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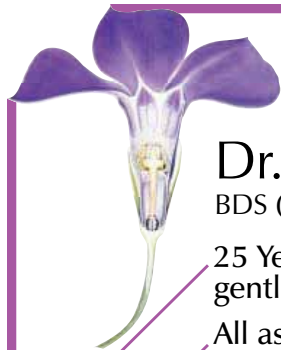
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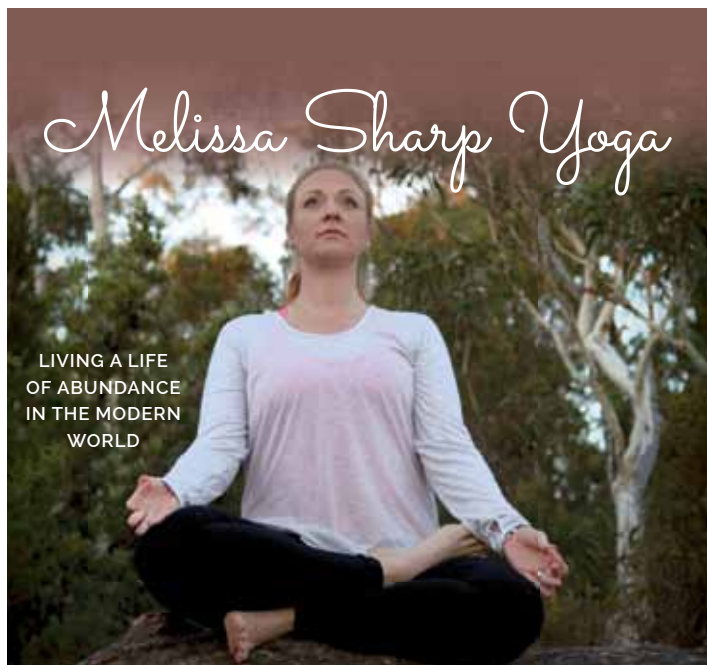
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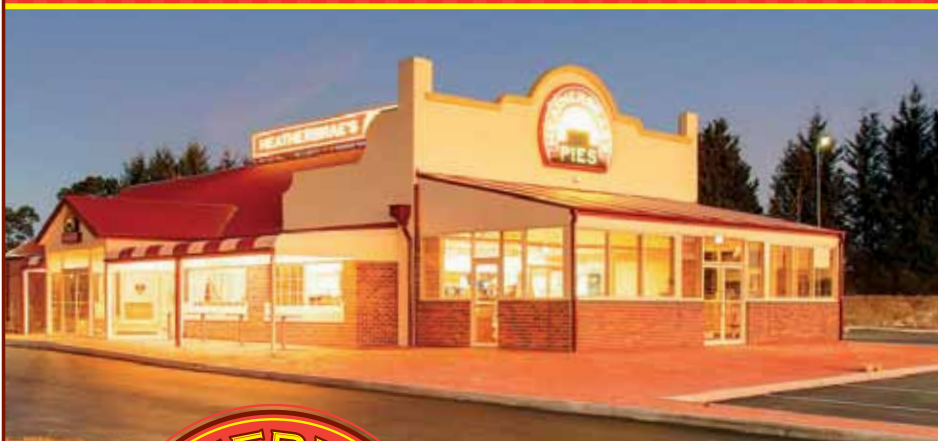
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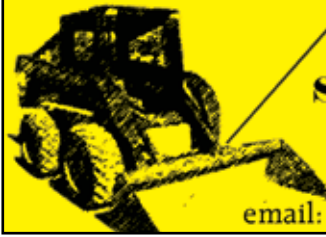


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Cover photograph:

Photo by Helen Clark showing four of our next generation of artists from Bundanoon Public School. Left to right: Lucy Duffy, Liam Halloran, Rowan Mulcahy and Eva Eaton.

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Helen Clark,
Guest editor

From the editor

IT WAS VERY difficult to narrow down just a few people as subjects for this issue's theme of creativity. We all know there are many creative people in Bundanoon engaged in art, cuisine, craft, education, music, photography and theatre... so please don't think our centre pages are in any way definitive. The artists featured are only the tip of the creative iceberg but they make for a very interesting berg-top landscape of imagination and inspiration.

Apart from our theme section, and alongside our regular contributors and community news, you will find quite a few special feature articles, many of which have been sent to the editor on spec. Meet two valuable members of the Soldiers' Memorial Hall volunteer team in Jennie Fea's story, and set your taste buds tingling with Eloise Ross-Jones' story about Japanese food or Fiona Nichol's bruschetta recipe.

My thanks go to some new writers whose names you will see in JCG for the first time as interviewers and writers. They add to the truly community-made flavour of our magazine.

— Helen Clark

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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):
21 September, 19 October, 16 November:
7:30pm in Supper Room at the Hall.

Advertising info:
page 49

Deadline for next issue:
Friday 27 October

Warming up

AS SPRING ROLLS into Bundanoon from the north, we have happy memories of Arts Bundanoon's winter offerings. June's Music at 10 comprised a remarkably virtuosic concert by the Sydney violinist, Maria Lindsay who played Sarasate's "Carmen Fantasy" amongst other favourites to a rapturously enthusiastic audience. Ms Lindsay and Mr Brooks enjoyed the warm welcome and they will be back. Music at 10 patrons provided a near capacity audience in July for the recital by Xenia Deviatkina-Loh, violin and Jeremy So, piano. The concert included the beautiful Beethoven violin sonata No 7 and it concluded with thunderous applause from the audience.

A special innovation for this year is our mini-series of chamber music, "Intimate Voices". The lovely acoustics of the local Uniting Church (Old Methodist Church) are too good to remain neglected. This small and cosy venue brings audiences even closer to the performers than in the Soldiers' Memorial Hall, enabling them to hear every note played on quiet instruments. The series began on Saturday 22nd July 2017 with the guitarist Ciaran Edwards-McKeown. This extraordinarily gifted musician presented a programme of Bach, Scarlatti and Schubert arrangements along with works by Tarrega, Rodrigo and Barrios-Mangore. He will definitely be coming back.

Bundanoon Sings! appeared as the artists in our second Intimate Voices concert on 6th August 2017.

Some coming attractions include The Geist String Quartet at Music at 10 on 14th October, 2017. The Geist String Quartet comprises the following members: violinists Meg Cohen and Sonia Wilson, violist Hayasa Tanaka and cellist James Larsen – young musicians with a great reputation. James Larsen has appeared in Bundanoon previously and he is already one of this country's great cellists. The Quartet won the 2016 Gerald Westheimer Fellowship which gave its members access to developmental opportunities.

Angus McPherson, the remarkably talented flautist, will appear again at Music at 10 on 4th November, 2017 – that is, the first Saturday in November.

Tony Lee will appear at Music at 10 on 2nd December, 2017 – that is, the first Saturday in December. There may be a separate Master Class given by Mr Lee on the previous day, Friday 1st December. This will be under the direct auspices of the Bundanoon Community Association.

One notable fact about our audiences is that they are so warm that all of our artists wish to come back and perform here again, circumstances permitting. We can therefore look forward to seeing some familiar and welcome faces over the next two years. We shall endeavour to ensure that as many concerts as possible are given on the second Saturday of the month.

— Neil Mitchell

Rachel Scott's coming back, bringing her Bach in the Dark concert with her

PATRONS OF THE concert by the Choir of St James' in April (part of The Brigadoon Festival) will remember cellist Rachel Scott who brought humour and skill to her contribution that afternoon. There was an immediate response: "when will she be back?".

A chance conversation I had with Warren Trevelyan-Jones (Head of Music at St James') led to the idea for Rachel to bring her very successful Bach series to Bundanoon. She jumped at the chance and it will take place at Holy Trinity Church on 7 October at 6pm.

'Bach in the Dark' is an hour-long concert and it is deliberately informal. For the first concert at Bundanoon (hints at more), Rachel is bringing two of her closest musical friends, classical guitarists Raff and Janet Agostino. The trio have been playing together regularly for over six years and these concerts have been a huge favourite with Sydney audiences. The program will include a Gamba sonata by Bach (specially arranged for this combination by Janet), some Philip Glass, some folk songs from around the world – and since it is Rachel, a few other surprises!

The Bach in the Dark series has been part of the Sydney music scene for seven years, eagerly awaited by its aficionados.

The four-concert series was sold out during August. Another five concerts are scheduled for October, including Bundanoon.

We are taking advantage of this welcome addition to the music scene by linking with the Classical Music Club (based in the Southern Highlands) to raise funds towards their student grants.

Their aim is to recognise and encourage talented young students to achieve their potential as classical musicians. Eight aspiring young instrumentalists have already been provided with scholarships in the last three years.

Tickets (\$20) will be available at the Terrace Teashop in Railway Avenue from 7 September, with concessions for pensioners and students with appropriate identification.

If you have been fortunate to have heard Rachel play, you already know how engaging she is and this evening will be no different. If you have not yet had that experience, you'll love it.

Get in early to book your seat.

To find out more look up:
www.bachinthedark.com

—Thomas-Andrew





Crash Test Drama

AS PART OF Melting Pot Theatre, the third Crash Test Drama (CTD) event of the year was held on Saturday 29 July in the Soldiers' Memorial Hall, Bundanoon. 25 fun-filled actors turned up to take part in eight 10-minute plays written and directed by local writers. Some actors doubled up, managing to rehearse and perform in two plays due to the number of characters required.

The eight plays were a mix of comedy, drama, real life situations and social justice issues. What's not to enjoy? If you have something to say that can be said in a 10-minute play, then please put pen to paper or fingers to PC and send it to Jan Kenny for inclusion in the last CTD for this year, to be held on 14 October in the Bundanoon Soldiers' Memorial Hall.

Our judge for the July show was Michaela Bolzan, who is well known in the Highlands as the founder and director of The Southern Highlands Writers' Festival. Michaela has a BA (Hons) in Drama and has spent many years in directing, performing and creating theatre.

The results for the July CTD are as follows:

GUEST JUDGE'S VOTES :

Best Play: "Two Steps Forward, One Step Back" by Robyn Karakasch

Best Director: Fran Bosly-Craft for "The Crumbling Memory of Tom Moore"

Best Actress: The entire female cast of "Two Steps Forward, One Step Back" – Sue Davison, Brigid Gregg, Kathy Ehmann and Janet Sinclair



"The Crumbling Memory of Tom Moore"

Best Actor: Richard Bosly-Craft in "The Crumbling Memory of Tom Moore"

AUDIENCE VOTE :

Best Play: "The Crumbling Memory of Tom Moore" by Anton Baggerman

It was a great night, with a wonderful turn-out. Many thanks to our wonderful audience. This event would not happen without the hard work of the MPT Convenor Jan Kenny and her committee.

At Crash Test Drama all are welcome to have a go in a safe and friendly atmosphere – congratulations to everyone who took part this time. Thanks to Peter Gray our resident photographer, who managed to capture much hilarity during

the afternoon and evening. Some people just will not stand still long enough to be captured!!

Please keep up to date with coming events at the Melting Pot website: www.meltingpottheatre.org or contact Jan Kenny the Convenor on jankenny10@gmail.com.

— Rosemarie Gray



Coming events

The next Crash Test Drama will be held on Saturday 14 October. There will be four 10-minute plays and a rehearsed and costumed half hour play reading of "A Family Affair", a delightful comedy directed by Fran Bosly-Craft.

The Crash Test Gala Final will be held on 18 November in the Bundanoon Soldiers' Memorial Hall. This will feature the best of the best for the year – eight fully rehearsed plays, all of which have won their heat during the year.

The final event of the year will be the much loved Xmas Variety Show, to be held on Saturday 16 December, where we will begin the festive season with a bang.

Richard Bosly-Craft, Fran Bosly-Craft, Anton Baggerman

Photos by Peter Gray



GM, Ann Prendergast

Wingecarribee Shire Council report

OUR SHIRE IS blessed with an abundance of natural attractions. Indeed much of our Shire's 2700 square kilometre area is covered by National Parks, State Forests and water catchment areas. These areas are not just popular tourist destinations but are also home to important ecological communities and environmental resources.

Our water catchment areas for example not only provide the drinking water for our Shire but that of the greater Sydney metropolitan area. The Nepean, Avon, Wollondilly and Nattai Rivers in the north of our Shire all feed major Sydney dams. In the south we have the Wingecarribee and Fitzroy Falls Reservoirs and supplying the Bundanoon area we have the Bundanoon Creek system.

At Council we are constantly looking at innovative ways to improve the supply of drinking water to our customers and one such program is currently underway at Bundanoon Creek Dam.

In dams, where large volumes of water are stored, it's important that the water is aerated. Aerating circulates the water and helps to ensure the temperature is more evenly balanced. This helps to eliminate incidents of "dead" water at the bottom of the dam and in turn means we have access to more water and the overall quality is improved too.

Council staff are currently mid-way through a program to replace the existing aerator located at the base of the Bundanoon Creek Dam. The old unit currently sits too far off the base of the dam floor and consequently doesn't access the deeper water. The new aerator is intended to be more efficient and will be located closer to the base thereby circulating more water. But before we can install the new compressor we have had to first map the base of the dam to find the perfect position for the aerator. To do this we used high-tech multi-beam echo-sounding technology which has returned some surprising images.

Studying the footage we learned the deepest section of the dam is just over 32 metres deep, we found the old cliff face and even located a seven metre tree still rooted to the dam floor!

Protecting our water catchments is everyone's responsibility and programs like this will help ensure we continue to deliver clean fresh water for years to come.

BCA

President's report



President, Geoff Duncan

THE WINDS OF August are upon us and while occasionally their often relentless presence can psychologically knock us a little off kilter, we know there will be compensation with the coming warmth

of Spring. Not yet upon us but teasingly not far away, Spring, we believe, we know in our bones, will carry us through – it always does.

Hibernating, that contradictory mix of forced and yet often pleasurable respite from the cold bite of a grey Winter's day, will be a thing of the past. Soon we will feel more imaginative and free, breathe more deeply and, dare I say, feel more creative! Those frequent melancholic days of winter will seem a mere blip on the radar of another long year.

In other pages herein you will read about the achievements of artistic and imaginative people.

Don't feel defeated by not being a Picasso, a Maria Callas or a Shakespearean actor. You don't need to be like these people to understand and appreciate the richness of your world and your creative role within it!

Caring about your child's education and the development of his or her individual personality; allowing for your partner's needs and sensitivities; riding a bike, walking, or taking the hound for its daily constitutional; sharing a chat with a neighbour; or stopping to observe a subtle change in a plant or a tree – all of these activities may seem banal on the surface and yet all involve the exercise of intelligence, compassion and imagination.

Lastly, congratulations to Kaz Williams who has taken on the role of Winterfest Convenor for 2018. A final thanks also to former Convenor Lisa Stuart for her hard work and commitment over many years.

Regards,
Geoff

The Gathering

WE HAVE MANY opportunities to mix and mingle in our village, but a chance to intentionally get together and say hello seemed like a good idea. So Bundanoon Community Association (BCA) made it happen.

On Friday July 7 the Hall looked very welcoming as people moseyed in to say hello, have a nibble, a drink and a chat. Many also took the opportunity to purchase good local food nearby to complete the night out. Two local pianists, Ted and Keith, brought our lovely piano onstage to perform some great background music. Bundanoon Sings! 'flash-mobbed' the event with Hallelujah and encouraged the crowd to sing-a-long with Edelweiss, followed by a super little band from the coast who added more great music to the atmosphere and completed the night.

