

JORDAN'S CROSSING GAZETTE

Edition 87 • December 2016

JCCG



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for the people of Bundanoon and Southern Villages

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magazine**

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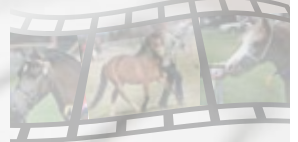


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Christine Miller,
Guest editor

From the editor

THIS DECEMBER EDITION of *JCG* has a focus on celebration, which can take many forms: enjoying Christmas, having an end-of-year break, popping the champagne cork on New Year's Eve, taking part in the festivities of another culture here or overseas are just a few.

Our feature pages offer wonderful stories of some celebrations people in our community have been privileged to enjoy and participate in; celebrations within our village and elsewhere. Throughout the magazine you'll enjoy some small offerings that share other ways that the word celebrate can inspire.

One of the ways to *celebrate* can come from meeting new people, making new friends, moving to a new location – each year these opportunities present themselves, as our community welcomes and farewells people to this special part of the Southern Highlands. Getting involved in something you're interested in, something you have skills or experience in, or putting up your hand to 'give it a go' for something new, often results in others celebrating you as part of their group, part of what they share and enjoy.

Best wishes for all your celebrations ahead,
Christine.

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

BCA meetings

Third Thursday of month (excl Jan):
15 December, 16 February:
7:30pm in Supper Room at the Hall.

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Deadline for next issue:
Friday 3 February



Walking, running, riding

› Erica Galea

ACROSS THE WEEKEND 12-13 November our little village transformed into a buzzing event centre; welcoming participants together with their families, friends and support crews to town, to take part in the Pearl iZUMi Bundy Run and Highland Fling.

After an early morning downpour, Saturday turned on blue skies and sunshine for the afternoon's activities. Whilst many just enjoyed hanging out in café's or picking up a bargain at the sponsor expo in the Hall, there was plenty of sweating going on too.

At the YHA two sell-out kid's mountain bike skills clinics offered tips and techniques to our next-generation mountain bikers – by the end of each session they were tackling rough terrain, balancing over logs, and cornering better than we do!

Saturday's main race event, the Pearl iZUMi Bundy Run, saw an increased number of trail runners in its second year, 250 all up, taking on one of three distances on offer: the 6km Teaser, 10.5k Quarter Marathon and 21km Half Marathon. The skill of runners in the two longer distances was challenged with the inclusion of technical trail and water crossings and was rewarded with spectacular views across the Bundanoon Gullies.

After the gun was fired by Pru Goward, Member for Goulburn the runners raced off into the Morton National Park and spectators waiting for their return were entertained with performances from The String Family and a roving magician.

Saturday also hosted the Bundanoon Dash, which has become a stage for Australia's mountain biking elite to show off their incredible

speed in a 6km sprint from town down into and around the loop in Morton NP. They were joined by local businesses, dressed to showcase their wares, all vying for the coveted 2016 Battle of the Business title. Nick Smith took it out (again) this year for the Bundanoon Newsagency.

The weekend continued with the Rolloff World Championships, dinner in the Hall from the Bundanoon P&C, then on Sunday following a beautiful awakening with the traditional dawn bagpipe a welcome breakfast was there from Penrose P&C.

Over a 1000 adult Flingers off and riding in 4 different events were as keen as close to 100 kids in the Todds Real Estate Kid's Fling – probably the most hotly contested event of the whole weekend.

On a safe return through the finishing chute the adults had the option of a burger from the Exeter P&C, a 4 Pines Beer, tea, coffee, water and a rest and still had voice to cheer their fellow riders on their completion of their event.

As the sun started to set, after 11 hours on the course the last rider of the day Courtney Shinn, conquered the 100Mile Fling on her single speed bike to raise money for Nepal Ride to Rescue, who continue to aid the people of Nepal following the devastating earthquakes last year.

She was greeted by the loudest of cheers from the Wild Horizons crew of Dark Side volunteers, event Sponsors, and a few spectators and fellow riders awaiting her arrival.

And with that, the Fling was flung for another year.



RESULTS IN THE PEARL IZUMI BUNDY RUN:

Teaser Men

Nelson Santos (00:29:32)
Damien Cahill (00:30:23)
Bentley Walker-Broose
(00:31:31)

Teaser Women

Claire Raynor (00:30:58)
Carmen Jeffery (00:37:36)
Melissa Brotherson-Clarke
(00:39:15)

Quarter Marathon Men

Kurt Warn (00:58:22)
James Mason (00:59:37)
Jacob Grooby (01:01:04)

Quarter Marathon Women

Olivia Stutchbury (1:09:58)
Mel Sidney (1:11:24)
Ariane Desbiens (1:12:33)

Half Marathon Men

Russell Dessaix-Chin
(1:47:21)
Rhett Gibson (1:57:31)
Jeremy Fowler (2:00:44)

Half Marathon Women

Sally Towse (2:14:08)
Shannon Jones (2:16:18)
Sarah Carpenter (2:21:29)

RESULTS IN THE 2016 HIGHLAND FLING:

Some Fling Men

Ian Watts (1:13:13)
Dylan George (1:14:58)
Zac George (1:17:36)

Some Fling Women

Verity Evans (1:25:07)
Maizy Evans (1:29:34)
Renee Skelly (1:32:58)

Half Fling Men

Matthew Dinham (2:17:52)
Callum Carson (2:09:18)
Lewis Cressy (2:10:52)

Half Fling Women

Emma Viotto (2:38:43)
Charlotte Culver (2:43:56)
Laura Wilson (2:52:40)

Full Fling Men

Brendan Johnston (4:21:57)
Cameron Ivory (4:24:47)
Michael Potter (4:44:32)

Full Fling Women

Peta Mullens (5:08:12)
Briony Mattocks (5:21:21)
Lucy Bechtel (5:30:10)

100Mile Men

Ed McDonald (7:51:01)
Max Richardson (8:01:48)
Stephen Tomczyk (8:23:30)

100Mile Women

Charlie McCabe (10:33:07)
Courtney Shinn (10:45:43)

Brigadoon – Celebrating 40 years

› Thomas-Andrew Baxter

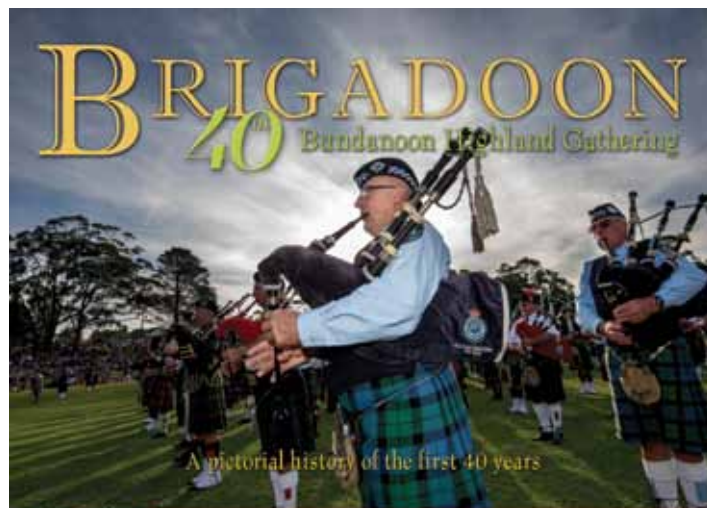
THE SOUND OF pipes early in the morning signals the start of one of the most iconic events in the busy Bundanoon calendar. It is appropriate that pipers feature on the cover of the upcoming pictorial publication about the Bundanoon Highland Gathering, otherwise known as 'Brigadoon'.

In this decade of anniversaries, the spotlight will fall on the 40th celebrations of Brigadoon in March and early April next year. It is shaping up to be a very special year indeed.

The acceptance by Jimmy Barnes to be the chieftain of the 2017 Games has already lifted the profile; especially since Jimmy is attracting lots of attention recently with the publication of his memoir of his early life and his regular media and performance appearances. Jimmy fits the criteria required to be chieftain by being Scottish (Glasgow-born) and a local resident of the Southern Highlands. For these upcoming games however he is Chieftain Barnes, not Jimmy Barnes the entertainer.

In recent years, committee members have coined the phrase, 'by the community, for the community' and this will be more in evidence this coming year as the one-day event extends to a community festival during March. There are competitions and performances designed to encourage participation by as many Southern Highlands folk (young and not so young) as possible. If you are a photographer, painter, shortbread maker or dress designer, there are a host of excellent prizes to win. If you are part of a sporting club, get your mates together to compete in the Brigadoon Tug Of War as part of the Gathering on 1 April (email stalls.brigadoon@gmail.com to register your interest).

Refer to the box below for the full list of competitions and performances. Brigadoon will underwrite all events in order to keep the cost of tickets and entry fees to the minimum.



The 'Brigadoon' Committee is also pleased to announce several additional events to be included at the Gathering. Highland Titles will be sponsoring the inaugural Australian Highland Heavyweights Championship, organised and co-ordinated by the Tartan Warriors, who also present the ever-popular Bundanoon Stones Of Manhood. The huge stones are from our local Bundanoon quarry.

Special new tunes have also been commissioned for pipe band, solo pipe and drummers' flourish. The competition-winning new Highland Dance for the 40th will be performed on the oval.

Our younger patrons will not miss out either with a new area down behind the oval for the Bonnie Bairns competition that incorporates a children's area where young children along with their families can come and participate in fun play-based activities that inspire the imagination and explore play through the senses.

The festival and book will be launched appropriately at the Robbie Burn's Supper on 25 January and the complete programme for the festival will be distributed in the week following.

Discount vouchers will again be available to JCG readers, so make sure you open your March edition and use the voucher.

The home-hosting initiative was announced in the September edition of JCG and a pamphlet for prospective hosts is included in this edition. This is an initiative to help ease the accommodation crisis that inhibits patrons from staying in Bundanoon to enjoy its surrounds and participate fully in the festival. Home-hosting will be available only over the Festival/Gathering period.

With an operating budget close to \$200,000 and upwards of a thousand volunteers, participants and competitors and up to 15,000 attending, the members of the committee face a daunting planning and co-ordinating challenge each year. The upcoming Festival and Gathering will run a very close second to Tulip Time for the highest number of visitors to any event in the Southern Highlands. In a recent meeting with shire councillors, many were surprised that it all comes together without any paid staff or logistical support. It is a reflection of the 'can do' attitude of the people of Bundanoon.

2017 is shaping up to be a bumper year for the Gathering and Festival, for the shops in town and for the local groups that benefit from participating as volunteers and stall holders. The committee is looking towards a large number of visitors and a surplus to add to the \$1.3 million already distributed over the years.

You are encouraged to mark your diaries now so that you do not miss out.

Roll on March/April and the tuning up of those pipes!

Sponsorship opportunities for the games are available, contact 02 4883 7471 or publicity.brigadoon@gmail.com for details.

40th Festival Events

www.brigadoon.org.au/festival

Wednesday 25 January: Official Festival and Book launch

Friday 3 March: Opening of Photography Exhibition at Council Chambers – till Wednesday 29 March

Saturday 11 March: Music at Ten (associate event, Arts Bundanoon)

Sunday 12 March: Concert From Burns to Barnes

Friday 17 March: Schools performance Eisteddfod

Saturday 18 March: Scottish Film night with Cinema Rex

Sunday 19 March: Bundanoon Craft Market (Associate event)

Wednesday 22 March: Opening of Portrait Competition at Bundanoon Motel, till Sunday 2nd April

Friday 24 March–Sunday 2 April: Special Shop Display Competition

Saturday 25 March: Unveiling of Bundanoon Stone of Manhood

Saturday 25–Sunday 26 March: Historical display in Bundanoon History Shed

Saturday 25 March: The Choir of St James, King Street, with Rachel Scott (Cellist)

Sunday 26 March: Shortbread judging

SATURDAY 1 APRIL: GATHERING AND CEILIDH

Sunday 2 April: Bundanoon Craft Market (Associate event)

Sunday 2 April: Concert, Celebrating the Passion of Scotland and beyond, Norwood Connection and members of Melting Pot Theatre

The Rex Cinema:

Bundanoon's finest and longest running cinema house

› Stuart Reid

THE REX CINEMA is a 'pop up' cinema that regularly takes over the local Soldiers' Memorial Hall in Bundanoon.

During 2016 and forward planning for 2017 and beyond, The Rex has explored a more varied list for its screenings and embarked on a more entertaining programme for each event. Some of the films shown during 2016 were *Chocolat*, *My Fair Lady*, *Cat Ballou* and a great Australian double to close out 2016 - *Crackerjack* and *The Dish*.

The Rex Cinema will kick off 2017 with the fabulous story of *Papillon* starring Steve McQueen and Dustin Hoffman. Leading up to the 40th birthday for Brigadoon, we will get into a Celtic theme with a pair of Scottish films – a surprise in store here! At the end of April, our foreign film choice is the hilarious and thought provoking French film, starring Omar Sy – *The Intouchables* – and then for Winterfest, a beautiful piece of cinematography and story telling for all the family in *Hugo*. Further into the year, an entertaining Bill Nighy film and then another great Australian double to finish the year – *The Dressmaker* and *Paper Planes*.

