneliest time is the loss of a loved one. Not only do you withdraw from social circles and professional colleagues, you withdraw from your family as well. Maybe a rocky event has left you isolated and alone. Or maybe you've always been a quiet and reserved person who enjoys spending time by yourself.

If you'd like to feel a little less isolated, here are some hopeful ways to overcome loneliness:

Be comfortable with your thoughts and feelings. Take note of the thoughts you have and the emotions you experience when you're alone. Are you comfortable sitting with them? Do they overwhelm you? To observe your thoughts, create down time during which you do nothing. Practise silence. Become mindful of your thoughts and emotions. You don't need to attach yourself to these thoughts or become a prisoner of your emotions. Let them pass. Be a silent observer. Acknowledge, embrace, and be at peace with them.

Confront your mindset. You are worthy and people want to know you. Before you try to meet people and cure your loneliness, know that you have a couple of mental hurdles to get past first. If for any reason you believe you're not good enough or worthy enough or lovable enough, you have a dilemma. If you're

not okay with yourself, work on that issue before you meet others. No friendship or relationship will be enough for you if you're not enough for yourself. Remind yourself about your good qualities. Tell yourself the reasons you're a good person and worthy of forming relationships with others. Throughout your life others have valued your personality, uniqueness and friendship.

Do what you enjoy. Look for others to enjoy it with. If you enjoy a particular sport or hobby, continue participating. Instead of doing it alone, look for groups of people who are doing it together. There's no easier way to break the ice than by participating in something you're passionate about. Even if you're not enjoying the company of others, or if you're feeling awkward about being there, at least you'll enjoy the activity.

Say "yes" when your mind defaults to "no." If you're open to meeting other people, be prepared to say "yes" when you receive an invitation to an event. Be prepared to go where you might not know any of the other guests. Get out of your house even if your every thought throbs with the word "no." Have an open heart and an open mind. The worst thing that can happen is that you'll never go back. The best thing that can happen is that you'll meet new people and form a new group of friends.

It's not a popularity contest. Remember, your goal isn't to meet as many people as you can. Unless you're a politician running for office, your goal should be to have



quality conversations with a few people who can become your friends. Also, large groups of people may intimidate you. Chat with a small circle of people and attend gatherings or events with the goal of forming quality friendships. You don't need to meet 50 people—you just need a connection with one person.

Don't play the comparison game. Focus on your life and your desire to make friends. Try not to compare yourself to "popular people" who seem to have it all, including lots of friends. Appearances can be deceiving. Your friends who are surrounded by other people might have shallow and passing relationships. Don't let their experiences inhibit you or make you feel bad. You don't need a lot of friends to break the wall of loneliness – you just need a few.

The bottom line on loneliness – you can break out of it by taking action, getting out of your comfort zone and meeting new people. Take the risk of breaking through your mental barriers; a richer and more fulfilling life awaits you.

*Rosemarie Gray is a Relational Psychotherapist. Previously, a partner at the Jansen Newman Institute, Sydney, followed by private practice in Sydney and The Southern Highlands.*

# Dementia is on the rise – but you can do

## › Alan Olsen

NEW DEMENTIA FIGURES for 2016 show more people than ever will be living with the condition this year, but the peak body representing people with the fatal disease says you can live well with it, with the right support.

The figures, prepared for Alzheimer's Australia NSW by Deloitte Access Economics, show the number of people estimated to be living with dementia in NSW has risen to almost 115,000.

That figure is expected to continue to rise to more than 128,500 people by 2020 and an estimated 272,000 people by 2050 if a cure or significant medical breakthrough is not found.

Alzheimer's Australia NSW CEO The Hon. John Watkins AM said dementia does

not discriminate and will impact every community across NSW.

"Dementia is the second leading cause of death in Australia, after heart disease, and there is no cure," Mr Watkins said.

More than 342,000 people have dementia in Australia. This number is projected to reach more than half a million by 2030.

**In the Goulburn state electorate there is estimated to be 1,450 people living with dementia, which is expected to increase to an estimated 1,600 people by 2020 and 2,900 by 2050.**

But, Mr Watkins said, while the figures are alarming, there is hope for those living with dementia.

"Dementia can be a very isolating, confusing, confronting and difficult disease

to live with," he said.

"But you are not alone. There is a whole range of help available and, with the right support, you can live well with dementia. A great starting point is calling Alzheimer's Australia NSW on the National Dementia Helpline on 1800 100 500.

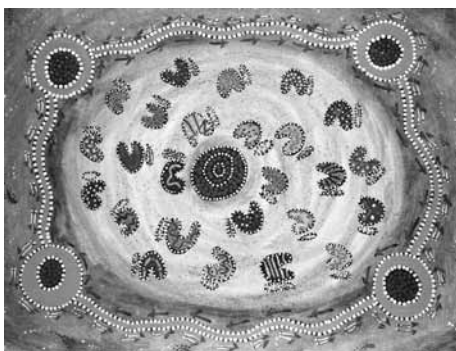
"Our professional and compassionate staff can talk to you about what is happening, give you advice and strategies for how to manage now and into the future, and point you in the right direction for further support and other services – all for free.

"Some great programs that have proven to be really helpful include *Living with Dementia* and *Recently Diagnosed*, both of which have really proved to be a lifeline to many participants.

IMAGINE RECEIVING THE phone call to say that your son or daughter has been arrested. Imagine your fear as the police arrive at your home to arrest your partner. Everyday, families around Australia are experiencing this, followed by the roller-coaster of emotions, court appearances, gaol visits and parole boards. For many families it is the beginning of a long, painful and often lonely journey as they learn to navigate a new and sometimes unfriendly world.

But there is help! Since 2010 I have had the privilege of being involved with Kairos Outside for Women (KOW). It is an amazing organisation which aims to build a supportive community for women who have been impacted by the imprisonment of a friend or family member. So often these women are the forgotten victims. They frequently experience shame, guilt, judgement, humiliation, isolation and rejection. The imprisonment of someone close to them may affect their family relationships, employment, finances and housing arrangements.

KOW holds residential weekends in May and November of each year. The weekends are free of charge to guests and are a wonderful opportunity to meet with other women who have faced similar circumstances. The weekends are beautifully planned and guests are made to feel really special. There are a series of talks and discussions, which encourage reflection. It often surprises guests how there can be so much fun and laughter in amongst these deep discussions! Confidentiality is of the highest priority. Guests are never ever asked about the crime and can share as much or a little as



Aunty Wendy Lotter's painting on the theme of 'Joy and Peace for the Journey'.

## Kairos

› Deni Harden

they like over the weekend.

There are also reunions every two months which are a great opportunity for people to stay connected and to continue to support each other. Kairos Outside is truly a life changing ministry. It is wonderful to see some women form really strong supportive friendships through their association with KOW. Some women will later become volunteers assisting on KOW weekends. It is fantastic to see women growing in confidence, knowledge and life skills as they prepare to be a part of a Kairos Outside team. The fact that one third of every team must be former guests keeps the organisation very real and relevant and creates a non-judgemental atmosphere of trust. I've met women from all walks of life, from 18 to 88 and witnessed their deep grief, as well as their

joy at finally finding a safe place to share.

The motto of Kairos, is 'Listen, Listen, Love, Love'. Kairos is a non-denominational Christian ministry, but you don't have to be a Christian to attend as a guest or to receive enormous benefit from the weekend or the follow up reunions.

For me, leading a Kairos weekend last



November was an amazing privilege and a daunting responsibility! My wonderful family support me in a myriad of ways to make my involvement in KOW possible. It was a joy to meet the guests, to work as part of a team and to see everyone blossom

along the way! The 30 team members came from various locations across the state and included myself and four other women from the Southern Highlands: Suzy Molyneux, Pauline Hendrie, Kathy Crawshaw and Netty Dubokovich. The theme for the weekend was 'Joy and Peace for the Journey' with the logo painted by local Aboriginal artist Aunty Wendy Lotter.

There are KOW communities in a number of locations around Australia and in several countries around the world. Recently a Kairos Outside for Men community started in the Sydney area.