BCA received very positive feedback. There were some perfect stories of neighbours meeting neighbours and saying more than 'good morning'. The invitation was to all, and a strong response

brought new folk in town along, some long-termers who hadn't been out and about for a while and some who dropped by to see exactly what was happening and stayed on! Bundanoonians shared genuine enjoyment and appreciation at being able to catch up and talk together in a relaxed atmosphere. About 120 people joined our get-together (not that we counted!).

BCA will look at working towards a summer event early in the New Year. Watch out for the date!

These events work because people give their ideas, their time and their generous spirit and energy and help keep an eye on things during the event. The Bundanoon community does this exceptionally well, so sincere thanks to all who 'did their bit' to contribute to the success of the inaugural village get together – The Gathering.

— Christine Miller

Garden treasures

When we go to a garden ramble, what do we expect to see? Flowers, trees, ponds, pathways and more. Come with me as I take you on a preliminary stroll through the gardens open on 21 and 22 October.

Jill's place

Winding paths lead you through this charming cottage garden in Amy Street and it is hard to imagine that eight years ago Jill tackled an overgrown jungle with kikuyu literally climbing the walls. Ground covers, herbs and vegetables are accompanied by a delightful mix of deciduous trees and natives, while rustic wooden sculptures pop up here and there. At last count there were 70 roses.



Sue's place

Step into this Erith Street garden and you become aware that there is an artist in residence. Sue has 'planted' colourful ceramics, made by her own fair hands, throughout the gardens – look for totems, stepping stones, hanging pots and glass flowers. The greedy old pine tree munching up nourishment and moisture originally created a huge challenge which Sue has overcome with loads of compost and hard work. The stately silver birches in the rear garden supply a shady haven on a summer's day.

Brenda and Phil's place

Hop in the car or jump on the bus to visit Brenda and Phil in Penrose Road. Very conscious of caring for the environment, they use all natural products to promote healthy growth in this sandy soil. We all know of worm farms but have you heard of a worm septic? It keeps a large expanse of lawn moist and nourished with very little maintenance, just healthy happy worms. The garden has been designed to include views over Morton National Park, above banks of cultivated native shrubs. Wander the sweeping lawns and enjoy a great variety of exotic trees, flowers and shrubs including the rare Dais tree and Brenda's favourite native Homoranthus shrubs. Relax and enjoy lunch at the Ramble's pop-up Lions Club Cafe.



Geoff's place

'The Cedars' is an old garden, originally part of a larger estate in Ross Street. When Geoff arrived in 2016, much of the large garden had been allowed to run rampant. The fountain, discovered hidden under masses of ivy, is being returned to its former glory while the pond now abounds with happy frogs. Young weeping cherries, maples and crab apples are placed to create colourful vistas, overlooked by two magnificent oaks, a welcome legacy from the original estate.

Liz and Bill's place

Three years ago Bill and Liz decided to build a new house in what was originally the back yard of their large Erith Street property. A work in progress this garden; its maples, dogwoods, camellias, roses and terraced beds demonstrating how quickly a paddock can be transformed into an established garden. The resident satin bower bird and his mate were very happy with a bower created from stolen heads of pretty blue flowers, but Bill now provides them with bottle tops and blue objects to discourage theft.



Graham and Sue's place

This Viewland Street garden encourages you to wander freely down paths, through archways, past quirky sculptures and to explore the variety of 'rooms', formal and informal. The vegetable patch supplies an abundance of kitchen goodies and the aviary of cheeky, chirpy budgies is a colourful addition. Sue has created an amazing variety of sculptures to accompany the plants and her studio will be open during the Ramble.



Sylvia's place

During four years in William Street, Sylvia has created an amazing garden of native trees, shrubs and plants. Not only does she plant and nurture them, she knows all by name, what birds they attract and which insects are happy living there. Thriving in this haven are rare and endangered species, some of which have not yet been registered. Exotic interlopers are some David Austin roses, essential items for Sylvia's rose petal brandy. Look for the insect house, the circular bottle garden and the glossy plump chooks.

Stuart's place

Seven years ago Stuart and his partner purchased a half acre field in Ferndale Road and Stuart began his first gardening venture, taming the paddock and transforming a building site. Thoughtfully-planned gravel paths lead you through masses of flowering plants, shrubs and conifers to a formal circular space. Young fruit trees are dotted throughout but so far only the parrots have tasted the olives. Ask Stuart about the red apple – not yet fruiting but most unusual.

— Annie Goodridge

For further information go to www.bundanoongardenramble.org.au

Creative choirs?

"We hold these things to be self-evident..." (Thomas Jefferson).

DOES THIS INCLUDE choirs being creative? Are they? In terms of original creation probably not. The composer takes that role. How about interpretation? No – that's for the conductor. So are choirs off the creative list all-together? Not if we think more laterally.

For example, Serendipity: the choir always creates programmes around a theme, most recently in June using the theme "One Earth – Many Voices". This opened an endless range of possibilities and allowed many voices – those of the oppressed, the divine, the Australian and others – to be heard.

And then in maintaining the infrastructure of the choir, Serendipity wrote a highly creative (and successful) application to the Council asking for financial support towards the purchase of a collapsible podium for the conductor. The project, entitled "Conductor Aloft"!, was a creative way to overcome the problem of the conductor disappearing from the choir's view every time songs were sung in a standing formation. Needless to say, the arrival of this device is eagerly awaited; no chorister ever wants to lose sight of its leader! To creatively express our appreciation, Serendipity sang at the Council Awards Presentation ceremony in early August.

Choirs are renowned for creating new friendships and relationships. Sharing the challenges of working together to create beautiful, exciting music over a period of rehearsal time, overcoming musical and language difficulties, hearing the sound of the ensemble blend and balance – all are part of the creative process to which every singer contributes.

To develop the bonding of choir membership and to continue Serendipity's creative celebration of its first decade in 2017, half the choir toured the South Island of New Zealand in August. We joined with four New Zealand choirs in workshops, church services and concerts, each choir nominating one piece to be sung jointly. Our contributions were all Australian and most of the New Zealand songs were either Maori or written by New Zealand composers. This experience of meeting and working with total strangers, joined by a common love of singing and music, is a wonderful example of the possibilities of music-making, and gave all those who were able to participate new insights into what makes choristers 'tick'. Needless to say there was much creative activity involved in the organisation of this tour – and occasional creative thinking when musical memories failed or a vital performance costume was mislaid!

And so to the initial question. Are choirs self-creative? What do you think?

**"creativity is
intelligence
having FUN"**

– ALBERT EINSTEIN

And we do!
– Kerith Fowles

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- gifted
- ingenious
- innovative
- inventive

Serendipity
the choir

is all of these!

The next concert series to be presented by Serendipity:the choir is particularly exciting, as the choir celebrates the completion of its first decade!

All the music in the program has been chosen by the members of the choir, and every concert program since 2008 is represented. Associate artists from earlier years, and former choristers, will be guests of the choir, as too we hope will be composers who have written original works for Serendipity:the choir.

Book the dates now:

Bowral Uniting Church Hall

– Saturday 2 December at 4.00pm

Bundanoon Memorial Hall

– Friday 8 December at 6.00pm

– Saturday 9 December at 4.00pm

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Library Services in Bundanoon

Letter to the editor

GOODDAY, MY NAME is Les Rundle, and I have been reading through the JCG edition 89, and came across the article regarding the 'Little Free Library'; while I reckon it's a great idea, I must say that it is not Bundanoon's first free library.

In Tooth's Store, then Rundle's Mixed Business, in what is now the Bike Shop Cafe, my Grandmother and Mother supported a free 'Lending Library' all through the 40s 50s and 60s, and into the early 70s, possibly even earlier than that*. The shelves containing the books were in what is now the cafe section as you walk in from the diagonal door facing the Uniting Church. Mum used to lend them out three at a time and no money ever changed hands. They were mostly borrowed by customers of the shop who, as a sideline would do their grocery shopping and then take a few books home with them. I can recall the old dears opening a book, looking at the first page and either putting it back, or putting it into their shopping basket. The same applied to our library as with the 'Little Free Library', and that was, if they came back well and good, but if not someone would bring in some old books they had laying about and leave them with Mum, so there was always a stock on hand.

If you would like any further information on the library, I would be willing to help out with the limited info I have.

Best Regards
Leslie R Rundle.

*Les Rundle's grandfather Edward Tooth and his wife Sophie ran a tearoom in the 1920s called Monmouth Tearooms, which offered a small lending library.

Inspired by Les's story, we asked the History Group for more on libraries in the village, free or otherwise.

— Editor

BOOKS WERE ALSO available for loan in the Primula Cafe when the Badgery sisters ran it.

In the 1930s a subscription library was constructed on the corner of Railway Avenue and William Street. It was known as The Meads Lending Library, or the Penny Lending Library. This operated until 1952 as part of a business which sold china and pottery and books. It is now a private residence.

Later, a small Bundanoon Library Deposit Station (outpost of the Wingecarribee Shire Library) operated from the Supper Room of the Soldiers' Memorial Hall, where Library Assistant Mrs. Beryl Willard presided over a small number of books available for loan on two afternoons each week. This proved a drain on the book stock at Moss Vale: "new fiction is sent to Bundanoon once a month; these books are made up of any new fiction received at Moss Vale circulating for a little as six weeks, meaning only three or four Moss Vale borrowers read a book before it is sent to Bundanoon, and once there it remains for approximately 15 months."

Agitation for a better service led to the Shire opening a larger Bundanoon Branch Library in what had been Dan's Electrical Store in Railway Avenue in July 1977 (where Ken Davidson's Veterinary



rooms are now). Access was much easier, opening hours increased to eight and a half hours a week, the collection was enlarged and business boomed.

In 1981, the owner of the building died, and the lease rent was to be doubled or the property sold. Council was unable to make a decision to purchase the building so by 1982 the Branch Library was replaced by the Bookmobile, operating six hours a fortnight.

P.S. The Bundanoon History Group has a library collection specific to the history of Bundanoon and the wider Southern Highlands. Members may borrow from this collection at our regular monthly meetings held at 10am in the Hall on the first Monday, or during The Old Goods Shed open days, which coincide with Market days.

— Bundanoon History Group



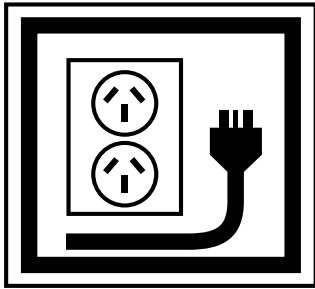
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Remembering Elizabeth Royal

ELIZABETH ROYAL DIED in June, in Melbourne, aged 96.

Long-time residents of Bundanoon will remember Elizabeth and John (Martin) Royal, who made their home here for 13 years from 1989. They always declared that their time in the Highlands was the happiest period of their retirement.

They initially rented a house, while Elizabeth designed their new home "Applecross" in Ben Nevis Circuit. In their early 70s then, they established a productive garden, planting their sloping block to get the best aspect for flower and vegetable beds, fruit trees and vines. Careful enrichment of the soil paid dividends – it was not unusual for the dinner guest to be offered six or seven vegetables!

Later, when they had put their feet down – not often up – they joined the Garden Club, consisting then of four or five members who met in one another's homes. This small but very active group dug and planted the area along Railway Avenue, Picnic Park, the Memorial (now RSL) Garden, and the embankment in Erith Street at the side of the station, where Norma Waldon and her team bought tube stock from Warriapendi and stabilised the sleepers. Nancy Kingsbury Park was also remediated at this time.

The Royals were among those who opened their gardens in the early days of the Garden Ramble.

On trips away John and Elizabeth took photographs of other towns to see how we might better enhance and beautify our surroundings. Elizabeth could also be found in her long pink rubber gloves cleaning up the gutters in the village centre, John with trailer in tow, making sure all was pristine for resident and visitor alike.

Elizabeth was a prolific reader, a crossword solver with an enquiring mind and an open dictionary, always ready to look



Photo courtesy Ian Crook

up a word and its meaning. She had a great sense of fun, loved picnics and having friends to tea on the sunny veranda, and doted on her ever-expanding family. Increasing deafness frustrated her in recent years making phone conversations difficult. Undeterred, she mastered the use of her iPad and managed to keep in touch with her family and friends who became accustomed to the odd detached sentence floating from her draft box.

John, who cared lovingly for his wife in her latter years, continues to live in Melbourne, cared for in turn by his attentive family. They hope to come to Bundanoon some time around Easter next year to meet with old friends and perhaps establish a memorial to a dear wife and mother.

— *Kate Perkins*

Get on with the NBN!

I'VE DONE IT! After waiting until the first rush was over and (presumably) all the problems had been fixed, I signed up over the phone and was given a date a couple of weeks ahead. I was told my service would be switched over then, so I waited. Sure enough my phone and internet line went off on that date, but neither came back. Nothing worked! So I rang my provider, but had to order a call back, since the phone queue was over an hour long.

When the call came through I went through all the basic tests with the call centre. Still nothing! So they thought the modem they sent me might be faulty, and another came a few days later. When after more tests it didn't work either, a fault notice was issued. Three days later a technician came, discovered that the wiring which had been done at the beginning was wrong, and fixed it. I was on line! – even though it took several more days to get the phone right.

Sounds painful? Yes, but as the person who was the BCA contact on NBN matters,

I'm aware I was not alone – I get to hear of the problems. Although many people have had no troubles, unfortunately too many have had the same sort of story as mine, and for some it has been much more trying. What they and I have in common is simply this: we have had no landline phone or internet service for a number of days, and in a few cases much longer. So if you've been told your existing landline and internet services will be disconnected from 9 February 2018, and you have not signed up to the NBN yet, do it now!! Do it before the last minute rush, when the delays to get connected and to fix problems can only get longer.

Note, too, that when I and most people had problems – which always included the phone – we needed to ring our provider to get them fixed. So of course we had to have a mobile to do it. If you haven't a good working mobile, then it's time to think about getting one. Even then, I know that the mobile service in parts of Bundanoon is patchy.... This is particularly

important when there is a blackout, and normal modems won't work. That means the landline phone and the internet won't work either. It's especially important if you have a medical alert. These will be affected too, and it is essential to call your supplier now to make sure yours will continue to work both when you are connected to the NBN, and if the power goes off.

The NBN rollout in Bundanoon has not been tidy. There are people on the edge of the village who have only recently been able to sign on to the wireless network and there are others for whom the service is still not yet available. But certainly, for those of us who have the green boxes – the nodes – in our street, the time is now.

It may not be easy to get signed up. If you're not sure what to do, ask a friend who has been through it to help, and write down your questions before you contact a provider. And then make the call – best of luck!

— *Geoff McCubbin*

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40 Years of 'Creativeness and Imagination' through the eyes of Mrs Barbara Armfield

(recently retired and much loved teacher at Bundanoon Public School)

OUR SCHOOL MOTTO is "Creativeness and Imagination". Can you tell us about the importance of creativity in the classroom?

Mr Vocard and Mrs Edmondson came up with the idea of using 'Creativeness and Imagination' for our school motto for the 100 year celebration. They were really forward-looking and creative themselves and made up a really creative motto that is still modern today. Creativity and imagination encompass the whole world. Teachers these days are opening new pathways and guiding students to a bright future.

