





& HAPPY NEW YEAR



From the team at **BUNDANOON REAL ESTATE** part of **REFCA Realty Group**

In the last year we have proudly donated \$23,253.53 from commission on property sales to our partnered charity



Cover image

Fragments of smoke trails

by Peter Gray

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FROM THE EDITOR



The joyous season is upon us, and we have much to celebrate.

JCG has had wonderful year with so many interesting stories – I'm not sure how our contributors manage to keep surprising us!

As you may already know, JCG is a finalist in the ACT/ NSW Community Connect Awards, a great honour and a well-deserved acknowledgement of our team and our incredible story tellers.

Our theme for March is 'Back to Basics' - what are you doing in 2023?

May you have a very Merry Christmas and a happy and safe 2023. We'll be back in March.

Christine Janssen

JCG Editor

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BOOKING DEADLINE FRIDAY 20 JANUARY

MATERIAL DEADLINE FRIDAY 27 JANUARY

NO LATE COPY WILL BE ACCEPTED

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mages to bella@beehivecreative.com.au



BUNDANOON

Community Association Inc.



Andy Carnahan

BCA President

All we want for Christmas is a new hall roof
A new hall roof, a new hall roof
All we want for Christmas is a new hall roof
And we won't have to mop no more!

And Glow Worm Glen reopening would be wonderful and even some more footpaths!

The good news is that like those two new front teeth, these will occur in time. Hopefully the roof re-sheeting won't cause too much disruption to our regular Hall hirers. Glow Worm Glen is almost ready, and we are looking at grants to help Council improve pedestrian safety.

2022 has been a year to show, as physicist Richard Feynman famously quoted on the Challenger disaster "For a successful technology, reality must take precedence over public relations, for Nature cannot be fooled."

Challenger was a catastrophe for the seven astronauts and their families and a huge blow to the pride of NASA and space travel technology. The root cause of the accident was component failure, but it was caused by management acting under huge reputational and political pressure to "roll the dice" against specific engineering advice.

This sounds terribly familiar to climate science, where there is almost unanimous agreement amongst the specialist scientists in the discipline that we are approaching and continue to approach multiple points of no return for our societal systems. Yet there is political pressure to continue "business as usual" with aspirational future goals set, rather than specific, direct and immediate actions.

At what point do continuous environmental disasters stop being "unrelated events" and become systemic, continuous omens of imminent major collapses?

Bundanoon seems an oasis, but there are no longer any islands or safe havens in our complex - just in time, just enough, production and distribution "integrated solutions".

We are in for some very challenging times. For me, our tiny window of opportunity is that our wonderful frontal cortex can help us adapt rapidly to the changes that are coming. Our current trajectory is as ill-fated as the Challenger.

I know it is Christmas, and we all need respite, but we are adults and perhaps the time for clinging to comforting redemption myths, albeit perpetuated by vested interests, needs to end.

After Christmas of course!



BUNDANOON

Community Association Inc.

MEETINGS

Meetings are held at 7:30pm on the 3rd Thursday of every month (excluding January).

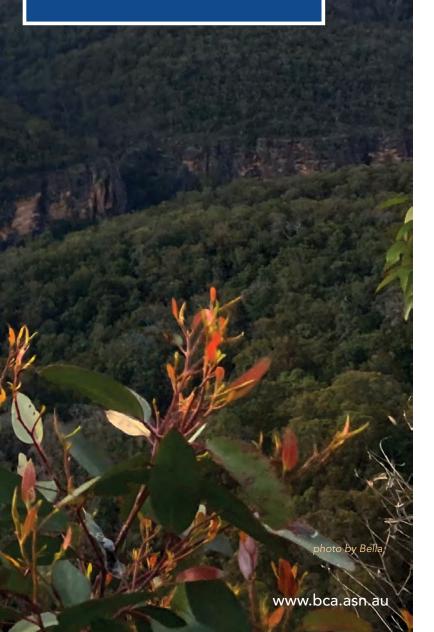
16 FEB 2023 16 MAR 2023

Bundanoon Soldiers' Memorial Hall

Come along and keep up to date with what is happening in and around Bundanoon.

* Please check updates on the Bundanoon Community Notice Board Facebook page.

www.bca.asn.au





BUNDANOON

Community Association Inc.

Christmas Gift Shop

We now have a limited print run of a beautiful **Christmas card** added to our gift card collection!

You can purchase our feathertail glider Christmas card, the Wildlife gift cards and Bundanoon on Tap water bottles at our BCA gift shop.

All gift cards have information about each animal on the inside left, with inside right is blank for greetings. Quality envelopes included.

Cards are \$4 each or \$20 for a set of 6.

You can purchase these items on 18 December at the Bundanoon Makers Markets or online (see QR code).

Order online, pick-up or post available (postage calculated at checkout).

The Bundanoon on Tap water bottle comes with a special bonus of the original 'Bundy on Tap' Camelbak bottles. \$25 for both.

All proceeds assist the BCA in community activities.

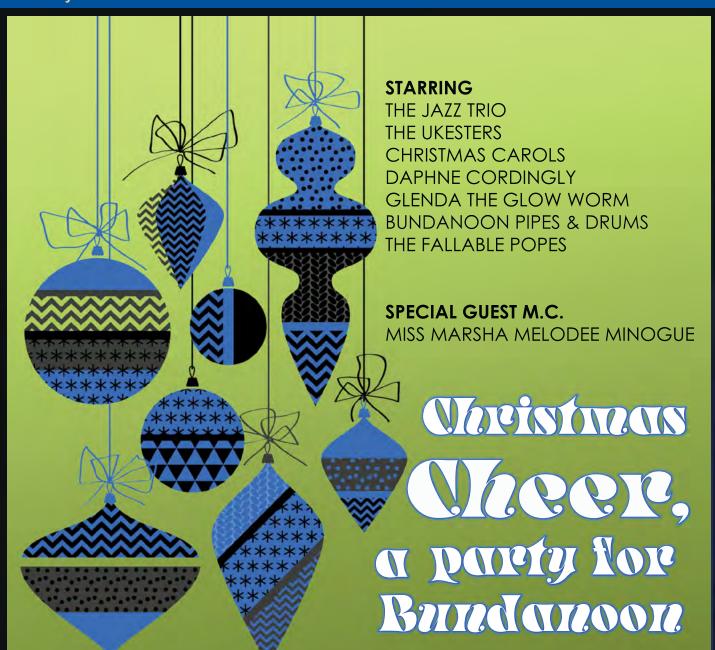
Thanks to Sonja Bowden for the exquisite illustrations and Lyndell Giuliano for the notes on the cards

