

JORDAN'S CROSSING GAZETTE

Edition 97 • June 2019

JCCG



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

FREE

WINTER



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PLACE Bundanoon Soldiers' Memorial Hall
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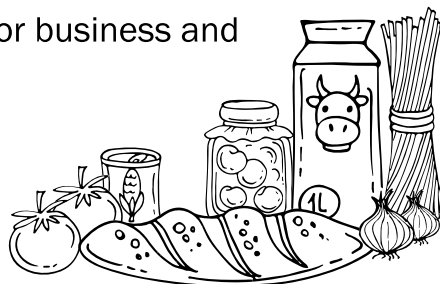
If you've already been in to see us you may have heard of some of our plans—to improve the space, increase the range of products on offer, and work towards everyday prices that won't make you gasp (with anything other than pleasurable surprise that is).

If you haven't been in since we took over in mid-March, then may we take this opportunity to invite you to come and see what changes we've already wrought: a greater emphasis on fresh produce; support for local producers including Moonacres (Fitzroy Falls) and Brillig (Exeter) farms; a greater range of deli and other indulgent items; and, most importantly, we're open when you need us:

Monday–Thursday.... 8:30am to 7:00 pm Saturday..... 8:30 am to 7:00 pm
Friday..... 8:30am to 8:30 pm Sunday 8:30 am to 6:00 pm

With regards to your questions about the temporary fencing at the front of the building....the news seems positive, so we're optimistic that it will come down in the very near future. In the meantime, we're open for business and look forward to welcoming you in store soon.

The Village Grocer & Store team
Lloyd, Kaz, Tammie, Annie and Gerry



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by Helen Clark

Correspondence:

The Editor

Jordan's Crossing Gazette

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

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**From the editor**

Our June centre pages on a theme of Winter bring together an amazing range of subject matter, from Canada to Antarctica; from warming make-at-home recipes to tasks for the hardy gardener. Pull on a beanie or toque (Canadian-style) and venture out to the frosty outdoors or try some of the 10 ways to warm up for free!

In other sections of JCG read of the aspirations and passions of one of Bundanoon's more youthful residents on page 39, enjoy a funny tale about a donkey with attitude on page 43, discover

what cats' whiskers are there for on page 42 and meet a Penrose couple whose lives span a combined total of 189 years on page 34.

If you find yourself inspired to become part of the JCG team, maybe as an interviewer/writer, a journalist/photographer or as a liaison assistant chasing potential ideas, don't hesitate to get in touch with Christine Janssen, JCG convenor or myself the editor. It's all voluntary, so your payment is the readers' enjoyment of the magazine.

—Helen Clark, Editor**contents****WINTER**

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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):
20 June, 18 July, 15 August
7:30pm in Supper Room at the Hall.

Advertising info:
page 51

Deadline for next issue:
Friday 2 August



BUNDANOON IS BRIGADOON

Highland Gathering 2019

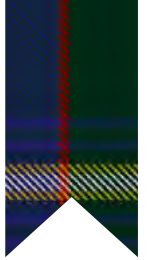


Photo: Derek Janderko



Photo: Sue MacKenzie



Photos: Peter Gray unless otherwise credited

BUNDANOON

Community Association



Following the BCA Annual General Meeting held in March, the committee has nine elected members to continue the work of BCA as an important part of the community for over 80 years. Sincere appreciation to Christine Janssen, Jeremy Tonks, Cherie Hobart, Kaz Williams and Ann Rocca for their hard work and commitment throughout the last year. BCA supports, via the sub-committees, a great deal of what happens in the village. Time given by the members of the committee is significant and very important.

BCA Committee

The new members elected to the BCA committee are: Anton Baggerman, Peter Brown, Peter Gray, Christine Miller, Stuart Reid, Ann Rocca, Tony Strong, Jeremy Tonks and Andrea Ward.

These Bundanoonians come from a number of different backgrounds and bring to BCA varied skills and experience. The group is an excellent mix of continuing, previous and new participants in the role of the BCA committee and a clear focus and strong commitment is evident already.

Our initial consideration is to increase the function of the accounting aspects of BCA and the sub-committees in order to better use volunteer time, and to increase the application of computer options to many areas of the work within the sub-committees.

Some members of the new committee are absent on prior commitments, so the positions of President, Vice-President, Treasurer and Secretary will be announced as soon as possible. Christine Miller has agreed to be Interim President for the time being.

Important volunteer position available!

Within the sub-committees of BCA all the roles are voluntary. Fantastic work is done in many different ways.

With an increase in the number of activities undertaken under the BCA umbrella there is a proportional increase in the workload required to maintain consistent book-keeping of fund-raising by, and funds distribution to, the sub-committees.

BCA has an immediate need for people with book-keeping or accounting experience with knowledge of Xero or MYOB.

If you can spare a few hours a week, can you please contact:

Peter Brown 4883 6456 or
0417 437 220

or **Christine Miller** 4883 7493 or
0410 173 093

Training in Xero software will be made available. BCA is increasing the application of a number of aspects of Xero to improve this area of our operation.



Calling young Bundanoonians

If you are aged between 12 and 21 and have a passion or an experience you would be happy to share, JCG magazine would love hear from you.

It might be playing sport or a musical instrument, it might be star-gazing or learning a skill or trade or creating art, it might be an overseas trip or a bush wilderness adventure; it can be anything that you can talk about with passion. You may want to write 600 words and send it to JCG or you may prefer to be interviewed by one of our writers.

To have your voice in JGC email:
jcg.editor@bca.asn.au



Plans are moving ahead for the celebration in September of the 10th anniversary of Bundanoon's decision to not sell single-use bottled water.

Come along on Saturday September 21st to the Soldiers' Memorial Hall. Come and engage with a number of stalls sharing knowledge on how you can make a difference to the environment day-to-day as Bundanoon made a difference in 2009.

The day will also be supported by a number of talks from a variety of groups, sharing with us knowledge and progress in this initiative to help us continue the commitment. The talks will be held in the Uniting Church next door to the Hall. Throughout the months ahead we will share with the community these opportunities on offer in September, so we may once again do something worthwhile to make a difference.

- **Bundanoon on Tap group**

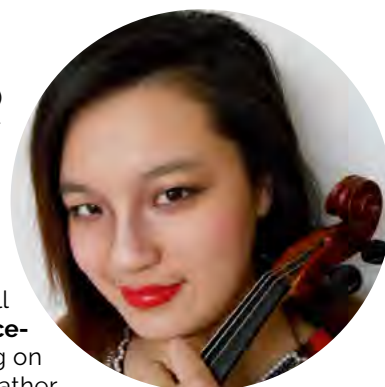
Music at 10

Winter is always a good time to attend a concert at the Soldiers' Memorial Hall which is neither cold nor drafty. The local hall and its custodian, the Bundanoon Community Association, provide so much to our local community. The Arts Bundanoon team is profoundly grateful not only to the Bundanoon Community Association, for the support that it provides, but also to our friendly local community for attending our concerts and encouraging our artists.

On the evening of 23 March, we hosted Gerard Willems (piano), Evgeny Sorkin (violin) and Susan Blake ('cello) in what was probably Mr Willems' last public performance in this country. The concert was run at a financial loss as a way of saying, "thank you" to our regular audience members. It is a feature of Arts Bundanoon that we manage to present concerts of a consistently high standard.

This Winter will include, on 1 June, newcomers (to Bundanoon) **Osborn Fong & Siang Ching Nu** ('cello & Piano) who are musicians from the University of Western Australia. They will offer a varied programme, including a sonata by Bohuslav Martinů and fantasy pieces by Robert Schumann.

On 13 July we welcome back for the second time **Xenia Devatkina-Loh** (violin) in a programme of works for violin and piano; on 10 August we welcome back for the third time the wonderfully talented violinist, **Maria Lindsay** who fears nothing, and Spring will begin with pianist **Claire Race-Howard**, this time appearing on 14 September as a soloist rather than as an associate artist.



Xenia Devatkina-Loh

Arts Bundanoon is possible because of its team of volunteers. Please consider joining us if you share a commitment to local concerts of fine music.

Please join us for these upcoming concerts, held on the second Saturday of the month at the Bundanoon Soldiers' Memorial Hall.

- Neil Mitchell



Thank you to the local RSL Bundanoon Sub Branch for inviting Bundanoon Sings! to participate in the Anzac Day service. We are proud to contribute to the life of our local community.

We encourage anyone who has a love of singing to pop in to the Bundanoon Soldiers' Memorial Hall at 7pm on a Monday night. There are no auditions and you don't need any experience to join. You can just visit and listen or, of course, join in the singing.

WINTERFEST:

You have been warned, Bundanoon Sings at the Pub! is coming. Ever felt that karaoke with a drink in hand was your thing? Or singing with your mates at the pub? At Bundanoon Sings at the Pub! we'll learn how to belt out a classic pub song together. Everyone can sing. Bring your mates, grab a drink and let's sing together. Dates and times to be confirmed – watch this space.

SAVE THE DATE:

**Saturday 17th August
Songs of Stage and Screen**

Grab your very best frock or tux and be prepared for an evening to remember. This year Bundanoon Sings! is celebrating the stage and screen in style.

Be red-carpet-ready – this year we celebrate the stars and music of stage and screen in full Oscars attire. Your choice of black tie outfit is completely up to you – as always, we love our audiences to have as much fun as we do!

Songs of Stage and Screen will include some of our favourites from *Frozen*, *Oklahoma!*, *Hairspray*, some TV classics, and films with great soundtracks.

Of course, no Bundanoon Sings! performance would be complete without an opportunity for audience participation. We will have table seating again this year, so gather your friends for a fun night out.

Plan your outfit and keep an eye on our Facebook page or about town for ticket details.

**www.facebook.com/bundanoonsings
bundanoonsings@gmail.com**



- Bundanoon Sings!



Melting Pot Theatre

Melting Pot Theatre's Crash Test Drama

got off to a roaring start for 2019 on 16 March with an audience of 140 attending and enjoying seven plays performed by 27 actors. A great night to open the 2019 season, and with so much local support for the event!

Christine Miller of Bundanoon was the guest judge for the night and the winners were as follows:

Best play: *Double Bind*
by Rosemary Gray
Best Director: Molly O'Meagher
Best Actor: Anton Baggerman
Best actress: Fran Bosly-Craft
Audience vote: *Existential Perception*
by Gill Brennan

In June we're holding a **Crash Test Comedy** evening, which will include stand-up, plays, musical acts, improvisations and a whole lot more. This should be a fun night so put 22 June into your dairies!

Book early for the **Director's workshop** on 15 June run by our convenor Joshua Hewitt. At only \$10 a head it's sure to sell out!

- Melting Pot team



Photos: Peter Gray

In August we've got something completely different:

No More Shall We Part

is an intimate play looking at what happens to a relationship when death comes into the room. Hailed by critics everywhere, this performance will be a night not to be missed. Casting has been done and the two-hander will be performed by Christopher Downie and Miranda Lean. There will three performances, including a matinee, over the weekend of **24-25 August**, with a possible discussion forum following the last performance.

Little Red Writing Workshop

by Mark Tredinnick

Bundanoon Memorial Hall Supper Room
Saturday 29 and Sunday 30 June 2019
10 am to 4.30 pm

\$400 for the weekend includes morning and afternoon tea. And you get to keep a copy of *The Little Red Writing Book* and carry it home in your very own tote: The Little Red Writing Bag.

Held over two days in the Bundanoon Soldiers' Memorial Hall Supper Room, the Little Red Writing Workshop is a crash-course in grace led by acclaimed poet and essayist Mark Tredinnick, a Southern Highlands local. The workshop draws on Mark's inspirational writing guide, *The Little Red Writing Book*—and on his lifetime in letters.

Writing well takes both courage and craft. In his Thursday Morning Manifesto Mark puts it this way. "Don't settle for writing anyone could make. Write the way you would be loved; write the way you would be governed, the way you'd want justice done. Write the way you'd like to be remembered."

The course emphasises craft and draws lessons from fine writing. It's for anyone who writes and wants to write better. It's for poets and novelists, journalists and diarists. It's for memoirists and nature writers, and it's for published writers and beginners.

Here's some of what you'll learn.

1. How to write the way no one else can—the way you speak, only better
2. Some shortcuts to grace
3. The art of the sentence
4. The art of the revision: how to draft and how to redraft; how to finish; how to go back and do it all again.

