

JORDAN'S CROSSING GAZETTE

Edition 101 • JUNE 2020

JCCG



Bundanoon Community Association Inc. (BCA)

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

FREE

A person wearing a yellow and blue cycling helmet and a grey t-shirt is seen from the back, carrying a large, vibrant bouquet of yellow, orange, and red dahlias in a red bag. The person is standing in a grassy area with trees in the background. The text "STAYING CONNECTED IN 2020" is overlaid in large, bold, yellow letters with a blue outline at the bottom right of the image.

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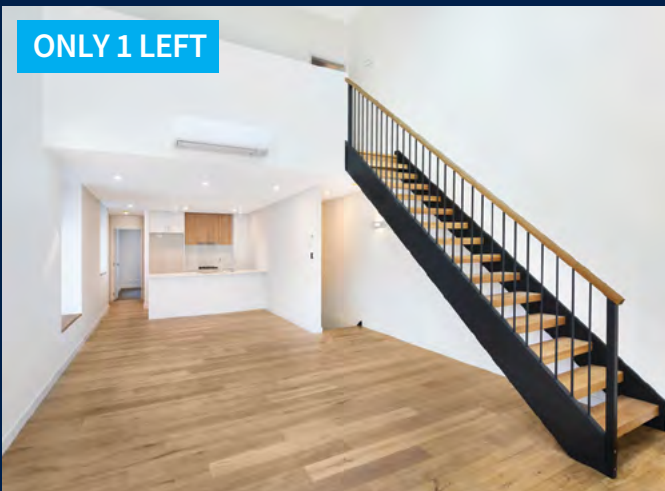
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From the editor

JCG may look a little different, partly because it has a new editor – more about that later – and partly because we had to look at new ways of connecting with contributors and sourcing articles.

In these turbulent times of social distancing, resulting in almost no social contact for some, staying connected is vital. We've been extremely fortunate in Bundanoon, with only one case of Covid-19 and that person obviously self-isolated and there was no community spread.

As always in our beautiful village, ways and means were found not only to actively occupy our days, but to also introduce some novel ways of ensuring contact was maintained, providing happy customers for our local businesses and also lifting our spirits.

I hope you will enjoy reading how our village coped with recovering from bushfires and then learned how to safely, but innovatively, navigate a pandemic.

Thank you to my incredible team for ensuring JCG reached you.

- Christine Janssen
Editor

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Deadline for next issue:

Monday 3 August

Advertising information: page 39

FAREWELL, HELEN!



It came as somewhat a surprise when Helen announced "it's time to move on to another adventure"! For those who know Helen, once a decision is made, action is quick to follow and despite all the complications of bushfires and a pandemic, Helen successfully sold and bought a house. Moving necessitated two weeks in isolation, time well spent in organising building, painting, decorating and, of course, organising a new veggie garden!

Helen's legacies to Bundanoon are many, including the information artboards in the History Shed; the Bundanoon history archives, both hard and soft; the artwork in the School Library and the soon-to-be-completed History Group project that will be seen around the village as information plaques at significant historical locations, making walking around our village even more interesting and informative for both residents and visitors.

Helen's role as guest editor of JCG happened shortly before Pam Davies retired. When I became Convenor in 2017, I asked (implored) Helen to become permanent editor and from the comments received, I believe it has been a very good partnership.

Helen's will be remembered by many as someone who was quietly there as a thoughtful and reliable friend, one who enjoyed a glass or two of good wine and a nibble and I know her presence and contributions to the community will be sorely missed.

I'm sure I can speak on behalf of many as I wish Helen happiness and excitement in her latest adventure and we look forward to seeing her again soon as a visitor.

- Christine Janssen



BUNDANOON

Community Association Inc.



Earlier this year we emerged from the worst fires in recent history, slightly bloodied but not bowed. Then the rains came, a little too heavy, but who was complaining

after such a prolonged period of drought. The gardens 'greened up' and we saw those heart warming signs that the bush had started to recover with the appearance of new sprouts emerging from blackened trees.

Covid-19, thought to be a bad flu-like virus, then emerged, more dangerous to the elderly than the young. It spread and we were told not to gather in groups larger than 10 people. It continued, unabated. Then our news bulletins started to fill with shocking news, coming firstly from Italy, then Spain, then the UK.

Australia declared a 'lockdown'. Social isolation, 1.5 metres between people, no more than two at a time. Coffee shops, restaurants, schools and many other businesses stopped trading. Travel was curtailed, non-essential travel forbidden, airlines slashed their flight schedules and States closed their borders.

Millions of Australians suddenly had no jobs, no wages and nowhere to go!

For the BCA the lights went out momentarily. We were in the dark. But to the credit of all the members who have a role on a Subcommittee, the Convenors or members of the Main Committee, the BCA showed remarkable resourcefulness in adapting to the onerous constraints they were faced with. Almost within a heartbeat, the work of reconfiguring events, cancelling bookings, planning alternative events and re-casting budgets was started. Meetings with colleagues continued, but now through the use of Zoom, a video conferencing facility.

The BCA's earlier decision to move from paper-based systems to a cloud-based system allowed remote access and provided the basis on which we can run the BCA.

The JCG is our flagship publication, but was experiencing an

unprecedented number of obstacles and doubt was cast on the next issue. A determined effort by Christine Janssen and her team has made it possible for this article to be read by you and your friends; yet another example of adapting to the new environment.

Other parts of the BCA were having their own mini crises. Wingecarribee Shire Council directed the Soldiers' Memorial Hall be closed and all events scheduled were to be cancelled. One of the first casualties was our Annual General Meeting. Bound copies of reports had been printed and refreshments ordered, all cancelled at short notice, followed by the Members Monthly meetings.

In addition, the hard decision was made to cancel Winterfest 2020. However its new Convenor James Fulford-Talbot is promising a Grand Return for Winterfest 2021. Thanks to Kaz Williams for previous years. Kaz remains a member of the committee to assist with 2021.

As this issue goes to press the Convenor of the Garden Ramble, Sandy Weir, remains on track for a successful event later in the year. Needless to say there are many caveats to this plan, but we remain optimistic and wish the Garden Ramble team good luck.

This report is designed to provide a broad view of the current happenings in the BCA. Moving forward it is our intention whilst the restrictions remain to increase the number of newsletters to ensure our members are kept fully informed of the happening in the BCA.

Wishing you all health and happiness during these difficult times.

The success of the BCA depends on people.

- Peter Gray
BCA President



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MELTING POT THEATRE



CRASH TEST DRAMA

We were delighted to squeeze **CTD 1** in just before the lock down. We had twenty-seven wonderfully enthusiastic actors that turned up to perform our eight plays. The writers were delighted, and our judge, Lorelei Tait, commented on how the standard of writing, directing and acting had improved over the years. Lorelei gave us some really valuable insights into her choice of the best play, best actors and director. We are truly blessed to have such amazing people within our community.

Our winners on the day were:

Best play: **What Are You Doing Tomorrow?**
by G. McCubin

Best Actor: **Jock Bidwell**

Best Actress: **Fran Bosley-Craft**

Best Director: **Greg Tome**

Audience Choice: **The Drive**
by Simone Kleeman



photo: Peter Gray

RESULTS ARE IN FOR CTD 2

Judge Wendy Hill and the Audience Panel have made their choices and the results are as follows:

Best Play: **Philosophy at the Red Lion**
by Andrew Renella

Audience Choice: **Me Too!**
by Gill Brennan

All plays were appraised by the judge and the panel with playwrights names removed. The two winning plays will go through to the Gala Final on Nov 21st.

Both plays will be staged as soon as possible to give the writers an opportunity to see their play acted and directed. The remaining plays will go through to CTD 3 so that all writers see their plays on stage.

CTD 3 will be performed in the Soldiers' Memorial Hall on 25th July, said she with confidence. Surely we can gather by then!

Many thanks to all our writers, to Wendy Hill for her expertise and to all who support Crash Test Drama. We hope to see everyone in July when we can get back to having fun in the theatre. In the meantime keep safe and keep warm.

- Gillian Brennan

contact: gillianbrennan49@gmail.com / 4883 7831



Staying connected & getting tech-savvy

We've said it before and we'll say it again, Bundanoon Sings! is as much about community as it is about singing. So how does a choir stay connected during isolation?

At Bundanoon Sings! we're staying connected in lots of ways. Choir members are sending friends flowers thanks to Huw's Bundy Bikes, we're doing toilet paper deliveries, dropping off food, and checking in on one another. We've been building shared playlists on Spotify and keeping in touch via phone, email, Facebook and Instagram.

Recently we've been doing zoom rehearsals to say hi and sing a little. The first time we tried was a bit of a mess, thanks to internet delays! We now know to mute our microphones when we sing along. We've even been talking about the idea of making one of those amazing virtual choir videos. We may be a community choir in a small southern village of the southern highlands, but wow are we getting tech-savvy!

Save the dates

Who knows what the coming months will hold? Please keep our upcoming events pencilled into your diary.

🎵 **ANNUAL BUNDANOON SINGS! CONCERT**
Saturday 15 August 2020

🎵 **CAROLS BY FAIRYLIGHT**
Sunday 13 December 2020

We'd love to see (and hear!) you there.

Drop us a line at bundanoonsings@gmail.com or follow us on Facebook or Instagram if you'd like to know more. We'd love to hear from you.





BUNDANOON GARDEN RAMBLE

When the scarecrows start popping up in the village and the big orange flower appears near the sandstone wall the Bundanoon Garden Ramble is on the way. This will be the 24th year the gardeners of Bundanoon will welcome visitors to view their hard work and creativity. This year's Ramble is Saturday 24th and Sunday 25th October 2020.

