

JORDAN'S CROSSING GAZETTE

Edition 88 • March 2017

JCCG



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

**Your local
magazine**



scottish CONNECTIONS

plus:

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Lions at work

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Photo by Rachel Gregg



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

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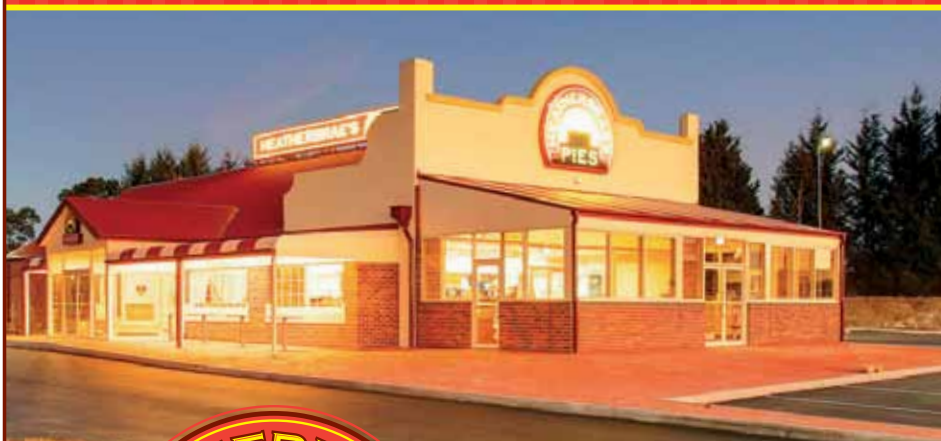
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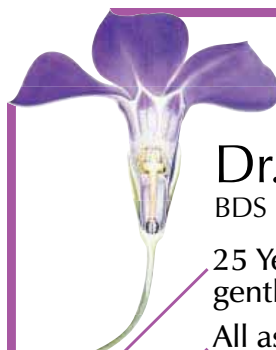
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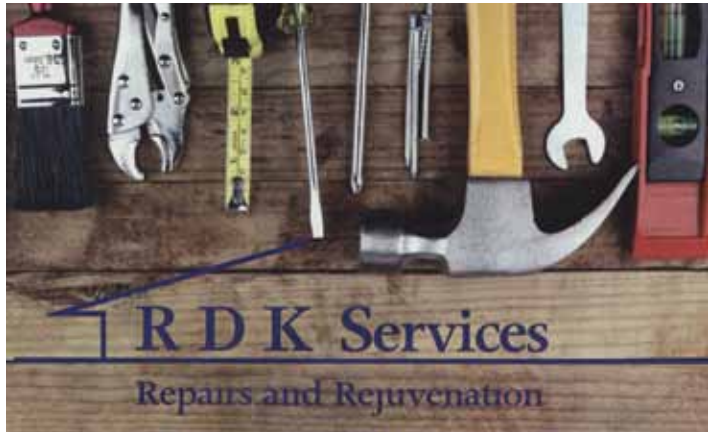
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John Doig's Highland cow 'Moira Madge'.

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Bundanoon Photographic Group

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

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Helen Clark,
Guest editor

From the editor

WELCOME TO 2017'S first issue of Bundanoon's JCG magazine

Our inspiration for the March theme is, of course, the Scottish flavour of the 40th Brigadoon event coming up in April.

Like all people of immigrant descent, my ancestors came from somewhere outside Australia. How long ago is immaterial really as we are all in the category of people who have come as strangers to these shores and made or are making our lives here. Two of my great grandparents were Scottish, one was a Dane and several were Irish – a not uncommon mixture. I would guess that many residents of Bundanoon have a "Scottish connection" somewhere in the past.

Nevertheless it wasn't initially clear how many "Scottish connections" we would find to fill the centre pages, but luckily ideas and contributions kept coming. As for the cover, it wasn't until the 11th hour that we were given our sought-after photo of a "Heelan Coo".

We have a few indigenous residents in our village – may they (and everyone else) find amusement in reading the varied fare within, contributed by all of us immigrants.

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**Hall Hire**

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

BCA meetings

Third Thursday of month (excl Jan):
16 March (AGM), 20 April, 18 May:
7:30pm in Supper Room at the Hall.

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Deadline for next issue:

Friday 28 April



Melting Pot Theatre – Changing of the Guard

› Jan Kenny



PAT AND GILL Brennan arrived in Bundanoon in 2011 and just one year later Pat created Melting Pot Theatre, a long held dream.

After delivering four years of growth and success for MPT – a labour of love, but also hard work and much time taken from his life – Pat has handed on the Convenor's baton over to me.

Despite my initial reaction to his offer (too much hard work... not what I had been planning to do... etc.), I felt I could not let Pat's dream come to an end. No matter how hard an act it would be to follow, someone had to take over from Pat, and I realised that that someone was going to be me, doing my best to keep the show on the road.

I don't plan to make any big changes to Pat's excellent program – I'm a firm believer in 'If it ain't broke don't fix it'.

But community support will be essential to the continuation of this 'by the community, for the community' theatre. Crash Test Drama is the mainstay of our theatre and was created principally to give writers an opportunity to see their work performed in front of an audience. So we do need scripts.

I implore everyone in the community to try their hand at writing 10-minute plays and send them to us! Guidelines can be found on our website:

www.meltingpottheatre.org/crash-test-format

Schedule for remainder of 2017

Saturday 6 May

Crash Test Drama: 2pm auditions, 5pm Show starts

Saturday 29 July

4 x Crash Test Drama plays. Plus One Act Play.
2pm auditions for CTD, 5pm Show starts

Saturday 14 October

Crash Test Drama: 2pm auditions, 5pm Show starts

Saturday 18 November

Crash Test Drama – Grand Finale: 5pm Show starts

Saturday 16 December

Christmas Variety Show: 7pm, Show starts

NOTE: There may be a second One Act Play later in the year and possibly other events during the year, but these have not yet been scheduled.

Do join our mailing list, details of which can be found on our website: www.meltingpottheatre.org



JAN KENNY, ACS, has been involved in the Australian film industry since 1967 when she joined the Commonwealth Film Unit. In 1985 she became the first woman to shoot a feature in Australia with the film *Fran*, and in 1986 she was the first woman to be accredited by the Australian Cinematographers Society (ACS). Taking over as Head of Cinematography at Australian Film Television and Radio School (AFTRS) in 1997, Kenny's contribution to the School was invaluable and her reputation both nationally and internationally continued to grow.

With 14 feature films behind her, more than 20 documentaries and 80 commercials as loader and focus puller, then as Director of Photography, Jan Kenny has shot approximately 30 hours of film television drama, 2 feature films, and many documentaries and commercials. She has been 2nd Director of Photography on 10 features, including the award winning *We of the Never-Never*.

Until 2009, Jan was Head of Cinematography at AFTRS. She has been included in the Australian Pioneer Women's Hall of Fame and in May 2004 was inducted into the Australian Cinematographers Society Hall of Fame.

In 2009 Jan was presented with a special award by the ACS for "Outstanding Service to the ACS and the Australian Film Industry".

Get involved with JCG

Jordan's Crossing Gazette, the Bundanoon village quarterly colour magazine is an initiative of the BCA. It can only continue with input from people who have an interest in helping – if you would like to join the editorial team please contact the Convenor, Christine Janssen (email wotafrog@hotmail.com).

Interweaving of the arts in our community

› Neil Mitchell

SCOTTISH CONNECTIONS IS the theme for this issue of *Jordan's Crossing Gazette*. What could be more Scottish than tartan? In a literal sense, Tartan cloth is made from carefully woven fabric, in contrasting colours, with an added bonus of diagonal lines in composite colours where the lines in the fabric cross.

Bundanoon has an Aboriginal name and its population is not predominantly Scottish, so how are tartans relevant to Arts Bundanoon? Well, they serve as a great metaphor for our community, united under the Bundanoon Community Association.

Our community is a diverse one both culturally and demographically, and this is reflected in the range of our community-based organisations – cultural, recreational and service-oriented. In terms of the arts alone, there are events and organisations that cater for painting, photography, poetry, textile or embroidery work, cinema, drama and of course, music. Bundanoon supports two community choirs and Arts Bundanoon provides around 13 well-attended concerts every year.

Much of our community's artistic activity is fostered by the Bundanoon Community Association, of which Arts Bundanoon is proud to be a part. We gain so much through integration with other subgroups and from our appreciative audiences. Our overwhelmingly "local" audiences give us useful feedback and are the backbone of our volunteers. These strands of local involvement resemble the



threads in tartan cloth coming together at right angles and creating new colours and striking patterns.

So, what lies ahead this year? How can we live up to the stratospheric standards that have been set over the last several years? As may be expected, the programme for 2017 includes some of Australia's finest pianists and teachers such as Daniel Herscovitch and Clemens Leske, the sensationally talented, competition-winning Australian pianist Tony Lee, and, Ben Adler's Hillel Quartet. We shall also welcome back the pianist, Alisa Yuko Bernhard and the marvellous flautist Angus McPherson. The concerts will include as much musical colour and complexity as would challenge the deftest of tartan weavers. Be on the lookout for some new ideas for concerts, too.

CINEMA REX BUNDANOON
Soldiers' Memorial Hall

SCOTTISH DOUBLE FEATURE

SATURDAY 18 MARCH



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GM, Ann Prendergast

Wingecarribee Shire

Council report

I'D LIKE TO begin my very first column by thanking the team behind JCG for the opportunity to share some news from Council each issue.

Our Shire is scattered with dozens of quaint towns and villages that all have their own unique charm. I believe it's through publications like

Jordan's Crossing Gazette that readers gain a real insight into the true character of these villages and its residents.

Here at Council, 2017 is already shaping up as a busy year.

Major construction works planned for our southern villages this year include a reconstruction of Erith Street and sealing of Marulan Street in Wingello. These jobs come on the back of major works carried out last year on Ferndale Road in Bundanoon and Ellsmore Road in Exeter.

All of these jobs are part of Council's current Capital Works Program. In other words, we'd budgeted for them as part of our annual works for this financial year. However what makes this year especially exciting for Council is that we're about to begin rolling out the first of our dedicated Special Rate Variation (SRV) projects.

This ten year program of works is designed to tackle the Shire's infrastructure backlog, provide increased maintenance for key infrastructure and ensure we meet the NSW State Government's 'Fit for the Future' Local Government sustainability indicators. Over the course of this decade-long undertaking, Council will commit over \$97 million towards improving the Shire's network of roads and infrastructure, drainage, public parks and buildings. Of this amount, \$51.4 million will be directed towards our roads, shared pathways and associated infrastructure.

This means that all of our Shire's towns and villages, including Bundanoon and our southern villages, can expect to see additional works undertaken in their communities. More road reseals and gravel re-sheeting projects will be some of the many priorities.

Another highly anticipated local project will be the opening of Exeter Hall. The newly refurbished hall, complete with brand new commercial kitchen, will be officially opened on 20 March. Once re-opened, Exeter Hall will provide far greater comfort for its users.

Yet another way that Council supports local groups is via our annual Community Assistance Scheme. This year almost \$130,000 will again be available to help local not-for-profit organisations right across the Shire.

Monies can be sought to fund programs, equipment or works which aim to establish, improve or enhance cultural, sporting, welfare, health promotion, community development or leisure services. Under the scheme three types of funding are available; donations up to \$600, environmental grants up to \$2,000 and general grants up to \$7,000.

This year all applications for donations and grants must be submitted online by Friday 31 March 2017. Applicants can access the 2017 Guidelines and submit their applications online from Council's website at www.wsc.nsw.gov.au/wingecarribee-community-assistance-scheme.

For further information or assistance in filling out an online application, contact Council's Acting Community Development Coordinator on phone 4868 0855 or via email at jenny.kena@wsc.nsw.gov.au.



President, Geoff Duncan

BCA

President's report

WELCOME ALL TO 2017 and I trust the beginning of another year filled with some hope for a better world despite what so often seems to be overwhelming evidence to the contrary. Best we make of it what we can in our community and in our relations with each other.

It seems timely at the beginning of the year to touch on some of the significant issues and initiatives the BCA Committee has been dealing with in the past year.

It was heartening to see the extraordinary community reaction to the proposed development of 50 Erith Street about which the Wingecarribee Shire Council received 250 submissions, including one from the BCA Committee. These submissions expressed strong reservations about the scale and type of the development and the impact on traffic flow in our village. I'm pleased that the Committee took the initiative to invite the developer to address a monthly General Meeting mid-year, when many of you were able to ask questions about the proposal. I believe this was of great value in assisting us to frame our objections in the most effective way.

One of my first tasks after becoming President, particularly in light of the controversy generated over the development, was to establish a Planning Committee to evaluate development proposals and offer the community something of a helicopter view of what our village could look like as we juggle the competing demands of development with the preservation of the historical and architectural values of our environment. While the BCA cannot veto or change development plans it can offer a powerful and influential voice in defending these values.