"Mark is one of our greatest living poets, unpretentious, accessible, lyrical and profound. He is also a superb teacher of creative writing." Peter Bishop.



Get in fast. Numbers are limited.

BOOK VIA: Eventbrite: <https://www.eventbrite.com.au/e/little-red-writing-workshop-bundanoon-tickets-61425530415> or search 'Little Red Writing Workshop Bundanoon' on Eventbrite.

Call Lyndell **0415 680 018** for additional information.

Mark's wiki page: https://en.wikipedia.org/wiki/Mark_Tredinnick

Mark's Facebook page: <https://www.facebook.com/catchingthelyric>

- Initiative of Jordan's Crossing Gazette

A taste of what's on at BUNDANOON WINTERFEST

6-13 JULY 2019

BUNDANOON
The Village
Bundanoon Community Association Inc. A Bundanoon Community Association Event

Whether you're a local or a visitor, a child or a child at heart, Winterfest 2019 has an event or workshop for you to enjoy. Our six-day program has a strong focus on things to do for and with kids, as well as opportunities for people of all ages to get out of the house and learn something new. Don't miss **DEAD MEN TALKING** on Friday night, when Max Cullen and Warren Fahey bring Banjo Paterson and Henry Lawson to life on the Soldiers' Memorial Hall stage, or the **MELTING POT THEATRE'S LETTER READING** event on Saturday the 13th. And of course, there's the **WINTERFEST OPENING NIGHT** on Saturday 6 July, the biggest and best family-friendly gathering in the Highlands. At the other end of the week, the Bundanoon Soccer Club hosts the **FAREWELL TO WINTERFEST BONFIRE** to celebrate the closing of the festival, with more music, more food, and more fun. So come on... grab the kids, rug up well and get out and experience the frosty delights of a Highlands winter at **Bundanoon's Winterfest**.

SATURDAY 6 JULY

The festival kicks off with **WINTERFEST OPENING NIGHT** from **5.00 pm to 9.30 pm**. Railway Avenue is closed to traffic and is transformed into a fairground complete with rides and other amusements, music, lights, and more than 20 food and beverage vendors (many supporting local community groups and businesses). The **ICE RINK** (sponsored by The Village Grocer & Store) is back—and yes, it'll be ready to go at 5 pm sharp! The **PHOTOBOOTH** (sponsored by Potter's Pantry) is also returning, with fun props to help you make a proper goose of yourself! This year you'll also be able to test your endurance on the **BUCKING BULL RIDE**.



The performance stage will feature music from **BOY.GIRL**, Sydney based duo Robert O'Brien and Georgia McCarthy, local bush band **PADDY'S RIVER**, and **BIG SKY MOUNTAIN**, a seven-piece all-female group with a sound that's a little bit Norah Jones with a hint of the Eagles.

The Hall will become the **WINTERFEST NO-CHILL ZONE**, a place to relax and escape the cold, with chairs and tables, and a coffee seller nearby. As well, there'll be face-painting, storytelling, a place to colour-in and buy glowsticks, with performances by **THE MAGIC JESTER** in the Supper Room for the young 'uns. A gold coin will grant you access. Entry via the main doors.

Many of the Railway Avenue eateries will be open, offering their usual fare as well as warm respite from the cold. Kids can head over to Potter's Pantry to decorate cookies and they can also leave their creative mark on the **WINTERFEST WONDER WALL**.

If you've still got any energy left after all that, head over to The Bundanoon Hotel for the **WINTERFEST AFTER PARTY** from 9.30 pm.

SUNDAY 7 JULY

After all the high jinks of Opening Night, you might be feeling a little fragile. Winterfest Survivors can regain their equilibrium with a slap-up breakfast at The Bundanoon Hotel or any of Bundanoon's cafes. ❖ Afterward, take a stroll around the Bundanoon Markets and pick up some artisan-made food and other wares. or peruse works by



2019 WINTERFEST PROUDLY SUPPORTED BY



members of the Men's Shed and entries in the **ARTHEAD ART COMPETITION** at the School Room (Bundanoon Uniting Church). The always popular **INDIAN VEGETARIAN COOKING** classes are on again at the CWA Rooms, over two sessions, for beginner and more advanced cooks. ❖ Everyone can sing. No, really. At **BUNDANOON SINGS AT THE PUB!** you can join in even if you usually only sing in the shower. It will be a song you know well (details to be revealed closer to the event). Come to the Bundanoon Hotel at 5 pm and experience the life-affirming joy of singing in a group.

MONDAY 8 JULY

There's plenty to keep the kids occupied today. Bundanoon Pizza & Pasta are sharing their **PIZZA-MAKING SECRETS** with kids aged 6 and over from 10am to 11am. Or they can learn how to **MAKE SPIN DRUMS** from 10am to 12pm. ❖ **EXPLORER'S CLUB** is back again, on Monday, Tuesday and Wednesday. ❖ Tweens can learn the **SECRETS OF HAIRCARE** while sipping a hot choccie at Potter's Pantry from 3pm. ❖ More active kids might like to try an introductory session of **TAE KWON DO** from Lil Kickers, at Sharp Fitness Studio from 4.30pm.

TUESDAY 9 JULY

Say Fromage! Learn the basics of soft **CHEESEMAKING** at Highball House from 9.30am. ❖ Adults and kids can learn the most portable instrument in the world at one of two **HARMONICA FOR BEGINNERS** sessions (at 2.30 and 5.30pm). Harmonica and instruction book included. ❖ **CINEMA REX** presents the first of two Spectacular Spielberg Matinees. Today, it's **TINTIN'S** turn. At the Hall from 2pm.

WEDNESDAY 10 JULY

The Bundanoon Tennis Club is running two **TENNIS FOR BEGINNERS** sessions for kids 5-12. ❖ Or what about a **LEARN HOW TO KNIT** class—perfect for kids 10 and over. It's a terrific way for kids to develop fine motor skills, and it's LOADS of fun. CWA Rooms from 10.30am. ❖ The popular **INTRODUCTION TO SOURDOUGH BAKING** is back again this year, at the Pill Factory. ❖ And the **RFS** is holding an introduction to their **CADET PROGRAM** at the RFS shed in Burgess Street.

THURSDAY 11 JULY

Following the hugely popular Zoomobile visit last year, we have another hands-on animal experience for kids over 3. Get close to a baby crocodile, a python or a possum when **THE AUSTRALIAN ANIMAL WILDLIFE DISPLAY** team will hold three one hour sessions at Highball House at 10am, 11.30 and 1pm. ❖ **CINEMA REX** presents the second film in the Spielberg Spectacular. Leonard di Caprio and Tom Hanks star in the adaptation of Frank Abagnale Jr's comic memoir, **CATCH ME IF YOU CAN** in the Hall from 2pm.

FRIDAY 12 JULY

Learn how to **MAKE EXQUISITE PAPER FLOWERS** at Potter's Pantry from 2-5pm (for grown ups with nibble fingers). ❖ Or discover the art of **NATURAL CLEANING WITH ESSENTIAL OILS** from 10am at the CWA Rooms. ❖ For the kids, there's an opportunity to **GET SLIMED WITH THE PLASTER PIT**, (or at least learn how to make a batch of slime—endless fun!). From 10.30am to 12.30pm at the RSL

Hall. ❖ The festival's headline event **DEAD MEN TALKING** sees Max Cullen and Warren Fahey bring Banjo Paterson and Henry Lawson to life on the Soldiers' Memorial Hall stage in a lively one act show from 7pm. Having a casual drink at the Leviticus Bar & Grill, Heaven's Gate, the two legendary literary figures discuss each other's lives, recite poems, sing songs and have a laugh. Get in quick...tickets will sell out fast!



SATURDAY 13 JULY

Join Warren Fahey and Allan Stone, The Poetry Bloke, for the inaugural **WINTERFEST POET'S BREAKFAST** at the Bundanoon Hotel from 7.30am. Grab some breakie and enjoy readings from Peter Lach-Newinsky, Pat Brennan, Geoff McCubbin, Robyn Sykes, Rhiannon Hall and Leigh Brown. ❖ Since the advent of the smartphone everyone now has a camera in their pocket. Learn how to take better pictures in one of two **IPHONOGRAPHY** sessions (one for kids @ 9.30am and one for adults @ 1.30pm) at the Bundanoon Country Motor Inn Conference Room. ❖ **MUSIC @ 10** features Violinist, Xenia Deviatkina-Loh and pianist, Jeremy So who'll perform a program that includes Beethoven's Sonata Op 47 (Kreutzer) in The Hall from 10am. ❖ Reports of the death of art of letter writing may be a bit premature! In this first ever **MELTING POT THEATRE** event for kids, listen as kids 8 and over read aloud letters they've written at the Bundanoon Uniting Church, from 10am and 12.30pm. ❖ Then, with thanks to the Bundanoon Rebels Soccer Club, we bid **FAREWELL TO WINTERFEST** for another year with a giant **BONFIRE**, with more food, more music and more entertainment for all the family from 5pm. Rug up warmly and enjoy the fun (but please keep an eye on social media before making final plans for the evening).

This is just a taste of the 2019 Winterfst program—there's so much more than we have room for here. Look out for **a copy of the full program**, including session times and ticket prices, at Bundanoon Post Office, Bundanoon Newsagency, as well as at coffee and other retail outlets in the district.

For **ticketing and other information** go to **bundanoonwinterfest.com**

To purchase tickets online go to **trybooking.com/bundanoonwinterfest**

Tickets can also be **purchased (cash only)** at The Village Grocer & Store
65 Railway Avenue Bundanoon.

NB: All information was correct at time of printing. Some details may change without notice. Please check the website.

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BUNDANOON GARDEN CLUB INC

FRIENDSHIP THROUGH GARDENS

Bundanoon Garden Club put down its roots almost 50 years ago and continues to grow strongly. Starting with a small group of 23 like-minded people, all keen to beautify the village in order to attract tourists, they gathered at the Bundanoon Hotel in 1970 and the Bundanoon Beautification and Garden Club was established.

The first beautification project undertaken by founding President Beryl Gosbell and her team was the northern entrance to Bundanoon. In 1981 and 1988, discussions and planning for an arboretum at the northern entrance to the Bundanoon village occurred and finally in 1990 Council approved the planting of 60 trees. Unfortunately some of these trees were stolen and the original arboretum had a quite chequered beginning.

The Garden Club was also responsible for early tree planting along the railway embankments and at the station and this was followed by further tree planting at Ferndale Oval. In 2001 President Norma Waldron was instrumental in the development of the Nancy Kingsbury Memorial Garden in Anzac Parade. This land was donated by William and Minnie Beatrice Kingsbury in perpetuity and in memory of their daughter Nancy Margaret Kingsbury. Nancy and her family were living in Sydney in 1928 when she developed asthma at the age of three and by the time she was six, doctors recommended a change of climate to benefit her health and well-being. Nancy died at 33. Garden Club members under the leadership of Cosette Morris continue to manage the gardens. For anyone who has recently visited the park, you will notice new plantings of clematis, pieris and even more camellias.

The Garden Club, under the guidance of Laurel Honess, is also committed to caring for the Memorial Gardens at the rear of the Bundanoon Memorial Hall.

We are most grateful for the tenacity and efforts of early Garden Club members which has resulted in the beautiful trees and plantings that we enjoy today. Most of these projects were made possible by funds raised by members, along with support from the Council.

Today the Bundanoon Garden Club enjoys strong community support and has around 180 members. Visitors and potential new members are welcome to our meetings held in the Memorial Hall on the first Thursday of each month commencing at 10am, from February to November. In December a garden party rounds off the year.

Approximately 90 enthusiastic people attend each meeting and an invited guest speaks on a specific garden topic of interest to members. As well, the club maintains a substantial library of books, DVDs and magazines for loan. Many members donate plants and produce for sale at the trading table, and a monthly raffle of three beautiful advanced plants also raises funds which are used for club projects.

Monthly Friendship Open Gardens are popular with members who thoroughly enjoy visiting local gardens. These occur during the warmer months and we have been privileged to see a variety of garden designs, plants and trees in both rural and village landscapes.

In 2020, the Bundanoon Garden Club will celebrate 50 years of gardening and friendship along with the beautification of Bundanoon. We are currently planning our celebrations for this very special event and we look forward to engaging the whole community in what we hope will be an exciting and interesting celebration year.