When did you start teaching?

I started teaching in 1974 at Bankstown Public School. I had a Kindergarten class of 38 students and only 10 of them spoke English as most of the class were from migrant families. I stayed there for a while and then I was appointed to Bundanoon Public School.

How have things changed during your time teaching?

A very significant change is in the area of technology. I remember our first computer at school in 1988. We had to wheel it on a trolley from one class to another and by the time we had plugged it in and started it up, the lesson was almost over!

When I started teaching, children didn't go to preschool so I had to teach them right from the start. The expectation has changed now and children nearly always go to preschool. Teaching has changed a lot too and there now seems to be a lot more work for the teacher to do.

Class sizes have changed since the Department of Education introduced the policy of a maximum number of 20 students in kindergarten and under 30 for other classes.

Classrooms haven't changed much over the time I have been teaching. They used to be square rooms with a board at the front and most still are. When I started teaching, my classrooms had large windows and whilst I was teaching, the students would always look outside and see what sport was going on!

Input from parents and the P&C has changed too. At Bankstown, the majority of parents were migrant workers who didn't want to risk time off work so they didn't often come up to school. Usually Grandma or Nonna came to pick the children up.

What have been the highlights of your teaching career?

The children and how far I've seen them develop is the most significant highlight of my teaching career. However, our School



Concerts have all been a big highlight too. My favourite has got to be *Owl and the Pussycat*. I always loved the Country Women's Association projects too – instead of individual projects my class would make a great big poster and add photos and other information.

What is your fondest memory of Bundanoon Public School?

Every new day was special really but my fondest memory of Bundanoon was when I left to go and have my baby – all the support and cards I received was quite overwhelming.

Can you tell us about a funny story during your teaching career?

I have so many! Once a parent came to me and asked me to try and convince her son to eat his lunch. I bet the boy that if he could eat all his lunch, I would skip backwards across the school oval. Needless to say, he ate his lunch and I had to skip across the oval!

What do you think about the 'Bring Your Own Device' policy at school?

I think it is the only way forward. We need to look to the future and equip students with the necessary skills.

If you could go back to your first day teaching what would you say to yourself?

Oh that's a hard one..... It was so long ago... well, I think I would say 'soldier on and keep doing your best'!

— Interview by Connor Beveridge & Brayden Stirton



Our apologies

RUBY BAGNELL WAS the author of a very professional article entitled "The spirit of Bundanoon community" highlighting art at Bundanoon Public School. Unfortunately, in the flurry of activity around collecting, editing and printing, Ruby's article was wrongly attributed to Principal Linda Wilbraham, who had submitted it on Ruby's behalf.

We extend our apologies to Ruby and encourage her to keep submitting articles, as it's wonderful to get a talented youthful perspective on life in the village.

— Christine Janssen, Convenor, JCG



Bundanoon Photography Group

WINTER IS AN exciting time for photographers, especially for those living in the Southern Highlands. Members of the Bundanoon Photography Group have taken the opportunity to explore Autumn colours, textures and the pale light which winter offers, and produced some wonderful photographs capturing the spirit of the season perfectly.

Our monthly meetings are held on the second Thursday of the month and we have photo outings on the fourth Thursday. Destinations for our outings are chosen to provide variety and opportunity. Recent visits have included Red Cow Farm, Vivid Sydney and the Pioneer Villiage Museum. Our next trip is planned for the Moss Vale Sale Yards which we are hoping will present an opportunity to capture the visual excitement of sale day – and not so much of the odours.



Joe Mercieca



Peter Gray

The club runs a series of monthly lessons covering a range of topics, from Beginners 101 of Photography, to this month's topic: Low Light and Theatre Photography.

Our photographic competition is held monthly and judged by popular vote. The winner is presented with the Presidents Cup and holds it until next month's winner is announced. The monthly winners are then automatically entered into our annual competition which is judged at our Christmas gathering.

Recent winners of the Presidents Cup are:-
May, Portrait – Meg Nurse



Meg Nurse

June, A Touch of Red – Joe Mercieca
July, Light & Shade – Peter Gray

Our club nights offer a friendly atmosphere to share our photographs in a relaxed and educational environment.

Our monthly subject titles are always open to broad interpretation providing scope for photographers to use their imagination.

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

—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

Yoga classes

MELISSA SHARP WOULD like you to know she is offering Yoga classes in Bundanoon and Exeter, for both group and personal tuition. Participants are encouraged to work on their body and mind in a safe and supportive environment. Classes run throughout the week, and timetables are located at www.melissasharpyoga.com

Yoga promotes health of the physical body through asana (posture), strength, balance and mobility, benefitting the well-being of the mind by using breathing techniques, meditation and relaxation. Yoga is for *everybody*, and *every body*. It is about the journey, the space and time you give to yourself through your practice. Every practice is different, every body is different, and so Yoga is different for each of us.

AFGW Scholarship awarded to local student

BUNDANOON RESIDENT SOPHIE Riedel is studying for a Bachelor of International Security Studies at ANU and was the successful applicant for the Australian Federation of Graduate Women, Bundanoon Branch, Inaugural Scholarship, worth \$2000.



Sophie with AFGW convenor Christine Janssen

Sophie impressed the AFGW panel with her knowledge and passion for her chosen field, eloquently explaining her particular interest in the role China will play in our region. She has already added learning Chinese to her studies.

She also used her semester break to study at Waseda University in Japan in order to understand Japan's position in the region and to gain its perspective on China, Australia, and Japan's future security threats. One of the outcomes of receiving the Scholarship may be the possibility of doing a similar course at Nankai University in China.

The awarding of the Scholarship was made possible by the generous contributions of businesses and participants at the Trivia Night hosted by Bundanoon AFGW and we look forward to similar events to enrich our community in the future.

Creation

The act of making a thing which has not been made before

I LOVE THAT definition because it means we are all busy about the act of creation every day... creating gardens, sculptures, delicious meals, paintings, beautiful homes, music of all genres, fibre art, photographs, woodwork, fashion... the list could go on and on and on.

I love that these things we create are unique – one of a kind – although they may be but part of a whole. They grow from within us, from a heart of love and life, they come from our very being. They are our voice into the world and a gift given freely.

Most of us get a buzz out of our creations

– we love them even if others do not, although we are also aware our creations may be flawed, not perfect, lacking that something that makes a handiwork great. This is why we start learning a skill, a craft, a means to enrich our creations; and we discover that growth and learning never end.

Bundanoon, our beautiful home, fosters such creations with its beauty, its quiet peace, its energy and community life, its love – so there are many extraordinarily gifted and hard-working creation-makers in our midst. We know some of them by name

and admire their offerings to us. Many are unknown except to themselves, their family or friends. All make a difference, enhancing our lives.

This edition of JCG (itself a work of creation every three months) introduces us to just a few of Bundanoon's extremely talented people. Everywhere we look there are people with passion in their hearts, creativity in their hands, imagination in their heads, who create something which has not been made before.

— Jane Irwin

The Bundanoon quilt – out of grief came a gift

NEWCOMERS TO BUNDANOON will have noticed the beautiful quilt on display in the foyer of the Bundanoon Soldiers' Memorial Hall, but may not know the very moving story of its creation.

In the late 1990s, Bundanoon lost several of its young men to suicide. The townspeople were in a state of shock so some gathered together to try to understand this tragedy. The gatherings proved popular, as they provided a forum for discussion and companionship. The idea grew that perhaps the meetings should have a community focus. Local textile artist, Jenny Corkish, came up with the idea of a community quilt.

The idea was presented to the Bundanoon Community Development Association (BCDA) who embraced the concept wholeheartedly and agreed to be the sponsoring body. Community meetings were held to gather together interested residents and brainstorm ideas.

The design of the quilt was agreed on and extensive research was undertaken to find historical photographs and information about indigenous flora and fauna for use on the quilt. A small group spent hours researching available funding through State and local governments, completing grant application forms and subsequently ensuring that all grant requirements were fulfilled. The project would never have succeeded without generous financial assistance from Wingecarribee Shire Council and Regional Arts NSW (Southern Tablelands).

Many local women worked on various parts of the quilt at regular working



bees. With occasional adjustments and refinements it eventually it all came together.

All community members were represented in the quilt, either visually (like the handprints of pre-schoolers and residents of Linkside Nursing Home painted on the rear of the quilt), or in spirit by participating in various fund-raising activities such as garage sales, morning teas, raffles. An annual Craft & Textile exhibition, held in conjunction with the BCDA Garden Ramble, became a feature of the fundraising efforts.

This project had an important impetus in village life. Local businesses and residents became involved and offered support, and the pub provided a venue for quilting

exhibitions. The 'quilt ladies', who found friendships, a community forum and a shared joy of craftwork, continued to meet as the Needles and Natter Group.

After five years of input by an ever-changing and expanding team of workers, the quilt was finished in early 2006 and presented to the community as a gift of love. The BCDA and the Wingecarribee Shire authorised the rebuilding of the foyer of the Soldiers' Memorial Hall to include a special cabinet in which the quilt could be hung in pride of place, symbolising the spirit of community in Bundanoon.

(We have taken this information from Pat Wheaton's summary of the project, 2006 – Editor)



Miranda is going for bronze

"I LOVE A fresh bag of clay: to open it up and then really punch it out!" says sculptor Miranda Lean passionately.

You may already know Miranda as a nurse, a serious bike rider, an actress, a wonderful cook, a painter and a lover of clothing. But her creative energy knows no bounds and has expanded to include sculpting.

I was interested to know how her creativity might have developed since 2003, when JCG featured an article about her sculpture. At that time Miranda indicated that a lot more humour was coming into her work. Has that continued to be an influence?

Looking back, Miranda now believes that the influence of humour in her work was a passing phase, but one that she would like to reconnect with. Her interest these days has become focused on more traditional styles, and her passion now is on working predominantly in bronze.

Miranda says it's difficult to maintain a lot of sculpting with the nursing hours that she works. She loves to spend as much time as possible with her cherished family, while other activities such as acting and bike riding also take up a lot of her time.

With bronzing being a long and expensive process, Miranda has found herself being very selective about her subjects. The way she likes to work can be through several sittings, and at times from photographs and drawings.

Miranda's inspiration for choosing a subject comes from life around her.

She may see a person or an object that resonates with her, and often her creative drive then wants to make a sculpture of that person or object. To date she has not been interested in attempting any impressionistic work; her desire is always to create a work that is as realistic as possible.

"I find creating in 3D much easier than drawing," Miranda observes. "Drawing is more of a challenge but an essential preparation for the process – it's a discipline that I need to adhere to. When I'm sculpting, I lose myself in the piece and time loses its meaning – and that is so good for the soul."

"I work really fast once I get going and I've decided what I want to do. When working with clay that is going to be fired, you have to be very careful as you work so that no air bubbles remain as these can actually cause explosions in the kiln. However, if you make the decision to cast in bronze then you can be quite free with how you work as there is no kiln firing involved."

The actual bronzing process, or casting, is a long and complex one carried out in a foundry, and involving several castings or layers of rubber, wax, resin compounds and sand, ending up with a ceramic shell.

Wax is melted out of the ceramic shell and molten bronze is poured into the resulting cavity. Then the bronzed sculpture is smoothed and polished, followed by oxidation, which creates patination, or texture. Acid processes can

also be used to create colour. In the final step, the piece is brushed with a protective layer which prevents further oxidation.

Each bronze piece that Miranda makes can typically take three to four months, with the actual sculpting taking four to six weeks and the bronzing process taking up to two months.

"I really don't want to be away from home and my family for long periods of time. But I would love to have my work exhibited in galleries in Sydney. That would be really satisfying."

— Jan Kenny



Creativity rekindled

IN A TRAVEL story written in JCG 2011, we left Bruce Pryor up to his knees in a Kyoto canal sifting through pottery shards during his 2006 trip to Japan. Bruce covered 3500 km, travelling back and forth across the country and visiting many pottery studios. Discarded broken pottery can be found everywhere in Japan – in laneways, along roadsides, in gardens, resembling coloured pebbles on the base of canals and around the thousands of workshops in cities, towns and villages across Japan. In the story titled 'Their Discards, My Treasures' he explained that Japan has an ancient tradition of ceramic excellence using many types of clays, kilns, firings, patterns, colours and finishes. The shards Bruce collected, some perhaps up to 600 years old, became a reference archive for further development of his work.

Bruce has refined his skills considerably since the 1970s when he began experimenting with different clays and glazes in his studio at Martinsville (near Newcastle). In the 1980s he focused on working with wood-fired kilns and earth-coloured glazes. Since coming to Bundanoon at the end of the 80s he has made large platters and serving trays with golden glazes, and smaller pieces in a range of colours from brown, through orange to a beautiful rich red.



There had been a hiatus in 2015 when he experimented with sculpting local sandstone and, more importantly, he spent a long time with his daughter Kate and her family in Wagga. Kate's husband Campbell Meeks is the winemaker in the boutique experimental wine laboratory at Charles Sturt University Wagga campus. Bruce worked for seven months with Campbell in 2015 as a laboratory technician which gave him a fascinating insight into the art of winemaking, while enabling him to spend time with grandchildren Charlotte and Finn. Family is precious to Bruce and his wife Fiona. Their younger daughter Zoe, her husband Pat and daughter Anouk live fairly close by in Wollongong so they can also enjoy time with them.



After years of developing a number of styles, from blue and white jugs and bowls (the Bundanoon Pottery Range) to casserole dishes, teapots and fine, translucent porcelains, Bruce has decided to revisit an organic colour range of the Japanese 'Shino' glaze.

This glaze resembles 'thawing snow on red earth' and has many colour and surface texture variations. Japanese potters have about 20 different noted 'Shino' styles. Bruce's new work will be predominantly fired in his large, wood-fired, 'Anagama' kiln, as the 'fly ash' from burning Radiata pine adds considerable organic interest to the final finish.

And now Bruce's creative life has been rekindled.

The studio has been re-organised and the front shop on Railway Avenue renovated to become 'The White Room Gallery' for display of his work and for exhibition of works by other artists.

The Gallery is open weekends or by appointment. During the week you are welcome to drop into his studio (the cottage behind the stone residence) for a chat and to see his current work in production.

Bruce is on Instagram: [brucepryor_ceramix](#) and Facebook: [BrucePryorsKilns](#), or contact 0417 008 349.

— Pam Davies



Photo by Peter Gray

Landscape textiles

THERE IS NOTHING Carolyn Sullivan likes better than the wide open spaces of the Australian landscape – both in her own backyard on the outskirts of Bundanoon, and throughout our vast continent. However, I first met her giving a floor talk in the busy, noisy, confined space of the Sydney Craft Fair and Quilt Show, where Carolyn was one of the specially selected exhibiting textile artists displaying a mini-exhibition of a collection of her works. I was struck by her passion and enthusiasm, her lively connection with her creations, her willingness to share her stories and ideas, and her openness to experiment and stretch the boundaries of her work.

Carolyn's background in teaching Geography at school and her love of the natural world, plus the experience of attending many classes and workshops, including the London City and Guilds Creative Embroidery and Design Course and a Diploma of Arts, has shaped her life and enabled her to produce her prolific world-class fibre art. This and the fact that she spends at least three to four hours every day working on her projects!