Visit the BCA gift shop at:



https://bundanoon-community-association-inc.square.site/





Saturday 10th December

All ages party 6pm - 8pm
Bundanoon Soldiers' Memorial Hall
Soft drinks & nibbles provided
BYO alcohol

Thanks to Wingecarribee Shire Council for providing funding & the Bundanoon Community Association for organising & supporting this event.



arts BUNDANOON

Music@10 has come to the end of a successful concert series for 2022 without interruption from Covid or natural disaster. A heartfelt thank you to all the Arts Bundanoon volunteers who work behind the scenes to make things run smoothly before and during each event. In the past couple of months we have had concerts featuring the hall's Yamaha grand piano, of particular note was Alexey Yemtsov who blew our socks off with his amazing performance of Sergi Prokofiev's Piano Sonata No 6. Then Alisa Yuko Bernhard who performed Beethoven and Chopin with such wonderful expression and poise at the keyboard, I'm sure everyone

Alexey Yemtsov



Saturday of the month in 2023 including soloists, duets and ensembles, I hope yo<u>u will</u> be able to join us for another great program of music.

Dates for the diary:



14 January 2023 Alexander Yau (piano)

left the hall with a warm glow. **Music@10** has concerts

arranged for the second



11 February 2023 The Nano Symphony (clarinet, viola ad piano)

10:00 a.m. Soldiers' Memorial Hall Entrance \$15. Children under 18 – free

Tickets through Trybooking or at the door.

Yours in harmony

 Timothy Hone
 Arts Bundanoon Convenor artsbundanoon.org.au





The REX Cinema and BCA

in association with Bundanoon Public School P&C

and funded by Wingecarribee Shire Council

FREE

MOVIE MATINEE

SAT 10 DEC 2022

@ 1:45pm



The after glow of acting

Like many locals, I'd never acted in, written or directed a play. Asked to act in my wife's play, I thought why not? It can't be that hard, script in hand to rehearse with, only 10 minutes, give it a go. Before I knew it we were making props and sourcing wardrobe. But at the technical rehearsal it suddenly dawned on me. Could I act? Did I know how? What if I couldn't? My co-star, an old hand, encouraged me. We sat backstage waiting, makeup done, looking at each other for what seemed an eternity. Finally Gayle, the stagehand, gave us our call. We were on!

Lights up, first lines, first laughs from the audience. We rolled on, they seemed to be liking it, and then, the stumble! A missed cue, a quick glance to my opposite, a whisper from the Director and we were back on track.

The audience loved it. I loved it, and so it began. That after glow lasted for days.

Since then, I've written a few plays and acted in a couple. I love it. Even when we drop a line, or go offscript, the ensemble pulls it back together. You're not there as an individual, you're part of a team.

I've seen my "baby steps" repeated while watching other new actors. As Convenor, I hear their trepidation, their fears, and, after a performance, their joy. Our recent CTD Finals included many actors who'd never hit the boards before their heat; now they can't wait for the right role to come along.

If you ever consider a new and positive experience, give acting a go. With quite a few plays coming up in 2023 we're holding an "open audition" on Sunday 18th December from 11.00 am - we're all there to support you.

Ted Ayers *MPT Convenor*

Sign up for our monthly Newsletter for information about upcoming auditions email: melting.pot@bca.asn.au





JULIET AND JONATHAN
Juliet Robert and Jonathan MelroseRae, newbies in Ravenswood



TRISH JESSOP Trish Jessop made her stage debut in Hair Affair



PETER O'MEAGHER New comer Peter O'Meager (L) on stage in The Novice Polli

Photos - Peter Grey



Actors Call!



We're holding open auditions for our 2023 productions.
No experience required, many roles, all ages.

Sunday 18th Dec. 11am Soldiers' Memorial Hall

JOIN US FOR OUR FREE
ACTORS WORKSHOP
12:00 NOON, PLEASE RSVP:
https://www.trybooking.com/CDTUD



We're taking a break over the summer holidays. We return 23rd February.

MPT IS A SUBCOMMITTEE OF THE BCA



BUNDANOON SINGS!

is delighted to bring back

CAROLS by Fairylight

5pm Saturday 17 December 2022

Bundanoon Soldiers'
Memorial Hall

Led by Trudee Green and accompanied by Rhonda Langford, sing along in a joyous family-friendly musical celebration of Christmas. **Carols by Fairylight** is cabaret style with BYO drinks and supper, with space for the kids on the floor (for gold coin donation), but please include in numbers when booking.

The best way to spread Christmas cheer

is singing loud for all to hear!

Bundanoon Sings! is Bundanoon's local community choir. We are a non-auditioned, no-experience-necessary choir who sing together for the joy of creating music and community.

Follow us www.facebook.com/bundanoonsings

Let's support local - whatever you are eating on the night - let's make this season merry for everyone!

Pre-order snacks and festive treats from:

DeliLicious: antipasto special for 2 for \$35. Pick up before 2pm or from the Hall on the night.

Potters Pantry: special festive treats - mince pies and Christmas cupcakes at \$5.50 per item.

TICKETS: https://www.trybooking.com/CDSMW

TICKETS \$15 PER ADULT \$120 FOR TABLE OF 10 KIDS BY GOLD COIN DONATION AT THE DOOR





The 1950's returned to Bundanoon in September. Elegant dresses, a fabulous fashion parade and joyful notes from our Grand Piano. It was the JCG High Tea and a wonderful success!

Tiers of special little cakes, slices and sandwiches sat on lace white tablecloths, with delicate china cups and saucers, with the tea being poured from floral china pots, many rimmed with gold. The room was filled with happy chatter.

Mon & toria's extensive range of women's fashion, paraded by local women, was the highlight of the afternoon. But then, we did have Andrew Rumsey on stage playing the Grand Piano whilst the women sashayed up and down the stage and around the tables. Both were highlights!

Serving scones and light refreshments were the ubiquitous CWA ladies and Jaiden suited the occasion in black. Potted plants, scented floral arrangements and models in antique dresses adorned the space, transforming the entire room into a gorgeous romantic setting.