With a resident TV producer on our team, The Rex committee is also considering the idea of running a short script writing/film production workshop, to lead up to a Kids Flicks event – a night of short films made by a bunch of aspiring young Steven Spielbergs.

The Rex Cinema (AKA The Soldiers' Memorial Hall) is now equipped with both digital technology and the 1940s carbon arc projectors (which work beautifully). Among purists, the debate of digital verses the old world 35mm projectors is the same argument that audiophiles have been debating: the merits of vinyl records over digitally recorded music. With all the scratchy picture quality and unpredictable breakdowns adding to the nostalgia of a 35mm film night, it is certainly on the cards that The Rex committee will, from time to time, revert to using the old carbon arc projectors from the 1940s to keep the old Rex Cinema vibe alive.

A night at The Rex Cinema is a social night out; there is always the opportunity to have a glass of wine and catch up with friends and locals before the film and now The Rex has great seating, sound and picture quality. There is also the added surprise of a funny short before the main feature, a raffle prize to be won and the occasional film writer or director turning up – it all adds up to a great night out for everyone.

The Rex Cinema committee always welcomes new members to add variety and interest to our film selection and further develop the experience of a Rex Cinema event.

Dates for 2017

February 11	PAPILLON
March 18	WHAT WE DID ON OUR HOLIDAYS & WHISKY GALORE
May 20	THE INTOUCHABLES
July 8	HUGO
September 16	THE GIRL IN THE CAFE
November 4	PAPER PLANES & THE DRESSMAKER



The NBN in Bundanoon

› Geoff McCubbin

YOU MAY KNOW most of this, but since we all will need the National Broadband Network, here again are some basics. The NBN was ready to go in Bundanoon on 26 June, and there was standing room only at a community meeting with an NBN representative in July.

By February 2018, the NBN will provide all our telephone and computer traffic. There are three ways to connect: via the nodes (the green boxes in the streets); via fixed wireless for people outside the village area (our tower is being commissioned at Devon Road, Exeter); or now via satellite for people out of wireless range.

The NBN Company provides its services to retailers: "internet providers". That includes telephones – although not mobile phones, which operate on a different network. We were sent a letter in July which lists the providers: we must choose one of them for our telephone and internet usage, make contact, discuss the details, and agree on a plan. The provider will check our address, and tell us which of the three ways to connect applies to us, and take it from there.

Then in the village at least, our old line will be switched off and an NBN technician will connect our current copper telephone line to the node. The provider sends us a modem to adapt the NBN signal to our telephone or computer. We read the instructions, we plug the modem into our telephone point, we plug the phone into the modem, we link our computer to it in our own wireless network; and hey presto...

And so it has been for many, but not for all. Two different organisations are involved with the service; there are bits of (for some of us) new technology; some of the copper wire network needs attention; and there is handyman telephone wiring in many homes. Some of the people who signed up in the early stages had such problems.

However, they had mobile phones still working to get help, and that's important. The modem needs power to work. In a blackout, while nodes have batteries most modems don't. Medical alerts like Vitacall will go down too. The NBN letter told us to register such devices with them, so do that now if you haven't. Our provider can instal a battery to keep them going; but having a mobile for emergencies is important too.

In homes, the modem needs to plug into the main telephone point. Extensions will then no longer work. The best solution is to use a cordless phone with extra handsets. But like the modem they need power points – and for some homes this may need attention.

If what we have works well now, we do not need to make the change to the NBN immediately, but we should not put it off for too long otherwise we will be caught up in a last-minute rush. There is a BCA leaflet called "Getting on with the NBN" which is available in The Good Yarn which may help.

Looking back, looking forward

► Neil Mitchell

THE END OF another year is a time to reflect and celebrate, looking forward and looking back, just as the god Janus does.

As you read this, we shall be about to present this year's final Music at 10 concert. It will be given by the marvellous Choir of St James'. The choir's previous concert was the talk of the Southern Highlands, something indeed to celebrate. The wonderfully high standard of this choir seems to be in line with the standard that has been achieved by Arts Bundanoon over the last three years.

With next year's Music at 10 series already fully programmed, it is possible to look forward to another year of wonderful music, providing opportunities to connect with the Western classical music tradition and to leave the Soldiers' Memorial Hall feeling a little richer and a little happier. We must remember the artists who help us – Tony Lee has appeared at Music at 10 several times and was the most successful Australian pianist at the recent Sydney International Piano Competition as well as first prize winner at the Australian National Piano Award (Shepparton). Ben Adler, violinist, and his associate artist Alisa Yuko Bernhard have appeared here several times to enthusiastic audiences. We are grateful to Professor Daniel Herscovitch for years of dependable appearances at Music at 10 at which he has provided refined interpretations of the music of Franz Schubert. Our other recent artists include the suave Lee Cheong, the impressive young 'cellist Jonathon Bekes, the marvellous flautist Angus McPherson, the prodigious pianist Mia Huang, the Berrima Singers and – by no means least – that hardy perennial of pianists and stalwart supporter of local composer, Ann Carr Boyd - John Martin. The audience responded particularly well to his obligatory offering



Head of Janus, Vatican museum, Rome Photo: Wikipedia

of William Ellard's Australian Quadrilles. Two of these 1835 quadrilles have local references – "La Bong Bong" and "La Illawarra". Overall, 2016 has been a year to celebrate and enjoy.

Our concerts are supported by a small team of generous local volunteers from Bundanoon and Tallong. Just a few hours of work per month per volunteer enables our concerts to happen. We can all rejoice in the fruits of these labours.

An important, if tangential, activity for Arts Bundanoon this year has been to foster a new local Choir, now known as Bundanoon Sings!. The choir recruited a large local membership and offered its first concert just a few months after its formation. The choir has now gone its own independent way and the Arts Bundanoon team wishes it well.

At this season of reflection, it is opportune to remember that Arts Bundanoon has undertaken a four year journey from small audiences and being a financial burden on the Bundanoon Community Association to solid audiences and achieving modest profitability. We continue to look for new formats for our concerts while preserving Music at 10. More information on our new activities will appear in the next JCG.

Trees for bird habitat

SATURDAY NOVEMBER 5TH was a great day at the Bundanoon Club when lots of people came together to collect over 650 *Allocasuarina littoralis* trees (black she-oaks), the natural food source for the endangered species, the glossy black-cockatoo. The trees were made available at no cost by the National Parks and Wildlife Service.

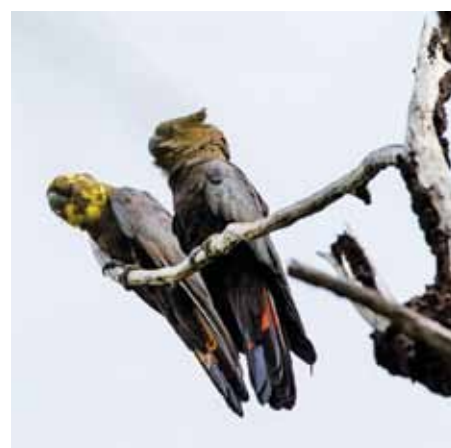
If you missed out on November 5th, there'll be another opportunity for picking up trees early in February 2017. Keep you eyes and ears



open, check out the BCA notice-board in the foyer of the Bundanoon Soldiers' Memorial Hall for the details. This is a great opportunity to help with saving one of our many threatened species in our region by planting this tree.

Like many small projects this grew as the wider community came on board and word spread. BCA wanted to do something to make a contribution beyond 2015, the celebration year of Bundanoon being a community for 150 years.

Offers of assistance from Wingecarribee Shire Council Bush Care team, Friends of Morton NPWS Volunteer Group joined with National Parks and Wildlife Service and Bundanoon Lions Club to support the BCA idea and brought it all together – a great community achievement. Warm appreciation to all and especially Bundanoonian Pat Hall.



School concert takes us to Rio

› Eloise Sedger



OVER THE PAST years, Bundanoon Public School has performed its annual school concert involving every student from years K-6. In recent years, the school has performed in the Bundanoon Soldiers' Memorial Hall, but this year the school decided to perform in its own school hall, meaning more performances could be put on.

The theme for this year's concert was the Rio Olympics.



TRANSFORMING THE SCHOOL HALL:

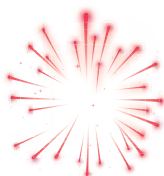
It took a lot of hard work, effort and time to make the school hall into an Olympic Stadium, but with generous help Bundanoon PS was able to transform the school hall into an Olympic arena. With every student at Bundanoon PS doing an artwork of a member of the crowd, we were able to pin the artworks around the school hall to make the effect of an Olympic audience! We had Olympic Rings to hang up at the back of our hall, adding to the feel of an Olympic stadium. Of course, we also needed a commentary box, so the two fabulous Bundanoon PS captains, Amy Darch and Brendan Hughes, could commentate about all of the wonderful happenings of the Olympics! We also had our very own colourful banners made to use as curtains.

MONTAGES

It was only a few years ago that montages were introduced into the Bundanoon School Concert. Montages give a bit of background knowledge about what



the items are about and show "behind the scenes" footage of the classes rehearsing.



In previous years the teachers and parents have taken the role of making them, but this year the Year 6 Brumbies volunteered to make them, taking footage of classes rehearsing and putting together a short 2-3 minute film.



CLASSES

Kindergarten Geckos' item was labelled "The Bush Olympics" based on the book *Koala Lou* by Mem Fox. It was all about a cute cuddly Koala named Koala Lou who enters the "Bush Olympics".

K/1 Koalas' item was called "Opening Ceremony II" and symbolised the Opening Ceremony. It also included a whirlpool of dancing and movement.

1-2 Pademelons' item was labelled "Brazil" and was narrated by "David

Attenborough". It was all about the magnificent Amazon Rainforest and its diverse creatures and culture.

3-4 Kookaburras performed the official "Opening Ceremony". With the carrying of flags and colourful costumes, the 3-4 Kookaburras turned the stage into Rio!

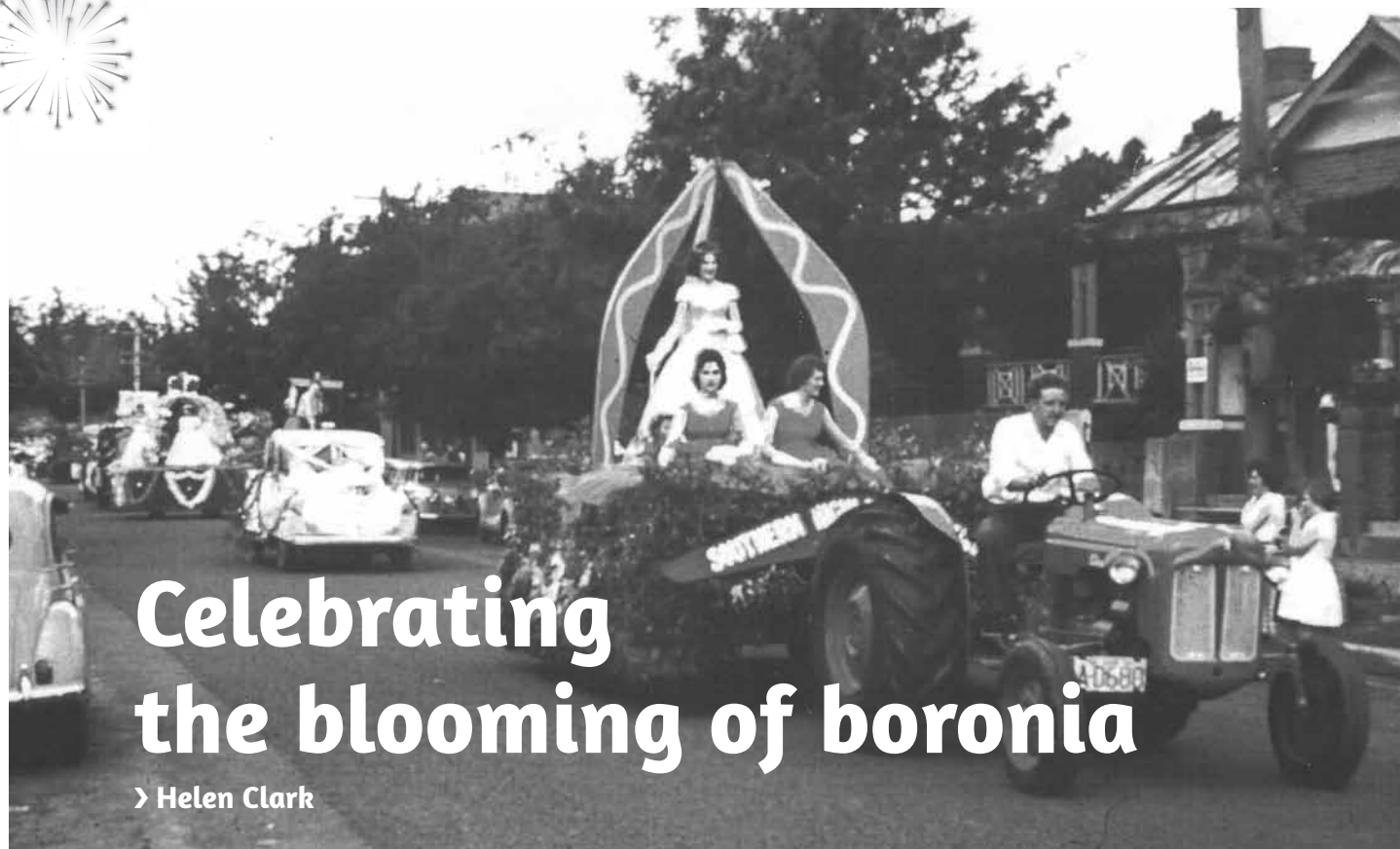
3-4 Frogs item was called "The Froglympics" and was a comedy act on the Olympics. It showed equestrian, cycling, artistic gymnastics, rhythmic gymnastics, fencing, and Greek water fountains.