The Garden Ramble is a key event on the Bundanoon calendar; the net proceeds go to The Bundanoon Community Association for improvements in the village and the development of community activities. Our fabulous Ramble volunteers, 100 are required, work hard performing a wide range of tasks including selling tickets, manning the garden gates and driving the shuttle buses.

The Ramble has a small, dedicated committee, which meets all year round. The longest serving Rambler is Laurel Hones OAM. For 16 years Laurel has been the garden selector - peering over fences, finding the gardens, then using her powers of persuasion to convince the owners to enter their garden in the Ramble. The Ramble is interested in all gardens - large, small, village, rural, native, old, new, traditional, modern, veggies, dig, no dig, grass, no grass...

Our aim for the gardens selected is to showcase diversity and creativity in cold climate gardening, providing aspiration and inspiration to our locals and visitors. Each year the gardens are a combination of stunning new ones and much loved old favourites to revisit.

We have 8 gardens to explore this year including one that was the sight of one of Bundanoon's first nurseries, large park like gardens complete with water features, town blocks, two native wonderlands and a garden with stunning Japanese features. Keep watching the Ramble Facebook page, website and Instagram for news and updates of the gardens.

Ramble weekend is always a hive of activity, apart from visits to the gardens the Garden Market will be in the

Bundanoon Hall and plants, arts, crafts and gardening tools will be for sale in some of the gardens. Ramble visitors can meet our famous Wombat John of Wombat Care Bundanoon in a beautiful native garden.

It wouldn't be the Ramble without the Lions Club scarecrow competition. Last years Frida Kahlo was a traffic stopper. The famous Lions Club Café is a welcome feature of every Ramble. This year we will have entertainment in selected gardens from a variety of performers including the Bundanoon Ukesters and local choirs.

The Bundanoon Primary School will be open to see the progress they've made in their garden, use the grounds for lunch and the toilets.

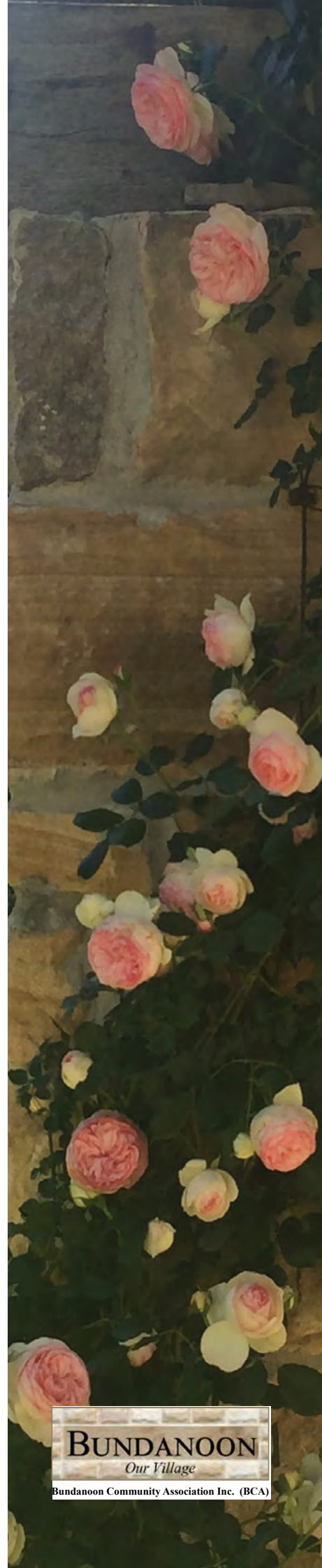
It's been a trying time in Bundanoon with the fires and now COVID-19. We have made the decision to keep going with our planning in the aim of holding the 24th annual Bundanoon Garden Ramble should conditions allow it. Who knows what the future will bring so it's full steam ahead.

Fingers crossed things will be returned to normal by October so we are asking you to save the date. Our garden owners report that they are using their isolation time with more gardening than usual so the gardens will be extra spectacular and we thank them for their enthusiasm and community spirit. This year there will be a locals early bird discount offer on the 8 garden ticket. Come on out, wander the village, ride around on the shuttle buses, meet your neighbours, and see what's behind the front fences.

If you have any enquiries or would like to be a volunteer or offer your garden for next year email contact us at bundanoongardenramble@gmail.com.

For further information: <https://www.bundanoongardenramble.org.au>, like us on Facebook, follow us on Instagram.

- Sandy Weir



Bundanoon Community Association Inc. (BCA)

Much Work Needed on Glow Worm Glen Walking Track

The Glow Worm Glen track was not spared in the recent Morton bushfire. The fire came up from the East and burnt along the track up toward William St, also burning into the Garland Rd reserve. A firebreak track had been bulldozed through the reserve as a last ditch attempt to safeguard residences but proved ineffective against the wind and the scale of the fire. Many of us who live close to the track and reserve were left wondering what might have been had the wind persisted and fire control efforts failed. Many more houses would have been lost.

Damage to the track and reserve was extensive. In normal times the reserve is largely a wetland but the incredibly dry weather meant that fire burnt right into its heart. Indeed, for weeks after, peat smouldered underground and would randomly burst into flame, at one stage requiring water bombing by helicopter. Massive eucalypts along the track were felled by the fire and understorey species and groundcover lost. Glow Worm Glen itself was burnt despite rainforest species being predominant in the gully. Stairways, steps and bridges along the way were also destroyed.

Council and National Parks have closed the track and reserve until further notice due to danger from burnt trees falling on walkers and damaged track infrastructure. Council has allocated funds and a grant has been awarded toward the repair of its section of the track but it remains unclear when work will commence. Work is needed on weed suppression, dangerous tree removal, track clearing, repairs to timber steps and bridges and remediation of the bulldozed firebreak.

Luckily to the south the Governors Road track was undamaged and it remains hopeful that Council will support future extension of this track to Riverview Road.

- Jim Clark



above: the bulldozed firebreak track
below: fire damage to the stairs leading to Glow Worm Glen



Bundanoon Community Association Inc. (BCA)



Recycling for sight

Bundanoon Lions

A common response when hearing of another great project is "I didn't know LIONS did that".

The motto of LIONS "We Serve" is not just empty words. Everyone probably knows the LIONS' VAN (we call it Tardis) that turns up at every major event in the village and all funds raised are used for projects. LIONS are currently working actively with requests for Bushfire Emergency grants. We don't 'sing it from the rooftops', but Bundanoon Lions have been recognised both nationally and internationally as one of the most active Clubs for our size – which is growing.

An ongoing project is the Lions Recycle for Sight - Worldwide Eyeglass Recycling Program, headquartered in Queensland and operating throughout Australia and overseas.

The project receives requests from humanitarian organisations either travelling to a developing country or supplying shipping container loads of suitable humanitarian aid from Australia to groups in these countries.

Over the 26 years that the Australian program has operated, it has delivered over 7 million pairs of refurbished quality spectacles to men, women and children in need in Africa, Europe, Middle East, Indian Sub- continent, East Asia, and the Far East, China, the countries of the Pacific Rim and Southern Asia and Oceania. In the past 10 years several members of our Marine Branch have been able to use their oceangoing yachts to reach the remotest areas, test villagers' eyesight and deliver spectacles to them.

If you have glasses, contact lenses or hearing aids to donate, please contact: Christine Janssen on 4883 6895

One event we were all eagerly awaiting was the LIONS Car Boot Sale. Many of us had diligently cleaned out cupboards and garages and now the goods lie languishing, waiting to go to their new homes. Depending on the restrictions, the sale will go ahead later in the year. Signs will go up and the date will be on the website, so keep cleaning and hold onto your unwanted treasures.

- Christine Janssen





BUNDANOON PHOTOGRAPHY GROUP

Our meetings cancelled, gatherings forbidden, National Parks and public places closed, what could we do?

Well photographers in general, and the Bundanoon Photographic Group in particular, are a resourceful bunch. Like the duck, calm on the surface but paddling away like fury beneath – that's us.

Luck was on our side. The day we planned our Morton National Park visit was the day they closed it. Fortunately we were inside and discovered this new restriction as we exited the Park. Cameras were full of beautiful images for our next meeting!! No meeting, no problem. Convert the images into a slide show and circulate to our members who enjoyed the fruits of their work and of their fellow photographers in the comfort of their homes.

Brigadoon was the topic of our next monthly photographic competition but sadly it fell victim to the dreaded Covid-19. Not daunted by this inconvenience, the topic of the competition was quickly renamed

"Ghosts of Brigadoon". Entries were submitted and voted for on-line.

The winning entry was submitted by Elizabeth Cranny with a truly ghostly image. Congratulations Elizabeth.

The Pepperoni Prize now has its own trophy. This award is made by the President to the photographer whose image has particular merit. May's award went to Heather Turner for "Ghostly" image.

Peter Wydmuch submitted an image in the previous month's competition which caught my eye for its soft, calming appeal, so it has been included for your pleasure.

This month we're under full lock down so topics reflect the constraints of this condition and will test the ingenuity of our members.

TOPICS FOR JUNE

- Presidents Cup – Opposites
- Outing (alone) – Outside your house

Check our Facebook page for details of the 2020 calendar.

Our Monthly Meetings and Outings are suspended whilst restrictions are in force. Refer to text above for alternative activities.

Our club offers a friendly atmosphere to all levels of experience from beginners to advanced photographers, when we share our photographs and experiences in a relaxed and friendly environment.

- Peter Gray
President

New members are welcome, contact

President, Peter Gray
4883 6312/ 041 922 3928

Secretary, Joy Brown
4883 6456/photos2578gmail.com

clockwise from below:
"Ghostly" by Heather Turner
photo by Peter Wydmuch
"Ghosts of Brigadoon" by Elizabeth Cranny





SAVING OUR SPECIES

Glossy Black Cockatoos (Charles Dove)

OUT OF DISASTER COMES HOPE

Whilst it has been an emotional and threatening time, we are amazed at the resilience and survival of our wildlife, nowhere more so than in our parks, reserves, private property and farms on the South Coast, Highlands and Alpine areas.