Raffle tickets were purchased with a flurry, with a dozen prizes generously donated from many of our local businesses. The winners were called by the JCG editor Christine Janssen and then the JCG High Tea event was over. Within an hour, there wasn't a sandwich, cake, or petal anywhere. What was left was warm memories, though the next week Mon & toria opened their doors to many shoppers, eager to purchase coveted fashions seen on the runway.

JCG

- Lyndell Giuliano





Firstly, a huge thanks to the Winterfest Committee members of 2022 - James Fulford Talbot, Kaz Williams, Jodie Fulford Talbot, Jeff Appleton, Sara Marshall, Kylie Bushby, and Cherie Donnelly, along with the volunteers, workshops providers, sponsors and community who worked tirelessly to bring together the event.

The decision to go ahead with the opening night party was a particularly tough one. The committee, rightly, were focused on the ability to hold a safe event in the face of adverse weather conditions. The school provided the best possible outdoor location allowing Winterfest 2022 to go ahead.

I am so grateful that the committee where able to come together and make this last-minute change so that the Bundanoon community didn't have to experience yet another cancelled event.

The outcome was a good one, with over 800 visitors to the event. There was lots of laughter, lots of fun and lots of community support.

Creating a successful Winterfest 2022 relied on a number of factors: the work of the small yet determined committee that had to adapt to many different challenges throughout the year, the support they had on the day from members of the community, friends and family to help set up and strip down the event, the businesses that supported them through sponsorship, the stall holders, the entertainment providers, but most of all, the 800 or so people that came out of the gloom to support all of the above. Thank you to you all!

By now you would have received, and hopefully, completed your Winterfest 2023 Community Survey. Feedback from the survey will inform the structure of the event for 2023. With your feedback and amazing community support we can build on the success of Winterfests of 2022 and before.

We are aiming to provide an update to the community in January 2023 with information to be posted to our website, social media sites (Instagram and Facebook) as well as a community information session at the Soldiers' Memorial Hall.

Until then, thank you for your support of this great gathering and celebration of all things Bundanoon. If you would like any further information on Winterfest 2023, or indeed would like to register your interest in volunteering in 2023 please email me at Winterfest@bca.asn.au or visit our website at https://www.bundanoonwinterfest.com/

Jonathan Melrose-Rae Convenor - Winterfest 2023



Bundanoon Winterfest is a proud sub-committee of the Bundanoon Community Association



Garden Ramble volunteers and visitors alike had a marvellous weekend after an anxious wait. The continuous weeks of wet weather may have tried to curtail our activities just as Covid had for two years, but instead of rain, the sun beamed down upon us on the weekend of the Ramble. Soggy conditions were not enough to dampen the spirits of Ramblers. They flocked to the gardens in droves.

The greatest advantage of all the rain we had leading up to the event, was the profusion of flowers and growth everywhere. Who knew there could be such a multitude of greens?

A few petals may have been lost here and there with some short, sharp, bursts of storms in the week preceding the Ramble, but myriad other flowers were waiting to spring up to replace them. The gardens looked magnificent.

Garden owners were resourceful and focused on mowing of lawns and grooming of gardens between showers, polishing and pampering until everything shone. Working in rain-soaked soil is much more difficult than dry soil, so we take our hats off to all of you.

Gate-sitters and hall volunteers were delighted to receive praise for our efforts and, dare I say, perseverance, ensuring the Ramble went ahead. The Committee were thrilled by the numbers of visitors flowing through the Hall, purchasing tickets, and browsing market stalls on their way to and from the gardens.

People milled around the potted plants and vegetables, decorative pots and baskets, tools and more laid out for sale on tables filling the Hall and spilling onto the pavement on both Saturday and Sunday. There were more stalls dotted around the gardens, too.

And what is more appropriate in a spring garden than Persephone, the Greek goddess of Spring, who made a fleeting appearance in Ted and Cat Ayers garden. Performers and audience glowed in the sunshine of the flower-filled spring garden. Many visitors to John and Kaye Hines' garden took time out at the Lions café, sitting in the sunshine enjoying a cuppa and sustenance, feeling quite at home.

It takes a troop of volunteers, about 80 on the weekend, as well as the Committee who work throughout the year, to make a success of the Ramble. It is a sub-committee of the Bundanoon Community Association, raising funds for the benefit of the community.

I am delighted to be able to deliver a glowing report on our much-loved community event.

Robin Coombes











community

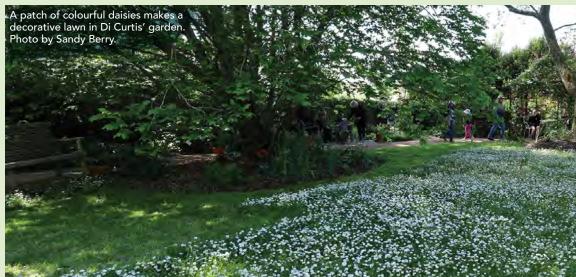














Ramblers disappearing down the path to explore the treasures of John Pryce-Jones' shady glen. Photo by Sandy Berry.

Sn.au

JCG

December 2022

11



The Becke sisters

Portuguese days, a champion surfer and a globetrotting author

It's not unusual to meet unassuming Bundanoonians and later discover that they have led unexpected lives. Such was the case with the Becke sisters, Alrema and Niya, who lived in Old Wingello Road in the early 1960s. If their life in Bundanoon was uneventful, their lives prior were rather glamorous and noteworthy.

Alrema was born on 20 October 1897 and her sister Niya on 27 September 1898 and seemed to have a close bond throughout their lives. Both were born in England to Australian parents – George Louis Becke and Fanny Sabina Long. Louis had led an adventurous and itinerant life living and working in the South Pacific islands. Starting In the early 1890s he authored some thir34 works of fiction. The family subsequently lived in England, Franceand Ireland. In London especially, he was treated as a literary celebrity. Financial success, however, eluded him and after returning to Australia Louis and Fanny separated in 1911. Louis died in 1913. Fanny now found life a struggle bringing up two daughters. She worked in various jobs including as a school matron and received support from the Girls

Realm League (which supported 'girls of gentle birth' who through lack of means may have to support themselves without receiving any proper training).

In 1913 Alrema, now 15, commenced work as a commercial artist for Smith and Julius. Niya at age 13 became an apprentice milliner. Both were gifted in the arts – Alrema in drawing and painting and Niya in creative writing. In 1919 The Bulletin published her first poem 'This I Would Ask'. Two other poems were also published - 'Sanctuary' and 'Reverie'.