5 Quolls took us back in time to the Ancient Greece Olympics, featuring Ancient goddesses and gods.

6 Brumbies decided to switch sports. What was traditionally a men's sport (boxing) was performed by the girls, and what was traditionally a women's sport (synchronised swimming) was performed by the boys.

The concert means a lot to me, as I have been involved in organising the concert for a very long time, and I have enjoyed each and every one. I think it's about bringing the community together and enjoying a night of performances! It's about co-operation, creativeness and imagination.

Eloise Sedger is a Year 6 student at Bundanoon Public School.



Celebrating the blooming of boronia

> Helen Clark

IN 1956 THE Bundanoon Boronia Festival was just one year old and residents threw themselves into creating floats for the procession. This “Ma and Pa Kettle” exhibit included livestock, the goat being tethered with a length of string.

The “family” included Winnie Greason, top left, and Audrey Petersen dressed as “Pa” with the hat, moustache and glasses. All 15 of them were in the vehicle until it broke an axle. It was then pushed from Petersen’s Garage to the Oval.

Bundanoon’s 1959 Boronia Festival began in overcast but otherwise fine weather on Saturday 31st October, as spectators from Wingello to Mittagong arrived to see the procession as it moved off down Railway Avenue.

On Mr M.G. Hillier’s float, advertising Bundanoon Taxis, stood Wain Harris and Ted Rogers, answering telephones from a booth, while Kerry Rogers portrayed a lady passenger with a pram and Bill Rogers a gentleman with a pile of luggage. The Golf Associates’ float featured “Models and Muddles” designed by “The House of Fior” and was followed by the Dowse’s Cordials float and the Bundanoon Parents and Citizens “Halloween” float.

Two beautifully decorated cars were entered by the Baby Health Centre of the CWA and by Miss A. Greason, and were followed by “The Happy Wanderers” in a sulky pulled by “Bess”, a horse owned by Mr P. Lennox, which recently made the trip from Wollongong to Bundanoon in six and a half hours.

The Bundanoon Hockey Float was awarded first prize for best decorated float.



The procession was followed by contests held at the Sports Ground, including potato pick-up, foot races, bicycle races, tug-o-war, sheaf tossing and darts. One of the funniest was the three-legged car race, in which a lady and gentleman tied together in three legged fashion ran 35 yards, struggled into their car which they had to start and drive, still hobbled, for about 50 yards. Gross takings for the day were just over 144 pounds.

Twenty-nine cars entered a car trial on the following Monday night and was won by Police Sergeant R. White of Bundanoon.

On Tuesday night a highly successful Amateur Night was held at the Memorial Hall where an audience of 400 were entertained by 21 contestants in a long and interesting program ranging through singing, impersonations, recitation and “hill-billy” numbers.

The Hall was in use again when 160 guests attended the Boronia Ball, held at the zenith of the Boronia Festival on the Friday night. Bright beach umbrellas created a colourful background for the “Brite Lites” Goulburn orchestra which played on stage. Delightful floral arrangements completed the decorations.

(Descriptions extracted from a newspaper article: *The Four Mails*, Thur 12 Nov, 1959)

The Boronia Festival was held each Spring from 1955 to 1977 and then morphed into the Highland Gathering known as Brigadoon and was held in Autumn.



Bundanoon Sings!

› Barb Griffin

BUNDANOON SINGS COMMUNITY choir's first concert held in September was a very special event. Our two performances shared a great variety of material with wonderful participation by young people from Bundanoon and nearby villages and a good mix of adults also from Bundanoon and nearby. Supported by flute, viola, violin and fabulous percussion, it was a wonderful achievement for our choir of just over six months singing together.

Our next concert will be on December 16th with some of the most enjoyable aspects of the first concert delivered again with a completely new programme. There'll be original arrangements mixed with classics and as it is our contribution to the celebration of Christmas in the village, there'll be about half of the repertoire Christmas related and the other half pop and other classics.

Carols, a couple of anthems, and the kids' choir's first classical work will be performed, some pop songs, a traditional Jewish piece and others many in the audience will recognise in 'Boogie



**Don't miss our concert on Friday December 16th, 7:00pm!
Book online at bundanoonsings.com/tickets**

Woogie Bugle Boy' and 'Telephone Line' by ELO.

Genevieve Stewart, Daphne Cordingley and our boy soprano Thomas Gillis will all perform solos. And a new member of the choir, Liam Halloran, will make his performance debut.

It could be that the Bundanoon Symphony Ukestra will come and play a song or two as well.

If you'd like to join the Bundanoon Sings Community Choir come along on Monday nights. No auditions necessary – if you like what we do, you're in!

It's free to be a member. Just come along at 6.30pm for the children's choir and 7pm for the adults in the Bundanoon Soldiers' Memorial Hall, enter through the Supper Room doors.

After our concert on December 16th the choir will be in recess until February 4th with a special film-screening of *Wide Open Sky* – an uplifting documentary about a children's choir in outback Australia. The choir will perform that night too, so save the date, so come along in February and join us.



Bundanoon Photography Group

BUNDANOON PHOTOGRAPHY GROUP has been active over the past few weeks. An interesting trip was organised by Joy Brown to Red Cow Farm, giving our members the opportunity to capture some spectacular images of the beautiful spring colours to be found in this garden.

Our club nights offer a friendly atmosphere in which to share photographs in a relaxed and educational environment. Last month Ann Fieldhouse gave an enlightening talk on copyright, an important subject for all photographers, whether it be infringing somebody else's rights or protecting our own.

The subject for September's photographic competition was "Tree" and Evan Smith's image taken at Arthur's Pass in New Zealand was awarded the President's Cup.

Next month's subject is "Rocks" – our subject titles are always open to

broad interpretation. This gives rise to some interesting entries.

We meet on the second Thursday of each month at the Bundanoon Men's Shed, Burgess Street at 5.30pm. On the fourth Thursday of the month we gather at a local scenic point of interest to practise our skills and share our knowledge.

—Peter Gray

New members are welcome, please contact:

- President, Peter Gray on 4883 6312 or 041 922 3928
- Secretary, Joy Brown on 4883 6456
- or e-mail photos2578@gmail.com

Images of the Southern Highlands

Don't forget our photographic competition open to all amateur photographers who are residents of the Southern Highlands. See page 39 for details.



Winner of the President's Cup for September:
Evan Smith – 'Arthur's Pass'

Melting Pot Theatre and King Arthur's Socks: a satirical masterpiece

› Rosemarie Gray

PEOPLE came from afar to see the legend of King Arthur in a bright and shining new light. The evening performance played to a packed house once again and was preceded by four short plays by local authors being 'crash tested.'



Set in 1916 Maine, USA, *King Arthur's Socks*, a one act play, starred Miranda Lean, Patrick Brennan, Barb Griffin, and Mary D'Alton. It was brilliantly directed by Jan Kenny who worked tirelessly. A special mention to Helen Clark for creating a beautiful set.

Director Jan Kenny described the play as a fun satire. "This play mirrors its drama on the intricate weave of relationships in the mythical stories of King Arthur, Lancelot and Guinevere."

The fully costumed play followed the story of a man and a woman who are in love with one another, but cannot act on their love because they are married to others.

BRAVO, and much applause to all. There were encore performances at Penrose and Colo Vale.

The results from CTD 4:

Many thanks to our guest judge, **Graham Yates**, who travelled with his entourage from Sydney. He named the best play 'Where is Alan', written by Greg Tome. Best actress – Robby Tabell. Best actor – Jay Duncan. Best director – Robyn Karakasch. The audience choice of best play went to 'The Blackout', written by Robyn Karakasch.

On 17th December will be our **Christmas Variety Show**. Now in its third year, this promises to be as big and bold as ever. There is too much to mention here, but rest assured, if you miss it, you'll regret it! \$10 entry for a 7pm show, with more details advertised around the village closer to the event.

With Melting Pot Theatre gently approaching its fifth year with quite a few successes behind it, we are planning to once again hold a village meeting



Photos by Peter Gray



early in the New Year for interested parties. The intent is to canvass opinions on the type of theatre the village would like to see performed and how we can all work together to make it happen. If you'd like to be part of the meeting, if this is something that might interest you, please drop us a note via the info button on the website and we'll go from there.

Wishing all of our writers, actors, directors, support crew and of course our audiences, the very best of wishes for a safe and happy Christmas.

If you would like to learn a little more of what the Melting Pot Theatre group are up to please drop a line to pat.brennan84@gmail.com or visit meltingpottheatre.org

Please see page 39 for a report about the Gala Final of the 2016 season of Crash Test Drama.



Bundanoon Sport & Recreation



with Mike Swinden

We have a new addition to “the news” with the chess club joining us. It is a great game and new members of all ages are welcome.

BUNDANOON CHESS GROUP

Do you play chess or would like to learn? People of all ages are welcome. **We meet every Friday afternoon between 2:00pm and 5:00pm at The Primula Café.** There are plenty of chess sets and boards and the only requirement is to purchase a coffee or equivalent each time you visit. So come along, meet the group and enjoy the challenge of playing chess.

TENNIS

Members, be aware we will be running our Annual General meeting on 26 November at 3:00pm in the club house. Please attend if you can.

We have just completed our club championships and once again the event was a success with record numbers of juniors in the “Junior Challenge” events. The Under 8 event was won by Hayley Esquilant, under 10s by Oscar Donough and under 13s by Oscar Piper-Hudson.

The senior B grade events were also well supported. Eddie Paterson took out the men’s doubles (with Anthony McLean), singles and mixed with Julie Schellack. Julie also took out the ladies singles and doubles with Anne Derham. Our Thanks to Tournament Director Stephanie Grosvenor who made sure the day ran smoothly. Stephanie was ably supported by a number of club members, particularly Elaine Staziker who organized a wonderful lunch for members, juniors and family members.

- **Coaching Term 4 is well under way with a full program on Monday afternoons and Saturday mornings and Bundanoon Primary School sport on Wednesdays. Places are limited, however, if anyone is interested in starting this term contact Mike Swinden on 4883 7624 or 0409 397 247.**

BUNDANOON PONY CLUB

Activities have wound up for the 2016 year. So we now look ahead to 2017 and remind all members and interested people that our Annual General Meeting is set down for 11 February and the first rally will take place on 18 February.

- **Please contact Gale Pritchett on 4883 7195 or 0407 287 336 for more details.**

BUNDANOON REBELS SOCCER CLUB

Over the next few months the Bundanoon Rebels FC will be preparing for the 2017 Winter soccer season. We have recently had the new safety fence installed and manufactured by Sherwoods Machinery. This is a great addition to keep players and pedestrians safe.

Bundanoon Rebels are pleased to be involved in a humanitarian effort with the Southern Highlands Christian School. All our older uniforms of years gone past have been donated to the school. The School will be shipping them overseas to help children in other nations become involved in sport. Our thanks to Lisa Noble for organising this opportunity.

The Bundanoon Rebels FC have welcomed a new committee, headed by Brendan Yalg. This committee will bring a wealth of new ideas and spirit to the club. We wish them all the best in their new endeavour.

CROQUET CLUB

Club Members: please set aside 8 December, the date of the Club’s Christmas Party. It will take the form of a “Cocktail Party” – details to follow shortly by email from Helen.

If you are thinking of trying Croquet, remember newcomers are always welcome. Monday and Thursday mornings (from 9:00am) and afternoons (from 1:00pm) are key times for social play, so come and join us!

- **Contact Helen Wooby on 4883 7624 if you have any questions.**

BUNDANOON CRICKET CLUB

We have a team in the primary school competition and have had 2 wins out of 2 games. A great start! However, we are still looking for 2 players in the primary division (they need to be of an age that would be attending a primary school). **Anyone interested please contact Steven Granger on 4868 2680 or 0404 048 288.**

We also have an “into cricket clinic” on Wednesday afternoons and have 16 players participating and having fun. Again contact Steven if you are interested in getting involved.

Our senior teams have had mixed results so far with our second grade team being very competitive but yet to win a game. The third grade side has won 3 out of 4 matches played and is running third in their competition.

BUNDANOON BOWLING CLUB

The Bowling Club AGM was held Saturday 29 October and the new team is:

Graham Anderson – President	Sam Nott – Vice-President
Bob Burnham – Secretary	Peter Cowling – Treasurer
John Witney – Travelling Bowls Co-ordinator	Keith Stratton – committee
Ken Hodge – committee	Richard Nortje – committee

There is still plenty of action on the greens with:

- **Barefoot bowls back for the summer on Friday evening at 5:00pm. Everyone welcome!**
- **Social bowls happen every Wednesday & Saturday at 1:00pm.**

Bundanoon – Fire and Rescue 242

› Peter Gray

THERE ARE 14 men and women based at the Bundanoon Fire station who are trained to respond to every emergency, 24 hours a day, 365 days a year. They turn out on warm summer days and stormy winter nights. They always turn out no matter what the conditions.