However, my very first task was to address the issue of the BCA website, which, as most of you are aware, had not been functioning satisfactorily for some time. I thought this was unacceptable in a contemporary digital world. I'm pleased that the new website is up and running and we will continue to tweak, refine and generally improve the service. My thanks go to our Secretary, Bruce Marshall, who worked tirelessly behind the scenes to bring this project together.

There are many other initiatives which unfortunately I don't have space to detail. But it would be remiss of me if I did not acknowledge the purchase of one of our most vital and – certainly most expensive – community assets, the Yamaha C-7 piano. This wonderful achievement would not have been possible without generous sponsors and the energetic and tireless work of two people: former BCA President, Christine Miller, and Bundanoon Arts Convenor, Greg Slater. Many thanks to both of you.

Finally, I would like to thank the Convenors and members of the Sub-Groups of the BCA for their commitment and involvement in the myriad activities that make this place we live in so vital and diverse. The BCA Committee exists to support your hard work through responsible management oversight. At the same time, it is required under the Fair Trade Act to ensure membership monies are distributed equitably and ethically. Like all the members of the Sub-groups and other activities, we are also volunteers.

Please remember the BCA Annual General Meeting takes place at 7:30pm on Thursday, March 16, in the Soldiers' Memorial Hall. This is your opportunity to vote and nominate yourself and/or others to make up the committee which will represent your interests in 2017. Further details about nominations and the closing dates will be included in upcoming Newsletters.

Regards,
Geoff

The beginning of the end?

› Kerith Fowles

SURELY NOT! BUT it's true – the beginning of the end of Serendipity's first decade. Year 10 in the life of the Bundanoon-based community choir which, over its nine years, has reached out not only to Bundanoonians but to the Highlands generally. Singers from as far afield as Robertson, Goulburn and Mittagong, as well as Bowral, Exeter, Tallong and Werai, have all been members of the choir, which now has some 38 members.

14 current members were original 'Serendipians' back in 2008, and their role as anchor men and women has proved invaluable to the stability and ongoing development of the group. One has only to look through the Serendipity website to understand the attraction of the choir to both singers and audience members alike.

From the outset the performances, presented to ever-larger audiences, have been celebrated for their diversity both in repertoire and in presentation. Serendipity concerts have achieved renown for the unexpected – guest artists, both musical and dramatic, have worked in association with the choir, and the level of involvement from the choir itself in varying stagings has increasingly become a feature of our work.

And excitingly we have been honoured by two composers writing pieces for us. Both these works were performed in our 2016 December concerts to great applause from appreciative audiences.

So how are we celebrating the end of an era? We have two significant events



happening in 2017. The first is in August, when members of the choir will tour the South Island of New Zealand, working with three local community choirs in workshops and concerts. Needless to say the organisation leaves plenty of time for the travellers to enjoy the beauty and activities (perhaps not bungy-jumping) on offer. This tour will be preceded by a special all-day workshop for the choir, led by Sam Allchurch, who is assistant conductor to our patron Richard Gill.

And in December, our last concert series of the decade, the program will consist entirely of pieces voted for by the

choristers, every concert program which the choir has presented being represented. With several hundred pieces in the repertoire from our nine years, the choice will be difficult indeed.

When will this happen? Here are the dates for your diary.

Concert dates

"One Earth, Many Voices"

3 June (Bowral)
16 & 17 June (Bundanoon)
– all at 3.00pm.

"A Decade of Delight"

2 December (Bowral)
8 & 9 December (Bundanoon)
– all at 4.00pm.





Bundanoon Photography Group

THE BUNDANOON PHOTOGRAPHY Group recently visited Berrima to celebrate Australia Day and capture the event by taking photos, soaking up the atmosphere and enjoying good company and great cafes.

Our images were then shown and critiqued with a large amount of good humour at our monthly meeting.

The subject of our monthly competition for February was 'An Ant's View' a topic that gave surprisingly different interpretations. Sandy Berry and Peter Brown shared first place with totally different photos. These and many others can be enjoyed on our Facebook page.

We have also been busy organising our Photo Competition Images of the Southern Highlands, in partnership with the Brigadoon 40th Festival.

We are looking forward to the results of the judging by Mark Kelly on the opening night, Friday 3rd March. This will be a special event (invitation only) with President of Brigadoon Thomas Baxter attending, and a piper to add to the excitement at the announcement of the winners. The photographs will be displayed in the local council chambers for the month of March for all to enjoy.

—Peter Gray



Photo by 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 photos2578gmail.com

Our meetings are held at 5:30pm on the second Thursday of the month at the Men's Shed, Burgess Street, Bundanoon.



**BUNDANOON
HIGHLAND
GATHERING**

Proudly supported by:



BAKE THE BEST SHORTBREAD AND WIN!

To help celebrate the Bundanoon Highland Gathering 40th Anniversary, Brigadoon invites amateur cooks from the Southern Highlands to enter a free Shortbread Competition.

The shortbread will be judged on the evenness of baking, texture, flavour and appearance. Eating quality is of the utmost importance.

1st prize \$250.00 2nd prize \$100.00 3rd prize \$50.00

Please go to www.brigadoon.org.au for entry forms and conditions. Registrations close 18th March; entries to be delivered on 26th March 2017.

Enquiries: Joy Brown, email shortbread@brigadoon.org.au, ph: 4883 6456

Argyle in the colony of New South Wales

› Helen Clark

THE COUNTY OF Argyle, one of the original nineteen counties in NSW, encompasses Goulburn, and was named by Governor Macquarie after his native county in Scotland.

Old Argyle Road, near *Jumping Rock*, five kilometres north-west of Bundanoon, marks the earliest route of the Argyle Road, or South Road, used from about 1818 to about 1833, from Sydney to the southern districts. Beyond *Jumping Rock* it once passed roughly along the line of what is now the Southern Highlands Way, via the southern Marulan district, then headed south through the Bungonia district.

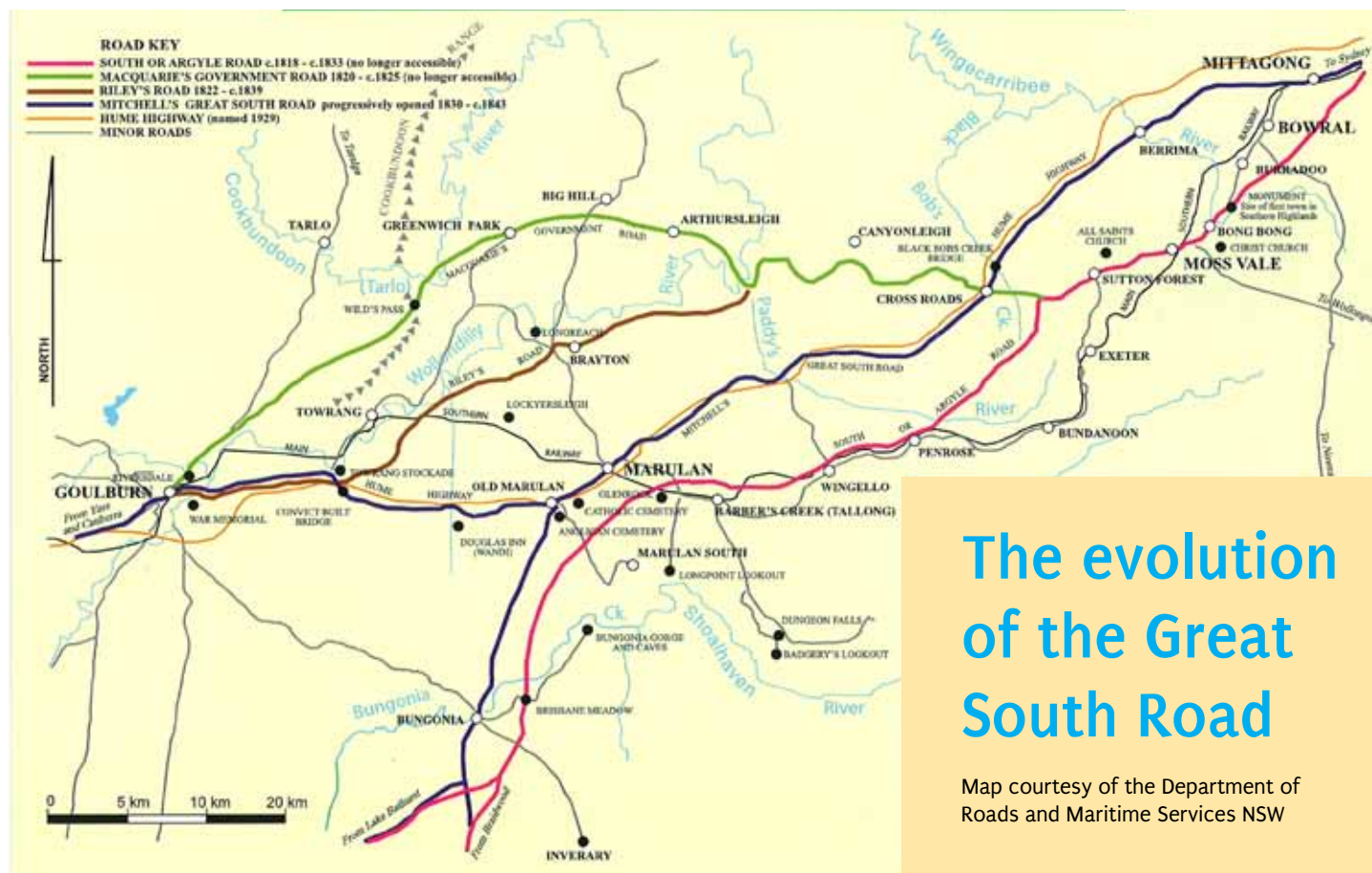
You can walk a section of this historic route from the end of Ferndale Road, towards Penrose. An unsealed fire trail along property boundaries on the western side descends over sheets of sandstone bedrock. Alongside is a hand-cut drainage channel which funnels storm run-off away from the "road" surface. This channel was cut by convict labour at the time this was the main route to the southern districts from Sydney.

Several other routes were used slightly further to the north of the Old Argyle Road, until Surveyor General Thomas Mitchell's Great Southern Road Route, opened progressively between 1830 and 1843, became the main route and was largely followed by the new Hume Highway in 1929 (see map). Mitchell was also a Scot, born in Grangemouth.

Towns and suburbs which have major streets named Argyle Street include Dawes Point, Parramatta, Camden, Picton, Moss Vale and Goulburn, a list which indicates the direction of the Argyle Road, and later the Great South Road.



Hand-cut drainage channel



The evolution of the Great South Road

Map courtesy of the Department of Roads and Maritime Services NSW

What makes a good learner at Bundanoon Public School?

WHAT DO GOOD learners do? Sit up straight? Work quietly? Do what the teacher says?

At Bundanoon Public School, the teachers and students have been exploring this question and have found out that the real question should be:

What makes an *effective* learner?

Through studying the research of Professor John Hattie, teachers at Bundanoon Public School have been finding out about the learner qualities and environments that help students to become more effective learners and the teaching strategies that have maximum impact on student results.

Effective learners at Bundanoon Public School:

- **Persist** – show continued effort, have a go and never give up
- **Reflect** – think seriously, wonder and question
- **Connect** – link learning, associate and relate things
- **Use Feedback** – take on advice, set goals and work forward
- are **Self Aware** – knowledgeable, alert and informed about themselves
- are **Determined** – show purpose, make decisions and have intentions.

Effective learners know *what* they are learning, *why* it is important and how they will know if they are successful. They can then identify

the “where to next” in their own learning.

According to John Hattie, effective (Visible) Learning and Teaching occurs when teachers see learning through the eyes of students and help them become their own teachers.

At Bundanoon Public School, students are part of a vibrant learning community where collaboration with others is encouraged in a future-focussed learning environment. Our goal is to create a school where teachers who love to teach will teach children to love to learn.



Learners then...



learners now!



Australian Federation of Graduate Women (AFGW), Bundanoon Branch

APPLICATION OPEN FOR THE AFGW BUNDANOON & SOUTHERN VILLAGES INAUGURAL SCHOLARSHIP

The Scholarship will be awarded by the Bundanoon branch of Australian Federation of Graduate Women NSW Inc. and is open to women whose main residence is in Bundanoon or southern villages. Applications are invited from women who have completed their first year of undergraduate study and can demonstrate satisfactory academic achievement. The aim of this scholarship is to assist a woman in the completion of her degree or course of study.

Value: the award for 2017 will be \$2000.00

Eligibility

Applicants must:

- be female
- have main residence in Bundanoon or southern villages, NSW
- have completed their first year of study in 2016 at any university or recognised tertiary institution in NSW or ACT

- be enrolled full time
- be an Australian citizen or permanent resident

Application forms are available from the Scholarship Convenor at afgwbundanoon1@gmail.com or call: 0417 285 364.