**- Janine Armstrong, President,
and Lyn Curry
Bundanoon Garden Club**



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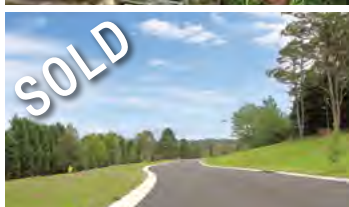
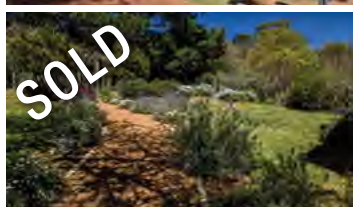
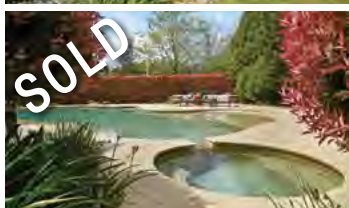
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WINTER

HOLIDAY KIDS' CLUB

8th-9th-10th July 2019

Bundanoon Public School hall - 10am to 3pm

Holiday fun for K-6 as we explore the wonders of the Bible in exciting & relevant ways with lots of games, craft & drama.

\$10 / day (includes morning tea & lunch)

RSVP: 4883 6019

SUNDAY CHURCH SERVICES

Bundanoon

Holy Trinity

9am & 5pm

Exeter

St Aidan's

9:30am

www.parishofsuttonforest.com



Community collaborations

Working with others in our community has resulted in the completion of two projects initiated by Lions. The first was the refurbishment of the outdoor furniture in Picnic Park along Railway Avenue, as featured in the previous JCG. Funded by Lions, the work was undertaken by the Bundanoon Men's Shed - a commitment of 246 man-hours.

The second project was a hands-on revamping of the outdoor tables and benches at the Bundanoon Public School, carried out by Bundanoon Lions members.

The school grounds were a hive of activity over the Easter holidays as we sawed, sanded, dismantled and painted the metal under-structure, and added new timbers to the tables and benches. Shrubbery was cleared away and the space is now an open learning centre for teachers and students. The new timber colour scheme chosen by Principal Mel Morris looks fantastic and Michael Bromfield from Penrose Pine Products, a former student of the school, generously donated the timber. Thank you Michael.

This is a project that will be a part of the school for many years and one we can all be proud of. Bundanoon Lions' association with Bundanoon Public School will continue - other projects are planned for the future.

The Bundanoon community can take some credit for these projects. You support our activities, sometimes one sausage at a time, but in this case by attending our Trivia Night in 2018 where funds were raised for these two projects.

We look forward to seeing you at Winterfest for a glass of mulled wine to go with your sausage.

- Elizabeth Cranny





Bundanoon Public School

NEW INITIATIVES



Bundanoon Public School has been a hive of activity over the Easter holiday break.

As you enter the school grounds via the side gate on Phillip Street, you might first notice the row of correa plants forming a hedge border to our Native Garden area. These correas have been skilfully grown and nurtured by Sylvia from the Community Garden Club and were planted during the holidays by the Garden Club members. The Garden Club members have also been busy establishing a new memorial garden within our Peace Garden and we thank them for their time, expertise and terrific sense of humour!

Your eyes might next alight on the work of the Bundanoon Lions Club who have revamped our outdoor area in front of the demountable classrooms. The newly constructed and repainted bench tables and chairs are beckoning our students and inviting stimulating outdoor teaching and learning (parents welcome to rest here too!)



If you enter the Library, the newly painted fresh white walls with our new shelving units are waiting in eager anticipation to be stocked with books. Watch this space as the shelves are filled and our new colourful library furniture arrives. This fresh new learning space is going to look fabulous!



And tucked away from sight you probably won't notice our brand new shed, already nestling into its new home behind the long row of classrooms. The shed will soon become home to gardening equipment in readiness for the construction of our raised, enclosed garden beds which will provide many

learning opportunities for our students. Another great outdoor teaching space!

Over the holiday period, our school also played host to a group of cyclists raising funds for the Fathering Project which aims to help fathers realise how important they are in a child's life. The 'Big Push' bike ride from Sydney to Canberra celebrated what is a man's most important role in the world (being a dad), raised much needed funds to expand their education programs throughout NSW and brought awareness to this great project. Thank you to our special dads – Peter (and Ciara), Adam (and Eleanor) and to Jaiden for their help in providing well-earned sustenance to the riders.

And – breaking news – our Before and After School Care facility has finally been approved! We will be offering quality childcare from 7:00-8:30am every weekday morning and from 3:00-6:30pm every afternoon, with vacation care available in the school holidays. We hope to announce the provider during May and be up and running as soon as possible. Please contact the school office should you require any further information (4883 6192 or Bundanoon-p.school@det.nsw.edu.au). We're excited!

We have had a busy holiday – and are ready to embrace another term of learning and growing in our exciting new spaces.

**—Mel Morris, Principal
and Sue Reid, Administrative Officer
Bundanoon Public School**





GARDEN TALES

Lyn Morehen

Bundanoon Sensory Nature Trail

I walked into the Bundanoon Public School grounds with a sense of expectation. Having heard that the grounds of the school were being redeveloped I was here to find out some details. I was soon carried away by the depth and scope of what is planned. Mel Morris escorted me around the property. She is not only the Principal but a passionate, knowledgeable gardener and community leader. Together with her band of helpers they have evolved a plan to develop this space in the heart of Bundanoon into a horticultural paradise. Greg McCroary is the Environmental Education Coordinator at the school and a leading force behind the vision. The project involves remodelling the grounds to incorporate a Sensory Garden Nature Trail, through many distinct functional areas.



The day of my visit was the last day before the very welcome rains arrived in the later part of March. Everywhere was the dusty smell of hot, dry eucalypts and other native vegetation. Close to the administration buildings we passed a hedge of roses. Roses that perfumed the air and were surprisingly beautiful considering the hot dry weather that they had endured. Also there was a competing aroma, beautiful aromatic compost, embracing and soothing the roots of the roses and other shrubs and trees. I could hear birds in the trees and surrounding countryside competing with the laughter of children playing sports in a school sports arena. Then the journey began as we walked around the school grounds and I was given details of the ambitious, considered and extensive plans to transform these grounds. The plans detail the development of

Sensory Nature Trail Zones	
Sensory Nature Trail	Yellow
Shades & Canals	Green
Gundungarra Garden	Pink
The Farm	Light Green
Fruit Loop	Dark Green
House Gardens	Red
Memorial Garden	Orange
Dinosaur Garden	Light Blue
Performance Stages	Dark Blue
Nature Play Area	Purple
Wombat Coop	Grey
Recycling Station	Brown
Bundanoon Eucalypt Wetland	Blue



12 major areas. Areas that inspire the imagination, such as the dinosaur garden, the farm for veggies and chooks, and the fruit loop for fruit trees. I love them all but the area that takes my imagination is the one designated 'The Wombat Coop'. Here grasses that can sustain wombats will be grown. When I explained to friends and fellow gardeners that I was to investigate and write this article I was asked about a school kitchen garden and kitchen. The answer is that this is on the drawing board, but the kitchen part may be a bit later.

Our Bundanoon children will have their lives enriched and their senses stimulated, as the project develops and they are involved. They will not be doing this alone because they are being supported by many local community groups, and experts from afar including the local council, Citizen Science projects, National

Parks and Wildlife Services and the Royal Botanic Gardens. Gardeners from the Bundanoon Garden Club, gardeners from the Community Garden, and hardscape maintainers from the Lions Club are already part of this amazing adventure.

I came away with a deep feeling that the many dreams and visions have been well established in this two-year plan and that the project is well under way with good community and specialist involvement at many levels. I am in awe and full of admiration for the vision and hard work involved. These primary school teachers, staff and children and indeed all of us can be proud that we will have a 21st century education facility that we and our wildlife can enjoy.

- Lyn Morehen



Remembering Canadian winters

With skates on, I could walk out the back door of the family home to my new ice skating rink. Every year my father would set out the boards to form the rink and then when it became cold enough, flood it with water from the garden hose to create my rink. It was magical, listening to my skate blades swish as they carved figures in the ice, with the sun shining and the ice sparkling. In the summer my rink would once again become my mother's vegetable garden. It never occurred to me to ask why the hose never froze, because everything else did!

I would often wake up in the morning to see that Jack Frost had left a wonderful design on the bedroom window and then breathe on it to see how long it would take for some of it to melt so you could see through to the street. It is said that no two designs are ever the same, much like snowflakes. A Jack Frost often meant snow had fallen and if it was a weekend there would be tobogganing, sledding or skating; sometimes ice fishing if the ice had frozen deep enough on the lake.

I recall going to a friend's cabin. Snow had recently fallen and no one had been there for some time. The branches of the evergreens were heavy with snow; sentinels of the forest. Icicles had formed on the edge of the cabin roof and it was as if I had walked into a magic kingdom. It was so still, just me and the black-capped chickadees.

Going to the toboggan hills with a group of friends was often the highlight of the weekend, trudging through the snow in your boots and snowsuit, pulling your sled or toboggan behind you; laughing as we pushed each other into the fresh snow, anticipating the fun that was ahead. It was always a quick race to the bottom of the hill and then the long walk through the deep snow to the top to do it all over again and again. You might stop for a minute and find a space to make an angel in the snow and catch your breath. Sledding was more challenging as you had to steer the sled with the ropes and hope you didn't hit anyone or anything you weren't supposed to. At least that was the plan.

Our parents knew we would be back in time for dinner exhausted from our adventure, as it was generally dark by 4.30. If we came home early and the snow had become "sticky" enough we would build a snowman. The fridge would be raided for a carrot for the nose; a straw hat of my mothers' would disappear from her closet to sit atop our creation with an old scarf completing his or her attire. Rocks or pieces of coal would be found for the eyes and smile - had to have a smiling snowman!

On the really bad days, you didn't want to miss the school bus (if it came at all) because it meant walking across the fields to school and if the wind was up it was very cold indeed. The toque (a Canadian beanie) my mother knitted was pulled down to my eyes and a scarf wrapped around my neck up to my nose. Even then ice crystals would form on the surface of the scarf from the warmth of my breath. My hands would be warm inside my hand-knit mittens secured with the string of yarn up one sleeve of my jacket and then down into the other, so I wouldn't lose them. I still managed to do so occasionally.



If the snowfall had been particularly heavy it often meant I would be out helping my father shovel the snow away from the front and back doors so we could get out of the house properly. I was boosted out through a window to begin the task. The small snow plough would come by at some point to clear the sidewalk and then we would clear the snow from in front of the garage to get the car out.

I can remember my father having to change the car tyres over from the summer ones to the winter ones and occasionally having to fit chains for traction. Whenever we went into Winnipeg to visit family, if there wasn't a garage and the temperature was going to reach -15 degrees, we needed to bring a plug-in block heater so the car would start in the morning. A can of de-icer was often in my mother's handbag to unfreeze the door locks. When it was really cold, it sometimes felt odd when the car started to move because the tires had become slightly square.

It was always a good idea to choose and mark a Christmas tree by mid- October and hope that no one else wanted the same tree - snow was often too deep to allow wandering around deciding on a tree - that only looks like fun in the movies. The chainsaw would come out and off we would go out into the bush, chop 'our' tree down and secure it to the roof of the car. A few days later it would be standing in the corner covered in home-made decorations.

Although I think a holiday in the snow is wonderful and I still miss downhill skiing, I don't miss the bitter cold.

I recall a conversation on the radio in December of last year between a talk show host in Sydney and one in Winnipeg comparing what the weather might be like for Christmas. It was 35 that day in Sydney and -27 in Winnipeg with no wind - the announcer said that was a good day.

- Elizabeth Cranny

WINTER



Winter in the garden

Four distinct seasons are an integral part of Bundanoon life. I correlate Autumn leaves with the excitement of unwrapping a gift on Christmas morning, knowing that Winter will soon be here. I love the cool weather.

In the depth of Winter you can enjoy what our marvellous neighbourhood has to offer. Whether a sky of clear blue, a rolling mist or a pure white morning frost, the native bushland with its white-trunked eucalypts is a wonder in winter.