They undergo extensive training to rigorous standards to ensure they are equipped to fight complex fires. Also how to remove an injured person from a badly damaged car and the provision of emergency medical treatment in those first critical minutes before an ambulance arrives.

This is why a few weeks ago some members of 242 underwent training in the use of specialised equipment and the techniques required to extract a person from a damaged car. They use powerful jaws, capable of cutting through metal as if it were butter. And a powerful hydraulic ram was used in this instance to force the collapsed dashboard and steering wheel away from the driver, which in a real life situation would be pinning him/her into their seat – and at the end of the exercise time for a smile and a bit of good humour.

And this is just the tip of the iceberg. Contained in all areas of their operation are numerous hidden dangers to both the firefighters and members of the public.

They must learn to deal with all types of unseen risks – exposure to high voltage, the deadly killer that you can't see or smell, or the toxic risks to both people and the environment



Photo by Peter Gray

resulting from chemical spills. Poisonous gasses are released during the combustion of everyday household items such as plastic furniture, man made fabrics or even the items found under your sink. It's frustrating when the garden shed catches fire! That's where all the weed killers and petrol for the mowers are kept – oh, and I nearly forgot the spare barbecue cylinders!

So, dear residents of Bundanoon, next time you are safely tucked up in a warm bed and hear the distant sound of two tone horns, please whisper a quiet 'thank you' under your breath.



OVER THREE DAYS in October, 36 local people enjoyed a coach trip to Mudgee with BCA's JCG Food and Wine. The countryside all along the way was a spectacular shade of green – far lovelier than any of us had ever seen before. We travelled through Goulburn and Taralga for lunch at Oberon then on to Bathurst and Sofala reaching Mudgee in time for a wine and cheese tasting at High Valley. Here we sampled seven locally-produced cheeses and five wines and made our first contribution to the local economy. This very professional



JCG Food and Wine Into the West

› Pam Davies and Ralph Clark

presentation included hand-made artisan versions of British cheeses including Caerphilly, washed-rind soft cheeses, blues, and cheddars.

At the Best Western Wanderlight Motel we were able to hold our traditional 'happy hours' on both nights before going out to dinner. The Rajarani Indian restaurant, where a menu had been specially selected for us, was our first night venue and the highlight of the trip was dinner at The Zin House on the Lowe Estate on the second night. As the purpose of the group's trips is to experience and learn about regional produce, chef Kim Currie and winemaker David Lowe spoke about their enterprises while we enjoyed the four course meal, with matched wines, prepared for us.

We had similar experiences at all the vineyards and produce outlets we visited on the second day. Producers are justifiably proud of their labels. At di Lusso we were entertained during lunch by Robert Fairall who over a number of years has produced Italian style wines. A visit to the Baker Williams distillery introduced us to vodka production and a number of unusual varieties of liqueurs. Lemon Myrtle was a new taste sensation!

We had similar experiences at all the vineyards and produce outlets we visited on the second day. Producers are justifiably proud of their labels. Mudgee proved to be a great choice for a culinary excursion with Gulgong providing a wonderful museum visit and Rylstone, an olive oil tasting at the Rylstone Olive Press followed by lunch at the renowned 29 Nine 99 Dumpling House before travelling home to Bundanoon.

In 2017 we are looking forward to having you join us when we plan to focus on local Highlands produce.

Photo by Joy Brown, Bundanoon Photography Group



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President, Geoff Duncan

BCA

President's report

I WANTED TO take this opportunity to wish you all a happy and contented Christmas. We know that Christmas can be either a happy and joyous coming together of family, friends and loved ones, or a time when one can experience sadness when reflecting on missed loved ones, or the complex and seemingly never ending complexity of affairs both in Australia and the world in which we live. In fact, alternating emotions seem to be part and parcel of the celebration. We are all fortunate to live in a village community which is closely connected to nature and the environment, and where harmony is mostly the order of the day.

The dramatic change of seasons, the ever-present birdsong and the close presence of animals offer a world which seems, and in many ways is, mountains away from the reports of death and destruction that daily bombard our television and tablet screens and make the headlines in our newspapers. Preserving the unique qualities of this place is an issue uppermost in the mind of nearly everyone I meet. This is a community that chooses to live quietly and with respect for what we have. Nevertheless, it knows when to spring into action, with a sense of commitment and deliberation that is truly impressive.

This was certainly the case with the recent withdrawal of the Development Application for 50 Erith Street, where Wingecarribee Shire Council received in the order of 250 submissions, including one from the BCA, opposing either the scale of the development or opposing it outright. Almost a quarter of the community rose up in alarm. Such an outcry would shake community decision makers in any region of the world.

For its part the BCA Committee has been energetic in representing community interests. We try also to be methodical and rigorous in our approach, but also, by way of contrast, work quietly behind the scenes to lobby and influence local councillors, state and federal politicians and bureaucrats. It's often a thankless task, but a necessary one. Much of our work is often unseen and therefore often not perceived by the community at large.

As I pointed out in a recent Newsletter, this community, including the BCA, relies on the work of volunteers in myriad ways. It's not only the people who make up the subcommittees, as many and varied as they are, but also volunteers wherever you are. Without your commitment and often unsung efforts, Bundanoon would be a significantly lesser place. I think we all know this, but as we come toward the end of the year and approach such a festive occasion, I think it's important to pause and remind ourselves of this important fact. The range of community activities, the number of volunteers, as well as the incredible energy that seems a result of this activity, is the envy of many regional and rural towns and centres.

So, to all the volunteers, we salute you! What you do is not only keep the life sources of this community alive, but you enrich it for future generations.

Wishing you all a peaceful Christmas
Geoff



GM, Ann Prendergast

Wingecarribee Shire

Council report

FROM THE FIRST JCG in 2017 we are very pleased to advise Ann Prendergast, Council's General Manager, will contribute to each issue with her own column. We anticipate Ann will share 'what's new' in Council relating to Bundanoon specifically and the Shire generally as the year unfolds. We are looking forward to hearing from her.

Stop press – YHA

BRENT MARVIN AND CLAUDIA MARVIN, owners of the Pill Factory in ANZAC Parade, have exchanged contracts with the YHA to acquire the premises in Railway Avenue.

They intend to preserve the heritage of the building, continuing to operate it as an accommodation facility. It will continue to operate as at present for several months to honour existing bookings.

More details will be announced soon and there will be coverage in the March JCG.

Bundanoon Makers Market links with Wingecarribee Family Support

IN DECEMBER, the Bundanoon Makers Market will be placing a Christmas tree and collection box in the Hall for donations to help families going through tough times. Wingecarribee Family Support is based in Bowral and are asking for non-perishable stable food items and Christmas Fare that can go into hampers they distribute each December.

The market dates are the 4th and 18th December and your help will be greatly appreciated.

Dr John Kenna

DR JOHN KENNA is now practising at Regal Medical Centre in Mittagong at 2/118 Main Street, phone 4800 9390. 4 days a week – mornings, as before.

Get involved with JCG

HAVING THREE GUEST editors for the four magazines this year increased the opportunity for involvement in the production of our most highly regarded community magazine. Being part of the JCG team can include all or any of the following:

- writing articles
- having ideas
- being a guest editor
- linking with businesses and others who may like to be part of the sharing of information throughout each edition
- packing over 2000 magazines for mailing and distribution.

If you would like to be on the team please be in touch by emailing jcgeditor@bundanoon.nsw.au.



Vet's casebook

> Ken Davidson BVSc (Hons)

AT THE TIME of writing, (October) our veterinary practice has seen 5 cases of snakebite in the last 2 weeks. These have all been diagnosed as **Black snake** bites. These are possibly the most difficult for owners and vets alike to diagnose in the early stages as the onset of definite symptoms can be slow to develop. Straight after a bite there is commonly a bout of repeated vomiting, often froth and bile only. It may go unnoticed by the owner or be ignored because the animal may appear normal for a period after this. If however your dog was barking excitedly at something in the bushes or around dense flower beds (notorious habitats for nesting snakes), be alert for the possibility of a **Black snake** bite and watch for any of the signs below:

- Your pet may be unusually lethargic at first
- Pet may be less responsive to owner interaction
- Pet may refuse food
- There may be changes in gait
- As time goes on lethargy develops into being recumbent, not wanting to get up even when asked.
- Within a few hours but often up to 12 hours, shock sets in as the cytotoxic venom causes damage to cells in your pet.
- This is a critical period for your pet. It is most important to get to a vet for a proper assessment. Don't be afraid to suggest that you fear it may be snakebite; remember that vets need all the help that can be provided in terms of history. Only the animal will know what happened unless you actually saw your pet bitten. The probability of snakebite and the outcome will depend on action during this period. It mostly gets down to the owners decision to treat the case in the best possible way. It is never a time for half measures when treating snake envenomation if you want a good outcome. We now keep 3 vials of Summerland Polyvalent snake anti-venom in the fridge at all times. The makers of it state that the suddenness of onset of signs depends on: bite location, size of snake, and amount of envenomation. Multiple bites can lead to very rapid deterioration.

Much of the foregoing also applies to the other common snakebites we see in the area. The symptoms of bite by a **Copperhead** snake (by far the commonest in the Southern Highlands) are, luckily, much easier to identify because their venom is *neurotoxic*. Look for these signs:

- Rapid onset of shaking, trembling, stumbling.
- Loss of awareness, lying down,
- Frothing, jaw champing
- Shaking developing into seizures
- Rapid development to shock and collapse.
- Never delay if any of these signs are present.

Brown snakes are also seen and can be quite aggressive if bailed up by your pet. As is the case for all snake/pet interactions, never intervene to try to save your pet. Snakes, once aroused will strike at anything and anybody so don't try to get close. It is not necessary to identify the snake as most commonly we use a polyvalent anti-venom that covers all the toxic snakes in the area (except for the **Death Adder** which has its own antivenom).

If your dog has a snake bailed up, try to call him/her from a distance and, if your pet is obedient and comes away, the snake will probably move on.

Remember that if you get bitten by a **Brown** or **Tiger snake**, your life will be seriously threatened. For this reason, **never** get involved if there is a skirmish with your pet and a snake.

Snakes, your pet and you

The venom of **Tiger** or **Brown snakes** is very toxic and rapid collapse will be an early sign. Get to a vet without delay.

You may be surprised to know that snakes live in most environments all the time. Because they are shy and are quick to avoid contact with humans and their pets they are often not even seen. If you see one in the yard, it may just be passing through. Don't ever try to kill it... that's when most people get bitten... If you have a snake that is near your house, particularly with repeated sightings, you can ring a number of snake re-locating people that will do the job for you. They are licenced and experienced. Your vet most likely has phone numbers for these people.

The following photograph was emailed to me today from a client in Bundanoon. The slate-grey colour makes it likely to be a mature **Copperhead**, having a sunbake on one of the first warm days this season. Lock your pets up if you are lucky enough to see one before your pet does! Remember not to panic, help is only a phone call away.

Bundanoon Vet, beside Todds Real Estate, ph 4868 1766 all hours



- Also see Scribbly Notes on page 45 for a clear head image of a Highland Copperhead.

What can the average pet owner do?

- Be most vigilant during the "snake season"...Snakes may be active during any month that has an "R" in it, September to April.
- Mow lawns frequently during these times: snakes hate vibration and noise.
- Keep rubbish to a minimum in the backyard
- Consider fencing off wood piles with snake mesh
- Look at your garden: simplify rockeries, clear undergrowth. Snakes love nesting in agapanthus: consider removing.
- Sentinental Q snake repellents. High quality solar powered units provide cover for a circle with radius of 20 metres. Larger areas need multiple units. Pet owners could get together and put in a bulk order with this company to reduce costs. Phone: 07 5483 4861. They also make a snake fence (around critical areas) and trap so snakes can be relocated safely. www.oakent.com.au

One is never enough!

› Kerith Fowles

SOME MAY THINK it remarkable to have one piece of music dedicated to them – and indeed, this is true. But in the case of *Serendipity:the choir* not one, but two pieces have been written for and dedicated to the choir. Both these works will feature in the wonderful feast of Christmas music prepared by the choir for December performance – *A Christmas Gift*.

The first is a beautiful work in traditional English church music style, written by David Mackay, son of one of our basses, and dedicated to his father Hugh as well as to *Serendipity*.

“Look Up Sweet Babe” uses a poem published in 1648, from ‘A Hymn sung as by the Three Kings’.

“The Boundary Rider”, by way of contrast, is a laconic poem written by

local resident, Peter Wesley-Smith, and set to music by his brother Martin. In a humorous vein, the poem relates the tale of a boundary rider returning home ‘some time in December’ – he is not quite sure of the date – and his experience upon reaching home. The music matches the poem; you may catch a hint of the funeral march (when things are looking particularly grim!) at one point.

Both these pieces, initiated by the composers themselves, were conceived after hearing *Serendipity:the choir* singing in December 2014. It is a great compliment to have been so honoured by two prominent composers, one based in New Zealand, the other in Kangaroo Valley.