APPLICATIONS CLOSE Friday 30th APRIL 2017

YOU'RE INVITED

Come and hear from Jan Kenny, the first female cinematographer in Australia. Jan will talk about her past career in film and theatre; “Life behind the camera in what was largely a man’s world”. Jan has many fascinating stories and may even give us a peek into the world of the celebrities she’s filmed.

Supper meeting will be on Wednesday 29th March at 7pm at 3 Forward Crescent, Bundanoon.

Cost: \$10. Reserve your place by calling: 0428 143 400.

2017 Brigadoon Parade:

Please note the starting time has been brought forward to 9:00am.

Body Mass Index and disease

› Dr Indran Rajendra

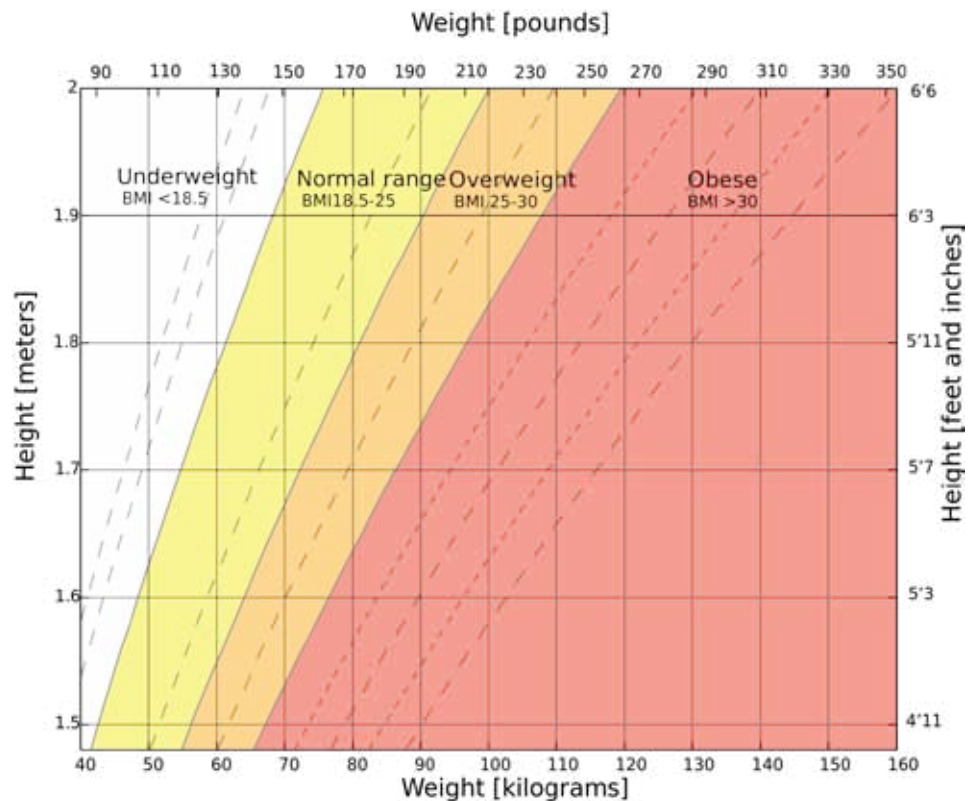
IT'S A COMMON message in our society that many of us weigh too much and that we should be slimmer. Many people feel uncomfortable with their excess weight and have their own idea of what weight they would like to be. The medical profession would like us to lose weight because weight loss helps prevent several diseases, most of them chronic. The most common method of assessing weight is the Body Mass Index or BMI. As BMI rises so does the risk of chronic disease. BMI is calculated by dividing your weight by your height squared. The chart below is an easy way to calculate BMI.

Simply select your height on the horizontal axis and then your weight on the vertical in your desired units. Your BMI is where the lines cross.

So, what diseases increase as the BMI increases and by how much?

The chart below summarises this.

The chart illustrates that at a BMI of 30 your risk of coronary heart disease (CHD) is 3 times higher than if you had a BMI of 21 or less. Coronary heart disease includes heart attacks. The risk of hypertension or high blood pressure rises by over 4 times. There is even an increased risk of gallstones (cholelithiasis).



However, I am sure you would agree, the astonishing line on the graph is the green line for type 2 diabetes.

Complications of type 2 diabetes include heart, brain, kidney, skin, nerve and foot problems. Preventing diabetes results in a big health benefit for the individual and society. As the graph suggests, losing excess weight is one of the key ways of reducing diabetes risk.

Losing weight is difficult; however, metabolic studies have shown that all adults will lose weight if their dietary intake is below 4200 KJ per day. This finding refutes the belief held by some people that they are unable to lose weight because of a slow metabolism.

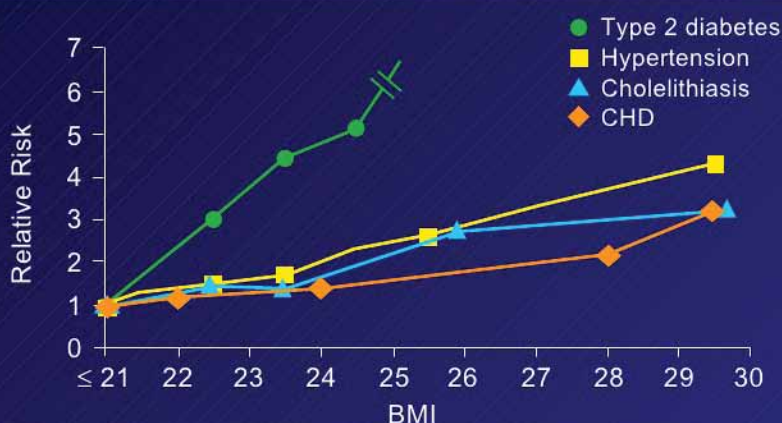
Exercise is an important adjunct to calorie restriction. If weight loss is attempted with exercise alone, without calorie restriction, large amounts of exercise are required.

Surgery for weight loss is generally reserved for people who have the highest risk of disease or who already have disease such as diabetes. Surgery for weight loss includes a sleeve gastrectomy which involves cutting out most of the stomach but this is generally not considered until the BMI rises above 35.

Excess weight increases diseases that adversely affect our lives. Shedding excess weight reduces the risk of those diseases. Weight loss is difficult and should primarily involve reducing daily calories and regular exercise. Even small amounts of weight loss can have beneficial health effects and improve the quality of our lives.

Dr Indran Rajendra is a GP in Bundanoon.

Relationship Between BMI and the Relative Risk of Comorbid Conditions



(Reprinted with permission from Willett WC, et al. *N Engl J Med*. 1999. Copyright © 1999 Massachusetts Medical Society. All rights reserved)



THE BUNDANOON LIONS always have something going on, but in Spring and early Summer it can get silly-busy. It starts in late September when we trundle our trusty 'Tardis' (the big yellow trailer with the barbecue, bain marie and all the other catering necessities) out to Burradoo to provide a hearty breakfast (morning tea or lunch) for the competitors at the Chevalier Gymkhana. Although it starts very early, it's a not-too-frantic day spent in the delightful company of perfectly coiffed horses and ponies, and their equally well put together riders. The teeny, tiny kids on their teeny, tiny ponies are a particular favourite.

Come October, the Lions are called on to serve the hungry hordes of Garden Ramblers. This year we were serving teas on the gently sloping lawn at Dixie and Ken Raffie's place out on Coalmines Road. The trestles groaned with sandwiches, decadent cakes and slices, as well as scones with jam and cream, all created by our very talented Lions bakers. We always do a roaring trade – perving at other people's gardens is thirsty work! The other aspect of the Ramble we're involved with is the Scarecrow Competition which we are proud to sponsor. In 2016 we had 15 entries, each one bursting with great wit and piles of straw! This year we're hoping to encourage even more entries – will you have a crack?

This Spring we also continued working on one of our long-term projects: the refurbishment of a courtyard garden at Warrigal. We removed a sad old lemon tree, replacing it with a well-established Meyer already covered in fruit. A collection of standard camellias and over 35 French lavenders, all from the Bundanoon Bloomery, were also planted along with bulbs recycled from the old garden. We have been ably supported in this excellent project by both Friends of Lions and members of the Bundanoon Men's Shed, who also donated \$500



Above: Work continues on the Warrigal courtyard garden project

Left: The trestles groaning with decadent cakes and slices at Garden Ramble

towards the project. Our thanks too to the good folk at Curly's Compost who have generously donated bags and bags of their rich compost, and to those Bundanoonians who have contributed via our fundraising activities. Keep an eye out for further updates as the garden develops.

Sight has been a defining cause for Lions Clubs globally, so another ongoing project for us is the collection of unwanted prescription spectacles and sunglasses for distribution to people in

need. We've now collected more than 800 pairs from Bundanoon and surrounds – a magnificent result for such a small community (we're all clearly a little bit blind!). Have you got any old prescription specs you don't want anymore?

The last time the Lions were brought together was just before Christmas, providing sizzling sausages (and eggs and bacon) at the hugely successful Bundanoon School Christmas fete. In the mad heat of that late summer afternoon, we were unexpectedly run off our feet, with several runs to the convenience store to bolster supplies. Is it too early to say we're really looking forward to the next one?

As for most of us, by the time Christmas rolls around everyone's batteries need a thorough recharge so we usually scale back activities until the weather starts to cool. This year though we have a couple of special Summer projects. We're about to get our hands dirty planting 125 *Allocasuarina littoralis* as part of Lions International's centenary celebrations and the local campaign to save the Glossy Black-Cockatoo. This is in addition to undertaking a working bee to aid a Penrose couple who are currently facing some difficulties due to ill-health. But that's just what we do – lending a hand where it's needed most.

So if you have a worthy community project that could use some extra hands, or if you think you might like to join us, please do get in touch. We're on Facebook (@Bundanoonlions), or you can email us at bundanoonlions@gmail.com.



Manning the barbeque

Garden tales

› Lyn Morehen

IT IS LATE January and as I write this, eager and energetic volunteers are planning and preparing for the truly enormous crowds that are expected in April for Brigadoon. Though the crowds will disrupt our environs for a wee while they are most welcome. They have fun and leave. However, some visitors to our beautiful village are not so welcome. I speak of the myriad pests and diseases that relentlessly invade our village; uninvited and unwanted they cause destruction. Sometimes the destruction is so small it is not noticed. Sometimes the destruction is major, diseased trees rot and fall over, formal hedges submit to unsightly deadly fungal diseases and no longer look formal and birds fly in and steal the fruit from the trees that we have planted and nurtured.



Nasty: leaf miner damage



Goodie: praying mantis

I speak of nasty bugs and rabbits, of white cockatoos, snails, kangaroos, foxes, ants and caterpillars. There are also pests that are well hidden or not visible to the human eye; trails of destruction give away their presence. There are curl grubs that silently chomp at the roots of lawns, black spot that tortures plants until they die, and leaf miners that destroy lush beautiful leaves.

So we rush to the nearest store and buy pesticides and herbicides and traps in the hope of conquering our enemies. But note; the soils can be poisoned, the 'goodies' (beneficial bugs) killed and the enemy may just move a few houses down the street (think termites). Fortunately there are some really good products out there in the market place that can conquer pests and diseases. When using any product in the garden do read the instructions. To read the label before application is a legal requirement and not only dictated by common sense. The information can change from one manufactured batch to another and there are some herbicides and pesticides that must not be applied together or within a specified time period.

Recently my garden was invaded; spores of black spot (*Diplocarpon rosae*) drifted in and silently invaded my screening pittosporum hedge. This was spotted by a very observant gardener (I had realised that the hedge was struggling and had fed it and applied a plant seaweed but to no avail). In consultation with Organic Crop Protection (OCP) I sprayed using a product mix and it is working. The recipe that I used is:

To 5 litres of water in a spray bottle add 5 teaspoons of fungicide powder, 50 millilitres of organic pest oil and half a teaspoon of dried seaweed powder. Spray every week, preferably early in the morning, for about a month. Spray the leaves, stems, branches and the soil. Remove any fallen leaves and bin.

Do watch out for the 'nasties' eating our gardens and treat them appropriately with the right stuff for the right job and applied within the law. In contrast we welcome our Brigadoon visitors and hope that they also enjoy our gardens, parks and trees – a beautiful backdrop to a significant event.



Caterpillar feeding



Vet's casebook

> Ken Davidson BVSc (Hons)

IT IS SUNDAY evening at 6pm as I sit contemplating the week past as the sweat drips off everywhere. Clearly the week's most vitally urgent client was a man who rushed in on Monday morning carrying two clearly critical cats, both panting and suffering the effects of acute heat stress. We immediately gave them Oxygen Therapy, short acting cortisone, wet towels and ice packs before even asking how this situation came about.