Moving to Bundanoon with husband Ken in 2004 changed the way she did embroidery and quilt-making. She began to depict in stitch the mists, scribbly gums and eucalyptus leaves we know and love so well, while utilizing the flora from the local bush for dyeing her fabric. Exploring the hugeness of the land in Central Australia in 2013, blooming after rain, further inspired her and she came home with hundreds of photographs and creative ideas. I saw, in her sunny workroom, her current work depicting the unique slender gum leaves she collected. For Carolyn, "it is all about the land".

However her eyes look further out into the world too, where she enters shows and exhibitions in Australia and overseas, especially in the United States. One of her greatest joys is to be invited to display her work at various quilt shows and art galleries around Australia, including the recent "Materialise" exhibition at the Sturt Gallery, the Goulburn Art Prize, "Efflorescent" exhibition and the Stanthorpe Art Prize, and her achievements in this arena have been considerable. Being able to exhibit her work alongside somewhat more traditional art thrills her to bits, as it is a recognition of the beauty and uniqueness of her particular art form. She hopes it is also an encouragement to other textile artists to step out and share their creations. In 2015 she was also honoured to be the Artist in Residence at the Hazelhurst Regional Art Gallery in the Sutherland Shire.

Teaching her skills in workshops around the eastern states of Australia has been another way of sharing her expertise and creative ideas, as well as being President of the NSW Quilters



Guild in 1995–1996. She has written a couple of quilting books (I intend to buy her book *Quilted One Block Marvels* published in 2007 very soon!), has her own website, and has self-published three books of her collage postcards, which were a result of a daily experiment with paint and paper for one whole year. And to enlarge her vision still further, she is off to India later this year on a textile tour – I am sure she will have an amazing time and come home not only with photographs, but also with masses of fabric and ideas!

People influence Carolyn's work too – her husband especially, and her family of whom she is plainly very proud; her teachers, whose way of looking at things fascinates her; and her friends, especially those in the Ozquilt network who inspire and encourage her to grow and expand her creativity.

Quilters of the past also teach and guide. Her visit to the Philadelphia Art Museum in 2014 to view an exhibition of large historical Kanthas was most significant, and kantha stitching is now a major part in her work (kantha is a simple running stitch used in India to stitch layers of cloth together creating a ripple effect).

Carolyn Sullivan, her life, her focus and her work, has, quite simply, blown me away! She has stimulated me to create more imaginatively in my own life!

And did I mention? She won the First Prize Blue Ribbon (again!) for the Best Art Quilt at the Sydney Craft Fair and Quilt Show, where I first met her.

— Jane Irwin



Left: returning



A love for wood

IF CAROLYN LOVES the wide open landscape, her husband Ken, originally from the United States, loves the smallest treasures lurking in the earth, particularly in wood. Ken is a woodturner; he just loves wood – all sorts of wood – and he loves showing the serendipity of each piece of wood, so each article is a unique discovery from within.

Ken's passion was first ignited in 1980 on a visit to the Daintree Forest in North Queensland, followed by an encounter with The Deeping Woodturner near Cygnet in Tasmania, and his famous Deeping Dolls. However it was quite plain to me, as I met him for the first time, that this passion has grown and developed year after year, with great skill, knowledge and love. Living in Bundanoon surrounded by all those trees has only fuelled his love and enthusiasm.

After his initial encounters with woodturning, Ken bought himself a lathe for his 40th birthday and began learning from books, until he was able to start taking lessons from Exeter resident Mike Darlow when the Sullivans moved to Bundanoon on his retirement in 2004 .

Ken started his woodturning hobby by making spinning wheels – and yes, he does spin, especially alpaca and Polworth fibre, and is even expanding his craft to include crochet! In recent years his focus has been on making smaller items: his own version of the wooden dolls, bowls, tiny wooden vases, fine Japanese bobbins, (often used by Carolyn for her extensive embroidery cottons), lace-making bobbins, Christmas decorations, wooden balls and lanterns. This year the items of choice are Christmas trees, and I have no doubt they will all be different and quite, quite beautiful!

His wood collection, gathered over 25 years, includes wood from their property on Penrose Road and various woods given to him by friends, (e.g. grey gum, black wattle, camellia, pin-oak). He loves to find distressed or spalted wood, where the wood has dried and then absorbed water and been colonised by a fungus to produce all sorts of colours and lines, so that he and his lathe can find the design hidden inside.

His love for wood turning has led Ken to be involved for many years as Membership Secretary and demonstrator for the Sydney Woodturners Guild, as well as being a regular contributor to their magazine. Loving wood, and what he can create with wood, has meant that he loves to share that passion with others.



I certainly came away from meeting him with a sense of awe and wonder at his tiny pieces of transformed wood.....plus three miniature dolls that went straight to the Pool Room!!

— Jane Irwin



VIRGINIA ARREGUI IS a local artist who creates large, colourful and vibrant ceramic tile artworks from her gorgeous light-filled Bundanoon home studio.

Virginia works almost exclusively with ceramic tiles and she describes her artistic style as “a modern take on old world ceramic art and tile murals”. The majority of her artworks are very large, comprising 45 or more tiles, each of which is painstakingly drawn and hand painted before being kiln-fired and mounted ready for hanging.

Virginia’s interest in and passion for ceramics developed over 20 years ago during her travels through Europe to countries like Italy, Spain and Portugal. “Europe’s tile murals, history, colour and architecture impacted my artwork and my art techniques immeasurably and from this my career in ceramic tile artwork was born”. Whilst Virginia’s earlier ceramic works were largely Europocentric, her more



Ceramic art inspired by urban life

recent works are largely urban-inspired featuring bright, densely populated towns, cities and cityscapes. Of this transition from European-inspired pieces to more urban ones the artist says “I’ve become increasingly fascinated by the way people live in today’s fast paced society and our unique, colourful man-made environment and the transition to urban ceramic artworks seemed a natural progression”.

When asked how she decides on and approaches a new project, Virginia explains that often she’ll be inspired by a photo, image or landscape and then her mind starts spinning with ideas and possibilities. Once she has formulated the idea she then spends considerable time researching and meticulously planning the subject matter, approach, design and colour palette. Walking into Virginia’s art studio mid-artwork is to enter into a fabulous flurry of tiles, paints, brushes, etchings and beautiful colours.

Virginia lives in Bundanoon with her husband Joe, sons Luke and Matthew, cheeky Border Collies Jax and Cookie and new kitten Zibby. Virginia’s sons attend

the local primary school and Virginia has worked on a number of art projects with the school including a self-portrait piece with the Year 6 class of 2016. Virginia gave each of the students a small ceramic tile and had them draw a self-portrait or picture that represented them. Virginia then fired these in her kiln and assembled them into one large art piece that now proudly hangs in the school office. Virginia enjoys living in Bundanoon and being part of such a close-knit, community-minded and creative village. She loves that she can create her artworks from home surrounded by nature and natural light and then easily stop work to take her boys to and from school and local spots.

Recently, Virginia was one of five artists selected to create a large artwork for the ‘Five Dock Art in the Laneways’ project. This community project was created to celebrate the multicultural diversity of the Five Dock community. Virginia’s work entitled ‘What’s for Dinner?’ features bright, eclectic architectural styles from around the world all harmoniously built side by side. The title of the artwork



invites the viewer to imagine what food is being prepared in the kitchens of these homes, evoking the tastes, diversity and smells of global cuisines.

Virginia’s works have been displayed in galleries, exhibitions and magazines throughout Australia and around the world and she has won numerous awards, accolades and commendations. Virginia has also been a proud member of and participant in the annual Wingecarribee Shire ‘Art Trail’ in which local artists open their art workshops and studios to the public for two weekends each year. Virginia’s artworks can be viewed online at www.virginiaarregui.com.au

— Jen MacCulloch





An eye for detail

GRAPHIC ARTIST AND illustrator, Bundanoon resident Virginia Boyle was more than a little surprised to be declared the winner of the Judge's Prize in the recent Face Me portrait exhibition conducted as part of this year's Brigadoon festival. "I was enjoying the sausage rolls and mentally choosing a winner from among the 27 pictures on exhibition; my painting of my son Gwilym was not on my radar." This was the first portrait she had done and she was in the company of recognised local artists. One can only assume that the prize money was shared with the subject, a keen gamer (hence the title *Dovahklyn Diikul*) and Year 6 student here at Bundanoon Public.

Trained in design and visual communications, in architectural (interior) studies, fine art and design and theatre design, Virginia's experience encompasses a broad range of media. She prefers working on paper rather than canvas, and in fact likes to make her own paper "though not in winter in the Highlands as it doesn't dry properly". While Gwilym's portrait was a watercolour much of her work is executed in fine pen and ink, gouache and metal foils.

Fairy tales and fables inspire this artist whose painstaking work demonstrates amazing detail. She loves Russian and German fables and stories, and when settling on a theme reads and researches dozens of versions of the same story. Dragons are a recurring image. When asked if she would like to collaborate on a book for children Virginia said she was not quite sure which should come first, the pictures or the words. Her website proclaims: 'It is a truth universally acknowledged that an author in possession of a good story must be in want of an illustrator.' There is certainly no shortage of material already on paper; some of her works for sale are currently exhibited in the Ye Olde Bike Shop.

Fantastic, allegorical, imaginative, phantasmagorical, are words which come

to mind in trying to describe Virginia's work. The more one looks, the more detail there seems to be. Animals, insects, mythical creatures, some in one colour, some black and white with just a touch of contrast. Ducks, a pair, one fully feathered, the other skeletal. A magpie cocking its head to one side, an owl that looks like a judge, spiders, a wonderful fox in dress clothes and full colour as befits the subject. A horse, a tiny fairy wren. There appears to be no limit to this artist's vivid imagination. Children could spend hours trying to spot the individual creatures in these whimsical drawings.

A country girl, Virginia loves animals and is conscious of and sensitive to those injured and dead on the road, so with gloves and spade in the boot stops to lift



them to the verge and to alert Wires. Her series 'not armour plated' explores this vexed problem. The detail with which she sketches her subjects certainly shows that sensitivity. Our small town boasts a wealth of creative talent; here is but one of many artisans who contribute to the whole.

—Kate Perkins



Not Armour Plated – Magpie 2



Virginia's illustration to the right is named "Baba Yaga" and is based on a Russian folk tale. Baba Yaga was a fearsome witch who lived deep in the forest in a hut that moved about and spun on its huge chicken legs. The drawing is part of a series exploring folklore. The story is imbedded in the intricate detail. Each of these large drawings, using fine felt tip drawing pens, can take several weeks or months to complete.

The significant other in a creative partnership

KEN RAFFE AND Christine (Dixie) Dixon are formidable forces when it comes to creativity. You only have to get as far as the driveway of their home in Bundanoon to see evidence of abundant creative energy. It starts with garden sculptures and the garden itself, then flows on into their studio and workshop spaces.

Ken is a man of myriad talents, and creative energy that would put people half his age in the shade. At 87 years old he's as prolific an artist now as he was decades ago, and is still teaching. He attended Ealing Art School in the UK as a young man and says it was a tough school where you were expected to attend five days a week, 9am-9pm, and either get on with the arduous amount of study, or get out.

They both believe that art changes lives.

Creativity is the foundation stone of their relationship. Working together has enhanced their creative output as they continue to grow creatively. They are both



Rock at the Rock by Dixie

For many creators, the process is a long pursuit of self expression. This is not the case in the Raffe/Dixon household. They strongly oppose that point of view, saying that they're influenced by creative people who have gone before them. Ken believes that the creative spark is genetic, and is passed on through the generations. He sees strong evidence of this in his own family.

"If you're creative, you get an 'inner itch' to express yourself" says Ken. "Look with your eyes, see with your brain, then analyse" is the motto they both work by.

So how do two creative people balance their domestic/creative life? They have no set routine beyond Ken starting the day by getting into the studio, while Dixie might potter around doing a few tasks before joining him. Domestic and household chores are willingly shared. "A harmonious domestic life frees you up to be creative without worrying about all the other stuff. The studio space is allowed to get messy."

They are both driven, disciplined, and do exactly what they want when it comes to their work. Their creative space is peaceful and calm when they're working and that is when they communicate best. Ken and Dixie critique each other's work and there has never been a time when those opinions were not welcome.

It's clear to see that these two have creative collusion and stimulation in spades, along with a strong sense of being and belonging. They're not competitive – in fact it's the opposite. Ken is proud of the work Dixie is producing, which makes her feel cherished. Dixie has enormous admiration and respect for Ken as a teacher and mentor, as well as a creator of jewellery, painting, sculpture, wooden bowls, hand carved spoons, and recently, exquisite knives.

Where to next? Ken is working on painting with an intriguing medium called Cuni – water soluble encaustic – which was used by the ancient Greeks and Romans. Dixie wants to work with oils, paint the patterns of nature, and paint in wild places.

— Margie Thomas



very critical, and bounce their points of view off each other.

Dixie grew up in New Zealand and although always a creative child, was not encouraged. Meeting Ken changed all that, and she credits him as teaching her to look, see and create. Dixie was making jewellery before she met Ken, and since then, Ken has taught her to draw and paint. He was a hard task master and kept her drawing for four years before she was let loose with paint!



Photos of Ken and sculpture by Margie Thomas



Photo by Peter Gray

Wearable art

LOCAL DESIGNER AND Dressmaker Danielle Hewitt spent 17 years living in Melbourne freelancing as a Costume and Set Designer. Six years of this time was spent working for The Creature Technology Company, West Melbourne, the company which gave us *Walking with Dinosaurs* and *How to Train Your Dragon*. She created 'skin' from layers of foam and lycra and managed a team of 'dressers' who used a scissor-lift to apply this over the creatures. She is proud to have been involved in this ground-breaking project and pleased that some of her work is on display at Melbourne Museum.

Danielle grew up on Razorback (between Picton and Camden) with a mother and grandmother who were both proficient dressmakers at a time when it was more affordable to make your own well-designed clothes than to buy them. She picked up the skills and always had a love for creating clothes. She attended Chevalier College and for her Higher School Certificate in Visual Arts submitted 'wearable art' as her final work.

Like many local young people, she felt she had to leave the area to make the most of her creative talents. Her journey took her to the Victorian College of the Arts (VCA) in Melbourne where she began studying as a repertoire pianist with the goal of becoming a concert pianist. However after a year of solitary practice rooms and the development of RSI in her forearms she decided to change to the Bachelor of Dramatic Art degree and followed that with a post-graduate qualification in Set and Costume Design.

Her studies gave her experience in creating sets, props and costumes for productions staged by the Drama students, and in the management of student teams who were designing productions as diverse as dance, drama or opera. Sometimes she would be given a free rein by the director, at others she had to meet quite explicit demands.

Apart from gaining qualifications in a field she loved, Danielle also acquired a husband at VCA. She met Joshua, a drama student from Brisbane, when she worked for the drama school on his third year production.

After the birth of their son, Danielle and Joshua made the giant leap from the world of film and stage back to rural New South Wales, moving at first to Moss Vale to live with Danielle's parents. Luckily, Queenslander Joshua prefers the cool climate! The move gave them a way to have a wonderful family life plus the chance to purchase a house in Bundanoon. Joshua has found



work in mental health services at Campbelltown and Danielle has her own backyard studio.