And if this is not enough to whet your appetite, there are 18 other pieces from far and near, with carols, anthems, madrigals, spirituals, fanfares and marches. The selection will include traditional favourites, a cantata from the Basque country, a Zulu Christmas hymn and a festival madrigal for small choir, all celebrating the joy of Christmas. We invite everyone to accept “A Christmas Gift” of wonderful music from *Serendipity:the choir*.



A Christmas Gift

Music Director - Kerith Fowles

Saturday 3 December, 4pm
St Thomas Aquinas Hall, Victoria St, Bowral

Friday 9 December, 6pm
Saturday 10 December, 4pm
Bundanoon Memorial Hall

Tickets \$15 - including light refreshments
available online at: www.serendipitythechoir.com
The Brown Bookshop, Bowral - Todds Real Estate, Bundanoon

Doors open 30 minutes prior to performance - SH Serendipity Choir Inc.

Concert dates

Saturday 3 December, 4.00pm
St Thomas Aquinas Hall,
Victoria St, Bowral

Friday 9 December, 6.00pm
Bundanoon Memorial Hall

Saturday 10 December, 4.00pm
Bundanoon Memorial Hall

Tickets are available from Todds Real Estate and, for the first time, via the choir's website:
www.serendipitythechoir.com

And it is still just \$15 for entry, programme and refreshments. Children 12 and under are, as always, admitted free of charge.



Uniting Church re-opening

> Geoff McCubbin

A SERVICE OF celebration was held on 27 October to re-open the Bundanoon Uniting Church – still affectionately known as the “Old Methodist Church”. After it closed at the end of 2013, the History Group leased and cared for the building and grounds while its future was considered by the Moss Vale Church Council, which is responsible for the property. There was great concern in the village as a whole about the potential loss to the community of one of our oldest and most valued buildings.

Following the appointment of a new Minister, The Rev Kathryn Wyndham, the Church Council agreed to re-open the church, and as a start, to recommence the Thursday lunch-time services. Kathryn was a primary school teacher, but mid-career decided to follow in her father’s footsteps: The Rev Bob Wyndham – a Minister of the Uniting Church, now retired. After finishing her training, Kathryn had student placements in the city and country before being ordained in Sydney in August this year. Although she will be based in Moss Vale, Uniting Churches

in Mittagong, Bowral and Moss Vale have begun to work more closely together, and Bundanoon will not be left out.

Other Bundanoon churches, the BCA, the History Group, the Mens’ Shed and other organisations were all represented at the service on 27 October. Along with local people and guests from Moss Vale and Bowral, the church was full. Rev Wyndham paid tribute to the History Group for the care they had given to the building and Memorial Garden during the lease, and looked forward to a positive future made possible by the re-opening of the building and the commitment of the people involved.

While the church was closed members continued to meet weekly in a home church group, under the leadership of Helen Hawksley and Dorothy Quigg. Helen and Dorothy made sure the church’s long tradition of fabulous flower arrangements was on display at the re-opening. Both were delighted by the occasion, which exceeded their expectations. “We thought the singing was wonderful,” they said, “and we too are looking forward to our future.”

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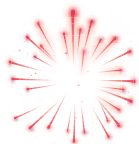
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Why celebrate?

BUNDANOON CAN ALWAYS find events to celebrate. We spent a whole year in 2015 marking our sesquicentenary. In 2017, after 40 years Brigadoon is expected to be a special occasion and this year's Garden Ramble, on a beautiful spring weekend in October, celebrated 20 years of opening local gardens to visitors.

Listening to ABC Classic FM there was a reminder that the Australian Chamber Orchestra has been performing for 40 years under the baton of their enigmatic violinist, conductor and leader Richard Tognetti. A number of ABC broadcasts celebrated the success of this dynamic Australian ensemble.

Browsing the internet I was surprised to find a calendar of daily events. Did you know that 2 November was Stress Awareness Day and 1 November (Melbourne Cup) was more importantly World Vegan Day? I must say these passed me by, unnoticed! And here's a really good one! Chaos

Never Dies Day taking the stance that 'the perfect, quiet moment we're all striving for and anticipating doesn't – and likely never will – exist, and that we should make the most of now, chaos and all, and embrace the moment.'

In Australia there are many public holidays for national celebrations like Anzac Day and Australia Day, and although in Bundanoon we have a significant number of community events, for most of us our personal anniversaries, weddings, graduations and family gatherings are of most importance. There is something about a great celebration that reminds us of the purpose of our lives and of the power of our closest relationships.

Christmas and Easter are of great significance for Christians, as are Hanukkah, Ramadan and Diwali for other religious groups. Religious festivals have survived for thousands of years and are clearly marked in every year's new diaries.

In this issue some local travellers have celebrated Christmas in a cold climate. Others have photographed some colourful festivals abroad. A British Library exhibition marks the 150th birthday of *Alice in Wonderland*. The HSC marks the end of 13 years of school life and a family finds many reasons to celebrate with friends.

Read on...

Photos by Chris Donaldson, courtesy of Anne Coombs. Text: Pam Davies.



Christmas in a cold climate

› Rosemary Page

WE HAVE CELEBRATED two Christmases in Austria – the first in 2011 and the second in 2014. Julie and Warren Schellack joined John and me on a small group tour, visiting several countries. Regensburg in Germany was our first stop – such a pretty town, beautifully decorated for the festive season and with great Christmas markets. On to Vienna for three nights, with probably the best of the Christmas markets, in the grounds of the Rathaus (Town Hall). A visit Bratislava one day was only an hour over the border. We spent a delightful half-hour in the Stille Nacht Kapelle (Silent Night Chapel) on the way to Salzburg being entertained by a charming old Austrian gentleman singing Silent Night (what else?), and accompanied by his friend on a guitar.



In Salzburg we had coffee and cake in Mozart's favourite café – Café Tomaselli. That evening we had a lovely meal in St. Peterskellar, while being entertained by an orchestra playing Mozart.

So much to see and enjoy!

And it didn't stop there! Looking back it's incredible to think that so much was fitted into that tour. Staying for six nights at Hotel Central in Seefeld in Austria we travelled over the infamous Brenner Pass (the scene of Alexander the Great's downfall) to visit Bressone in Italy and had a one day visit to Innsbruck. Markets in the snow were so picturesque.

Of course food was also a feature - a bus ride at night to the Wildmoosalm hut on the mountain above Seefeld for a celebratory dinner was followed the next night by a culinary highlight – a five-course Christmas Eve dinner in our hotel - a very festive occasion!

A sleep-in next morning was followed by a three-course Christmas lunch.

A sleigh ride in the afternoon (with wheels on our second visit- no snow!) took us to a small chapel and sampling of gluhwein. Snow began to fall on our way back to Seefeld and it didn't let up for days. We had a white Christmas, after all.



On Boxing Day a train ride took us to Mittenwald, a "chocolate-box" village further up the mountain, where we had afternoon tea in a charming little café, wandered around the village admiring the life-size nativity scene in the square. Every building had murals depicting their folklore. The snow was still falling – just beautiful!

Sadly, on 27th December, we left for Munich via Oberammergau and the next day we flew to Edinburgh to celebrate New Year – but that's another story!





Cusco – city of festivals

Bruce and Janine McLaughlan are serious travellers and as the magazine goes to press they are trekking in Patagonia. Following an Inca trail experience they encountered this colourful event.

‘Janine and I were returning to the Plaza De Armas in the historical centre of Cusco after a walk around the area. We found ourselves walking in an increasing throng of people, including many children in colourful costumes, all headed our way. Around the corner we discovered a Plaza full of people massing for a parade. It was a struggle to understand the occasion but it seemed focussed on children and springtime. We found out later that on just about any Sunday, in any city or town in Peru, a parade was almost a certainty.’





Celebrating

› Robin Coombes

COLD, BLUSTERING WINDS created a wonderful Highlands atmosphere on the weekend of the Bundanoon Garden Ramble. Rain clouds threatened on Saturday, whereas brilliant sunshine filled most of Sunday as ramblers wandered through our collection of beautiful gardens. One comment on Saturday's weather was uplifting to hear. "The weather's perfect for looking at gardens. So much better than being too hot." And the rain held off for the whole weekend.

The town buzzed with activity, with visitors overflowing cafés and stores, sitting in parks and driving along the





20 Garden Rambles

Ramble trail. There were about a thousand visitors to the gardens, bringing a great sense of achievement for all those who put so much effort in beforehand to get the word out. People were still buying Ramble tickets until well into the afternoon on Sunday. Even though the clock was working against them having time to see all eight gardens, that obviously wasn't going to stop them from trying, or at least sampling as many as possible.

Once again there was a mixture of locals and travellers from afar. One couple, from South Australia, were looking forward to experiencing the highlights of Bundanoon, while there were also many visitors from Sydney and Canberra taking a break from the city to enjoy the country atmosphere. Viewing private gardens is almost like discovering your own secret garden and the pull for garden lovers is irresistible.

Stefan Ivanov at 'Idle a While', Ken Raffae and Dixie at 'Minimbah', Christine and Barry Miller at 'Bonnie Doon', Karen Gray at 'Fern Creek', Brian Banting at 'Spinning Hill Farm', Del and Durwood Cooley at 'Jean Flora', Trish Stafford at 'Birdsong' and Marie and Paul Klausen at 'Applegate Cottage' opened their hearts and their gardens for the benefit of the

whole community. Each garden, big or small, showed off their unique features and ideas to inspire others.

It never fails to impress visitors how many beautiful gardens are in our small community of Bundanoon. And it never fails to impress me how many garden owners are willing to open their gardens. There is a lot of work beforehand to ensure the gardens are at their best for the weekend, but the garden owners say how much they love to share the results of all their hard work with others. It is a winning combination.

A great deal of work and many volunteers contribute to make the Ramble a success each year. There is also great satisfaction and reward for all the hard work, particularly when one hears so many positive comments and thanks for a great weekend. One of the joys of volunteering to sit at a garden gate during the Ramble weekend is welcoming enthusiastic visitors to the garden and listening to the many who wax lyrical as they leave, faces glowing with delight.

And at the end-of-Ramble party on Sunday evening, the volunteers came together to celebrate the successful completion of the 20th Bundanoon Garden

Ramble. We farewell Susan Davison as the convenor after her successful years in the role and look forward to the coming-of-age party next year in 2017 for Bundanoon's 21st Garden Ramble.



Handing over: Sue Davison (left) and Robin Coombes





Welcoming baby Sisika

A celebration of life

› Miranda Lean

OCTOBER IS ALWAYS a busy month in the Lean family calendar with my wonderful husband Geoff's and our eldest daughter Bianca's birthdays plus our wedding anniversary (31 years). I can remember coming home from hospital with our daughter and handing her to Geoff with a bow around her for his birthday. Now Bianca and her partner, artist Steven Harvey, have given us our first grandchild Sisika Jane, who is a delight despite not sleeping much.

Steven managed to paint and exhibit his latest collection at the Liverpool Street Gallery in August following Sisika's birth in April; quite an accomplishment as a first time parent !

This year, 30 years after I came to Australia, my eldest sister Caroline decided it was time she visited from the UK where she has an event catering

business. With only two weeks stay planned we gave her a whirlwind tour of the Southern Highlands, with its beautiful countryside and wineries and wildlife putting on a show as whales breached off the Kiama coast and a pelican sauntered into the fish shop at the quay. Then echidnas crossed the road at Jamberoo and in Bundanoon King Parrots were happy to be hand fed in the garden.

A quick trip to Sydney followed and then my wonderful girls helped me organise a party to celebrate it all with 'Caroline the Cook' in charge of the food.

It was all hands on deck as Bianca created the invitations and Jessica – event organiser extraordinaire, managed to obtain tables, chairs, cutlery and plates to feed the 35 guests we invited. Geoff did a pick up trip in the ute and Caroline and I got all the food together.

After dubious weather reports and a few family spats we finally turned our lounge room into a restaurant with a Greek buffet style lunch: slow roast lamb, BBQ chicken, octopus and calamari with humus, tatziki and salads as accompaniment and a pear tarte tatin to finish.

The weather held out and it was all a huge success and a great celebration of life – two birthdays, a long awaited sisterly visit, an anniversary, a welcome to our baby, and a successful exhibition. Added to that we all joined Carina and Bob Smith in wishing them well for their twelve month stay in the UK.

So here's to family and friends!



Two birthdays – Geoff...



...and Bianca (with Thomas Armfield)



A snapshot of

› Joy Brown

STROLLING THROUGH THE streets of Verona in April this year we stumbled upon a procession of people in period costume. There were soldiers with rifles, men waving ornate flags, women with baskets and boys beating drums. They kept disappearing through little alleyways as we grabbed our camera and hastened to follow them desperately trying to take photos as we dodged other bemused people on the street.

The final destination was Piazza delle Erbe where they proceeded to fall in, take orders, raise their rifles and fire. The noise was deafening and smoke filled the air. The women then fed the troops bread and wine before they marched off again. The costumes were very colourful and



A sisterly visit from "Caroline the Cook"



Artist Steve Harvey



Best wishes to Carina and Bob

Special dietary requirements?

AT THE END of the party we remembered we hadn't catered for our vegetarian friends. Oh well – there was lots of hummus and salad!