The man was travelling from south of Goulburn with the cats on the back seat in separate cages when the air conditioning in his car failed. Under these extreme heat conditions, the temperature build-up in a black car, even with windows down, can be extreme. His dearly beloved pets were lucky to have made it to Moss Vale, and also lucky that their owner had the nous to seek professional help as soon as he got into town!

What he wouldn't have known is that cats have the most efficient respiratory system of all warm blooded species. In plain English...if a cat needs to pant to get air, its lung capacity is down to the last two per cent. Both of his cats were panting heavily, their gums were blue from lack of oxygen and they probably were lucky that our hospital was not another 10 kilometres down the road!

With appropriate critical care overnight both cats were returned to the owner in good health.

There is a Golden Rule about pets and heat-stress: "If **you** are feeling hot, dehydrated and stressed because of the weather, remember that your pet is probably feeling twice as bad."

The reasons for this are:

- Dogs, cats and most furry animals can only sweat through the pads on their feet
- Heat loss is assisted by panting
- Many exotic breeds of dogs and cats were bred for Arctic and Alpine regions in the Northern Hemisphere and so have adapted to have long shaggy coats to keep warm. This is not helpful during heatwave conditions. The theory that this acts as

Pets and heatstroke

insulation does not hold up. Would you put on a fur coat when the outside temperature is above 30 degrees?

- Animals cannot always choose a cool place to stay on hot days. They may have to be locked inside a hot enclosed room (if owner is at work). If outside, there may be insufficient shade.

How to help your pets on hot days

- Always provide lots of drinking water, kept in the shade
- If indoors, provide air circulation
- A shady garden can be a great bonus
- Never leave an animal in a car in a heat wave. Even with windows down, cars can act as ovens.
- Cats in carry cages of enclosed plastic can have restricted air circulation. Wire top cages are better.
- Make sure air conditioning is working and blowing directly onto pet.
- A short summer clip can be helpful for heavy-coated pets.
- Provision of a shallow basin, bath or plastic pool with low sides in the shade is OK if the pet is used to it, but NOT for puppies or tiny dogs without supervision.

Remember – old pets are more likely to be affected adversely by the heat.

All in all, most of this is common sense, but on stinking hot days most of us are thinking of ourselves first. Remember that pets never complain. It is one of their great assets. They can suffer in silence. It is our responsibility to avoid this.

If in doubt about the degree of Heat Stress in your pet always seek Veterinary advice. It is only a phone call away.

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





The white mother cow is Bonnie Jessie, 4 years old, and her 6 month old male calf has the unfortunate but somewhat appropriate name of Yum Yum. Photo Joy Brown

THE CENTRE PAGES of this issue celebrate all things Scottish in and around Bundanoon.

Hairy cows of Scottish ancestry, with shaggy coats and wide horns, can be seen in paddocks around the outskirts of our village. Thanks go to Joy Brown for wielding her camera on a day of rain and Scottish mist!

What could be more Scottish than tartan! The story of how Bundanoon got its tartan will be new for those who have arrived since the year 2000, and perhaps encourage a run on items made of this tartan on sale at Brigadoon.

Have you heard why Scotch terriers and Cairn terriers have short legs? – read on and learn of their particular skill-set from the owners of a couple of local examples.

Scottish ancestry figures in two of our stories: one about a family who came to love Bundanoon in the 1880s and built an early “weekender” in which to spend their holidays; and one about about a visit to Scotland by a Bundanoon couple searching for gaps in their Scottish family history.

Memories of Scottish cooking and authentic recipes will have your mouth watering, but your tongue tricked trying to pronounce some of the names of the dishes.

Stories on the origins of *Brigadoon*, both the original stage show and Bundanoon’s big event, plus profiles of some of its participants, will have you fully informed on the day itself – when Bundanoon is Brigadoon!

Heelan’ coos

› Annie Goodridge

BUNDANOON AND DISTRICT is home to quite a number of these picture-postcard hairy Scottish Highland cattle. Our photo shows four year-old Bonnie Jessie and her six month old male calf Yum Yum, who share a paddock with two other Highland cows in Bundanoon.

They belong to John Doig, who purchased his first cow 15 years ago from Susan Elder of Joadja, a well known breeder of Scottish Highland Cattle, and has since enlarged the herd. He says he has always liked the breed – they are very quiet and easily trained. They graze intelligently and keep the property in good order; from his point of view a delightful animal!

Scottish Highland Cattle were first brought to Australia in the mid 19th century by Scottish migrants, one of whom was the wonderfully titled Chieftain Areneas Ronaldson MacDonnell of Glengary who settled in Victoria in 1841 and successfully bred his cows at Greenmount on the Tara River. Although others imported the cows, until recently they were hard to find in New South Wales. In 1988 the Australian Highland Cattle Society was formed and since then numbers have grown significantly and we certainly see them in the Southern Highlands.

The breed is quite old and some say the oldest! They are quite long-lived, to an

average of 20 years and may breed up to their 18th year. With 12 babies in 20 years, those ladies don’t get much of a break to just wander and ruminate. The pregnancy can be up to 290 days and then a slim little calf will usually emerge unaided to feed greedily on milk rich with butterfat.

What about those frightening horns? In Scotland the horns were perfect for foraging through snow for food; here in Australia they rarely need to do though they could have been handy in Berrima in winter of 2016!

With their short legs and facial hair guarding their eyes, the breed is usually healthy with little need for anything except good tucker and shelter, particularly from the hot sun.

We usually imagine the ginger-red coat but they can actually be black, brindle and even white. The hair is about 13 inches long with a kinky wave and double layered for extra protection. The outer layer is oily to prevent the rain seeping through to the skin while the soft downy undercoat keeps them cosy and warm. A perfect protection for Bundanoon winters although the string of hot days in Summer this year could have been a bit stressful for them.

When you see a group of Highland cows you may inform your companions that it is not a herd but a fold – a fold of Scottish Highland Cows and not a herd or batch of Irish Cows.

Once in 100 years, out of the Highland mists appears...

› Annie Goodridge

...THE VILLAGE OF GERMELSHAUSEN, stumbled upon by young artist Arnold after he meets a pretty *Fräulein* called Gertrud in the forest. He is welcomed to her ancient-looking village by the strangely dressed residents and enjoys lunch with Gertrud's family, a tour of the cemetery where Gertrud's mother was apparently buried centuries ago, and a festive evening dance. He is entranced by Gertrud, and an hour before midnight she takes him to a nearby hilltop and promises she will be ready to leave with him if he returns to the inn after the church bell strikes midnight. The mists rise, and when Arnold returns he can find no trace of the village. An old hunter tells him of an ancient cursed village which sank beneath the swamp, to reappear for only one day every 100 years.

Germelshausen, written in 1862 by Wilhelm Gerstaecker, was the likely inspiration for *Brigadoon* the musical, the first big hit for composer Frederick Loewe and lyricist and book writer Alan Jay Lerner, which opened on Broadway on March 13, 1947 and was an immediate success. It retained the German story idea but transferred it to Scotland, perhaps taking the title from the Brig o' Doon, bridge over the River Doon (known in Scots Gaelic as *Abhainn Dhùn*), which flows from Loch Doon to the Firth of Clyde in Ayrshire.

In 1954 the show was made as a movie, starring Gene Kelly and Cyd Charisse and directed by Vincente Minelli. It was shot on the MGM soundstages in Hollywood – Art Director Preston Ames coming up with the ingenious idea of combining everything on one stage, creating a vast panorama:

“To execute this enormous undertaking, the construction department built hillsides and valleys, a village with many cottages and a bridge spanning a brook; there were livestock and all the trappings of



the outdoors. One man was responsible for creating the visual illusion of the Scottish countryside: George Gibson, the same man who so masterfully executed the backdrops for the *American in Paris* ballet. His backing for the *Brigadoon* set was 600 feet wide and 60 feet high. Gibson's painting was so realistic that even the birds were attracted by 'their natural habitat' and flew through the open stage doors straight into the backdrop.”

Onto this stage set stumble Tommy and Jeff, two young New Yorkers. Through a swirl of mist they cross a stone bridge straddling the brae and stride up a rough path leading to quaint thatched cottages. Strangely the residents are not afraid of these oddly dressed men with peculiar accents – they are greeted warmly and invited to the MacLaren household for breakfast with family and friends, where Tommy meets Fiona and is immediately smitten. We learn that in 1754 the local minister, wishing to protect his village from the changing world, prayed to have Brigadoon disappear, appearing only one day every 100 years, and citizens are forbidden to leave or it will disappear forever... “A stranger can stay if he loves someone here – ... enough to want to give up everythin' an' stay with that one person... – ‘cause after all, lad, if ye love someone deeply, anythin' is possible.”

They are invited to the evening wedding of Jean MacLaren to her suitor Charlie, where young Harry Beaton, hopelessly in love with Jean, makes a break into the



future, only to be foiled by Tommy, who thus saves the village from disappearing forever.

Tommy and Jeff return to America but Tommy's heart is lost to Fiona in Brigadoon. He returns to Scotland with little expectation of finding the village, but the mists part and Tommy crosses the bridge to his sweetheart.

(Information and pictures for this article were sourced from Annie Goodridge's copy of the film and two websites: www.operetta-research-center.org and www.kevinmoviemcorner.blogspot.com.au)



Peter Rocca and the Bundanoon tartan



Peter Rocca wearing the Bundanoon tartan, left, with Alastair Saunders.

Photo by Victoria Lee, supplied courtesy of Southern Highland News

› Sandy Mackenzie

PETER ROCCA CAN trace his antecedents in Bundanoon to 1862 hailing from the Grice family, one of Bundanoons pioneering families. Home is a 10-acre property in Greasons Road. His family consists of wife Tina; daughter Ellie who is 26 and now lives at Burrawang; and son Hamish, 24 who still lives at home. Although Peter can't claim any Scottish heritage he is proud to have Celtic ancestry via Ireland.

Bundanoon is in his blood and although he had his adventures away from Bundanoon in his 20s, he knew he would always come home. For 18 months he had such diverse jobs as working on North Sea oil rigs, picking grapes in France and teaching swimming in the USA. One of the highlights of the oil rigs was their proximity to Norway and the spectacular vision of the Northern Lights.

Brigadoon has been an important part of his life for 30 years. Peter holds the Number One ticket for the annual Ceilidh. Last year was the only time he missed attending owing to another of his passions, equestrian dressage. He has no favourite event, proclaiming them all wonderful.

He has been a long-time member of the Brigadoon Committee, only just relinquishing his membership. The committee was inspired by Peter to commission the creation of the Bundanoon District Tartan and he was the driving force behind its design, registration and manufacture.

The colours chosen were significant as they represent Bundanoon's natural environment. The green background represents the deep green valleys of the Bundanoon area; yellow is the colour of Australian wattle; red is the colour of the Waratah which is also the emblem of Wingecarribee shire, and the parallel lines represents the parallel lines of the railway track, an important feature of Bundanoon; blue is the colour of the wonderful Australian sky and the white represents the mist that is so symbolic of Bundanoon and the Brigadoon story.

Pat Green, wife of pipe major Bill Green, assisted Peter working out the thread counts. Betty Johnson, of All Things Tartan in Canberra, also helped as 12 different designs had to go back and forth to the Scottish Register of Tartans before the design could be finalised. Betty organised the registration in 2000 and the beautiful fabric was given pride of place on the cover of one of the Jordans Crossing Gazettes published that year. Ingles Buchan, based in Glasgow, were commissioned to produce such items as ties, kilts, shawls, scarves, flat caps and tam'o'shanter.

The Tartan was given to the Brigadoon Committee by a Deed of Gift from Peter and they will retain it as long as the committee exists.

At the moment products made of this wonderful tartan are available for sale only at Brigadoon. Wouldn't it be a lovely idea for it to be sold year round, perhaps via the auspices of the Good Yarn? Peter is rightly proud of his role in the creation of this tartan and is keen to see it used by local businesses and residents.

scottish dogs



Robbie the Cairn Terrier

› Kay and Graham Morgan

IF YOU HAVE any forebears buried in the back yard with a cairn of stones marking the spot, and you're troubled by vermin in the cairn you need a Cairn Terrier! The breed was developed by early hunters in the northwest Scottish Highlands and the Isle of Skye to rout vermin, badgers and otters from cliffs and burial cairns, penetrating into dark twisting recesses to search for and flush out their prey. The breed's shaggy, harsh coat and long, strong black nails are evidence of their original purpose. Cairn Terriers were certainly not bred with attractive physical appearance in mind, but as useful workers. And their double coat and Scottish ancestry has set them up well for cold Southern Highlands winters.

Cairns come in virtually any colour except white, but there is no certainty that your puppy's colour will persist. Our Robbie was wheaten brindle as a pup, but his coat gradually darkened and he is now a very dark grey, which was his father's colour.