Many of us are fortunate to have a garden that can be appreciated from inside. Enjoying a bowl of hot, delicious home-made soup by the warm fire and just looking out at the garden is one of life's pleasures.

I also love observing all the deciduous trees and shrubs in their many Autumn colours, when travelling to Moss Vale and beyond. At the northern entrance to Bundanoon, my favourite plant is the shrub *Cornus alba* Sibirica Ruby that has a mass of red stems, vibrant in the low winter light.

Trees on a foggy day are dressed in a shadow of silver and white down, while in contrast on a clear day, the dark tracery of branches against the sky is strikingly bold or delicate. Most exciting is to spy a nest hidden by leaves for most of the year, knowing that our feathered friends will return soon when the weather warms. The cry of the black cockatoos slowly sweeping their way overhead is so energising.

I avoid gardening when the day starts windy, overcast and foggy. I wait till at least the fog lifts, or the wind subsides, then out I go. These days are wonderful around midday if you can work in the sun, rugged up and wearing gum boots, even if it is for less than an hour.

Winter is a great time for getting on top of the weeding, a small amount of time spent now will give you a good running start for the Spring and Summer surges of rampant growth. Hiding under the gold, red and brown autumn leaves are weeds that can easily be found and removed. And all these leaves make fabulous mulch once turned into compost! Winter is also the best time for planting roses and deciduous trees and transplanting evergreen shrubs and trees into more suitable positions in the garden.

Flowering during Winter are the reliable wall flowers, early-flowering bulbs and, just when you feel a little tired of the cold weather, the beautiful flowers of magnolias. Native plants also come into their own, their timing so welcome as their colourful display lights up the drab spots. Deciduous trees can be easily assessed to see if their size and structure is balanced and there are no crossing branches that disrupt the beauty of the canopy.

Remind yourself to take care that children do not touch any fungi in our gardens at this time of the year. The temptation is great, particularly when they are such beautiful colours. *Amanita muscaria* is one species that comes up in my garden and is highly toxic to pets and people.

A vegetable garden in winter is a more relaxed place: one can take stock of the health of the bedding soil and clean and service the tools in the shed. Watching and caring for the emerging winter crop such as silverbeet, spinach, lettuce and brassicas is a pleasure. Lots to do but at a more thoughtful pace - time to consider and reflect.

- Janine Armstrong and Tathra Fletcher



WALKING IN WINTER



Scarlet Robin photograph courtesy of 'Summerdrought', commons.wikimedia

Main photo by Veronica Rickard

Out come my favourite winter walking clothes: woolly hat and fleecy shirt. Instantly the transformation is almost complete. I look like a lumberjack - just need a few days beard growth and I'm alright. Winter is here, we made it through another bushfire season.

It's easy to get cosy at home at this time but many of us soon get cabin fever and need to stretch the legs.

Walking in winter brings the sound of the remaining fallen autumn leaves crunching underfoot. If there has been a dusting of frost then consider yourself in luck. Take care and slowly crunch your way across it - nice to hear this again. We have the bonus of distinct seasonality in the Southern Highlands so it behoves us to take advantage of this gift. To see some plants change into icy sculpture along the edges of local wetlands at such times makes me recall those times and places in the past where I paused to take in that serenity.

I remember a short walk alongside the Wingecarribee Reservoir when several great crested grebes came swimming out of the morning mist that hung over the water. Almost an apparition. In this world it pays to notice and breathe in the peace it gives.

It's another way to discover this patch of the world we live in. Only by getting out there can we get a little bit in touch with this unique time of the year. Winter is not necessarily merely something to endure, but rather a time when the natural world gives us other pleasures. Simple pleasures. Anyone can enjoy these freebies, even if your walking is more like strolling.

In snowier climes it is such a wonder to behold the snowy simplification of the land. It isn't often that we see the white stuff in this neck of the woods. That Zhivago thrill of walking over snow is found a few hours to the south. Snowshoeing is inexpensive and safe.

Please don't think our bush-lands are drab during these cooler months. I'm sure I've seen at least half a dozen species of wattle in bloom near Gambell's Rest in Morton National Park during the winter. Hakeas start flowering in April and continue through the cooler months, with their white and cream blossoms. Keep looking and you may also see some species of grevillea and banksia display a winter bouquet.

The splash of red of a scarlet robin (a visitor to the Southern Highlands in winter) awaits the avid walker at this time. Also keep an eye out for flame robins at this time - often on fence posts. Look for them, they need your admiration.

It is also common to hear the vocalisations of lyrebirds in the bush. Especially on misty winter days the males stand on top of their display mounds and let loose with songs that leave every other bird in the world for dead (this includes the nightingale).

A winter's night can be wonderful for the intrepid amongst us. Just rug up, and walk down the street. Position yourself away from street lights if possible. Remember to stop before you look up (it's dark out there). Then look up. Winter skies are often clearer so chances are you have another free show. The Milky Way will divide the sky and constellations such as Scorpius and Orion shine with wintry clarity. See those occasional satellites. Every time I gaze upward I see a shooting star. Make a wish, I do.

Then there is the cradling of that hot beverage afterwards. It will taste much better because you earn it. Just remember the prize isn't the warm drink but actually the walk itself.

- Fred Young



a WARMING WINTER RECIPE

SPAGHETTI WITH PUMPKIN, THYME AND BROWN BUTTER

INGREDIENTS

400 g spaghetti
1 tbsp olive oil
450g pumpkin, peeled and cut into cubes
Salt and pepper
100g butter
2-3 tbsp thyme leaves
Parmesan or pecorino to serve

METHOD

Put spaghetti on to cook. In a deep frying pan put oil and cook pumpkin for 4-5 minutes until caramelised and soft; season. Remove pumpkin and set aside. Add butter to pan and cook until a golden brown colour, add thyme leaves and take off heat. Return pan to heat and add cooked spaghetti (reserving some of the water). Toss well, add pumpkin and half of cheese, combine thoroughly. Serve with extra grated cheese. Enjoy!

THE BUNDANOON BRANCH of the Country Women's Association has been here for 92 years! It began in March 1927 when meetings were held in private homes. In 1939 land was purchased for 150 pounds and a further 245 pounds was needed to cover the cost of building the rooms. Members held street stalls, coffee mornings, card parties, raffles, rented the rooms and managed to pay off this loan. This was an amazing effort by these resourceful and committed women and we owe them a great deal, considering the hardship they endured while their men were away at war.

The CWA is Australia's largest women's organisation. Membership enables us to help to improve the conditions for country and regional women and children, lobby for change and become part of a network dedicated to supporting local communities. Membership is open to all women and our Bundanoon Branch is located at 45 Railway Avenue, Bundanoon. We are there the second Thursday of each month enjoying crafts from 10am to 12 noon, then lunch and a chat takes us to 1pm when we hold



our general meeting. We would love to see some new faces, especially from Bundanoon and Southern Villages. You are most welcome to come along for any part of that time. Watch out for our 'Little Free Library' and new signage.

While our core values stay the same - *'filling the needs of others where they are needed'* - we acknowledge that needs change over the years and we endeavour to accept change. However we continue to promote cooking and healthy eating using produce from our farmers, and our ladies also share produce from their home gardens ... yum!!

Do watch out for our street stalls and fundraisers. You will be treated to a choice of all manner of goodies from the wonderful crafters, cooks and plantswomen who are valued members of our team. Bev our Cookery Officer will be sure to delight your taste buds with her recipes. Our Handicraft Officer Pam will ensure there will be loads of beautiful handmade knits to keep you warm at Winterfest too.

Becoming a member of our local branch opens the door for you to be part of the CWA of NSW and participate in a varied range of interests at a local, state, national or international level. Whilst enjoying the banter, friendship, sympatico and laughter of other women as we navigate the ups and downs of life

we also look forward to the future. We would love to see more women in our little branch in order for us to do even more good within our lovely community.

Why not simply pop your head around the door any second Thursday of the month? Stay and have a cuppa with us (with no obligation whatsoever to join.) It would make our day and you may even discover we are a whole lot more than grey-headed women baking scones!

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4883 6919
ksg0835@gmail.com



Members Kerry, Loretta, Pam, Bev and Margaret at our CWA rooms.

with love from BUNDANOON CWA

Winter in Summer

Winter in Summer! Surely a paradox? But not for those of us whose greatest pleasure lies in avoiding Australian summers. So in early January we set off from Ushuaia, the southernmost city in the world, to explore the Antarctic region, which happens also to be the world's largest desert.

Prior to departure we were warned to expect weather changes, and many of them. Would the Drake Passage be the 'Drake Lake' or the 'Drake Shake'? Would we encounter gale-force winds, rain or snow, extreme cold or unexpected heat?

As it transpired, easy crossings of the Drake Passage, brilliant sunshine and clear skies, breathtaking scenery every moment - such was our lot. Our one day of storm was tremendously exciting - katabatic winds reaching 180 kilometres an hour creating a Force 3 hurricane, and passengers prohibited from using any decks as waves were breaking right over the ship.

And what did we see? The immediate response has to be penguins and more penguins, of several varieties. Magellanic, rock hopper, gentoo, king, macaroni and Adelie, each distinctly marked, were a delight wherever we met them. To see a colony with upwards of 200,000 birds on one beach was awe-inspiring, deafening and very smelly! One aspect of penguin behaviour we had not witnessed before was porpoising, as 'flightless' birds either singly or in regulated troop formation zipped in and out of the water, gathering speed at a great rate until they were able to literally fly through the air and land on an iceberg.

And of icebergs there is a profusion. Some bergs are tiny, others many miles in length, but all have a beautiful 'collar' of luminous azure water surrounding them.

Twice-daily zodiac trips were in themselves a treat as we were often able to explore close to shore. This made it possible to view fur, Weddell and leopard seals; their inquisitive natures brought them close to the boats so we could admire their aquatic prowess and their cat-like faces. Even an encounter with a leopard seal blocking our path as we approached Shackleton's grave was exciting - no-one told the seals to stay five metres away from us!

Whale-spotting was a regular activity - orcas, humpbacks, minke and sperm whales blowing and breaching around us. And of birds there were many thousands - petrels, terns, shearwaters, gulls, boobies, albatross and many more.

A highlight was seeing Elephant Island, the inhospitable home for Shackleton's men through a long, dark winter with only birds and penguins on which to survive. South Georgia was a delight - uninhabited, wild, remote and stunningly beautiful; one of the wildlife "hotspots" of the world.

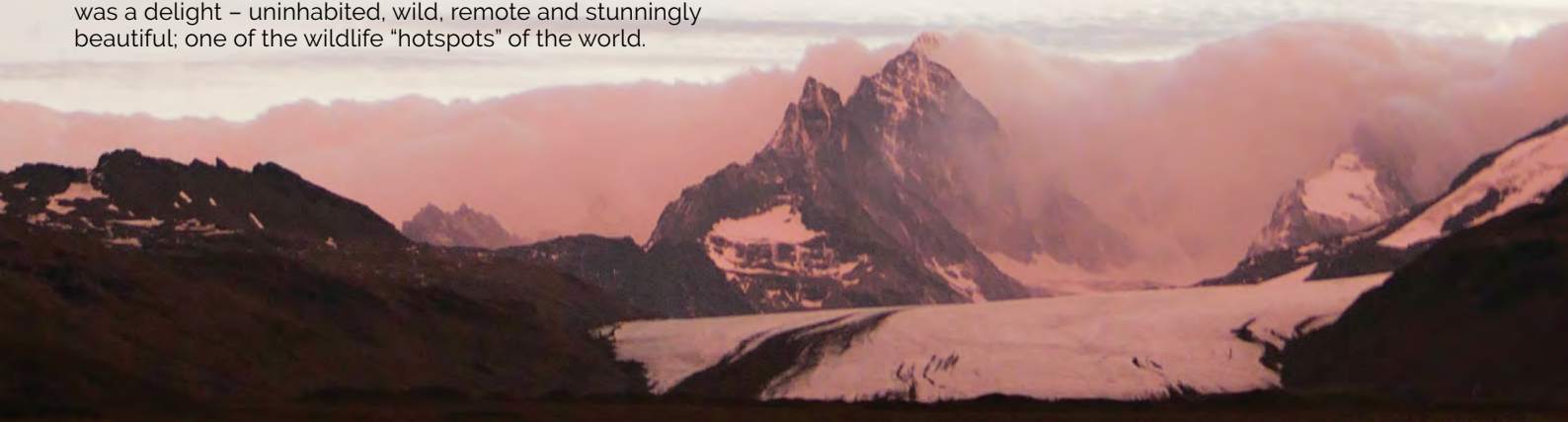


Visiting the Falklands, South Georgia and South Orkney as well as the Antarctic Peninsula made our trip more extensive than many and we were not disappointed in the amazing wildlife and fabulous scenery - so many glaciers, mountain peaks, formidable gneiss cliffs and verdant valleys of moss and thrift, all seen from our ship carrying just 129 passengers, plus specialists in history, ornithology, flora, geology, zoology and photography to help us enjoy the experiences.