"Only two vegetarians?" asked Caroline, taking out her phone to read an email exchange with a client-mother of the bride – three days before the wedding.

Dear Catherine,

It's not very clear from the list you sent how many vegetarians there are. I see there is one vegan... Sorry to bother you but I will start shopping on Tuesday. Regards, Caroline.

Dear Caroline, re catering requirements -
7 normal vegetarians

1 vegan (she normally eats beans and lentils but she is easy going so whatever is easy for you.)

1 person is allergic to peppers, mascarpone cheese, melon and cucumber but we do not think your food has any of these things in.

In terms of those who do not eat pork. There are 3 on 1 table so could they have a separate vegetarian board for starters? For the chicken just leave off the Parma ham? Of these 3 – one has an allergy to dairy and eggs but we think she can eat the vegetable starter and main chicken without the Parma ham. She is 5 years old so her parents will work around things.

There is one non-vegetarian who is wheat free, this is the groom's mother, she will eat what she can. I think your idea of fruit for the wheat free, vegan and dairy intolerant (5 year old) is great.

There is one non-vegetarian with a peanut allergy; hopefully you can work round this?

The rest are normal non- vegetarians.

I hope this helps. Catherine.

We fell about laughing. Caroline didn't!

history

certainly looked authentic. A crowd had gathered but no-one seemed to have any idea what they were celebrating. In typical Italian fashion they just shrugged their shoulders and enjoyed the moment.

I researched on Google and discovered that it was "Pasque Veronese", a reenactment of the insurrection against the French troops on 17th April 1797.

Verona had been under French occupation and the locals took advantage of Napoleon's brief absence to reclaim the city. This happy state of events only lasted five days, but the Italians still enjoy their brief victory.

We were fortunate to be in the right place at the right time, for an unexpected treat and a highlight of a wonderful week.





Entrance to the exhibition at the Laing Gallery, Newcastle-on-Tyne (September 2016)



Lewis Carroll's original handwritten and illustrated manuscript

Happy Birthday Alice!

› Pam Davies

IT'S 150 YEARS since the story of a girl called Alice followed a rabbit down a hole in the ground to a wonderland of adventures.

The first version of this story written by Lewis Carroll is now regarded as one of the most famous children's story ever told. In fact the very first version was hand-written and illustrated by the Oxford mathematician, Charles Dodson (pseudonym Lewis Carroll) who became a friend of a family called Liddell. Alice was one of their three daughters and it is believed that she was the inspiration for his story. A portrait of the fictional Alice in his hand written text shows her, with long dark straight hair like little Alice Liddell's. This was 1862 and although he persevered with illustrations for his story titled *Alice's Adventures Under Ground* he didn't think they were appealing enough for child readers and the book wasn't published.

An exhibition at the Laing Gallery, Newcastle-on-Tyne, in September displayed a wonderful collection of items from the British Library and the V&A museum showcasing how generations of illustrators, artists, filmmakers and designers have been inspired by Lewis Carroll's classic tale.

Sir John Tenniel, an artist with *Punch* and a friend of Dodgson, illustrated the first edition of *Alice's Adventures in Wonderland* which was published in 1865 in time for Christmas. These are still regarded as the classic depiction of the author's characters despite the fact that



Lewis Carroll's portrait of Alice



The 'real' Alice



Left and above: Illustrations by Sir John Tenniel for the 1865 edition

to Salvador Dali's surrealist lithographs". Mervyn Peake's darker version is said to reflect his experiences during the Second World War.

In 1865 children's literature was often "moralistic and didactic" written to instruct children how to behave. The whimsy and wit of Alice's "curiouser and curiouser" adventures were appealing to both young readers and adults.

At the peak of the book's popularity between 1907 and 1920 twenty editions were published. In 1907 Arthur Rackham's illustrations revolutionised the image of Alice and the characters she met on her adventures. These have remained favourites with readers since then. When the copyright was lifted anyone could try their hand at bringing Alice to life. The Walt Disney animated musical *Alice in Wonderland* made in 1951 will be remembered by those of us who saw it around that time and of course the video or DVD has been available for later generations. Tim Burton's eye-popping film produced in 2010 has been followed by *Alice through the Looking Glass* in 2016 to mixed reviews.

To celebrate Alice's 150th birthday the theme has been used this year for parties and even weddings! (- and yes! There's an Alice in Wonderland bar in Melbourne!) Many events in Oxford this year celebrated her enduring popularity and interestingly the US town of Concord, memorably pursuing Bundanoon's water-bottle-free campaign, used the Alice theme in 2016. Closer to home Alice



Left: Illustration by Arthur Rackham for the 1907 version



Illustration by Ralph Steadman

in Wonderland added interest to this year's Tulip Time festival and Southern Highland News has kindly shared their charming photograph of the Bowral Garden Club float with us.



Chatting to Jake Tallon about the end of schooldays

How are you feeling about the HSC now?

Relieved to be finished, all the weight's off your shoulders, if you're going for ATAR it's more stressful

How did you deal with the pressure?

Don't overstudy, lots of revision helps, get away from it all sometimes. Go for a drive, hang out with your mates, chill, stop, pause.

Do you feel different than you thought you might when it was all over?

Expected to feel really really relieved, but the pressure's not all gone as I've got to find a job – that's what I've chosen to do, but there's pressure there.

Were you really keen for your years at school to end?

Everyone enjoys school really, you're with your mates, but you've had enough, so you're keen to get it done with.

You were celebrating last night do you have other things planned specifically to celebrate?



Next Thursday is the school formal in Wollongong, dressing up'll be great, should be good, girls'll get their hair done and stuff, there'll be a DJ. **Are you a good dancer?** Hope so... Not everyone's going, don't know why, but it'll be good.

Schoolies at the Gold Coast for a week. There's drugs and all that stuff to be careful about, but we're sensible

If you could do something that is not planned already to be a celebration of this achievement, finishing school, what would it be?

Well you're locked up in the house studying so just to get out and about to the beach'll be good, to be able to be spontaneous.

Are your mates all guys or are there some girl mates too?

All my mates are guys, and we all finished the HSC pretty early.

Are they all decided?

Lots are still undecided about their future – uni, travel, join the workforce, or take a gap year (usually organised not spontaneous) is what they've got to decide, but not for me, I'm going straight into work

Do you think it would really matter if you didn't do something specifically to celebrate, just went off to the movies, had a sleep-in or is celebrating really important?

I think it's important, we're at school for 13 years and it all wraps up to this 4 weeks so celebrating is good.

You've celebrated with friends, are there others you'll do something special with, celebrate with, anything planned?

Not really sure, in the future there'll be something more that happens. I'll probably stay in touch with some teachers and spend time with the family.

What else do you imagine you might celebrate in the years ahead?

Starting my life, starting my apprenticeship – celebrate when that's in place, 21st for sure.

Are any of your friends, mates doing nothing at all to celebrate?

For some of them it's like 'nick off, it's all over'. They didn't necessarily enjoy school as I did so they're keen to get out of it

If no – would you say most of the celebrating is spontaneous or organised, both?

Pretty planned, organised, eg. the formal

If yes – what do you think they miss out on?

It's the last time we're together, and you'll miss out if you don't do anything.

Hard to keep in touch with everyone, we're quite a large group, some are moving away to go to uni. If you don't celebrate you miss out on the end.

Mates at the school formal: (from left) Ben Bromfield, Tim Cubit, Jake Tallon

Celebration and music

› **Andrew Rumsey**

AS A UNIVERSAL language, there is much to celebrate about music. Not only can it express the seemingly inexpressible, but it speaks to each person differently. I consider myself very privileged to have been exposed to music from quite a young age by my wonderful parents. My earliest memory of the piano was sitting on my Father's knee as he played Beethoven's 'Moonlight Sonata'. Listening to my Dad play the piano made me so happy, but eventually it was no longer enough relying on others to make the music for me. I commenced the musical rollercoaster with my dear friend, teacher and mentor Terry Sloan at the ripe old age of 8.

One thing that I learned very quickly is that musicians (and indeed other creative types) are never satisfied. Although musical perfection is an unattainable mirage, it doesn't

stop one striving to reach it. All the pieces I was interested in were far beyond my grasp, but therein was the challenge. Quite often practice was the enemy and it wasn't until my teenage years that practice became a cathartic routine, usually undertaken late at night.

After attending 6 wonderful years at Oxley College I was accepted to the Australian National University School of Music in Canberra. Whilst there, I completed a Bachelor's degree, a First-Class Honours degree, and a Master's degree in music. There were a few hard lessons that I came to terms with during these informative years in Canberra: you have to enjoy your own company when practising for most of your waking hours; just because the piece is good in the practice room does not guarantee the same result on stage; not all critics will like you; not every music organiser/arts



administrator will work with you; and you can't do it on your own.

I have given many hundreds of performances, and nearly all of them have had friends and family present. Practising music for the sake of it is a means to an end, but sharing it with others is where the celebration of music really happens! Music really is part of the human condition – to interact with other people and bring comfort, inspiration, creativity and beauty to those around you. These are the things that are at the heart of what (I think) it means to live a meaningful life.

Welcoming new residents

➤ John and Jennifer White



The Johnson Family

DELIVERING WELCOME PACKS to new residents brings us into contact with some diverse and lovely people who embrace Bundanoon and all it has to offer.

* * * *

Among the most recent to join our community are the *Johnson family* in William Street. A young family, the Johnsons, Gus and Claire and their two children Justis (5) and Raphael (3) were given their Welcome Pack in August but even by then they were 'up and running' joining the Glow Worm Glen Bush Care Group. Gus and Claire came from Sydney where Gus ran the Bodywell Massage therapy clinic in Woolarah and Claire, who has a background in graphic design, was a senior designer for *Better Homes and Gardens* magazine.

They are self confessed environmentalists. Gus is a supervisor in the Federal Government Green Army programme and is on the WSC Indigenous Reconciliation Committee. They have both joined the Leaver Park Group. Claire has a stall at the Bundanoon Makers Market promoting her own-label skin care products. When asked what brought them to Bundanoon they recalled that after looking at many country towns and after staying with a friend in Moss Vale, they visited Bundanoon and saw the fulfilment of a dream to live in a small town, on the edge of a National Park and with a lovely community feel, and which banned bottled water. As they said, 'what more could you want?'

* * * *

If you have driven, or walked down Panorama Road lately, you cannot miss the house being built at number two.

Jan and Graham Longton had a dream to build a kit home in the country and looked around the Highlands to find a suitable block. Not thinking that Bundanoon would 'fit the bill', the village turned out to be just what they were looking for, being handy for family and friends in Sydney and Canberra, a good community feel, always something on, and of course always somewhere to have a good coffee and a chat!

* * * *

One of the most recent arrivals in Bundanoon is **Anita Meyer**. Anita and her dog, Panda, come from Lake Macquarie. She says she knew Bundanoon as a child when her parents used to holiday in one of the many guest houses. Anita had wanted to move to the Highlands for some time and had looked in the Mittagong, Bowral, Moss Vale areas and was unable to find what she wanted. Bundanoon, still not too far from Sydney, and family, was the next stop and immediately Anita felt the village and its community was where she wanted to be. Anita looks forward to walking her dog and joining a weaving/art group in the New Year.

* * * *

It seems Bundanoon 'hits the spot' for so many different people but for similar reasons and they all seem to love the idea of a Welcome Pack when they arrive. There is more information about the packs on page 49.

Daina Heatley

AFTER WHAT SEEMED like a lifetime living in Sydney's eastern suburbs, Daina made her personal tree change to Bundanoon just before Christmas last year... it was to be the beginning of a new and much greener adventure for the woman who "had never really had a garden" and of the surprise forging of a bunch of new friendships centered on her lifelong love of theatre and the visual arts.

With a multimedia background in theatre, film, television, radio and journalism – writing, performing, presenting and directing – it was the chance discovery of a small, thriving theatre company in the sleepy little Southern Highlands village of Bundanoon which captured Daina's imagination in her search for a peaceful place to write, paint and dream.

"I love theatre people and what they contribute to community and society," said Daina. "Who could ask for anything more of a new place to call home."

She recalled with a laugh the knock on the door that came early one morning not long after she had arrived in the village, when, still in pyjamas, tears streaked across her face, she shyly answered the door after spending all night awake watching video clips and listening to the full catalogue of David Bowie's music after hearing news of his sudden passing; it was the warm, kindly couple from the Bundanoon Community Association with a beautiful 'Welcome To Bundanoon Pack' full of all kinds of valuable local information and the yummiest marmalade she had ever tasted!

Nearly one year on Bundanoon is still surprising and delighting Daina, each and every day.



Daina appeared as the nurse in *Melting Pot* Theatre's production of *Sganarelle*

A health snapshot of Bundanoon

› Dr Indran Rajendra

IN CREATING A snapshot of the health of our community I turned to the database of nearly a thousand patients in my general practice. This database represents the community in general with some biases.

The average age is 47 which is higher than the Australian average. The database also has a higher proportion of women, 57%. Most patients live in or close to Bundanoon.

How many of us smoke?

10% of adults in the database smoke cigarettes. Most are daily smokers with one-quarter of one percent of smokers being social or infrequent smokers. In the Australian Bureau of Health Survey in 2014–15, 16% of Australians were smokers.