The Cairn makes a wonderful and happy pet, even if you can't provide a cairn of stones for his entertainment. We first became aware of the breed when we visited a dog show at Tarago, and soon afterwards we acquired Robbie from a Queanbeyan-based breeder we met there ("Emerald City Cairns") – but only after surviving a rigorous pre-approval process, including an inspection of our property and fencing. At six months of age Robbie was already accustomed to sleeping in a wire crate, and he happily travels in his crate in the car too. He's not a lap-dog – very much an outdoor dog – and is always happy to welcome visitors, so he's not a watchdog either, although he considers he has a very important role as border patroller. Like most dogs he enjoys a walk and meeting other dogs, and seems quite at ease with dogs several times his size. We hadn't owned a small dog previously, so it has been a novel experience to be able to pick him up when necessary. Of course, we think he is very smart, but we have to admit he has never learned how to use a dog- or cat-flap, and has no idea what to do if we throw a stick or ball. Maybe that's a bit lowly for a Highlands Scot.

Milly the Scottish Terrier

› Veronica Rickard



SCOTTISH TERRIERS ARE jaunty and aristocratic, and of course easily recognised for their distinctive appearance. Scotties are relatively rare as they were bred in Scotland by farmers to follow badgers, foxes, and other vermin then dig them out of burrows, thus developing into a dog with a self-directed and opinionated character. They can be difficult to train as a consequence, but are kind hearted and thrive on positive reinforcement rather than aggressive training. A fence is an absolute necessity: they love to take off after the scent of a rabbit or fox, but may not be able to find the way home, or worse, may get run over.

Our Milly attracts many admiring comments. Her coat is clipped in the Scottish Terrier style. Finding a groomer who understands what that is has proven to be a problem, so I now clip her myself (YouTube videos are marvellous!). She loves walks but behaves badly, barking noisily when we see other dogs, rather alarming their owners! At the dog park she'll play with other dogs a little but is happier to follow me around. She doesn't like the heat so in hot weather we start our walk early.

Milly is independent and intelligent, but at the same time loves being close by wherever I am in the house or garden, so I call her my "shadow". She is friendly to people once introduced. Reassuringly, she will bark first if someone comes to the door, but once we invite the person inside, she will sit right beside them. When we arrive home, Milly knows the sound of our car engine and never barks, just a little wag of the tail in greeting.

You may have seen Milly in the Brigadoon Parade, where she fits right in with the Scottish theme.

19th Century Scottish connections

› Pat Guy

YOU MIGHT THINK that Bundanoon, home of the largest highland gathering in New South Wales, would have a settlement history littered with Scots families.

Wrong! Trying to find Scottish pioneers in Bundanoon's history was a little like researching my own 'Scottish' ancestry. My maiden name is Scottish but the actual Scots link is so far back as to be untraceable!

The only Scottish family I could verify in the Bundanoon History Group's archives was the Amos family, who never really lived in Bundanoon, but have had an ongoing presence since 1887 when they purchased land here.

Robert and Alexander Amos migrated to Australia from Borrowstounness (now normally called Bo'ness) in the 1850s, followed by their sister, Janet, in 1871. Robert married Jeanie Cairns, the daughter of his employer at an engineering company in Melbourne and they went on to have 11 children. They moved to Sydney in the 1870s and lived in a house at Rushcutters Bay, with many extensions to accommodate the large family, including maiden aunt Janet.

Robert and Alexander had set up an engineering business together and were successful contractors for constructing a large proportion of the railway line from Goulburn to Gundagai. They owned the first known commercial timber mill in Jordan's Crossing, supplying thousands of sleepers for the new railway line.

On a trip to inspect the work, Robert was accompanied by his wife, Jeanie, who fell in love with the area. In 1887 she purchased 73 acres from George Wilson Osborne, including the hill in the centre of the village which was later named Cairn Hill. They built a large redwood timber house on the block for family holidays.

One of the Amos grand-daughters wrote in her memoirs: "...many lovely holidays we had at Cairn Hill where we went for six weeks every Xmas. We had unbelievable masses of luggage. We always took



Jeanie Amos



Robert Amos

one maid with us and a faithful and hardworking woman from the village opened and closed the cottage for us and came several days a week to wash and clean. When we had horses at Lindfield, they and the groom went too. We usually arrived at night and were met at the station by Uncle Alec and the village storekeeper, Mr. Calverley, with hurricane lamps and a two horse wagonette. Up at the cottage Rose would have cauldrons of hot water on the fuel stove and a hot meal on the table, the night cases would be unpacked and into bed we would fall, exhausted. Next morning we would wake to magpies carolling in the sunshine and the prospect of six carefree weeks, with friends from Sydney coming and going."

When Jeanie died at the property in 1903, it was considered much easier to bury her on the property. This was the start of the family graveyard on Cairn Hill, still used today (only ashes of family members allowed now).

Jeanie left the Bundanoon property to her children equally, but gradually the Amos descendants sold their shares to the children of Robert and Jeanie's daughter, Jeanie Cairns Amos, who had married Sir Robert M. M. Anderson (also Scottish). Nowadays, the property is still owned by an Anderson Family Trust. The original house fell into disrepair and was demolished, but a smaller cottage was built and is used by Anderson family members for holidays, just as in the 1890s.

Over the years, parcels of the land were sold off, mainly to neighbouring properties such as the Knoll (Solar Springs) and Ida Williams (now William Street), and to the Council for the water reservoirs, leaving just nine acres. The original access road from Osborn Avenue being blocked during these land sales, the Council gave Cairn Hill access to Viewland Street and now Amos Lane also connects the property to the main road.



Construction of the railway

scottish cookery

› Thomas-Andrew Baxter

DEEP-FRIED CHOCOLATE BARS? Despite being the subject of many a joke about the current unhealthy eating habits of the Scots, I think they are really as rare as the legendary Highland wolf!

I was particularly blessed growing up in a Scottish mining and steel making town because in line with almost all of my school friends, we had stay-at-home mothers who made our meals from fresh ingredients bought each day, and who also baked bread and cakes as well as homemade sweets.

Anyone who has visited or researched Scotland, especially the north, can envisage the harsh life led by our ancestors. It would not be inaccurate to describe the pedigree of Scottish cooking as poverty driven. Crofting was an austere existence, so comfort food that filled the belly was extremely important. Some of Scotland's most famous dishes – Scotch broth, porridge and haggis developed from the cheapest, most basic ingredients, yet are wonderfully tasty and continue to be enjoyed all over the parts of the world

influenced by Scottish adventurers.

When thinking about the subject of this article, an array of prepared meals flooded back from the inner reserves of my memory. Porridge (pin-head of course with honey) or the occasional serving of kedgeree (a smoked fish/rice dish) or kippers for breakfast. For dinner (usually at 1pm) tatties and mince were served, or cocky-leekie soup or Scotch broth or, my all time favourite, herring in oatmeal with new Ayrshire potatoes and occasionally cullen skink (smoked fish broth). Forfar bridies (mutton pies) with stovies (potatoes) or black pudding or haggis with potato scones were often served for high tea. Finally, supper could include shortbread or cloutie dumpling or a range of other sweet things (for all Scots have a sweet tooth) including black bun, oatmeal bannock, cranachan (Scottish version of trifle), flapjacks (the original pancakes) or treacle scones. Recipes for a few of these delectables accompany this article.

You can tell I was very well fed, though it helped that I was a bit of a scallywag using up enormous amounts of energy,

especially in the summer when twilight arrived around 11pm.

Is there any home gardening product that can be more inventively recreated than the humble potato? Besides being regularly converted to deep fried chips with every meal in Scottish cafes and restaurants, there is a myriad of other Scottish potato dishes, such as clapsnot (a blend of mashed potato and turnip), kailkenny (with kale) rumbledethumps (layered with cabbage) and the humble stovies where the potato is mixed with beef dripping, onions and sometimes bacon pieces – always a favourite in my youth after a hard day leading the gang on misadventures!

Preservation of food without refrigeration in the past has left a great legacy in traditional Scottish cooking, with various processes of smoking, salting and curing fish, game and meat. And then of course there are the wild berries easy to snatch as you walk along the great glens on your adventure into the wild lands and wildernesses of this great land. On your way you may well come across a Highland wolf – they are being reintroduced.

Scottish Recipes used by local cooks at home

THE RABBIE BURNS' Supper on 25 January staged by the 40th Brigadoon Festival committee introduced many local residents to traditional Scottish fare. Of course the haggis was the centrepiece and contrary to expectations, all the plates were scraped clean before clearing for the third course. To many it was a revelation that the dish could taste so good. In fact at my table both Pru Goward and our BCA President Geoff Duncan asked for and were delighted to be served a second helping. Perhaps it was the whisky sauce! For those still to try the "great chieftain of the pudding race", consider it to be a slightly spicy savoury sausage.

How times have changed. When I first came to Australia I gave my first Burns' supper in my second-floor apartment. The haggis was the first course before the barbecue prawns (it was the eve of Australia Day). I was delighted to see the plates returning with hardly a scrape of haggis left. Success, I thought... until next morning putting out the garbage, I came across a pile of the delicacy underneath the open window of my living room!

Below you will find a few recipes supplied by local cooks. I offer two of my favourites: Cullen Skink, a savoury soup, and Scottish Tablet, a very sweet more-ish sensation.

COCK-A-LEEKIE SOUP (Pam Davies)

This hearty soup was enjoyed by a party of Scots who for ten years came to Bundanoon for Brigadoon. Rice can be substituted for barley in this traditional recipe. This version of the recipe serves four and it keeps well in the fridge for a few days so you may want to double the quantity.

Warning! Pearl barley / rice absorbs stock if made ahead of time so second time around have a stock cube on hand to make extra liquid if required.

25 g butter
Approx 20ml olive oil
2 large leeks thinly sliced (well washed)
3 large cups chicken stock (home-made preferred)
2 cups water
750 g lovely legs or 6 chicken legs
6 sprigs fresh thyme
5 prunes chopped, plus extra for serving
¼ cup chopped fresh parsley
Salt and pepper

Method:

In a wide saucepan brown the chicken on all sides in butter and oil.

Remove from pan and using medium-low

heat cook the leeks in the remaining oil/butter until soft.

Add the water, stock, chicken and thyme; simmer for 45 minutes partially covered.

Remove chicken from bones, chop the flesh and set aside. Discard bones.

Add pearl barley; simmer for a further 45 minutes. Check barley is cooked, add salt and ground black pepper if required.

Add reserved chicken, 5 chopped prunes, and parsley.

Simmer gently over a low heat until warmed through and serve sprinkled with extra prunes and a little finely chopped parsley.

Note: Retrieve some of the inside green parts of the leeks, slice and gently cook in a little butter/oil to use as an added garnish.

CULLEN SKINK (T-AB)

Serves 6 as a starter and 4 as a main course.

This is made in Scotland with undyed smoked haddock, in Australia try to get a white fish that has been wood smoked.

50gms good butter
1 onion and 1 leek, finely chopped
1 bay leaf
600ml full cream milk
150ml light thickened cooking cream



The Brigadoon shortbread lady

› Nerida Barnsley

SHORTBREAD IS ONE of Scotland's classic foods used as a way to preserve summer's plentiful butter supply. Made from butter, flour and sugar, it kept its flavour and allure well into the long winter months.

A staple treat in Scotland especially at Christmas and Hogmanay (New Year), shortbread is recognized as among Scotland's most successful exports – along with Scotch

whisky, and of course the Scots themselves as welcome immigrants around the world.

In 1983 our family suffered the loss of our second son, Forrest, so I decided I would have a stall to raise money for the Royal Alexandra Hospital for Children.

For me, the art of baking shortbread seemed to be the obvious choice. With the technique I learned in my mother's kitchen on

Sunday afternoons, I acquired both skill and enthusiasm.

So, my first stall at Brigadoon featured my own Highland Shortbread as well as my marmalade, Dundee Cakes and Scottish Black Buns. It was one of the first Scottish-themed stalls at Brigadoon and has helped characterise the gathering ever since. It was a great success and I was very proud when we presented my cheque for the proceeds to the Children's Hospital.

It was exciting and challenging to strive each following year to exceed the previous year's donation. No matter how many 'bushel boxes' of shortbread I was able to bake, it seemed that it was always sold out by noon! It was a point of honour, and recognition for my many loyal customers, to have the amount of money raised published in the local paper, along with a photo of the presentation of the cheque.

The ingredients for shortbread are simple, and recipes could be found in any Scottish cookbook but I spent much time refining the baking and presentation. I started with small batches, knowing that only the best butter must be used. I could sense its quality when I rubbed the butter and flour between my fingers. Many years on, even though I am working with much larger quantities, I am very much aware of the differences in the butter produced in summer and in winter. A batch of shortbread is never exactly the same as the last because it is truly hand-made using ingredients that change with the seasons.

350gm small creamy textured potatoes like Dutch cream
500 gms smoked fish cut into large pieces
2 tablespoons of finely chopped chives.
Freshly ground pepper and salt (if required after tasting)

Melt the butter in a large saucepan. Add the onion and cook gently for 5 minutes, then add the leeks and cook for another 4–5 minutes until soft but not brown.