In 1919, Fanny and the girls were living at Manly. Alrema married Harry Ernest Levy Samuels of Mosman, moving to Cremorne, but Alrema would spend months each year at a bungalow called 'Merriwing' at Palm Beach.

By 1923 Niya was working as a Daily Telegraph journalist. Fanny and Niya returned to England in 1926 and Niya worked for Thomas Werner Laurie, a London publisher of books considered 'avant-garde by some, racy by others. Nonetheless Niya was involved with more mundane publications, editing Laurie's Cyclopaedia of Notes (pub. 1926). Adventure beckoned and by 1928 she was living in Portugal, especially at Estoril, a glamorous and fashionable beach resort. Returning to London Niya became personal secretary to Mrs. Alec Tweedie, a successful traveller, writer and artist. She was wealthy and well-connected, hosting weekly soirees in Mayfair that

regularly included guests with royal connections e.g. the Prince and Princess Arthur of Connaught and King Faisal of Iraq. Niya also attended these occasions

Meanwhile, back in Palm Beach, Alrema ('Sammy' to her friends) divorced Harry in 1929 and became a champion surfboard rider and supporter of Palm Beach Lifesaving Club, serving as club vice president and fundraising hundreds of pounds. In January 1933 she won a prize for the best suntan on the beach! By October 1933 Niya had



Alrema (r.) and friends at Palm Beach c1934-36. Courtesy State Library of NSW, image No. 2985

returned to Sydney, working as a journalist. Her stories included 'Social Surf Season Opens at Palm Beach' (a survey of the social elite at Palm Beach, including Alrema) and waxing lyrical about Arabida and Estoril on "the Portugese Riviera ...with its ...cosmopolitan atmosphere of voluble chatter and laughter" though concluding that "for beauty, colour, waves and proper surfing atmosphere..the beaches of Australia beat them all." In January 1935 'Sammy' was described as 'the best woman surfboard rider in Australia, who is burnt the colour of mahogany...she is one of the identities of [Palm] Beach.'

Romance blossomed again, Alrema became engaged to Captain Rex Francis Strangman Beale, also a keen surfer. In her usual bon vivant style she celebrated by hosting a champagne cocktail party for 80 guests. Summer 1936 was for Alrema a giddy whirl of parties and surfing that oftenincluded Niya. Smiths Weekly reported under "Privileged Playground That Is Palm Beach" that 'Mrs. Alrema Samuels..dreams of surf boards and is never happy except when on the beach or in the breakers..Sammy's surf suits are as snappy and well chosen as ever, without any attempt at the over-daring. They are for use, rather than decoration.'

In April 1936 Rex and Alrema married and in pursuit of Rex's army career moved to Edgecliff. By July they were living in Bendigo, later moving to Toorak. Niya was residing in Neutral Bay and continued working as a journalist. With the onset of WW11 Rex enlisted in the AIF and served in the Malaya-Singapore campaign. Tragically, he was severely wounded in the battle for Singapore and died on 13 February 1942. Alrema inherited all his property. With Rex away at the war Alrema moved back to Sydney and from September 1940 to February 1943 she lived in both Mount Colah and Mosman, I suspect together with Niya. However, by the end of February 1943 she had returned to live at her beloved Palm Beach – perhaps to remember better times with Rex?

In January 1952 Alrema became Mrs. J.C. Hardie and lived at 'Winscote', Sunrise Hill, Palm Beach. In 1959 Niya and Alrema's mother died in England. Sometime after, Niya and Alrema moved to Bundanoon to



Alrema's husband Maj. Rex Beale, May 1940 Courtesy Australian War Memorial, image No. 143

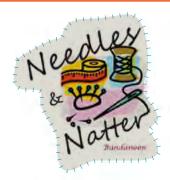
reside in Old Wingello Road. There were no street numbers back then and unfortunately, I haven't been able to identify the house.

In 1963-64 Alrema and Niya assisted E. Grove Day (Snr. Prof. English, Uni. of Hawaii) with a biography of Louis Becke. By March 1964 he noted that Alrema suffered from arthritis and not long after that they moved to Balmain. It seems that Niya preferred cooler climes while Alrema's preference was for warmer places. However, mutual support probably led them to living together. So, in 1968 Niya was living at Blaxland in the Blue Mountains, and into the 1970s Alrema was at Avalon and Newport, where Niya had joined her by 1972.

In 1977 Alrema and Niya appear to have moved to the Southern Highlands, possibly to Harbison Aged Care, Burradoo.

On 26 February 1980 Alrema died and was privately interred at Bowral. In 1981, Niya died and is buried in the Anglican Section of Bowral General Cemetery.

Thank you to Ian Smith, Bundanoon History Group Archivist, for the story.





Needles & Natter is an informal social meeting of women interested in needlework, knitting, spinning, crochet, and all things related to working with fabric and threads.

When: **Every Thursday**

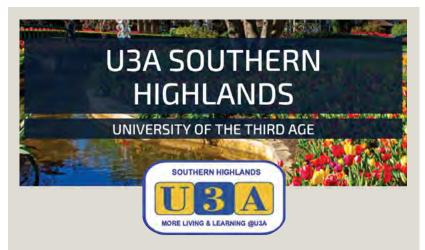
Where: In the Bundanoon Club (down the drive next to the Swimming Pool near the Oval in Erith St)

Time: 10.30 am to 2.30 pm (come for an hour or stay for the day)

Bring your current project, a mug for tea or coffee, and spend a few hours with like-minded people.

At intervals the Needles & Natter Group organises an exhibition of needlecraft to showcase the talents of local people. Any funds raised from these exhibitions go back into the local community.

For further information, contact the Convenor, Andrea Ward: 4883 7513 / andrea.ward@tonyward.org



U3A is for retired and semi-retired people over 50.

It aims to help us stay mentally active, keep learning and stay in touch. Run by volunteers, U3A offers a variety of courses – from one-off to term-long classes.

Courses include:

- science topics,
- art, craft and music,
- history and current affairs,
- book clubs and discussion groups, and
- health, sport and meditation classes.

Membership cost for 2023 is \$60 per person and you can enrol in up to 10 courses.

Check out our new website for course information. **www.sohiu3a.org.au**



Join us for an unforgettable

Christmas concert -

and bring your voices with you!