If you are interested in supporting or finding out more about Kairos Outside please contact Roberta at [operations@kairos.org.au](mailto:operations@kairos.org.au)

## something about it

"There is also the new website [Living Well with Dementia](http://www.livingwellwithdementia.org.au), developed by our colleagues at Alzheimer's Australia Vic, that contains a whole range of information and tips on how to live well with dementia, and includes personal stories from people who are dealing with it right now.

"And there are some great Café Connect programs happening throughout the State, including in Bundanoon. These are run once a month and provide an opportunity for people with a diagnosis of dementia and their carers to come together over morning tea. To find out more, contact the local Alzheimer's Australia NSW Dementia Advisory Service on (02) 4869 5651."

Mike and Linda Bryan completed the *Living with Dementia* program following Mike's

diagnosis of dementia in August 2013.

"I was quite off balance after I had my diagnosis and you become insecure," Mr Bryan said.

"Going to the *Living with Dementia* program gave me various strategies which helped me cope more successfully with my condition."

Mrs Bryan said she also got valuable information about dementia, along with good strategies about how to live happily in her new role as a carer.

"We enjoyed meeting other people in the same situation and sharing ideas and support," she said.

• To find out more and to access support, call Alzheimer's Australia NSW on the National

Dementia Helpline, 1800 100 500, Monday-Friday during business hours. An interpreter service is available. (The National Dementia Helpline is an Australian Government Initiative).

- You can access the **Living Well with Dementia website** at: [www.livingwellwithdementia.org.au](http://www.livingwellwithdementia.org.au).
- Alzheimer's Australia NSW is the charity for people with dementia and their families and carers. As the peak body, it provides advocacy, support services, education and information.
- Dementia is a National Health Priority Area: [www.fightdementia.org.au](http://www.fightdementia.org.au)





# Trekkers and travellers

› Alan Olsen



33.9 MILLION PEOPLE crossed Australia's international borders last year. 17 million people arrived in Australia, 16.9 million departed.

The departures included 9.2 million Australian residents heading overseas for a short time. More than one third of us travelled internationally last year. As expressed formally by the Australian Bureau of Statistics, the Australian movement rate was 391 movements per 1,000 population.

Overwhelmingly, we went overseas for a holiday (59%) or to visit friends or relatives (24%). Just 9% of us went overseas on business. 76% of our international travel was for a month or less.

Not all our destinations are exotic. A third of our travel was to New Zealand, United States or United Kingdom. But Indonesia is now our second biggest holiday destination, up three-fold in ten years. Thailand, China, Singapore, Fiji, India and Japan round out our top ten international destinations.

Travel is not just a young person's game. 48% of overseas travellers from Australia last year were under 40 years of age, 52% were over 40.

At the 2011 census, 40% of Bundanoon was on the senior side of 60. Last year 1.57 million senior Australians travelled overseas, making up 17% of our international tourists.

It is a truism that travel broadens the mind. Seeing and experiencing other cultures allows us to take a step back and think about our own culture.

Bundanoon's Richard Eckersley was born in Japan, son of the Head of the Australian Liaison Mission in Tokyo. From Australia in his 20s, he spent two years travelling overseas, through Africa, Western and Eastern Europe, the Soviet Union and Asia. Richard has written: Like many long-term travellers, I found that the most difficult cultural adjustment I had to make was on my return home. In a way I hadn't anticipated, the experience

allowed me to view my native culture from the outside. I became acutely aware that the Western worldview is just one of many.

In Australian universities, one in six students now studies internationally during the Bachelor degree. Australian government programs such as Asia Bound and the New Colombo Plan encourage students to spend time overseas during the degree. Employers love the international skills and cultural diversity that these youngsters bring back to Australia.

Bundanoon's Nick Smith finished his Higher School Certificate at the end of 2015, then spent the Australian summer in wintry Belgium preparing for the Cyclocross World Championships (he finished 45th in the world). Back in Australia, Nick has just started an International Bachelor of Science Degree in Sport and Movement Science at the University of Wollongong.

For Nick, studying abroad as part of his degree will see him positioned as an international scientist with a global outlook in his special area, sports science.

Of course, travel costs. And inbound tourism brings with it dollars and jobs.

Australia as a destination, exotic for many people, attracted 7.1 million tourists last year. International tourism was Australia's fifth biggest export, worth \$15.8 billion to our economy in 2015.

Our own exotic travel destination, the Southern Highlands, attracted 1.345 million visitors last year: 354,000 visitors stayed for 929,000 nights and we hosted another 991,000 day trippers. From Destination Southern Highlands, these tourists spent \$206 million, creating 2,300 jobs. Tourism is Wingecarribee Shire's biggest employer.

Just 8,000 of these tourists were from overseas, 25% from the United Kingdom. But they spent an average 15 nights in the Highlands and spent \$10 million here.

# Only in America



## › B&J McLaughlan

SOME VISUAL MEMORIES which capture a peculiarly American flavour. “We visited Montana, Wyoming and South Dakota but our starting point was actually Calgary! We did that because we finished off the Wild West with some hiking in the Canadian Rockies. The US part was a “road trip” in a car hired from Calgary. When we returned the car it had clocked up 4850kms over three weeks. The AVIS reception lady had a puzzled look on her face and put it through the calculator three times to make sure.”







# Christmas in Patagonia

## › Helen Clark

REALITY IS KICKING in: wind-driven, cold rain is blasting into my face. My boots are full of water from fording flooded streams. Can't see the mountain peaks behind the shredding cloud ... BUT: here I am in Patagonia, land of my dreams. Ahead is a crazy pale-blue glacier, spiked and ridged and crawling down from an icefield four times the size of Morton National Park into the pastel aqua-coloured waters of a 10km long lake. All I have to do is hang on to my hat and ride the Zodiac to the snout of this huge ice-river, which creaks and grinds and sneezes as it coughs huge bits of itself into the water.

Since I read Bruce Chatwin's *In Patagonia* in my 20s a long-held ambition was to someday walk



among the fairy-tale mountains of this most remote and haunting of places. Finally, on a 15-day World Expeditions tour from north to south, here I was in this most fabled of places, along with seven other dreamers.

The name Patagonia comes from the word *patagão* or *patagón* used by Magellan in 1520 to describe the native people of this region that his expedition thought to be giants. Look at a map of southern Chile and you see the mountains of the Andes to the west, squashed against dozens of channeled islands in the path of the Roaring 40s down to 54° South. East of the peaks are many deep jewel-like lakes filling east-west valleys, and rivers draining out into flat shrublands, the pampas of Argentina.



Our journey took us by bus and boat, plus nine glorious days on foot, through some of the most spectacular areas of the southern Andes, where ice-laced mountains, pale blue glaciers, enormous lakes, quiet tarns perched below snowfields, and soaring fairy-tale towers of rock vie for the title of most dream-worthy.

The geology of the region is complex and dramatic and on virtually bare mountain slopes is highly visible, so for those with an interest, there is a feast of landforms, including ancient exposed and twisted sediment, massive basalt flows, gigantic granite structures and very obvious evidence of former glaciated landscapes.

The most fabulous peaks are huge granite spires carved by ice, wind and rain from a glowing, golden granite, such as Cerro Fitz-Roy and its off-siders in Los Glaciares National Park, and the peaks



in Torres del Paines (Blue Towers) National Park,

Most days when walking we covered 18-22 kilometres over varied terrain, all of it spectacular, with some steep sections, some water, mud and tree roots to negotiate, or rocky slopes of glacial moraine where boulders could be as big as houses. As the weather cleared for the later part of the trip, we had the almost unheard of luxury of seeing all the major peaks without the more usual clouds, wind, rain or storms.

At Torres del Paine we sat in the lap of Torre Grande, the highest peak, listening to the mountain's booming voice, as with grumble, crack and roar avalanches crashed down from hanging ice cornices, seemingly just above our heads.

We walked through beautiful beech forests with dark-green foliage and a pleasant sun-dappled floor, which in summer was blooming with small and



colourful flowers, including butter-yellow viola, orchids, lady slipper and purple sweet-peas.

Although native birds were easily seen in all areas, including the giant condor, larger wildlife is shy, although we saw evidence of puma, the South American big cat, and spotted huemul, south Andean native deer. Animals of the pampas were glimpsed from the bus, and included guanacos, rheas, native foxes and native geese.