Her dressmaking and design skills are put to good use creating stylish good quality everyday wear, some of which is sold at Made by Others in Moss Vale. Clientele for her alterations, recreations of much-loved garments, individual designs, and bridal gowns has grown from word of

mouth, but she has also developed a website and Instagram accounts, and you can also contact her on www.facebook.com/danielledressmaking. Now that buying readymade is cheaper, many are finding that having a garment made-to-measure is a real treat. Danielle offers sewing workshops too – the next will be in September/October.

"My studio is so much more than made-to-measure, says Danielle. "Some days are full of trouser hems and replacing broken zippers and mending holes. Every little repair and alteration means a garment will have a few more wears, be a little further away from landfill, be worth the time and energy invested in making it. Every garment has a story: it's the wearer who has to tell it."

"Just lately I've been reworking this vintage handmade silk dress from the 80's. My client had it made many moons ago and let's just say it needed a little renovation to give it some contemporary style. So this originally boxy square calf length dress now has back darts, side seams taken in, knee length hem, reset shoulders and adjusted cuffs on sleeves."

The other real treat for Bundanoon, is that Danielle brings her musical talent as the Choir Director to performances of 'Bundanoon Sings', our local community choir.

— Sandy Mackenzie



Exploring aesthetic hierarchy

I AM SURE most JCG readers have never heard of the term ‘aesthetic hierarchy’. As soon as Wayne Davis let these words leave his lips at our interview, I was sucked into a vortex of needing to know more and how it related to him. It led to my appreciation of Wayne and his inter-related vocations.

Wayne dabbled in art from an early age but it was during his time on the police force in Goulburn that he had the opportunity to develop his skills as a cartoonist; “bringing a bit of fun and adding to the meaning of presentations at the police college”. Brigadoon’s cartoon mascot ‘Fergie’ is his creation, updated in a series of amusing images included in the banners in the main street this year.

His formal training began after he left the police force and attended the Julian Ashton Art School, which he says provided the foundation and the discipline for his artistic expression as well as his subsequent teaching.

His artistic work has a more important meaning for Wayne. It is integral to his other vocations as pastor and teacher. Wayne’s Christian faith underpins his paintings and drawings. He explains: “While we cannot forsake the dark side, I prefer to pursue the positive; looking at the human body or the magnificence in the animal world or the landscapes we are blessed with – to me is all part of God’s gift and can be honoured in artistic expressions”. He adds: “Art in itself is not the important thing; the ability to explore and convey beauty, that is what is important to me”.

And Aesthetic Hierarchy? Wayne

believes it to be at the absolute core of good artistic expression and a guiding principle for his work. His formal training instilled this principle and it is what he encourages in his students, whether they are striving to be professional artists or hobbyists. There is a language to art, of placement, perspective, form and the like which is a discipline that can be taught. Yet good artistic expression requires more than painting by numbers. To Wayne this is where it becomes ‘god like’, since the artist is in control: he or she guides the viewer so that the meaning of the work gradually opens.

For Wayne, Leonardo da Vinci was the great exponent of this. He explains that da Vinci controlled the level of disclosure by his intentional use of dark and light and allows a gradual, subconscious appreciation to be uncovered through the eyes of the viewer.

Looking at Wayne’s portfolio with my untrained eye, he seems to have a good grasp of whatever he tackles, be it portrait, landscape, cartoon, animal or human. His preference is realism and he is not interested in post modernism. It also conforms with his faith, which he describes as “the solid base which paradoxically allows freedom, originating from truth outside myself”, something he believes is true of all artistic expression from renaissance to impressionism.

Apart from his prodigious output, Wayne teaches. His love of people shines through in this desire to help others become more proficient. He promotes the importance of learning the basics of the craft, whether the elusive ‘x’ factor is there

or not. He was a strong supporter of the recent FaceMe competition/exhibition in Bundanoon, which provided an outlet for aspiring painters as well as established ones. Wayne believes such events are places of additional learning, providing the aspirant with the opportunity of viewing their own work in relation to that of others’.

Wayne’s choice of masters? Rembrandt and Hockney, whose use of brush strokes form an integral part of their expressions, yet allow the artist’s personality to shine though. From the philosophy, theology and training that underscores Wayne’s own work, the choice of these two is easy to understand. So too, the place of aesthetic hierarchy.

Find out more about Wayne at: <http://waynedavis.com.au/>

— Thomas-Andrew Baxter



Reid Brothers Furniture

STUART REID OF Reid Brothers Furniture has a dedication to perfection that is revealed as you listen to him. "What fuels our passion for furniture-making is the precision and perfection of beautifully made things. – beautiful buildings, beautiful landscapes, paintings, metal, glasswork and fabric."

Masters of design such as Thomas Chippendale (1718–1779,) Émile-Jacques Ruhlmann (1879–1933) and Andrew Lenehan, who pioneered early Australian Colonial design, have all played their part in developing the Reid Brothers aesthetic. "I often think of our pieces as functional art – a beautifully crafted piece of furniture serves a function, yet one never tires of looking at it, touching it and using it."

Stuart and Cameron Reid were children of farming parents and assumed that they would continue in the footsteps of their parents. Their father John was the son of a timber merchant and his uncles were builders, painters and joiners. "Dad left school and spent 15 years working as a builder, before he and Mum decided to leave the city for a farming life. Our parents always told us that if we wanted to be farmers we needed to have a trade or a profession behind us to fall back on."

Stuart's interest in wood and design was something he carried with him from an early age, building elaborate cubby houses, billy carts, and at school, in lunch breaks in the woodwork rooms, creating bowls, music tape storage racks and book shelves for his mates.

Cameron followed Stuart through a Cabinetmaking apprenticeship, not because he was necessarily driven to that end, but because the opportunity was there. "We laugh about the outcome –



Cam was completing an apprenticeship because that is what our parents wanted. I was the one who aspired to be a furniture maker, yet Cameron is far more creative and artistic than I'll ever be".

Both Stuart and Cameron served apprenticeships at Macedo Antiques in Sydney. A fabulous foundation for cabinetmakers existed at Macedo's, where most of their work involved using hand tools and working on pieces created by past masters. Their apprenticeships concluded – both qualifying at the top of their years – they embarked independently on European adventures, both spending

several years in England honing their skills with various furniture makers in the Lake District and London.

In 1991 the brothers returned to Bundanoon from their different adventures. An empty shed in their parent's paddock beckoned and Reid Brothers Furniture began. The business has now grown into a well-established contemporary workshop, employing six cabinetmakers and continually offering apprenticeships in order to continue the tradition and development of the craft.

Amongst the hustle and bustle of a busy workshop both Cameron and Stuart can still be found working at a bench, using traditional tools and methods to create beautiful pieces of furniture. In the photograph Stuart can be seen carving a replacement leg for a 19th century dining chair, part of the process of restoring this antique to its original condition.

Both Stuart and Cameron and their families are active contributors to the community – many will know that Stuart is the driving force behind the Rex Cinema.

Stuart in his quiet and modest way sums up his achievements by saying "I am passionate about crafting with wood – a material so technologically advanced that it is self-generating, is infinitely renewable, requires no attention, maintenance or capital investment, comes in thousands of varieties, has infinite uses and is produced in the world's largest factory whose pollution control is so effective that the only by-product is oxygen... fantastic!"

– Peter Gray



An artistic duo



A NATIVE GARDEN, a collection of paintings and small sculptures, a studio and a room for musical instruments reflect the diverse interests of Kjell Goyer and Pam Tippett.

A shared interest in maths and science brought them together when they taught at TAFE in the late 1980s. As a secondary student Pam had been the only girl at Lismore High School to take these subjects at the highest level to qualify for university. Both confess that teaching maths was a brief interlude in their lives – it wasn't long before Kjell's career took him into music and Pam moved on to study art in Italy.

Pam has recently returned from seeing the La Signorina exhibition in Cardoso, Italy, which featured works by her beloved teacher Nera Simi (1890–1987) and her pupils. Two of Pam's paintings were included.

Her road to studying at the Simi studio in Florence was an unusual one. She earned a BSc from Sydney University and a Dip Ed from Canberra College of Advanced Education. Her brief teaching career included two years at Alotau, capital of Milne Bay Province, PNG. There followed what Pam describes as "ten years without a proper job".

Her life-long love of drawing and painting inevitably drew her to art. Pam had heard of Nera Simi's classes so took herself to Florence, only to find that there was no vacancy. She enrolled in a sculpture class instead, but pestered Nera almost weekly until seven months later, in March 1977, she was told "you can start tomorrow". Pam stayed for three and a half years, learning in a studio where she remembers the only sign of the 20th century being a single light-bulb hanging down from the ceiling.

By 1986 Pam was back in Australia, buying a house in Waterloo and combining her painting with teaching language to migrant children two or three days per week.





Photo by Chris Donaldson



then on he taught music and performed at jazz events at places like Thredbo and played in jazz and classical ensembles, giving regular concerts in Sydney, Canberra and regionally.

Kjell says he “tries to poke in as many musical fingers as I can”, a dictum to which he certainly adheres. Until a few years ago he was a member, with Geoffrey Richardson and Maria Dunn, of the touring Capricious Consort trio. He performed with Christine Tilley’s Southern Highlands classical guitar society and in duets with Anne Morris.

His recent solo performances have been at St Jude’s Bowral and the Sturt Gallery, where he played his guitar composition *The Colour Rosas*, and a composers’ concert at Frensham School. Kjell has written more than 20 guitar pieces – “as called for”, he says.

Kjell is fascinated by period instruments and is a wonderful lutenist. Until recently he hand-built musical instruments but has now taken on yet another skill. Two courses in fine book-binding in Florence and further learning with Dr Jean Riley in Burradoo have led to his creating some exquisite examples of this craft.

These days Kjell is busy with regular concerts and performances plus teaching at the Powerpoint Music Centre in Bowral while Pam is working towards a 2018 exhibition at the Australian Galleries in Sydney.

— *Ralph Clark*

Art Studio Trail 2017

EACH YEAR THE Southern Highlands Art Studio Trail allows you a glimpse of the studios and the creations of dozens of artists. Get your copy of the Guide and map from the Wingecarribee Shire Office.

Make a date to visit some of Bundanoon’s artists whose studios will be open from 10am to 5pm over two weekends, 4–5 November and 11–12 November:

Del Cooley, 11 Evelyn Avenue
Painter in oils of large, atmospheric landscapes, seascapes and skies.

Bruce Pryor, Cnr Osborne Street and Railway Avenue
Master Craftsman of fine wheel thrown and hand built pottery in a wide variety of glazes and textures.

Sonja Bowden, Osborn Centre, Osborn Avenue
Colour pencil illustrator of creatures great and small. Her work includes children’s book illustration.

Linda Bottari and Kjell Goyer, 2 Forwood Crescent

Both share a love of book binding using traditional styles to produce contemporary books. Linda is also a printmaker while one of Kjell’s other talents is music.

Bundanoon Men’s Shed Art Group, RSL Hall, Erith Street

On show will be paintings by members of the Group, in a variety of mediums and subjects.



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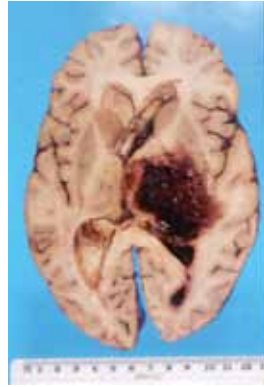
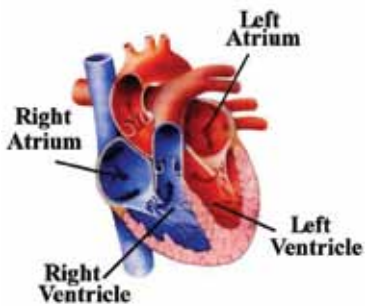
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When the beat goes off

A STROKE IS the death of a certain part of the brain due to inadequate blood supply. It is a leading cause of premature death and disability. It is estimated that more than 475,000 people are currently living with the effects of stroke and that number will increase to one million by 2050.

The heart has four chambers. The top two chambers are called atria. They receive the blood from the lungs and the body then pump it into the larger lower chambers called ventricles. The ventricles then pump the blood around the body.



pulmonary veins which carry oxygenated blood from the lungs into the left atrium. These abnormal impulses can cause the atrium to beat fast and chaotically. This results in stagnation of the blood in the atrium which in turn predisposes clot formation. The clot can then be pumped into the left ventricle, into the aorta and the blood vessels of the brain, blocking blood supply and causing a stroke.

The abnormal impulses are from a condition called Atrial Fibrillation (AF). It is a significant cause of stroke. Unfortunately it is very common with age. **Men and women without AF at 40 have a 26% and 23% likelihood**

respectively of developing an incident of AF by the age of 80.

The causes of AF are numerous. Amongst the causes are the usual suspects. Obesity results in a 5% increase of AF for every unit rise in Body Mass Index. Hypertension and diabetes increases the risk of AF. AF occurs in 60% of binge drinkers of alcohol.

The risk of developing a stroke from AF varies. The risk can be determined by using a score that looks at various clinical parameters. A score of 0 confers a 0% annual stroke risk while a score of 9 suggests a 15.2% annual stroke risk. A score of 2 or above justifies 'blood thinners' to prevent the clots that cause strokes.

People with AF may or may not have symptoms. Symptomatic patients usually declare themselves to their doctors with palpitations, shortness of breath and other symptoms. Patients without symptoms present a greater challenge. The medical debate about screening is moving towards screening those individuals at higher risk of stroke for AF. The identification of these people and their appropriate management should result in a decrease of strokes and more bang for buck as a screening program.

While the specifics of a screening program are being debated it may be prudent for doctors to resort to the simple measure of feeling the pulse of higher risk patients and performing an ECG if the pulse is irregular.

— Dr Indran Rajendra
(The Practice-Bundanoon)

Kelly and Son: Allied Health welcomes Mitchell

AFTER FIVE YEARS at Macquarie University, Mitchell returns to Bundanoon to join his father John who has been in practice for 40 years, the last 17 years of which have been in Bundanoon.

In 1994 John and Michelle moved to Bundanoon when Mitchell was turning one. Mitchell attended Bundanoon Pre-school then Bundanoon Primary and later Chevalier College. John and Michelle had no inkling that Mitchell wanted to study Chiropractic until he was doing work experience with Troy Brown, a local builder, who suggested Mitchell give serious consideration to becoming a chiropractor. After Troy's suggestion, Mitchell came home and asked for one of John's textbooks on chiropractic. This certainly took John by surprise.

Once out of school, Mitchell went to university, adding regular one-hour Wednesday night Skype lectures from Dad and finally returning to Bundanoon with a Bachelor of Chiropractic Science and Masters of Chiropractic. He also has two years experience as the Student Association Treasurer and one year as President under his belt.

Much to his parents' delight he returns to Bundanoon to join them at the Chiropractic and Allied Health Centre in Hill Street and is currently working every afternoon and all day Wednesday. Yes he will be replacing his father eventually – but not just yet.



COFFEE SHOTS

Ye Olde Bicycle Shoppe Café

WORKING AND LIVING in a small town has exposed me to something that books or movies never could – the beauty and intricacies of a tight-knit community. A conversation that begins with lemons later ends with a copy of family recipes and a promise to pop by later with home-made baked goods.

