

jcg



A magazine for Bundanoon
and Southern Villages

Who cares?

*Volunteers, family
and professionals*

18–19

Scarecrows;
Garden Ramble

24–25

School history on
show

36

At home with
Richard Eckersley

47

Stephen Owens is
a retiring man



TODDS Real Estate



We work harder together to get better results for you.

- * Appraisals
- * Marketing
- * Results
- * Buying
- * Selling
- * Renting

BUNDANOON'S TOP SELLING AGENTS

Phone: (02) 48836744

Drop in at: 17 Railway Avenue, Bundanoon NSW 2578

Or visit our website: www.toddsrealestate.com.au

MOTIVATED, FRIENDLY, PROFESSIONAL

Arthur Lathouris Garden Designer



Residential, Commercial
& Council DA Plans

0408 572 511

www.arthurlathouris.com

BUNDANOON SUPERMARKET

Local people, family owned business

**Open 7 days a week
8.30am – 7.30pm**



- Swap & go gas
- Party ice
- Groceries
- Fruit & veges
- Hardware
- DVD hire

4883 6633

Grant & Lorraine McIntosh

Westonprint

PTY LIMITED

The best in quality printing since 1863...

- Digital & Offset Printing
- Company Reports
- Full Colour Glossy Brochures
- Presentation Folders
- Office Stationery
- Annual Reports
- Raffle Tickets
- Business Cards
- Receipt Books
- Graphic Design
- Newsletters
- Magazines
- Calendars
- Posters

**PRINT LOCAL
... FOR JOBS
BIG & SMALL**

57 Shoalhaven St, Kiama NSW 2533
P: 4232 1999 | F: 4232 3185

The Finance Experts can help you

**Buy a home
Finance a car
Consolidate your debts
Borrow for your business
Lease Plant & Equipment
Buy an investment property**

**Contact Paul Walker for a
free consultation at a time to suit you**

0403 804 000

paul@thefinanceexperts.com.au



The Finance Experts Pty Ltd
PO Box 43, Bundanoon NSW 2578



Bundanoon Bloomery

Come and see us for your:

- PLANTS & GARDEN NEEDS
- GIFTS & HOMEWARES
- GARDEN FURNISHINGS

OPEN THURS–SUN
+ public holidays
8:30am–4:30pm
or by appointment

Contact Ian or Allan:
4883 7859

29 Railway Avenue,
Bundanoon



Ye Olde Bicycle Shoppe

Locally roasted Rush coffee supporting
Coffee Kids-Grounds for Hope

Breakfast & Lunch Yummy Cakes & Slices

Cold Drinks & Concoctions Bike Hire & Spares

Arts/ Crafts & Gifts Child Friendly & BYO welcome

11 Church St, Bundanoon 02 4883 6043,
mail@yeoldebicycleshoppe.com.au

OPEN 7 DAYS



8th Marulan Kite Festival

SUNDAY OCT. 13
Tony Onions Park
George St. Marulan

Family Entertainment, Kite Flying, Live Music,
Country Market Stalls, Competitions,
Displays, Raffles & Helicopter Rides,
Terminus Hotel Billy Boil Cup,
Wood Chopping, Sheep Shearing,
Rural Fire Brigade Demonstrations,
Vintage Car Display, Fresh Produce,
Morning Teas & Food Stalls, Old Machinery Club
Cake Decorating, Minute Massages,
Horse & Carriage Rides, THSPA Show
AND MUCH MORE!

Breakfast is available for early starters
from 7 am & the day's activities commence at
9.00 am with THE KITE PARADE
At 10.00 am

A joint venture between Marulan & District
Lions Club & 2013 Kite Festival Committee



The Bundanoon BUTCHERY

MAKE US YOUR FAMILY R 4883 6319

The Bundanoon Butchery offers
competitive prices and service with a smile
on a wide range of products so why not
make Anthony your family butcher.

- * Top quality local meats
- * Fresh, grass fed beef
- * Superior small goods
- * Free range eggs
- * Bulk orders welcome

Phone: 4883 6319



'Shibumi' Equestrian Centre have certified instructors who understand the different needs of riders, depending on age & ability. We offer a safe, fun and educational environment in which children and adults learn how to ride and care for horses.

We also offer:

- lessons for all ages & abilities
- kids school holiday camps
- agistment & spelling
- safe double railed fencing
- paddock shelters
- lots of fresh drinking water
- showjumping & x-country jumps
- indoor & outdoor arenas
- training of riding & driving horses
- horses & ponies started in harness
- professional equestrian management

FERNDAL RD, BUNDANOON CALL: SHERYL 0410 536 755



www.shibumiequestriancentre.com.au (02) 4883 7136



LAWRENCE HUXLEY
B. ARCH. (SYD)
BUILDING DESIGN



BESPOKE BUILDING SOLUTIONS

Individual, house and building design tailored to engage your site, ideas and requirements. From concept design to building completion, I can provide a full or partial service adjusted to suit your needs and budget.

- Extensions & Renovations
- Development Applications
- Construction Certificates
- Site implementation
- House Plans
- BASIX
- Builder selection
- Drafting service

Please call or email to arrange a free consultation.



0248 837148 • huxleyl@optusnet.com.au • www.lawrencehuxley.com.au



Complementary Health Programs

Quest for Life, founded by Petrea King in 1989, provides residential retreats and community-based workshops that encourage, educate and empower people to confidently face their challenges, whatever they may be.

Subsidised places are available for people on low incomes.



Healing Your Life

For people seeking peace and healing after a traumatic experience or who live with depression, anger, despair, grief, anxiety or who simply want to change direction in life.

7 - 11 Oct and 13 - 17 Nov

Quest for Life

For people seeking ways to actively contribute to their own healing, make meaning of the challenging experience of serious illness or cancer and create an environment for physical healing.

28 Aug - 1 Sep and 18 - 22 Nov

Upcoming Workshops

Boost Your Brain & Defy Dementia
Dr Helena Popovic, Sat 28 September

Meditation, Meaning and the Mind: Ageing with Wisdom
Petrea King, Sun 29 September

Call us **NOW** on 1300 941 488 or visit www.questforlife.com.au



Monty's Makeovers

For quality antique and refurbished furniture, knick-knacks and household goods visit Shop 43B, Dirty Jane's Antique Market, Banyette St, Bowral - or our Bundanoon workshop, ph 4883 7988
Check our latest stock list at www.MontysMakeovers.com

Bundanoon, Bowral, Turrumurra...
and now on the world wide web

JCG01



Bundanoon Massage Therapy

Massage Therapy for Health & Wellbeing

Swedish Massage
Remedial Massage
Trigger Point Therapy
Sports Therapy

Jana Tallon (Dip RM)
Remedial Massage Therapist

Approved for Health Fund Rebates
AMT accredited member 1-6859

4883 6596

Chiropractic & Allied Health Centre
3 Hill Street, Bundanoon

three's a crowd.
come join the party.

1

home is
where the
coffee is.

coffee culture

Empire Cinema Complex
Bong Bong Street Bowral

2

two cups
are better
than one.



coffee culture

BDCU Building
Bong Bong Street Bowral

ESPRESSO

3

man can
live on *our*
bread alone.

coffee culture bakery

Church Street
Bundanoon

**BUNDANOON
PIZZA
& PASTA**

**Open
Thurs-Sun
5.00-8.30pm**

**37 Railway Ave,
Bundanoon**

4883 7733

Key Computers

Unlock The Potential

*Professional support with ongoing backup for all your
business and personal computer needs.*



Web Site Hosting and Authoring
Hardware sales and installation
Software sales and installation
ADSL installation and Troubleshooting
Virus detection and removal
Disaster prevention and data recovery
Network installation, management
and troubleshooting



Ring Brian Miller

4883 4311
0414 692 791

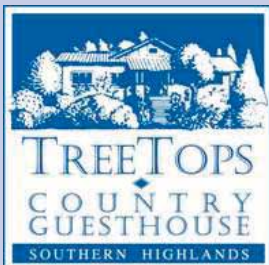
brian@keycomputers.com.au
www.keycomputers.com.au

HOUSE OF M **ABBERLY**

Secretarial & Administrative Services

Ruthi M abberly

Mobile: 0428 606 628
Telephone: (02) 4883 6042
Email: houseofmabberly@optusnet.com.au



A Fine Dining Experience
from Monday–Saturday nights
(pre-booking essential)

BYO

Sumptuous High Teas
(served with a glass of champagne)
and Devonshire afternoon teas available
(pre-booking essential)

Special accommodation rates
for Bundanoon families visiting

101 Railway Avenue, Bundanoon 2578 ♦ Tel: 4883 6372



Bundanoon Lodge Bed & Breakfast

Luxury Accommodation

Five themed spacious rooms.
Rates from \$120 per night midweek
including a cooked breakfast.

www.bundanoonlodge.com.au

Ph 02 4883 7813 Graeme or Marie-Louise Corin
10A Elmswood Court, Bundanoon NSW 2578

Denise Graham JP Civil Marriage Celebrant



Weddings, Renewal of Vows,
Committments, Namings & More...

Professional, Personal, Friendly

Phone 0421 285 359

E-mail dmgraham@hinet.net.au

'Craftsmen in Parquetry Floors'



- Traditional and Timeless Parquetry
- Unique Parquetry Floors with Elegant Borders
- Tongue and Groove Flooring
- Individually Custom Design Floors
- Floor Sanding and Polishing

Alex Mabberly

Mobile: 0408 606 628 **Telephone:** (02) 4883 7281

Showroom ~ Open by Appointment



ELEGANT WINDOW SOLUTIONS

Curtains and pelmets
Swags and tails
Roman blinds
Timber venetians
Aluminium venetians
Sunscreen blinds
Holland blinds
Plantation shutters
Vertical blinds
Honeycomb blinds
Haberdashery
Fabric by the metre

Grace McQuinn
4883 7776

Mobile 0428 789 021

Fax 4883 7778

Email elegant.windows@bigpond.com

Distributor of:

**OPEN
SHUTTERS™**



**Airport Transfers • Winery Tours • Corporate Travel •
Weddings • Theatre, Opera, Sporting Events •
Sydney, Canberra & Southern Highlands
Vehicles for all occasions**



*At Your Service
24 hours a day & 7 days a week*

Contact HCHC

P: 02 4872 3038 • M: 0400 921 239 •

E: info@hchc.com.au • W: www.hchc.com.au

**Who stands out
from all the rest?**



**Highlands Rural Real Estate
Shop 2/1 Church Street, Bundanoon**

**02 4883 6760
info@highlandsrural.com.au**

Cover design

Gillian Brennan, the new Student Welfare Worker, loves to engage and nurture students. Photo: Bundanoon Public School.

Correspondence:

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

Circulation

1925 copies 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 Shire councillors.

Subscriptions

Annual subscription is \$20 (including postage).

Editor

Pam Davies

Photographers

Wayne Todd
Kim McCallum (Winterfest)

Contributors this issue:

Graham Anderson	Keith McMenomy
Ross Armfield	Sandra Menteith
Ken Davidson	Christine Miller
Jenny Davies	Alan Olsen
Elizabeth Ellis	Stephen Owens
Patrick Fitzgerald	Lisa Saul
Kerith Fowles	Evan Smith
Rosemarie Gray	Margaret Symonds
Francesca Gunesch	Maureen Townsing
Petrea King	Graeme Whisker
Sandy Mackenzie	

Jordan's Crossing Gazette is authorised for publication by the Bundanoon Community Association Inc (BCA). Whilst every care has been taken in the production of the Gazette, neither the BCA nor the *jcg* Committee takes responsibility for any inaccuracies, errors or omissions. Responsibility for advertisements complying with the Trade Practices Act lies with the person, company or agency submitting such for publication. Much of the material and many advertisements appearing in this publication are copyright and may not be reproduced in whole or in part without written permission. Views expressed in this magazine do not necessarily reflect those of BCA.

Editorial freedom

The editorial committee of *Jordan's Crossing Gazette* advises readers and contributors that it retains the right to edit material supplied. Such editing may include changes to language or to the length of the material and may include the addition of illustrations. We reserve the right to publish articles at our discretion. While the committee takes all reasonable care, it does not accept responsibility for the security or use of such material supplied, which remains at the supplier's risk.

Contact numbers

Editorial: Pam Davies

tel: 4883 7196 email: inverard@hinet.net.au

Advertising Sales: Wayne Todd

tel: 4883 6744 or 0427 113 995
email: wayne@toddsrealestate.com.au

Accounts: John Desmond

tel 4883 7566 email john@desmonds.com.au

Design: Ben Mawston, Vitreo Graphic Design

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



Pam Davies,
Editor

Graeme Whisker's interview with Richard Eckersley AM gives some insight into the world of social research and the history of Bundanoon School is the result of work the History Group has done for a display in the Old Goods Shed.

Try the cryptic crossword on page 39 and we'll ask Graham Anderson to make this a regular contribution.

Winterfest is brought to you in pictures and you are reminded that Crash Test Theatre will hold an event showcasing the plays they have created during the year on Sunday 13 October.

contents



who cares?

Who cares?.....	26
Carers Australia.....	27
Opening the Toybox.....	28
Building bridges for early intervention.....	29
Comfort for carers.....	30
Finding a haven.....	30
It takes a village to raise a child.....	31
Community cares for Warrigal Care.....	32
Two for One-on-One.....	32-33
Not the wrong number... ..	34
Need support in your caring role?	34
Handy stress relievers for carers.....	35

regulars

Serendipity	10
Arts Bundanoon.....	11
JCG Travel	13
Men's Shed	13
Council news.....	15
BCA report.....	15
Intray	23
Crash Test Drama.....	37
Cryptic crossword.....	39
Southern Villages Group	45
CWA report.....	45
Activities and services.....	53
Advertising index.....	56

BCA meetings

Third Thursday each month:
19 September, 17 October, 21 November:
7:30pm in Supper Room at the Hall.

From the Editor

THE CHOICE OF the theme "Who Cares?" happened to coincide with a community services forum being held on 19 September.

We have included information from a number of groups involved in community caring, some statistics about carers, and personal stories. Warrigal Care appreciates having volunteers from our community to visit and help with activities and you are welcome to call in if you would like to join them. Suzy Molyneux's story spanning 25 years of determination to establish a facility in the Highlands for children with disabilities is remarkable and, now operating as Bridges for Learning, the established services have been expanded. The centre section content brings to life the wonderful work carers do in our society.

features	
Winterfest photos	16-17
Calling all scarecrows!.....	18
Garden Ramble	19
3 Ring Circus	20
Community nursing	21
History of the school.....	24-25
Richard Eckersley	36
Art: I colori dell'Italia	38
Quilts for Coonabarabran	38
A retiring man	47
The <u>filly</u> from old Regret	51



columns

DIY: Lessons from history	41
Through Ross-coloured glasses	41
Country living.....	43
Vet's casebook: Oral health.....	43
Life skills: Questions for Dad	47

Hall Hire

FOR SOLDIERS' MEMORIAL Hall booking enquiries please phone 4883 6971 or email hallhire@bundanoon.nsw.au

Advertising info: page 53

**Deadline for next issue:
Friday 1 November**

WHAT THEY SEE IS WHAT YOU GET!

NOT THE USUAL take on the relationship between a choir and its conductor – but read on.

The "they" in the title refers to the singers in the choir, the "you" to the conductor. It's fairly obvious what singers do (they sing), but what does a conductor do? Wikipedia tells us that a conductor is:

- an official on a bus who collects fares, checks tickets, etc.
- a person who conducts an orchestra, choir, etc.
- a person who leads or guides

Whilst I don't collect fares or check tickets, I do conduct, lead and

guide *Serendipity: the choir*.

People sometimes query the need for a conductor; after all, some say, half the singers don't watch you. I hasten to say that the vast majority of 'Serendipians' do manage to



divorce themselves from the written music by the time concerts come around, and in some outstanding cases they perform the entire programme from memory, a prodigious feat indeed.

A job description for a choral conductor would probably include:

- a good musician with considerable personal singing and choir experience
- the ability to organise a collection of strong-minded individuals into a disciplined group with
- shared musical goals and expectations
- patience(!) and understanding blended with a good dose of determination, enthusiasm and
- endless optimism.

So what do singers want from the conductor? The answers will be as varied as the number of members of the ensemble but there are some common expectations. A clear beat, particularly indicating the beginning of sections or phrases and showing new entries, is fundamental. Breathing with the singers so that the voice is prepared for an entry, especially on a high note, can be critical to successful pitch. Showing how the music moves through a range of dynamics, either suddenly soft or loud or gradually so, comes from the conductor's gestures.

But this is all mechanical stuff. It needs practice to be done well, but really is the basis of successful conducting. Where things get really exciting is when body and facial language kick in. These are powerful tools for conveying expression, involvement, indeed 'togetherness', and used well can have great results.

When the conductor conveys the sense of the musical line linked to the lyrics of the song, the line of communication with the singers is instantly established, as is the teamwork essential to satisfying performance. But try to imagine the effect of a conductor swaying enthusiastically to the beat of a popular song, or bopping up and down in an attempt to get into the mood. Those singers who do not succumb to motion sickness are left exhausted by the effort involved in simply keeping up.

Much of what I have found to be helpful to the members of *Serendipity: the choir* has been conveyed to me by the singers themselves. What better way to achieve a useful response from "What They See". People tell me what really helps them, and often I have to confess that I had not anticipated that outcome. The conductor is thus constantly learning, from mistakes, successes and the unexpected, and it is this, together with the sheer joy of making music with like-minded, dedicated musicians, which makes the task of the conductor challenging, exhausting, rewarding and totally exhilarating.

—Kerith Fowles

Serendipity
the choir



Congratulations to Serendipity: the choir, winner of the "My Heart Lives Here" competition for July 2013. See page 23 for details.

What did the conductor do to elicit this response?

arts BUNDANOON



GALA CONCERT

A Night in Vienna

Arts Bundanoon is proud to announce that two internationally famous musicians, Gerard Willems and Evgeny Sorkin, will perform at this year's Gala Concert. The program has a Viennese theme, with works by Beethoven, Brahms and Fritz Kreisler, and in particular, includes Beethoven's perennially popular Spring Sonata for violin and piano. This event will be the highlight of an already outstanding series of Bundanoon's musical events and one that must not be missed.

**To be held at the Soldiers' Memorial Hall
Saturday 21st September, 7:00 for 7:30pm
Entrance \$35. Children under 18 free.**

Champagne and nibbles before the concert, with tea/coffee and cake at interval.

Tickets can be purchased from Todd's Real Estate, Bundanoon, The Brown Bookshop, Bowral, at the door or on line at www.artsbundanoon.org.au



**Don't miss the 2013
Garden Ramble – see
page 19!**

• • • • •
• **Next screening at the**
• **Rex Cinema**
•
• **Saturday 28 September**
• 5.00pm drinks for 5.30pm movie start
• Watch for posters in the village for movie details.
• • • • •



Community Garden news

THIS YEAR THE Community Garden will be one of the Open Gardens for the many visitors that come to the Ramble, adding a new dimension of a space where people garden together to grow fresh fruit and vegetables. Our area has a long agricultural tradition and was once known for large orchards of apples and stone fruits. As the community gardeners are discovering, there is a wide range of food plants that can be grown in the cooler climate of the Highlands, offering the community a 'taste of the good life'.

The bus shelter previously located opposite the shops has been relocated to the Community Garden, following a repair by

Sherwood Engineering. The design is to have the shelter become part toolshed, part rose arbour, with comfortable seating for out of puff gardeners to sit and relax and watch the vegies grow. The shelter will be beautified with mural paintings and mosaics. Arthur Lathouris, a landscape designer and garden member, is drawing up ideas for native plantings to soften its integration into its new home.

You can visit the garden (located in the grounds of the Quest for Life Centre on Ellsmore Rd) or join in the activities, any Tuesday or Saturday 10am–2pm.

See <http://garden.bundanoon.nsw.au/> for more information.