We are often asked what the highlight was - penguins? landscape? For us it was the awe-inspiring proximity to nature. Whilst now protected rather than exploited, Antarctica still requires our understanding of its delicate environment and the need to exercise great care when harvesting food sources which are essential for the natural food chain. The wholesale extraction of krill is the most immediate threat to the survival of wildlife.

Our insignificance as humans in such an unscarred and pristine place left us lost for words. Go, while you are able.

- Kerith Fowles and Ann Clipsham





If the first or third Wednesday of the month is a chilly nine degrees and the wind is whipping the bare branches you'll know where to find me - snuggled into the cosy, welcoming Bundanoon Hotel with a group of like-minded friends.

As a child I always wanted to play two games: Monopoly and Scrabble, but without siblings it was impossible. As a grown-up I have been able to make up ground by playing on-line Scrabble but I was thrilled to hear about the new Scrabble Club in the village. Organiser George Khamis is an absolute Scrabble obsessive - a keen competition player who will drive half-way to Melbourne to compete!

Off I go to play Scrabble between 10am and 12:30pm. Most of us are just lovers of words, but one of our group was a former competition player and although now in her 80s is still quite formidable! I have been playing for a few weeks now and have only won two games but I am determined to win more. Luckily it's a friendly atmosphere and winning or losing doesn't really matter - George always provides lollies, and sadly I am currently the biggest consumer (once I start I can't stop).

The game definitely requires skill but equally the mix of letters you draw is a matter of pure chance. It can be wildly frustrating when of my seven letters selected, six are vowels. I have been known to throw a tantrum. Luckily my opponents are unscathed by my outbursts. Unlike Bridge players we are quite vocal and chatty amongst the whole group, not just with our immediate opponent.

I have learnt about the huge number of ridiculous words that are allowed in Scrabble. I keep saying to George, "If it can't be used in a sentence it shouldn't be legal!" Luckily he provides us with a 'cheat sheet' which lists incredibly obscure two- and three- letter words that are permissible. I am learning to make good use of it.

It's extraordinary how often a simple short word in the right place can earn more points than an impressive seven-lettered word. It's also staggering how many offensive words are acceptable in Scrabble! I am certainly learning strategies to gain the highest score possible at every turn.

After the morning's play there's no need to go home and turn on my own heating. I can enjoy a delicious pub lunch and then stay on in the warmth and watch the second group compete in the afternoon.

Joining is as simple as leaving your cold house behind and turning up at the hotel. We are a small group as yet and we are always looking for new recruits - or should that be victims? Enjoy your first day free and then pay only two dollars per day.

The Scrabble Club grew from a chance encounter. George, who is NSW Scrabble Club Vice-president, was in hospital. After undergoing bi-lateral knee replacement surgery he went for a walk around the ward wearing a Scrabble t-shirt. This caught the eye of a fellow enthusiast who told of a Scrabble group she had started with her friends in Bundanoon.

George decided to start Scrabble Clubs in Mittagong, Bowral, Moss Vale and Bundanoon. Members can join a national network, enabling them to compete with others around Australia.

"Scrabble brings everyone together from youngsters to older people - it brings people from all walks of life together", he says.

- Sandy MacKenzie

WHY CHRISTMAS IN JULY?



One explanation has always been that the British and European heritage of many Australians includes a strong attachment to the tradition of celebrating Christmas in cold weather. In Australia July is usually the coldest month of winter so celebrations at that time can emulate the atmosphere of a northern hemisphere winter by enjoying rich and hearty food and warm drinks in front of a wood fire.

Surprisingly, the earliest mention of Christmas in July has nothing to do with the weather. An 1892 French opera by Werther had an English translation published in 1894 by E. B. Ginty. In the story, a group of children rehearses a Christmas song in July, to which a character responds: "When you sing Christmas in July, you rush the season."



America can also stake a claim to the July celebration. Vaudeville houses often staged up to five shows a day, including Sundays and holidays, and most actors spent their Christmas days on trains or in dressing rooms. Around 1915 in Long Island, New York, a group of these hardworking vaudevillians decided to reclaim Christmas so they could enjoy the celebrations they missed while working on the road. The observance of Christmas in July became a cherished tradition, and when June rolled around and summer heat began to close the theatres, actors would part with a cheery "See you at Christmas in July!"



In July 1933 a summer camp for girls at Camp Keystone in North Carolina celebrated with a Christmas Tree and gifts.

The concept was given national attention with the release of the Hollywood comedy movie titled *Christmas in July* in 1940. By 1942 the Calvary Baptist Church in Washington D.C. was celebrating Christmas in July with carols and a 'Christmas Presents in July' sermon. It became an annual event, including a Christmas tree covered with donations to give ample time for their distribution to missions worldwide.

The U.S. Post Office, U.S. Army and Navy officials, in conjunction with the advertising and greeting card industries, threw a Christmas in July luncheon in New York in 1944 to promote an Early Christmas Mailing Campaign for service men and women overseas during WWII.

Following this idea, American advertisers began using Christmas in July themes for summertime sales as early as 1950. In the United States the idea was used most often as a marketing tool rather than an actual holiday.

Christmas in July celebrations in Australia seem to date from the late 1970s to the early 1980s. No one seems to know for sure where the concept originated, but it is rumoured to have started with a small group of people creating the occasion in the Blue Mountains west of Sydney.

Of course, the July celebration doesn't replace Christmas on 25th December. The festivities in July are just an added bonus that allows us to feel the spirit of Christmas in winter. It's not an official holiday and not everyone celebrates.

In Australia, Christmas in July is just another way to enjoy good food and bring family and friends together.

- Christine Janssen

We acknowledge these websites as sources of some of the information in this article:

www.wikipedia.org/wiki/Christmas_in_July
www.thechristmascart.com.au/christmas-in-july
www.clausnet.com/blogs/entry/443-ever-wonder-where-christmas-in-july-came-from/





10 WAYS TO KEEP

WARM IN WINTER WITHOUT AFFECTING YOUR HEATING BILL

- 1 Take your lover (and/or your husband or wife) to the movies. It's always warm in there. But if you find the temperature isn't quite warm enough, worry not. The heated discussion with your spouse regarding said lover is sure to add extra warmth.
- 2 Wear more clothes! Time to seriously layer! Thermal underwear isn't likely to heat up the bedroom, but will be sure to heat YOU up. Billy Connolly once told a story about complaining to his elderly friend about being cold on a fishing trip, and that the weather was "all wrong". The friend looked at Connolly and said, "there is no such thing as wrong weather - just the wrong clothes!"
- 3 Go to a day spa. Or if you're not keen on spending quite that much, head for the shopping mall. Nice and warm there, and you can then spend your money on more warm clothes!
- 4 Go for a long drive in the car - your car's air-con is far cheaper than heating your house.
- 5 Gather firewood - light a fire. A good tip is not to light the fire in your lounge room unless you have a fireplace.
- 6 Invite yourself to a friend's house, where you know there is air-con or a roaring log fire. You stay warm - they pay for the heating.
- 7 Have a hot shower then snuggle up in bed. Preferably with a friend or two. The addition of a hot toddy does add to the experience.
- 8 Exercise: ride a bike, chop some wood, wash the windows, walk the dog, clean out the garage, go to the gym, paint a room... It has been scientifically proven that your body burns more calories when exercising in the cold. So that's a win-win.



- 9 Sit in front of the roaring log fire in the pub with a warming beverage in hand. That can warm the coldest of nights, and relieves you of a night's worth of heating bills at your house.
- 10 Find a hugely oversized winter jacket, and wear it with a friend. Two people in one jacket looks ridiculous, but can be quite warming. It's also good fodder for your favourite social media outlet - get the selfies working!

- Jan Kenny

Brrr-bundanoon



1898



1931

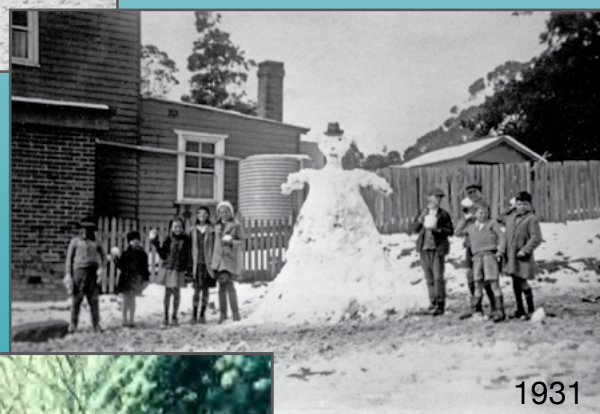
Bundanoon History Group fished out a few wintry scenes from the archives.



1931



1931



1931



1975



1962



2001

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VET'S CASEBOOK

Ken Davidson BVSc (Hons)

Oh for the love of a pet

The recent atrocities reported in the news on an almost daily basis, including the massacres in Christchurch and Sri Lanka targeting innocent people, emphasise "Man's inhumanity to Man". It seems to be going from bad to worse. If only humans could learn from pets, who over the years and centuries have remained silently and steadfastly true to their owners, sometimes against all odds.

There are endless example of this, some of them embedded in history going back as far as 1858 when 'Greyfriars Bobby' a Skye terrier owned by Edinburgh policeman John Grey, became famous. John died of tuberculosis and his faithful pet Bobby, who had been by his side until his death, refused to move on. Apparently he led his owner's funeral procession to Greyfriars Kirk. Bobby refused to move from that site and sat on his owner's grave for 14 years, leaving only for food. Such an example of pet-owner devotion is unlikely ever to be exceeded. The residents of Edinburgh rallied around Bobby, recognising his unwavering commitment to the late John Grey. The monument they erected in his honour still stands in the city for all to see.

In my time as a practising vet, I have witnessed endless examples of devotion of pets to their owners, at times bringing tears to my eyes.

Very recently a delightful ageing couple brought in 'Bertie' a small German Spitz to whom they were totally devoted. He was on a lead in a public place when a huge Rottweiler on the loose came from nowhere and grabbed him behind the neck. The large dog wouldn't let go despite attempts by several onlookers to get him off. Needless to say there was severe damage to 'Bertie', inflicted as he attempted to fight off the intruder who he perceived as a threat to his owners. Devotion at all costs! Luckily he survived and is now home with his owners.

A recent online Blog from Frankfurt in Germany tells of an Arabian mare called 'Jenny' who strolls through the streets every morning on the same route. She is totally unaccompanied. She wears a card that reads: "I'm called Jenny - not a runaway, just taking a walk. Thanks."

Jenny has been taking this walk alone for the past 14 years because her owner, 79 year-old Werner, can no longer ride her. Every morning the old man opens his gates and she treads the paths they used to take together. She apparently receives pats and treats from residents but always comes home to her beloved owner.

A much more personal example of total pet devotion happened to me about four-and-a-half years ago when a young boy walked into the practice carrying a cage full of kittens that he found dumped on Macquarie Pass. We duly found a home in Bundanoon for two, but realising that one little grey fluffy kitten had a broken tail and was completely deaf, we couldn't in all conscience separate him from his confident brother whom he appeared to depend on. We named the deaf boy 'Mr D'Arcy' and his brother 'Mr Wickham'. From that time on 'Darso' has become completely bonded to me. On most days, after a late lunch, I steal a nap in the waiting room. On each occasion you will find 'Darso' curled up in the crook of my arm. It's a very relaxing experience, not to be missed.



ROVING REPORTER

Ask any resident or weekender Bundanoonian about living here and we all rave. So much so we might even be considered immodest braggers. After all we are quite a distance from the three hubs of the Southern Highlands and might be thought of as the out-of-the-way poor cousin. "Humph!" to that!