My post behind the counter is better than television. Our beautiful town is home to some of the most unique characters I have ever witnessed. Whether it is the delivery men who give me detailed weather accounts, locals who pick up conversations from where they left them a week ago, or strangers who are curious about the town, I am never lonely, bored or lacking inspiration.

The café also serves as a public lending library, music shop and news-stand. Customers generously lend me books, CD's, movies, newspaper clippings and other appreciated items. Not only am I constantly learning, I am also gaining a deeper insight into the minds of others.

I am often left inspired, educated and energized by the local residents who visit Ye Olde Bicycle Shoppe Café. Forming friendships with my fellow coffee and tea addicts has been the best part of my journey so far.

— Shannen

Jumping Rock Café

ASIDE FROM THE daily weather patterns in the Southern Highlands, escalating property values and whatever rumour is circulating around the village this week, the major topic of conversation over coffee is about CHANGE.

Change: a six letter word that many let ignite fear in their lives, and yet many choose to embrace. Eight years ago my wife and I decided to make the Southern Highlands our home. It was a risk on the back of the global financial crisis, a time when unemployment in the area was high and our opportunities for buying a property were difficult without a full time job.

Bundanoon has seen much change since then: businesses changing hands, new housing developments allowing people to build, and more residents cashing up from Sydney or Canberra to fund a move. One phrase that some use to describe the newcomers is 'blow-ins', a term that I personally do not use. These recent arrivals see an amazing village that we have all had a part in creating – a village with community spirit, a village that has all the amenities one could need. They are all taking a risk in their lives making a change, seeking a better life, and wanting to contribute to this amazing place. What a compliment to us all – that people want to be a part of the place we call home.

— Edward

DeliLicious

BUNDANOON IS A place of natural beauty, history, gardening, culture, dogs, community events and an amazing group of talented residents. Every day we see friendships made and shared. We are honoured by those who choose us as a regular part of their lives. So many of you have become our friends.

We started out simply – working towards offering you more. We are employing more locals and are delighted at the quality of the local produce offered



Photo by Juanita Manahan

to us. Byren remains a bit obsessive about serving you great coffee.

Our outside tables are graced by four legged friends. We see the happiness these wonderful creatures give their families. Strangers start conversations. Ask for a dog's name and you are on the way to an engaging conversation. None of our customers here with their dogs are grumpy! We know Byren's food is popular with the doggies – somehow the quadrupeds end up sharing lunch.

Social media has been a great success for us. We share our food, stories and community events via our Facebook and Instagram accounts. It is easy: search for DeliLicious Bundanoon and join us. A website is on the way. Pics of visiting dogs in our DeliLicious Dogs gallery on Facebook have become a surprise hit.

— Byren and Liz

The Final Fling!

ON NOVEMBER 12TH The Highland Fling, one of the Southern Highlands' most iconic events and proudly based in Bundanoon, will take a final bow after 13 years. Over those years The Fling has brought together an incredible community of riders, supporters, sponsors, local community groups and local businesses to celebrate a festival weekend of all things mountain bike. It is truly one of Australia's largest, longest established and most respected mountain biking events. In the race today are riders who were only kids when their riding parents first brought them to Bundanoon and put them in the event crèche. Local guest houses tell of the same families booking in every year from the first in 2005. It is an event the elite riders – national champions, Olympic representatives and the like – want to win.

The Final Fling will also be a major

fundraiser for Save the Children Australia, raising funds to support the superb work they do for children and families around the world. Fling Event Director Huw Kingston was already an ambassador for this major charity and it made sense for them to be the beneficiary of the event. This is in addition to the Fling always offering a major fund-raising platform for numerous local groups – Bundanoon, Penrose, Exeter and Wingello P&C's, Bundanoon Pony Club, The Men's Shed, The Rural Fire Service...

The Fling has always been as much about the fun and the zany as the riding itself, with themes every year – think The Flingstones, The Best Fling Since Sliced Bread, The Seven Year Itch, A Ten Year Affair...

As well as the 23km SomeFling, 55km Half Fling, 110km Full Fling and 160km 100Mile Fling there will be the furiously competitive

Kids Fling, Kids Skills Clinics, The Rolloff World Championships, Bundy Clock Challenge and much more.

The plan is to go out on a high for the Final Fling. Why not head down to the Pony Club on 12 November and say farewell?

Then, as they say, all good Flings must come to an end!

Details www.wildhorizons.com.au



Glow Worm Glen Bushcare

FOE: White jasmine (*Jasminum polyanthum*)

WALKING AROUND THE streets of Bundanoon, chances are you will have passed white jasmine. In spring this invasive weed will be heavy with masses of white star-like flowers – their strong scent can be overpowering and not good for people with allergies.



Jasmines are a genus of shrubs and vines in the Olive family (Oleaceae). There are around 200 species of jasmine, 12 of them being endemic to Australia. In Bundanoon you will probably come across white jasmine, a vigorous fast-growing climber originally from China. White jasmine is a serious environmental weed because it loves to climb high up into tree canopies completely covering the bush or tree. There are areas in Bundanoon, such as Constitution Hill and Governor's Road, where white jasmine has completely smothered the surrounding vegetation. While it rarely produces seeds it spreads rapidly by layering and suckering from roots. Once established it is difficult to remove or control because the roots spread long distances, forming new plants as it goes. It will also grow from any small section which breaks off. These pieces are easily washed down gutters and as a result are often found along roadsides. Dumping of garden waste is another way jasmine is spread. Even in a garden setting white jasmine can be difficult to contain so it would be wise to choose an alternative like native *Clematis aristata*.

FRIEND: *Clematis aristata*

OLD MAN'S BEARD is one of the common names for *Clematis aristata*. It is a great description of the hundreds of feather-like seed heads which drape from the plant in summer like a long white flowing beard. Even more spectacular are the veils of white star-shaped flowers which appear in spring.



Clematis is a member of the Ranunculaceae (buttercup) family. It is a genus of over 200 species with six species endemic to Australia. *Clematis aristata* is found in many areas of Bundanoon. It is a vine which scrambles over trees and shrubs, but unlike white jasmine, it doesn't smother the plant it climbs on but rather uses it as a support. If you walk down the Glow Worm Glen Track in spring you will be treated to a brilliant display of *Clematis* flowers draped over trees, shrubs and fences. *Clematis aristata*'s favourite habitat is on the edge of rainforests so it doesn't mind a bit of shade. It is a useful plant to grow in your garden particularly if you have a fence or trellis which you would like to cover. Exotic *Clematis* species are commonly grown but why not choose *Clematis aristata*, a hardy and beautiful local which will thrive in its native conditions?

Glow Worm Glen Bushcare Group meets every 2nd Sunday and 4th Tuesday of the month. To join a local Bushcare group call 4868 0888 or visit www.wsc.nsw.gov.au/environment

— Denise Turner

Garden Tales

WE HAVE JUST returned to Bundanoon after a six week visit to the Northern Hemisphere where we saw amazing landscapes and gardens. Our visit was in late spring and early summer; chosen so that we would see England and France as roses bloomed and trees were in their finest greenery. We were not disappointed. In England we were told that it was indeed a super season for roses and we had to agree.

I was apprehensive as we returned to Bundanoon. How would we react to the scenery and gardens of home, in mid-winter for heaven's sake? I needn't have worried; Bundanoon and the Southern Highlands have put on a spectacular display. Winter here is beautiful, especially bathed in winter sun. Indeed the day we arrived back the weather was almost balmy. The thousands of daffodils at the Exeter side of our village greeted us and we knew we were home. The bare winter trees look magnificent with their silvery trunks and delicate branches. They are so sculptural and contrast well with neighbouring conifers, so reliably green all year. Of course there are the rarer conifers which have golden and copper tones, which add even more form and colour to the landscape. Pin oaks also add to the warm colours, their persistent leaves refusing to fall to the ground even though it is winter.

Bundanoon gardeners often add to the public plantings of reserves and roadsides with their own plantings of trees, shrubs and perennials. Camellias add extra colour to our gardens at this time of year. Shrubs of Red Twig Dogwood, *Cornus sericea*, are living sculptures with their red bare winter stems adding to the colour palette displayed in the gardens. Strange to think that these shrubs are related to the magnificent 'Wedding Cake' dogwood that is so majestic and beautiful when it shows off in mid spring.

Our winter gardens are also perfumed. Many of the narcissus are magnificent not only in looks but in their strong scents. I am so



pleased to find them being sold in The Good Yarn as they help me bring the smells of winter into my house.

So, "Yes" I tell myself, "I do love living here". I feel very privileged that I live in a community where landscapers and gardeners provide the whole community with horticultural pleasures that can be enjoyed at all times of the year and compete very favourably with the pleasures of overseas experiences. Now to tackle my own garden and get on with the weeding and prepare for the spring season, or should that be sprinter?*

— Lyn Morehen

* The definition of a season seems simple enough but, as Tim Entwistle argues in his book *Sprinter and Sprummer: Australia's Changing Seasons*, the term is misunderstood, misinterpreted and misused. He questions why we should we have four seasons that each take up three months of the year? Indigenous communities have always known that Australia's climate is more complex than a simple four-season arrangement suggests.



Vet's casebook

➤ Ken Davidson BVSc (Hons)

IN THE LAST edition of *JCG* we had a bit of fun with “Dining al-fresco with Fido”, illustrated with two cute canines, bibs on, sitting at a restaurant table. Just in case anyone interpreted this as giving the green light to dogs eating human food, I thought that it would be prudent to list some human foods that are toxic to dogs, possibly even fatal if eaten in large quantities and the pet not treated.

Alcohol. I have heard of nong-nongs at a party giving beer to their pet as a joke. Leads to intoxication, coma, death.

Onions and garlic. Causes blood cell damage and anaemia.

Cooked bones. The calcium in bones becomes brittle and insoluble when cooked. Can cause slab fractures of the molar and pre-molar teeth. Worse still, sharp fragments can cause bowel impactions or worse, bowel perforations.

Fatty foods. Commonly cause acute pancreatitis with vomiting and pale diarrhoea in susceptible dogs. See your vet for IV drip therapy to correct the dehydration. Chronic pancreatitis in some dogs requires a very strict low fat diet because they produce insufficient pancreatic enzyme, Trypsin.

Excessive dairy products, including cheese. Produce similar symptoms to fatty foods (above).

Common foods toxic to dogs



Caffeine. One cup of coffee for the average size dog is equivalent to 6–10 cups for a human (based on body weight comparison). Toxic to heart and nervous system.

Grapes, raisins and currants. Cause kidney failure if consumed in any quantity.

Mushrooms/toadstools. Some varieties cause hallucinations, shock, death. Remember your dog cannot distinguish between those red toadstools with white dots and the common edible mushroom. (In all fairness most humans cannot tell the difference between edible and toxic mushrooms either!)

Chewing gum. Totally unsuitable for dogs. If ingested in any quantity, Xylitol, the active ingredient, causes liver failure, hypoglycaemia and death.

Chocolate. Probably the most sought-after human food by your pet dog. Like their human counterparts, they like the sweetness, texture and richness that goes with a good chocolate. Dogs that are on a fat-restricted diet are particularly addicted to chocolate. Prompt veterinary care should be sought if you find a box or bar of chocolate shredded up and your dog has a satisfied look on its face. That look is followed by disaster if vet advice is not sought. A true Christmas story follows about a Boxer that got her way under the family Christmas Tree:

The family came home after some Christmas shopping to find their beloved pet had found and unwrapped a child's present from the pile under the tree. Of course she had sniffed out the box of Chocolate Scrabble, probably because she was on a fat-restricted diet all her life. Her owners fortunately rang me for help on Christmas Eve. A short time later, after an emetic injection, she had several vomits of soft gooey chocolate interspersed with the foil wrappers, all 26 of them from A to Z! Without Veterinary attention, she would have been lucky to survive. The next Christmas she climbed onto the piano and ate a full bag of Chocolate Santas. Beautiful dogs but, dare I say it, slow-learners.

As an afterthought for families that frequent KFC outlets – be very aware that “corn cobettes” are the most common food item that dogs swallow whole. Be very careful how you dispose of them or your credit card could go into melt-down. They always get stuck in the small intestine and pose a diagnostic problem for the profession. They do not show up on plain radiographs and require a Barium meal or ultrasound to establish a diagnosis. Then comes the surgical fee to remove the blockage!

Bundanoon Vet, alongside Bundanoon Butchery.



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ARE YOU IN the midst of a personal revolution? Here are some pointers that can help you to find freedom:

You cannot please everyone all the time

Think of the most loveable and respected person you know. Did they get where they are by catering to others? Or did they stick by their beliefs unapologetically, even in the face of criticism and dissent? The irony of people-pleasing is that it doesn't actually make you any friends. In fact, it causes you to sacrifice your very self for little to no payoff. Once you let go of other people's expectations, you will be free to discover and meet your own – which is ultimately much more fulfilling

You do not have to be the person you were yesterday

So many of us have felt pressured to remain a person we don't want to be. We fear change, and other people fear

it for us. Be brave instead. Think of the character traits you would be proud to call your own, and set about the work of becoming that person. Let others deal with the transition as they wish. Just because you were one way yesterday does not mean you have to behave as such tomorrow. You – and only you – have the unique power to change yourself.

Self-care and self-love are not the same thing as selfishness

In fact, we need to cultivate both of these things if we are to be our best selves. To be useful to others, we must first ensure that our own needs are being met. As Audre Lorde wrote, "Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare."

There is no such thing as 'perfect'

There are no perfect relationships. There are no perfect jobs. There are no perfect moments or perfect situations in life. There are certainly no perfect people! 'Perfect' is a myth, and a distressing one. In fact, it is our very imperfections that make us human. It is life's imperfect moments that make it worth living. As Donald Miller wrote, "When you stop expecting people to be perfect, you can like them for who they are." See what's real. Take it in. Embrace it all.

Real life is not a competition

There are no real winners and losers. We are each on our own unique path, and will reach our proper destination in due time. To compare ourselves to other people only creates unnecessary stress and dissatisfaction. Let people live their lives as they see fit. Focus on your own. This life is not a race, and there are no medals for finishing more quickly than your neighbour.

"Take someone who doesn't keep score, who's not looking to be richer, or afraid of losing, who has not the slightest interest even in his own personality: he's free."
— Jalaluddin Rumi

Allow yourself to live a life of freedom. Refuse to be held back from your authentic self by your loved ones, by society, or, most of all, by your own personal insecurities. Let it all go.

— Rosemarie Gray



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.

Lions – giving back to the community

THERE ARE SO many ways people contribute to our unique community. They join groups like the RFS, the Men's Shed or the Green Team. They help out with events like Ramble, Brigadoon or Winterfest. They sell raffle tickets for the CWA. They read with kids at the local schools. They raise money for people in need in our town, the greater Highlands and beyond.

Ask anyone who volunteers in Bundanoon why they do it and most will tell you it's to put something back into the community that they've chosen to call home, the town they're fiercely proud of. For those new to town, volunteering some time for one or two of the groups is a brilliant way to make friends or new connections.

Unfortunately it's getting harder and harder to find people to spare some time to do the work that keeps the wheels of all these essential groups and organisations turning. The hectic pace of modern life is often blamed – even in laid-back Bundanoon. Equally worrying is that the over 50s, the stalwart

demographic who form the core of volunteers nationally, aren't joining in as they used to.

Is that spirit of giving back dying out?