STEVE CURTIS

GRASS, GLASS &
GARDENS
ABN: 84484564634

* PRUNING * HEDGING * WEEDING

* LAWN MOWING AND EDGING

* GREEN WASTE REMOVAL

* BASIC MAINTENANCE

* WINDOW CLEANING

* PRESSURE WASHING

AVAILABLE 7 DAYS

PH: 0427979419
A/H: 0248410328

NORTHERN
Counselling
PRACTICE

Rosemarie Gray

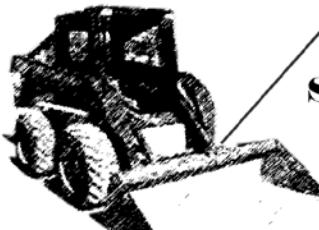
B.Psychotherapy & Counselling (UNE)
MASTER CLINICIAN A.A.R.C

21 Garland Road
Bundanoon NSW 2578

Tel (02) 4883 6312
Mobile 0418 656 000
Email rosiegray47@gmail.com

BOBCAT & TIPPER HIRE

Simon Dickson
BUNDANOON



LANDSCAPING
DRIVEWAYS
SITE LEVELLING
POST & PIER HOLES
RUBBISH REMOVAL

Small or Large Jobs

Phone / Fax 4883 7037
Mobile 0412 929 892
email: simondickson@iprimus.com.au



PRU GOWARD MP Member for Goulburn

**Please let me know if I can be of
assistance with any State issues**

Phone, write or send me an email to:

288 Bong Bong Street, Bowral 2576

PO Box 684, Bowral 2576

Tel: (02) 4861 3623 Fax: (02) 4861 3546

Email: goulburn@parliament.nsw.gov.au

I look forward to hearing from you

BUNDANOON CHINESE RESTAURANT



LUNCH 11.30 AM - 2.30 PM
DINNER FROM 5 PM

CLOSED MONDAY LUNCH ONLY

Phone ahead for special dishes
and banquets

(02) 4883 6368

21 RAILWAY AVE. BUNDANOON

FIRST AID & CPR

EMERGENCY ASTHMA
AND ANAPHYLAXIS

COURSES

SAMANTHA CATT
0427 726 228

PARASOL EMT ACCREDITED

JCG Travel



Stop Press:

We have been able to secure a couple more rooms at the luxurious Port Stephens Anchorage resort for the JCG Travel trip in October, so can accept a few more bookings.

The five-day tour leaves on October 14 and includes all travel and accommodation, together

with some spectacular sightseeing, attractions and wining and dining. The cost is only \$695 per person.

Further details from Sandra Nicholls (4883 7227) or Ralph Clark (4883 7196).



Our first 2014 tour...

...will be to the Tumut / Tumbarumba area in autumn. Tumut's famous Festival of the Falling Leaf around the same time gives some indication of the scenery which can be expected, but there will be much, much more packed into the program. Full details will be in the December *jcg*.

men's shed

A growing concern

THE LAST FEW weeks have seen a lot of change at 11 Burgess Street, home of the Bundanoon Men's Shed. Since receiving final funding from Veolia Mulwaree Trust and a similar combined amount from the NSW Government and Wingecarribee Shire Council, the structure has been completed and our more skilled members are completing the interior work. A mezzanine level, built to provide much needed space on a restricted site, will accommodate a meeting area and a place for passive activities as our growing membership no longer fits the current meeting room.

Downstairs will be slowly transformed into a metal workshop area and we have been fortunate to receive a further \$4000 grant from Council towards the purchase of machinery.

Meanwhile the other activities of the Shed continue: art and photography groups, bus trips, visiting the men at Warrigal Care, our monthly meeting and barbecue, woodwork and, of course, just socialising.

For information about membership, drop in after 10am Tuesday to Thursday or check our website www.bundanoonmensshed.com.



Photo John Ciregna

For businesses or individuals interested in supporting or sponsoring Bundanoon Men's Shed, please phone 4883 6753. Workshop equipment is still needed and any contributions would be gratefully considered.

—Evan Smith



*Experience
Australian
Cashmere
In
Bundanoon*

At last – beautiful Australian cashmere garments and accessories are to be found locally – right here in Bundanoon!

Visit the farm by appointment.

BELISA CASHMERE

Stan and Bev Cooper
Phone – 02 4883 7722

AUTOMOTIVE GENERAL ENGINEERS

≡ PETERSEN'S GARAGE ≡

ESTABLISHED 1946

PTY LTD

- ◆ Fully equipped workshop with up-to-date equipment
- ◆ Full service and repair facilities
- ◆ Authorised air-conditioning service centre
- ◆ Fuel-injection cleaning and servicing
- ◆ Electronic engine management, diagnostics and repair
- ◆ Wheel alignment and electronic balancing
- ◆ Licensed auto electrician
- ◆ Licensed radiator repairer
- ◆ Authorised inspection station including LPG inspection

Your local MTD Yard Machine Dealer



Erith Street, Bundanoon. Tel: (02) 4883 6021



Cartridge World®

Cartridge World supplies a full range of ink and toner cartridges for printers, facsimiles and photo copiers. We provide a full range of all major brands but most importantly we offer a service to allow you to "reuse" your empty cartridges.

Reuse your cartridges, save money and be environmentally responsible! QUALITY 100% GUARANTEED.

If it's a current cartridge, Cartridge World can supply. We also sell paper, printers and fax machines if you are in the market to replace your old unit. Simply call or drop into your local Cartridge World Authorised Agent for more information.

www.cartridgeworld.com.au

♻️ REFILL – NOT LANDFILL

**Bundanoon Post Office
is now an authorised agent
for Cartridge World**

Ph 4883 6240

5 Church St, Bundanoon NSW 2578
Open Mon – Fri 9am – 5pm



Marija Higley

LLB, GDLP, B.Sc. (Hons)

YOUR MOBILE LAWYER

I will come to you

**Servicing the needs of the southern
villages - even outside conventional
office hours!**

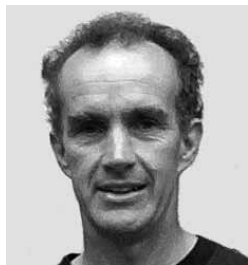
Mob 0468 434 519

Fax 02 4884 4155

Fixed fee conveyancing **\$790** (plus GST & out of pocket expenses)

Fixed fee Wills, Powers of Attorney,
Enduring Guardianship

marija@yourmobilelawyer.com
www.yourmobilelawyer.com



Councillor Jim Clark

Vision for villages

I RECENTLY ATTENDED the Bikes for Humanity trivia night fundraiser at the Bundanoon Club. This is a great project – unwanted bicycles are collected, refurbished, then shipped off to Africa for a second life as basic transport. Thanks go to the band of locals who work behind the scenes making this happen. If you have an old bike sitting unused in the garage, it

can be dropped off at the Resource Recovery Centre in Moss Vale.

Great to see work finally completed at Exeter on the road, footpath and drainage project in the village centre. This much needed work has given the precinct a greatly improved line of sight at the intersection, upgraded road surface, proper kerbing and access ramps. Seemingly simple projects such as this can sometimes hide the actual amount of work required in relocating services, providing drainage and juggling logistics, while keeping the community informed and on side about the changes and progress.

Welcome to the newly-elected executive committee members of the Wingello Village Association. Council has been piloting the 'Our Village Our Future' project over the last twelve months and Wingello is one of two villages involved. The project is designed to bring communities in small towns together to build skills, share resources and help plan for their future. By harnessing the passion, strengths, knowledge, interests and commitment of the community, the project works with residents to confirm, plan and achieve a vision for their villages.

The plan for Wingello was launched in June this year and lists priority actions that will be worked on by the Village Associations, the community, and in some cases, Council, over the next five years.

It was disappointing to see the referendum for the constitutional recognition of local government dropped at the last minute with the change of the Federal election date. This was a chance for the third tier of government to be recognized in our Constitution and hence enable the direct funding of much needed infrastructure improvements – roads, bridges and other major projects which would otherwise go unfunded by cash-strapped councils.

—Clr Jim Clark, ph 0428 213 939

Bundanoon's 150th anniversary

ALL RESIDENTS ARE invited to attend a town meeting on September 22 to launch preparations of our 2015 sesquicentenary. This is an opportunity to hear some of the suggestions already received and what was in the Moss Vale and Bowral commemoration program.

Bundanoon already has a framework, with traditional events such as Brigadoon, Winterfest and the Garden Ramble. We have many clubs, sporting groups and other organisations which will no doubt wish to participate. Past residents will wish to return, if only for a day. 2015 will be a year to remember.

Your suggestions are very welcome. What sort of celebration would you like to see? What events or activities should be planned? What long-term benefit should we seek to achieve? The Moss Vale and Bowral sesquicentenaries will be marked by Jane Cavanough's spectacular artwork near Eridge Park and a substantial upgrade of Leighton Gardens – what should Bundanoon aim for?

Your input will help make it happen!

The meeting will be held in the Hall on Sunday September 22, commencing at 2.30pm.

Ideas and suggestions should be sent to PO Box 12, or by email to 150th@bundanoon.nsw.au

Christine Miller
President

Continuing to grow

THE BCA CONTINUES to be involved with a number of community projects, including working closely with Council regarding the completion of the new toilet block and the replacement of the bus shelter. We are hopeful that both will be completed soon.

We welcome a new sub-committee to the BCA family, yet to be formally named, but for now *The Kids Group*. Karen Granger will work with other volunteers to plan activities with the children of Bundanoon in mind.

We've also spent time with Warrigal Care to bring together members of our community who would be willing and able to provide transport for residents from Warrigal to events such as Piano@Ten, *Serendipity: the choir*, perhaps a roast dinner at the Club or a coffee in the main street.

If you are interested in either of these new areas of involvement please be in touch with the BCA Committee so we can link you with the appropriate people in town.

As the weather warms, and the gardens flourish, the town works towards some of the larger events in the year (following a very successful Winterfest in June/July): Garden Ramble in October and The Fling in November.

BCA held a meeting of the Convenors of the sub-committees early in August and plans another meeting in October to discuss the changing face of Bundanoon. We now have 25 sub-committees all offering opportunities for the people of Bundanoon to come together and share activities they enjoy, are especially skilled at, are interested in learning about, or simply just to be together. It's a wonderful mix of chances to meet others and share something in common.

The foyer of the Bundanoon Hall has a new notice board specifically for information regarding BCA. This will include email and contact information regarding all the sub-committees as well as highlighting upcoming events. It sits proudly beside the upgraded existing notice board. Many thanks to Reid Brothers of Bundanoon for another piece of very fine work. Much appreciated. We've installed double sliding perspex doors to better protect materials put there by the community and will shortly place a permanent advice that all materials placed on this notice board will be removed on the first of each month. We aim to keep the material up to date and to give as many as possible the chance to place their information there for all to see. Have a look when you're next around that area of the village.

Our Welcome Packs team do all possible to link with new residents of Bundanoon and we'd welcome your attendance at our monthly meetings as you settle in. Our General Meetings are held on the third Thursday of each month (details page 9) and we welcome all – members of BCA and those just interested for now – to come along.

Don't hesitate to let any of the BCA Committee know your ideas to make Bundanoon an even better place to live.

BCA Secretary required

IF YOU ARE interested in community matters would you like join the executive of BCA? We are looking for a Secretary to work with a committee of 6 other volunteers.

Requirements:

- minute taking
- reasonable computer skills – mainly Word
- being available for two evening meetings each month

Please contact Christine Miller 4883 7493 for more information or email chrisnbaz@bigpond.com



Above: Opening night festivities

Left: Shawls for the Hamlin Hospital, Ethiopia

Right: Fun on the rock-climbing wall

Below: The Bondi Cigars

Photographs: Kim McCallum



8th WINTERFEST 2013

WINTERFEST 2013 WAS FANTASTIC! Everyone was out to make as much of the opening street party as possible. Mulled wine warmed hands and hearts and an excellent selection of hot foods again sold out. The Bondi Cigars, from the first note enhanced the richness of the evening and children's themed art works in the Hall showcased their creativity. During the following week Winterfest offered workshops: cooking, felt making, bird watching, geological walks and more. Poetry reading at Treetops attracted a full house. The closing day picnic in Morton National Park was packed with children's activities put together by the Outdoor Education Group and National Parks and Wildlife. The kids enjoyed bike exercises, rope climbing activities, Aboriginal music, walks and bush tucker while families relaxed around the BBQ facilities. Winterfest is growing every year and a number of Bundanoon community groups continue to support and enhance the festivities.

Thank you to everyone who helped to make the event such a success. See you next year.

Would you like to share your skills for our workshops in 2014? Contact Lisa Stuart: phone 4883 6379 or email lisakookaburra@bigpond.com



This page: Insects art exhibition in the Memorial Hall, with scary painted faces





Calling all scarecrows!

EXCITEMENT LEVELS INCREASE in the village as the time draws near for the Festival of Scarecrows leading up to the Garden Ramble

at the end of October. Unusual figures start appearing throughout Bundanoon: riding bikes, climbing fences and trees, or just sitting around eagerly awaiting the big week when they can 'come out and play'.

A group of more than 20 local people, aged from 6 to 60, planned their scarecrows and honed their skills at a scarecrow-making workshop organised by Bundanoon Community Garden. Led by regional environmental artist Freya Jobbins, a band of mostly 'Flowerpot-head' style people came into being – their hair will be grown from various plants! This funny, creative, happy, innovative, but not-too-scary crew will join the more traditional models for scarecrow-spotters to enjoy in Bundanoon, with three becoming residents at the Community Garden. "Because they are out in all weathers, we should think of scarecrows as ephemeral beings that need refreshing and reinventing each year. With the pothead style we can repaint and replant, and give a change of clothes, so that these creatures stay alive and interesting", said Freya.

—Sandra Menteith



If you would like to enter the scarecrow competition, please see entry details on next page.



*Gardens to admire
Gardens to inspire
Gardens large and small,
Native and cottage
Bundanoon has them all.*

Join us for a garden lovers' weekend

Now in its 17th year Bundanoon offers garden lovers from far and wide a delightful weekend to ramble the private gardens so generously opened by community members.

Visitors will be welcome at eight beautiful private gardens and two community gardens as well as workshops and presentations.

At the Quest for Life Centre the Community Garden will show off their prolific vegetable garden and hold workshops. The centre's Ruth Cracknell tribute garden will also be open.



Dr Rosemary Stanton



Meredith Kirton

In the Bundanoon Public School hall there will be presentations by well known nutritionist **Dr Rosemary Stanton**, **Meredith Kirton**, author, stylist and gardening expert



26 and 27 October 2013

and local chiropractor **John Kelly** will offer advice to gardeners in his presentation.

Purchase tickets in the Soldier's Memorial Hall. Tickets (with garden descriptions and map) are \$20 (\$15 concession) and include all gardens and presentations, over both days. The cost for a single garden is \$5. Refreshments will be available from a Lions cafe. Group (minimum 20) concessions, payable in advance, are available.

Visits to the Community Garden and Quest for Life garden are free with gold coin donation for the workshops.

Other attractions:

- A garden market in the Hall
- A history display in the Old Goods Shed
- A display of old farm machinery in Picnic Park
- A crafts and textiles display at the Bundanoon Hotel

Join in the fun of the Scarecrow Competition. Entry forms are available now from Sue Davison, ph 0410 577 837 or 4883 7812 or visit www.bundanoongardenramble.org.au or Bundanoon Garden Ramble Facebook page. For general Ramble information please also contact Sue.





Wild Horizons 3 Ring Circus

NOW IN ITS fifth year, the 3 Ring Circus is a favourite in the mountain bike calendar. The 2013 event in July attracted more than 600 riders. With the determination of elite riders, 85 starters in the Kids' Circus took part in the first race. At night, 110 riders headed into the Wingello State Forest for the Night Performance, and at 10am the next day the Matinee Performance got underway.

Old bikes dragged out of sheds and garages were donated to Bikes for Humanity to do up and send to people in Africa along with funds raised on the day.

The Wingello School P&C and Rural Fire Service were among the community supporters of the event.

For full results and details see:
www.wildhorizons.com.au



Photographs: Marathonphotos.com

2013 CAMELBAK HIGHLAND FLING

Only a Stone's throw away...

MARATHON

Outline Programme...

Saturday 9 November		
1.45pm - 3.00pm	Kids MTB Skills Training	Bundanoon YHA
3.00pm - 4.30pm	Rolloff World Championships	Gulles Road
2.00pm - 8.00pm	Church St. Closed outside of Soldiers Memorial Hall for Stalls & Entertainment	Local traffic access to shops from Railway Avenue
5.30pm	Bundanoon Dash	Church St, Constitution Hill, Morton NP
Sunday 10 November		
7.20am - 8.30am	CamelBak Highland Fling Start waves	Bundanoon Pony Club
8.40am - 9.30am	Todds Real Estate Kids Fling	Bundanoon Pony Club
approx 4pm	Winners Presentation	Bundanoon Pony Club

...plus a whole lot more



9-10 November 2013, here in Bundanoon

100Mile Fling (165km), Full Fling (110km), Half Fling (55km), Casual Fling (14km), Kids Fling and more

CAMELBAK

SPECIALIZED

SHIMANO

Groundeffect

GI

MAGELLAN

DAYTIME

www.wildhorizons.com.au info@wildhorizons.com.au Phone: 02 4883 6509

SCAN HERE FOR
MORE INFO



Our carers – Community nursing and palliative care

COMMUNITY HEALTH NURSES have been providing services to the people of Bundanoon, Exeter and the surrounding villages for over 30 years.

Community Health Nurses (CHN) provide a public health service, working in partnership with the Bowral & District Hospital and under the management of the South Western Sydney Local Health District. The local CHNs are based in the Wingecarribee Community Health Centre at 20 Bendooley Street in Bowral, next to the library.

CHNs provide nursing care in the home. Working in close liaison with our local GPs and hospitals, CHNs help prevent or shorten a stay in hospital as well as providing

services for a variety of conditions and health problems.

Common conditions managed by the CHNs include wound care, intravenous therapies and antibiotics, medication management and post-discharge care.

The CHNs can also arrange consults with specialists in a variety of health fields including chronic disease self-management, continence advice, diabetes management, oncology, women's health, occupational therapy and aged care.

Palliative care is another important service provided by the CHNs who work in close liaison with GPs and the Palliative Care Clinical Nurse Consultant.

Palliative care is provided to people in their own homes and it aims to assist patients and their families through the stages of a terminal illness by providing support, care and symptom relief so that individuals can continue to enjoy a good quality of life.

One of the main misconceptions around palliative care is that it is only for the dying. In fact, palliative care is appropriate for patients at any stage of a terminal illness: helping them live as well as they can for as long as they can and, when circumstances



The Bundanoon Community Nurse Team:
(left to right) Sue Ticehurst, Mira Glavan, Pam Rath, David Broadbent.

permit, achieving a peaceful and dignified death in their own homes in the care of their families.

If you would like to find out more about our CHNs, contact Wingecarribee Community Health on 4861 8000. Alternatively your GP or hospital discharge planner can arrange a referral.



Wingecarribee Community Health Nurses

Wingecarribee Community Services Forum

presents

Do you know who Cares? **A Community Services Expo**

Come and meet the services that are here to help you!

Aboriginal, Aged Care, Children & Families, Disability, Employment, Health, Housing, Legal, Transport, Youth, Volunteering and Many More



Thursday September 19th 2013, 10am to 1pm

Mittagong RSL Club, Cnr Bessemer Street & Old Hume Hwy, Mittagong

FREE Entry Tea and Coffee provided

For more information Megan at Aftercare 0434 423 896
or Bernadette at Argyle Housing 4861 2753

Email: expo@outlook.com.au

www.facebook.com/WingecarribeeCommunityServicesExpo2013



HARMONY^{AND}HEALTH

Massage Therapies

Remedial and Muscle Therapy
Health Fund Rebates

For appointment:

P. (02) 4883 7113

M. 0428 680 483

The Osborne Centre, Suite 2 Osborn Ave, Bundanoon



IDLE A WILE
2 PENROSE RD BUNDANOON
NSW 2578 AUSTRALIA

02 4883 6822

BED & BREAKFAST ACCOMMODATION

www.idleawile.com.au

24 HOUR
EMERGENCY
SERVICE

Vets:

Bill Beresford BVSc

Charlie Carter BVSc Hons

Chris Watson BVSc

Alex Johnston BVSc



**Southern
Highlands**
Veterinary Centre

472 Argyle St Moss Vale 2577

02 4868 1310

Bundanoon Newsagency



Winterfest photographic competition overall winner: "Sunrise at my place" by Denise Sydenham

A feel good story

ONE DAY IN July a lady called into the garage for fuel. She put \$30 worth of petrol into her vehicle, and handed me a \$50 note. She asked me to give the \$20 change to the next person who drove in. I thought she must be expecting a friend. She said "No – please just give it to the next person who comes in for fuel."