Teams of Park Rangers, scientists, field officers, volunteers and neighbours, with the help of cameras, have worked tirelessly to witness the amazing resilience of our wildlife.

Although we have lost thousands of animals, forests, and habitat, some forever, we can work together to recover.

Thanks to everyone who has been keeping an eye out for heat stressed or thirsty wildlife during this period. If you're still actively supporting wildlife on your property, please check out the latest advice from the NPWS wildlife recovery team.

We feel extremely lucky that the important Great Western Wildlife Corridor (GWWC) remained mostly unaffected by the bush fires. In fact, now more than ever, the GWWC is a critically important refuge for many wildlife species, including glossy black-cockatoos that were displaced as a result of the Currowan fire to the south and the Green Wattle Creek fire to the north.



Given the GWWC is mostly made up of small private properties, landholders have a vital role in securing the habitat for all species of wildlife.

Recent bushfires have seen an overwhelming community movement to provide emergency resources for our wildlife. In addition to food and water, some individuals and community groups have shown interest in providing emergency shelter. Often the first thought is to build nest boxes. But is this the best approach?

Natural tree hollows take at least 100 years to develop in the heartwood, and are created by wind, fire, heat, lightning, rain, fungus and attack from insects, and further refined by claws, beaks or teeth of enterprising wildlife over time. While fire can contribute to the creation of hollows in trees, an intense fire can lead to a shortage of living or dead hollow bearing trees and can displace or kill wildlife sheltering in them.

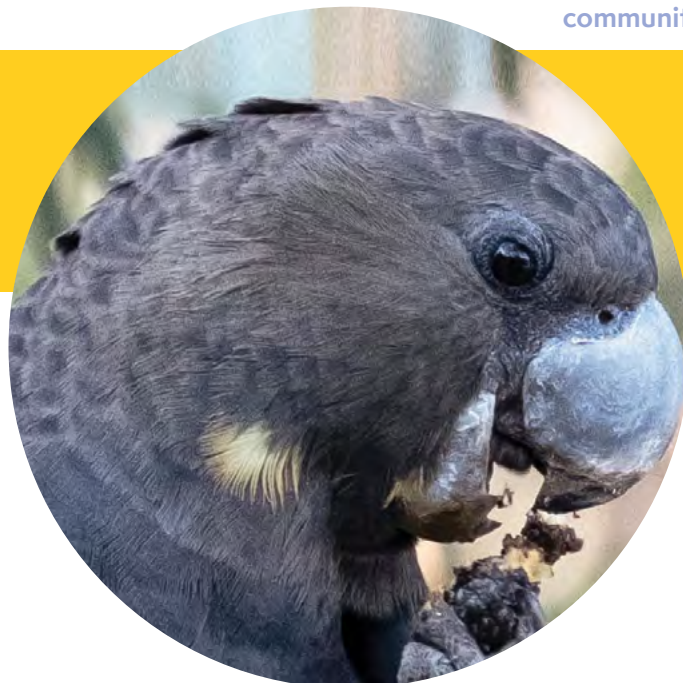
Nest boxes take considerable effort, specialist skills and resources. Before building or installing nest boxes, please follow the advice in the Nest Box Guide closely.



Glossies in the Mist is currently in the process of establishing a nest box trial in the Great Western Wildlife Corridor. The trial will be established in the coming months and is bound by rigorous monitoring and animal ethics protocols.

If you would like to learn more about the nest boxes please watch our recorded webinar on the Glossies in the Mist Facebook page www.facebook.com/glossiesinthemist and visit the nest box page on Wingecarribee Council website www.wsc.nsw.gov.au/services/environment/environmentalinformation/biodiversity/tree-hollows-and-bush-rock-homes-for-wildlife.

Please keep your eyes peeled for glossy activity around existing hollows as the breeding season should now be well underway. All reports of nests are recorded sensitively so the birds can continue breeding without disturbances for generations to come. Contact lauren.hook@environment.nsw.gov.au if you suspect breeding behaviour in your area.



WINIFRED, THE FLOSSY FLEW 33KM ACROSS THE GWWC

You may have read about the female glossy (we like to call them flossies) photo identification project. In a nutshell, a volunteer group endearingly named The Glossy Gang have started using photos of flossies to identify individuals, based on their unique yellow face patches. As more photos are emailed in or provided through our Sighting Survey, the Glossy Gang have been creating a catalogue of flossies from across the region. The identification profiles are catalogued into 'Lookbooks' representative of the northern, central and southern areas of the Great Western Wildlife Corridor. So far, they have recorded 72 females in the corridor!

Previously, all the flossies that have been identified were observed in the same area. For example, the Glossy Gang have been able to track a female named Sunset returning to the same area over 6 years, as well as other flossies returning to the same dams bringing new juveniles with them each season.

Recently, a flossy named Winifred became the first bird to be observed in two very disparate locations. Winifred was first photographed in January in Mittagong, but by March, Winifred was photographed in Penrose! This is really exciting data as it helps us understand the birds' home range, their key habitat in the corridor and their response to fire.

Feed trees for the Glossies (*Allocasuarina littoralis*) will be available for planting this spring for those who may have lost trees in the fires.

SOS – Saving our Species Team
National Parks and Wildlife Service



HELLO, HOW ARE YOU?

"Hello, how are you?" Four small words with a big meaning. I had not realised how many times I hear this salutation - in the street waiting for a take-away; passing neighbours in their front yard; or strolling past another dog walker in the park. We use this phrase almost without thinking. It is a sociable acknowledgment - I see you, I may not know you, but I am aware of you - "Hello, how are you?"

But now it means much more. It means someone has taken their time to call and check-in, "How are you, really?"

Having a phone check-in service for vulnerable, isolated, or disabled people is not a new idea for Bundanoon. This service had been talked about and was 'chalked on the board'. Then Covid-19 rushed into our lives and knowing that many people would be staying at home and could be feeling some anxiety we mobilised the concept. 'We' are; ComCom Bundanoon, a BCA sub-committee; Petrea King at Quest for Life and the Bundanoon CWA (CWA have been stalwarts of our Australian communities since 1922).

Word went out about the project and volunteers immediately put up their hands. ComCom now has over 30 people ready to phone anyone who would like a friendly call. Volunteers did a letter box drop of information to homes in Bundanoon. Flyers are available at local cafes, chemist, doctors, and The Village Grocer. Monica from CWA is our Phone Hub co-ordinator taking registrations.

Training was undertaken at Quest for Life, with the first six volunteers offering ideas and thoughts on scripts and agreements. Our volunteers have a list of contacts and organisations they can provide if any other services are required, including professional assistance, meals or grocery delivery. We have a qualified counsellor for the volunteers if they need de-briefing.

"Hello, how are you" was launched on 30 March. Surprisingly, the response for registrations was less than expected. Maybe our Southern Villages have in place good support systems for their neighbours, friends, and family? Or maybe many of our elderly are from post-war, who learnt resilience - not wanting to make a fuss, or be fussed over?



However, there are people who value and enjoy the service, as do the volunteers who make the calls. Quoting a volunteer who phones an 82 year old lady living on her own, "In these uncertain times it is important to know there is someone thinking about you and I do feel that our call provides a positive moment in their lives". Another volunteer says, "I'm happy to know my phone call can make such a difference to someone's day. A person who is going through a difficult time often needs someone to express their feelings to... someone outside their family. A sympathetic ear and some encouraging words are always appreciated".

"If we can help one person, we help many others in their lives," remarked another volunteer.

"We all love to feel connected - whether to the peace within ourselves, our loved-ones our community or the land on which we live. "Hello, how are you"? is a natural way for people to express their compassion and concern for people who may be struggling with isolation". - Petrea King

The "Hello, how are you?" initiative will continue in the Southern Villages long after Covid-19 has left its mark. If you too would like a friendly call, please phone Monica on 0432 546 788 and she will arrange for a volunteer to contact you .

Bundanoon residents are welcome to attend any of Quest's online programs, currently being offered, at no cost.

Compassionate Communities (ComCom) is a sub-committee of the Bundanoon Community Association.

www.comcom@bca.asn.au

- Lyndell Giuliano



Bundanoon Community Association Inc. (BCA)

HUW KINGSTON DELIVERS BITS BY BIKE

I freewheeled gently down the hill, avoiding each bump and every pothole. A caution borne of a special load. With a knock on the door and from suitably social distance, out came a freshly iced birthday cake. In full voice I sang out Happy Birthday to someone celebrating 60 in self-isolation.

2020 has been challenging and downright peculiar from the first days when we were hit by fire to the whole world hit by Covid 19. Like so many millions of people Wendy and I had our plans torn up by the virus. From April we were due to be based out of the UK for a year, perhaps a mad idea in their Brexit confusion. I gained some unexpected time and, as we all know, there really is nowhere better to be than Bundy in days dark or bright.

By late March Coronavirus restrictions had taken hold of our business and personal lives. People started to self-isolate and many of our shopfront businesses were forced to close or offer takeaway options only. It was vitally important to support our businesses to support our community. Support them to continue to receive revenue, to get products to residents, to protect jobs.

So Bits by Bike began; a free community delivery service for Bundanoon working with our main street businesses to deliver to those in need.

Bundanoon has a long heritage of cycling and, being small enough to pedal around, using bikes is a fun, healthy, non-polluting way to move products around town.

But how do you best transport a box of groceries, three large pizzas or delicate birthday cakes? Fortunately, a good mate in Canberra, with a soft spot for Bundanoon, is the distributor for Yuba bikes, a brand that make cargo bikes in all styles. I told him the plan and two days later he delivered a delivery bike to Bundanoon with instructions to 'Use it for as long as you need it.' The Big Bundy Bike had arrived!