Our group was accommodated in refugios – backpacker style lodges- where we crowded into an eight-bunk room and were fed, with varying degrees of sophistication, by the lodge cooks. Most welcome at the end of the day was the bar, where we could enjoy leaving our boots outside and review the day's highlights over a glass or two of very pleasant Chilean or Argentinian wine.



THIRTY YEARS AGO I took a three-month nanny job in Switzerland, with an English/Swiss family based in Kathmandu, Nepal. Some years later I visited them there, and during that trip, my first glimpse of the huge white peaks of the Himalaya, floating impossibly high up in the evening sky, marked the beginning of a long and happy connection with that magnificently beautiful country and its wonderful people.

I returned often, but for the past three years my trips to Nepal have had a particular purpose – to work with a delightful group of children who are monks and nuns in the Lo-Garpuk Manjushree Monastic School. The school is part of a Tibetan



## Monks in miniature

› Lucy Bainger

Buddhist monastery in Upper Mustang, a region of Nepal that straddles the Himalaya. Mustang was until recently a closed kingdom ruled by a king. To escape the extreme winters of the Tibetan Plateau, the able-bodied population of Mustang have to move to the lower, milder regions of Nepal to trade, and the monasteries move down with them.



The children, their three teachers and Lama Lhakpa continue monastic life as usual in Pokhara, until the spring when they return to their home high up in the mountains. As a music teacher I have summer holidays that coincide with their winter sojourn in Pokhara, so I am able to spend between –six and eight weeks there teaching English, using songs and games, mainly to improve pronunciation and conversation skills.

The children range in age from 6 to 15, and have the daunting task of learning to speak, read and write in three languages with three different scripts: their own native Tibetan, Nepali and English. They rise at 5:30 am every day for chanting prayers and sacred texts, before starting school lessons at 10. Saturday is their day off, but on Fridays after lunch there is much excitement as maroon robes are bundled into bags, track suits put on and we all set off for the river: a good 40 minute hike down into a steep ravine. While I descend with the slow care of a terrified sloth, the children skip down like minute

goats, singing, insisting on carrying my stuff as well as their own bags, constantly calling out anything they can name in English as they go.

On the riverbank, usually with a motley assortment of buffaloes, goats, cows and the odd dog looking on, they jump into the cold river and thrash about, diving while I count how long they can stay under, and generally having a wonderful time. Somewhere along the line, the soap gets passed around – not for bodies but for robes, which are washed in the river and hung up onto the river boulders and bushes. After a few hours of play in the idyllically beautiful river bend, the half dry robes are stuffed back into the bags, and we climb (at least I climb – the children skip!) back up and out of the ravine and back to the monastery, to throw the robes over the power lines that act as washing lines on the roof amongst all the prayer flags to dry in the breeze under the watchful mountain peaks.

When I first met these wonderful children three years ago, they were very shy, serious and unsmiling, as befits their custom when meeting strangers. Now they love using my iPad to take pictures of each other or all of us together with big grins on our faces, and much laughter at the results. Like children the world over they are very curious about the wider world far beyond their remote kingdom, and constantly ask questions about my home and everyday life; some of which I must hedge as the contrasts are so stark. I am constantly struck by their incredibly robust joy despite many privations, their impulsive generosity and affection, their humour and intelligence. I only hope that my influence on them is at least half as positive as their influence continues to be on me.



# Beekeeping in Kashmir: heaven on earth

› Margie Thomas

A RECENT VISIT to Kashmir's capital, Srinagar, a place of extraordinary physical beauty nestled around tranquil lakes, canals, and bridges and situated between two nations – India and Pakistan – exceeded all expectations. No wonder this heaven on earth had been lusted after and fought over for centuries. It was indeed the region's 'jewel in the crown'.

Early Autumn in Srinagar offered up clear blue skies, golden hues on ancient chinar trees and distant soaring mountains dusted with shimmering early snowfall. Long houseboats with intricate hand carved cedar balconies and coloured glass windows lined the peaceful shores of Nagin and Dal Lakes. All around was an abundance of almond, apple, pomegranate and walnut trees. A profusion of lotus blossoms popped their lovely heads above the surface of the lake and azure kingfishers flitted here and there, along with birds of prey and myriad other species. As an amateur beekeeper, I could see this was bee heaven.

The plan was to visit a local beekeeper in Dawa village, a short distance away in the hills surrounding Srinagar. As we entered the gateway of a white-washed walled garden it was obvious we were in the right place. There were bees everywhere. Once inside the garden compound there was hardly a space not covered by hives and to my surprise they looked just the same as hives at home in Australia. I was used to seeing more organic hives in Nepal which were hollow logs hung from windows of village houses. Here we encountered neatly painted white boxes – hundreds of them! The air was thick with bees as they went



about busily gathering pollen and nectar from the nearby walnut and apple orchards, and the profusion of flowering plants in the garden. Kashmir gets very cold in winter, with temperatures dropping to around -10 degrees. Snow engulfs the city and surrounding hills and these beehives move to warmer climes in Rajasthan. So the same practice of migrating hives is practised in Kashmir as in many other parts of the world.

The family who owned this property didn't own the hives, but offered their garden and orchard to commercial beekeepers to locate their hives there over the warm summer months. Food for the bees was abundant and they were making the most of it. The family did have a few hives of their own, including a top bar hive which was kept up in the roof space of their home, under cover. It was draped in hessian bags, with similar hessian bags



being used as insulation and in some cases, hive mats in the more traditional langstroth hives. Our host ushered us up into the roof space of her home and opened her top bar hive for inspection – getting a sting on the wrist for her troubles. The language barrier prevented any in depth conversation about beekeeping practices but they seemed to be pretty much the same as practised in Australia. Once the top bar hive was opened it revealed an empty soft drink bottle with a dried corn husk inside it. I presume this was to provide water for the bees with the husk acting as a bridge to prevent bees from drowning.



Once the locals heard I was interested in bees, I was taken to visit another beekeeping family on Nagin Lake. This family apiary, Oriental Apiary, has been operating for 70 years and is currently run by three sisters, with the eldest sister, Hasina, in charge. Their father learnt beekeeping from an Englishman who attended a local school in Srinagar many decades ago. Hasina was an apprentice beekeeper at the knee of her father for 20 years, before taking over after he passed on. The business has kept the family together and provided the sisters with a much needed income. They have approximately 300 hives and keep Ligurian honey bees. In winter these hives stay in situ and are packed out with cotton and warm cloth to protect them from the cold. The sisters proudly told us of many famous visitors, including Mick Jagger, and had his signature to prove it.

The best part of this visit was tasting the honey. Hasina lined up ten different varieties which included opium, lotus, almond, saffron, apple and lily honey. Each flavour is good for a different medicinal purpose, for example cough, cold, blood circulation, memory, and many other ailments. A nearby sign declared that "Honey is the secret of live longer and look younger. A necessity of Dining Table". Who could argue with that! I came away with a small jar of apple blossom honey, wishing I had also bought the saffron variety, which was delicious.

Margie Thomas is an amateur Bundanoon beekeeper & Secretary of Southern Highlands Apiarists' Association.





# Rural Japan: just watch out for the bears!

› Thomas-Andrew Baxter

Mount Mitake

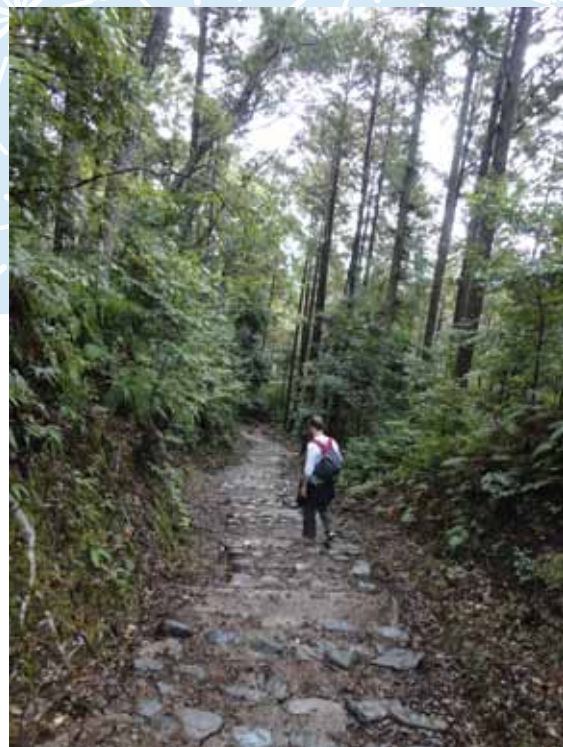
WHEN I FIRST travelled to Japan, I was slightly disappointed. Rather naively, I was expecting at least a glimpse of yesteryear. Instead I was confronted by the concrete jungle of urban sprawl and crowded streets. As the traveller to Japan's main cities is sure to find, it is a country of contrast and contradiction. So the hard texture of the city is softened by magnificently manicured gardens, both large and pint-sized, all designed according to philosophical, historical, geographical and spiritual concepts.