I waited for another car to pull up and to my surprise it was a single mother of two boys. I told her it was her lucky day and explained what had happened. Instead of paying \$52 she paid only \$32. She was very thankful and explained to me what a difference \$20 would make to her weekend. I was pleased to pass on the generous gift and the person who received it would like to say thank you. Michael and I have owned this business for 12½ years and this is the first time we have experienced such a kind gesture.

*Berniece O'Neill
Jimoru Service Centre Pty Ltd*

Filmmaking in Bundanoon

FREE WORKSHOPS WILL be offered to local residents: Filmmaking techniques, editing and visual effects. No restriction on age. No experience necessary.

Aim: To work towards a film festival for the Bundanoon Sesquicentenary 2015. To create a community of film producers, directors, writers, film crew, editors and amateur actors.

Contact Beryl Seckington on 0429 016 062 or email seckington@bigpond.com.

Postal address is P.O. Box 187, Bundanoon.

Erratum

ON PAGE 30 of the June issue, we erroneously referred to Gillian Brennan as 'Counsellor at Bundanoon School'. Her correct title is Student Welfare Worker; see story page 31.

For sale

Bundanoon Hall tables
2100mm x750mm sturdy folding tables, \$50 each. Contact Pat Guy on 4883 6791.



DANE MCANDREW was assisted by RFS fundraising to take part in the 2013 Courage under Fire Kokoda Trek. Dane says: "I would like to extend my thanks and appreciation for your generous donations. A very successful crossing of the Track, with its many challenges of heavy rain, steep inclines and even steeper declines, was a very rewarding experience. We crossed the finish line after eight days in the New Guinea jungle."

Bikes for Humanity

THE 3RD ANNUAL Bikes for Humanity Trivia night held at The Bundanoon Club raised \$790 for the project. We would like to thank the following Bundanoon businesses for their generous donations of prizes: the Butchery, Pizza & Pasta, Pioneer Flask Cellars, Ye Olde Bike Shoppe, General Store, Primula Café, Nest & Burrow, Bloomery, Chinese Restaurant, Jimoru Service Centre, Petersens Garage, Newsagency, Cutting Cottage, Pharmacy, Massage Therapy.

And from Moss Vale – Il Pranzo Café, Cycliste Shop, New Astor Café and Lee Robinson.

We are always looking for unwanted bikes to be repaired: please contact Hans Radowicz, 4883 7262.

—Bob Smith



Kerith Fowles receives the choir's prize

Serendipity: the choir wins...

...the "My Heart Lives Here" competition sponsored by Tourism Southern Highlands. It was in fact a double win. The choir won the \$1000 cash prize for July and also won the People's Choice \$100 local produce hamper with 206 votes.

The cash prize will fund an annual Hugh Vanderfield Memorial Award at the Bundanoon Public School and will also assist with the purchase of special choir music folders. Music Director Kerith Fowles wishes to thank the choristers and Jean de Hosson and Wayne Todd for the visual presentation submitted. See the video on the TSH web site – click on My Heart Lives – July.

Congratulations Serendipity!

The Bundanoon Club Events Committee

WE ARE SEEKING new committee members to assist with selecting, planning and staging events.

Representatives from sporting and community groups supported by the Bundanoon Club are most welcome to join the committee to provide direct input into events suitable for their group.

Contact Alan Millward – Chairman, Events Committee:
Tel. 02 4883 6887 Email: al.jan2578@gmail.com



Bundanoon CWA

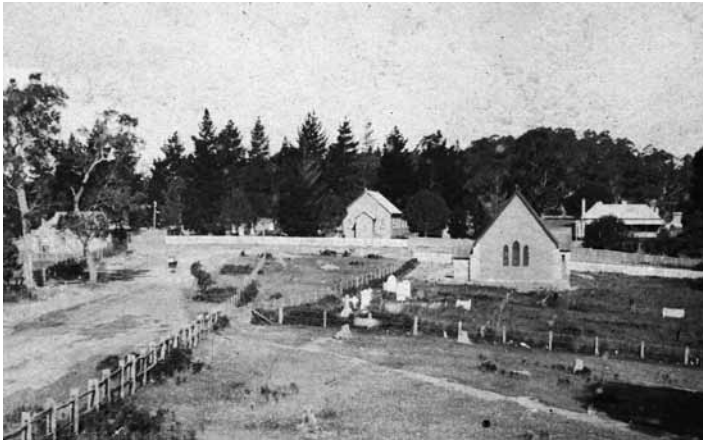
Join us for our AGM at 1:00pm, 10 October, to be held in the CWA Rooms on Railway Avenue.

Do come along! We welcome new members.

Give CWA a try – something's always happening!

- Craft sessions
- International country study days
- Street stalls
- Visits to other CWA groups... and more!

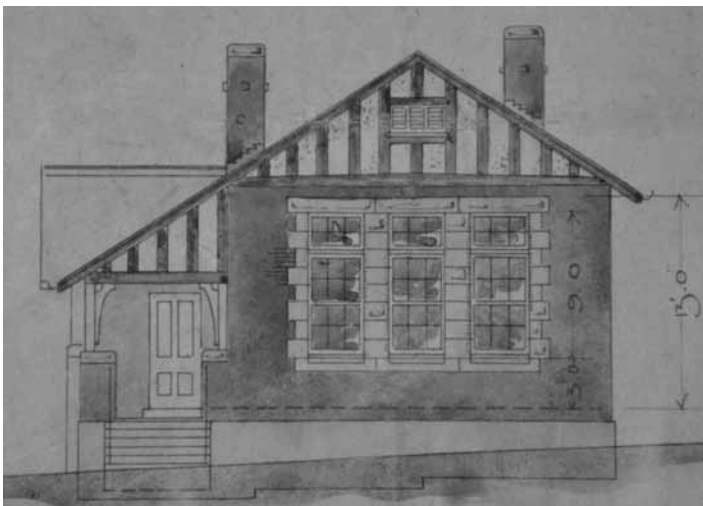
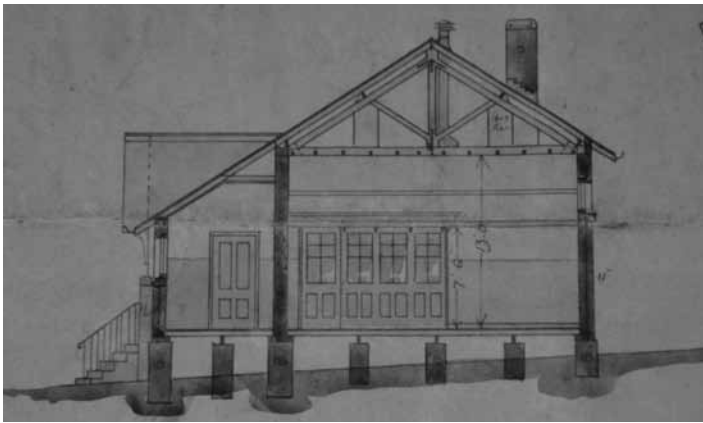
For more details contact Kath Smith 4883 6919.



Top: The Primitive Methodist Church was used as the first school

Above: Early photo showing churches and 1880 school (far right)

Below: Plan drawings and finished 1909 school building



Our school history on display

A CORRESPONDENT OF the Sydney Morning Herald, writing about the railway being constructed from Sydney to Goulburn in 1868, noted as he passed through this area, a number of "strong-limbed", "ruddy-faced" children. His view was that as they had been "brought under tuition" in a private school there would be no need for the Council of Education to establish a government school, because the colony was a transient one, and would be gone when the railway was completed, and workers moved on.

Events have proved the correspondent to be very wrong. The land around what became Jordans Crossing had been available for selection since the Land Act of 1861, and a good deal of it had been taken up by settlers who stayed. In 1870, some of them petitioned for a government school. As a result, in 1871, Mrs. Dinah Osborn began to teach in the Primitive Methodist Church, which stood where the Memorial Hall is today. Her school was always called "Bundanoon School," even though the name "Bundanoon" was not officially adopted for the village until ten years later, in 1881.

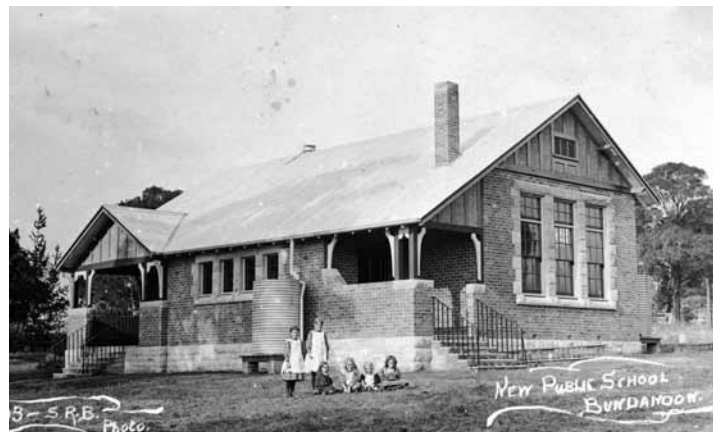
The number of pupils increased, and it became necessary for land to be acquired from Mr. Osborn's grant, for a bigger school building, which opened in 1881. By 1909, that building became inadequate, and was replaced with a handsome brick and stone structure, designed by the Government Architects of the day, Walter Liberty Vernon and E L Drew, in the Federation Arts and Crafts style. The school grounds were augmented by further acquisitions, so the site grew to about four acres.

The School has passed some important milestones, turning 100 years old in 1971, and 125 years old in 1996.

The exhibition in the Old Goods Shed focuses on the early history of the site and buildings. It combines images from the History Group archives, with artwork from pupils at the School on the theme "Our School Today" Some memorabilia featuring the work and achievement of past students is shown, along with items marking the "milestone" celebrations The Bundanoon History Group has set itself the task of collating albums of class photographs, with the aim of having a photo of every group, and as many names as possible. So far, this has proved to be of great interest to visitors, as their memories are stirred.

—Maureen Townsing

- Opening hours for the display at the Old Goods Shed are 9.30am to 2.30pm on the first and third weekends of each month to coincide with the Bundanoon markets.
- Local visitors to the display who have been students at the school may be able to identify themselves and classmates in photographs in the collection.
- Bundanoon History Group meets at The Club in Erith Street at 10 for 10.30am first Monday of each month. Visitors are welcome.





Top: The 'ruddy-faced children' of Bundanoon

Above left: Emma Harriman, the first schoolteacher

Above right: The 1880 school building (also visible at right of second-to-top photo on previous page)

Left: Children from the School visited the Shed on 18 July 2013, to see theirs and our combined efforts at tell the story of education in our village.

Who cares?

COMBINING WORKING WITH caring is not easy. An Australian Human Rights Commission report in 2009 argued that a key challenge for carers' participation in the paid workforce, and their subsequent benefit from Australia's superannuation system, is the fact that workplaces do not reflect the reality of their caring responsibilities, which may occur at any point in the lifecycle. Central to this is the assumption in public policy and workplaces that employees only require flexibility and support for the care of children.

Rather, the population of carers is dynamic: from Carers UK, at least a third of all people will fulfil a caring role at some point in their lives.

The Australian Government carer payment, circumscribed by rules, conditions and limits, does not attract superannuation provision.

Laraine Toms, President of Carers NSW, editorialised recently on superannuation for carers: "While some carers manage to combine some work and caring responsibilities, many can't. They have very little (if any) superannuation. Some carers



Alan Olsen

Do you know:

- 2.6 million Australians care, providing unpaid care, help or assistance to family members or others because of a disability, a long-term illness or problems related to old age. 55% of carers are women.
- Three quarters of a million people are primary carers, providing the main source of care to someone in the core activities of daily living such as dressing, eating or moving around the house. 68% of primary carers are women.
- Most care giving is between spouses or partners. 21% of primary carers are husbands or male partners, 53% are wives or female partners.
- 35% of primary carers spend 40 hours or more each work providing care, hours equivalent to a traditional full time paid job.
- From the Australian Bureau of Statistics, of 770,000 primary carers, 575,000 are aged 15 to 64, and might be regarded as members of Australia's labour force. But only 54% of these working-age people work, and just 26% work full time.



can return to the workforce after caring responsibilities end, although a return to work after years out of the workforce is almost impossible for most, with outdated skills and few job opportunities. In this election year, I want to suggest to you that you make carers' superannuation an issue."

Caring has an economic value of \$40.9 billion. For Carers Australia, Deloitte Access Economics estimated that, if the 1.32 billion hours of care provided in 2010 were replaced with services purchased from formal care providers, the cost would be \$40.9 billion, a sum equivalent to 3% of Australia's gross domestic product.

Despite the best efforts of carers, many people in communities such as the Southern Highlands need professional care. The professional caring services make up the biggest industry for people living in the Highlands. 12% of Wingecarribee's labour force is employed in health care and social assistance, 78% of those workers are women. The caring professions provide one in seven jobs for workers from Bundanoon.

ABS has explored the distribution of caring across Australia. Remoteness itself is not a factor, nor is socioeconomic status. Rates of caring are the same in the most socioeconomically disadvantaged communities and in the least disadvantaged. The only variable that matters is the age structure of the population.

Across Australia, 14% of us, 3 million people, are over 65, the new middle age. In Bundanoon, that figure is 30%.

We are a little way off two girls for every boy (July 1963, you may need to look it up). But, among us elderly folk, there are 1.2 women for every man.

In 2050, there will be 2.75 million Australians over 80, by then probably the new pension age, if the concept of an age pension has not died out. In this aged population, there will be 1.3 women for every man. Given this gender split, how will the process of caring work? Who will be the carers?

Carers Australia

THERE ARE 2.6 MILLION CARERS in Australia who provide unpaid care and support to family members and friends who have a disability, chronic condition, terminal illness, an alcohol or other drug issue, or who are frail aged. The chances are that you either *are* a carer, *need* a carer or *know* a carer.

Carers Australia is the national peak body representing Australia's carers, and their Vision is an Australia that values and supports the contribution that carers make both to the people they care for and to the community as a whole.

Carers Australia advocates on behalf of Australia's carers to influence policies and services at a national level. They work collaboratively with partners and member organisations, the network of state and territory Carers Associations, to deliver a range of essential national carer services.

During the recent hung Parliament there have been many significant reforms which will directly impact the lives of carers. These include the *Living Longer, Living Better* aged care reforms and the initial launch of *DisabilityCare Australia*, formerly the *National Disability Insurance Scheme*.

The first output of the *Living Longer, Living Better* aged care package was a new information service entitled *My Aged Care*, which can be found at www.myagedcare.gov.au and which has a section devoted to carers and their needs.

New Carer Support Centres are expected to be established across Australia as part of these reforms. There are currently respite providers throughout the Wingecarribee Shire, with services available in Mittagong, Bowral, Moss Vale and Burradoo. The new Carer Support Centres will be aimed at making respite and home support services more flexible and responsive to local carer needs.

Other support programs expected to arise from the *Living Longer, Living Better* initiative potentially offer substantial benefits to older Australians and their carers, while the launch of *DisabilityCare Australia* has the potential to provide transformational social change for people with disability, and provide access to real choice and control over all aspects of their lives.

All these reforms can make a particularly positive impact in Bundanoon, which has a higher than average rate of people aged over 65 years, people with severe or profound disability, and people who identify themselves as carers.

In the 2012 Census, over 30 per cent of the population of Bundanoon were listed as over 65 years of age, compared to 14 per cent nationally; 7.7 per cent of Bundanoon residents had a severe or profound disability compared to 4.6 per cent across the country; and 11.3 per cent of the Bundanoon community identified themselves as carers, compared with a national average of 8.8 per cent.



The *Living Longer, Living Better* aged care reforms and *DisabilityCare Australia* have the potential to transform the lives of millions of Australians, particularly in light of our ageing population. Carers Australia works closely with governments to ensure that these reforms are implemented in a way that reduces the system's current reliance on carers, and equally responds to carers' own needs and aspirations, offering greater opportunities for work, education and social inclusion.

—Christine Miller, former board member of Carers Australia

Opening the Toybox

THE NAME SUZY TAYLOR is synonymous with the Toybox Centre in Bowral which she was instrumental in founding in 1981. She is now married to Tony Molyneux and they are both well known in Bundanoon where they continue to contribute to community life.

When Suzy came to live here from Sydney in 1980 with her husband Tom and children Peter, Ben and Sarah, she discovered that there were great facilities for the boys but nothing for young children with an intellectual disability. "Sarah was born in 1978, 12 weeks premature and weighing in at 2lb 6oz, so keeping her alive was the main aim. Her disability was not confirmed until she was 12 months old. After a year of a screaming baby who couldn't tolerate milk, and twitched all the time, we were sent to Camperdown Children's Hospital where we underwent a huge array of tests. Two results became clear: Sarah had Cytomegalo virus through the pregnancy, and Infantile Hypercalcemia which was later diagnosed as Williams Syndrome. Williams Syndrome is a deletion on chromosome 7. Both of these conditions cause physical and intellectual disability."

In 1980, Suzy set about seeing what could be done for Sarah. There were consultations with professional therapists at Tangara school and the school counsellor, Rob Spence. Along with a small group of mothers whose children also had special needs this small group set up a toy library modelled on the visiting Noahs Ark Toy Library from Canberra. And so the Toybox was born. Later this would be changed to the The Toybox Centre as more services were being provided.

As president of the group, raising public awareness, speaking at meetings, lobbying councillors and seeking financial and any other assistance from church groups, Lions Clubs and Rotary clubs became a significant part of Suzy's life. A public meeting was held to form the official committee, to register as a Non-Government Organisation with charity status (there were no other NGOs in the shire at this time), developing a constitution and all the other legal requirements that were needed. The old school residence at Moss Vale school became home to the Toybox and in late 1983, after two years as a volunteer organisation, funding was received from Department of Family and Community Services (FACS).



Sarah and Suzy

Suzy was appointed Co-ordinator in 1984. In the same year Wingecarribee Council provided accommodation in Stafford Cottage which was being set up as an Information Centre. This meant that Toybox now had a 'shopfront' and as its clientele grew so did the services, including some physiotherapy. Vacation Care programs for children with disabilities and their siblings were then introduced and staff was increased. Services were further extended to include parent support programs, teachers, assessments, speech and occupational therapy.

Suzy's determination to go on improving their facilities resulted in the premises at Thompson Street being offered in 1987 by the Department of Housing, where Bridges for Learning is today. This building was to undergo two extensions, the first in 1990 and the second, which virtually doubled the premises, was completed in 2002 with government funding and a huge amount of fundraising by wonderful volunteers. Suzy retired from Toybox in 2006 after 25 years of service.

By the 90s Suzy was a single parent caring for her family. Undaunted, she undertook a certificate course in Human Resource Practice (Tafe) and a Diploma in Community Management (UTS), finally graduating with a Degree in Adult Education (UTS). With Peter and Ben quite independent by now Suzy set out to help Sarah to become independent as well. They rented a house in Bowral and looked after another young woman, Jackie, so that the funding bodies would see that the 'girls' had left home. They attended day placements and work and were looked after

at night by Suzy until more funding became available. This struggle went on for two years until both Sarah and Jackie received accommodation support funding and are now both happily placed in group homes in Bowral overseen by Dadarri Inc. Sarah has very regular visits home and attends Interchange day programs.