Maybe it's because people assume that joining a community group requires a significant commitment of their time. In fact it doesn't have to be much at all. For example you can help with the work that the Bundanoon Lions Club does either as a full member or as a 'Friend of Lions'. Friends of Lions aren't actual members, but are people who are happy to be called on to provide extra helping hands at particularly busy times. Even full Lions membership isn't an onerous commitment – just a short monthly meeting and a few hours here and there over the course of a year. And with Lions membership that time will not only aid your fellow Bundanoonians – via fundraising to support things like new carpet for the school, or a special wheelchair for a resident in need, as well as practical activities like the development of a sensory garden at Warrigal Care, or working bees to help when life gets

overwhelming – but will contribute to the betterment of lives everywhere through programs like Save Sight, or the Lions Kids Cancer and Spinal Cord Foundations.

Whether you're a Bundanoon newbie or you're a "proper local" keen to make a difference, do give serious consideration to joining in the work the Lions do, either as a full member or as a 'Friend'. It's easy – contact Elizabeth Cranny on 4883 7945 or via email at bundanoon.nsw@lions.org.au. Or keep your ear out for the next Lions information evening.

SAVE THE DATE!

Saturday 7th October, 6 for 6.30pm

LIONS TRIVIA NIGHT

Raising funds for Research Into Childhood Cancer

If you would like to sponsor a Round of Questions or donate a raffle prize please contact 0417 285 364.

The Shadows Behind the Lights: The Echoes Beneath The Sound

This first article about Hall volunteers looks at The Men Aloft

FORTUNATELY FOR ALL Hall users, there are generous people who give of their time and skills to make it what it is: “the most used Hall in the Shire, I have heard”, suggests Brian Wright, one of the two men without whose time and technical skills ‘The Loft’ would not function and the Hall would be dark and silent. The other is Brian Banting, whose skills and installation of professional equipment give our Hall that extra edge.

Disambiguation – in this article acronyms are redefined – B & B refers to Brian B and Brian W, not bed and breakfast – although thanks to their efforts the hall provides so much, perhaps that’s next on the list...

Speaking of B & B, Brian B says “there’s a lot of similarity between our backgrounds” – both have professional backgrounds in technical electrics and in running a successful business.

Around 2006, Brian B was approached by some members of the BCA about what to do in the Hall. With enthusiasm and foresight he began the task of setting up the loft sound and light system, and the separate stage system. He began by laying all the cabling in the roof – and followed up with the equipment, such as the

mixers. “I have a special interest in, and experience of installing, acoustic systems.” says Brian B. To this end, his ears have sampled most of the great concert halls of the world. “Our hall has very good acoustics” he says.

A few years later Rod Moore, then the convenor of Piano at Ten, recruited his new technically savvy neighbour Brian Wright, to look after the sound and light. (Aside: Rod is a very good recruiter of volunteers. Note to Rod and all readers – volunteers needed for the loft please).

“I agreed” says Brian W, “then there was an avalanche of requests”. He often turns up to events complete with tool box in case of emergencies.

Because B & B don’t just source, install and run the equipment – they fix it. Or replace it.

Recently: light.

More forward thinking means the hall lighting is being improved. “We are transitioning to LEDs”, says Brian W of the Pendant Light bulbs, “after experimenting to find the most suitable colour temperature.”

And sound.

B & B worked together to install more cabling for the new Cinema Rex central



speaker, and after valiant efforts to keep the old sound mixer at least partially functional, Brian B sourced the superb new one. Many hours of work later, it is now ready to fill the hall with better sound.

And That’s Why:

*There’s a whisper from the floor at 9:54
When a hall show’s ready to begin
Saying Brian!, where’s a Brian?
The mikes are only sighin’ and the lights
are fairly fryin’
We must ‘fi-und’ a Brian or the show’s
no more.*

(with apologies to T. S. Eliot & Skimbleshanks)

— Jennie Fea



Huw’s Mediterranean story

IN MAY 2015, we welcomed Huw Kingston home to Bundanoon after his around-the-Mediterranean odyssey: 12 months by human power – sea kayak, bike, foot, and rowboat

from Tunisia to Greece via Malta. Huw left Gallipoli in April 2014 and arrived back there in time for the Anzac centenary in 2015. On the way, he raised some \$100,000 for Save the Children, especially for Syrian children fleeing from the violence and destruction which has so damaged their country. He saw the remains of makeshift refugee boats at sea on his way back to Turkey and has since been back with the charity to visit refugee camps in the Greek islands.

We now have the privilege of sharing his odyssey- if only as armchair travellers. That seems a good way to do it, given the pains and strains – both physical and bureaucratic – which were part of Huw’s journey! It

was always his intention to produce a book as part of the adventure. Although he has written lots of magazine articles, this is his first published large-scale work: *Mediterranean – A year around a charmed and troubled sea*. So we have the story – but we also have the maps and the pictures, which bring the story home to us.

Many photos of course are Huw’s, with others contributed by friends and colleagues. But there are more which were taken by helpful strangers: by people who were simply on the spot. In fact one of the themes running through the book has to do with the people: it’s not just about the challenges and successes of the trip, and it’s not just about the magnificent scenery – sometimes trashed by human thoughtlessness – or the awareness of ancient Mediterranean history. It’s also about the people who were there on the way. Many of Huw’s previous expeditions were in very remote places and he was even a little apprehensive about travelling in such a populous area. As it turned out, he says, “Human kindness ... nourished me in each of the 17 countries I traversed”. And in the book we meet the people who reassured him and made the whole trip possible. Some were old

friends, but many he had never met before. Together their support was both a part of his story and of his success.

The book’s cover is an example: Olga, originally Australian and now living in Greece, had answered an Australian Embassy invitation to be helpful. Huw was permitted a free paddle through the six kilometre Corinth Canal with all the major shipping traffic temporarily stopped. Olga watched from a bridge high above and rounded up a Spanish visitor who took a photo: and there it is, on the book’s cover.

Huw is home now and is not setting out on anything quite so major in the next little while. He has a plan though: to follow Australia’s inland creek and river network by foot and kayak, and to do it from the Gulf of Carpentaria in Queensland to the mouth of the Murray in South Australia. He will thus be able to highlight climate change and how important water security is to all of us, but the journey will of course be more solitary than was the Mediterranean.

Huw’s book is available online from www.huwkingston.com (no postage charge for locals!) and also locally from the Bookshop Bowral and the Exeter General Store.

— Geoff McCubbin

From horses to courses

BUNDANOON LODGE IS a hive of activity. Workers are suspended across the building, installing a new upper deck. There is a welcoming fire ablaze in the guest lounge. New owner/manager Ruth Moncrieff is on the phone negotiating a new booking system. Sensing an opportunity to take charge, Amelia the toy poodle greets visitors with enthusiasm.

Ruth Moncrieff – “yes, it’s a good Scottish name” – was stagnating in Sydney and looking for a new way to enjoy retirement. “I was looking for a home, an income and a life.” She searched in Queensland, Byron Bay and Orange. But an allergy to sandflies and an aversion to heat eventually led her to Bundanoon and the purchase of the Bundanoon Lodge Bed and Breakfast in October 2016.

At first, managing such a large property on her own was somewhat overwhelming but, with the support and encouragement of the local Bundanoon community, Ruth found her feet and soldiered on. When she first started, Ruth would panic if she had to cook for four. “But now I can do breakfast for 20 – no problem.” She even makes fresh bread for her guests. “Now, I’m loving it! I love the people. I love doing the breakfast. I’m really happy when they enjoy the place because I always do my best to make it a great experience. I love their stories and I remember their smiles. I’ve had amazing guests from all over the world. We get a lot of children in the school holidays – well-behaved children are always welcome.” The Lodge is also dog-friendly (for well-behaved dogs!)

Her hard work and striving for excellence have paid off with outstanding ratings: Bundanoon Lodge winning the Trip Advisor 2017 Travellers Choice Award and also Trivago’s top award for bed and breakfast accommodation in the Southern Highlands.

Ruth has actually come full circle. Because of a passion for horses, she worked in five-star hotels when she was young – “I went into hospitality so I could ride my horse during the day.” This led to a 30-year career as a professional horse trainer and rider on the Central Coast of New South Wales, training dressage and performance horses and running an agistment facility.

A horse accident closed that chapter of her life and led into a business career that involved workplace training and job



placements for people who found it difficult to gain employment. After many years building the organization and achieving excellent results, she needed a change.

Always in search of a worthy new project, Ruth eventually found something she could get excited about with Bundanoon Lodge. As if taking bookings and servicing her five ensuite rooms weren’t enough, Ruth is brimming with new projects. There’s a gorgeous geisha tapestry to be hung in the Japanese Room and the Tuscan Room has just had a makeover. She’s expanding the range of rooms to suit all budgets, with a new luxury King suite. Then there are the grand designs for the garden and BBQ area, “I can even imagine events, like little garden parties or health seminars” she muses.

Her love of horses has never waned and when she discovers a kindred spirited guest who shares her love of horses they talk for hours and usually end up at the local stables. “I miss the horses, but for me, it’s all or nothing. I guess it’s not too different now – you’ve still got to get up early, feed up and muck out!” she says with a playful smile.

Bundanoon Lodge Bed and Breakfast is at 10A Elmswood Court.

— *Juanita Manahan*

New owners for Bundanoon Pizza and Pasta

LOCAL COUPLE ANTONIO Mendes and Fiona Nicol have bought the business from Adam and Marian Harris, who started the business originally in a little shop in Church Street near the station and moved it to the current premises at 37 Railway Avenue.

Antonio and Fiona have been trained by Adam and Marian. “Adam is an incredibly efficient chef and we are following his recipes and methods to ensure we deliver the same quality and taste that our customers expect”, says Antonio.

The menu will largely stay as it is, although there may be some new dishes for the dine-in menu introduced over the coming months. They will look at extending the trading hours eventually, but rightly want their feet firmly on the ground before that happens.

Antonio confirms that all staff are staying on. “We’re really happy that the staff are continuing with us. It will be sad for them to see the Harrises depart, but they are all strong performers, know their stuff and really, they make the restaurant work.”

For many, it will be good to know that Bundanoon Pizza and Pasta will continue trading as it has for so long. The doors will open as usual every Thursday to Sunday. The phone number is

the same and there’s a new website which includes the menus: www.bundanoonpizza.com.au

Warm Winter Bruschetta

½ baguette sliced lengthways
1 cup grape tomatoes – different colours are pretty – cut in half
1 tsp maple syrup
1 tsp chopped thyme
1 tsp olive oil
1 garlic clove, crushed
Philadelphia cream cheese

Toss the tomatoes in syrup, thyme, garlic and oil.

Line 2 baking trays with baking paper and heat oven to 200°C.

Spread tomatoes on one baking tray, place open cut baguette on the other. Place in the middle of the oven and cook for 10 minutes.

Spread toasted baguette with cream cheese, top with the warm tomatoes and add salt and pepper to taste.

Fresh food is given a literal translation in Japan

THE FRESHNESS AND elegance of Japanese food is well known, yet when confronted with a whole raw cuttlefish, complete with soulful eyes and wriggling tentacles, my breath and heart stopped.

The sleepy seaside village of Hamasaki on Kyushu Island, Japan, boasts a lovely ryokan or traditional Japanese guesthouse which became my base for exploration of the area in the spring of 2017. The ryokan experience is generally culturally delightful, with its focus on traditional architecture and rituals such as wearing the yukata robes, flower arrangements in your tatami matted room, sleeping on traditional bedding and the serving of traditional local foods and teas – all very enjoyable and interesting to me, despite very little English being spoken by the staff and no other Caucasians or single female travellers within coo-ee.

Changing into the colourful yukata and the wooden sandals and white socks was part of the mandatory ritual for guests on arrival. Dining in the communal yet intimate dining room wearing my yukata on the first evening, I felt as though I was inappropriately wearing my best dressing gown in a rather formal setting, but no one batted an eyelid so the self-consciousness soon abated.

Six courses of local and traditional specialties ensued. As cuttlefish is one of the local and abundant specialties, this was served first, raw, or sashimi style. The middle flesh of the cuttlefish had been cut into bite-size sashimi pieces which formed part of the whole, with the eyes and tentacles intact. It was so very fresh that the tentacles were still moving on the plate. Most disconcerting, especially with the eye staring up at me.



Japanese ryokan breakfast (that's not dinner, that's breakfast!)



I gently moved the plate a little further away from me and respectfully thanked the cuttlefish for offering itself in this way to nourish my body. After a few tastes of the raw flesh, I decided that was enough. To the waitress's consternation I was not intending to eat more.

Polite yet broken words of Japanese were exchanged and the cuttlefish taken away, soon making its second debut, this time tempura-style. Much more palatable, thank you dear cuttlefish. More and more exotic seafood and vegetable dishes followed, thankfully none as confronting as the first and all superbly presented and cooked.

A memorable experience on many levels, not least my ability to negotiate all this food into my stomach at one sitting, with chopsticks, and kitted out in my beautiful Japanese gown.

— Eloise Ross-Jones



Vale Gabrielle Stewart

• The below article is reprinted from the March 2007 issue of JCG

Gabrielle Stewart's art reflects her love of nature and her love of life. She has lived in many parts of the world and came to Bundanoon two years ago. Her assistance and designs were an integral part of the path at the entrance to Bundanoon primary School. Gabrielle had a career as a teacher as well as a number of years as 'General Merchant' in the little village of Frogmore near Cowra where she lived with her husband and family of five children. Her husband, Anthony died

while the children were still at school and she stayed at Frogmore then moved to Murrumbateman. As well as drawing, painting and sculpting Gabrielle has always been a writer and many of her paintings have accompanying poems.

It was a long held dream of Gabrielle's to circumnavigate the world on square rigged ships and she had her first experience of sailing on the Eye of the Wind during the Bicentenary celebrations in 1988. She took three years leave from

A Good Life to the End

Author: Ken Hillman • Published by: Allen and Unwin, 2017

MEDICATIONS, SURGICAL PROCEDURES and a healthy life style can certainly help you live to your maximum potential but the clock keeps ticking and nothing stops the ageing process.

Ken Hillman is a passionate advocate of improving the management of dying patients admitted to acute care hospitals and in his book he suggests we consider that we can make end-of-life choices. *A Good Life to the End* has been written with compassion and appreciation of the need for patients and their families to understand the importance of considering matter-of-factly decisions about facing death. Ken is Professor of Intensive Care at University of New South Wales, the Foundation Director of The Simpson Centre of Health Services Research and a member of the Ingham Institute of Applied Medical Research. He trained at St Vincent's Hospital in Sydney and his entire career both here and internationally has been in intensive care.

Professor Hillman asks the question – How did the specialty of Intensive Care become one where so much effort is devoted to support patients who are 'naturally and predictably' at the end of their lives? Intensive Care Units (ICUs) originated in Denmark in the 1950s and were established in most large hospitals in the developed world by the 1970s. Initially ICUs managed patients with life-threatening conditions, trauma and post-operative procedures who could recover and after a short time in hospital return to the community.