But to find out if we are all dewy-eyed (particularly me, a new and very biased resident of eighteen months), I recently wandered to our CBD and looked about to see if I could spy any strangers to ask THEIR opinion of our village. After all we might be bigheaded and delusional. And it's healthy to hear an outsider's opinion, isn't it?

Basking in the sublime autumnal afternoon, perched on a seat outside a coffee shop, were two beautifully-dressed ladies. I introduced myself and enquired whether they were locals. No, they weren't, and were attending Quest for Life centre for a few days. (I spied their walking sticks and they volunteered they have multiple sclerosis.)

Suzi, from Pymont, told me that this was her first visit to the health retreat but her third to Bundanoon and she simply adored it. Superlatives were accompanied by an enormous smile.

"What a quaint little town! It's not pretentious. The people are real and I love to meet them and pretend I too am a local. I don't want to meet the people on holidays."

I laughed for that's what she was, but OK, Bundanoon was being given an enormous compliment.

Suzi stays in Bundanoon Lodge where she is always welcomed with warmth and familial hospitality.

Jennifer hails from Canberra. This is her fourth visit for she also attends Brigadoon. She is a photographer and loves to capture old buildings. (I suggested the Pill Factory and some churches for the couple of days she was spending here after the retreat's finish.) She too loves the locals and their friendly approachability. "Bundanoon is homey."

Brigadoon is her favourite movie and as the air was gently smoke-filled from the current controlled burning she exclaimed: "I am right in misty Brigadoon!"

"So what word would you use to sum up Bundanoon?" I asked, to now allow them on their way.

Almost as one: "Nostalgic!"

Both promised they will return to our wonderful village soon. They stood, grabbed their walking sticks and slowly limped off. I was overcome with awe. Their positive approach to a difficult illness humbled me.

As did their glowing opinion of us. We are certainly not bigheaded, delusional Bundanoonians after all.

Double "Humph!" to that...

- Annie Crawford

Bev and Ernie: living life to the full



Bev and Ernie join forces then ...

... and today



On a fine autumn morning we motor to Penrose, continuing on a dirt lane to Forest Lodge, the neat farmlet home of Ernie and Bev Walker. They have lived in Penrose for about 40 years. Ernie greets us with a cheeky grin, shining eyes and bare feet. "I never liked shoes" he laughs. Bev and Ernie welcome us warmly, and stories and anecdotes flow freely.

Sydney between the wars: trams rattle through city and suburbs, petrol-driven motor vehicles have just emerged but the clip-clop of horses' hooves still echoes through the streets as teams haul all the heavy goods from ports to railheads, from meat-works to retailers and, of course, from breweries to pubs. Ernie Walker, born in Forest Lodge in 1916, grew up loving those big strong horses of his Dad's carrier business.

1929 and the Depression hits Australia. Ernie joined thousands of other men 'on the track', travelling through rural areas, working where possible for a good feed and warm place to sleep. He once worked for 12 months as a brake boy for a bullock team hauling timber from the Dorriggo forests. A challenge indeed. Freezing cold winters, saplings grabbing at the wheels and a team of 20 bullocks to manoeuvre through difficult terrain.

World War II declared, 1939. Ernie joined the Australian infantry and served in Libya, Benghazi and Tobruk. After two gruelling years in the Middle East he was shipped home, where he had a mere three days before being sent to New Guinea and the infamous Kokoda. During the rare luxury of a cool dip in the sea he and his fellow soldiers were bombed by a lone enemy plane. Ernie, the only survivor, spent a long time in hospital recovering from being "blown up".

Meanwhile there was a young girl growing up in rural New South Wales who would one day be his partner. Bev was born in Moree in 1933 and was always a country girl.

Her first marriage took her to Binnaway, where she attacked a multitude of physical jobs. She helped cut and cart sleepers, cooked for shearers, shot and skinned 'roos to sell the hides to the wool factory. She became familiar with livestock and was a cattle dealer for 60 years. She also raised eight children, four of her own and four step-children.

Bev and Ernie met in the rural west of Sydney. Both had competed successfully in equestrian events. Ernie bred a stallion named Parlour Mountain Collect and while it was still a colt Bev commented "I would really love to ride a horse like that!"

And she did just that. The colt became champion Australian stock-horse two years running at

Dubbo and Bev competed on him in the dressage event at the Sydney Royal Easter Show. She was also able to compete with him in the riding class (the first time a stallion had competed in this event) and won. As Ernie says, "this was the start of a beautiful relationship".

Together they purchased land in Penrose in 1982. Once an orchard and daffodil farm, the land was thick with pine trees, blackberry bushes and scrub. They slaved together clearing and preparing the land for a tidy farm with chooks, a couple of dairy cows, beef cattle, a vegetable garden and eventually horses, of course.

They built equestrian facilities for horse breeding, training and competing in shows. Bev developed the training establishment further, adding jumping and eventing to her range, allowing her to prepare both riders and horses for Olympic competition. She also continued to compete in equestrian events both locally and nationally, bringing home Gold medals, including three from the Australian Masters Games.

Ernie believes in educating both horse and rider to develop trust in each other and is a devotee of quality feed to ensure healthy, happy animals. When in his 20s he rode a horse from Sydney to Lismore because it was the cheapest way to get it there. His horsemanship allowed him to still enjoy an eight-day charity ride through Comboyne to Dorrigo at the age of 80.

In 2007 Ernie and Bev decreased their acreage to a manageable 15 acres and built a new house. These days they spend more time indoors after all those years of commitment to outdoor work. You can sense that they both miss the horses.

Ernie's service during his long life earned him an Order of Australia Medal, presented by Governor David Hurley, who made the trip down the dirt road to the farm where he was offered a cup of tea. Her Majesty Queen Elizabeth remembered to send him a card for his 100th birthday three years ago.

"I never liked wearing shoes," Ernie reminds us as he climbs barefoot and at a stately pace down the stairs to show us the lower level of the house. Neither the titanium addition to his leg nor Bev's open-heart surgery has slowed this couple up as much as you might expect. "We'll stay to the end," say both. "We love having a place to breathe".

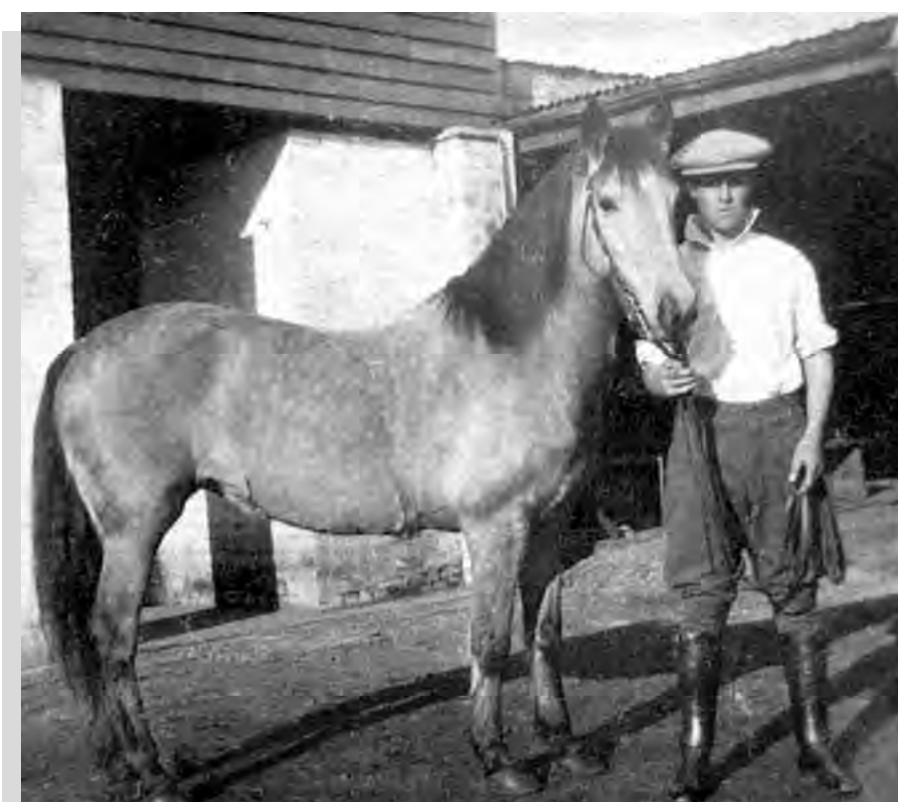
Rusty, the red and cream kelpie-cross, pricks his ears as we emerge from inside, keen to see if there's a job for him on the farm - when Ernie calls "ute!" Rusty is up on the tray in seconds!

—Annie Goodridge



Bev competing on the stallion
Parlour Mountain Collect.

Ernie as a lad at his father's carrier
business stables in Sydney.



PENROSE VILLAGE HALL

Well-loved and well used, the hall is a vibrant centre for many activities which bring people of the community together. It is a popular venue for roof-raising concerts, the RFS/Penrose School Christmas 'do', and the wood auction, to name but a few. At most events refreshments are provided by and for the community and the cake table is always full.

The new Community Pantry is working well. People can donate excess garden produce, books or CDs. One section is stocked with tins of items you might suddenly need in the kitchen. No money is involved. Takers are sure to put something back into the pantry at some point.



The Pigs in concert

Photography supplied by Alison Duthrie



Penrose RFS are always involved in the school Christmas concert



The wood Auction



Community pantry - a new idea for the village.



Equus in concert

PENROSE PINE

Out of the devastating firestorm that all but wiped out Penrose and its surrounding forests in January of 1939 came a business that went a long way to help Penrose rebuild.

Brothers Frank and Herb Cush had established themselves as timber merchants in Balmain in 1911, making boxes and crates for the Sydney Fruit Markets.

Following the 1939 fires, Frank established two sawmills on the current site in Penrose to cut fire-damaged timber from what was left of the burned forests. This helped meet the urgent need for timber boxes and shipping crates after the onset of the First World War.

In the mid 1960s Frank's son Warren took over the business.

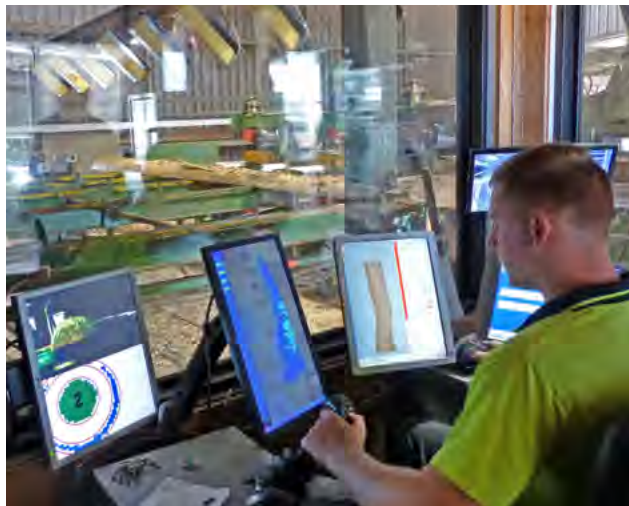
In 1981, just as Warren's son Peter was graduating from the University of NSW with a Mechanical Engineering Degree, the Sydney-based timber merchant business closed. Peter moved to Penrose to help his family with the sawmill, for what he thought at the time would be a temporary arrangement.

Some 38 years later Peter is still working on site in Penrose, now as the Managing Director, having taking the business over from his father Warren in 2000.

Today the Mill processes some 50,000 tonnes of logs a year and employs around 40 people, most of them locals. Regarding the training of his staff Peter explains, "almost no-one comes here with timber-processing experience, so we have to employ people who are untrained, and we skill them up. We are not averse to hiring school leavers, and we've had people work here until they're 70. So we certainly value the whole age range, and appreciate the wisdom and skills of people who are at the other end of their working lives." His team includes General Manager Melissa Yarnold, Production Manager Michael Bromfield and Greenmill Supervisor Dalton O'Connell.

When some of us picture sawmills we imagine men pushing giant logs into massive machinery. Of course it's nothing like that anymore, with automation of the sawing operations being gradually introduced some 20 years ago.

Greenmill Supervisor Dalton O'Connell manages the automated edging of green logs using a complex of electronic controls.