Add the bay leaf, the milk and a cup of water. Drop in the potatoes and bring to a simmer just below boiling for 10–15 minutes until the potatoes are almost cooked.

Add the fish and simmer a further 10 minutes until fish cooked and potatoes tender.

Lift the fish out, cool a bit and take off the skin and then flake into smaller pieces.

Remove the bay leaf and using a masher lightly crush the potatoes into the soup and stir in the flaked fish

Add the cream and bring back to simmering just below boiling (it does not matter if you occasional go into boiling).

It should not need salt but taste just to make sure and add pepper

If soup is too thick, thin with more hot milk.

Stir in the chives and serve hot in warmed

bowls with crusty bread.

Note: this soup should not be frozen but will keep 48 hours in the fridge.

CRANACHAN (Joan Saunders)

Serves 8

Served at the Burns' supper, this traditional Scottish dessert of oats, cream, Drambuie and raspberries is a delicious alternative to trifle.

570ml/1 pint thickened cream
85g/3oz porridge fine oats
8 tbsp Drambuie
3 tbsp honey
450g/1lb raspberries (*frozen and thawed will do*)
fresh mint to garnish
24 fresh raspberries to garnish

Toast the oats in a frying pan, being careful not to burn them.

Lightly whip the cream until it reaches the soft peak stage, then fold in the Drambuie, honey, and raspberries.

Serve in dessert glasses garnished with a few raspberries, mint and an equal share of toasted oats.

SCOTTISH TABLET (T-AB)

The taste is one-of-a-kind, and you can't stop at just one piece (well, I can't anyway).

600 ml hot water
400 ml can of condensed milk
1 kg granulated sugar
250 g butter (unsalted) – never margarine!

Place all the ingredients in a large saucepan and bring slowly to the boil. Allow to boil for a few minutes stirring occasionally before reducing to a medium heat. The temperature is just right when the mixture is simmering at double the original volume. Simmer for 20–30 minutes until it has darkened to a golden caramel and started to thicken.

To test, put a teaspoonful into cold water – it is cooked enough if it becomes like a soft putty. When it does remove mixture from the heat and beat with a wooden spoon – don't stop until it thickens. It takes about 10 minutes and you know it is time when it starts to thicken and stick to the side of the pan.

Pour the mixture into a greased tray and allow to set, then cut into squares.

The best bit – scraping the spoon with your teeth – delicious and brings back many happy memories in my Mum's kitchen.

BUNDANOON IS BRIGADOON

› Robert Seckington

HIGHLAND GAMES HAVE taken place in New South Wales as far back as the late nineteenth century. In 1868 the *Sydney Morning Herald* reported a Highland gathering being held at the Albert cricket ground in Sydney. Dancer Amy Ferguson, a Bundanoon resident, participated in a Highland Games in 1912 and 1915. The exact location is not known, but it could have been at the Highland gatherings that were being held in Sydney at that time.

The Bundanoon Highland Gathering, known as Brigadoon, was created from an idea of Garry Barnsley and his wife Nerida. In 1977 they travelled to Scotland on holiday. When they returned to Bundanoon, they wanted to create a festival similar to the traditional highland gatherings they had seen in the north of Scotland. The community accepted their idea and together, they came up with the slogan “*Bundanoon is Brigadoon*”. The mist-filled gullies and hills of Bundanoon reminded them of the Scottish glens.

The name Brigadoon is associated with the picturesque Scottish village of Alloway, which has the River Doon flowing through it and still has the original bridge crossing the river – Brig O’Doon, thought to have been built in the early 15th century. The road on the bridge was built of cobblestones and it was believed that if they were laid in a certain way they would stop witches from crossing. Brig O’Doon also plays an important part in Robert Burns’ poem *Tam O’Shanter*.

The first Bundanoon Highland Gathering was held in October 1978 as part of the Bundanoon Boronia Festival. The entry fee was \$0.50. The gathering was so popular that it became an annual event and replaced the Boronia Festival.

The event started with six pipe bands and about 1,000 visitors and has expanded to over 20 bands and about 20,000 visitors. Brigadoon is now one of the world’s largest highland gatherings. For one day of the year Bundanoon becomes Brigadoon and the village is packed with people wearing kilts, sporrans, berets and anything tartan. Historically, tartan was the everyday wear of Highlanders and was spun, dyed, woven and fashioned locally. Nowadays tartan is worn all over the world (not just by Scots).

Brigadoon attracts visitors and pipe bands from local areas, interstate and even from overseas. The day starts with a parade and crowds of spectators line the route from the village to the sports oval to enjoy the sound of the Scottish pipes and drums and a procession of colourful floats, vintage cars and the Clans.

The day continues on the sports oval with traditional highland games, Scottish dancing and fun activities for all the family. The caber toss is one of the most skilful events and is judged on accuracy, not distance. This sport may have been devised by Scottish woodsmen who threw tree trunks into the river for easy transportation.

The lifting of the Stones of Manhood requires a great deal of strength. Five stones, ranging from 100kg to 165kg in weight are placed five metres apart and each one needs to be lifted onto a four foot high (1.3m) barrel. The stones are made from Bundanoon sandstone.

All proceeds from Brigadoon go to local charities and most organisations take advantage of this and make Brigadoon one of their main fund raising activities.



Above: 1978 Bundanoon Highland Games

Below: 1993 Bundanoon Highland Games





Photo by Heather Turner

Luke Reynolds – muscle man

TWO METRES TALL and weighing in at a formidable 165 kilograms, Luke Reynolds is a sight to behold as he lifts that huge ball of sandstone off the ground and up onto the barrel during the Stones of Manhood competition at Brigadoon.

A professional Australian strongman, Luke lives in the Blue Mountains. At 31 years of age he has been competing in the sport for over 10 years. As the current Oceanic Heavy Events Champion, Australian Stone-lifting Champion, NSW Log-lifting Champion and holder of nearly a dozen State, National, and Oceanic Strength records, he is in a strong position to defend his title when he returns to Brigadoon in April 2017. His biggest rivals this year are South Australian Strongman Champion and three times Brigadoon Champion, Jordan Steffens, as well as 2009 champion, Aaron Monks of NSW.

Originally a representative level Rugby League player, he was drawn to the challenge of strength contests after a win at a local Strongman competition in the Central West of NSW in 2008. Since then Luke has represented Australia across Australasia and Europe, competing in over 80 competitions throughout his career. To date his career highlights include winning the Australian Stone-lifting championship at Bundanoon

in 2016, competing at Natural World's Strongest Man in Hungary in 2011, winning the Oceanic Heavy Events Championship in Hororata in 2016 and competing in front of Arnold Schwarzenegger at the Arnold Classic Australia Grand Prix in Melbourne, also in 2016.

For Luke, the highlight of Brigadoon each year is the running of the Stones of Manhood by the Tartan Warriors. The Tartan Warriors are a highly competitive group of the strongest heavy events athletes available from Australia and New Zealand. They contest Scottish heavy events around the country and across the Tasman. In 2017, we will see the Tartan Warriors celebrate their 25th year on the strength circuit. Formed by record-holding Australian Strongman Champion, David Huxley, the Warriors have counted World Strongest Man winners amongst their number on multiple occasions at Brigadoon and elsewhere.

It was in 2008 that Luke met David and five times Brigadoon Champion Craig Reid. After some of Luke's successes at local strength contests, David offered him an opportunity to compete for the Brigadoon title. With his Danish, Scottish and English heritage in tow, Luke is now the longest-serving currently active athlete

in the Tartan Warriors, and is about to make his tenth consecutive appearance at Brigadoon as the reigning Bundanoon Stone-lifting Champion.

Luke's training in the lead-up to his title defence has been intense and exhaustive. He trains a minimum of five days per week at Last Round Training Facility in North Richmond. It is a one-hour round trip each day, with training sessions lasting for between one and a half and three hours. In addition to traditional gym lifts, his training program comprises specific heavy events, including stone lifting, log lifting, farmers walking and several other highly challenging movements and strength feats.

The Tartan Warriors are selected not only for their ability as strength athletes, but also their high level of professionalism and their ability to engage an appreciative crowd.

Apart from the competition itself, the crowd at Brigadoon is Luke's favourite aspect of the gathering. It is the largest of all the events he attends in Australia, but more than that, it comprises a level of interest, support and encouragement that is seldom found elsewhere. Please feel free to say hello to Luke and grab a photo with your kids or grandkids at this year's event.

Luke kindly supplied the information for this profile.



A skirl of pipes and a heartbeat of drums

› **Helen Clark**

ELEVEN YEAR OLD Harry Bell from Colo Vale told me he can't wait to perform at Brigadoon as a drummer in The Highland Pipes and Drums, the Southern Highlands band which will be leading the parade this year. His Dad's ancestors came from Glasgow, and he'll be proud to be marching in the band's new Auld Lang Syne tartan.

Harry has been learning to play snare drum for nearly two years and recently joined The Highland Pipes and Drums. He practises with his Dad, the band's bass drummer, by going out to the park and drumming for an hour or so. (Practicing at home is tricky because of the amount of noise!)

He also practises with the whole band every week, learning different pieces and marching while playing. The hall where they practise is only so big, so they must also practise counter-marching where the head of each line of players must turn and march back through the oncoming lines.

The best things about drumming in the band, Harry reckons, are being together with other performers who all help each other and having a hobby that you can do for the rest of your life.

Karen Webb, piper, is 30 and has been a musician for many years, starting out as a base clarinetist in a concert band, later side-tracking to the bass drum, the tenor drum and finally to bagpipes.

Learning bagpipes normally takes around two years, starting with the fingering for the chanter (the pipe) and then learning how to power the chanter with the bag, which must be filled with air then pumped to push the air into the chanter. Karen had the advantage of her experience with clarinet and took just six months to learn the bagpipes.

The great grand-daughter of a MacDuff, she is also a proud Southern Highlander, growing up in Willow Vale and now living in Robertson, and has been playing with The Highland Pipes and Drums for 12 years.

When I suggest that playing and marching at the same time must be difficult, she explains that learners start off in the middle of the band where they have help on all sides, and that once the marching is mastered it stays with you, like learning to ride a bike. Still, she agrees that it can be quite complex to watch



Karen Webb and Harry Bell

directions, play from memory, stay in time, and remain in touch with fellow players; on the other hand, she finds the camaraderie of the team one of the best things about performing, and loves that the band performs for community events.

She also looks forward to Brigadoon as being everything Scottish all crammed into one big day. It will be an opportunity for The Highland Pipes and Drums to obtain great exposure and welcome publicity. Bundanoon local Graeme Gentles is also a piper with the band, so give them all a wave.

The band has been performing since 1999 and has been successful in competitions. Currently under the leadership of Pipe Major Chris Tabram, it has recently updated its image with new uniforms and a renewed emphasis on community performances over a region stretching from Picton to Goulburn.

The band is always looking for new or existing players to join the band – age is no barrier! If you would like to become a part of the stirring sound of the pipes and drums, contact Chris Tabram or Karen via the website: www.highlandpipesanddrums.org

Finding family in Scotland

› Vera Blain

I AM VERA and my husband is Gordon Blain, both Bundanoon tree-changers of three years' standing. Family heritage is very important to us – knowing who we belong to and where we have come from.

My family and I emigrated from Scotland when I was 9 years old, while Gordon's mother's ancestors had arrived in Australia in March 1841 and his father had come to Australia as a 21 year-old from Glasgow.

Both Gordon's and my parents were no longer alive and there were some gaps in both our families' history, so one long weekend a while back we decided to do some research online – firstly, to try to trace Gordon's father's ancestors, and secondly, to search for my father's line. Almost immediately we found information about Gordon's family!

We had long been planning to visit my cousin in Scotland, so last year, armed with fresh contacts, we set off via London, to Aberdeen, where I was born. We hired a car and embarked on our adventure.

Fraserburgh is north of Aberdeen and is my father's birthplace. There we met up with the local Registrar of Births, Deaths & Marriages, who was able to help with lots of the paper work. I found Death certificates for both my grandparents and discovered that my father had a younger brother who died at the age of three. We also obtained the plot number of the family grave. That was a great day!

The scenery on the next leg of our journey was spectacular – from Elgin to Inverness, then Drumnadrochit and Ballachuish near Fort William. In Oban we stayed with a newly discovered “family” member who had distant connections to Gordon's mother's ancestors, looking back as far as 1610! A scenic extra for us both was a visit to the island of Iona, a long-held dream.

From Balloch, Gordon's two cousins Albert and Gordon and their wives took us to Glasgow to show us where his father's family once lived and also the family grave. Albert and Grace also provided copies of the results of their own family history search so we were again richer in connections.