*photo of Huw (above) by Wendy Kingston
photo of Cecilia (below left) by Nick Barry,*

The system was simple enough. Bundy residents would order and pay over the phone and I would get the 'Order Up' message with details of who, what and where. In typical Bundanoon fashion, within days five-year-old Susie had drawn a massive Bits by Bike poster as part of home schooling and Peter McDonald, unasked, presented a superb logo. It was all looking rather pro.

Soon after launching, dear friend and long-time Bundy resident Cecilia Barry was in touch. Cecilia usually sells her beautiful flowers at the Good Yarn, but of course the shop was closed. 'Could you use some free bouquets?' she asked, and Blooms by Bike was born. The message went out, calling for nominations – neighbours, friends, family – and each night two names were drawn from the hat for a bunch delivered the following day. A woman living in Portugal, another with a soft spot for Bundanoon and bikes, purchased extra bouquets for delivery from a local flower farm, bringing further joy in such challenging times.

Deliveries were made and big smiles, on occasion tears, given in return. The Big Bundy Bike went up hill and down dale, tooting its presence on the airhorn. Deliveries for businesses were made from late March through April and fabulous flowers up to Mother's Day; over 60 bouquets in total. For the final 10 days of flower love other bouquet boys and girls delivered – thanks to Meredith, Stuart, Jeff, Peter, Lyndell and Steve.

With the virus, to a large extent, held at bay in Australia and full lockdown or spread not eventuating, the hope is for a re-opening of more normal trade for our businesses. The Big Bundy Bike has returned home to Canberra. It stands ready to return. Hopefully it won't be needed again.

- Huw Kingston

Families find some calm in the chaos.

Our daughter started kindergarten this year. With great anticipation, we polished her first school shoes and helped her into her uniform. We tied her hair with a navy ribbon and took a photo of her by the gate wearing her huge schoolbag. With pride and a few tears we watched her walk with the other tiny kids in two lines into class.

After a stressful summer of bushfires and evacuations, we were looking forward to life returning to normal. As the school year started and the Morton fire was declared extinguished, families with young children finally felt more settled.

The relief was not to last. A couple of months later, our lives were completely upheaved again, this time by COVID-19.

Overnight, parents suddenly became teachers. Many of us had to cope with unemployment as others struggled to look after children while working from home.

"It is certainly very challenging and gives us a huge appreciation for our children's amazing teachers," said Jennifer. She and husband James found themselves working from home fulltime while also homeschooling their two kids, Isaac and Toby. "Time management is our biggest issue," says Jen.

Caring for children of different ages has also posed a unique challenge. As the mother of a newborn, Ayumi is finding it hard to be unexpectedly homeschooling Timmy, who started kindergarten this year. "My five-year-old needs to be guided and helped all the time in his homeschooling, and the baby needs to be fed very often."

Missing friends and family has been difficult too. Not having other kids to play with has been hard for Sam says his mother, Carmel, although her own biggest problem is her grey hair now that she can no longer get to the hairdresser, she quips.

As difficult as this time has been, many families are experiencing unexpected benefits from the situation such as spending quality time together, exploring their creativity and enjoying nature.



These are edible mushrooms.
They are found under Pine trees



Simone's children have missed their grandparents and friends, but love having their dad at home. "His bond with the kids is better than ever," said Simone. "It's beautiful. We have really slowed down and are enjoying the amazing autumn weather. It's given us much more comfort living here than we would have had when we lived in Sydney. Isolation is pretty enjoyable in Bundanoon.

Jen agrees "The positives have also been fantastic," she says. "The kids have been helping out on the flower farm and family meals together are so valuable and special, something we rarely get when my husband commutes to Sydney."

Creativity has flourished. Amy and Bonnie created a chalk obstacle course on the pavement for other kids to play on. Having spent 45 days together in each other's sole company, they found this unique and fun way to connect with other children whilst observing social distancing.

Claire and Fabio and their son Ben have also been inspired to creativity by the beauty of nature. Long walks have led to an enjoyment of mushroom hunting and some tie-in art and science lessons for Ben who is learning from home.

One thing that every person I have talked to has in common is that they had found time to appreciate the natural beauty of our village and its surroundings. Amy and Bonnie have enjoyed long walks in the afternoon watching the turning autumn leaves, "We loved seeing the new colors". Ayumi also puts the baby in the carrier and she and Timmy go and crunch on the leaves. "We have found that it is best to start and finish school early and then go for a walk. That is our reward," she said.

There is a deep sense that, despite their enormity, the current circumstances have allowed many of us to slow down and appreciate our beautiful environment in the Southern Highlands. I don't feel sure that my own life has 'slowed down' - there is a lot of mess and chaos. My two-year runs around the house pulling things out of every drawer while my daughter learns to read. I definitely have the sense that I could stand a little more personal isolation. But I have a feeling that when this time is over, we may miss it just a bit.

- Hope Earl



TEACHING IN A CHANGING WORLD

The challenges of distance education

2020, a school year like no other. From a bushfire season that seemed to go on forever, to the floods, to a global pandemic we have come to know as Covid-19. This community has faced an immense amount of hardship, fear and trauma in a very short amount of time. Irrespective of this, I have been witness to a community that is full of love for one another, resilience and an ability to care for one another's needs despite restrictions such as social distancing. People have been supporting one another by checking in on their neighbours, friends and family. Local businesses have been supported by community members where and when they can and we have learned to be patient with one another as we adapt to these new circumstances. As someone who is new to this community, I have found this overwhelmingly positive response not only comforting, but admirable. Additionally, I am honoured that I have been given this opportunity to acknowledge the strength, adaptability and resilience shown by our teachers, parents and students at Bundanoon Public School as they took on the challenges of distance education, almost overnight.

Being a graduate teacher, one of the first skills I learned the importance of was the ability to be flexible and able to adapt to change. However, this was an unfamiliar situation for us all. In a matter of 24 hours, teachers across the state were required to put together a whole new system and model of teaching in order to adhere to the learning from home requirements set by the NSW Department of Education (DoE). We were required to create engaging, authentic and purposeful learning plans that align with the NSW Syllabus, whilst ensuring that our students and families were afforded equitable access to these learning plans. In order to provide students with the best possible opportunity to maintain continuity of learning, we had to completely alter our methods and practices by familiarising ourselves with new platforms and ways of teaching. Other challenges facing us as educators include providing explicit instruction and receiving quality work despite not being able to communicate with our students face to face. Through a screen, we have been motivating and engaging our students in a way that allows them to still reach their learning potential. We have stepped outside of our comfort zones and risen to the challenge of taking on new roles in order to support, mentor and educate our students and their families. In response to a request for feedback, one of our parents said, "The teachers have been such

cheerleaders of whichever way we are managing to get school work done - they are absolutely in our corner, making sure we feel like we are all doing a great job each day, which is so reassuring as, in reality, none of us have any idea what we are doing!"

Despite these challenges each and every day, we continue to provide technical, emotional and educational support to our students and their families whilst also managing our own personal challenges to navigate new learning and family dynamics. We do this because we care. We care about each and every one of our students and their education. We care about maintaining our relationships with our students and their families, which essentially underpin everything that we do. We care about the incredibly wonderful job we have and our ability to have a positive impact.

It is important that we also acknowledge the efforts of the parent community who have risen to the challenge of taking on new roles. As parents and carers, you will always be your child's first teacher, an ongoing role from birth. From teaching them to talk, walk and tie their shoelaces to teaching them what it means to be a good person. This new way of teaching and learning means that there are added pressures put on parents too. We know and understand that there are parents who have lost their jobs, parents who are juggling working from home with supporting their child's learning, parents who are frontline workers and have had to keep going to work whilst their children attend school physically. It very quickly became clear that it wasn't always going to work, there were going to be meltdowns, various difficulties and moments of frustration, and that is okay. This can be summarised beautifully through the words of one of our parents, "I am slowly learning that some days will be easy, other days we won't get much done and some days we have to abandon ship and do something else altogether. I think the most important thing is not to expect we will get through a school program of work at home. Things are different here - we can achieve some of the same learning through everyday things that are more embedded in home life and don't need to be done at a table and chair." Another parent recognised that a major difficulty of this 'new normal' has been not knowing how long this is going to go on for, "I can adjust my expectations and put in place ways of getting through the school day that seem manageable for us all, but I also don't want to make the kids worry that they will never get to go back to real school, it