How does your garden glow?

After the first flush of flowers in spring, it's nice to know that you can expect that second wave of colour right in time for Christmas. There's nothing like a garden full of gorgeous flowers that can withstand the summer heat. From the captivating aromas to the arresting colours, there's a huge selection to choose from to create your perfect garden. Think tall delphiniums, yarrow, asters, salvias, heavy scented lilies and fluorescent echinacea.

Gardens are about light and texture and summer light, especially here in the Southern Highland, is bright yet clear. With the rain of the last two summers, our garden seems to glow. The leaves are bright green the colours of the flowers are iridescent.

There's nothing like getting out into the garden early in the day. The aromatic lilies on our steps and around the pond fill the air with their heavy and delicious fragrance. The star jasmine climbing up columns electrify the senses as you pass by and the native Prostanthera 'Minty' (Native Mint Bush) is filled with butterflies.

And at the end of the day, to sit back, cool glass in hand and watch the Spinebills drink their full of nectar and Superb Fairy Wrens feast on the small bugs under leaves, is truly magical. That's my garden in December. How does your garden glow?

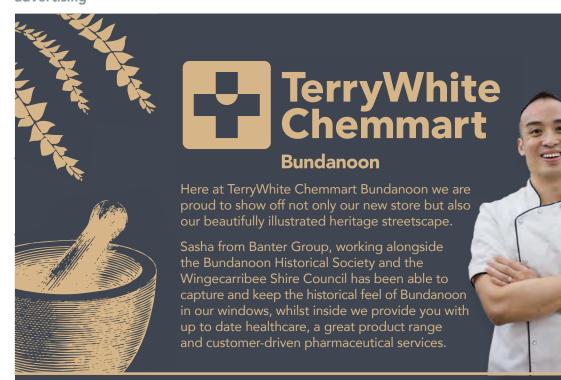
If you love gardens, why not join our club? Membership is only \$25 per year and we have great guest speakers every month. For more information, visit our website -

bundanoongardenclub.com.au

Ted Ayers President

photograph: Echinacea and Dahlia are the perfect summer stunners.























Your local health hub 5-9 Church St Bundanoon Tel 4883 6220

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Support when you need it most



Are you at a crossroads or finding it hard to cope, feeling stressed, depressed, anxious or facing a major health challenge?

Our intensive educational programs can make a profound difference in your life.

Residential programs are fully subsidised for Bundanoon residents who do not require overnight accommodation.

The Quest for Life Foundation is a not-for-profit organisation providing programs and workshops based on the latest scientific research on health, healing, epigenetics and neuroscience.



1300 941 488 questforlife.org.au 13 - 33 Ellsmore Rd Bundanoon



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- Chronic health conditions

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Dr Vincent Roche

Dr Geoffrey Sparkes

Dr Nicola Oehm

Dr Rick Aitken

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- The Practice Bundanoon

"Locals caring for locals"

Dementia (a practical guide) Dr Marzieh Niknami GP



Dementia is a chronic and progressive syndrome that affects memory, thinking and orientation as well as comprehension, calculation, language, and judgement. **Unfortunately, there is no treatment for the disease and available medications are only partially helpful.**

In this article, I will discuss some **practical tips about dementia**, and I refer you to read about general information from below mentioned websites ^(1,2,3).

+ Dementia prevention:

Dementia prevention has 2 parts according to a 2020 Lancet article:

- 1 Reducing neuropathological damage by minimising Diabetes, treating hypertension, preventing head injury, stopping smoking, reducing air pollution and reducing midlife obesity.
- 2 Increasing and maintaining cognitive reserve by maintaining frequent exercise, reducing occurrence of depression, avoiding excess alcohol, treating hearing impairment, maintaining frequent social contact and attaining high level of education.

It is very important to start Dementia prevention from midlife, but it is best to start as early as possible, even from childhood. We can always discuss a healthy lifestyle with our children and grandchildren.

+ Early signs of dementia:

People might feel that their loved ones are behaving out of character, repeat themselves, ask many questions, become suspicious and blame others, have many accidents in kitchen, look depressed or anxious, watch TV for hours, feel tired and sleep during the day, wander around at night and have difficulty remembering words and names.

What do I do if I see memory and behavioural changes in myself or my loved ones?

You can start by seeing your GP.

Your GP may organize blood test, brain scans and memory tests to rule out natural aging and other causes of memory and behaviour change. GPs and practice nurses are great support for dementia patients. Involving GPs early, would decrease the confusion for people living with dementia and carers by providing step by step care.

If there is a high suspicion of dementia, then your GP would refer the patient to a geriatrician who

can help with managing dementia and transition between stages of care after diagnosis.

In the early stages of dementia, it is recommended to start looking at legal affairs, finances, will, power of attorney (4) and advanced care directive (5)

Dementia Australia (1) is the source of trusted information, education and services for the estimated half a million Australians living with dementia, and their carers. Contact them soon after diagnosis because they are very helpful, providing relevant information, free counselling for people living with dementia and carers, home visits and much more.

Contact Aged care assessment team (ACAT). Their assessment is free, and you could be assessed for your eligibility to receive Government-subsidised aged care services.

Some carers are eligible to receive Carers allowance/payment. You need to apply through Centrelink. Then they might ask you for a form to be filled and signed by your GP.

+ A heartfelt note for carers:

The burden of dementia is clear on individual and the carer/carers who undergo physical, emotional and financial pressures. Frustration, mental health disease like depression and anxiety is common among carers and feeling extreme guilt is one of the signs. If you are a carer you should look after your health. It is important to know that sometimes you cannot do more.

Strong recommendation for people living with dementia and their carers to visit these websites:

- (1) Dementia Australia (National Dementia Helpline 1800 100 500) https://www.dementia.org.au/
- (2) Forward with Dementia https://forwardwithdementia.au/
- (3) Dementia support Australia https://www.dementia.com.au/
- (4) Dementia Australia: Importance of power of attorney https://www.dementia.org.au/planning-ahead/your-say/stories/importance-of-power-of-attorney
- (5) Making an advance care directive NSW https://www.health.nsw.gov.au acp > Publications

References:
Dementia training Australia
Dementia Australia
Dementia Australia
Dementia prevention, intervention and care: 2020, report of Lancet Commission



COUNTRY WOMEN ASSOCIATION OF NSW

BRANCHES AT BUNDANOON AND EXETER

CWA branches across NSW are GLOWING with Pride and Achievement; it has been an exceptional year of celebrations the 100 years since the formation of the CWA of NSW. The concept of an association to address the needs and concerns of rural women and their families arose out of the first Bushwomen's Conference in 1922, held at the same time as the Royal Agricultural Show. The realities of life and its hardships were very prominent for rural women struggling with the isolation, hardship and lack of services.