Next stop was Edinburgh to spend time with my cousin Margaret and find more family history. After a week of exploring



Annie and Robert Blain



The waterfront of Oban, where Gordon met a distant relative whose connection with his mother's family went as far back as 1610



Vera's grandparents' headstone revealed the sad death of her father's three year old brother

Edinburgh and a visit to the National Records of Scotland which filled in some more gaps, we caught a train back to Aberdeen. Along the line we passed through Stonehaven where my great grandparents had come from, thus ticking off another ancestral locality. Finally, in Aberdeen we met up with my cousin Gary whom I hadn't seen since I'd left Scotland as a little girl.

What started out as a bit of fun on a website one long weekend ended up being a wonderful adventure with lots of memories, some sad but very many more happy ones – finding new family members and also cherishing those who have gone.



After no end of travelling ...home is Bundanoon

› Christine Janssen

WAYNE AND JESS Merrett believe they have found their idyllic haven in the mists of Bundanoon, where they bought their dream house in late 2015.

Jess says she feels very happy and 'grounded' and, as with many of us who call Bundanoon home, they are both relieved to have escaped the chaos of the city – well Jess at least has escaped. She is very friendly and outgoing and has forged many new friendships in the community – you may have already met her as she walks Bodie around the village (Bodie understands English, Russian and Mandarin!).

Wayne is still committed for another year to the corporate life and is a fly-in fly-out resident, as he's currently General Manager of an international firm and is based in Taiwan. He's already looking forward to enjoying his extensive garden and finding the hidden gems on offer in the Highlands, particularly those of a culinary nature.

In fact, memories of working as a landscape gardener in the Highlands were

a factor in Wayne's decision to relocate to Bundanoon. As a youngster he would drive up, on his new licence, from his home in Wollongong and he has fond memories of pub lunches at Sutton Forest. Being a self-confessed 'beach boy' he has lived on the coast and raised his family in Cronulla, where one son still lives. He always thought he'd retire to a home by the sea, but memories of the Highlands drew him back.

Jess, a web designer, migrated to Australia and began a new episode of her life in Cairns, where she met Wayne who was a London resident at the time. After visiting him there, the decision was made to make the relationship permanent and there followed many years living and working overseas, including 10 years in Russia. They both have many fascinating stories to tell and Wayne does a wonderful interpretation of Russian workers, sure to provide great entertainment at any dinner party.

Searching for a home to suit their needs they began looking in Bowral, but soon realized that the country

charm that Wayne remembered had gone. Fortunately for Bundanoon they eventually found their dream home in The Gullies; Jess bought it on the day she viewed and they haven't regretted their choice. Their four children also enjoy the fact that they too have a quiet place to visit and recharge their batteries.

The Merretts will soon be carrying around photos of grandchildren, as two of their children are expecting their first babies later this year, and everyone is already looking forward to having plenty of space for the grandchildren to experience country living.

Wayne and Jess feel they've found what they were seeking at this point in their lives – a healthy environment with good people and positive energy. They are looking forward to immersing themselves in the community and are already considering how they can contribute to ensure that the specialness of Bundanoon is preserved. They are also among the newest members of the Bundanoon Community Association.

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Local boy returns!

Delilicious Café and Delicatessen

> Graeme Whisker

BYREN NORTON-FIGTREE GREW up in Bundanoon and has brought his family back here to establish Delilicious Café and Delicatessen. He and Liz, his partner, want to run a family business, where their enjoyment and passion will show. Indeed, Delilicious has a strong community focus – a place where input from patrons is encouraged.

After some prior work in London, Byren's early experience included time as Sous Chef at the Rose of Australia Hotel in Erskineville and the Intercontinental Hotel, Sydney. For more than five years he was Executive Chef at the Gibraltar Hotel, Bowral, prepared to endure a regular commute to and from Sydney for all that time.



Liz's previous work was in the travel industry in Sydney. Her recent position as Product Manager for a travel management company had her working with multinational clients including law firms, banks, rail freight operators, mining companies and many more, designing and implementing their Hotel Programs. She started in the industry in a Management Trainee Program via the Hotel School and has completed a Bachelor of Business in Tourism and Hospitality. Liz and Byren met while both were at the Hotel School.

Beau, their son, is 20 months old and Byren and Liz decided to move to the Southern Highlands in order to be close to family.

Delilicious came into being when the opportunity to work in Bundanoon presented itself and Byren and Liz decided to take it. Named by Rose Figtree, Byren's mother, it began as a 'one man show' with Byren cooking and Liz selling his produce. But things have changed – now there is a staff of eight, mostly casual employees.

While local customers may have expected a delicatessen only, the café component has grown gradually and organically, allowing some showcasing of what's available in the deli, for which local produce is preferred. That food is always of good quality is a major concern, for both Byren and Liz believe that fantastic food starts off with a fantastic product. They believe they have really excellent suppliers (within the limitations of which suppliers will come to Bundanoon). Delilicious has no wastage as

everything is used in one way or another.

Byren and Liz's vision and flair is in putting a little bit of 'us' into the place – both see talking actively with their patrons as important, encouraging them to say what they would like to see in Delilicious. This has given rise to a natural reciprocity in terms of providing what customers want and then seeing them coming back to purchase. When locals suggest particular products and dishes, Byren's attitude is essentially 'If I can I will'. He and Liz always try to accommodate individual needs and with the developing rapport it is not unusual for customers to come in for lunch and instead of ordering from the menu, ask Byren to 'surprise' them. Others name their own dishes and request that they be considered for the limited menu.

Delilicious is open six days, closed on Wednesdays. Byren opens the shop at 6am, so food preparation can begin, and it remains open until 4pm – although sometimes there are customers at the door as late as 5pm and usually Byren will serve them. Not surprisingly he and Liz have developed a loyal customer base – in no small way because both are concerned to listen to customer requests and are very happy to respond to customer questions.

Byren and Liz are surprised by the very quick growth they have experienced both in the café and the deli since opening six months ago. They will continue to strive to provide high quality service and food, and are excited to see where the next six months will take them. Watch this space!



A current project being undertaken by the Auxiliary is the refurbishment of the garden in the Secure Unit at Bundanoon. What was previously a rather tired space is now becoming a bright and cheerful recreation area for residents, families and staff.

Community support in action

WARRIGAL RESIDENTIAL CARE Services in Hill Street provides care and support for older persons to create an inspiring community. It is supported by an Auxiliary consisting of a group of just 10 very hard working ladies whose average age is 70 +.

In November 2016 the Auxiliary held a Garage Sale. The response from the wider community of Bundanoon, and others, for donations and support on the day, was simply overwhelming. We wish to take this opportunity to thank all those who supported this fund raising activity in any way. It is truly a reflection of a caring community. Well done Bundanoon et al!

This event raised much-needed funds, in excess of \$4000, which will assist the Auxiliary in providing Warrigal with equipment and support for those things which might fall outside the budget.

Those interested in joining or supporting the Auxiliary may contact the Secretary on 02 4883 7784.

Volunteers play an integral part at Warrigal. You might like to become a Volunteer – please contact Warrigal on 02 4884 6100 for more information.

—Warrigal Care Bundanoon Auxiliary Inc

New Bundanoon Medical Centre

BUNDANOON!! YOU ASKED for it! We are delivering!

You have all been watching with interest the beautiful building renovation to create Southern Medical's new medical centre for Bundanoon residents. No more having to park patients waiting for an ambulance in the hallway as we had nowhere else to put them!

The Bundanoon residents will soon be able to see their podiatrist in town without having to travel! In our new premises we will soon be introducing physiotherapy, osteopathy and remedial massage therapy as well.

The new medical centre opened on Monday 23rd January 2017.

Southern Medical Centre Moss Vale & Bundanoon Practice Manager, Helen Portus, said "it has taken a really long time to complete this project, but that is because we have chosen to take great care with the classical features of the original building including the pressed metal ceiling restored to its original beauty in the new waiting room. All consultation rooms are filled with light."

Helen also says "we expect some disruption around the medical centre for some months: as most of you are aware, a condition of our DA was that we demolish the original medical centre to make way for enough parking spaces. But we are thrilled to be able to offer such a beautifully restored medical centre that is filled with all the modern technology to provide first rate medical services in Bundanoon."

The new centre means that residents of Bundanoon will have



access to a wider range of services locally without having to travel into one of the larger centres of the Southern Highlands. Already the Bundanoon medical centre will be offering services including General Practitioners, Nursing, Diabetes Checks, Over 75 Medical Checks, Pathology and Podiatry with more to come throughout the year. This is an invaluable service to the residents of Bundanoon, making it easier for them to access the medical care they need and deserve. Most of our 15 Doctors and 9 Allied Health Professionals work between our two medical centres and all have access to the one database, thus ensuring Continuity of Care.

Letter: This is not the last Brigadoon!

THERE APPEARS TO be a growing rumour around the village that after the splash of the 40th Gathering, there will be no more games in the future years.

I am writing to dissuade your readers from believing this. Please do not take any gossip at face value, on this issue or any others that circulate. Brigadoon will continue into the future, proving an opportunity for many community organisations to share in the annual

distribution of surpluses, which as reported many times, has contributed to more than \$1.2 million over the years. The committee members may change in the future – it's important to keeping the organisation fresh and vibrant – but Brigadoon will always bring the spirit of Scotland to the highlands and keep Bundanoon on the tourist map.

This year it will be interesting having a national entertainer as Chieftain. Contrary

to other rumours, Jimmy Barnes was first considered way back in 2002. It was only after he visited the games several times with his family that this appointment came about, through the friendship of one of our committee members, Jo Smith, with Jane Barnes.

We look forward to a record turn out on April 1 and to the festival events in March.

Sincerely

Thomas-Andrew Baxter

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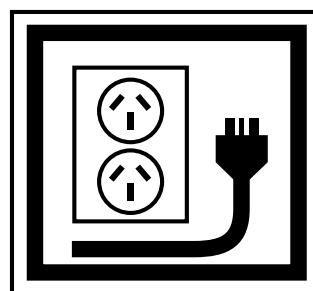
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Working mothers – the tree of life

› Rosemarie Gray

AS A PRACTICING psychotherapist, author, wife, mother, colleague, and general organiser of life, it looks like I have it all down pat. This is the reality of the new age woman – the dedicated and efficient working mother – the daily balance of all the external demands of life, family, work, and social networks all covered.

But are they really? What happens when the one that ‘has it covered’ needs some support? Who cares for the one that cares the most?

There is a new clientele emerging when families lose the support of the one I describe as the trunk of the tree in their lives; she is the main structure that holds all those branches up in the air. But what happens if the branches get too heavy, or the trunk begins to rot?

I am a huge advocate for all women (in fact all people of all ages) having access to regular periods of reflection – having time to reflect on the internal content of their world and their emotional response to it. It cannot be neglected.

Taking the time to reflect on your role as the trunk of the tree is important. As the dedicated working mum, you do need to regularly consult a reputable horticulturalist, prune some branches off your tree, and apply some fertiliser to help the soil provide you with the nutrients that you need to stay strong. This will help ensure that the “one that cares” keeps

caring. It is hard to accept the notion that we all need to be a little selfish to survive mentally in today’s world, and that can be the biggest struggle for women.

When I assess someone who is presenting with anxiety or depression, it is common to hear stories of exposure to more and more of life demands until the stress has become too much. Panic and anxiety sets in. If only they had come earlier. If only they had visited their doctor earlier for a referral before their change in confidence worsened to the point that they now can’t cope.

With the increased recognition of mental health issues in our community, and continued media focus on the signs and symptoms, rates and treatment options for mental illness, we are becoming more aware of and open to the use of psychological therapy. It should also be used as an earlier intervention for stress management – providing care for the one that usually cares for others, before she can no longer care anymore.

The expression of sadness, stress or anger is much easier in the emoji world. I often wonder whether many adolescents could accurately describe what sadness feels like without posting a frowning face with a blue tear. What is important to remember is that we can more simply manage periods of sadness, anger or anxiousness if we recognise their occurrence in the moment that they are



happening. Strategies such as abdominal breathing control can help manage panic attacks, and breathing control is also a wonderfully easy strategy to use each day when feeling a little overwhelmed. Three minutes of reflection and relaxation, at the end of the day, each day, can make a difference.



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.

Mindfulness

› Charlotte Rathbone

“In daily life we are often lost in thought. We get lost in regrets about the past and fears about the future. We get lost in our plans, our frustrations, our pain and our anxiety. At such moments we cannot really be here for ourselves. We are not here for life. Mindfulness practice makes it possible to be free to rid ourselves of these obstacles and establish ourselves firmly in the moment”

Thich Nhat Han, The Magic of Mindfulness

MINDFULNESS PRACTICE IS a tradition dating back many years, but is enjoying a resurgence of interest as we learn more about the positive physiological, psychological and neurological changes it can effect in the body. Mindfulness skills are taught to aid recovery from psychological and physical trauma, help to deal with stress, anxiety and pain, as well as generally

improving our resilience and ability to cope with everyday stressors.