Through Toybox, Suzy Molyneux's contribution to the lives of families and children with disabilities and special needs has formed the foundation for Bridges for Learning. This has meant that Wingecarribee has had these services for the past 32 years. She continues to be in demand through teaching engagements with parent groups.

—PD



Left: Sarah as a newborn weighing 2lb 6oz

Right: Suzy (second from left) with her Toybox colleagues



Building bridges for early intervention

FOR SOUTHERN HIGHLANDS children between the ages of 0 and 12 who have disabilities or special needs there is hope at hand. Bridges for Learning (formerly known as The Toybox) is a community-based early intervention service. Its mission is to facilitate children's development enabling them to reach their optimal potential. Early intervention aims to identify, as early as possible, children who are developmentally delayed and tries to provide them with support to enable them to make as much progress as possible.

Bridges for Learning is located in Thompson Street Bowral in a converted house. It is decorated in a way that makes children feel safe and welcome and inspires their desire to learn. The centre has expanded greatly since its small, modest beginning and has become a vibrant centre seeing between 250 and 300 children every year.

The early childhood years lay the foundation for all future development. Bridges for Learning's services are delivered by professionals within a positive, fun and caring environment. Professional staff includes: the centre's manager, Stephanie Isvik; an early childhood specialist teacher; psychologist; occupational therapist; speech pathologist and a physiotherapist. The staff is also supported by a caring and important group of volunteers who assist in keeping the centre going. Parents and carers are provided with ongoing support and resources in order to educate and nurture the children and families within the district.

Intervening early with therapy and

learning assistance can be important to children's lives.

- It can help them with everyday tasks at home.
- It can prepare them for a positive experience of preschool and school.
- It can help them to interact with others and make friends.

Bridges for Learning's services include assessments, therapy programs, support to preschools and schools, transition to school, home therapy visits, autism spectrum programs, better start program, drop-in clinics and workshops and consultancy.

Group programs include building blocks (for babies), stepping stones (2-4 years), step by step (pre-schoolers), ready for school program and social skills autism groups.

Individual sessions provide occupational therapy, speech therapy, physiotherapy, special education and psychology.

For families there are parent education and support groups, PlayConnect playgroup, counselling and diagnosis support, individualised family service plans, home visits, an information and resource library and access to government-funded resources for home and school.

Any parent or carer who is concerned about their child not doing some things as easily as other children their age can phone Bridges for Learning and speak to a member of the staff about their child. You do not need to have a referral. Perhaps a preschool teacher has mentioned a concern relating to your child's development, or maybe a family member or clinic nurse has suggested your child should be assessed. Sometimes doctors refer children to the centre and this is also welcome.

Bridges for Learning is a non-government organisation and registered charity. It is funded in part by government contributions and in part by private donations and fees. Some children with certain disabilities or delays will not qualify for government funding and the parent needs to pay for these services. There is a scholarship program provided by donations from the community to help parents who cannot afford to pay for therapy services that are needed.

Bridges for Learning's ongoing success relies on members of the community recognising the value of what it does and supporting where they are able.

Manager Stephanie Isvik says the centre has grown to the point of not being able to fit all of its programs, children and staff into the current premises – they are bursting at the seams! A free or low-cost room to use in the Southern Highlands for therapy sessions is urgently being sought. Alternatively, the centre has a building fund which needs another \$50,000 to build onto the current premises to extend the therapy spaces. Donations of any size which enables the purchase of therapy equipment for the children are always gratefully accepted.

An added bonus for the centre would be to find a volunteer to help with marketing, fundraising and/or grant writing. So, if you think that you have the skills required and would like to assist this worthy community organisation please give Stephanie a call on 4861 4054.

Go to their website to find out more: www.bridgesforlearning.org.au

—Sandy McKenzie



Comfort for carers



THE HAVEN PROJECT provides support to mental health carers by offering respite opportunities, education, facilitating the peer support group and it also offers one-on-one time when needed.

Our clients are leading lives they did not expect, and plans of retirement, travel and 'my time' have been abandoned. The responsibility of a chronically unwell adult offspring sees huge demands on their time and physical and emotional wellbeing. Their own lives revolve around appointments with psychiatrists, clinic and medical appointments and trips to the chemist, as well as demands for attention, physical care, emotional reassurance and security. The symptoms of some illnesses restrict the involvement of services (paranoia, trust issues) and so the complete care of these people comes down to the carers. In most cases these are family members. Most severe and chronic mental illnesses do not offer the options of recovery to a pre-diagnosis state, but I encourage belief in a recovery model, aiming at being the "best you can be", supported by attempts at social activities and participation in other programs that the Trust (and other service providers) offer.

For all enquiries please contact the office at 5 Ward Lane Mittagong, or phone Jenny on 4860 1100.

—Jenny Davies,
Wellness and Recreation Co-ordinator
www.disabilitytrust.org.au

Finding a haven

WHEN YOU REALISE one day that your way of living needs to adapt to one which encompasses the responsibilities of taking care of one of your adult children, you don't hesitate to make the change. In the initial drama of it, all your time is taken up listening and adapting to the needs of someone you'd thought, after 16 years of marriage, would just be spending the odd week or two with you each year. The marriage was over and dormant depression was growing daily.

So it begins: six–nine months later a new regime is firmly established in your life. Trouble is this is a life which has deteriorated to a point where only your basic needs are filled. You go to bed at night and try not to think about tomorrow. Most days mean helping our daughter in one way or another. We could see this would be an on-going commitment

My husband and I could feel our last few years of good health would not be used for our pleasure, and we worried that our daughter would still be needy when we were really decrepit.

One day while in Mittagong, my husband saw the door of the Disability Trust Office, opened it and walked in. He asked if anybody could help us in our situation.

So we found there was help for us at the Haven Project, the Disability Trust. There are talks on all aspects of caring for people with mental illness, and there is a social side. Morning teas with (in my case) women who are in the same situation. So many sad stories! Setbacks and triumphs, usually small but precious! We talk

freely – no explanation needed – and we laugh and cry together. So often it's 90 per cent laughs, but we can all confess we've been 'crying a lot lately'.

Sometimes we have a day trip away to relieve the monotony of being needed. The excitement rises. A whole day away means such a lot.

The talks and seminars have been a help, but the friendship of women living the same sort of life has made a big difference.

There is an impact on the whole family when one member becomes unwell mentally. Inter-family relations can become strained, which is certainly not useful.

Some of my new friends tell me that without their belief in God they would be unable to keep going year after year.

For me, and for those who like me do not have such belief, the help that my husband and I have been given has been the difference between despair and somehow managing to keep going.

I guess it all comes down to reaching out when things get tough. I don't think that anybody I've met through the Disability Trust believes that miracles happen, but the opportunity to meet so many people who struggle with extremely difficult situations day and night, and can still laugh when they have a few hours off, I think must rank as a miracle. There are a lot of people who do this day in and day out – year in, year out.

—Name supplied



It takes a village to raise a child

Gwen Jones, affectionately known amongst The Grannies as an Aunty, quietly reads to a rapt audience during library borrowing time

A VITAL INTERACTION takes place in the Bundanoon Public School Library on Tuesdays and Wednesdays.

Amidst the busyness of little children borrowing or returning books, gentle, smiling volunteers helping children with their task are leaving them with a lasting impression of the value of reading. This extraordinary group of volunteers has been affectionately called 'The Grannies'. Their calm, caring presence helps emerging readers turn a task that can be daunting into an enjoyable experience.

"Reading and loving reading is such an important gift to give children," Robyn Versluis, the school's principal, says about the work The Grannies do. "Reading is good for your soul. It expands your mind. I just think it makes such a good balanced human being to be able to have empathy for others, and I think it's created by sharing and experiencing other people's points of view, and you get that through reading and talking about what you read."

It is the same gift of caring that is reflected in the entire "army of volunteers", as Robyn puts it, who give their time to tutor maths, help with sport, art, with the canteen, in the reading program, or who volunteer a portion of every single day to a child in need of a stable and wise friend.

Robyn says "All those parents and community members who come along are saying to our students that their learning in those areas of their education is valued by other people. Everything we do at this school is trying to connect our children to their local community. It's about teaching students to give back."

Nowhere is this more apparent than with the Student Representative Council (SRC). This group of children is learning to accept leadership roles and to think of the common good. Every year their responsibilities include charity work, raising money for both local and national or international events.

"I think kids are still learning to contribute, but at the same time they have to be resilient enough to be able to see beyond themselves," Robyn explains.

Teaching child resilience is the essence of the programs at Bundanoon and the specific role of people like Gillian Brennan, the new Student Welfare Worker. Her job is to care for and nurture the children, especially the most vulnerable, through programs such as the Friendship Club.

A casual setting is the key – as is Gillian's quiet and non-judgmental approach: "The Friendship Club is an opportunity to get involved during their play time when they are more relaxed, and when what they're saying or doing and how they are interacting can be discussed."

Watching how children play and using it to help shape their relationships is a role that falls to all teachers, but also to Simon Spargo, the School Learning Support Officer. One or two days a week, Simon stands calmly on the playground, watching all that goes on, ready to intervene. At times he joins in games and chats with the kids in a quiet, interested way that earns him their respect. He is there to model an ideal male behaviour and to calmly diffuse any heated situations that may arise.

"He's calm and he's generous," Robyn says of Simon. "And he has a good sense of humour. When children are doing wrong, he handles it beautifully. It's not just reminding them about the rules, but also reminding them that they're good enough to know what the rules are."

Teaching a child that ability to self-regulate is a passion of the school staff. It means treating the child as a *whole* being, understanding that all of life affects their ability to engage with school, and helping them find a balance between home and school.

"So far as caring is concerned," Robyn says, "I think every teacher in our school undertakes an enormous responsibility to teach personal skills to children. Yes, we have formal programs that do it, but every day I see the generosity of the staff and the way they interact with and support children. They're not paid to skip their lunch because they're talking through an issue with a child. It's just generosity!"

—Lisa Saul for
Bundanoon Public
School



Community cares for Warrigal Care

THE BUNDANOON COMMUNITY, together with the management, staff and auxiliary of Warrigal Care place the word 'care' at the forefront of their thinking, surrounding the Warrigal complex with a network of support which they find enriches their own lives.

Most volunteers express a desire that their name not be mentioned. 'It's not about me!' they say, but they talk about the pleasure they get, the sense of fulfilment and privilege they feel when taking part in activities with residents. 'Fun, fellowship, friendship, a happy atmosphere,' are the words one church visitor uses. 'It makes *me* feel good inside to come here.'

'I might be here myself one day, with my family a long way off,' says a member of the Bundanoon Men's Shed. 'There aren't many men at Warrigal, and they really enjoy having some other chaps around to talk to, and do things with. We're happy to do whatever we can to give them pleasure.'

The activities assisted by volunteers are varied, such as the extremely popular Bingo, with about ten visitors helping. The painting group meets amid much laughter and good fun. Frequently the artists have never painted before, exploring for the first time the possibilities of working with water colours, acrylics or the simple and challenging pencil, as in portrait drawing. Some of their work is on the walls, a gallery in itself. Other groups read or listen to poetry and stories.

Those who love music can hear a visitor playing classical piano, join in the regular Sing-Alongs, or attend occasional concerts given by groups such as 'Serendipity' or 'Exeter Sings'. 'It's never a case of one size fits all,' one volunteer remarks. 'Taking the music to the residents can re-awaken in someone a talent that has long been dormant. What a privilege it is to be part of that re-awakening.'

One Men's Shed member puts together CDs of 'music of the old days' for the residents.

A small, keen group regularly plays cards, the silence of their concentration sometimes broken only by the arrival of the tea trolley. Similar intense silence is often to be observed at the Scrabble table.

An Anglican minister, Reverend Theo Neuhauser, started church services at the original 'Linkside' in the early eighties; his work was carried on by Lionel Miller of Exeter until a short time before his death in 2004 at the age of 89, and has been carried on since then by a band of dedicated clergy, service leaders, singers and musicians. Isn't it wonderful to hear organ music at Warrigal! Lionel was motivated by his love of the old hymns, by the sympathy he felt for the residents who were away from their families, friends and home churches, and by the encouragement he himself received by worshipping with his 'team' and with the 'Linkside' residents.

A similar group of parishioners has ensured that the Catholic residents have Mass regularly and the Uniting Church has also kept a close relationship with Warrigal.

The daughter of one resident who sadly passed away while this article was being written says her mother was 'fiercely independent' but was content to be 'enveloped by the love and care of the other residents, the staff and visitors.' She says, 'Mother was embraced by the Warrigal community.'

One of Warrigal's most popular visitors is Tash who is usually to be found on a soft bed in the hairdressing salon. Tash says she loves going to Warrigal because everyone pats her and fusses over her. For this four-legged visitor, at least, 'It **is** all about me.'

—Margaret Symonds



Roz Fidge (left) and Jan Shier (right) with visitor Carol Gill

Two for One-on-One

"WE'RE A COUPLE of swells, we stop at the best hotels..." There's a murmur of voices, yes – singing and music in the activity area just beyond the entrance to Warrigal Care! Jan Shier emerges from the little kitchen carrying cups of coffee for a small group of residents concentrating on their art works. Two voices join hers. Remembering the words of the song is not a problem.

When Jan Shier and Roz Fidge came to Bundanoon in the 1980s both knew they wanted to participate in the community activities of Bundanoon when they finally stopped work and they agree there is something for everyone with so many groups established. They are often seen at all kinds of events and do their best to 'help out' when there is a call for volunteers. However, they found their niche as volunteers at Warrigal Care after working with Volunteering Wingecarribee to establish how best to use their talents. Both had elderly independent mothers who were in care for only short times before they died and Roz and Jan recognise the importance for elderly people to have stimulating activities. This led to Jan's poetry readings on Monday afternoons – mostly Australian or poems with a theme that engages her listeners. She has been delighted to find that some in her group have written poetry. She says, "I started reading stories in a children's radio program when I was about 13 in Perth. I've always enjoyed reading aloud to others. My first volunteer activity at Warrigal Care was reading to a lady who had lost her sight."

When asked what she had done in her 'previous life' she explained that she spent two years in 'one of her careers' at The Royal Academy of Dramatic Art (RADA) in London and no doubt there is scope for performance in her readings. Her career reflects not only performance (the Playhouse in Perth and radio drama broadcasts and appearing in plays for Perth Festival) but she later became a social worker. This second career took her from Child Welfare through Community Mental Health to implementation of Child Protection legislation. Before her retirement she was Director of Child and Family Services of DoCS. Her gentle engagement with people in the group shows her wonderful sense of caring.

On Sunday mornings Roz and Jan hold art classes for residents at Warrigal Care. Roz explains "There is not always regular attendance but if you look at the gallery in the hall, in two years there has been considerable output." The object of the exercise though is to tap into the creativity of people who when they lived independently may have had significant talent for all kinds of crafts. Those skills have long been abandoned but the creative spark is still there. Some of the 'class' show drawing skills but for those who need to be encouraged Roz produces mono photocopies for them to colour. They may move to using watercolours, on drawings copied on to quality paper. This gives them a new challenge.

Roz says that whilst she isn't formally trained she has always been able to draw, and as a young person in Adelaide went to regular art classes. She finds it rewarding and interesting to watch the talents of her group being revealed. One lady told her that she had learned



Above: Paintings from the 'Warrigal Gallery'

Below: Sunday morning artists

to draw when she spent hours sitting at the bedside of her terminally ill husband. The drawing skills of a man in the group, who had no previous experience (he claims), are attributed to having a talented ancestor.

Roz had a ten-year career in medical technology in Adelaide and worked in the cardio-pulmonary area of health care in hospitals in Melbourne, Sydney and London. She spent four years studying for a Master of Design degree because she was frustrated with the equipment available in hospitals. Following the completion of her degree she designed electronic biomedical equipment.

She was awarded a Churchill Fellowship and travelled to America to look at the

design and impact of high tech equipment in major hospitals. Roz and Jan now enjoy travel and with their 'students' in mind often find appropriate cards and posters of interest for them

Roz recalls that although she and Jan have always had granny flats attached to the houses they have owned in Sydney her mother would not leave Adelaide and always claimed "They can take me out of my house in a box." She says she recognises that many older people have expressed that wish but for some, especially with onset of dementia, that choice isn't a reality.

Their contribution to the lives of the few residents at Warrigal Care they encounter

is rewarding for them and they encourage anyone reading this to call in to their class on a Sunday morning between 10am and 12. If you have only a little time to spare visits need not be long and are appreciated, especially by those whose families don't live locally.

Carol Gill came with a basket of camellias while **jcg** was speaking with Jan and Roz. She says "I find it's easy to pop in often for just a few minutes." They are hoping that the generous-spirited people of Bundanoon will join the Warrigal Care appeal for volunteers, especially with the introduction of transport for some residents to Piano@10 on the first Saturday morning of each month.

—PD



Warrigal Care is a community-owned organisation that has been caring for older people for many years. They are proud of their staff and continue to partner with many universities and organisations to discover as much as possible about how to help dementia sufferers make the most of their lives, and how to assist their families.

Not the wrong number...

OUT OF THE blue, several years ago now, Wendy Hughes received a telephone call advising that she had been nominated in the 'Local Hero' category of the Australian of the Year Award. Her immediate reaction was to respond, 'Surely you have the wrong number' – typical of the person she is.

Wendy and her siblings were brought up in a family of carers, their parents being 'incredibly caring people' who provided an example and expected their children to think and behave similarly. Over Wendy's varied adult life her employment has 'caring' as a constant theme.

Early in her adult life she was offered Batik painting training with a Batik master in Kuala Lumpur, Malaysia and as a consequence became very interested in Eastern religions.

She learned to speak Bahasa Malay and initiated a study programme at Kuala Lumpur University. While there she became involved in a volunteer programme with the Red Cross visiting Kampongs and schools to provide services as required. She returned to Australia after three and a half years living and working in Asia.

Back in Australia Wendy taught Batik principles and worked several other jobs concurrently. From childhood she had dreamed of working in animation but, frustrated by sexist attitudes prevalent at the time, was unable to take the role she desired, becoming instead an assistant at Hanna Barbera in Sydney. While there she completed her degree and then decided to 'backpack' her way to England and Europe for six months.

Later she met and married Doug who was involved in the Hospitality industry, managing restaurants and 'cheffing'. As their two boys were growing up, Wendy worked in a Bonsai nursery, so from an early age their boys were well aware of plants and the 'dirt' they grew in.

Wendy became involved with 'Sunnyfield', an organisation that builds choice, opportunities and skills for life for people with disabilities across Sydney, Central Coast and New England. As a 'social therapist' she worked for many years overseeing health and wellbeing of clients, often volunteering as carer for clients' week long camps.

Inevitably, though, her interests widened, especially when approached by the Special Needs teacher at her sons' school, to begin 'on the job' training via the Open University.

As this training was with Special Needs children at pre-school and primary level who presented with 'challenging behaviours' it was a highly stressful, intensive time, but thoroughly enjoyed.

Wendy's first job in the Highlands was at Quest where she spent three and a half years.

Currently she is a Program Manager with Interchange Australia, which aims to assist clients to 'live independently in their own community.' Her work is mainly with frail aged people who have declining health and/or disabilities, and those at the end stages of palliative care. Some work involves those with low- to moderate-level dementia, and those being discharged from hospital. Networking with hospitals, health professionals, community health and families is a large part of her job. Much of her time is spent

listening to people's stories as she assesses their particular needs and allocates appropriate support staff to meet them. Wendy believes she works 'with people, not for people'. She talks often with clients, her gentle voice encouraging them to share their experiences and express their needs.

More recently, with a previous work colleague, Wendy helped develop a 'Pets as Therapy' program in the Highlands with specially trained animals visiting clients at home, in nursing homes, hospitals and cancer centres. She has also established a 'Sustainable Therapy Garden' at Springett House, an Interchange 'centre based' day care home. The garden includes edible food, chooks, perfumed plants and a 'berrarium'!