Subsequent trips have allowed for more adventurous itineraries which have permitted access to another side of Japan. Contrary to most perceptions about Japan in the 21st century, there are large swathes of wilderness coupled with rural lifestyles that are light years away from the shopping bazaars of Tokyo, Kyoto or Osaka.

Having read up about pilgrim walks, I was still taken aback to find the deeply Spanish Catholic religiosity of El Camino de Santiago has been linked with the Shinto pilgrim trails of Kumano Kodo through the southern Kansai region. The Kodo ("old ways") are a key part of the region's UNESCO designation, and have been in use for over 1000 years. They are the only pilgrimage routes besides the Camino de Santiago to be designated a World Heritage Site.

These pilgrim routes developed as a way for people to move between the sacred areas on the Kii Peninsula. At the center of this area are the three Kumano shrines: Hongu Taisha, Hayatama Taisha and Nachi Taisha, collectively known as Kumano Sanzan. Even walking only a day on one of these trails becomes an insightful experience considering the countless footsteps on these ancient ways over thousands of years.

Another ancient trail is the Nakasendo Way, a secular one used over centuries to travel from Kyoto, the old capital, to Edo (now Tokyo). The five day central part over the Kiso Road is one of the



Nakasendo

most beautiful sections and has become the classic walking tour in Japan. It takes you into a world far removed from the modern bustle of Japan's megacities.

The walk covers the traditional countryside of stepped paddy fields, shrines, farmhouses with carefully tended gardens, woods and hills. Further into the hills, the trail goes through deep, verdant forests, past fast-flowing mountain streams and waterfalls. It was intriguing, maybe a little unsettling, that every few hundred metres or so



there are signs that beseech you to ring a bell at the sight of bears! If only...

It is on this trail that I found the rural life I had in my mind's eye and longed to experience: the two villages of Magome and Tsumago, probably the best preserved in Japan. It rained hard on the trail between the two villages so we did not meet many other people. Halfway we were greeted by an old man who invites walkers into his dwelling, and provides tea and sweets beside an open fire – magic! Looking up to the mountains with the low clouds and mist, I could see the origins of a lot of Japanese landscape paintings.

It may also come as a surprise, but you do not need to go deep into the country to experience the wilder side of Japan. For example about two hours by train and bus from Tokyo you will find yourself in a vast unspoilt national park and hiking to the summits of Mount Mitake and Mount Otake (1265 metres). It is hard to believe this area is so close to Tokyo; it is a complete wilderness and at its best in autumn colour. Right in the middle there is an area called the rock garden. It is not a garden but a very long ravine, in many ways like a Scottish glen with a fast flowing burn tumbling over moss coloured boulders. It is breathtakingly beautiful, otherworldly, made even more special because it was rare to come across another human... though there are another set of 'look out for bears' signs.

Close to Hiroshima is another wilderness – just minutes from the hordes photographing the iconic vermilion torii off the shore of Miyajima stands Momijidani (maple valley) and the demanding but awe-inspiring walk up Mount Misen. The trail is hard work but I was shamed by the determination of all the old Japanese people walking up, many with sticks!

Getting off the beaten track is a bit of an adventure; walking on the wild side brings many a reward. I look forward to experiencing more on future trips. According to Lonely Planet there are 69 great hikes in Japan, so no excuses. I will however take a small bell to tie on my backpack.



Tsumago



The "rock garden", Mount Mitake

Mount Misen, view over the Inland Sea



### Useful resources

[www.japan-guide.com](http://www.japan-guide.com)

Comprehensive guide to destinations and attractions.

[www.hyperdia.com/en](http://www.hyperdia.com/en)

Indispensible search engine for rail services.

[www.japaneseguesthouses.com](http://www.japaneseguesthouses.com)

Information and booking ryokan (traditional guesthouses).

The following offer tour packages, some self-guided, but also provide good ideas for planning independent travel...

[www.japanpackage.com.au](http://www.japanpackage.com.au)

[www.okujapan.com](http://www.okujapan.com)

[www.walkjapan.com](http://www.walkjapan.com)

These resources are provided solely for information and have no connection to the writer or publisher. No warranty or endorsement is given or implied.





# Watching the birth of democracy in Myanmar

› Anne Davies

HOW DO YOU hold a free and fair election in a country of 54 million with a 60-year history of repressive military rule and several false starts down the road to democracy?

How do you convince the population that the result is fair, when their experience has been one of bloody reprisals each time an election has been held?

The answer is you ask the world to watch.

Late last year, my partner and I and other friend signed up to be election observers for Myanmar's latest move toward democracy. We spent three days up in the hills of Shan state in the country's east, watching polling booths being set up, monitoring the voting papers and best of all, witnessing an excited but nervous population turn up to vote – in schools, halls and temples.

Our little team of three travelled up to Kalaw, in Shan State about 600 kilometres to the north of the Myanmar's largest city and former capital, Yangon, (aka Rangoon). Kalaw is a picturesque former British colonial hill town renowned for its cool climate and diverse range of tribal villages.

Our first challenge was to find the polling places, which were marked with signs in the Burmese language – which none of us could read. It seemed a daunting task, until we were introduced to the ward administrator of block three, U Kyio Win, whose job was to organise the polling stations in his area.

In his 60s, U Kyio Win was the Burmese equivalent of a country town mayor. He was genuinely glad to see us and solved our dilemma by driving us around to most of the 13 polling stations. In modest wooden schoolhouses with glassless windows and ancient blackboards, polling places were improvised. School desks had been repurposed, coloured tablecloths denoted the different votes, while cardboard screens were erected to provide privacy to voters. Ballots were carefully torn from numbered books and voters used a special stamp to mark just one candidate on each ballot.

On election day, we were up at 5am in time for the start of voting at 6am. It was perhaps 14 degrees but the locals considered it bitterly cold and turned up in beanies and warm coats. There was a quiet excitement as they began lining up.

Final voter rolls had been on display for several days and virtually everyone arrived with small slips of white paper – their voter registration cards. After establishing their identity, they went to cast their vote. The final step was to dip their fingers in indelible ink that wouldn't wash off for four days. I know because we tested it to make sure it was the real thing.

As the sun rose over the school, the first voter was a middle-aged Intha man, who told me with tears in his eyes: "I have been waiting for this moment for 67 years." He had been born in 1948, the year of Burma's independence. Now he was witnessing what he hoped would be Myanmar's transition to democracy.

Daw Sein Thein May, 61, a retired English teacher, stopped to thank us for coming to be observers. "I am just so happy," she said. She was accompanied by her two nieces in their late 20s. One had made the 11-hour bus journey from Yangon to vote in her home town; the other had flown back from Korea, rather than risk the vagaries of a pre-poll voting system they did not trust.

By 9am the queues at the school had swelled to several hundred deep as voters flocked to cast their votes. Some stood in line for two hours waiting their turn.

Old ladies in their 80s were helped to the front of the line and up the rough steps. Only as they left did their excitement show. A smile would transform their faces as they held their inked fingers aloft. It was deeply moving.

What the world saw was a resounding victory for Aung San Suu Kyi and her party, the National League for Democracy, which gained 70 per cent of the vote or more.

The international community has declared the election free and fair.

The next test for Myanmar is the handover of power, which will occur in March. The signs are that the military accepts the will of the people. But Myanmar's history is for two steps forward and sometimes three back. It will not be a democracy like Australia's but nonetheless I feel proud to have played a small part.