For its effort for the centenary, Exeter Branch researched apron designs through the decades of the centenary. At the Group Festival Day in Kiama they paraded the aprons, and a song composed by a member about aprons was sung.

Both CWA Exeter and Bundanoon branches have had their disappointments with cancelled events during the year, CWA Exeter with Brigadoon and CWA Bundanoon with Winterfest. Both branches look forward to participating in these events in 2023. However, both branches combined to assist the 'behind the scenes and scone making' for the JCG High Tea in September, and the Garden Ramble volunteers' refreshments in October.

During the year Bundanoon CWA has "glowed" that they have held several tutorials on knitting or crochet skills, with the aim of sharing and making friendships in the community as well as producing more caps and scarves for charity.

Exeter CWA has "glowed" with its widely advertised activities involving their local community. These have included responding to a CWA of NSW Material



Aid request to purchase a new sewing machine for a rural women's co-op in Fiji, following the devastation of Cyclone Ana in 2021. Exeter recently organized a day for introducing new residents to various aspects of rural living, and a certificated Snake Awareness Day for landowners and farmers. Exeter CWA will be combining its 75th anniversary with the Exeter Village Association's Christmas Picnic this month.

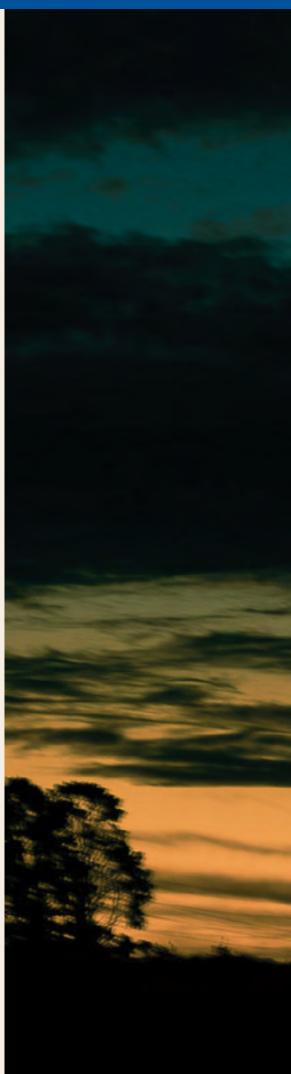
Congratulations to Pam Newnham, Bundanoon CWA and Frances Simons, Exeter CWA on their re-election as Branch Presidents at their October Annual Meetings.

We look forward to the year ahead and wish all members of our community a safe and happy family time over Christmas – New Year.

Loretta Carr, Bundanoon Branch ph: 4883 6732

Pat Hughes, Exeter Branch ph: 0413 136 166





BUNDANOON PHOTOGRAPHY GROUP

The theme for our President's Cup in October was Blue Hour. Congratulations to our winners. 1st Alan Edwards with the bridge spans, Joe Mercieca with bridge and reflections.





Also a special commendation to Graham Kelly with his sunset image (background).

Check our face book page for details of the 2022 calendar and members photographs on Bundanoon Photography Group.

Our November meeting broke away from tradition by holding our AGM at the start of our Christmas Dinner, as this year, most of our committee members will be absent.

Huddled around a roaring fire to ward off the chills of a Scottish winter or trying to work out where the on/off switch is for his recently installed, state of the art thingy (that last one would be me)!

After 8 years, 2022 was to be my last one as President, time to step aside and allow new blood to lead our group in new directions. I leave knowing that it was a labour of love. My "thing" was to have a group where members could share their knowledge with new photographers and where they could grow their own skills. Dare I blow my own trumpet, why not!! Over the past 8 years I have seen the quality of the photographs submitted for our monthly competition go from strength to strength. All sound a bit final for me, far from it. I will pursue my love of film photography, portraiture and teaching, but on an 'as required' basis, either with individuals or groups. So before they take my key to the pencil cupboard and bring my writing career to an end, I would like to thank all those who have given me their time, enthusiasm and tolerance. And a special thanks to the committee Joy, Meg and Peter for all the behind-scenes work they have done

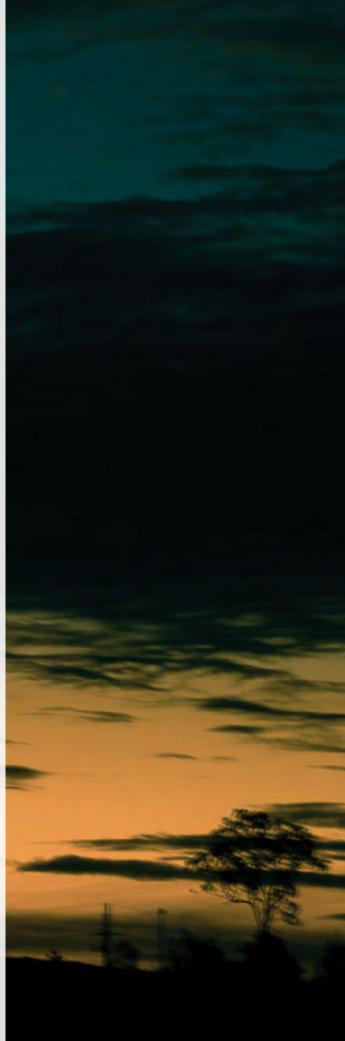
The newly elected President is Graham Kelly, who with his wife Christine, have been active members for several years and, from his past experience with photography, will make an excellent President.

Peter Brown remains treasurer, Peter has spent a lifetime in finance and our funds are in safe hands.

Joy Brown continues in her role as secretary until a new one can be found, then Joy will step down - Joy has an exquisites mix of tough love and efficiency, being a great organiser, all disguised by her wicked sense of humour.

Meg Nurse remains our Outing Co-Ordinator and keeper of the groups annual calendar. This is an important role as Meg aligns the lesson, outings and subject for the monthly Presidents Cupno easy task and is what makes BPG tick.