How many of us drink alcohol?

73% of the adults in the database drink. The great majority of drinkers consume quantities that are not considered dangerous to health. 27% are teetotalers. In the Adult Drinking Habits survey published in 2013 in the UK 21% of adults did not drink.

How many of us are normal weight?

26% of the adults in the database would be considered normal weight with a body mass index between 18 and 25. In the Australian Health Survey in 2011–2012, approximately 36% of adults over 18 were in the normal weight range.

What are the most common chronic diseases?

High cholesterol, high blood pressure, osteoarthritis, asthma, depression, and anxiety.

High blood pressure and high cholesterol are major risk factors for cardiovascular disease which includes heart attacks and strokes. The burden of disease is a public health measure that aims to estimate fatal and non-fatal health loss from disease and injury. Cardiovascular disease is positioned as the



second highest burden of disease in Australia after cancer. It follows that it is important to treat these conditions to prevent cardiovascular disease and reduce the burden of disease in the community. Depression and anxiety are also common. Mental illness and substance abuse is the third highest burden of disease in Australia.

Cancer is also a common illness. Skin cancer is most frequently encountered and rarely leads to disability or death. Of the other cancers breast, prostate and bowel cancer are most common. What are the most commonly prescribed medications? Medication for high blood pressure is most commonly prescribed. When dietary and lifestyle measures fail, blood pressure tablets are required. Many patients require multiple medications to keep the blood pressure under control.

Medications for asthma and other lung disease is the second most commonly prescribed medication group. These are mainly in the form of “puffers” and are used for prevention as well as treatment of acute episodes.

Medication for pain is the third most commonly prescribed medication. Pain medication is most often prescribed for chronic pain. Chronic pain is mostly from musculoskeletal conditions of which osteoarthritis features prominently.

Anti-depressants are the fourth. Most patients on anti-depressants have been on them for several months and often years. Most anti-depressants are the newer forms called SSRI or SNRI.

Medications for lowering cholesterol are the fifth most commonly prescribed medication group. These are mainly statins.

We share similar health challenges

Though there may be some differences between us and the broader Australian community, the health challenges in our community are similar. It would be prudent to focus our health resources on prevention and effective treatment of conditions that have the highest burden of disease in our community such as cancer, cardiovascular disease, mental illness, substance abuse and musculoskeletal conditions such as osteoarthritis.

Here's to a healthier Bundanoon.

—Dr Indran Rajendra is a GP working in Bundanoon.



Bundanoon: a village with plenty to celebrate

› Alan Olsen

THE 2011 CENSUS counted 2,419 people in Bundanoon, of whom 53% were female.

We had hoped to bring you more recent data, from the 2016 census, but as readers may be aware that there has been a glitch.

Bundanoon is smart. Across Australia, 18.8% of people aged 15+ are university graduates (from 2% in 1971, in just two generations). But Bundanoon is better qualified, with 20% of people aged 15+ having at least a bachelor degree. The 2011 census counted 407 university graduates in Bundanoon: 183 men and 224 women. As with lots of things in Bundanoon, girls do better than boys.

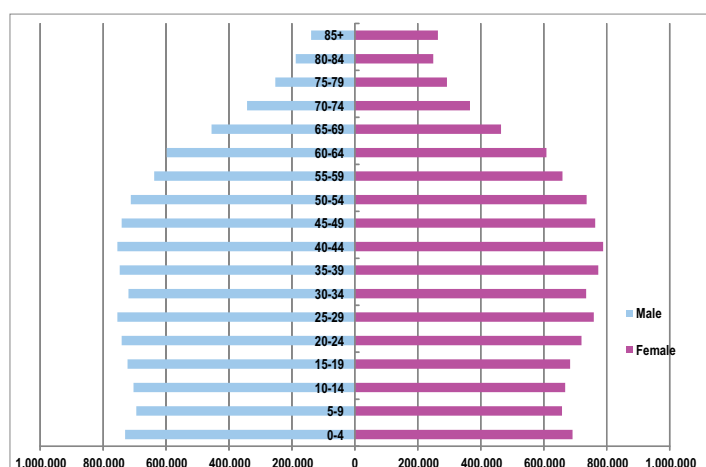
Bundanoon's population has an appetite for culture. In one month, Arts Bundanoon's Music at 10 on Saturday 3 December features the Choir of St James'; Serendipity: the choir provides A Christmas Gift on Friday 9 and Saturday 10 December; Bundanoon Sings! on Friday 16 December; and Melting Pot Theatre's Bundanoon Christmas Variety Show is set down for Saturday 17 December.

But Bundanoon is not as young as it used to be. The median in a list of numbers is the number in the middle. From the 2011 census, the median age in Australia was 37: half the people in Australia were under 37, half were over 37. Bundanoon was older, with our median age 53.

The population pyramid for Australia has a shape a bit like the map of Australia.

The biggest age group in Australia is 40 to 44 year olds.

Australia: Population Pyramid

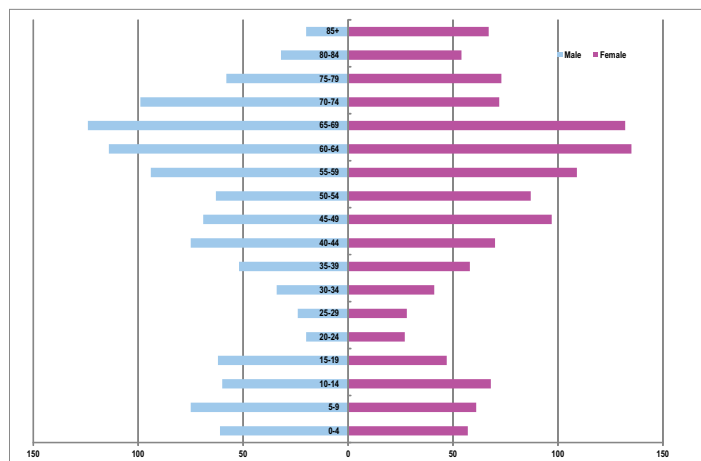


The population pyramid for Bundanoon has a totally different shape.

The biggest age group in Bundanoon is 65 to 69 year olds. The smallest is 20 to 24 year olds.

Young people leave town in their late teens, often for a degree, and don't come back to Bundanoon until much later in life.

Bundanoon: Population Pyramid



I have argued that it is a lack of university options that is forcing Southern Highlands school leavers, the products of some great local schools, to seek university places elsewhere. Fortunately, the University of Wollongong, with its Southern Highlands campus at Moss Vale, is hearing the community, with a commitment to expand local course offerings.

As well as being educated and elderly, Bundanoon is environmentally pristine. That pristine environment is key to the agriculture, viticulture, food, arts, gardens, tourism, events, cycling and other recreation activities of the Southern Highlands.

It was not always so. *A Place of Deep Gullies*, published in 2015 by Bundanoon History Group, notes: 'In the advertising for the substantial land sales of 1884, it was desirable for Bundanoon to tout a burgeoning coal industry. Thankfully, it never became the centre of the southern coal fields or the Lithgow of the south'.

Ironically, today coal again is the biggest threat to Bundanoon's environment. But that may be a story for another edition.

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Feeling the fear and doing it anyway

› Rosemarie Gray

DURING YOUR LIFE you will all have met a thrill seeker: the friend who jumps out of planes, the sibling who spends her time travelling to war ravaged countries, or the co-worker who spends her weekends speeding on a motorcycle.

Adrenaline rushes are readily available at just about every turn and a person engaging in risky behaviours often endangers the life and well-being of others around them. Irresponsible drinking and drug use may lead to physical fights. Teenagers and youth are the most vulnerable with ever increasing numbers, drinking, smoking and abusing drugs due to peer pressure. Others may take steroids to grow muscles; girls may have dangerous plastic surgeries to look like their favourite celebrities but in the process cause harm to their bodies.

What happens to the Brain?

Real changes in the brain might account for why risk-takers quickly seem to become dependent on their adrenaline. Major risks release adrenaline which can lead to a quick rush of dopamine, which causes intense feelings of pleasure. While these chemicals contribute to a powerful high in most people, the feelings can be especially addictive to people who are struggling with feelings of sadness or depression. Over time, risk-taking can function much like a drug. They may need bigger risks to get the same rush, and mundane daily activities can start to seem boring and painful.



What are the causes?

Personality plays a major role in an individual's propensity for risk-taking behaviour, and affects the kind of risks a person is willing to take. The dedicated smoker might be terrified of heights, driving, or illness, without ever recognizing that smoking is a risky behaviour. Some adrenaline junkies have preferred risk-taking behaviours, and this could be correlated with personality. People who love novelty, for example, might travel to dangerous locations, while people who are highly physical might get their adrenaline rush from rock climbing or riding mountain bikes.

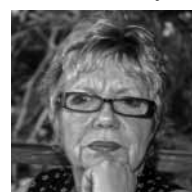
Can we be influenced by peers and society?

Cultural influences play a huge role in whether or not people are willing to take risks. As travel has become a part of the educational path of middle class students, more and more students are willing to travel to potentially risky locations. Peer-pressure plays a huge role in risk-taking, and study after study has shown that people are more likely to take risks in a group setting.

Are there benefits to taking risks?

While some risky behaviour might not be worth their potential consequences, risk-taking in small doses is almost universally beneficial for your brain and mental health. Novel experiences can help to ward off depression and reinvigorate a stale relationship. Risk-taking is often a necessary prerequisite for starting a new business or launching a new career, and the excitement associated with uncertainty can be a powerful antidote to boredom. Because dopamine produces a natural high, risk-taking behaviours can help you get a positive mood and a new perspective without the risks associated with drug use.

Rosemarie Gray is a Relational



Psychotherapist.
Previously a partner
at the Jansen Newman
Institute, Sydney,
followed by private
practice in Sydney and
the Southern Highlands.

Discover Australian history

BUNDANOON HISTORY GROUP is pleased to have been able to arrange a trip to historic Hill End, which you are invited to join. This three-day coach trip is planned for Thursday-Saturday, 9-11 May next year.

We will stay for two nights at Hill End Lodge, in the heart of the village. Included in the trip are all meals, plus morning and afternoon tea, with a "happy hour" each evening.

As the focus is on history guided tours of Hill End, Sofala and Wattle Flat will be featured in the itinerary. As we pass through Bathurst we will stop for lunch at the National Trust property Miss Trail's Cottage.

But it will not just be history – we will drive the Mt Panorama race circuit and include places such as Crookwell,

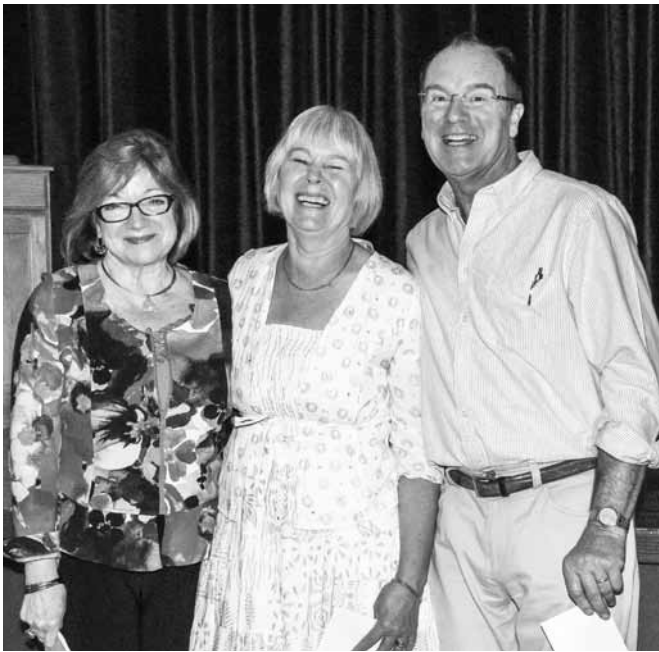


Taralga and Oberon in the itinerary – plus, as usual, a few surprises!

The cost is only \$435pp, plus single

supplement if applicable.

Call Pat Guy on 4883 6971 to inquire and secure your place.



Judge Jennifer Bott, with winners and Melting Pot Theatre stalwarts, Gillian and Patrick Brennan

Photos by Peter Gray



Geoff McCubbin



Daina Heatley

The theatrical talent that walks among us

> Rosemarie Gray

THIS WAS BUNDANOON'S night of nights, with our very own Tony awards!! Crash Test Drama performed some unexpectedly endearing, wickedly funny and punchy performances in our village Hall. The show was a production that celebrated fine drama, slick words and the art of theatre itself.

Eight short plays had been short-listed to be judged for selection to the Short and Sweet Festival in Sydney early next year. It was an honour to have as our judge Jennifer Bott AO. Jennifer is currently chair of NIDA and an advisor to the Museum of Australian Democracy at Old Parliament House, a trustee of the Australian Museum, the Bundanon Trust and the NIDA Foundation Trust.