*The author is the daughter of the former JCG editor, Pam Davies, and a senior journalist at the Sydney Morning Herald.*



# Our first cruise

## › Sue Rumsey

(with assistance from John, Andrew and Daniel)

IT WAS A brilliant sunny afternoon on beautiful Sydney Harbour in early December. Christmas parties were already underway and the atmosphere was amazing. Parties were in full swing on the wharf, people dressed up as Vegemite, the Opera House, and many other colourful costumes, making our boarding even more exciting.

We had been waiting since April for this day, building up mental pictures of what it would be like, what we would do on board and what the food would be like, but nothing had prepared us for that first sight of the ship. To all you seasoned cruisers out there this may be nothing special, but to us that ship was enormous, and we couldn't wait to get on board.

After going through customs and immigration, and breathing a sigh of relief that our paperwork was all in order, we stepped on board the Celebrity Solstice, and were welcomed with a glass of champagne.

As our staterooms weren't yet ready we had time to relax, drink our champagne and be welcomed by one of the funniest ladies we had ever met. She was from Croatia and was one of the crew, with a fabulous sense of humour.

While we were waiting for our cabins we started to explore the ship. It was unbelievable. There were six glass-enclosed lifts off the main foyer, which had a magnificent staircase decorated for Christmas, leading up to the next deck and the library. Also on this deck was the Solstice Theatre, which held an audience of 1,500 and had a stage any opera house would be proud of.

By this time we decided that we needed food to keep our strength up, so we caught a lift to Deck 14 and joined many other passengers in the Ocean View Café. This was the first of what was to be many wonderful meals while we were on board. The food was excellent, and to Danny's delight was always available, even to having pizza after seeing a show and dancing until midnight in the Sky Lounge on the top deck.

As well as indulging in culinary delights from around the world in the café and the main dining room, we were able to work off the excess weight on the jogging track on Deck 12 and/or in the gym, as well as the midnight disco on Deck 14, followed by the pizza before retiring.

During the day we went swimming in one of the three pools, enjoyed a spa, sat on the lawn (Yes, a lawn, with real grass!), or enjoyed one of the special activities, such as cooking demos, glass blowing, how to navigate a ship or dancing lessons. There was always plenty to do – including an art auction with an auctioneer we were sure had double-jointed vocal chords.



Danny, Sue, John, Andrew



Main dining room

Every night there was a show at 7 o'clock, which was then repeated at 9 o'clock. The shows were varied with singing and dancing, music from visiting pianists, the Solstice orchestra, and acrobatics. The standard of the shows was excellent, and we enjoyed them all.

On two of our nights passengers were invited to 'dress up' for dinner in the main dining room. We had been told about this

by friends who had been on cruises before, so we dressed in our dinner suits and bow ties (the boys) and evening wear for me. It was a lovely experience and enjoyed by all.

Would we go on another cruise? We thought long and hard about this, and after about 20 seconds started looking for our next cruise.





# Travel is a pain in the bum, literally!

› **Harvey Grennan**

SHE-WHO-MUST-BE-OBEYED, RECENTLY CANONIZED by Pope Francis for putting up with me, was reluctant to fly to Europe again this year. And who can blame her – sitting in a Judas Chair for 24 hours with your bum aching, your feet in your armpits and restrained from urgent ablutions by the snoring monolith in the outside seat.

My friends – or they were before they suggested this in her earshot– told me to stop being such a Scrooge and to fork out for Business class. There is a fatal flaw here. Once madam savoured the delights of reclining like Cleopatra bathed in the oils and fragrances of Armani toiletries, cosseted in an Italian Frette linen doona, fed by Neil Perry and plied with French bubbles how would I ever get her derriere into an economy seat ever again? She will just have to miss out on the “dual-screen interface” – whatever the hell that is.

Ever the intrepid Googler, I went in search of a Scrooge-friendly solution. The most immediate thought was to have a stopover each way. 10 or 12 hours in an Economy seat is not nearly as excruciating as 24 hours straight and a couple of days in a nice hotel an improvement on paying four times the Economy fare for Cleopatra class. The problem here was that almost all flights from Asia and the Middle East to Europe (the second leg) depart at midnight. So you have hit the streets at 10am, with your bags in tow, with 14 hours for Cleopatra to visit the duty-free before the flight takes off.

Qantas flies direct to Dallas and you can get a Europe connection at a reasonable hour but who wants to go through US security... twice? LAX is 10 times worse. I did find a good connection through Beijing once but was informed by a certain party that she would not fly on a (cheap) Chinese airline. Scrooge was devastated.

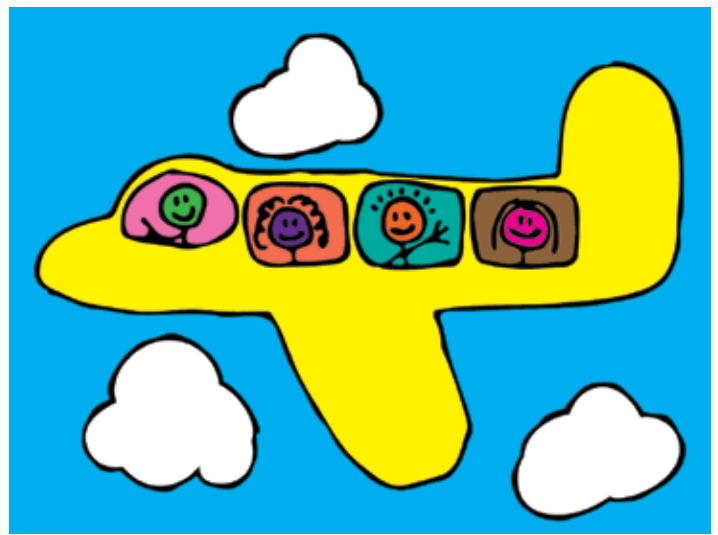
The next option was a “mixed fare”... do the long leg in Business and the short leg in Economy. Still triple the economy rate. Premium economy? The travel agent said it's not worth it. (United Airlines has a great deal. You pay around \$200 for an extra legroom seat).

The solution finally came through endless trawling of airline websites to establish reasonable flight departure times. Morning flights inevitably mean you have to be at the airport at sparrow-fart... not an option for a late riser semi-comatose until morning tea. Skyscanner.com is a great place to start trawling.

The final plan is a 3-day stopover in Dubai with an afternoon departure to Dusseldorf on the way over and an 11-hour break between flights on the way back – enough time for a good sleep in the hotel inside the terminal.

I do have one tip for masochists flying straight through to Europe. There are now pay-as-you-go business class lounges at many airports and it is worth paying the entry just for a shower. Some airports such as Abu Dhabi's Terminal 3 even have free showers in their toilets. For regular travellers you can subscribe to Priority Pass which has independent lounges in 400 cities in 120 countries.

My obsession for a mid-flight shower did cause a little consternation at the old Bangkok airport when I was offered additional “services” by the lady attendant. Her ministrations were somewhat difficult to fend off as my hands were occupied hanging on to my minimal attire –a towel. Little did she realize she was dealing with Scrooge.



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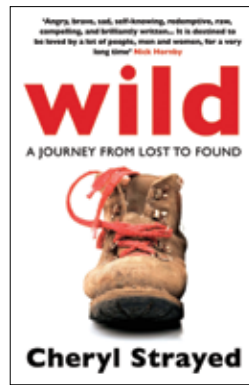
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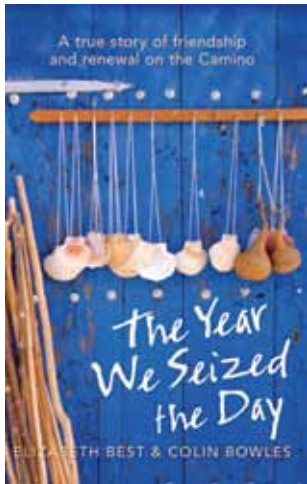




Sarah Marquis sets off from Mongolia. Credit Sarah Marquis



Larapinta Trail. Credit www.tourdetrails.com



El camino. Credit www.merittravel.com



## Tales of trails: 'proper walking'

### › Kaz Williams

*'Let your soul touch the earth – go walking.'* – Sarah Marquis

A WALKING HOLIDAY is a low-tech option of seeing the world, of experiencing wild places at a leisurely pace. You can do it on every continent, either alone or in a group. You can amble, stroll, hike or trek. You can be a flaneur on the streets of Paris or a pilgrim on the Camino. Your two feet can take you anywhere if you've a mind to. All you really need is a stout pair of shoes, a bottle of water and you're off, connecting with yourself and your surroundings in a way you just can't from the comfort of a coach or car. A proper walk is as much about getting inside your own head to explore your interior life as it is about enjoying the scenery around you.