Doug is 'her best friend in all the world!'

Typically Wendy describes her way of life as 'probably that of a Buddhist person' whose focus is very much interpersonal. Hers is definitely not the wrong number.

—Graeme Whisker



Need support in your caring role?

THROUGH THE HOME and Community Care Program the state and federally funded Carers Coordination Program based in Moss Vale offers services for people with disabilities, aged people and their carers.

The services available are basic counselling, support, information, referral and advocacy (someone to speak on your behalf).

Support can be one on one, face to face, through telephone conversations or can be accessed via social media.

The Carers Coordination Program has been accessed by 240 people. Support can take many forms and depends on individual requirements. For example, those who are new to caring may be seeking support and information for accessing specific assistance and may need someone to support them through that process.

Handy stress relievers for carers

IN MY WORK I meet many wonderful people, and high on the list of 'amazing' are those who are carers. These people may be the loved ones of those with serious illness, they may be the parents of disabled children, they may be the adult children of elderly parents, and they may be volunteers or healthcare workers who are drawn to the work of actively supporting and caring for others. Carers come in many guises but all of them have great hearts and a willingness to sacrifice their own comfort and convenience in order to help someone who is in need.

As good hearted and as willing as they may be, carers can often pay a toll for the part they play in the care of another. It can be lonely, thankless, difficult, challenging, sad, tiring, confusing, isolating and just plain stressful. It can be work done with great love, and work that the carer would not give up for any reason, but along with it the impact of these stressors can have a detrimental effect on the wellbeing of the carer.

The practices of managing stress build our resilience so that we have a level of fitness when life makes demands of us. Being in the position of carer is a demanding role and carers can begin to feel that there is no time left over for them. It's no good telling a carer that a wonderful remedy is to go off and walk solo along a lovely beach, if the caring role is a 24/7 commitment which does not allow the person a chance to get away! The strategies must be those that can be incorporated into the environment which is at hand. Here are ten handy stress relievers for carers.

Laughter

When you laugh, your body secretes endorphins and these hormones give you a natural 'high'. Where possible, escalate a smile into a chuckle, a chuckle into a laugh and a laugh into a belly-shaking one. Humour can smooth over many a difficult moment or make a tedious task more enjoyable. Humour helps create "common ground" in

relationships and if you are able to share a good laugh with those you are caring for, your day will improve right away.

Embark on self-discovery.

Become aware of your attitudes, beliefs and responses. Change your view of yourself. Take responsibility for your own perceptions of yourself. Do you love, respect and appreciate yourself? You should! You are doing a wonderful job.

Recognise that you have control of your responses.

We can't always control what happens to us but we can control how we react to the things that happen to us. We may not be able to avoid becoming emotionally upset, but we can control the intensity and duration of that upset. For example, instead of reacting depressed or hostile, we can learn to react as if only sad or irritated.

Live in the present.

Wherever you are, be there! The past cannot be undone. Many of the things that we think will happen never do. The present is full of possibility and potential.

Exercise

Exercising for 40 minutes can reduce stress levels for up to three hours. Find regular and enjoyable exercise which can be realistically incorporated into your week. Four or five times a week is a good goal to aim for.

Breathe deeply.

A few long slow deep breaths, breathing in through your nose and out through your mouth will help you release tension. Breathe in relaxation, breathe out stress.

Learn to relax.

Familiarity with progressive relaxation techniques helps us to recognise when we are becoming stressed. Having the ability to physically unwind is the first step to letting go of mental tension.

Learn to meditate.

Learning to meditate can be the next simple step in relaxing the mind so that it becomes quieter. With a quiet and focused mind our intuition, inspiration and imagination become more readily accessible.

Have a purpose.

If we are engaged in activities and relationships that are nurturing and fulfilling to us, we are less likely to feel stressed.

Take care of your body.

A healthy mind in a healthy body is the aim. Increase your fibre intake by including plenty of fruit, vegetables, legumes and cereals. Reduce your intake of red meat to once or twice a week and replace it with seafood or chicken. Maintain your ideal body weight. Cutting back on fatty food will lower your total cholesterol and help you lose weight. Get adequate good quality rest and sleep.

—Petrea King



Helen Coetzee - photo

Others may be very experienced in their caring role but would like to connect with other carers through outings, lunches, workshops etc.

There are lots of things going on in the Carers Program at the moment including

- Cooking Classes
- Seasons for Growth – grief and loss program.
- The Care-Free Singers, a choir for carers and friends is lots of fun and no talent is required,

- The Carer Education Series – covering a variety of topics
- Pamper Days and carer get-togethers.

Colleen Shepherd coordinates the program locally and can be contacted Mondays, Tuesdays, Thursdays and Fridays so please do pick up the phone, email or drop in.

Throsby Manor, Throsby Street, Moss Vale. Ph 4868 2676, email carers@mdservices.com.au or find us on Facebook at MDS Community Care.



Plenty to dream of and to strive for

RICHARD ECKERSLEY, SOCIAL analyst, spends much of his time exploring the question: is life getting better or worse?

The answer to the question, he reasons, is not as obvious as it may seem and he approaches it from a perspective of human health, wellbeing and happiness. Richard emphasises the importance of culture, values and stories, and challenges some of our most powerful beliefs about progress, including that we are getting healthier because we are living longer, that the 'West is the best' when it comes to human development, and that past life was wretched.

He describes himself as an independent researcher and writes on progress, sustainability, culture and wellbeing and describes his approach as 'transdisciplinary synthesis', drawing largely on the research of others. Richard was drawn to Bundanoon in this third trimester of his life both for reasons of family and because he has sensed the depth of community spirit in this place. Indeed, he sees community and all it represents as the key to dealing with challenges.

Richard studied zoology as an undergraduate and later completed a masters degree in the history, philosophy and sociology of science and technology. His former positions include: science reporter for *The Sydney Morning Herald*, head of the media liaison office of CSIRO Australia, senior analyst with the Australian Commission for the Future, ministerial consultant to an Australian Government minister, senior specialist in strategic analysis at CSIRO and fellow at the National Centre for Epidemiology and Population Health at the ANU. He is a founding director of 'Australia21 Ltd', an independent, non-profit, strategic research company.

Before settling into a career (and family life) in his 30s, he worked as a labourer and professional fisherman, and travelled abroad for two years; travels that had a profound

influence on his life and work, allowing him to see more clearly Western culture's assumptions and values, strengths and flaws.

From his book *Well & Good*, first published in 2004, p. 43, he says of his travels:

In a way I hadn't anticipated, the experience allowed me to view my native culture from the outside; and in ways I hadn't appreciated before, I realised ours was a tough culture. I became acutely aware that the Western worldview is just one of many, defined and supported by myths like any other. We tend to see material poverty as synonymous with misery and squalor... We see others as crippled by ignorance and cowed by superstition; we don't see the extent to which we are, in our own ways, burdened by our rational knowledge and cowed by our lack of superstition – of spiritual beliefs.'

Richard's website (www.richardeckersley.com.au) speaks of his work as a wide-ranging inquiry into progress and wellbeing, including:

- measures of progress
- the relationships between economic growth, quality of life and ecological sustainability
- social and cultural influences on health and happiness
- visions of the future
- young people and their world

Richard Eckersley has many publications to his credit in the form of journal papers, book chapters, monographs and specialist articles for magazines, leading Australian newspapers and for radio broadcast. He speaks to a wide range of audiences, and has served on many boards, committees and advisory groups. Current and recent positions include: the board of Families Australia, the ACT Community Inclusion Board, the Australian Bureau of Statistics' expert reference group



on measures of Australia's progress, the Australian Institute of Health and Welfare's national youth information advisory group, and a government expert working group on science engagement.

In the latter stages of his paper 'Whatever Happened to Western Civilisation' he suggests that *"creating a new human story, a new awareness of ourselves, represents a 'no regrets' strategy. It might yet allow us to avoid global mayhem In the event that calamities strike, it would mitigate their effects by enhancing our personal and social resilience and preparedness.....We may no longer be able to get out of the mess we're creating for ourselves, but we can get through it. There is still plenty to dream of and to strive for."*

Richard was awarded an AM in the Queen's Birthday Honours this year for services to community as a researcher, analyst and commentator of population health and wellbeing in Australia.

Meanwhile... the renovation continues with sanding (by hand) the doors and windows in his house.

—Graeme Whisker



Volving office staff celebrating the birthday after their regular monthly meeting

Volwing turns 10

VOLUNTEERING WINGECARRIBEE CELEBRATED a decade of services on Wednesday 14 August. The organisation has grown from a small referral service to serving more than 160 volunteers and 80 clients a year. The part-time manager is Bundanoon's own Thomas-Andrew.

"This milestone gives us the opportunity to look forward and work on new services to support volunteering in the Southern Highlands", he says.

Volwing recently announced a three month research project in partnership with the University of Wollongong which will survey current and future needs for volunteers. Bundanoon will be a significant part of this survey.



The play's the thing

*Come thee from thy talking boxes, thy word
and picture screens,
from all thy modern devices, O ye chair-
bound Bundanoonians!*
*Hie thee to thy local haven of merriment and
thespian performance!*
*Here shall ye find pleasures not yet dreamed
of in thy dull domesticity!*
*Haste thee abroad from hearth and home to
greet fellow villagers*
in whose veins surgeth the juices of creativity!
*Speak thee unto each other in this nurturing
place,*
rejoicing in the brilliance of sparkling minds,
and in the joy of being alive!
*The play's the thing! Let the curtain rise on
thine own creations!*

THE BARD HIMSELF might well have uttered these words after attending a session of 'Crash Test Drama', part of 'Melting Pot', the magnet which has recently been attracting villagers, and even people from faraway places, to the Bundanoon Soldiers' Hall to pool their talents and enjoy a different and wonderfully addictive kind of entertainment and challenge.

Patrick Brennan, the enthusiastic spirit behind this endeavour, regrets that participation seems to be limited to those between the ages of 18 and 120. All are welcome, he says, finding something to do to be part of the action, either onstage or in

the audience.

Patrick says 'Melting Pot' is but a name, coined at day one. All kinds of drama will, in time, he hopes, find their way into the 'melting pot' on the Bundanoon stage. The first kinds of plays, the very short ones put on in 'Crash Test Drama', continue to excite playwrights and players alike: ten-minute plays and monologues are cast, rehearsed and performed script-in-hand, in 'moved readings' on the one afternoon and evening, providing opportunity for new and experienced writers, actors and directors to improve and perfect their craft and to gain a taste for and a perspective of live theatre – in other words, 'to have a go'.

Michaela Bolzan, director of the 2013 Southern Highlands Writers' Festival, gave the following awards at the June 1 Crash Test session:

Best play: *The Real Thing* (written and directed by Karen Granger); best actor: Richard Bosly-Croft; best actress: Rebecca Vella; best director: Gillian Brennan.

The audience chose *That Sinking Feeling* (written, directed and acted in by Brian Haydon) as their favourite play.

The most recent Crash Test Drama session took place on 11 August. The judge for the occasion was Cathy Hunt of the Belvoir Theatre, Sydney.

Her choices were:

Best play: *On Madison Avenue*, written by

Michael Jones, directed by Nicole Freeman, starring Graham Yates and Jim Cheesely;

Best actor: Jim Cheesely (*On Madison Avenue*);

Best actress: Miranda Lean (*Slippery Slope*), written and directed by Margaret Symonds;

Best director: Margaret Symonds (*Slippery Slope*);

Best play (audience choice): *Chucked Out*, written and directed by Jan Kenny.

100 people enjoyed an afternoon of original entertainment.

The eight winning plays from the CTD events held so far will gain entry into the Gala Final; the two winning plays from this final will be recorded as radio plays and be made available as podcasts on the Theatre for All website. In addition they will be included in the 2014 season of the Short and Sweet Short Play Festival, the largest short play festival in the world.

Bundanoon CTD was delighted to give rise to ACTcelerate, part of SHYAC, the Southern Highlands Youth Arts Council, which held its first Crash Test Drama event on 22 June.

—Margaret Symonds

**The Gala Final of winning plays
will take place on Sunday 13 October.
Performances begin at 5:00pm.**



I colori dell'Italia

I COLORI DELL'ITALIA (The Colours of Italy) is an exciting new exhibition by local artists Virginia Arregui of Bundanoon and Carmel Malcolm of Bowral.

This collaboration between the artists represents a love of all things Italian. Ceramic Tile Paintings by Virginia Arregui depicts wonderful, colourful scenes of favourite places and memories, as well as quirky and contemporary new designs. Carmel Malcolm presents beautiful and traditional Italian design ceramics on bowls, platters, urns, vases and more.

The I Colori dell'Italia exhibition at 'The Foyer Gallery', Wingecarribee Shire Council, Elizabeth St, Moss Vale commences on 2 September and continues to 27 September. The exhibition is being officially launched on Friday 6 September.

Virginia Arregui

Virginia has been a ceramic artist for more than 15 years. The concept for her ceramic tile paintings was inspired by the amazing tile murals that she admired whilst travelling throughout Europe. She exhibits her work locally (exhibitions and by taking part in the 'Art Studio Trail' in November each year), through exhibitions in Sydney, art shows around the country and has recently been showing her work in a number of exhibitions throughout Italy.

For more information visit Virginia's website – www.virginiaarregui.com.au



Carmel Malcolm

Carmel has been handpainting ceramic pieces for 10 years. The inspiration for most of Carmel's design ceramics comes from her travels and her love of design, colour and texture. Her pieces are both beautiful and functional. Her pieces incorporate patterns, designs and colours from Italy, France, Morocco

and Africa. Carmel exhibits her work locally, in art shows and in the local annual Art Studio Trail arranged by the Wingecarribee Shire Council.

For more information visit Carmel's website – www.tamarindlaneceramics.com



Left to right: Julianne New, Suzy Molyneux, Alice Miller and Leigh Reynolds
Photo courtesy Southern Highland News

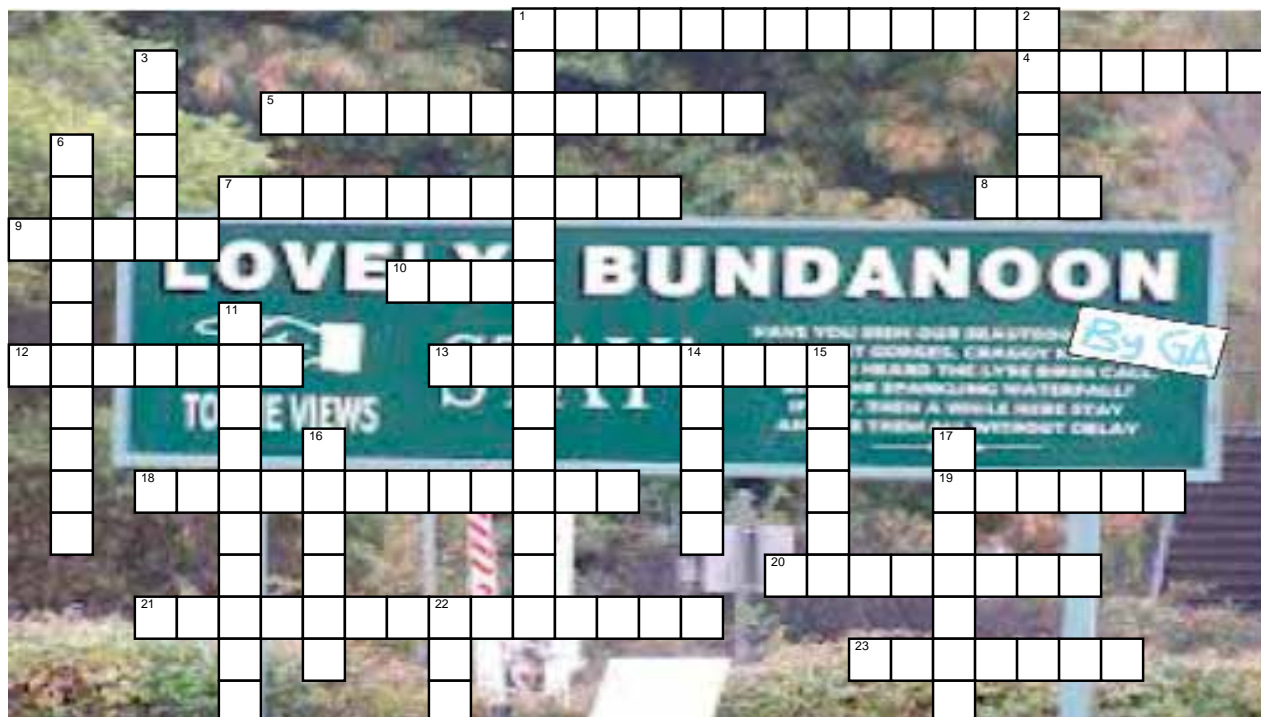
Quilts for Coonabarabran

IN JANUARY OF this year bushfires raged in the mountains of the Warrumbungle Ranges in north west NSW. In the town of Coonabarabran 55 families lost their homes. Many had serious damage to their properties and suffered severe stock losses. In the Southern Highlands, through contact with Barradine CWA, a group of women from St Aidan's Church, including people from Bundanoon, got together for the 'Quilts and Treasures' project to produce 20 lap quilts and crafted pillow cases as gifts for women in Coonabarabran. 25 women participated in the project – donating money for materials, their expertise and time to have the gifts ready for delivery in ten weeks. The 'Treasures' component of the project entails gifts for people who have lost their homes. Replacement of household goods and appliances is essential and happens soon after a crisis but the little items destroyed in a fire are irreplaceable. It is hoped that these gifts from the women of Exeter and Bundanoon will bring pleasure to those who lost everything.

Bundanoon cryptic crossword

puzzle

All the clues relate to people, places & institutions around Bundanoon or from within the pages of this issue of JCG



Across

1. foresters snip into changed role for our fire fighters. (5, 8)
4. Trundle the tea out for the troubadour and plumber. (6)
5. Just a walk in the park for the home of this bright wriggler. (4, 4, 4)
7. Superior slander moved, naming our Rugby League team. (11)
8. Make hay where many a visitor has. (3)
9. Give an old sixpence for a digger in the parade. (5)
10. chills lost half a CC and point to a sloping route to Old Wingello.(4)
12. The flower arrangement of an iron boa. (7)
13. 'N Garde! Batty with a society of diggers. (6,4)
18. Our local theatre played the "Mexican Three". (3, 3, 6)
19. This Avenue sounds true blue Australian made. (6)
20. STOP! Fly London plane perhaps in front. Guests stay here. (8)
21. Crazy psychotic bell he left out when going for a coffee and a ride. (3,7,4)
23. Prissy Ula often has a latte here. (7)

Down

1. Where the round ball game is played, free land reverse is turned around.(8,7)
2. Whatever I think it contains a coalmine and a street. (5)
3. Local area network initially combined with, or turned into this cul-de-sac. (5)
6. Adopt bunny and in turn provide fresh clear water. (5,2,3)
11. insert weft to weave a solstice celebration. (10)
14. I hear the tallyman is green. (5)
15. Riband turned into a crescent. (6)
16. Within the inner rim you will find the way. (6)
17. Mortein that is back and gone for what sounds like Ohh! What a lovely park. (6)
22. Started and reversed a well catered community group in Railway Parade. (1,1,1)



Solution page 51.