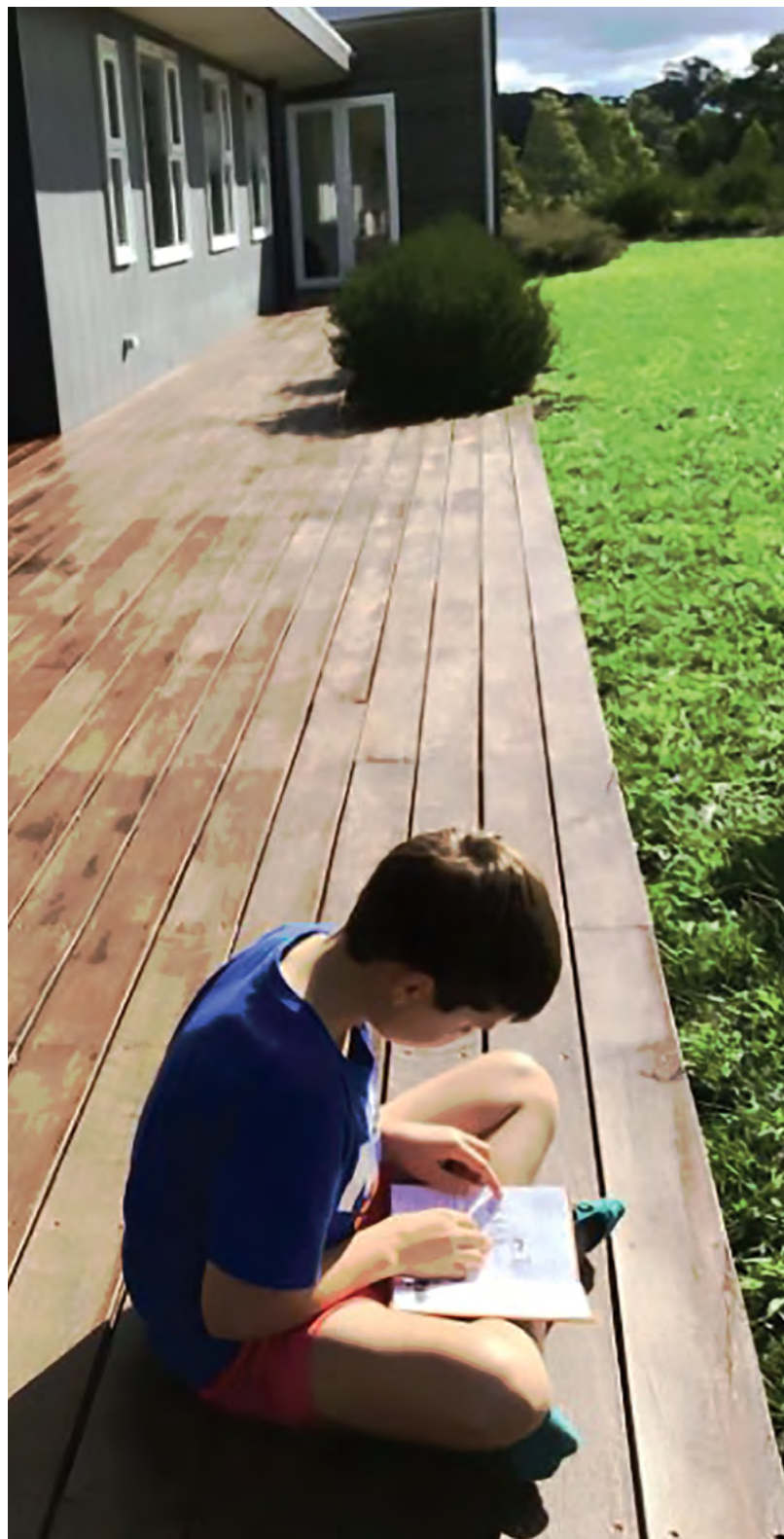
is tricky!" Fundamentally, as we are all experiencing added pressures, we need to remember to look after ourselves by acknowledging our successes, taking one day at a time and not comparing our efforts to others.

I believe, however, the real heroes during this time have been our students. Like the rest of us, their lives have changed dramatically and everything that was familiar to them has been stripped away. Excursions and events at school have been cancelled, their afternoon activities have been put on hold and they are no longer able to see their friends and classmates. However, they have managed to get up every day and carry on despite all that is going on. They have shown resilience, they have adapted to these new circumstances and remained in high spirits. They too, have learned new ways of being, even when all of this madness may not make sense to them. According to a local parent, their children have been, "flexible and adaptable. They have been incredibly resilient when facing big changes to most aspects of their little lives. They have taken this all in their stride, often better than the adults in their lives!" What little troopers!

Amongst all these challenges that we have collectively faced, it is important to recognise that there have been some wonderful benefits as a result of this new way of teaching and learning. Some students have said they feel more connected to their teachers now and it has been an opportunity for them to develop their capacity to be self-driven and take initiative with their learning. As teachers, we have been given the opportunity to collaborate with one another and take the time to reflect upon and refine our practice. Parents and families have been given the opportunity to be a part of their child's education in a way they have never before experienced.

2020, a school year like no other. However, a year that has built resilience, empathy, adaptability, an appreciation for others and the overwhelming realisation to never take anything for granted.

- Sarah Young
Sarah Young teaches Years 3 and 4 'Lorikeets'
at Bundanoon Primary School





Good Times with my Baby 2011
Permanent collection, Goulburn Regional Art Gallery

IN THIS PERSONAL SPACE

David Ryrie



It's difficult to experience these times and not be affected, altered in some way. I've noticed a lot of changes, but it is the subtle ones that have most interested me. My art practice by its very nature is a solitary pursuit. While my photographs are very much about people, it's very rare that people appear in my work. I work alone, both when I am in the studio and most of the time when I make photographs. So in many ways, for me, not a lot has changed. But everything has. I feel like I've been making 'Corona Photographs' all my career. But that is not what they are.

And, as is the case in this photograph 'Good Times with my Baby', all the evidence is there, of us, those indelible traces of our existence. This is a photograph of a place and a memory. People have brought many interpretations to this work, and that's interesting to me. I've had many conversations about this work, and the feelings and memories it has engendered for them.

If there were a person in this photograph, it could easily become about that person to the exclusion of the viewer, their memories, their moment. It might no longer be about 'us' and become about 'that' person. It's a portrait of the world that I experience in day to day life, one we can collectively experience.

So when I take photographs like this one, I don't see the emptiness in the spaces that these strange times suggest. I see people, I think of moments and people I care about. I wonder how these times will change us and what memories we will have and new habits we will keep. There is a deep emotional importance attached to the smallest interactions that we have with each other. Our sense of self is deeply rooted in the places we inhabit, it's very much a part of who we are. And it is because people inhabit these spaces, or stare into the sky that I photograph them. Our surroundings, the places we go, the homes we live in, and the things we look at say so much about us, as do these difficult times that have changed the way we live and interact with each other.

There has been loss and sadness in these strange times, but I have no doubt that we will edge towards something closer to the normal that existed only a handful of weeks ago. It won't be the normal that was, but it will have people in it and there will be new memories. Good things will come out of this.

David Ryrie lives in Exeter, NSW.

His photographs are held in numerous private and public collections around Australia and internationally.

A WARMING MEAL

RISOTTO

Eon Waugh

What is risotto?

Risotto is a rice based dish typical in cucina Italiana. The method of preparation is consistent no matter what kind of risotto you make. The main ingredients include:

- Brodo – stock & wine
- Soffritto – combinations olive oil, butter + onion
- Riso – rice
- Condimenti – meat, vegetables, seafood

History

Risotto is said to have arrived in Italy around the 11th Century with the Saracens via North Africa. Saracen conquests and trade routes reached the far east, and short grained rice was one of the many items brought back to Europe. Northern Italy had the perfect climate for growing this short grained rice - flat land, humidity and an abundance of water. By the 14th Century, the Lombardy plains were being cleared to establish extensive rice fields.

Risotto Milanese was mentioned in cookbooks in the early 1800s but there is a legend that mentions it as a dish made as a joke for a glass worker. It is said that this young man loved 'zafferano' so much that he used it in everything - even for colouring the glass of the Duomo of Milan.

As with any Italian dish, the stories are plentiful and varied on the origins of risotto. Each region, town and family will have it's own story about the history and correct preparation.

Region & types

Plenty of rice is grown in the Po Valley in northern Italy. The short grained white rice has the ability to absorb liquids and to release starch, making a delicious warm and creamy dish.

Arborio, Baldo, Carnaroli, Maratelli, Padano, Roma, Carnaroli, Maratelli and Vialone Nano are varieties. Carnaroli & Vialone Nano are regarded as the best risotto rices. Carnaroli is less likely to get overcooked, while Vialone Nano is smaller, cooks faster and successfully absorbs condiment flavours.

Regional dishes

Regionally, the variety of risottos abound. Typically, Piemonte in the north east has risottos with porcini mushrooms and truffle. The town of Alba is world famous for its Risotto con Tartufo (white truffle risotto). Piemonte is also the home of the mighty Barolo wine growing region and Risotto al Barolo is a specialty of this region.

As you go east into Lombardia, the risotto changes with the local produce and can include Gorgonzola, Taleggio & mascarpone. Milan, as the capital of Lombardia, offers Risotto Milanese, which reigns supreme. Up around the lakes & rivers of the Como, Mantua, and Varese districts, freshwater fish is incorporated.

Around the cities of Treviso and Verona, the fabled Risotto al Radicchio is found.

Seafood risotto is local to the North east, especially Venice, where Risotto Nero (coloured with squid ink) & Risotto ai Frutti di Mare (mixed seafood) are the local specialities.

Risotto alla Milanese

125ml white wine
1 litre chicken stock
60g butter + 20gm extra
30ml Extra Virgin Olive Oil
1 medium brown onion - finely diced
300g Arborio rice
2 pinches saffron strands or powdered saffron
60g bone marrow – minced
60g grated parmesan cheese

Place wine and stock in separate saucepans and bring to a gentle simmer.

Heat 60g butter & oil in a flat bottom deep pan.

Add onion & sauté for 1-2 minutes.

Add rice, stirring with a flat bottom spoon. When rice is coated with the oil mixture & “screams for water” add the wine & stir till completely absorbed.

Add saffron and marrow. Begin to add ½ cup of broth at a time. Wait till its absorbed & then add another ½ cup. Reserve ¼ cup of stock till last (hot water can be used if you run out of stock)

After approximately 18 minutes when rice is tender but with a slight crunch, remove from heat, stirring vigorously add grated cheese, 20gm extra butter, season with salt & pepper. Let rest for a couple of minutes and serve.

This risotto is traditionally served with ossobuco but would work well with any rich braise or ragu. It is also delicious eaten on its own.

For a basic risotto, use the above recipe, without marrow and saffron.