Walking also allows us to get *close* to a landscape, whether it's the vast expanses of the Red Centre on the rugged Larapinta Trail or the more intimate nooks and crannies of the Cinque Terra. The byways of southern France can be better appreciated on a surprisingly child-friendly donkey trek or you can go hard core and immerse yourself in the mud and tragic history of the Kokoda Track. Those with enormous stamina, an outstanding sense of direction and perhaps a touch of mental instability might consider taking on a really big walk for their next holiday. Everest anyone?

But you don't have to be crazy, or crazy fit, to experience many of these adventures. You can enjoy them from your armchair in the pages of a book. Take Cheryl Strayed's *Wild*, her dark, sad, but often hilarious memoir of hiking 1600 kilometres of the Pacific Coast Trail without any preparation, lugging the world's biggest backpack. Or Bill Bryson's *A Walk in the Woods*, his delightful recollection of walking a section of the Appalachian Trail whose vast tangled woods have been frightening sensible people for three centuries. The Camino de Santiago de Compostella, the legendary 1,000 kilometre pilgrims' way across the top of Spain, is a challenge undertaken by around 200,000 people each year. A great many of those dogged pilgrims have written of their exertions but none have done it quite as entertainingly as Colin Falconer and Elizabeth Best did in *The Year We Seized the Day*.

If these tales don't inspire you, then perhaps Sarah Marquis' might. In 2010 the intrepid Swiss began a trek of over 16,000 kilometres walking all the way from Siberia to Australia. A National Geographic adventurer, Sarah describes her extraordinary, solitary three-year journey in the just-released *Wild by Nature*. From freezing cold to desert heat, from high mountains to dark jungles, she crossed six countries facing obstacles that would push anyone beyond their limits ... including being struck down by dengue fever in the middle of the jungle in Laos and attacked at night by rifle-wielding drug dealers.

Of course, reading all these tales might get you fired up to be more than an armchair traveller: to see for yourself how the world looks through a trekker's eyes. When the call of the wild takes you, why not step out of your front door and explore the gullies of our Morton National Park. Or get in touch with any of the adventure travel companies (like Intrepid Travel or World Expeditions for example) who will fit you with a small group or self-guided trek. You get to enjoy all the joy of a long walk without any of the logistical bother, no matter how fit or brave you are. Happy perambulating.

# Fads and fancies: collecting stuff

› Lyn Montgomery

## WHAT ARE COLLECTIBLES?

noun: **collectible**

an item valued and sought by collectors.

“the auction attracted professional dealers trading in quality small collectibles”

adjective: **collectible**

(of an item) worth collecting; of interest to a collector.

“his books became increasingly collectible classics”

The word ‘collectible’ means something different to everyone who ponders the question.

Ask a non-collector what a collectible is and they will probably mention little figurines that are specifically marketed as collectibles or, more likely, they will mention Beanie Babies! Sometimes the non-collector will mention stamps, coins or even rocks and sea shells. It’s always a particular thing.

Ask a collector and you’ll get an in-depth answer on the feelings that are evoked, perhaps the investment made or the quest to find their stuff. Although collectors always hope their collections will increase in value, that’s not why they started their collection.

“A collectible is anything that is non-essential that someone wants more than one of.”

*Lawrence (eBay)*

“Useless stuff in lots of different colours.”

*Jane Viator, Antiques Roadshow Insider*

I have a small collection of elephant ornaments. As with many collections, it started by chance. I bought several that caught my eye, and lo, several more appeared, and then more. None is particularly valuable, just pleasing in form, material and colour. I am in the process of culling them.; too much dusting!

Teapots have always been a favourite and pictured is a teapot belonging to my mother-in-law, Joan Haldane Stevenson. This is a lovely example of Gesso Faience by William Moorcroft from the period when he was the designer for the Pottery of James MacIntyre in Burslem. The registry number dates the design to 1897, the first year Moorcroft worked for MacIntyre.

My sister once owned a collection of over 200 teapots, all crazy in shape and size, displayed on specially constructed shelves. When she moved house more than 10 years ago, they were packed into boxes and I suspect they are still there. But collecting and displaying them gave her great pleasure for many years.



Above: Registry Mark of Gesso Faience teapot

Right: Gesso Faience teapot by William Moorcroft for James Macintyre



At a recent gathering, authors and experts on antiques and collectibles were asked: “What is your definition of a collectible?” Rarely did anyone have a quick or glib answer but, after a few moments of thought, would give their definition.

“A piece of a person’s personal history that holds a special place in their heart.”

*Dean Jutilla, eBay*

“A collectible is something made between 1963 and 1980.”

*Harry Rinker, Rinker Enterprises*

“You own more than two of something that you have no use for.”

*Denise, Doll Collecting on About*

“Part of a group of something that I want to own.”

*Peggy Kinstler, Informart*

Probably many collectors are like this; they build the collection, display it, cherish it, and then one day they move on to something else.

A major factor in defining collectibles is the age of the person. Think of the fads of the past; cigarette cards, comic books, Kellogg cereals’ figures, Barbie dolls, Harry Potter memorabilia, Star Wars toys – these are some of the more common items that spring to mind. Toys and other collectibles that elicit nostalgic memories are popular, but people’s tastes have changed over the past five years. Right now, Star Wars toys from 1977 through 1984, as well as most action figures from that period, are doing well at auction.

Then there are the classics: Wedgwood china, pin boxes, teddy bears, porcelain dolls, fishing lures, Faberge eggs, glass lustres, watches, clocks, carnival glass. The list is endless.

Over the next few issues of JCG I will examine some of these collectibles, and a few famous collections.



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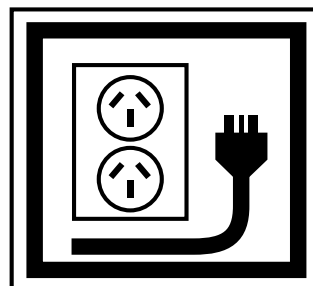
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TYPE OF ADVERTISEMENT	SIZE (W×H, mm)	BLACK & WHITE per issue	COLOUR per issue
Business card	93×52	\$46	\$73
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Quarter page vertical	93×134	\$93	\$132
Half page horizontal	190×134	\$173	\$225
Half page vertical	93×273	\$173	\$225
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Peter Cowling marked the game when Keith Stratton won the minor singles from Sam Nott

# The good life at your local club

› Alan Olsen

THE BUNDANOON CLUB hosted a packed house on the first Saturday in February when the Club kicked off its 2016 program of International Food Evenings.

Café Italia offered a taste of La Dolce Vita on Saturday 6 February, with members and guests tucking into Pizza, Veal Saltimbocca and Spaghetti Marinara, followed by Tiramisu.

International Food Nights continue on the first Saturday each month. Greece is the word on Saturday 5 March, then Thai on Saturday 2 April, American on Saturday 7 May (no leftovers, please) and Chinese on Saturday 4 June.

Your local club alerts members and guests to feature events through a regular Club newsletter. Please email [bundanoonclub@bigpond.com](mailto:bundanoonclub@bigpond.com) to receive your copy of the free newsletter.

Trivia Nights are back at your local club, with trivia and dinner set down for Saturday 19 March, Saturday 30 April and Saturday 28 May. Tables are of eight so bring a mate. Of course trivia nights are more fun on a level playing field, without smartphones.

Why cook at home during the week? Bistro on The Green offers value and variety, open for dinner on Tuesday nights, lunch and dinner from Wednesday to Saturday, and lunch on Sunday. Drop in for lunch after some retail therapy at Bundanoon Village Market on the first and third Sunday each month.

With Bistro on the Green providing dinner each night, your local club offers Jokers Wild, Members' Draw and Meat Tray Raffles on Wednesdays, Roast Nights on Thursdays and Meat Tray Raffles on Fridays. The Club also hosts Bingo on Monday mornings, then Needles and Natter on Thursday mornings with lunch to follow.