02 4869 1392

RICHARDR@HINET.NET.AU

RICHARD READING

LAWYER
LLB (SYD), MDR (UTS)

WORTHINGTON & READING LAWYERS

3/3-5 CLARENCE STREET, MOSS VALE NSW 2577
FAX 02 4869 1378 PO Box 955 MOSS VALE

C. F. DAVIES & CO

Solicitors & Conveyancers

300 Argyle Street
Moss Vale NSW 2577

Phone: 4868 1944

Fax: 4868 1043

Email: robin.crocker@optusnet.com.au

Principal: Robin Croker

Annette's
Florist **4869 1544**

"For beautiful flowers
across the street or
across the world!"
SIMPLY PHONE

or call in to:
328 Argyle Street Moss Vale
(opposite the old Post Office)



MILDENHALL
GUESTHOUSE

SMALL GROUP
BOOKINGS A SPECIALTY

Karen Henry

10 Anzac Parade
Bundanoon NSW 2578

Phone/Fax: (02) 4883 6643
www.mildenhallguesthouse.com
karen@mildenhallguesthouse.com

Suite 3 "The Clarence"
3-5 Clarence Street
Moss Vale

Gary A. Antaw
Registered Surveyor



Mail to:
PO Box 354
Moss Vale NSW 2577

Ph: (02) 4868 1284
Mob: 0403 567 355



RUNDLE'S
PLUMBING
PTY LTD

Les's License No. L7266

ABN 24 002 429 478

Gasfitting, Draining, Plumbing,
Hot Water, Maintenance

PHONE: 02 4883 6479

MOBILE: 0408 970 648

PO Box 4, BUNDANOON 2578

Specialist in:

- Difficult windows
- All decorative window treatments
- Roman blinds
- Plantation shutters
- Sunscreen blinds
- Curtains
- Interior design
- Will work with client's own fabric

Jacqueline Cory
EST. 1963

CURTAIN MAKER TO THE TRADE

Telephone 4883 6593
or 0414 329 629

Email jacquelinecory@bigpond.com
Web www.jacquelinecorydesigns.com.au



DIY know-how

by Patrick Fitzgerald



Through Ross-coloured glasses

by Ross Armfield

Lessons from history

SOMETIMES READING HISTORY books can be really interesting!

The earliest known damp course (a moisture barrier under walls) was found in the Orkney Islands north of Scotland and dates from 5000 years ago. Hard to believe the practical benefits weren't recognized. Many houses in Australia didn't have damp courses until the 1950s.

Artificial stone like Haddon stone was first developed in England in the 1760s and was used in the construction of Buckingham Palace. It was called Coade stone and had a brief but hugely successful run for half a century. Good quality bricks gradually took over which demanded massive amounts of timber for the kilns. Also, iron production used about 540 square miles of timber a year in the 18th century. Ship building too required large quantities of timber at that time. It took 3000 oaks to build Nelson's *Victory* and the Chinese ships of the 1300s used 200 acres of trees for each ship.

Hardly surprising the Poms had to travel to the other side of the world to find timber for their Navy. Norfolk Island Pines were sighted during one voyage and it was hoped they would make great masts. At the time the Baltic Sea was frozen so access was closed. Unfortunately Norfolk Island pine didn't work for the purpose, being too soft and knotty.

Retaining the integrity of timber is difficult over a long period of time. In Iran and some other Middle Eastern countries, a tree is cut down, the timber is cut to size and then saturated in 'cow poo' for six months before it is used in building. I've seen evidence of lintels in Iran which were in perfect condition after hundreds of years.

Consider this for forward planning! When the big cathedrals of Europe were being built, the massive beams and trusses used had a 'use-by' date. As a new oak was growing, the desired shape of the beam was achieved by coppicing the tree and maintaining its shape as the tree aged. Thus in one or two hundred years a replacement was available. Simple!

The worldwide timber shortage is still a real problem; in Africa, where so much cooking is done using wood or charcoal, only one tree is planted for every four taken down... Needless to say, disaster looms.

It has been recognized that the Solomon Islands will be out of timber by the end of the decade.

It comes as no surprise that the staircase is the cause of most accidents in a two storey house. Contributing factors are handrails, height of step and depth of tread. Some ancient designers got it right. In the desert of ancient Persia, the Palace of Percepoles had steps hewn out of solid rock. The proportions were designed to allow nobility to ascend without having to raise their robes. The steps in front of the Opera House in Sydney have the same proportions which is why they are so comfortable to walk up.

Did you know that the original flushing toilet was designed and made by a plumber in England named Thomas Crapper (hence the term)? Its formal name was the Marlboro Silent Water Waste Preventer. Now it's the humble toilet.

We all complain about taxes; in the 17th and 18th centuries the British taxed window openings. What a great idea for a country with a ten-month winter. They later changed the tax to the weight of glass in the window and that was only abandoned in 1845.

I hope you find these little gems as interesting as I did. (And thanks to Bill Bryson for some of the content.)

Still lucky!

ISN'T IT FUNNY how so many of the rivalries and competitive attitudes of our past (think different railway line gauges between Sydney and Melbourne) remain with us to this day? Thankfully, it's usually much more light-hearted now, for example when the cockroaches take on the cane toads (NSW vs QLD) in the State of Origin Rugby League games. Similarly, I remember growing up with anti-Victorian jokes about the Yarra being the only river to flow upside down and how you'd be unwise to travel to Melbourne on a weekend as it would be closed. Most of these would come from my Dad, who once proclaimed, "I'm a pacifist, but if we ever declared war on Victoria, I'll be the first to sign up!!" His jest was quite bizarre as Dad's father came from Collingwood. The reality is so different now. Melbourne is the food/coffee/bar capital, millions of us enjoy Aussie Rules and Victorian wines are to die for. Having just returned from a few days in the beautiful Victorian town of Daylesford, my wife Barb and I have realised that, along with Tassie, Victoria is almost as good as New South Wales. Poor old Dad will be spinning!

While travelling we were struck by another realisation: just how bloody lucky we all are to live in any part of this country. We are constantly being told how tough life is at the moment and how bad things are with our economy. While understanding that there are some people who are living in really desperate circumstances, for the vast majority this just isn't so. On our trip, everyone everywhere was spending like crazy. Every café, pub, fancy restaurant, petrol station fast-food outlet, winery, gift shop, tourist attraction and not so fancy restaurant we visited was doing a roaring trade. Cruise ship lines are doing record business at the moment as are airlines and travel companies. Two visiting English soccer teams, Manchester United and Liverpool, played before massive crowds in sold-out stadiums. This is a country doing it tough? I think the negative political climate at the moment helps generate this false fear as politicians fall over themselves to tell us how they can improve our lives. I think we are incredibly spoilt in this country and take so many things for granted. The media must take its share of blame for promoting this negative view too. A recent commercial TV news program screened five minutes of shock/horror about the prospect of petrol prices going up ten cents per litre. Towards the end of the broadcast they found time (about 20 seconds) to squeeze in a mention of the 6,000 people who were missing in floods in northern India.

I saw a film recently called *Waste Land* about how thousands of Brazilians eke out an existence by picking out materials from the world's largest land-fill garbage site. Similar programs have been made in Indian and African locations. Compared with the majority of people on our planet we are in paradise. We eat more than once a day, sleep in beds, and have running/hot fresh water and functional sewage disposal. We have educational opportunities and we aren't threatened by military conflicts. If you also have a TV, car, phone, a full wardrobe and all the other baubles we think of as essentials, then you must know how lucky you are.

Many years ago Donald Horne, referring to Australia, coined the phrase "The Lucky Country". Don't listen to the polities and the media – it still is!

BRAESIDE LEGAL

Ann Fieldhouse LLM

Solicitor & Barrister
ann@fieldhouse.com.au

David Nelson

Solicitor and Barrister
Special Counsel
davidnelsonau@yahoo.com

43 Ellsmore Road
Bundanoon 2578

**For appointment:
Tel 4883 7204**



- * **Roof Plumbing**
- * **Roof Tiling**
- * **All Roof Repairs**

OFFICE	4869 5340
FAX	4869 5342
MOBILE	0407 061 529
Showroom	3 Railway Street Moss Vale

MOSS VALE CRUISE & TRAVEL

"A World of Experience"

For all your cruise
and
international and domestic travel plans
come and talk to

**Anni, Carol, Jen,
Renée and Denise**

the friendly
and
professional team
at

Moss Vale Cruise and Travel

413 Argyle Street
Moss Vale Australia 2577
P: (02) 4868 1177
F: (02) 4868 3639
E: info@mossvalecruiseandtravel.com.au
W: www.mossvalecruiseandtravel.com.au

A member of
**TRAVELLERS
CHOICE**

BUNDANOON CUTTING COTTAGE



Cutting • Colouring • Perming
Chemical Straightening • Bridal

SHOP 1, 1 CHURCH ST, BUNDANOON

4883 7798



Country living

by Keith McMenomy

The grass isn't greener...

WHEN I'M OVER-TIRED or aching and our poor bloody country seems to have become a neurotic culture of complaint, shallow rage and negativity, the most unexpected thing can occur. Hobby farmers like us (me) more concerned with rusticity than safety can become complacent, so deserve most of the problems that arise. But you don't expect efficient farmers to have a serious setback, other than the weather, pests and market prices. However, some other small-time graziers we know, like us, were getting tired of calving problems and costs etc and decided to run a handful of steers as a means to keep grass down and maintain the vision splendid. So they did and this worked OK for a month or more. The youngsters settled down, had plenty of grass and seemed fine. Then we noticed several dogs running loose across the paddocks. I was too slow getting the gun out! About the same time as this happened some steers vanished into the bush from their paddock up the road.

They were traced by broken strands of fencing. Something had scared them enough to cause them to burst through strong wire. The worried owners searched everywhere for kilometres around – no sign! After weeks of searching, at daybreak one day they quietly turned up in someone's garden. When approached they bolted again and on another night turned up on the railway line before heading north towards Paddy's River. The owners persevered, driving about that part of the district day after day. I gave them a 1% chance of success. But, so much for scepticism! A week later they discovered them in an unstocked, neglected paddock by the river (merely a creek at Penrose!).

I gave the next stage of the chase a 1% chance of success. Over another week or so treats of Lucerne hay were transported to leave where the escapees had grazed or left tracks. They hired portable yard panels and over a series of visits quietly erected, piece by piece, an enclosure with an open gate, leaving the hay inside. Finally, early one morning, the owner was able to very gently and quietly walk up to the yard and close the gate on the beasts.

Wow! What an achievement! When told about this I was bowled over. It later reminded me of Goethe's principle of commitment: Once we definitely commit to a plan or idea and press on with it, all sorts of things can occur or feed in to help achieve success. Happy resolution, 100% success so far, they are back in their owners' well-grassed paddock where they should be.

Stranger than fiction – life still has delightful surprises!



Vet's casebook

by Ken Davidson BVSc (Hons)

Oral health

IF YOU WERE asked what part of your pet's body was the most important in terms of their general health and wellbeing, I wonder how many of you would think...MOUTH.

If you look beyond the rare and unusual teeth and mouth conditions, most mouth problems are related to a scaly deposit on teeth called tartar. (Remember those mundane toothpaste ads on TV designed to scare us all witless about dental health?) Yes, dogs and cats also get tartar which in the early stages just looks like discoloration. As it progresses it becomes darker and much crustier. The hard crusts give mouth bacteria somewhere to hide and breed. This in turn causes a smelly breath, which can be the first sign of a mouth problem.

Gingivitis is inflammation of the gums and often is a precursor to tartar formation. Bad tartar on a tooth will often invade the gum margins causing a bright red line at the tooth/gum margin. It can be readily seen by the naked eye.

Periodontitis is the next stage of an untreated mouth. The mouth bacteria invade the tooth roots below the gum-line. It can only be identified by your vet and often only when your pet is under a general anaesthetic. If neglected, this condition leads to tooth root abscess formation, and more work will need to be done.

If your pet has a mouth problem, the signs could be one or all of the following:

- Trouble chewing
- Drooling saliva or blood
- Very smelly breath
- Weight loss
- Visible crusts, darker than the normal tooth
- Mouthing or abnormal licking of lips.

Because none of the above signs may be there to indicate mouth problems, it is important in any pet over five years of age to have a vet check, easily done at annual vaccination times. Your vet will most likely include a free, quick mouth examination when your dog is vaccinated. If problems are found, don't wait too long to have dental work done. Remember, a bad mouth means that your pet is swallowing bad bacteria all the time. This can easily cause other internal problems that may not be so easily fixed. A simple scale/polish of teeth is relatively inexpensive but the cost of treatment for a severely affected mouth can add up.

If your pet has clean teeth or has recently had a scale/polish, there are ways to keep them clean.

- Feed them a "dental dry food" which contain an enzyme that helps to prevent tartar formation. These foods are available from your vet.
- Feed dogs a dental chew called "Greenies" on a daily basis.
- Dogs' teeth can be brushed with a special brush and a meat-flavoured toothpaste.
- Feed cats a chicken wing or neck 2-3 times weekly – this may help.
- Give a dog a raw fat-free longbone that will not splinter, but watch for bowel impactions in some dogs.
- Finally, when you see those toothpaste advertisements on TV, think of your pet's mouth as well.

P.S. I have seen two paralysis tick cases in the area in the month of July so watch out for what could be a bad tick season starting in spring.



Photography Group

Bundanoon Photography Group meets every second Monday at the Bundanoon Club at 5.30pm. We are a very informal and friendly group who just enjoy taking photos.

Our next meetings will be 9th and 23rd September. Our meetings are always less than an hour and we welcome new members. Email jpbrown@bigpond.net.au if you wish to enquire further.



Meals on Wheels
Wingecarribee



Wingecarribee Food Services Co-op Ltd, Queen St Centre, Moss Vale, 4869 4032.

PO Box 73 Moss Vale 2577 NSW wfsco-op@acenet.com.au

We have been providing delicious, nutritious meals to older people and their carers for many years now. We also provide a service to younger people with a disability. Our volunteers deliver meals to your home. We take into account special dietary needs and personal preferences. We also provide a pick up service for those who prefer to come to the Centre.

There is no means test. If you would like us to visit you and discuss a meal plan, please ring us and we will come out and talk to you - or if you have a family member or neighbour who might like to use our service, please pass this information on to them. A **caring community service** that assists people to be independent at home.

Wingecarribee Food Services is supported by financial assistance from the Australian Government

Southern Highlands Funerals

For peace of mind phone us for assistance and guidance as you honour a lifetime of memories

**Colin & Laurelle Boland
& Kathy Hancock**

415 Argyle Street, Moss Vale

4869 2888



**All areas
Pre-arranged Funeral Plan available**

Welcome to the Southern Villages Group. We look forward to including your news and activities in our magazine. We have included this map to highlight your location in the Shire and look forward to learning about your local attractions – Badgery's and Long Point lookouts, Tallong's Apple Festival, your general stores and other venues of interest to visitors. Ed

Southern Villages Group

EVER NOTICED HOW top heavy the Southern Highlands is for towns and population distribution? Well people in the Southern Villages certainly know it. Sometimes it's hard to get decision makers and



service providers to look south. In 2009 the Southern Villages Group was started and initially represented the community associations of six villages in the south of the Wingecarribee Shire: Bundanoon, Canyonleigh,

Exeter, Penrose, Sutton Forest and Wingello. The idea was to share experiences and to act with a combined voice on matters affecting a number of villages. Currently Sutton Forest is no longer represented but Tallong has recently come on board because of its geographic proximity.

The Group meets quarterly and enormous benefit comes from hearing what works and what doesn't work in other places. It saves reinventing the wheel for local communities and helps promote festivals and other local events. By preparing a calendar of events across all the villages we can also prevent clashes in scheduling events. There is significantly more camaraderie and cooperation now between village associations.

Particular service providers or Council officers have been invited to come to the quarterly meetings and talk about needs and initiatives. Wingecarribee Shire Council has recognised the SVG and sees it as a vehicle for bidirectional feedback. Councillors are invited regularly to the meetings of the SVG and through this it has been accepted by WSC that these small villages require a councillor(s) who will champion individual village needs.

By working together we can achieve better outcomes for major events such as the planned Kangaroo March in 2015 which will replicate the recruitment drives of World War I. Above all, it is reassuring to know that there are others facing the same or similar challenges in each of the villages and the moral support is invaluable.

—Elizabeth Ellis



CWA report

"HOW QUICKLY TIME flies!" The more involved one is, the more quickly it goes. This brings me to our own CWA! I've mentioned before that we now meet on the second Thursday each month at 1pm. However, from 10am–12 noon we enjoy our "crafts time". Activities may vary each month.

We had some wonderful exposure through Winterfest when we held two Saturday morning street stalls. Many people stopped and chatted and our ladies were delighted with the interest shown. Winterfest stalls are one of our major fund-raisers. We also presented three fine rugs for the Hamlin Fistula Hospital in Ethiopia.

A warm "thank you" to our helpers who enjoy being part of this annual community event. Also, Anna Shead provided another of her very popular decoupage workshops during Winterfest.

Anna and her husband Ron extended their hospitality to us by offering a tour of their property 'Kardinia' in Sutton Forest on Thursday 5 September.

The day was scheduled to begin with a visit to Berrima Museum then on to 'Kardinia' at noon for a light lunch and entertainment with a ballroom dancing demonstration by the indefatigable Ron and his dancing partner.

We are very sorry to say good-bye to Marie Reid who, with her husband John, has moved to Cootamundra. Marie has been an active member of our branch and served as President for a number of years. She will be missed!

* * * * *

I have attended three "International Days" run by CWA Groups in our area. Each year CWA studies a foreign country. This year it's Morocco and a number of CWA groups offer a lively and interesting "Demonstration Day".

Bundanoon CWA will hold a **Morocco International Day** in our rooms on Railway Avenue on Thursday 12 September from 10am to 12 noon. A fine book on Morocco compiled by Ania, our International Officer, and some items of interest will be on display. Mainly Moroccan food will be served and a small raffle will help our



Attendees at a recent crafts morning

International Fund.

We always encourage our members to dress-up on such occasions, which is fun! I retrieved a top from my wardrobe – 20 years old! Does it fit?...will do! Its bling-and-glitter could light up a tent! **VISITORS ARE MOST WELCOME!**

* * * * *

In October we plan to hold another **garage/jumble sale**. Watch for notices in town.

* * * * *

We warmly welcome as a friend of CWA anyone who wishes to attend our functions and meetings.

10 October is the date for our **Annual General Meeting**. By then, spring will be wafting through the air. We would welcome new members, so come on Bundanoon ladies!! Give CWA a try – something's always happening!

By the way, if one wants to be well in touch with what happens in Bundanoon, *jcg* stands proudly informative. I read it very carefully and enjoy the presentation and variety of subjects.

—Francesca Gunesch, Publicity Officer
(For all information call Kath Smith, 4883 6919)

Sylvan Glen

GOLF



Sylvan Glen is Bundanoon's local 9 hole golf course

- ✦ A relaxing course to play 7 days
- ✦ Full or half year memberships available on our NSWGA accredited course from only \$130 – a great present!
- ✦ Club and cart hire available – No need to book
- ✦ Social play only \$15 for 9 or 18 holes

Sylvan Glen Country House and Golf Course, 570 Kareela Road, Penrose. 10kms south of Bundanoon, off Penrose Road. Signposted or call (02) 4884 4306.



The Ravensworth at Bundanoon

Formerly the Bundanoon Motel, The Ravensworth is currently undergoing full renovations.

We're on track to open the restaurant in the Autumn for carvery dinner and lunch on Fridays and Sundays and weekend buffet breakfasts.

The food will be simple, traditional and of course delicious! A ploughman's lunch or slow braised beef and ale pie and a drink in the beer garden sound good?

Our 20 en-suite rooms are also being revamped so consider us when you have a gathering at home for the overflow of your guests. There's a 5% discount to guests being referred by residents of Bundanoon.

As the Ravensworth is run by those lovely people from Sylvan Glen(!) we are experienced co-ordinators of weddings, functions and conferences too so just ask if you are interested in any information in the future.

Tel: (02) 4883 6068

Website coming soon...



A retiring man

RETIREMENT! NOW THERE'S a word that used to instil fear and doubt in even the strongest of hearts. I have lost count of the collections, cards of congratulations, retirement speeches and after work retirement parties that I participated in during my time in the work force. The rules were so simple: you reached the age of 65 and you were no longer required. Society deemed that you were no longer a contributor. Useless! So go away and amuse yourself. Not enough money to have a comfortable life? Tough!

Historically the custom was to present the potential retiree with a gold watch as appreciation for years of service. I always thought this to be rather ironic as you were then expected to pursue a life of leisure where time was no longer a major issue. Who needs a watch to tell you to go out and weed the garden, mow the lawn or come in for lunch? I would rather something useful, like a good pair of secateurs or a trailer load of garden mulch. Also, retirement means no longer are you regimented, having someone (usually unreasonable) as your boss telling you to do as you are told "or else". The "or else" meant that if you don't like it then find another job.