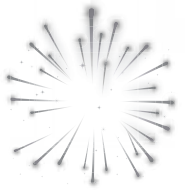
- Best Play as chosen by the judge: *Mistaken Identity* written by Gillian Brennan.
- Best Actress: Daina Heath and highly commended, Norma Tome.
- Best Actor: Patrick Brennan, and an honorary mention to Jock Bidwell.
- Best Director: Geoff McCubbin.
- Best Playwright: Gillian Brennan
- Best play as chosen by the audience: *Broadband Blues* written by Geoff McCubbin

I had the opportunity to ask Jennifer how she would rate tonight's Gala against similar events she had attended. She recalled being asked to judge the Short and Sweet Festival. "The short play form is so powerful. I am impressed how the actors, writers, directors develop their particular snapshot. There was definitely more variety of themes here. It was intense. All the plays were of high quality. It was an amazing night."

There was high praise too for the quality of the writing. "As Patrick mentioned this is an opportunity for actors, writers, directors, to allow people to give it a go. There is amazing talent among the performers, many for whom Crash Test is their first time on the stage." When asked if we will see her in Bundanoon again, her face lit up when she said "without a doubt."

Melting Pot Theatre certainly wowed their Gala Final audience with their tales of delight and mystery crafted from Bundanoon's very own local playwrights.

Bravo to you all and a very special thank you to our judge Jennifer Bott.



Photographic Competition: "Images of the Southern Highlands"

BUNDANOON PHOTOGRAPHY GROUP, in partnership with 2017's Brigadoon 40th Anniversary Festival, brings you "Images of the Southern Highlands", designed to showcase the beauty of our region as captured through the eyes of both junior and adult amateur photographers who are residents of the Wingecarribee Shire.

The competition opens 1st September 2016 and closes 31st January 2017. Follow the link below to download an entry form and a copy of the rules.

A panel will select the top 50 photographs to be professionally printed and displayed in the foyer of

Wingecarribee Council Chambers during March 2017.

The three best photographs in each category will be chosen by a guest judge and cash prizes awarded to the winning photographers. At the end of March, display photographs will be presented to the photographers.

For information, entry forms or to sponsor the competition:

Visit: brigadoon.org.au/festival/photocomp/

Or email: bundanoon.photocomp@gmail.com



Photo by Wayne Todd

Don't hide your green thumb under a bushel

› Lyn Morehen

BUNDANOON IS DEFINITELY a place where good gardens and good gardeners flourish. However many of the gardeners that I meet are too modest or shy to affirm this. I believe that it is time they gave themselves a pat on the back. Recently, whilst sipping my coffee, seated in one of our lovely, warm Bundanoon cafés I heard, “I am not a good gardener, but my hellebores this year have been fantastic”. My attention quickly focused on this neighbouring conversation. Along with sipping my coffee my mind had been mulling over my next JCG article. I had just decided the topic was to be, ‘I am not a good gardener, but....’ when the very thought was said aloud! I went across to the table and introduced myself and discussed my forthcoming article. I pointed out that I hear “I am not a good gardener, but....” so many times and that it intrigues me. Especially as the sentence, after the but, is always about something the gardener likes and is performing well. The late horticulturist Alan Seale, in interview with Elwyn Swayne, was asked the question what is a good gardener and without hesitation he replied, “If the

owner likes it, it’s a good garden”!

Gardens in Bundanoon enhance our community on many levels.

The most obvious is the immediate beauty and pleasure they give to gardeners, families and visitors.

The second is the sense of community that is enriched by the Bundanoon Garden Ramble, the Bundanoon Green Team and the Bundanoon Garden Club,

The third is the positive impact on the environment; including lowering carbon dioxide through plant transpiration and sequestration of carbon in the soil.

Fourth is the not inconsiderable financial benefit to all the community.

As I write this article I realise that when you read it, Christmas will be very close and we will be thinking of decorations, food, family and Christmas trees. As good gardeners, (and we all are, aren’t we?) do contemplate buying a tree or shrub that is alive and can be potted-on or planted out in the garden, continuing to give pleasure long after the celebrations have faded. Traditionalists will be drawn to a pine style tree with its beautiful smell, dark green pine needles and distinctive shape.

Last year we used an Australian plant from Western Australia, the so called Woolly Bush (*Adenanthos Sericeus*), which is now planted in our garden and doing well, I am pleased to say.

Wayne Todd provides the excellent photographs for this regular column. In the early days of my writing for JCG he said to me, “I am not a good gardener, but we have a magnificent avenue of trees”. I know that Wayne loves his garden, and it is a good one as you can see in the photograph!

Please join me in a Christmas toast, “To the good gardeners of Bundanoon”, and no buts about it.

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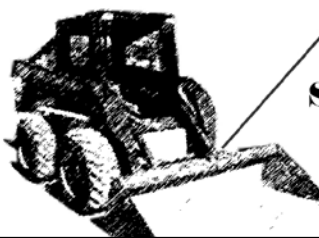
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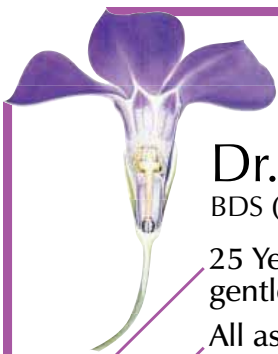
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Scribbly notes: Summer

Contributed by the Scribbler

IN KEEPING WITH the Festive Season, quite a few plants put on Christmas decorations in December and January. There's red pom-poms on a melaleuca which grows in a swampy spot beside the road to Echo Point, and red "candles" light up the "honeypot" bushes. Christmas Bush puts on red bracts, and a little later Christmas Bells chime.



Summer is a great time to spot wildlife too. Warmth brings out skinks to bask on hot rocks and snakes are active. I surprised a Highland Copperhead near Mark Morton Lookout – this common species of our area has a distinctive white scale pattern around the mouth area and is highly venomous. Always good to wear boots when walking in the park!



Once after flood rain I found a very defensive yabbie in Coal Mine Creek – he was missing one of his blue and red claws and may have been washed down in the flood. He was determined to eyeball me no matter what angle I approached, and waved his one claw very bravely. And guess what lives in the hole among the leaf litter? Please – no poking fingers down to find out.



Bushcare: friend or foe

› Lyn Morehen

FRIEND: *Libertia paniculata*, commonly known as "branching grass-flag" (top) is a showy little plant you may have noticed on your walks around Bundanoon. It can be found on the Glow Worm Glen Track and along Garland Road. It is a small perennial usually found in moist semi-shaded positions such as wet open forest and rainforest margins. The arching grass-like leaves grow up to 60cm long. In spring white star-like flowers appear in clusters along the branched stems. It is a beautiful plant which adapts well to gardens provided it has some shade.

FOE: *Montbretia*. It looks a bit like a gladioli with its long sword-like leaves and its orange/yellow tubular flowers. It's easy to find: along roadsides, vacant land, in bushland and



along watercourses. Montbretia, a perennial herb, is one of the most difficult weeds to remove from our bushland areas. It grows in dense clumps out-competing native plants and spreads over large areas. In autumn the foliage dies back and reappears in spring followed by flowers in summer. Underground, it produces long strings of corms (bulbs) often with up to 14 corms per season. These corms break off forming new plants making it extremely difficult to eradicate. If the soil is disturbed or flooded it spreads even more rapidly. This ability to multiply and spread makes it an unwanted plant in gardens. As a result it is often dumped as garden waste. Our Bushcare group has spent many hours weeding Montbretia. The extent of our challenge can be seen along the Governor's Road Track.



- The Glow Worm Glen Track Bushcare group weeds from 9am until 12noon on the 2nd Sunday and 4th Tuesday of each month. Join us!
- Contact Denise: 4883 6650

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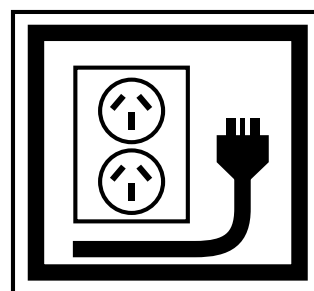
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Café Connect is facilitated by Alzheimer's Australia NSW local Dementia Advisor with funding received from the Australian Government.

DEMENTIA ADVISORY SERVICE: WINGECARRIBEE

For information and support for people living with dementia and their families, please contact:

Alzheimer's Australia NSW
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Activities and services

Groups

Arts Bundanoon	Greg Slater	0401 946 289
Bundanoon Community Association (BCA)		
President	Geoff Duncan	0417 508 127
Bundanoon Pre-School.....	Deni Harden, Director.....	4883 6166
Bundanoon Public School P&C		
Candice Piper	candiz_p@yahoo.com.au	
Bundanoon Visitors' Group.....	Harry Hull.....	4883 6372
Chess Club	Pat Foley	4883 6064
Country Women's Association (meets 2nd Thurs, 1 pm, CWA Rooms):		
.....	Kath Smith	4883 6919
Currabunda Wetland Group (meets 1st and 3rd Friday)		
.....	Alan Hyman	4883 7763
Garden Club.....	Judy Andrews	4883 6898
Glow Worm Glen Track Cttee.....	Anna Perston.....	4883 6125
Green Team	John Desmond	4883 7566
History Group (meets 1st Monday, 10 am, The Bundanoon Club):		
.....	Ralph Clark	4883 7196
Lions Club.....	Elizabeth Cranny.....	0408 102 411
Men's Shed (meets Tues-Thurs, from 10am, 11 Burgess St):		
.....	Tony Molyneux	4883 6073
Morton National Park Volunteers (meets 2nd Wednesday):		
.....	Alan & Wendy Hyman.....	4883 7763
Playgroup	Melanie Terry.....	4883 7197
RSL	Robert Williams	4883 6137
Serendipity: the choir	Kerith Fowles	4883 6515
The Bundanoon Club	Sandra Nicholls	4883 6174
Warrigal Care Bundanoon Auxiliary (meets 3rd Monday, 10am at Warrigal)		
.....	Ann McCarter	4883 7784

Sports clubs

Bowls (Men).....	John Witney.....	4883 7356
Bowls (Women)	Margaret Alaban	4883 7560
Cricket	Steve Granger.....	0404 048 288
Croquet Club.....	Helen Wooby.....	4883 7625
Pony Club	Gale Pritchett	4883 7195
Rugby League	Grant Perkins	0419 844 405
Soccer	Jaime Griffiths	4883 7012
Swimming.....	bundanoonswimmingclub@gmailcom	
Tennis	Mike Swinden	4883 7624

Support and volunteer services

Community Health Service	Bowral.....	4861 8000
Early Childhood Clinic.....		4861 8000
Fire Station		4883 6333
Good Yarn.....	Lesley Paterson	4883 7419
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	Lynette Desmond	4883 7566
RSPCA (Goulburn/Highlands)		0412 475 428
Volunteering Wingecarribee.....	Thomas Andrew	4869 4617
WIRES.....		4862 1788

To change details, please contact JCG editor

Welcome packs

ONE VERY POPULAR Bundanoon tradition is the Welcome Pack for new residents, initiated about 15 years ago by the Bundanoon Community Association (BCA). The pack contains a welcome letter from the president of the BCA plus all sorts of information about the town and details of all the groups under the BCA banner, (there are currently over 20 sub-groups), and how to contact the convenors.

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

• Contact: johnifer@bigpond.com

Church times

Anglican Parish of Sutton Forest

Holy Trinity, Bundanoon ..	Sunday, 9.00am, 5.00pm
St Aidan's, Exeter.....	Sunday, 9.30am
St Stephen's, Tallong	Sunday, 10am
All Saints, Sutton Forest....	1st, 3rd & 5th Sundays, 11am
.....	2nd & 4th Sundays, 2pm

Uniting Church

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

Catholic Church

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

Iona Christian Community, St Patrick's, Sutton Forest

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

Santi Forest Buddhist Monastery, 100 Coalmines Rd

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

For other service times, please contact:

Anglican Church: www.parishofsuttonforest.com, 4883 6019

Catholic Church: Parish Office, 4868 1931

Iona Christian Community: 4883 4799 or 4883 7939

Santi Forest Buddhist Monastery: 4883 6331

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TYPE OF ADVERTISEMENT	SIZE (W×H, mm)	BLACK & WHITE per issue	COLOUR per issue
Business card	93×52	\$47	\$74
Quarter page horiz.	190×52	\$95	\$135
Quarter page vertical	93×134	\$95	\$135
Half page horizontal	190×134	\$175	\$228
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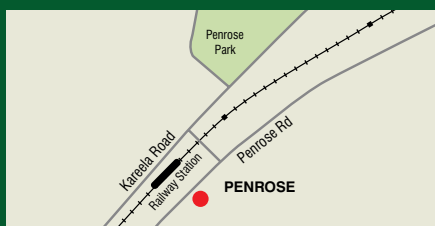


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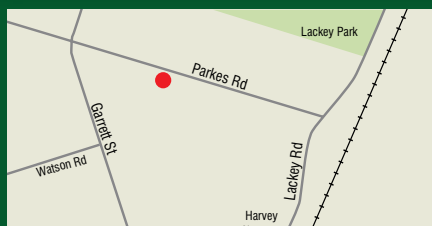
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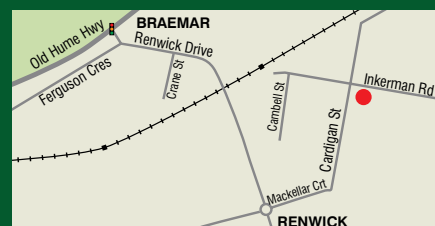
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