Peter Gray Past President















Having recently conducted student wildlife surveys for Birdlife Australia's annual 'Aussie Bird Count' throughout the school, students were delighted to see what were knee-high shrubs they planted last year in our Dinosaur Garden are now bigger than themselves and covered with flowers. The enhancement to this habitat area is obvious with the growing abundance and diversity of little critters buzzing, crawling and flying about.

You may have read about our Dinosaur Garden in the June 2022 JCG edition. It mentioned that we were on the lookout for burrawangs to add to the mix. We have now filled that hole thanks to the kind donations of community members responding to that article. Plans were aired to design and build a dinosaur nest after Ted, one of our great local volunteers, suggested we investigate Retford Park in Bowral and their eyecatching clutch of dinosaur eggs.

We guickly contacted Bruce Pryor at Bundanoon Pottery & Gallery. Bruce has been sponsored our end of year art awards for over 10 years now, donating art packs for our most creative students. Bruce was immediately enthusiastic towards the project, took himself down to Retford Park to check out the competition and returned with the firmly entrenched mindset that we could do it better!

Bruce had a vision, plus a plan, to turn that into a reality. He invited our Student Leadership Team over to his workshop to share his vision, guide us through his workshop (there were shelves and shelves of detailed pottery work) and allow the students to have a hands-on experience throwing their own bowls on a pottery wheel. Bowls are hard to make. Visiting in pairs throughout the day, our student leaders were thrilled to explore Bruce's world of pottery and the craftsmanship involved in selecting clay deposits, sourcing & mixing minerals, designing & creating ceramic pieces and the intricacies of glazing and firing. He had all his fancy equipment to help move through the process faster. Bruce's calm demeanour (he is a really nice person overall) and expert guidance allowed the students to relax and enjoy this immersive experience and be eager for more. We wished it never ended!

Our second visit was all 8 student leaders together. Their excitement was obvious as we walked to the workshop. We were so impressed! Bruce had their bowls neatly laid out ready to be glazed. The clay bowl creation was messy and fun. Beyond the thrill of seeing their own hand-crafted creations, what also caught our interest was the rows of eggshaped objects - there were so many, and they were so big! Bruce's design had exceeded our wildest expectations with his dedication to the project. He was right about Bundanoon doing it better!

The glazing process for the eggs was strangely hypnotic. *Glaze* is basically a paint mixed with a large amount of materials and water, the materials were more dense than the water

so Bruce had to sacrifice one person to stir the glaze **non-stop**. He had built his own suction cup attachment device to hold the eggs as they were inverted and dipped in a pale minty green glaze. The vacuum sucking thing was cool - Bruce invented it himself. He lifted the egg like a magician pulling a rabbit out of a hat and we were all astonished as the glossy, wet, fresh coat of glaze dried to a matt finish in seconds. Our faces were amazed... and... we were stunned by how fast the glaze dried. 19 eggs had a glaze bath and then the students applied glaze to their own bowls. Taking turns, they each decorated their 2 bowls and several eggs which were stacked straight into a kiln waiting to be fired. We were able to do amazing patterns on the eggs and bowls. Seeing all the eggs beautifully crafted and coloured filled us with great anticipation and high expectations for what is sure to become a show case feature of our school garden.

Once the kiln is filled, it will be fired. Bruce has barrel hoops to be repurposed and form the basic structure of the stick-lined nest. The eggs will be securely positioned into a lifelike clutch and the nest will be installed next to our 'Dinosaur Garden' sign surrounded by ferns, burrawangs and other Jurassic Park style flora. Next on the list... velociraptors!

Our Stage Three students learnt, on their Canberra Camp visit to the National Dinosaur Museum, that birds are living dinosaurs, being egg laying and having pillar hips and scales. We are hoping our habitat enhancement will bring some velociraptor-ish lyrebirds to visit. At least they won't eat us!

We are planning to officially unveil the Dinosaur Nest at our school 'Dinosaur Day', an eventful day to be planned by the Student Leaders who helped with the eggs. Bruce has accepted our invitation to address our students at an assembly and explain how he created the nest, from concept to completion. Bruce is continuing to show what an asset he is in our community and our little school is very grateful for the long hours and material he has freely donated to the students. **The eggs looked really good and glazing them was really satisfying.**

From a seed planted by a volunteer gardener to a potter's dedication, through to engaged students (*I wished I was there all day*) and now an upgrade of our school grounds, this project has been a wonderful example of community collaboration and spirit, its legacy will be an engaging piece of art that will inspire our student's imaginations and delight visitors to our school.

Our school has a long-term commitment to developing outdoor learning spaces that combine diverse habitat and a green restorative experience with engaging learning opportunities. All contributions towards this goal, be it plants, time or ideas will are gladly and gratefully accepted.

Meanwhile dreams and schemes are developing to improve the Dinosaur Garden with, perhaps, a sandstone volcano...

Greg McCroary & the 2022 Student Leadership Team



www.bca.asn.au JCG December 2022





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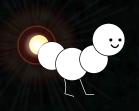
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I wish I were a glow worm,
a glow worm's never glum
'cos how can you be grumpy
when the sun shines out your bum!



Glow Worm Glen

by Alison Ayers

A 1935 letter to the editor of the Sydney Mail newspaper by local photographer Ivy de Meyrick.

"BUNDANOON might truly be termed the 'home of the glow-worm,' for never have I seen them in such vast numbers anywhere else. Apart from the ever-popular Glow-worm Glen (visited by thousands of people every year), these little creatures can be found on the cliffs and crannies decorating the entire length of the Nicholas Pass, from the Amphitheatre to Fairy Bower, about a mile through. Best of all, I think, is the great show at Dymock's Creek.

Stepping down the fern-lined track recently, we saw masses of these tiny blue lights nestling among the ferns and rocks from the creek to the top of the cliffs, a distance of about 60 feet.

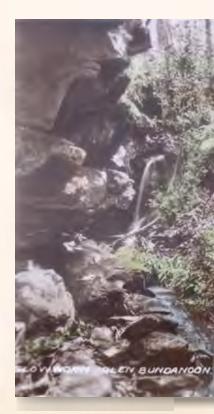
When standing on the rocks by the little waterfall we put out the lantern, and, the night being cloudy, the intense darkness was a fitting background for Nature's illuminations. As we gazed at the rows of tiny lamps grouped in lines along the damp ledges, it seemed as though we were looking on a vast city with colonies of flats, their windows lighted in serried rows. We were completely surrounded by them.