Serves 6

POEMS and REFLECTIONS

LIFE in 2020

It's late December, festive days, time to stop, to relax
Comes that famous Eve, boasting sparkle, cheer, bubbles, the old year at our backs.

New day, new decade, hopes and changes born
Resolutions, goals, plans, a new slate on that January morn.

Yet, lurking there, a growing monster in drying days, cloudless choke
Relentless heat, amber skies, air saturated in smoke

Fear, flight and abandonment, those embers give chase
Leaving a town in shock, though bravery, courage and strength take its place.

February, and falling rain, ash replaced by green
New life, new hopes, grateful for sadness no longer seen

But wait, says March, I bring a new foe, from a market not well known
Its destiny will mark history, it's seeds yet to be sewn.

Comes April, masking a new fear, across our world it flies
As we close our doors to the horror, isolation met with cries.

Dear May, bring us open doors, hugs and safety from this fear
Here's my hope, my plea, oh 2020 can you please get better, from here!

- Sue McCarney

2020:

It was a start to the year of a continued water starved land

But Nature, in testing us, turned even more cruel

No water, severe drought and NOW potential fires

And, in no time – EVERYTHING is on fire

At first sight I gaze with fear

Everything is burnt

A village smoked with tears

And in the dark I fight for air

With loss, pain, frustration and nervous emotions

People look with disbelief

BUT, with misery and heartache comes awe

Nature is Master in its own right

We just live within it

And while we faced it head on

With a fight hard fought and the battle won but not the war and

Still at loss and heavy of heart

We then faced

Pandemic

Facing the Beast once more

- Stephen Evans

IN BUNDANOON, IN ISOLATION

The sun dissipates the morning mist

A cacophony of chainsaws greet my ears

Chortling magpies meander about

The rabbits are in hiding with their fears

Wombats have ceased their wanderings

Carefree cockies hagggle and shout

A white butterfly visits some lavender

This is what life's all about

In Bundanoon, in isolation

The days spent quietly indoors

Keeping safe from an invisible threat

That has visited upon so many shores

A walk to the village CBD

Taking in the fresh air

Stopping at the still opened cafes

Seeing our neighbours gives us some cheer

Practising physical distancing

The importance of which can't be enough stressed

Resisting hugs and handshakes

A smile and a nod is best

Shouting to our friends gladly

From the squares marked on the pavement

As we await our takeaway toasties and coffee

Forgetting our solitary confinement

Sitting across the road at the picnic tables

To enjoy this sunny autumn day

A freight train passes rhythmically

Speeding blithely on its way

Lunch is et and off we go

To home, down Constitution Hill

Then along the peaceful boardwalk

Passing a mob of kangaroos, still

It was great to get out today

From our imposed seclusion

Thankful for the fact we live

In Bundanoon, in isolation

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JCG welcomes original contributions of special interest articles/poems and we are always looking for writers. Please contact JCG.editor@bca.asn.au

CORONA

watch the lines on the floor
 keep back! six feet or more
 please don't cough or sneeze
 kids swings must idle in the breeze
 now where will our children play
 do they understand today
 who will still be here tomorrow
 and who will be six feet below
 in sickness and in health we do
 wear cloaks of social solitude
 like ships that pass below the stars
 with weary head and heavy heart
 and so we serenade from balconies
 post teddy bears to watch the streets
 tryin' to put the human back in kind
 we mustn't lose our collective minds
 blowing kisses through the glass
 quarantining those who must pass
 un-embraced by family or friends
 drifting to a cold and lonely end
 if you could read the lines on their face
 what pain and sorrow would retrace
 what joy and delight we'd find
 for always and time out of mind
 what is left now that we have passed
 inexorably through the looking glass
 shall we heal the scars in our society
 skip the words and act in deed
 and new days dawn into the fray
 what's gone is past but not blasé
 we'll shine a light for dreams come true
 and vanquish those that never do

- Anton Baggerman

Corona virus blues ...

I try to stay home when I'm supposed to,
 and only go out for essentials.
 However, I do have to exit sometimes,
 and maintain my law-abiding credentials.
 I pick up the paper, of course; that's pretty straightforward,
 and I use my credit card to pay for it;
 In emergency, I could use cash, I know; and I'd save six cents a time, so
 at least that's something to say for it.

I also need to go to the chemist for a prescription on occasion,
 but if there's someone else in the shop I have to wait externally.
 Just as well I'm not someone who needs something urgent maternally!
 And then, if I want a coffee, I have to play hopscotch outside the deli.
 At least while you're waiting you can look at the other people around,
 and the ones on the park benches, and the cars and the trains going past,
 and the staff being cheerful: it's certainly one up on daytime telly.

I've time on my hands: what an opportunity to catch up
 on all those jobs I've constantly neglected!
 But I need a few things from the hardware store,
 and so I set out for Moss Vale to get them collected.
 I thought I was clever, taking the chance to do it in the quiet.
 But I wasn't, because every other Tom, Dick and Harry (and Anne,
 Sarah and Susan) did the same: it could have been a riot.
 But no, they were orderly, and stood on the one and a half metre marks
 on the long line to the tills,
 Although I'd hate to own some of the credit cards,
 when it's time to pay the bills!

I'm pleased about one thing. I thought I'd go to the tip
 - sorry, Resource Management Centre.
 But before I went, I saw the queue: a line of cars and utes
 and trucks and trailers all the way out to Berrima Road,
 all patiently waiting to enter!
 So I didn't try that, but still I had to survive,
 So a trip to the supermarket was essential to keep me alive.
 And so I set forth, brave and none the wiser,
 And I was welcomed, and I was squirted, with hand sanitiser.

You know, of course, that food's not the only issue.
 And you know about the empty shelves which held the pasta
 and the flour and the soap and the beef mince
 and the Chicken Tonight and the toilet tissue.
 But I did my best, and came out with enough stuff
 to keep me well supplied,
 Although some of the brands and things I had to buy
 I'd never seen or tried!
 And getting through the checkout wasn't as easy
 as it used to be, because
 The person who had to do the packing wasn't the operator:
 it was me, it was!

So home again, and the house is rather quiet:
 what can I do to pass the time?
 I know: I'll write a poem for the JCG,
 and like Ogden Nash, at least I'll make it rhyme!

- Geoff McCubbin

MEDITATION & MINDFULNESS

These last few months have brought an unparalleled level of uncertainty, change and stress into our lives. We have been unsure from day to day what to expect and how to respond. Many of the activities which normally bring us comfort or distraction have been curtailed or delivered in new unfamiliar ways.

Often we respond to uncertainty and stress by bracing ourselves to what we imagine might come next. This reveals itself in our bodies in tension, tightening and closing in. We might find ourselves feeling overwhelmed by everyday situations, or reacting in response to issues we would normally take in our stride.

Meditation can help us find a balance and stability inside ourselves. It can teach us to care and value ourselves. It can help us recognise the triggers which can spiral us into habit responses and reactions. And above all it can give us back a sense of agency in our own lives. We can help ourselves, we can find ways through and we can feel calmer and more able to navigate through these difficult times.

Caring for ourselves through meditation needs no special props or difficult skills. Just you, a quiet space and time you allow yourself. Meditation is a gift. It is coming home to yourself.

Try this:

Find a quiet place.

Turn off the phone.

Make sure you are not disturbed for the time you give yourself.....10 minutes, 15 minutes.....

Find a comfortable position on the floor or in a chair.

Make sure you are warm and comfortable.

Give yourself a few moments to settle yourself.

Don't worry about your thoughts. Let them come and go. We are not aiming to stop them, merely redirect our attention.

Close your eyes.

Take a few deep slow breaths.

As you breathe out allow your breath to ease, soften and start to release any tension.

Let your breath return to normal.

Allow your attention to roam slowly, gently and with care around your body.

Find those areas where you might be holding that tension.

Maybe your neck.

Maybe your shoulders

Maybe behind your eyes

Maybe in your abdomen.

Wherever you feel the body bracing itself against the world.

Soften and allow yourself to start to let go of the tightness.

Give yourself time.

Notice the in breath and feel the out breath.

Place your hand where you feel the breath...maybe your chest, maybe your abdomen.

And gently allow your breathing to go back to normal.

Feel each breath as it comes into your body and each breath as it leaves your body.

Start to feel the whole body as it breathes.

Each breath in

Each breath out.

Until you feel able to face the day with a little more balance and softness.

- Charlotte Rathbone

Charlotte is a therapist, counsellor and mindfulness and meditation teacher.

If you would like a free audio version of this meditation and others, please contact charlotte.rathboneu3a@gmail.com

THESE TIMES ARE MADE FOR WALKING

We all know walking is good for your body, but did you know it's just as good for your head?

In the 12 years my family and I have lived in Bundanoon, I've tried to go for a walk most days. Many mornings I tramp from my home to my office in the village. Some evenings I walk my dog and during the day I often go for short saunters to clear my head. On more than one occasion I've started walking to work but end up traipsing to the bottom of Bundanoon Creek and back again!

The COVID lockdown has been tough for most of us, but thankfully, we are still allowed to walk and it seems that Bundanoonians are hitting their strides with relish. In the last few weeks, I've noticed more people out and walking about our beautiful town than ever before.

What's spurred this sudden preponderance of perambulation? Quite simply we homo sapiens are built to walk and our lives are much improved when we do. The physical health benefits of walking are well known. It improves your heart and lung fitness. It reduces the risk of heart disease and stroke. It strengthens bones and muscles and improves balance and it can help manage other conditions such as high blood pressure, high cholesterol and diabetes.

But walking is also very good for your mental health. It lifts your mood, reduces stress, alleviates anxiety, boosts concentration, improves sleep and bolsters self-esteem. It also helps stave off problems down the track. A recent study by the Harvard School of Public Health found that one hour of walking a day reduces the risk of major depression by 26%.