The practice of Mindfulness does not mean hours sitting meditating; it can be and is helpful in everyday activities such as eating, walking, driving and gardening. In its simplest form it is about paying attention to what is happening in the present moment. It can change our relationship to our thinking, our emotions and our responses, allowing us to develop more flexible and positive reactions to everyday difficulties as well as helping us through difficult situations that arise in our lives. It can help us become calmer in situations where our default responses can be anxiety or frustration. Through the practice of Mindfulness we can develop a strong ability to self-regulate our own reactions through attention to the present moment.

Mindfulness is NOT about controlling or

emptying our mind. It is about allowing us the space, time and opportunity to become aware of our thinking and notice if it is serving us well or not. It is about choice and flexibility.

Mindfulness is NOT an escape from normal life. Rather, it is exploring, accepting and experiencing what is actually happening without fear or frustration.

And Mindfulness is NOT hard! But it does need to be taught, so we understand when our practice becomes painful rumination rather than experiencing what is in the present moment.

I am a practitioner of ACT Mindfully and a qualified counsellor.

If you would like to know more about the practice of Mindfulness please contact me on Charlotte.rathbone8@gmail.com or phone 0401 547 296.

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Welcoming new residents

› John and Jennifer White

WE TOOK OVER the position of Convenors for Welcome Packs in March 2014 and it has been an interesting and worthwhile ride all the way.

After 160 Welcome visits we are handing the reins to Joanne and David Prince who, we are sure, will find the task just as pleasurable and fulfilling as we have. Moving is such a traumatic experience for most people that the personal welcome is a simple and effective way for the BCA to get in touch with our new arrivals.

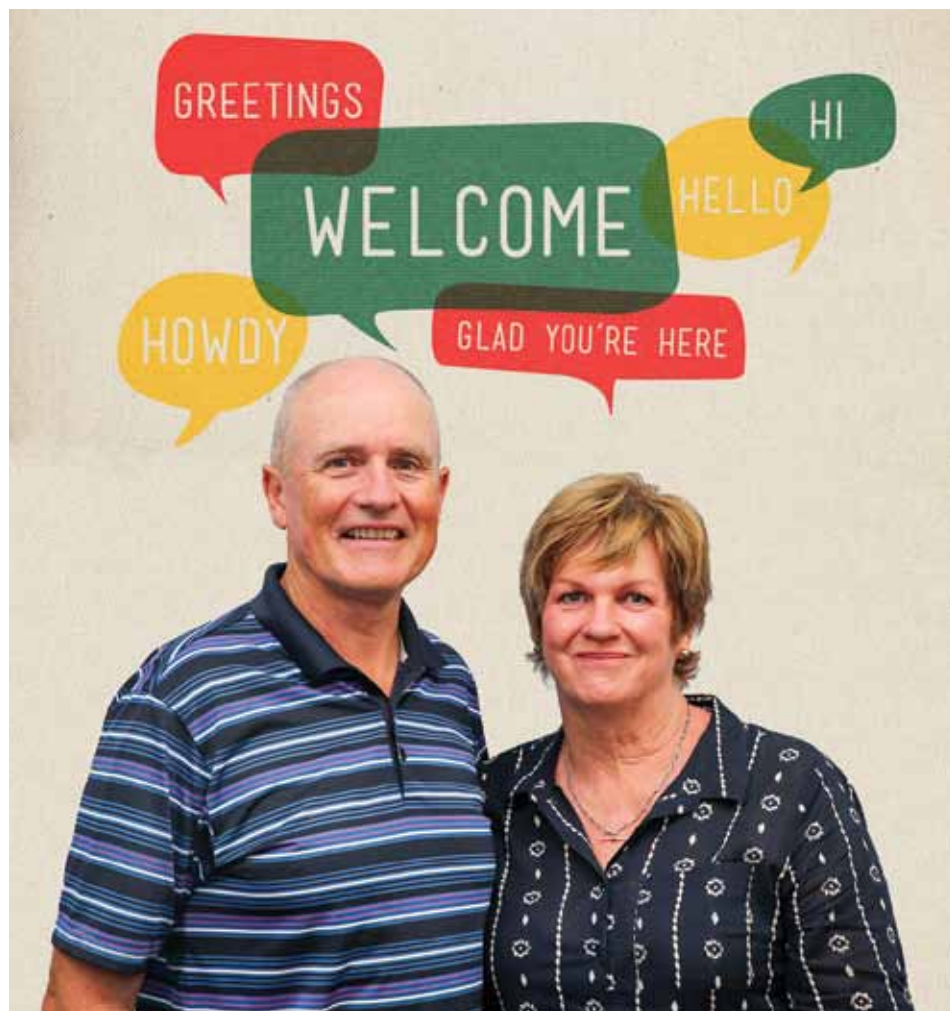
At first we were amazed by the wonderfully friendly reception we received from all new residents. Invariably they would be surrounded by packing cases and bare walls but would still want to invite us in and even find the kettle for coffee and a chat.

If we did get a chance to chat, we would ask where they had come from and what brought them to Bundanoon. One of the commonest comments was that they had been looking in the Highlands but didn't really consider Bundanoon – until they came and saw what it had to offer. Few people fail to see how lucky we are to have our Village with its gardens, mists, National Park, views, wonderful Hall, coffee shops, the Good Yarn and, usually, a temperate climate.

Needless to say, after two years we now know all the streets of Bundanoon pretty well but it still amazes us that tucked away behind other blocks and hedges there are hidden homes, and sometimes acreage, that most people never see. While we realise that Bundanoon is growing, and opening up to new developments, we hope the great community "feel" continues for a long time.



Finally, we did try very hard not to miss anyone, but some homes are just weekenders, or vacant at first, and it can be hard to find new owners at home. If we had repeatedly been to a newly purchased home and not found anyone there, we would leave a card and contact number. Even so, that would sometimes not give us a result. We apologise to anyone who slipped through the net and did not receive that special "Welcome Pack".



New volunteers take over delivery

JO AND DAVID Prince are Bundanoon's new ambassadors to newly arrived residents.

Both enjoy the village lifestyle here in Bundanoon – home since they retired and moved from Canberra in 2010 – and see the chance to deliver Welcome Packs as a real opportunity to meet newcomers and inform them of the great community we all enjoy here.

A keen gardener and cook, Jo is actively involved as a Good Yarn Volunteer and a member of the Exeter CWA. David is a tragic AFL follower, an active member of the Moss Vale Golf Club and an occasional cyclist. Both are looking forward to making new residents welcome to our wonderful village.



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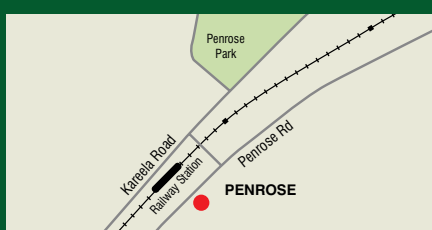
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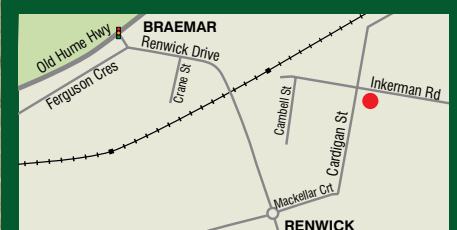
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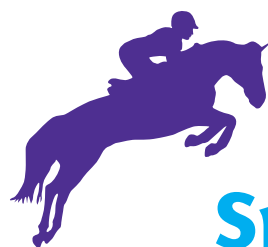


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Bundanoon Sport & Recreation



with Mike Swinden

It has been a quiet summer for most of our clubs as members take a breather from more active times, and eventful times for others who are associated with The Bundanoon Club.

BUNDANOON BOWLING CLUB

The recent closure of the Bundanoon Club has created some uncertainty regarding what lies ahead for the bowlers. By the time you read this edition, things may be somewhat clearer. However, the Pennants team will continue to play thanks to the Goulburn Rail Club which has generously agreed to let Bundanoon use its facilities.

Members keen to know what is happening should contact President Graham Anderson on 4883 6611.

BUNDANOON CROQUET CLUB

The Croquet Club is in much the same situation as the Bowling Club and so there is little to report as we go to print. **Please contact Helen Wooby on 4883 7625 for more news.**

BUNDANOON REBELS FOOTBALL CLUB

The new committee of the Bundanoon Rebels FC has been welcomed in and has hit the ground running, busily preparing for the upcoming Soccer season. Registration days were held on 12th & 19th February at Ferndale for all players interested. We are looking forward to seeing familiar faces back for the season as well as welcoming new members to the club.

The new committee hopes to bring a range of fresh ideas, and welcomes any suggestions for the future growth and direction of the club. **The new President is Brendan Yalg (telephone 0432 581 400) and new Secretary is Lorin Yalg (telephone 0417 685 533).**

The Bundanoon Rebels FC would like to take this opportunity to thank all past members of the committee for their efforts and dedication over the years.

BUNDANOON CRICKET CLUB

The "Milo Cricket Clinic" this season was a real success with all the young players enjoying the coaching for skills required to play the game.

The primary team for Bundanoon is currently sitting in third position and they have been able to play with a full squad after picking up two extra players during the break. We welcome Sam Harwood and Nithia Rajendra to the team and wish them all the best. The coach of the primary team is Ricky Martin and he is doing excellent work with the kids. The two extra players mean

we should be really competitive for the remainder of the season and hope to make the finals.

The third graders are equal leaders at the moment with some fine performances from our veteran wicket keeper Roddy Acton who scored a century and had a 97 not out this season. The side is well led by Andrew Hore who is mentoring some of our juniors including James Hughes and Jake Whittington who impress with the ball every game. Brendan Hughes and Jacob Swanson are playing the odd game in 3rd grade whilst still playing in the primary age group in the junior competition. What impresses about the 3rd grade is that everyone contributes in every game, playing as a team.

Second grade have lost four games by very narrow margins – wins could have seen them in a top-four position. Mitchell Granger has been scoring runs all season and was rewarded with a century against Wingello, scoring 136. He has been well supported by Jason Bentley who is opening the batting. Adam Jeffery, Shane Pritchard and Mitchell Conquest have been the standouts all season in the bowling department.

Bundanoon Cricket Club would like to thank all its sponsors and supporters for all their support during the cricket season.

CHESS CLUB

The Chess Club meets at the Primula Café every Friday between 2 and 5 pm. New members, including people who may not have played before, are most welcome. We will teach you how to play this wonderful, challenging game. If you have played before come and join us for a game. Boards and pieces are provided. **Contact Pat Foley at patfoley18@yahoo.com.au for more details.**

BUNDANOON PONY CLUB

As we reported in the last edition, the AGM was set down for 11th February and the first rally took place on 18th February. The new year is now well under way. **Please contact Gale Pritchett 4883 7195 or 0407 287 336 for details of upcoming events.**

BUNDANOON TENNIS CLUB:

The Tennis Club AGM took place on 26th November and some significant changes took place. The new President is Candice Piper) and the new secretary is Nikki Jones. No doubt this will be a year of fresh ideas and extra enthusiasm. We wish them well in their new roles.

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'Bundanoon Sings' Choir	
Geoff McCubbin.....	geoffmc@iinet.net.au
Bundanoon Garden Ramble	
Robin Coombes	andsewon60@gmail.com
De Meyrick Reserve	
Peter Papps.....	ppapps@bigpond.net.au
Glow Worm Glen Track	
Anna Perston	anna.perston@bigpond.com
The Green Team	
John Desmond.....	john@desmonds.com.au
Soldiers' Memorial Hall	
Pat Guy.....	patmalguy@hotmail.com
JCG	
Christine Janssen.....	jcgeditor@bundanoon.nsw.au
JCG Food & Wine	
Pam Davies/Ralph Clark	rlc2578@gmail.com
Leaver Park Group	
Christine Miller	chrisnbaz@bigpond.com
Melting Pot Theatre	
Jan Kenny.....	jankenny10@gmail.com
Membership	
vacant till AGM	
Needles & Natter	
Andrea Ward	andrea.ward@tonyward.org
Roy Terry Reserve	
John White	johnifer@bigpond.com
Rex Cinema	
Stuart Reid	sjreid29@gmail.com
Welcome Packs	
Joanne and David Prince.....	jodajage7@bigpond.com
Winterfest	
Geoff Duncan (enquiries)	duncangeoffrey480@gmail.com

Community Groups

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
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
Warrigal Care Bundanoon Auxiliary (meets 3rd Monday, 10am at Warrigal)	
Ann McCarter	4883 7784

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

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

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@gmail.com	
Tennis	Mike Swinden	4883 7624

Advertising in JCG – 2017

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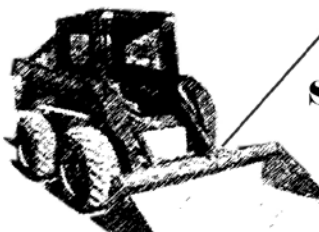
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