Penrose Pine mill management team: Dalton O'Donnell, Peter Cush, Michael Bromfield and Melissa Yarnold

Penrose Pine has been fully automated and controlled via computerized processes for the past eight years. Peter explains, "For a small mill we have a high degree of mechanization and automation, so our people need to learn computer skills and how to interact with automotive machinery. Not everyone who comes in here brings these skills, so it's something we try and foster with them. I certainly take pride that many people have stayed on working for us, some for 30 years. That's a huge commitment from them."

The mill has long been closely connected with the local community, beginning with Peter's father Warren who was very much a people person and strong on community liaison. As by far the most significant employer in the area, employing almost 20% of the local population, Peter takes this responsibility very seriously and greatly values the role that Penrose Pine plays in the local community.

It is a strong supporter of several local community organisations, donating to such institutions as the Penrose Primary School and the local Bush Fire Brigade, among many others. In return, Penrose residents appear to be great supporters of the mill, and certainly appreciate the huge role it plays in their district.

In fact this article was initiated through several Penrose locals approaching JCG and asking that we publish an article on the wonderful Penrose Pine team and Managing Director Peter Cush. This is clearly a two-way admiration society, with the tight-knit Penrose community wanting to show its appreciation of the way Penrose Pine shows care, support and respect for the community in which it operates.

—Jan Kenny

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Support to Local Community

We will donate \$20 for each person (who attended the session) to the Bundanoon Garden Club and Bundanoon Public School.

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SOFIA WILSON

- fiery young AFLW footballer

When Sofia Wilson was born in Canberra in 2003, the city had just been swept by devastating firestorms. The blaze caused severe damage. Four people died and 490 were injured. Having seen and heard of the impact, Sofia's mother Judi tells how the story of the impact of this bushfire may have driven Sofia's desire to be part of fire management.

When the family moved to Bundanoon each member was tasked with discovering what they could do to contribute. When Sofia and her brother Cade heard from friends that the Rural Fire Service was enrolling new cadets, it seemed like a perfect way to give back. The pair now have a mutual love of diesel and are training every week to become volunteer members when they reach 16.

"The Cadetship involves looking after the trucks and equipment, and training for fire emergencies," says Sofia. "We get new skills and it's really fun being around the adult volunteers. They're a good inspiration."

But it's not all fire trucks for Sofia. When she was 11 years old she began playing AFL with the under 13s boys team in Cherrybrook, Sydney. Within a couple of years her talent was spotted and she now plays for both the Kiama Power AFL Women's Seniors and the Under 17s girls team.

She is one of the youngest of the Seniors which is normally for players over 18. "We had to get a special dispensation for her to play because she was only 14 at the time she began with the Seniors," says her extremely supportive mother, Judi. Fortunately, "the environment of the team is really good - they have a zero tolerance policy on anything aggressive or violent. It's like a family. They look after her."

And why wouldn't they! Despite the age difference, Sofia managed to score the first goal of the 2018 season. It was a moment that must have been awe-inspiring.

Sofia beams with a love for the sport. She says she likes the skills, the tackling, and the fitness required. Sofia has attended many AFLW games, supporting her GWS team and is very excited about the future of the sport for women.

Having impressively proven her stripes, Sofia has been awarded a scholarship from the Illawarra Academy of Sport (IAS) and now receives elite-level training and mentoring. The scholarship is a high-value programme that sets up recipients for a career in sport, either as professional players, physiotherapists, physical trainers, or in sports management. The scholarship includes psychology, nutrition, movement, injury prevention and recovery. Personal development is



also on the curriculum, such as social media awareness, time management and public speaking.

It's a hectic schedule for anyone, let alone a school student in year 10. Sofia has a weekly training session at the IAS at Wollongong Uni and weekly training with the Kiama club. There are separate gym sessions with AFL games on both Saturdays and Sundays. As no girls' AFL team is currently available in the Southern Highlands, it's a travelling life for Sofia at present.

How does a 15-year-old bend to those demands? Is it passion or discipline? Don't teenagers need to sleep for 10 hours a night?

"It's not discipline," laughs Sofia. "It's fun for me. I do a lot of sleeping in the car." Somehow she manages to juggle the routine and keep on top of assignments, as well as playing guitar, babysitting, and holding a part-time job in the kitchen at Bundanoon Hotel.

With a sports career seemingly imminent, Sofia is a relaxed and happy teenager, albeit hard-working. "I want to stay in the country, stay in the RFS," says Sofia. "And I'll definitely be staying in the sports field."

Fellow AFL player Tayla Harris is Sofia's role model. But Sofia is sure to be a role model herself to many others — of all ages — in both AFL and the wider community.

- Danielle Spinks-Earl





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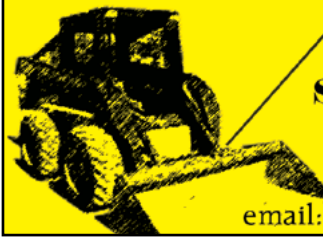
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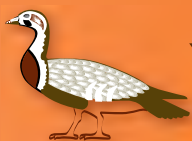
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REVISITING A 1922 ICON



Bundanoon Hotel has been a landmark in the village since the late 1800s when the original hotel 'The Royal' was built on the site. A new hotel was built in 1922 and the first hotel removed soon after. Only small changes have been made to the 1922 building over the years, and the present owners have retained many of the timber features and beautiful decorative glass windows that give the spacious dining rooms and bars the distinctive style of the 20s. Boasting 58 accommodation rooms, swimming pool and tennis court the hotel is a very popular weekend destination for guests from Sydney and Canberra and also caters for local patrons.

Licencee Mark Potts from Wales and his wife Janelle, a returning Aussie, both had experience in the hospitality industry in the UK before coming to Australia 12 years ago. A chance conversation in the Burrawang Hotel led to the securing of Mark's position at the Bundanoon hotel and his making a home here. He speaks enthusiastically about the bistro, pizza bar, live music sessions and the family-friendly gardens where locals are welcome. Conferences and weddings have now been added to the mix, perfect for those looking for a relaxed country destination wedding where guests can stay for the weekend. The spaces are generous and catering is available for 90 guests (seated) or 150 for a cocktail style event.

Executive Chef Andy Cooke who also designs menus for two other Highland hotels says "Our menu offers quality pub meals made from the freshest produce to suit all tastes. We've just introduced some classic weekly specials and wood-fired pizzas plus our always popular Sunday roast".

The ambience created in the dining room with its original furniture is reminiscent of the 20s and there is space for casual dining in front of the open fire near a new bar. The restaurant is open seven nights and Chef Alexis Tilsley, in charge of the kitchen, has had a long association with the hotel.

The history of the Bundanoon Hotel and its previous owners is on file in the Bundanoon History Group archives and will be of interest as the hotel's centenary approaches. Present owners Peter Dean and Martyn Downs respect the heritage of the building and Martyn's wife Helena has chosen contemporary interior furnishings and colour schemes to enhance the elegant spaces. The hotel is now a lovely reminder of the halcyon days of Bundanoon hospitality.

- Pam Davies



Manager Mark Potts and Chef Alexis Tilsley.
Photo: Ralph Clark



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BY A CAT'S WHISKER

Have you ever wondered why a cat plays with or torments his prey before killing it? The answer is, he doesn't. He takes his hunting very seriously

As a natural-born hunter a cat relies on a multitude of senses to help him succeed in the hunt, including touch, vision and hearing, which therefore means nearly every part of his physiology has a part to play in providing a meal. This includes his whiskers. When a cat's whiskers touch anything he immediately begins to receive tactile information - information that comes in on the wind such as ambient temperature, movement, potential prey, who and what is around in his environment at that time, plus how well his balance is and can he fit through that space without getting stuck.

A cat's close-up vision is not so good so he relies heavily on the information his whiskers send when he has prey in his mouth. He will use all his bodily whiskers to help him see his prey in three dimensions - these include not only his facial whiskers but also those on his upper lip, cheeks, over his eyes and the chin, inner wrist and backs of his legs.

He will move all his facial whiskers forward and sense his prey: how active it still is and how soon it will tire. He lets it go, chases it to make it run and tire, then catches and senses again. He will continue doing this while making fine-tuned adjustments on information his whiskers are sending until they tell him his prey is exhausted, this is when he will go in for the kill with a bite to the back of the neck.

Cat's whiskers also provide us with information about our cat and what is going on in his life at the moment: soft whiskers pointing to the side indicate a relaxed cat, whiskers flat against the face suggest a fearful or defensive cat trying to make himself appear small, forward-pointing whiskers indicate a cat gathering information.

Many cats are considered fussy eaters, however it could be that they don't like their whiskers brushing up against their food bowl. They may eat from only one side of the bowl. Using a shallow bowl or a flat plate should help.

Never trim or cut a cat's whiskers. He will struggle with balance, become disoriented and fearful.

- Cherie Hobart

A DAY IN THE LIFE OF A COUNTRY VET

Lots of funny, moving, sad and yes, mundane things happen on a daily basis in a vet practice and you really never know when you start your day how it is going to end up. You can go from zero to a hundred in just a few moments even when you think you are locking up the door at the end of the day.

Perhaps one of our funniest and challenging outings this month started innocently enough. The RSPCA rang to enquire if we would castrate a donkey for a family who had recently bought a property with the donkey already on it. The new owners were happy to give the donkey (whom we shall call Satan to protect the innocent) a home but they also had mares and did not want mules to be the end result. There was a catch. Satan could not be caught so the RSCPA inspector suggested that he come with a dart gun "just in case". Several things about the scenario described set off a few warning bells. Donkey. Unable to be caught. Dart gun. So I roped in a fellow vet to come along with me.

When we arrived the owner looked us up and down. Two vets? "That's right mate, one for each testicle." The donkey was in a small yard with a large tractor in the corner and, true to the initial warning, steadfastly refused to be caught despite carrots, cajoling and using a human circle to try to corner him.

The RSPCA inspector loaded up his dart gun with the drugs we supplied and aimed at the donkey with the precision of a sniper. The drugs should take about 10 minutes to work so we sat around chatting and waited for Satan to slide to the ground. 10 minutes later he was still eating grass so we gave him the benefit of the doubt with another 10 minutes. The grass must have been very tasty. He was still eating it with gusto.

"We'd better give him a top up don't you think?" I eventually suggested and we reloaded the dart gun. Again the inspector aimed with deadly accuracy, hit his target and we again sat down to wait. Admittedly the donkey did get a tiny bit wobbly as he tore into the pasture with a hearty appetite but he showed no indication whatsoever of going to sleep. A third dart gun ensued. 20 minutes later it had put him mildly off his food.

By now the four of us were quite determined that the score card of donkey 1, humans 0 had to change.

We fashioned a lasso out of some rope and began trying to rope Satan as he bolted around the enclosure. He was particularly keen on the cover provided by the tractor and dashed to the back of it wherever possible. This time we stationed two people at one end of the tractor and two at the other. As Satan mowed through the pair at the opposite end, my companion tripped over the tractor and sustained a nasty gash to the head, blood trickling inconveniently down his face and into his line of vision.

Someone almost succeeded in roping the donkey but it strained so hard against the rope that he unfortunately injured his arm and was now out of action entirely. Two strong grown men down, two of us still standing. Score card - Donkey 2, humans 0.

I was now in possession of the lasso. I dug deep and found my skills lacking. In my defence, do you know how hard it is to get a lasso over the long ears of a donkey? After numerous failed attempts, by some luck it did go over the ears. Three hours into the visit the four of us had roped the donkey and managed to get it on the ground with all four of us sitting on top of it to get the job done.

No humans ended up gravely injured. The donkey was castrated.

Score card: Donkey 2, humans 1.

- Fiona Crago
Bundanoon Veterinary Hospital

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OBSTRUCTIVE SLEEP APNOEA

Have you ever heard of or wondered what is obstructive sleep apnoea? Or how it affects you and your family? This article offers education, solutions and peace of mind. Obstructive sleep apnoea is a condition that can be diagnosed and managed by your local pharmacy.

Know the facts by numbers

Obstructive sleep apnoea: -

- Can happen at any age
- Is more common in males
- Makes you 23 times more likely to have a heart attack
- Makes you three times more likely to have a stroke
- makes you three times more likely to develop Type 2 diabetes
- Increases your risk of falling asleep during inattentive driving

What is Obstructive Sleep Apnoea?