So why is putting one foot in front of the other so good at lifting our spirits? Although it seems (and is) a simple act, walking sets off complex biological and psychological system responses that reward us for our efforts.

When you step outside for a walk, your brain gets a rush of sensory input. Look - sky, trees, gardens! Listen -

birds, cars, dogs! Smell - blossoms, woodsmoke, fresh air! Feel - warm sun, cold wind! In order to process these brand-new inputs, your brain has to disengage from whatever negative or unhelpful thoughts you were having before you set off. This momentary distraction breaks the cycle of rumination and worry we often get into when we're under stress. Brains aren't good at multi-tasking, so taking yours for a walk will occupy it with something more positive than processing a rolling barrage of grim news.

As soon as you start moving, your brain gets a hit of oxygenated blood, improving your ability to think and concentrate. I find walking helps me think through tricky problems or brainstorm ideas - it's second only to taking a shower in the creativity stakes. If you keep walking, your brain (and central nervous system) will reward you with some seriously good stuff: endorphins. Endorphins are chemicals that act to reduce pain, lower stress and lift mood. They are legal, but not free - you've got to work for them. The good news is that it takes less effort than you might think. A UK survey found walkers get their endorphin rush within about 10 minutes of taking their first step.

Another wonderful side effect of walking is that it helps bring you into step with a 'human' way of being the world. When we walk, we travel at a natural human speed and a natural human height above the ground. We cover natural human distances. We meet other humans and have human conversations. Using our cars all the time can result in losing touch with these essential ways of experiencing our humanness in a technological world. We also miss opportunities to bump into neighbours and friends.

One of the things I love about Bundanoon is that it's still, for the most part, a walkable town and when the lockdown ends, I hope we all remember how good it felt to be able to get out and go for a walk - and keep on walking.

- Andrew Sedger

Andrew lives with his family in Bundanoon and is completing his Masters of Clinical Psychology at Western Sydney University.

WOULDN'T IT BE AWESOME

to have a decent place to skate and hang out?

It started as a conversation between mates in the January school holidays of 2017.

We thought that surely others in Bundanoon would agree that updating the current skatepark/basketball court with its broken hoops and cracked, uneven concrete would benefit our community. It was dangerous, clearly unappealing and there were too many of us using the limited equipment.

We believed it would attract people into our community, which would be great for business, get people active and healthy, and allow Bundanoon to have something awesome that no one else had.

Right! Let's get a petition organised. So.....off we went around town, to people's homes, sporting events and community events.

We had a target of a few hundred signatures but we just kept on collecting and this soon turned into over 1000.

Nearly everyone thought this idea was great! Some thought it could be dangerous and had concerns about teenagers gathering, but the greater majority were supportive. Some thought we'd never achieve our goal, but it goes to show what persistence and determination can do.

With the help of several older community members (you know who you are!), our petition went to Council. They were impressed by our dedication to the cause and realised people were interested.

Council advised we should apply for a Stronger Country Communities Funding Grant. There were meetings and lots of paperwork to complete and lots of competition from other community groups. We had no idea what we needed to do but, "Oh well! Let's give it a crack", we thought!

We gained approval from MP Pru Goward who kindly and generously donated her time to visit us and she acknowledged that

our current skate park needed upgrading. We had our photos taken for the newspaper. Our idea was starting to gain momentum. People from far and wide were beginning to support this project.

After much organising, hoping, waiting, and wishing we received funding approval. A community meeting was called to find out what people wanted and what we wanted to be included in our design. Then the council requested tenders from prospective skate park builders.

After discussion and voting at another community meeting, Trinity Skate Parks won the tender.

If you peer through the fence at the skate park building site you will now find a semifinished park, with china bank, quarter pipe, double roller, and stairset and a bunch of smaller ramps and rails. We designed this, wanting people of all ages and abilities to be able to utilise the skate park..... even people in wheelchairs (if they're up for the challenge and keen).

The fires and excessive rain have slowed completion but it is starting to take form and looks amazing, better than we could have ever imagined.

To think that a simple idea on a sunny summer's day more than three years ago has turned into reality is fantastic. Thank you to all those involved who have helped us to achieve something that we believe will benefit our community for years to come.

To the people at Council, the people that signed our petition, the older friends who assisted greatly and believed in us, and everyone else who believed that kids can achieve great things, thank you!

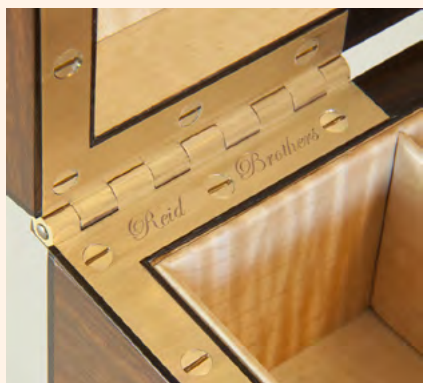
See you at the skatepark.

- Tyson Robb





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VIRGINIA BOYLE



Known and loved well beyond the bounds of Bundanoon, Virginia Boyle's art lifts a veil on the ordinary.

With intricate pen lines and watercolour washes, Virginia invites us into the magical realm of the natural world. A magpie becomes a herald, a possum, a guardian of secrets.

Details like a full moon or gilded leaf hark back to days of illuminated manuscripts, sacred knowledge, and storytelling.

Sanctuary Tree (pictured) presents a nurturing shelter for a plethora of animals.

After the frightening start to 2020 in Bundanoon, this image offers a soothing reconnection with nature and a beautiful illustration of our collective story.

More of Virginia's art can be seen at www.virginiaboyleart.com.

- Bella Gnechi Ruscone



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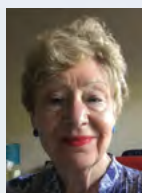
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GROWING PASSIONS

Lyn Morehen

Plants are confused, I am confused.

What season is it? What day is it? Who knows? Fauna and flora have endured drought, fires and floods and now we humans also suffer the impacts of the Covid-19 virus on our lives. Yet there are amazing things happening in landscapes and gardens, and some are quite beautiful. To my delight and amazement our street's Bradford pear trees produced spring flowers in late summer and eucalyptus trees devastated by the fires are covered by epicormic growth that looks like a fur coat ready for winter.

We may forget what day of the week it is, but we certainly do know that gardening brings comfort. A few hours in the garden restores one's soul and suddenly the world feels normal. The feel of moist, healthy soil, the colours of flowers and leaves and the visits of welcome birds and beneficial insects entice us outside. Gardening is at the centre of the spirit of Bundanoon. In normal times we celebrate our beautiful and diverse gardens with the wider community providing events such as the Bundanoon Garden Ramble and our bi-annual garden seminars that are firmly established on garden calendars and bring visitors from far and wide.

As the post-fire rains greened our world and the corona virus dominated our lives other good news is that new passions for gardening have emerged and blossomed here in the village. Ian and Alan at the Bundanoon Bloomery have noticed that members of the community who were not previously part of the gardening community are now eager to have a go. In particular the growing of vegetables is very popular.

The Bundanoon Bloomery had stopped selling seedlings some years ago (there was little demand), but they are now growing their own stock to meet up with demand which cannot be met through normal channels. I too am really keen to extend my gardening knowledge and I discussed with them my efforts at growing vegetables from seeds and some of the failures and successes that I have had. One tip I was given was to grow the seedlings in the local Curly's compost. Ian said that seed raising mixes are often too coarse and that Curly's compost, being fine, is perfect. I also discussed with him how many of my seedlings have grown but that they were spindly, and soon died. The solution is that they need more light and the right sort of light. So I have invested in a seed raiser light.

Amidst all the confusion and uncertainty I have reaffirmed how much I love gardening and how much there is still to learn. The weather and pandemic may challenge us all but here in Bundanoon we have great encouragement and companionship from our growing number of fellow gardeners. But on a final note I do however ask myself why so many of us, including myself, are growing vegetables, there is no shortage in the shops.



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DOG'S EYE VIEW

Annie Goodridge

Dear Mollie How are you my friend? You never come to visit any more and my cat and I really miss you. Do you know I saw you on that screen thing that she is always looking into. You looked straight at me and I tried to lick your nose but you weren't there, just a glass window. So I barked and you barked back! I jumped on all four legs and barked my head off. I wonder why I couldn't touch you. You look great although I believe you are in need of a groom. I couldn't quite see your beautiful eyes.

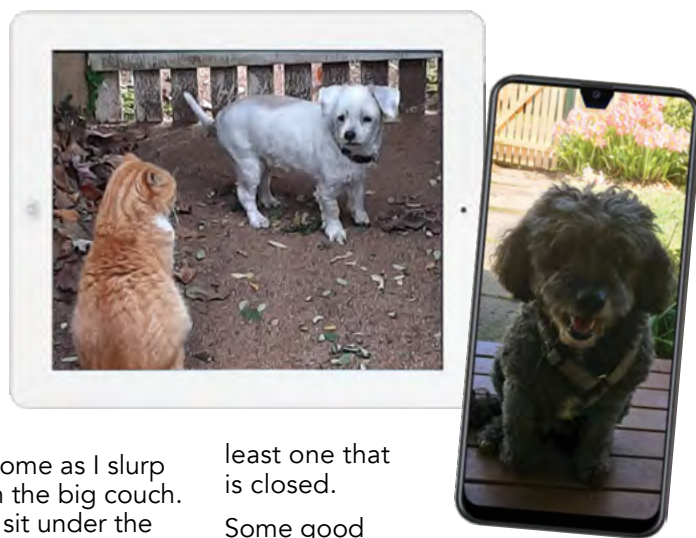
You know we usually have lots of people coming to our house. Sometimes crowds of them come in cars to sleep over and they often bring a dog or two for me to play with. Chopper Cat and I would sit on the top step of the veranda, ready to race down at the first click of the gate to greet the visitors. Chopper always got there first but I got more pats and cuddles. He just wanders off in his superior way. Quite rude really.