With the removal of the statutory retirement age came that wonderful phrase "Early voluntary retirement" which means your employer does not have to wait for your 65th birthday to tell you to bugger off. For the last five years I have been employed on a casual basis and there are none more casual than myself when it comes to work. Within those years the work has been on again, off again many times which suited my lifestyle. Plenty of time for bushwalking, golf and all the other stuff you do when employment involves a few days a week. Let's face it, most of us have been in the work force for between 40 and 50 years and we have carefully avoided wealth and fame, so we are now involved in a shuffle to the finish line with a minimum of fuss.

A few months ago my boss called me in. I am showing my age because he is now called my supervisor, not my boss. When did that happen? I digress; he asked me to do some work which would take a week but unfortunately I had committed to a five-day bushwalk in the Snowy Mountains with friends so I could not do what he asked. His response was "Well, I suppose that's that, then". My reply was "Yes, I suppose it is". With those words my retirement had become official. No collection, no card, no speeches and no farewell get together at the local pub. And no gold watch, not even a plastic one.

Retired friends often ask me "Have you retired yet?". My answer is "Yes, many times". Now this brings me to the point I would like to make. The rules have changed, as there are no rules, so why make such a fuss about retirement? Coming out of retirement should be cause for celebration. Dame Nellie Melba did it often and recently John (Johnny?) Farnham has made a career of it without an end in sight. Party time with gifts on re-entering the workforce is my plan. After all there are only so many gold watches you can use in a lifetime.

—Stephen Owens



Life skills

by Rosemarie Gray

Questions for Dad on Father's Day

MY FRIENDS AND family know what's coming when we're out for dinner and they see a little packet of white squares come out of my purse, held together with a rubber band. It's a pile of carefully selected questions.

I've been structuring our family's conversations for many years. For a while I tended to focus the discussion on what everyone is grateful for. But in the last year or so I've been partial to those topics which are sold as "questions to start great conversations." The questions can be much harder to answer, but in my experience, after all the groaning and eye-rolling dissipates, everyone starts to grab for the cards and we end up laughing and having a good time.

I instigated these conversations for fun, of course, but also because I knew that they helped my family bond and helped my children experience themselves as a part of something larger than themselves – which, in turn, could make them more resilient, better adjusted and more successful in school.

Below are some questions that would be good for your children to ask their dad or grandpa on Father's Day. One tip: See if you can get the dads to weave their answers into a narrative demonstrating that your family members have been through both good and bad times together, but through it all, you've stuck together. This is a way of modelling your family's strengths.

The exact content of Dad's answers isn't crucial. Studies suggest that the most important thing is to make time for conversations like these – and Father's Day seems like as good a day as any to start!

- What do you remember about the houses you lived in as a child? Which one did you like the best? What did you have as a child that children today don't have?
- Think of some relatives that have passed away in the last few years. What would they be doing right now if they were with you?
- Which family member has been your greatest coach in life? How have they coached you? What has made them good at it?
- When you were a teenager, which family member did you go to for advice? Looking back, was it good advice?
- What was your favourite movie or book when you were my age?
- Tell me a story about a family reunion or family party that you remember attending as a child.
- What was the hardest thing you went through as a child? How did you overcome it?
- What are your favourite stories grandpa/grandma told (or still tells)?
- What is the most embarrassing thing your mother or father ever did to you?
- What are your best memories of holidays or family gatherings as a child?
- What three adjectives would your grandparents use to describe you?
- Did your parents or grandparents ever lose their jobs? What happened? How did they start over?
- What is the best thing that your grandparents or parents ever cooked?
- How did your parents change after they retired?
- If you could go back to one day in your childhood, which day would that be? Why?
- How are you most different from your parents and grandparents? How are you the same?
- What did your grandparents do with you that you loved? What did they do that you didn't enjoy so much?

Print this list for Father's Day – or for your next family dinner or get together.

Happy Father's Day to all those great Dads and Granddads out there.

The PRIMULA CAFÉ

Eat in • Courtyard Seating • Takeaway

- Breakfast
- Grills
- Salads
- Sandwiches
- Light Meals
- Fish & Chips
- Hamburgers
- Sweets
- Hot Drinks
- Cold Drinks

Pizza Menu
5pm-8pm

4883 6236

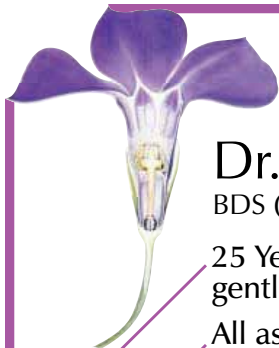
15 Railway Ave, Bundanoon

fat wombat designs

www.fatwombatdesigns.com.au

effective & affordable
simple website designs
wordpress sites & blogs
cheap website hosting
graphic design &
marketing packages

*Let us gift your business with
a beautiful online presence.*



Dr. John W Salmon
BDS (SYD)

25 Years experience providing
gentle dental care

All aspects of general and
cosmetic dentistry

Focus on preventative dentistry
for life long healthy teeth
and gums

We offer a calm and relaxing
environment

- Medicare Teen Dental Plan
and Veterans' Affairs patients
accepted
- On-the-spot Health Fund
Rebates (HICAPS)
- Easy level access and
On-site parking

4861 6576

Suite 11/70 Bowral St Bowral

Highlands podiatry

PODIATRIST IN MOSS VALE

- General podiatry: corns, callus, fungal &
ingrown toenails, plantar warts
- Orthotics & lower limb biomechanics,
sports injuries
- Special interest in diabetic foot care
- EPC Medicare forms bulk billed, DVA gold
cards accepted & claimable "electronically"
on private health funds

Suite 2, Clarence House, 9 Clarence St, Moss Vale
Also available at 3 Hill Street Bundanoon

For appointments please call **4869 5877**





Are your roof gutters blocked and overflowing?

Don't risk a fall cleaning out your gutters/valleys. Let **Gutter-Vac** clean your gutters while you rest assured the job will be done safely and professionally.

Call your local **Gutter-Vac** on **0447 771 840** for a free quote.



Bundanoon Pharmacy

Bhavit Goradia and Nishnil Singh

ph 4883 6220

9 Railway Ave, Bundanoon

S & J Osmond

Painting and Decorating



Stephen J Osmond
Managing Director

(02) 4883 6562
0412 297353

"Ben Nevis Gate"
1 Garland Road
BUNDANOON
NSW 2578

HOME & GARDEN LANDSCAPING & REPAIRS

- Brickwork and stone work
- Paving and rendering
- Garden walls and all repairs

Please call Terry Walsh:

0432 215 901 OR 4884 4345 (A.H.)

G&J Fellows Home Improvements

Garry Fellows

- tiling
- kitchens
- gyprocking
- wardrobes
- carpentry

Mobile: 0416 084 659
AH 02 4883 4813



GREENFIELD ELECTRICAL SERVICES

Power line design, construction & commissioning

Country Energy accredited and authorised

Integral Energy accredited and authorised

Ph: 02 4226 1871 Fax: 02 4226 3975

Contact **BRIAN GREENFIELD** on Mob: **0412 310 700**
or **PATRICK GREENFIELD** on Mob: **0412 422 858**

Quote area: Southern Highlands & South Coast

DEBORAH BUCHANAN

Accountant • Tax Agent • JP

All tax returns, prompt tax refunds, BAS preparation, GST & FBT related issues, small business specialist, primary production accounting.

6/256 Argyle St, Moss Vale

(PO Box 577, Moss Vale 2577)

ph) 02 4868 1366

fax) 02 4868 1466

mob) 0405 159 329

The filly from old Regret

WHO WAS THE Man from Snowy River? Who was Banjo Paterson's stripling, about whom Clancy famously said:

I warrant he'll be with us when he's wanted at the end,
For both his horse and he are mountain bred?

In *Searching for the Man from Snowy River*, author Bill Refshauge starts with the colt's dam, Regret, and heads for the Australian Stud Book. The thoroughbred broodmare Regret was foaled in 1877. Her first mating was in 1881, to the stallion Piscator but the foal, a filly, did not survive. Regret went on to have further foals, but all were fillies.

One can imagine the poet, night after night, struggling with the *filly* from old Regret, trying to make something out of it that will scan. In the end, he decides he is writing poetry, not history:

There was movement at the station,
for the word had passed around
That the colt from old Regret had got away.

So, in an era when gender has been on our agenda, we learn that the 'colt from old Regret' was a filly.

There is an interesting consequence.

Down by Kosciusko, many a young stripling would ride into town, maybe to the Buckley's Crossing Hotel at Dalgety, and, later on in the night, let on that he was the man from Snowy River.

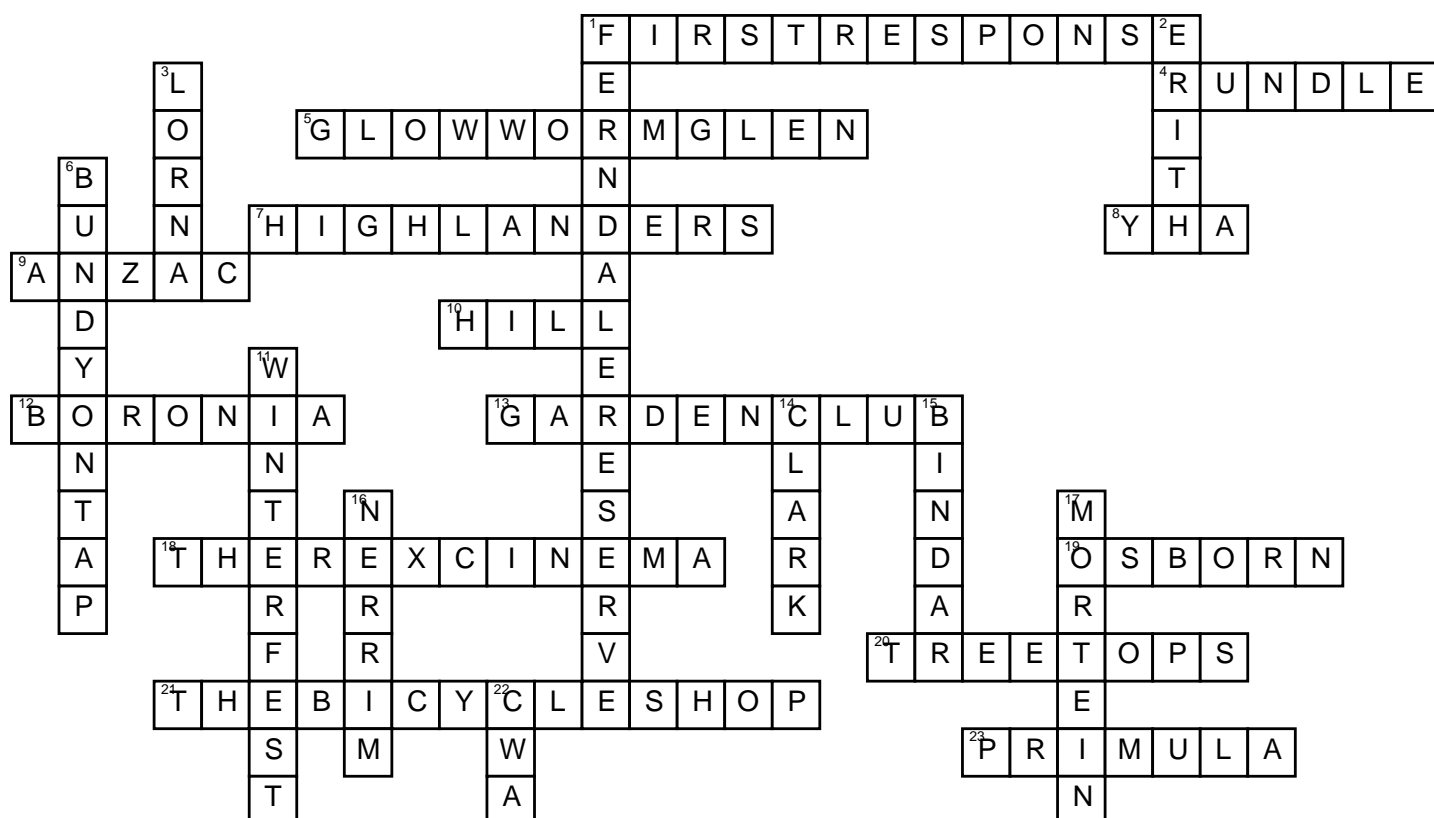
"The Man from Snowy River?" the Old Codger would say, "the colt from old Regret?"

"That's right" would say the stripling, "the colt from old Regret."
Gotcha!

—Alan Olsen



Crossword solution



An ideal base to explore
Bundanoon & the walks of
the Morton National Park.



Yallambee
bed&breakfast

www.yallambee.net.au | 02 4883 7787

Buttermilkcounselling

Gillian Brennan BAppSocSc Counselling ACAP, Dip. Health Counselling Sydney Uni.

Suite 3, Osborne Centre

Osborn Avenue

Bundanoon, 2578

P: 0408 212 986

E: gillian@buttermilkcounselling.com

W: buttermilkcounselling.com



HiGLiHT

THE SHUTTER PEOPLE

02 4883 7776

0428 789 021



Anglican Parish of Sutton Forest



Church Services

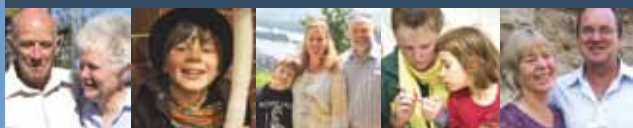
Every Sunday at ...

Bundanoon	Holy Trinity	9am & 5.30pm
Exeter	St Aidan's	9.30am
Tallong	St Stephen's	10am
Sutton Forest	All Saints'	1st, 3rd, 5th Sundays at 11am
	All Saints'	2nd & 4th Sundays at 2pm

PARISH COMBINED SERVICES:

27/10/13 at Bundanoon Public School at 10am

www.parishofsuttonforest.com Phone: 4883




EXETER GENERAL STORE
the heart of the village

**POST OFFICE BOXES
NOW AVAILABLE**

OPEN 7 DAYS
CAFÉ • POST • STORE

Tel. 4883 4289
cnr Exeter and Middle Rds

Activities and services

Activities

Arts Bundanoon.....	Greg Slater.....	4883 7484
Bundanoon Community Association (BCA)		
President.....	Christine Miller	4883 7493
Bundanoon Pre-School		
Director.....	Deni Harden	4883 6166
Committee.....	Carolyn Beveridge.....	4883 7273
Bundanoon Public School P&C.....	Jeremy Tonks	4883 6019
Bundanoon Visitors' Group	Harry Hull	4883 6372
Chess Club.....	Pat Foley	4883 6064
Country Women's Association (<i>meets 1st Thurs, 1 pm, CWA Rooms</i>):		
.....	Kath Smith	4883 6919
Currabunda Wetland Group (<i>meets 1st and 3rd Friday</i>)		
.....	Ralph Davies.....	4883 6659
.....	Alan Hyman	4883 7763
Garden Club.....	Ross Miller	4883 4606
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>)		
.....	Marianne Ward	4883 6082
Lions Club.....	Les Johnson.....	4883 6918
Men's Shed (<i>meets 1st Tuesday, 10am, 11 Burgess St</i>):		
.....	Evan Smith, President.....	4883 6753
Morton Nat. Park Volunteers (<i>meets 2nd Wednesday</i>):		
.....	Alan & Wendy Hyman	4883 7763
Playgroup	Karen Granger.....	4883 6884
RSL (<i>meets 1st Tues (exc. January), 3 pm, The Bundanoon Club</i>):		
.....	Lee Borradaile	4883 6790
.....	or Murray Loane	4883 6709
Serendipity: the choir	Kerith Fowles	4883 6515
The Bundanoon Club	Sandra Nicholls.....	4883 7227

Sports Clubs

Bowls (Men).....	John Witney	4883 7356
Bowls (Women)	Margaret Alaban.....	4883 7560
Cricket.....	Jeff Mitchell	4883 6528
Croquet	Leila Merson	4883 6571
Golf Croquet	Neill Ustick	4869 5152
Pony Club.....	Gale Pritchett	4883 7195
Rugby	Marcus Fenwick.....	0427 639 612
Soccer	Sue Roseworne	4883 7219
Swimming.....	Renai Beets.....	4884 4435
Tennis	Mike Swinden.....	4883 7624

Support & Volunteer Services

Community Health Service.....	Bowral	4861 8000
Early Childhood Clinic.....		4861 8000
Fire Station.....		4883 6333
Good Yarn	Marilyn Rocca	4883 6542
Meals on Wheels	Fay Carter	4883 7441
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 Pam Davies, 4883 7196.

Church times

Anglican Parish of Sutton Forest

Holy Trinity, Bundanoon	Sunday, 9.00 am, 5.30 pm
St Aidan's, Exeter	Sunday, 9.30 am
St Stephen's, Tallong	Sunday, 10 am
All Saints, Sutton Forest	1st, 2nd & 3rd Sundays, 11am
.....	4th Sunday, 2.30 pm

Uniting Church

Bundanoon	4th Sunday, 11am
Mid-week service & lunch, Thurs, 12.30pm (bring sandwich)	
Moss Vale	Sunday, 9.30 am

Catholic Church

St Brigid's Bundanoon	1st, 3rd & 5th Sundays, 5 pm
.....	2nd & 4th Sundays, 8 am
St Paul's, Moss Vale	Sat, 6pm & Sunday, 9.30am

Iona Christian Community, St Patrick's, Sutton Forest

2nd, 4th and 5th Sundays 10.30 am

Santi Forest Buddhist Monastery

100 Coalmines Rd, Bundanoon, ph 4883 6331

Saturdays 7pm – Group Meditation

Wednesdays 7pm – Talk on the Buddha's Teachings

Advertising in jcg – 2013

TYPE OF ADVERTISEMENT	SIZE (WxH, mm)	BLACK & WHITE per issue	COLOUR per issue
Business card	93x52	\$43	\$68
Quarter page horiz.	190x52	\$87	\$125
Quarter page vertical	93x134	\$87	\$125
Half page horizontal	190x134	\$162	\$210
Half page vertical	93x273	\$162	\$210
Full page	190x273	\$316	\$390
Full page bleed	220x307	\$316	\$390

Rates for premium positions available on application.

Artwork

Finished artwork may be supplied in TIF, JPG or PDF format. Artwork in other formats may attract a processing charge. If you prefer, we can professionally design and lay out your advertisement at very reasonable rates.

Please contact Wayne Todd for enquiries or bookings:
phone 4883 6744 or 0427 113 995,
email: wayne@toddsrealestate.com.au

Would you like me to care for your dog?



If you are going on holiday or just have to get away, I will care for your pets in the comfort of my home or yours.

Phone Angela Leech, 4883 7643



SUSAN PLAYFORD

LICENSED PROPERTY CONVEYANCER

A MEMBER OF THE AUSTRALIAN INSTITUTE OF CONVEYANCERS

BUYING OR SELLING PROPERTY?

YOU NEED A LOCAL CONVEYANCER TO HANDLE THE LEGAL WORK



**Competitive Fees
Efficient Personal Service
Local Knowledge**

4862 5406

Fax: 4862 5405

Suite 10, "The Mews" 11-13 Bundaroo St Bowral

nest&burrow

25 Railway Avenue Bundanoon 2578

Phone: 48836146

Open Thursday to Monday

Christmas is coming to Nest & Burrow!
Don't miss out on lots of lovely vintage style
Christmas decorations arriving in October.

We have added Heartwood Creek &
Willow Tree to our fabulous Christmas range,
which will be even more amazing than last year!