Bundanoon Oval on Saturday 9 April will host the 39th Bundanoon Highland Gathering, the premier Scottish gathering in Australia, where Bundanoon is Brigadoon. Your local club plays a key role in the village's hosting of Brigadoon, providing food and drink all day, and frequently shelter, on Bundanoon's biggest day of the year. The Bundanoon Club on Saturday 9 April will open for Brigadoon from 7.30 am, ahead of the Street Parade and before Flower of Scotland.

Bundanoon Oval is the centre of sports activity in our local community, with facilities for tennis, cricket, football, rugby league, swimming, lawn bowls and croquet. Your local club is the focal point for these sports, often providing sponsorship support.

On the lawn bowls greens at your local club, Roy Taylor is 2016 Club Champion with a win in the major singles final against Richard Nortje. Keith Stratton took out the minor singles from new bowler Sam Nott. The 2016 interclub pennant championship kicks off on Saturday 12 March. Bundanoon is at home to Taralga, with matches against Goulburn Railway and Robertson to follow.

The greens at your local club are open for men's and women's bowls every Wednesday and Saturday afternoon.



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# Finding a new direction

› Anna Reid

*During Year 12, as Anna Reid considered a career of nursing more seriously, she naively imagined travelling to Africa, Asia or South America to help improve the living conditions of communities ravaged by war, poverty and disease. It wasn't until Anna spent the week at the Binjari Community health clinic, on the banks of the Katherine River in the Northern Territory, that she became aware of the vast inequity of opportunities and living standards in her own backyard and a determination to get more involved was born.*

FOR THE LAST few years of High School, I felt a growing interest to work in health – uncertain whether it might be as a doctor or a nurse and equally uncertain of what area of medicine or nursing to specialise in.

During my later school years I found work experience in nursing at our local hospital was difficult to secure, so I spoke with our local celebrity nurse, Miranda Lean, about the possibility of observing her working as a practice nurse in Moss Vale. Here I witnessed a skillful and caring nurse, carrying out various procedures, all part of a day's work in the health profession in the Southern Highlands.

In Year 11 at school, I had spent three weeks with a school group visiting Kiribati, a collection of islands located remotely in the middle of the Pacific Ocean. Here we were immersed in the life of a third world community, which opened my eyes to the struggles and problems of less fortunate communities and lifestyles, and fostered my interest in nursing in disadvantaged communities.



When my Dad was fourteen he had been given the opportunity to spend some time with an Aboriginal community in Arnhem Land, so he wondered if maybe, for me, a brief exposure to something closer to home and every bit as worthy was needed before I headed off to university with a head full of dreams.

We contacted an inspiring family friend, Sara, who works as a community nurse in and around Katherine in the Northern Territory. Sara had a typically comfortable upbringing in Sydney, initially training as a cabinet maker (which is how Dad first met her) then deciding later in life to retrain as a nurse and then midwife. Travels during her nursing and midwifery career took her to some remote parts of Australia and she eventually found herself settled in Katherine, satisfied and enjoying the variety of work and now working with a community living with a range of diversity; be it cultural, economical or geographical.

We were in Katherine in late November; forty-two degrees each day, high twenties during the night, just before the wet began. I was lucky enough to shadow Sara, to learn more about nursing and

midwifery, specifically Indigenous health which will be part of my study this year at the University of Technology in Sydney. I thoroughly enjoyed each day at the clinic. We monitored the health of expectant mothers and young families, helped variously-aged people suffering from complexities brought about by diabetes, and gave monthly injections to sufferers of rheumatic heart disease (an illness found predominantly in developing nations).

It was an incredible week. Admittedly, prior to this week I felt I knew a significant amount about the Indigenous sector of Australia's population after studying early settlement in history throughout junior high school, and more specifically learning about the health status of Aboriginal and Torres Strait Islanders in Personal Development, Health and Physical Education for my HSC. However, it never occurred to me that, in our country the fact that we have a separate area of health called Indigenous health, is a clear indication of the inequality in Australia – a nation proud of its sense of multiculturalism.

Being immersed in such a community had a profound impact on me. The problems facing our indigenous community are complex. Their fascinating culture, their arts and languages and their pride are all being eroded and lost to a modern white society because their ways do not appear to suit the modern world, but equally because we appear to lack a sense of pride and compassion for our ancient indigenous heritage.





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# Growth of tennis

› Mike Swinden

TENNIS HAS BEEN a club sport in Bundanoon for several generations. However, over time, membership dwindled and people found it harder to commit to regular participation and find time to manage club activities.

The key to rekindling interest was to build our contact with younger people and so with the support of Tennis NSW we established a “Community Coaching Program” in Bundanoon. The Bundanoon Primary School has been an enthusiastic partner and we began offering our tennis as a school sport in 2010. Through that connection, demand for further programs developed and we now offer coaching four days a week for children and adults. Over time that has seen our club membership double. This resurgence of interest has spread to other Southern Villages, including Penrose, where an energetic group managed to get grants to upgrade their courts and started a coaching program.



Last year a group of community minded tennis players formed a coaching program for children in Exeter. Their initiative was enthusiastically welcomed by the local community and they are now accommodating around 40 children in their programs.

It is great to see lots of children learning the game, but that is just the beginning and all clubs realized that the time had come to provide a broader range of opportunities for the children to play and start to experience the social benefits that tennis can offer. So in November the three clubs organized our first Gala Day – 40 children from Penrose, Bundanoon and Exeter took to the courts at Bundanoon for a fun program of activities followed by a BBQ and presentations to the children. It was a great success and as a result two more gala days are planned for this year.

Exeter, Bundanoon and Penrose clubs hope the gala days are just the beginning with inter-club competition for juniors on the agenda. So if you have children between the age of 5 and 15 who are interested in local tennis, contact one of the clubs to join the coaching programs, our gala days and get ready for our junior competitions. Club contact details are given at the end.

The growth of tennis in our area has not stopped with the children, many parents and grandparents are returning to the courts as well with a little help from the coaches (in some cases) – it is not an uncommon sight to see mum, dad and two or three children on the court enjoying our game. Bundanoon, for example, has active playing members under eight and over eighty! Tennis is flexible: courts are available, costs are low and new game formats mean the time spent is up to you!

## Club contact details:

**Bundanoon** Mike Swinden: 4883 7624 • mikeswin@hotmail.com

**Exeter** Anton Planting: 0401 719 185 • aplanting@me.com

**Penrose** Judith Elber: 4884 4166 • elber@gotalk.net.au



## Swim Club

› Virginia Boyle

MY SON AND I walk up Erith Street towards the local pool. The afternoon is hot and the last days of heavy rain evaporate off the bitumen in visible, steaming swirls.

The start of the second meet for 2016 is briefly delayed by a council staff chlorine check. Safety first I suppose. The waiting swimmers, dying to jump in the water, (and revved up by the joy of a school day ended), run about in the balmy afternoon clouded by the smell of BBQ sausages.

Finally the meet is underway as the wind picks up. To the south, storm clouds gather. Welcome to Southern Highlands' weather: nothing if not unpredictable. Marshals and timekeepers endeavour to beat the rain.

The pool water is warm – better in than out. It is a hard call to persuade swimmers to get out of the water and drip their way to a towel, wet skin goose-bumped by a breeze that feels like it's coming off snow. Bundy weather is not for the faint hearted.

The last swimmer heads for the showers as the rain starts. Wrapped like parrot-hued mummies in coloured towels, our little brave-hearts leave with their parents for waiting cars, warm homes and dry clothes. Another great Bundanoon Swim Club meet over. I'm sure the weather will be warmer next week.

Bundanoon Swim Club attracts swimmers from Bundanoon and the surrounding villages of Exeter, Penrose and Wingello. The club aims to provide an enjoyable, safe and healthy environment to develop swimming skills and promote an active lifestyle for our local youngsters. Members improve their swimming skills through weekly practice and swimming with their friends. Each meet, swimmers are encouraged to enter the races they feel comfortable participating in. Our swimmers learn to love challenging themselves through friendly competition, and cheering on their mates.