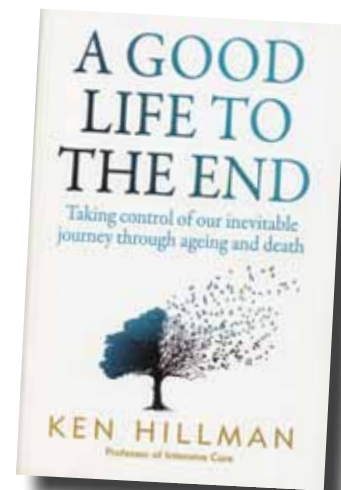
This book is intended as a source of information and carefully explains what happens to us as we age. This makes it easier to understand the concept of misuse of

heroic life-sustaining technology in elderly patients with multiple health problems.

The question for families now is: 'Would it be a preferred option to have a much loved parent or loved one die at home rather than in a hospital surrounded by strangers?' Current research shows that although many terminally ill patients express this wish it is seldom granted.

A living will – now known as an Advanced Care Directive (ACD) – can be prepared, after discussion with family, at any time during our lives and modified if required. It is designed to ensure that our wishes are respected if we are failing, and assessed as unlikely to recover. The family is relieved of the stress and anxiety around decision making.

There is some interesting reading in this book. There is an explanation of the problems now emerging due to the specialisation of medical training. The ICU specialist is faced every day with treating patients admitted under a clinician trained to save lives and reluctant to accept 'defeat'.



Many of their patients will never recover. An ACD assists doctors to make a decision when 'little hope becomes 'no hope'.

There are also case studies of successes and failures of ICU which make understanding the overall premise of the book clearer for the lay reader.

Ken Hillman explains the current dilemma for the ICU specialist when he is taken on a handover round on the first day of his return from holidays: seven beds in ICU and only one occupied by a patient who was likely to recover and leave hospital to resume a healthy life!

He asks us to consider these facts:

- The present health care system is focused on hospital treatment.
- The majority of patients are over the age of 70.
- The spending on hospitals is \$1500 each day for a standard bed and \$4000 a day for treatment in intensive care.
- There is a need for the elderly at the end of life to die with dignity.

The book concludes with a call for radical redesign of our health system to provide support and care for the elderly in the community.

— Pam Davies



teaching in 1991 and ran away to sea. After joining the crew of the Soren Larsen for the trip from Australia to Europe via Cape Horn Gabrielle then sailed up the east coast of America on the Anna Kristina as part of the Columbus reenactment celebrations in 1992. She has sailed to East Timor on a catamaran and circumnavigated, Australia, during the Matthew Flinders bicentenary. It took 15 years but she completed her odyssey by rounding the Cape of Good Hope in 2003.

Gabrielle's works range from abstract to ultra-realism. Her

paintings of the sea are a result of days and nights on watch. She made many sketches in pencil, gouache, watercolour and ink and her final oil paintings were done 'while at anchor' in her studio.

Northern Australia has been the inspiration for more recent works. She has portrayed the drama of the coming of the wet in her paintings at Katherine and the massive rock formations near the Gulf of Carpentaria, know as the Lost Cities. Her work captures the immense energy of the earth upheaval millions of years ago. Gabrielle explains 'There is also a sense of tranquility, a freedom from disorder, found in the folds and wrinkles, running through the great rock masses.' An exhibition in 2006 was titled Peace of Nature and Gabrielle continues to immerse herself in the beauty of our environment as a source for her creativity.

PD

News from The Good Yarn

THE VOLUNTEERS AT The Good Yarn would like the community to know that in the last financial year The Good Yarn donated more than \$28,000 to charity, with over a quarter of that amount going to Bundanoon and nearby areas. The list below shows our donations for the last 12 months.

We thank the local community for supporting The Good Yarn through the donation of goods, purchasing goods and consigning goods. Without your support we would not be able to achieve the results we do.

The Good Yarn welcomes new volunteers, so if you're interested please contact me on my number below or come along to one of our regular meetings held in the Supper Room of the Soldiers' Memorial Hall on the third Friday of the month at 2:00pm.

— Ann McCarter, President, 4883 7784

DONATIONS 2016–2017

Aboriginal Literacy	500.00
Amelia Brooke (Guides)	500.00
Angel Flight	500.00
Anglican Parish of Sutton Forest	200.00
Anglicare	1000.00
Arthritis Foundation	500.00
Bandaged Bear	500.00
Bible Society	500.00
Bicycles for change	500.00
Bear Cottage	500.00

BCA (Piano)	500.00
Bundanoon Men's Shed	500.00
Bundanoon School (Air Conditioner)	1000.00
Bundanoon RFS	1000.00
Bundanoon RSL Sub Branch	1000.00
Careflight	500.00
Challenge Foundation	500.00
Christian Education	1500.00
Cystic Fibrosis	500.00
Dignity	500.00
Doctors Without Borders	1000.00
Downs Syndrome Swimming (Daniel Rumsey)	500.00
Fistula Foundation	500.00
Fred Hollows Foundation	500.00
Guide Dogs for Children	500.00
Heart Bus	500.00
Learning for Life	576.00
Leukaemia Foundation	500.00
Legacy House	1000.00
Lifeline	1000.00
McGrath Foundations	500.00
Macula Degeneration	500.00
Meals on Wheels	500.00
Mission Australia	500.00
Orange Sky Laundry	500.00
Royal Flying Doctor	1000.00
Salvation Army	500.00
Sthn Highlands Parkinsons Support	500.00
St Brigid's Catholic Church	200.00
St Vincent de Paul	1000.00
Starlight Foundation	500.00
Uniting Church, Bundanoon	200.00
Warrigal Bundanoon Auxiliary	1000.00
World Vision	1728.00
TOTAL	\$28,404.00

Letter to the editor

JCG is an interesting and informative magazine to browse through with its local human interest stories and variety of content – something for everyone really! It seems to be fairly unique in that it's a publication specifically for and about the village of Bundanoon as opposed to those that cater to the wider region.

However, the publication is unique in another way – it has a rather strong chemical smell. We have found it necessary to wash our hands and faces after handling it because of an unpleasant skin and lip reaction.

Perhaps others might have noticed this too. I thought you might be interested in this observation.

Regards, Tony Bird

Dear Tony

You have sniffed out a change in JCG's printer. For years the magazine was printed by WestonPrint in Kiama, but they ceased trading earlier in the year. Our new printer uses a different process and, yes, the ink smells different. Yours is the only report of a reaction to the ink and we hope it won't put you off reading the magazine (after letting it air for a while). The good news is that the cost of printing is now less, and the whole magazine is printed full colour.

— Editor



Ring for
appointments:
4883 6363

**Monday to Friday,
some Saturday mornings**

**Allied Health services available
at Bundanoon:**

**Physiotherapist · Podiatrist
Remedial Massage · Therapist
Exercise Physiologist**

**Doctors available
at Bundanoon:**

**Dr Jane George
Dr Vincent Roche
Dr Geoffrey Sparkes
Dr Jeff Lee
Dr Bilal Karime
Dr Larysa Skrypnyk**

Bundanoon:

22 Erith Street
Bundanoon NSW 2578
Telephone: 4883 6363
Fax: 4883 7066

Moss Vale:

61 Elizabeth Street
Moss Vale NSW 2577
Telephone: 4868 1500
Fax: 4868 2688



Bundanoon Sport & Recreation



PONY CLUB

Bundanoon Pony Club's gymkana is on 8 October at the Pony Club Grounds. Visitors most welcome!

The Club meets on the third Sunday each month from 9.45am to 3.30pm. If you want to learn how to ride and care for your horse there is plenty of help available.

Ring Gail Pritchett on 4883 7195 or 4047 287 336 for more details.

BUNDANOON TENNIS

Alec Pero, an experienced, qualified Tennis Australia accredited coach, is now taking charge of the coaching program. Alec has worked with many players right up to players making the step into international tennis. This is great news for everyone interested in learning the game or improving their game to the next level. Alec will be offering:

- The official Tennis Australia junior development program (Hotshots) that caters for children from 5 years of age.
- Coaching for all ages, one on one or in a group format.
- Cardio Tennis – a new way to improve fitness through tennis.

Interested? Just want to find out more about how this new program will work? Contact Alec on 0411 402 402 or email aptenfit@email.com

CHESS CLUB

The Chess Club meets at the Primula Café every Friday from 2.00 pm. The group is keen to encourage new members and invite previous members to return to the chess board. Chess offers mental challenges and friendly competition in a very comfortable environment at the Primula, so if you have played before or would like to learn how to play please come along – you would be most welcome.

Any questions? Contact Pat Foley on 4883 6064 or email gailpress23@yahoo.com.au

BUNDANOON BOWLING CLUB

The Bundanoon Bowling Club is alive and well and working to create an environment where all social bowlers can get together on a regular basis and enjoy the camaraderie and enjoyment of friendly competition.

We meet every Wednesday afternoon at 12.30pm to continue our tradition of social bowls. All are invited to participate in regular light-hearted competition, followed by a friendly get-together. No matter what level – professional/amateur/beginner – all are welcome to come along join in the fun.

Interested? Contact Keith Stratton on 0422 829 756 or Neville O'Mullane on 0412 167 096.

BUNDANOON CROQUET CLUB

The Croquet Club has remained active and, after regaining access to the greens in March 2017, has gone from strength to strength.

Regular Golf Croquet sessions are played on two greens every Thursday and Sunday commencing at 1:00pm. After our Sunday session at 4:00pm we have a social get together to provide members with the opportunity to share a few drinks, delicious snacks and stimulating conversation. This has proved very popular with members who can only play on weekends.

We are positive the Croquet Club has the means to remain an active club irrespective of whatever decision is made as regards the future of the Bundanoon Club Limited.

WE ARE SEEKING NEW MEMBERS.

Come to one of our regular sessions, where free coaching will have you playing a live game on the first visit!

Membership is \$80 a year (including Croquet NSW registration fee of \$40); green fees are currently \$8 per session (subject to review); mallet hire is \$2 per session. Your only other requirements are a comfortable pair of flat-soled sports shoes, a warm fleecy for winter and a great sense of humour.

Please contact the Committee Members listed below if you require further information.

Alan Millward – President – 4883 6887
al.jan2578@gmail.com

Sandy Mackenzie – Secretary, 4883 7461
sandymack@inet.net.au

BUNDANOON REBELS SOCCER CLUB

The Rebels have had a fantastic 2017 season so far with a number of our teams heading towards Finals in September with great positioning on the competition ladder.

The club has some great successes in the Highlands Soccer Association Cup Finals. Our AAM Third grade team displayed a strong performance in the George Auld Cup final defeating Moss Vale 2-1. The Under 15s took out the Jan Plain Cup with a very convincing 8-0 victory against Moss Vale. Our Youth grade team also made it to the HSA Cup final putting up a solid fight against Chevalier College but ultimately being defeated 2-1.

At the end of July, Bundanoon Rebels Football Club, along with Bundanoon Primary School P & C and Friends of Bundanoon Preschool, hosted Winter Chill, a fun night featuring a bonfire, live entertainment and food. The night was a wonderful success and raised much-needed funds. We would like to thank all those involved for their hard work and the community for its support and generous donations.

BUNDANOON HIGHLANDERS RUGBY LEAGUE FOOTBALL CLUB

At the time of writing our team is sitting on top of the Group Six shield competition with two rounds to go in the 2017 regular season. It has been an incredibly successful return to the field for the Highlanders who decided to rest for the 2016 season. With new coaching staff and refreshed players the Highlanders are confident of being able to take out the grand final being played at Campbelltown stadium on September 16.

As always the Highlanders are looking for interested players and committee for the 2018 season and beyond – check out our Facebook page for info and updates.

We would like to thank the 2017 sponsors for their great support: Jemmy Moss Inn, Centennial Vineyards, Southern Highland Service Centre, Louise Randazzo ANZ Mobile Lender, FTR Building, Eccleston Construction, J&J Stonewall and Happy Cat Dry Cleaners.

– Mike Swinden

DEMENTIA CAUSES PROBLEMS WITH MEMORY

THAT DOESN'T
MEAN WE SHOULD
FORGET ABOUT IT

CAFÉ CONNECT

Café Connect provides an opportunity for people with a diagnosis of dementia and their carers to come together over a morning tea, to enjoy social contact, make new friends and share information and ideas.

Café Connect meets at a cafe in Bundanoon on the 1st Thursday each month 10.30am -12 midday. Please give us a call on 02 4869 5651 if you are interested in joining.

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

DEMENTIA ADVISORY SERVICE: WINGECARRIBEE

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

Alzheimer's Australia NSW

Suite 1, Queen Street Centre, Queen Street Moss Vale, NSW
T: 02 4869 5651 | E: NSW.wingecarribee@alzheimers.org.au

**ALZHEIMER'S AND DEMENTIA
AUSTRALIA AND HOPE**
FIGHTDEMENTIA.ORG.AU



REFORMATION DINNER

**6.30 pm Friday
27th October, 2017**

Ticketed event: \$37.50 per adult
(payment by 17/10/17)

Celebrate the 500th anniversary of one of the most important events in western history with a 3 course German themed meal & entertainment at Exeter Village Hall.

Guest Speaker: Marge Mills

'Martin Luther hit the nail on the head 95 times'



Anglican Parish of Sutton Forest

Phone: 4883 6019

www.parishofsuttonforest@bigpond.com

And join us for church on any Sunday at ...
9am Holy Trinity, Bundanoon
(traditional service)
9.30 St Aidan's, Exeter
(contemporary service with Sunday School)
5pm Holy Trinity, Bundanoon
(contemporary service with Youth Group)

Southern Highlands Funerals

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

Colin & Laurelle Boland
& Kathy Hancock

415 Argyle Street, Moss Vale

4869 2888



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

Activities and services

BCA Subcommittee Convenors

Arts Bundanoon	
Greg Slater.....	gregs50@dodo.com.au
'Bundanoon Sings' Choir	
Geoff McCubbin.....	geoffmc@inet.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.....	Christine.Janssen@bca.asn.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	
Andy Carnahan.....	Membership@bca.asn.au
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
Secretary, Andy Carnahan.....	Secretary@bca.asn.au
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.....	Don Gray..... 0429 828 765
RSPCA (Goulburn/Highlands).....	0412 475 428
Volunteering Wingecarribee.....	Thomas Andrew..... 4869 4617
WIRES.....	4862 1788

To change details, please email jcgeditor@bca.asn.au

www.bca.asn.au

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
Bundanoon.....	Thursday, 12.30 pm

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.....	Alan Millward.....	4883 6887
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

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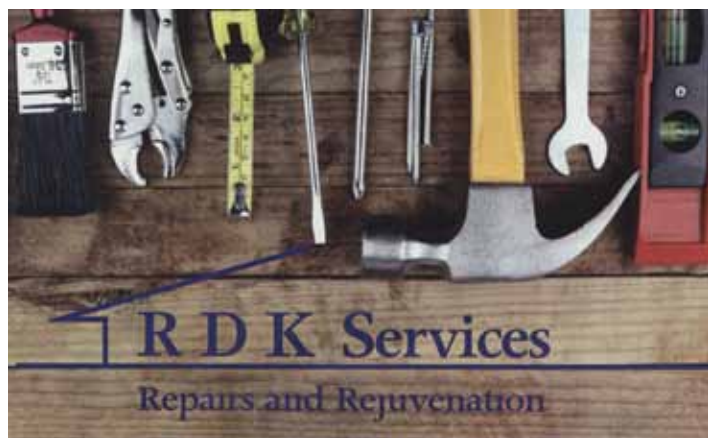
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