No one comes any more and we don't go and visit them. I guess I am lucky I have a nice person who plays in the garden all day, digging is my favourite thing. I'm not keen on the wet rub down when I come inside but she is so fussy about dirt inside and mud on the couches. It is the penalty I pay for having a fun day,

You know how she often forgot to take me for a walk. Well now, we walk forever. You could manage it Mollie but I am just a little dog and my legs feel like they are going to curl up when we get home as I slurp water and collapse on the big couch. No more do I need to sit under the dog walking bag and stare up with beseeching eyes. In fact I could do with less activity that's for sure. Maybe I should bury the lead in one of my garden holes.

The streets are so quiet. I love going to the café to meet my friends but now we just walk on by. The door is open but no one can go inside. I do meet some of my friends as they walk their person but they don't cross the road to have a sniff and the persons don't stand and chat, just wave. All very strange.

Chopper Cat and I still play our games. The favourite is going to the only door that is closed and sit staring into the house or begging to go outside.. When she comes we get the same lecture about which doors are open. There are doors every where but there is always at



least one that is closed.

Some good things are happening. She does not leave the house and garden. It is lovely having company and not left staring out the window all day, lonely and sad. Chopper found a bag of string (she calls it wool) and he had such fun. He rolled, jumped, raced around with strings hanging off him. I tried to join in but I was discovered and the bag disappeared. Back to the balls and squeaky toys.

I will send you a picture in case you forget what I look like. Aunty Mia cut all my wool off without my permission which was a bit of a shock. She is the world's best groomer and it is nice to be able to see out of my eyes although now I have to wear that silly coat.

Dogged love to you from Jessie. Goodridge.

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What's in a word, eh?

Annie Crawford

I am absolutely convinced that, when dealing with this Covert 19 academic, it's a must that we remain positive. And grateful that we are living in the best country in the world.

With time on our hands, Hubby and me have re-evaluated our life and are thinking to maybe have another adventure. (After all the rolling stone gathers no moths.) With this in mind we have placed a deposit on a ten acre block on an old farming property that has been subdivided. Our block is mostly forested but there is the perfect building site on the pasteurised part.

We are seeking the best architect in town because he or she must be the suppository of all building knowledge. In my mind I can picture the house already, although Hubby says it's still a pigment of my imagination. No indeed! Our house will be brick venereal with timber floors that will be polyurinated. Of course to be self efficient we'll have solo panels. And I guess, because our new block won't have electricity yet, we'll have to go to Mr Bunnings and purchase a battery operated transvestite generator.

Well since yesterday that has all changed and I'm here sobbing into my cuts. We have to nip our new house idea in the butt. Y'see, Hubby is in the horsepittle having suffered a kodiak arrest and then a colonial intrusion on Sunday night. He's under the doctor. Methinks it's maybe cos he saw a photo on Metflix of the abdominal snowman and this was a memory jigger for him. We saw one when we were in Tibet recently. Hubby yelled out, collapsed and his tepee fell off his bald head. Then the abdominal snowman yelped and ran off in a very erotic fashion. Didn't blame it at all, I didn't.

Hubby was so busy having his conniption he didn't spy the Buddhist monk doing his trans dental medication. Really calming it was. And the sunset there over the mountains! All the colours of the rectum. Beautiful it was.

Anyway, where was I...? Oh yes, MY ailments for a change. It's not ALL about Hubby.

I am writing to Qantas to explain about the rude cabin crew person who stopped us while boarding to inform Hubby and me we were only allowed one carrion aboard. She obviously took us paying customers for granite!! Afterwards though, she calmed down and gave us a cup of decapitated coffee.

Still writing to Qantas!!

And on that same flight home from Tibet, I developed a deep vein trombosis. AND I'm booked in next July to have my various veins stripped. And just last week the doc discovered a subversive cyst behind my right knee.

Woe is me. But then life is a doggy dog existence, isn't it?

All these conditions (did I mention Hubby's Oldtimers and his enlarged prostrate?) lead me to think we might be about to pop our clogs. Maybe it's time to make our last will and testicle?

Methinks I'll go and have a glass or three of cardonnay. Maybe the whole bottle. I've already got sea roaches of the liver so who cares?

I hope I'll be remembered posthumourously...



THE WANDERER'S DILEMMA

For the walkers! Spice up your walk with a bit of puzzling. Take your children (or someone else's).

Below are 21 house names listed alphabetically and clues for their locations. All are within walking distance of Bundanoon Railway Station:

Adalheia Avalon -sur-Mer
Ballymena Bryngardd
Dart Lea Duck Crossing
Dieu Donne Fox Hollow
Greensides Holly Cottage
Kambei Grange Kinchela
Magpie Cottage
Massingham Grove
Park Hill Roamers Lair
Sunny Glen The Spinney
Toad Hall Valrowan
Waratah Glen

CLUES

There are only 13 streets to find.
Two have colour and tree references.

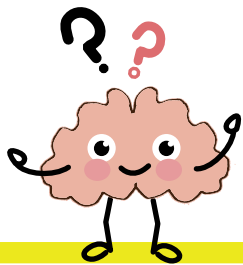
One long street has 4 house names.

Two very short streets share the same first letter.

Two streets have the same letter for each of both words and are linked by a path.

One is almost circular and Scottish.
One starts with a hill and ends with two horses.

A T-junction will take you to distant cottages.



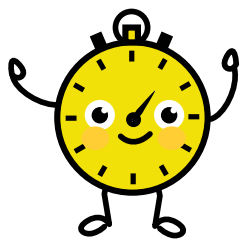
PUZZLES, RIDDLES & OTHER STUFF

Christine Janssen

BUNDANOON is a riddle – can you work it out?

- Which is the best athlete to have with you on a cold day in Bundanoon?
- Why did the toilet paper roll down Constitution Hill?
- What is a wombat?
- What will happen to the man taken to hospital after eating 100 tulip bulbs?
- At what time do ducks get up in Bundanoon
- What place in Bundanoon starts with P, ends with E and has 1000 letters
- What goes round and round the trees in Morton National Park, but never goes in?
- A freight train is going south through Bundanoon and there's a strong northerly wind blowing. Which way will the smoke drift?
- Two mothers and two daughters went to Primula Café and everyone ate one hamburger, yet only three hamburgers were eaten. How is that possible?

1. A long jumper 2. To get to the bottom 3. A stick to play woom with 4. He should be out in time for Garden Rumble 5. At the quack of dawn 6. Post Office 7. Bark 8. There is no smoke 9. They were a grandmother, a mother and her daughter

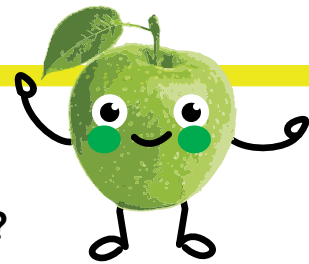


This ditloid is a **word game** consisting of numbers and letters. To solve the puzzle, you need to work out the full sentence by filling in the missing words

This ditloid is all about time and I've given you the first answer. Good luck!

1. 24 H i a D..... answer: 24 Hours in a Day
- 2... 12 M i a Y.....
- 3... 31 D i D
- 4... 1000 Y l a M.....
- 5... 1 L Y e F Y.....
- 6... 4 S (S S A W).....
- 7... 100 Y i a C
- 8... 60 S i a M.....
- 9... 10 Y i a D
10. 366 D i a L Y

Answers: 2. 12 Months in a Year, 3. 31 Days in December, 4. 1000 Years in a Millennium, 5. 1 Leap Year every Four Years, 6. 4 Seasons (Spring, Summer, Autumn, Winter), 7. 100 Years in a Century, 8. 60 Seconds in a Minute 9. 10 Years in a Decade, 10. 366 Days in a Leap Year



Hungry?

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You will need Granny Smith apples, Peanut Butter, raisins or sultanas and a strawberry.

Assembly is pretty straight forward as well.

Slice the apples. Make sure that they are sliced so that the green part is wider than the inner part of the apple. Like little ramps!

Slice the strawberry lengthwise so that you get little 'tongues'.

Lay one apple slice down, with green side facing you, spread with peanut butter.

Lay the strawberry 'tongue' in the peanut butter, leaving most of it hanging out.

Lay the second slice on top of the peanut butter.

Dollop a little peanut butter on each raisin and add them to the frog as eyes!

YUM - NOW YOU'RE HOPPING!





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Daniel 12:8

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'Bundanoon Sings' Choir
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Bundanoon on Tap
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 History Group David Brennen 0432 608 474
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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 Sundays, 2pm

Uniting Church

Moss Vale Sunday, 9.30am
 Bundanoon Thursday, 12.30 pm

Catholic Church

St Brigid's Bundanoon 1st, 3rd & 5th Sundays, 5pm
 2nd & 4th Sundays, 8am
 St Paul's, Moss Vale Sat, 6pm & Sunday, 10am
 Iona Christian Community, with Anglican Worship,
 at St Patrick's, Sutton Forest
 2nd, 4th and 5th Sun, 10.30am

FOR OTHER SERVICE TIMES, PLEASE CONTACT:

Anglican Church: www.parishofsuttonforest.com 4883 6019
 Catholic Church: Parish Office 4868 1931
 Iona: ionachristiancommunity@gmail.com 4869 1196
 Santi Forest Buddhist Monastery 4883 6331

Sports clubs

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 Bowls (Women) Margaret Alaban 4883 7560
 Cricket Steve Granger 0404 048 288
 Croquet Club Alan Millward 4883 6887
 Pony Club Gale Pritchett 4883 7195
 Rugby League Grant Perkins 0419 844 405
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