The Swim Club, a volunteer organisation, has been running for over 50 years. It supports Bundanoon Pool, a vital community asset, by generating community interest for swimming and an increased use of our swimming facilities. The Club operates independently from Swimming NSW and this means that our membership fees go towards improving our local pool, pool equipment and immediate pool surrounds.

The future of Bundanoon is its young people. As a community we need to preserve and develop recreational facilities that allow our children an active, healthy future. Sadly our little pool is constantly under threat of closure by Council. Bundanoon Pool belongs to Bundanoon – we have to use it or lose it. Despite the dodgy weather.

In season, the Bundanoon Swim Club runs from 6:00pm to approximately 7:45pm each Wednesday during the school term.

We look forward to seeing you and your family at the pool. Pack a brolly.





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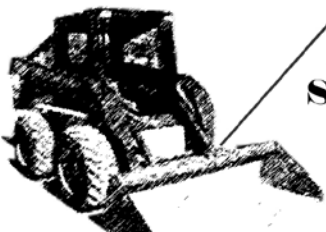
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## Easter Services

*Maundy Thursday Holy Communion*

Bundanoon Holy Trinity 7pm

*Good Friday Meditation*

Bundanoon Holy Trinity 9am

Exeter St Aidan's 9.30am

*Easter Day Holy Communion*

Bundanoon Holy Trinity 9am

Exeter St Aidan's 9.30am

Bundanoon Holy Trinity 5pm

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# Activities and services

## Groups

Arts Bundanoon .....	Greg Slater .....	0401 946 289
Bundanoon Community Association (BCA)		
President .....	Christine Miller .....	4883 7493
Bundanoon Pre-School.....	Deni Harden, Director.....	4883 6166
Bundanoon Public School P&C		
Candice Piper .....	candiz_p@yahoo.com.au	
Bundanoon Visitors' Group.....	Harry Hull.....	4883 6372
Chess Club .....	Pat Foley .....	4883 6064
Country Women's Association ( <i>meets 2nd Thurs, 1 pm, CWA Rooms</i> ):		
.....	Kath Smith .....	4883 6919
Currabunda Wetland Group ( <i>meets 1st and 3rd Friday</i> )		
.....	Alan Hyman .....	4883 7763
Garden Club.....	Judy Andrews .....	4883 6898
Glow Worm Glen Track Cttee.....	Anna Perston.....	4883 6125
Green Team .....	John Wood.....	4883 6859
History Group ( <i>meets 1st Monday, 10 am, The Bundanoon Club</i> ):		
.....	Ralph Clark .....	4883 7196
Lions Club.....	Elizabeth Cranny.....	0408 102 411
Men's Shed ( <i>meets Tues-Thurs, from 10am, 11 Burgess St</i> ):		
.....	Tony Molyneux .....	4883 6073
Morton National Park Volunteers ( <i>meets 2nd Wednesday</i> ):		
.....	Alan & Wendy Hyman.....	4883 7763
Playgroup .....	Melanie Terry.....	4883 7197
RSL .....	Robert Williams .....	4883 6137
Serendipity: the choir .....	Kerith Fowles.....	4883 6515
The Bundanoon Club .....	Sandra Nicholls .....	4883 6174

## Sports clubs

Bowls (Men).....	John Witney.....	4883 7356
Bowls (Women) .....	Margaret Alaban .....	4883 7560
Cricket .....	Steve Granger.....	0404 048 288
Croquet Club.....	Helen Wooby.....	4883 7625
Pony Club .....	Gale Pritchett .....	4883 7195
Rugby League .....	Grant Perkins .....	0419 844 405
Soccer .....	Sue Roseworne.....	4883 7219
Swimming.....	bundanoonswimmingclub@gmailcom	
Tennis .....	Mike Swinden .....	4883 7624

## Support and volunteer services

Community Health Service .....	Bowral.....	4861 8000
Early Childhood Clinic.....		4861 8000
Fire Station .....		4883 6333
Good Yarn.....	Marilyn Rocca .....	4883 6542
Mobile Library .....	Moss Vale Library .....	4868 2479
Red Cross (Exeter branch) .....	Anna Hopkins.....	4883 4259
Rural Fire Service (RFS) .....	Craig Rowley.....	0427 511 837
RFS Auxiliary .....	Rosemary Page.....	4883 6499
RSPCA (Goulburn/Highlands) .....		0412 475 428
Volunteering Wingecarribee.....	Thomas Andrew .....	4869 4617
WIRES.....		4862 1788

To change details, please contact JCG editor

## Welcome packs

ONE VERY POPULAR Bundanoon tradition is the Welcome pack, initiated about fifteen years ago by the Bundanoon Community Association (BCA). The pack contains a welcome letter from the president of the BCA plus all sorts of information about the town and details of all the groups under the BCA banner, (there are currently 25 sub-groups), and how to contact the convenors. Then we slip in something yummy, donated by BCA, like a jar of locally made jam or chutney.

The Welcome Pack organisers try to contact new residents as soon as they move in and the response is always one of surprise and delight. This is just another way that new residents are made so welcome to our special village.

## Church times

### Anglican Parish of Sutton Forest

Holy Trinity, Bundanoon ..	Sunday, 9.00am, 5.30pm
St Aidan's, Exeter .....	Sunday, 9.30am
St Stephen's, Tallong .....	Sunday, 10am
All Saints, Sutton Forest....	1st, 3rd & 5th Sundays, 11am
.....	2nd & 4th Sundays, 2pm

### Uniting Church

Moss Vale.....	Sunday, 9.30am
----------------	----------------

### Catholic Church

St Brigid's Bundanoon .....	1st, 3rd & 5th Sundays, 5pm
.....	2nd & 4th Sundays, 8am
St Paul's, Moss Vale.....	Sat, 6pm & Sunday, 10am

### Iona Christian Community, St Patrick's, Sutton Forest

2nd, 4th and 5th Sundays. 10.30am

### Santi Forest Buddhist Monastery, 100 Coalmines Rd

.....	Sat, 7pm: Group Meditation
.....	Wed, 7pm: Buddha's Teachings

### For other service times, please contact:

Anglican Church: [www.parishofsuttonforest.com](http://www.parishofsuttonforest.com), 4883 6019

Catholic Church: Parish Office, 4868 1931

Iona Christian Community: 4883 4799 or 4883 7939

Santi Forest Buddhist Monastery: 4883 6331

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TYPE OF ADVERTISEMENT	SIZE (W×H, mm)	BLACK & WHITE per issue	COLOUR per issue
Business card	93×52	\$46	\$73
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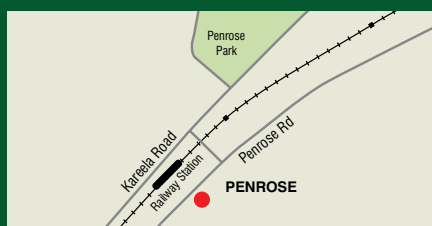
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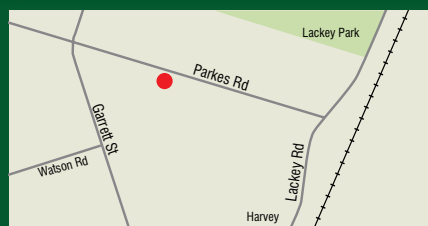
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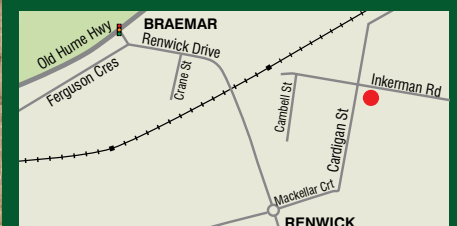
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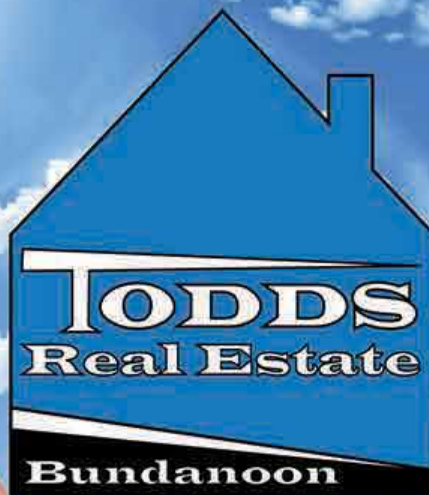
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