Obstructive sleep apnoea is repeated episodes of partial or complete obstruction of the throat muscles (Sleep Health, 2019). Breathing can stop for 10 seconds to a minute or more, and when breathing is restarted, your sleep is disturbed. Five episodes per hour is considered normal, but some people can have more than 35 episodes per hour, subsequently hundreds of times in one night. (Sleep Health, 2019)

What are the red flags for Obstructive Sleep Apnoea?

- High blood pressure (Hypertension)
- Atrial Fibrillation (AF)
- Heart failure
- High blood glucose i.e. Type 2 diabetes
- Frequent snoring or gasping for air during periods of sleep
- Obesity
- Family History
- Frequent night-time urination (eTG, 2019)

What are the symptoms?

- Loud, persistent snoring
- Periods where you stop breathing leading to gasping or choking sounds
- Frequent waking during the night
- Frequent tossing and turning
- Next day tiredness
- Difficulty staying awake – especially during the afternoon
- Morning headaches
- Depression and irritability (National Pharmacies, 2019)

How is it diagnosed?

Traditionally, diagnosis of obstructive sleep apnoea involved a GP consultation, referral to a sleep clinic and an overnight sleep study. This can be a lengthy expensive process.

Recently however, legislative changes have made 'Continuous Positive Air Pressure (CPAP) testing and treatment available in pharmacies. This means obstructive sleep apnoea can be tested and diagnosed at home quickly.

Please note that purchased CPAP machines have their initial machine cost, plus ongoing costs associated with machine servicing, parts and fittings. Unfortunately, they are not a one-off purchase. The machine requires servicing, filter changes, tubing replacement, mask changes and fittings. CPAP testing, trial and ongoing use of machines are becoming increasingly available from your local pharmacy.

Please come in and talk to your local Pharmacist for more information and further details

**- Taylor Dal Santo,
Bundanoon Pharmacy**

References

Sleep Health Foundation, 2019, 'Obstructive Sleep Apnoea', <https://www.sleephealthfoundation.org.au/obstructive-sleep-apnea.html>, accessed 27/04/2019

National Pharmacies, 2019, 'Sleep Apnoea Services', <https://www.nationalpharmacies.com.au/sleep-apnoea-services/>, accessed 27/04/2019

Therapeutic Guidelines of Australia, 2019, 'Obstructive Sleep Apnoea', https://tgldcdp-tg-org-au.ezproxy1.library.usyd.edu.au/viewTopic?topicfile=sleep-disordered-breathing&guidelineName=Respiratory#toc_d1e68, accessed 27/04/2019

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A scenic landscape photograph of a green valley with a winding road. A road sign on the left points left towards 'SYDNEY' and a sign on the right points right towards 'BUNDANOON'. The text 'you'll be tickled pink with our excellent service' is overlaid on the image.

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Croquet Club Re-invigorated

Behind the Bundanoon Club, in a very peaceful area of Bundanoon, surrounded by beautiful deciduous trees, the Bundanoon Croquet Club meets every Thursday and Sunday afternoon for several rounds of croquet. The club was formed in 1992 and has gone through something of a renaissance with members working very hard over the last three years to save up enough money to renovate the two croquet lawns and bring them back to a competition standard.

The club had battled declining membership and the financial problems encountered by the Bundanoon Club. A core of members fought hard to keep this valuable community asset functioning. At last in late 2018, through the hard work of the membership, the club had enough funds to embark on the lawn renovation. The work was undertaken in conjunction with the Bowling Club which renovated its bowling green at the same time. With just one croquet lawn and the single bowling green out of action due to their renovation, the remaining croquet lawn was shared between the bowlers and croquet players for a period of approximately two months.

The remaining croquet lawn was then renovated and both lawns came back into play for the first time on Sunday 31 March 2019. The occasion was marked by an official opening attended by Wingecaribee's Mayor, Cr. Gair, with Cr. Scandrett also in attendance and about 40 Bundanoon locals enjoying afternoon tea provided by the croquet club members. The lawns were suitably toasted with a glass or two

of champagne. The day before the club had been visited by WIN TV news to record the achievement and broadcast it to the region.

In addition to the twice weekly club competition many members now play more frequently and it's just about possible to have a croquet game on any day of the week, such is the renewed strength of the club.

In addition to croquet, the club has a strong social side with drinks in the Bundanoon Club after play on a Thursday and a social get together in the croquet club cabana on a Sunday afternoon. The club also assists the Bundanoon Club on the first Friday of each month by running the very popular wheel of fortune. This is followed by a croquet club dinner.

Croquet club members also run a popcorn stall at Winterfest, staff the welcome table at the Bundanoon Club during Brigadoon and run Bingo a couple of times a year in the Bundanoon Club auditorium.

The club always welcomes new members with an emphasis on helping newbies to learn the game, having fun and enjoying a strong sense of Bundanoon community and friendship. Follow the Bundanoon Croquet Club on Facebook or visit our website at www.bundanooncroquetclub.wordpress.com

- Steve Press





Bundanoon Sport & Recreation



BUNDANOON SCRABBLE CLUB

Yes, we have a Scrabble club established at the Bundanoon Hotel!

The club meets on the first and third Wednesdays of every month. There are two sessions each day, from 10.00am to 12:30pm and from 1:30pm to 4.00pm. Membership is growing but new members are most welcome. Whether you are a 'wordsmith' or a novice, the club caters for all. If you have any questions, please call George on 0405 201 552.

BUNDANOON REBELS FC

Key members of the 2019 Club committee are:

President: John Gross,
Vice President: Alan Pearson,
Secretary: John Paul Dunne and
Treasurer: Mel Terry.

The Bundanoon Rebels Committee is pleased to announce that the Club's new Major Sponsor is The Bundanoon Hotel. Jordan's Crossing Real Estate has also generously come on board with sponsorship.

A big thank you to both our sponsors for their support of children's sport!

The Club has had a cracking start to the season with some exciting games played already. We look forward to giving you an update on team progress in the next issue. In the mean time visit the club's website for details.

PONY CLUB

The club meets on the 3rd Sunday of every month starting at 10am. Activities include jumping, games and flat work. All you need is your own pony and you would be most welcome! Please contact Edwina Grant on 0416032086 or email grant.edwina@gmail.com for more detail.

BUNDANOON HIGHLANDERS RUGBY LEAGUE FOOTBALL CLUB

The club has decided not to compete in the 2019 season. However, planning is already underway to ensure the 2020 season will return the club to a successful competitive situation. We will keep you updated on developments as they unfold during the year.

BUNDANOON TENNIS CLUB

Coaching is already underway in Term 2/2019. However, it is not too late to become involved. Classes are available on Saturday mornings for children and adults (beginners or players wanting to get back into active play and perhaps join the club). All players are welcome. If you or family members are interested, contact Mike Swinden on 4883 7624 or 0409 397 247 or email mikeswin@hotmail.com

We have been talking to a professional coaching group and plans are in place for the new group to take over in Term 4/2019. In the meantime, our Saturday morning program will continue through terms 2 and 3.

Club social play continues on Tuesdays (ladies in the morning and men in the afternoon). During the winter months the Thursday session will be held during the day. There is some discussion as to whether play will be in the morning or afternoons, so contact Elaine Staziker on staziker@acenet.com.au if you are interested in playing on Thursday. Saturday afternoon mixed social is also available. Members and visitors are always welcome to all social sessions.

BUNDANOON BOWLING CLUB

Anzac Day Fours Championship Competition saw 16 bowlers vie for the award, the team of John Witney, Neville O'Mallane, Bev O'Mullane and Kevin Dale team coming out on top. A sausage sizzle and a great day were enjoyed by all.

Wednesday Bowls is played at 1.00pm. Arrive at 12:30pm for a wonderful fun afternoon for both men and ladies. We are also keen to get more interest in play on Saturday afternoon.

'Whisky raffle' - Brigadoon's Donated raffle raised over \$630 for the Clubs.

The inaugural Jack Attack Competition, run through the promotion of Bowls Australia, was most successful. Eight teams entered and a team of enthusiast tennis players won the Brigadoon Cup. The plan is to run further comps on Sunday afternoons. Please contact our club Secretary Steve Granger at the club if you would like to participate.

Our renovated No.1 Green is a great improvement and the weekly mowing and rolling is starting to show the benefits of the grant monies. It will continue to improve with help from Neville with his watering routine.

We have welcomed a number of new players who are enjoying our game. If we get enough regulars, perhaps we will have a Pennants Team next year!

The Club's executive group is:
John Witney: President,
Arnie Fabiano: Vice President and
Steve Granger: Secretary
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BCA Subcommittee Convenors

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Greg Slater..... gregs50@dodo.com.au

'Bundanoon Sings' Choir

Geoff McCubbin..... geoffmc@inet.net.au

Bundanoon on Tap

Christine Miller..... christine.rowell.miller@gmail.com

Bundanoon Ukesters

Anton Baggerman..... anton.j.baggerman@gmail.com

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Jessica Rashke..... comcombundanoon@questforlife.com.au

De Meyrick Reserve

Peter Papps..... ppapps@bigpond.net.au

Garden Ramble

Graeme Whisker..... gwhisker@tpg.com.au

Glow Worm Glen Track

Anna Perston..... anna.perston@bigpond.com

The Green Team

John White..... johnnifer@bigpond.com

JCG

Christine Janssen..... christine.janssen@hotmail.com

JCG Food & Wine

Pam Davies/Ralph Clark..... rlc2578@gmail.com

Leaver Park Group

Christine Miller..... christine.rowell.miller@gmail.com

Melting Pot Theatre

Josh Hewitt..... joshua.hewitt.jh@gmail.com

Membership

Andy Carnahan..... membership@bca.asn.au

Needles & Natter

Andrea Ward..... andrea.ward@tonyward.org

Roy Terry Reserve

John White..... johnnifer@bigpond.com

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Stuart Reid..... sjreid29@gmail.com

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Management: Rosemary Page... rojo@bigpond.net.au

Bookings: Lorraine Dillon..... hallbookings@aapt.net.au

Website

Andy Carnahan..... membership@bca.asn.au

Welcome Packs

Lyn Morehen..... tallulah1938@gmail.com

Winterfest

Kaz Williams..... kaz@bigshedcreative.com

Community Groups

Chess Club Pat Foley 4883 6064
Country Women's Association Kath Smith 4883 6919
Garden Club..... Janine Armstrong..... 0400 120 141
History Group..... David Brennen 0432 608 474
Lions Club..... Elizabeth Cranny..... 0408 102 411
Men's Shed..... Evan Smith..... 4883 6753
Friends of Morton National Park Sylvia David..... 4883 7681
Photography Group Peter Gray 4883 6312
Playgroup Melanie Terry..... 4883 7197
RSL Robert Williams 4883 6137
Serendipity: the choir Kerith Fowles 4883 6515
Waratah Slimmers Bundanoon Colleen Urquhart..... 4883 4123
Warrigal Care Bundanoon Auxiliary Ann McCarter..... 4883 7784

Support and volunteer services

Community Health Service..... Bowral..... 4861 8000
Dementia Australia (Dementia Advisory Service)..... 4869 5651
Early Childhood Clinic..... 4861 8000
Fire Station 4883 6333
Good Yarn..... Ann McCarter..... 4883 7784
Mobile Library Moss Vale Library 4868 2479
Red Cross (Exeter branch) Anna Hopkins..... 4883 4259
Rural Fire Service (RFS) Craig Rowley..... 0427 511 837
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RSPCA (Goulburn/Highlands) 0412 475 428
Volunteering Wingecarribee..... 4869 4617
WIRES..... 4862 1788

To change details, please email jcg.editor@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

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Bundanoon..... Thursday, 12.30 pm

Catholic Church

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..... 2nd & 4th Sundays, 8am
St Paul's, Moss Vale Sat, 6pm & Sunday, 10am
Iona Christian Community, with Anglican Worship,
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FOR OTHER SERVICE TIMES, PLEASE CONTACT:

Anglican Church: www.parishofsuttonforest.com, 4883 6019

Catholic Church: Parish Office 4868 1931

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Santi Forest Buddhist Monastery: 4883 6331

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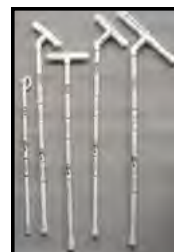
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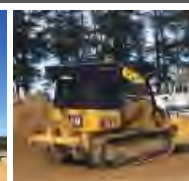
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