Like us on facebook and you
can keep track of items
as they arrive.

www.nestandburrow.com.au

www.facebook.com/nestandburrow





SHERWOOD

MACHINERY PTY. LTD. A.B.N. 14 003 931 557
FERNDAL RD., (P.O. BOX 6)
BUNDANOON N.S.W. 2578
Phone: 02-4883 6093
Fax: 02-4883 6576

Email: sherwoodsales@bigpond.com
Web Site: www.sherwoodmachinery.com.au



Small and large welding jobs
(onsite or at the factory)
Steel sales and fabrication
Ultimate 500 wood heater
Used hardwood railway sleeper
Gate manufacturing and installation
Agricultural implements

Elsie Dwyer's BISTRO / CAFÉ

(Next to bakery near railway station)

Shop 3, 1 Church St, Bundanoon

- ✿ All day breakfast, lunches and brunch
(Closed Wednesdays)
- ✿ Family friendly courtyard
& BBQ
- ✿ Home-style fresh food with a
'retro twist'
- ✿ Menu changes with the seasons
- ✿ TAPAS Friday and Saturday night from
6:00pm. (Booking essential please)
Ph: 0458-396-017 or call in.
- ✿ Private dinner parties by appointment for
8 to 15 people. "Have the venue to yourself."
Locals and visitors welcome.



BYO OLÉ

"Meet you at Elsie's"

FAMILY OWNED AND LOCAL FOR OVER 35 YEARS

ŠKODA



PEUGEOT
MOTION & EMOTION



Three premium European brands
in one great location.
Call in and see us today.

Allan Mackay Autos

www.allanmackayautos.com.au

241-245 Argyle Street,
Moss Vale | 4869 1100

advertising index

ACCOMMODATION

Bundanoon Lodge	7
Idle a Wile	22
Mildenhall Guesthouse	40
Ravensworth Motel	46
Treetops	7
Yallambee	52

AUTOMOTIVE

Allan Mackay Autos	55
Petersen's Garage	14

CAFES, RESTAURANTS, BARS

Bundanoon Chinese Restaurant	12
Bundanoon Hotel	56
Bundanoon Pizza & Pasta	6
Coffee Culture	6
Elsie Dwyer's Café	55
Exeter General Store	52
Lauren's Café	61
The Bundanoon Club	61
The Primula Café	48
Ye Olde Bicycle Shoppe	4

CONSTRUCTION & TRADES

AJ's Parquetry	7
A Nosworthy Plumbing	59
Alan Weston Signs	58
Bundanoon Electrics	57
Chimney Sweep / Gardener	57
Chris Bromfield, Electrical Contractor	56
Don Turner's Earthworks	58
G&J Fellows Home Improvements	50
Gibraltar Constructions	59
Greenfield Electrical Services	50
Handy Mick	59
J A Wellington Haulage	58
Peter McGrath, Rural Contracting	58
Reliable Roofing Services	42
Rundle's Plumbing	40
S&J Osmond Painting and Decorating	50
Sherwood Machinery	55
Simon Dickson, Bobcat and Tipper Hire	12

Worner's Haulage	58
------------------------	----

EDUCATION & RELIGION

Anglican Church	52
First aid courses	12

EVENTS & RECREATION

Community Services Expo	21
Highlands Chauffeured Cars	8
Highland Fling	20
Marulan Kite Festival	4
Moss Vale Travel	42
Shibumi Equestrian Centre	5

GOVERNMENT REPRESENTATIVES

Pru Goward, MP	12
----------------------	----

HEALTH & BEAUTY

Bundanoon Cutting Cottage	42
Bundanoon Massage Therapy	6
Bundanoon Medical Centre	60
Bundanoon Pharmacy	50
Buttermilk Counselling	52
Chiropractic & Allied Health	60
Harmony and Health Massage	22
Highlands Podiatry	48
June-Rose Beauty Therapy	63
Quest for Life Foundation	5
Solar Springs	62

HOUSE & GARDEN

Arthur Lathouris Landscaping	3
Above All Arbor	59
Annette's Florist	40
Belisa Cashmere	14
Bundanoon Bloomery	4
Elegant Window Solutions	7
Gutter-vac	50
Highland Sand & Gravel	57
Highlight the Shutter People	52
Home and Garden, Landscaping	50
Jacqueline Cory, Curtain Making	40
Monty's Makeovers	5

Nest & Burrow	54
Reid Brothers Fine Furniture	63
Steve Curtis, Grass, Glass & Gardens	12
Tankar Self Storage	58

MAIN STREET RETAIL

Australia Post	14
Bundanoon Butchery	4
Bundanoon Newsagency	22
Bundanoon Supermarket	3

PETS

Bundanoon Vet	58
Comfort Pet Grooming	59
Dog-minding	53
Southern Highlands Veterinary Centre	22

PROFESSIONAL SERVICES

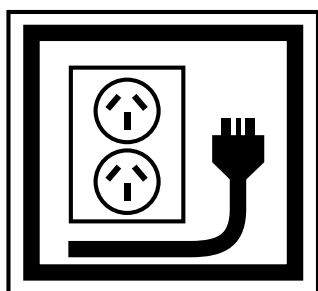
Braeside Legal	42
Brian Salway, Accountant	63
C.F. Davies Solicitors	40
Deborah Buchanan, Accountant	50
Denise Graham JP, Celebrant	7
Gary Antaw, Surveyor	40
House of Mabblerly Secretarial	6
Dr John Salmon, Dentist	48
Fat Wombat Design	48
Key Computers	6
Lawrence Huxley, Building Design	5
Marija Higley, Mobile Lawyer	14
Meals on Wheels	44
Northern Counselling	12
Richard Reading, Lawyer	40
Rick Mandelson, Accountant	60
Southern Highlands Funerals	44
Susan Playford, Licensed Conveyancer	54
Westonprint	3

REAL ESTATE AND FINANCE

Highlands Rural Real Estate	8
Jordans Crossing Real Estate	49
Paul Walker, Finance Experts	3
Todds Real Estate	2, 64

Chris Bromfield Electrical Contractor

Lic. No. 39641 • Austel Licensed + UHF No. 9055
Cicistorm Pty Ltd • ACN 003 801 867



INSTALLATIONS ALTERATIONS REPAIRS

Lot 3 Yuille Avenue, Bundanoon

PHONE/FAX: 02 4883 6284

MOBILE: 0428 483 623

New
Chef!



BUNDANOON HOTEL

Erith Street
Bundanoon

Welcoming you for lunch and dinner...

Wed - Sun for LUNCH - 12pm - 2pm

Wed - Sat for DINNER - 6pm - 9pm

We offer delicious a la carte and snack
menus using the best fresh, local produce at
affordable prices.

All functions catered for including Weddings,
Conferences, Family Reunions and Birthday
Parties. Children welcome.

Reservations essential: 4883 6005



The Complete Chimney Sweep

**FROM BOTTOM TO TOP
I DO THE LOT!**

Chimney cleaning
Domestic gardening
Lawns and hedges
Chainsaw work
Pressure washing
Rubbish removal
Handyman services

FOR AN HONEST RELIABLE JOB

Service & Repairs
Highlands & Beyond

Call Brad Harvey
0405 490 072

chimneysweepgardener@hotmail.com

ABN 85 630 661 331 Fully Insured
15 Years Experience



BUNDANOON ELECTRICS

Small Job Specialist

JEFF PHILLIPSON

jeffaintree@bigpond.com

GOLD CARD LIC NO. EC40028

0418 670 176

4883 4431



Highland

SAND & GRAVEL

NOW AT 3 HANDY LOCATIONS

***PENROSE** - 897 PENROSE RD (OPP RAILWAY STN)

Trading hours: Mon to Fri 7.30am - 5pm Sat 8.30am - 2pm

PH 4884 4478

MOSS VALE - 22 PARKES RD

Trading hours: Mon to Fri 7am - 5pm Sat 7am - 12pm

PH 4868 2491

MITTAGONG - LOT 1 INKERMANN RD

Trading hours: Mon to Fri 7am - 5pm Sat 7am - 12pm

PH 4872 4493

*Hardware | Cement, sand & gravel | Pebbles & granite | Soil & compost | Fertiliser & mulch
Firewood | *Stock feed | *Vet & ag chemicals | *Irrigation and plumbing materials | etc

*Available at Penrose

PMcG
PETER MCGRATH
 Rural Contracting

Farm Maintenance & Caretaking
 Fencing - Rural & Domestic
 Dog Yards
 Poultry Yards
 Shelter Sheds & Stables
 Water Troughs & Piping

Specialising in Farm
 Maintenance, Repairs and
 Construction

Phone: 02 48 837 337
 Mobile: 0400 422 847

WORNER'S HAULAGE

Tipper Hire
 Front End Loader Hire – Bulk Haulage
 Rubbish Removals

Supplies of Roadbase,
 Sand, Aggregate,
 Top Soil, Clean Fill, etc.

QUALITY MATERIALS, RELIABLE SERVICE

Dean Worner Phone: 0410 646 039
 PO Box 250, Bundanoon 2578 A.H: 02 4883 6039

**TRADES &
 SERVICES**

BUNDANOON VET
KEN DAVIDSON
 Railway Avenue, Bundanoon – Ph 4883 6117

HOURS: Wed 2:30–4:00pm & Sat 9:30–11am

Home visits by appointment

EMERGENCY – Ph 4868 1766 – ALL HOURS

BERRIMA DISTRICT VET HOSPITAL
 & ARGYLE BOARDING CATTERY
 530 Argyle Street, Moss Vale 2577

Alan Weston
Signs

Since 1987

- ★ VEHICLES ★ SHOPFRONTS
- ★ PROPERTY SIGNS ★ A-BOARDS
- ★ BANNERS ★ AIRBRUSH
- ★ DIGITAL PRINTING
- ★ TRADITIONAL SIGNWRITING

0419 436 088
AH 4841 0422

10 Stringy Bark Ave. Tallong

westonwag@bigpond.com

J.A. Wellington
 Bulk Haulage & Rural Contracting

 • FOR ALL PLOUGHING & DIRECT DRILLING NEEDS
 • TIPPER HIRE • TRACTOR HIRE • SLASHING & MULCHING
 • WATER TRUCK HIRE • BOBCAT HIRE
 SAND & GRAVEL SUPPLIES • HOURLY HIRE 

0418 480 152 Penrose
 Email: nugget68@bigpond.com **4884 4116**

For Bulk Haulage & Water Truck Hire Call

Tankar Self Storage
 In the Southern Highlands

Phone: 4872 1679
 www.tankar.com.au
 Lots 2, 10 & 19 Priestly St, Mittagong

EarthWorks

Don Turner

Ph 4884 4472 Mb 0418 478 689 PO BOX 375 BUNDANOON

For all your earthmoving needs

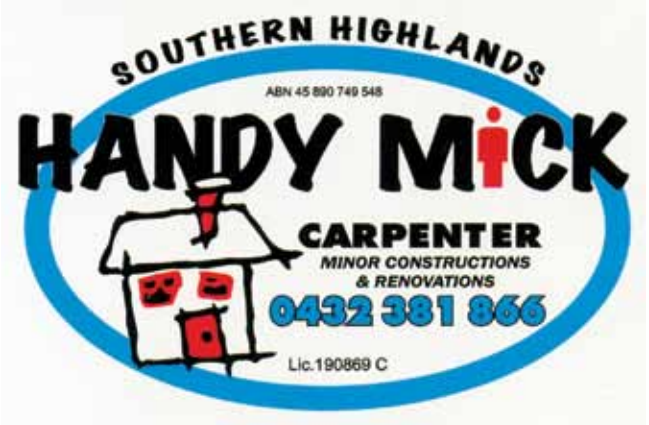
COMFORT PET CLIPPING

A clip/bath/groom service for cats and dogs.

A long-standing grooming service

Now conducted from newly established
'Groom Room' at Berrima District Vet Hospital
in Moss Vale

Telephone: 4868 1766 or 4883 6117



DECKS • FENCES

PERGOLAS • WINDOWS

MAINTENANCE

REPAIRS • GATES • DOORS

www.handy-mick.com.au



GIBRALTAR
CONSTRUCTION

Over the past six years Gibraltar Construction has earned a sound reputation for excellence within the building industry, producing quality award winning homes and commercial properties in the Southern Highlands and surrounds.



www.gibraltarconstruction.com.au

Jason Hines: 0415 729 554



Bundanoon Medical Centre

22 Erith Street
Bundanoon NSW 2578

Telephone: 4883 6363
Fax: 4883 7066

Doctors available:

DR JOHN KENNA

DR BILL LANE

DR JANE GEORGE

DR VINCENT ROCHE

DR GEOFFREY SPARKES

DR AZIZ MIHRSHAHI

Ring for appointments: 4883 6363
Monday to Friday, some Saturday mornings

Moss Vale Medical Centre

61 Elizabeth Street
Moss Vale NSW 2577

Telephone: 4868 1500
Fax: 4868 2688

CHIROPRACTIC and ALLIED HEALTH CENTRE



Tim Elchah
Chiropractor



John L Kelly
Chiropractor



Richelle Jackson
Podiatrist



Lee Robinson
Specialised Trainer



Jana Tallon
Massage Therapist

MONDAY – FRIDAY

By appointment: PHONE 4883 6596

3 HILL STREET, BUNDANOON

rick mandelson&associates

Tax, Accounting and Business Support

**Individual Taxation • Rental Properties
Small & Medium Business • Primary Producers
Tax Planning Strategies • Business Improvement**

We can also assist you through our network
of professionals with

Mortgages, loans & finance • Financial Planning including

Centrelink and assistance with forms

Insurance • Superannuation • MYOB set up

**We are your Business and Taxation Guardian Angels
All you have to do is call**

Phone 02 4871 1019

Fax 02 4871 3344

www.rickmandelson.com.au

info@rickmandelson.com.au

Ward Lane, Mittagong NSW 2575
PO Box 141, Mittagong NSW 2575



What's on at The Bundanoon Club

- Book now for the Legends Music Tribute Tour!
- Melbourne Cup Lunch Tickets on sale at the bar in early October.
- Family Day Fund Raiser is on in October.
Stay tuned for details.

*Bistro
on the
Green*

Fresh,
seasonal
and always
delicious food.

Open for dinner Wed-Sat.

Try Golf Croquet!

Come along for a free tryout to see if Golf Croquet is the game for you. We are offering four free sessions and coaching – learn the fundamentals of the game while actually playing. Please contact Kerry Loane on 02 4883 6709 or kerry@murray@aapt.net.au

www.bundanoonclub.com.au

ph 4883 6174

BOB DYLAN


JAMES TAYLOR


ELTON JOHN


JOE COCKER


BUNDANOON CLUB
Sun Sept 15th at 2.30 pm Book & Info 4883 6174
Legends Music Tribute Tour

Performed by Andrew (Wizard) Farrell & David (Oz) McMillan



"Dave's vocals & guitar are fantastic, Andrew's piano playing is awesome. Do not miss them!"

**Tickets
\$25pp**



Lauren's Café

General Store and Post Office



OPEN 7 DAYS

Breakfast menu • Hot foods • Sandwiches

Children's sandwiches and meals

Homemade scones and muffins

Full range of hot and cold drinks, including freshly squeezed juices

Plus Lauren's Vinaigrettes, selected deli lines, seasonal vegetables and local free range eggs



CAFÉ OPEN

Saturday and Sunday: 8:30am–3:00pm

Monday and Tuesday: 8:30am–2:00pm

Wednesday to Friday: 8:30am–4:00pm

STORE OPEN

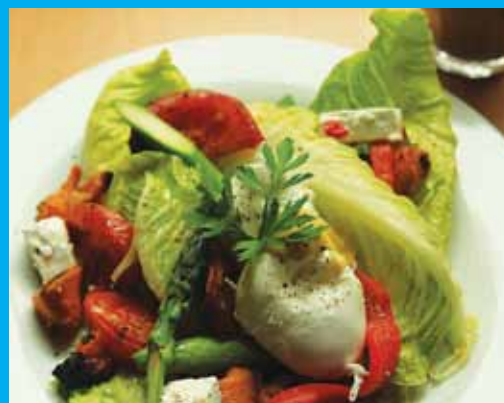
Saturday and Sunday: 8:30am–2:00pm

Monday to Friday: 8:30am–4:00pm

901B Penrose Rd, Penrose • Tel: 0438 844 268

Seasonal Dinners

On the last Saturday of each month, beginning 30 June, you can enjoy a delicious a la carte dinner at Lauren's. The menu will feature the best seasonal produce, with a choice of dishes for each course. Call for details and bookings.



Solar Springs Health Retreat

Restaurant Open Daily for dinner
Reservations Essential-call 02 4883 6027



Solar Springs is situated on the escarpment of Morton National Park in the picturesque village of Bundanoon in the Southern Highlands. Solar Springs is many different things to many different people helping them relax, reassess their health or indulge in pampering. It only makes sense that our restaurant should offer the same benefits and luxury, complementing the nutrition for the soul.



Solar Springs Restaurant specializes in healthy, delicious cuisine served in a unique setting with stunning views of Morton National Park. Mouthwatering dishes such as Barramundi Fillet with coriander crust, coconut chutney & black sticky rice are served with affordable wine options.

Our friendly attentive team will look after your every need and make your evening a truly memorable one.

Chef Francois Razavet has been awarded the highly prestigious Sydney Morning Herald Hat twice since living in the Southern Highlands.

Trained in France, he gained further experience by working around the world from Corsica to England, Canada & New Zealand before settling down in Bundanoon.

Inspired by his grandmother, Francois has the utmost respect for good fresh produce while utilizing modern techniques to maximize flavour.

He enjoys creating healthy dishes in this tranquil inspiring location adding his renowned artistic flair.



**96 Osborn Avenue,
BUNDANOON NSW 2578
T: 02 48836027**

**W: solarsprings.com.au
E: enquire@solarsprings.com**

TAXATION & BUSINESS ACCOUNTING SERVICES

Available for a very competitive fee
Servicing anywhere on the Southern Highlands

BRIAN A SALWAY FTMA
REG. TAX AGENT

ALL TYPES OF INCOME TAX RETURNS
BAS RETURNS
ELECTRONIC LODGEMENT
FEE DEDUCTED FROM REFUND AVAILABLE
RENTAL PROPERTIES AND CAPITAL GAINS TAX

Available 7 days

A mobile tax & accounting practice -
your place or my office

Ph: 02 4883 7901 Mobile: 043 785 1296

Email: briansalway@bigpond.com

PLEASE CONTACT FOR AN APPOINTMENT
SUITABLE TO YOU.

Beauty Therapy and Makeup

Bridal Makeup and Hair



- Facials and Skin Treatments
- Waxing Tinting
- Makeup lessons (private or group)



BY APPOINTMENT ONLY
'Rose Cottage' 19 Werai Road
Near Werai Tea House

 june • rose

Mobile: 0409 641 278 • Phone: 4883 4610
junerose@bridalmakeup.com.au
www.bridalmakeup.com.au

REID BROTHERS FURNITURE



Jewel Box

FINE FURNITURE CRAFTSMEN

Yuille Avenue, Bundanoon • tel 4883 6788

www.reidbrothersfurniture.com.au

TODDS REAL ESTATE EXPANDS



It is our great pleasure to announce that Todds Real Estate of Bundanoon have purchased Bundanoon Real Estate from Mr. John Byrne who has decided to retire. What this means is that your property will now be listed with the largest most professional and above all most successful agency in Bundanoon. We have three dedicated property managers and three outstanding sales consultants, including the business owners Wayne and Mechelle Todd, in our newly renovated office. Mechelle is the longest serving agent in Bundanoon with over 16 years' experience operating from our current address and she has seen several others come and go in that time. Todds Real Estate has more listings attracting more purchasers so that your property will receive maximum exposure. Couple this with our vast network of contacts, superior photography and new website and you will agree that there really is only one choice when appointing a Bundanoon agent to sell, rent or lease your property. The team at TODDS RE would like to wish John and Jenny all the best for the future.



TODDS REAL ESTATE, *Bundanoons' most trusted agents*

Phone: (02) 4883 6744

Drop in at: 17 Railway Avenue Bundanoon NSW 2578

Or Visit Our Website: www.toddsrealestate.com.au