A rippling pool below the waterfall, about twelve feet across, reflected many glittering lights from glow-worms that clung to the damp ledges under the rocks, hidden from view like reflections from phantom fairy boats.

As though to add a mystic touch, a mopoke solemnly called from a near-by tree and a big frog beat time with his toch-toch-toch."

> — I. C. de Meyrick Sydney Mail 24 July 1935













FUN FACTS

- Glow Worm Glen, or Gully as it was often known, has been a Bundanoon tourist attraction for more than a century.
- But did you know, the famed creature is an insect, not a worm. Specifically it is a variety of fungus gnat. It is best known for the larvae which appear wormlike.
- The female does the twinkling, and the hungrier she is the more brightly she shines. This bioluminescence attracts both mate and prey.
- The cute 'worm' is a gruesome hunter, dripping a paralysing liquid and casting out sticky threads to catch unwary insect prey which are then reeled in. This similarity to spider behaviour led to the glow worm's classification our local species is named arachnocampa richardsae.
- The adult gnat cannot eat, so in its larval stage must feast and store energy away to survive through the brief breeding season. If prey is scarce, this charming creature will resort to cannibalism.

Sometimes, it's better not to know the facts, and just admire the pretty lights!



GLOW HOUSE

by Annie Goodridge

In the early days of the 20th century, the tiny village of Rylstone (over the mountains and turn right) had no electricity supply.

My Great Grandmama illuminated her rural residence with lamps and careful displays of candles. She was not interested in the invasion of electric lights with their dazzling white glare: "It is blinding darling, ghastly..." A gentle woman from Glasgow, she loved the golden glow of lamps and candles, finding them a comfort.

Her grandchildren (my mother and my uncle) were somewhat scathing and strongly desired electric lamps in their bedroom. Papa certainly welcomed the modern addition to his busy pharmacy.

However, the house in Rylstone continued to glow gently every night until the death of Annie Mcdonald in the early thirties.

Surrounded by lighting of every description, Mother always enjoyed the gentle glow of the candlelit table. I still enjoy entering a restaurant with golden lighting, soft and welcoming.

Wandering from room to room in any house today, there are tiny beams glowing from corners, celing and desktops.

A printer attached to computer, both with a little light of blue, red or amber, demonstrating their readiness to act,

The microwave, the wi fi, and the remote controls all have the little glow to show you where they are. The air conditioner has a small blue or red light, perhaps to reassure us he is still operating.

Of course we are supposed to manage these more efficiently, turning things off when not required, but our house remains armed with little beacons, glowing.

The full moon rises on his regular track, bathing the lawns and trees with a silvery glow. Shining on lovers, exciting the littleys (but I want to stay up!), creating peaceful thoughts and stimulating the imagination.

There is a glow we do not want to see. It spreads across the tops of ranges, roaring down to towns burning all in its road to destruction. No, let's concentrate on the silvery, golden, beautiful moon glowing in that huge sky and seen by all.







WHERE'S GLEN?

© G. J. Olsen Esq 2022

He was around for many years More than I can count Living in the bush near Bundanoon Never ventured out

Survived the extremes of the weather Cold, wind, drought and rain Wormed out a living every day A master of his terrain

But then, from the south, there came a glow A portent of something mean The elements turned against him Flames racing up the ravine

Where could he go? Glen, our friend As embers flared from on high I suppose he looked for a place to hide As destruction fell from the sky

Well, he hasn't been seen for quite a while But word has been spreading 'round town That Glen is back and will soon be seen In all his glory, renown

His place in our life, a joy to behold Will soon be open to all When the delightful glow of our mate Glen Returns to our enthrall

JCG MARCH 2023 ISSUE

THEME Back to basics

DUF Friday 20 January 2023 SEND TO JCG.editor@bca.asn.au

The battle of Williams St.

by Alison Ayers

Mrs. Ida Constance Williams owned a 14-acre property in Bundanoon. From 1913 she ran a questhouse, the quaintly named "Uandi" with an entrance on Railway Avenue.

In 1915, perceiving the need for a road better than the boggy laneway on the northern boundary of her property, and with a view to subdivision, Mrs. Williams donated a strip of land to the village. This, combined with the existing laneway, created a new street 31 chains in length and one chain in width (one chain being 66feet/20metres).

Mrs. Williams' son, Frank Sydney Williams, had enlisted in 1914 and served in Egypt and at Gallipoli. He returned home, wounded, in January 1916. Her son-in-law was Arthur Rush D.C.M., hero of Polygon Wood, killed at Villers-Bretonneux in 1918. Their names appear on the Bundanoon Honour Roll at the Soldiers' Memorial Hall.

With patriotic fervor stirred to great heights, Mrs. Williams wished the new street to be named Anzac Street.

Anzac Street it became, formally ratified by Wingecarribee Shire Council Registrar General and Land Titles Office. Soon after, the Commonwealth Government, by proclamation, reserved the name 'Anzac' for defence and patriotic use, and by operation of that proclamation the street was rendered nameless. Requiring a new name, the street quickly became known in the village as Williams Street. Another street in Bundanoon was later officially renamed Anzac Parade and planted with an avenue of memorial cryptomeria trees (since removed).

In 1917 Mrs. Williams began the process of the first subdivision of her property. That September, a submission went to council for approval, and an engineer's report was commissioned. Approval was granted and various blocks sold for £30-£50. A tender was granted by WSC for the new road to be formed, at a cost of £3.10s per chain, with work to be completed by November 1917.

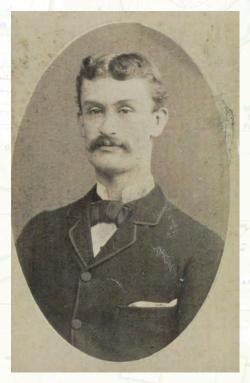
Mrs. Williams died on 14 May 1922

Enter Mr. Robert Bowmaker, J.P.

Mr. Bowmaker and his wife Tina had a questhouse, "Maemede," located on the street which later

became Anzac Parade. A civic minded gentleman, Mr. Bowmaker was a keen follower of the Bundanoon **Progress** Association (B.P.A.) and was a trustee of the Bundanoon Reserves and Recreation areas.

In 1922 Mr. Bowmaker began to agitate for the re-naming of Bundanoon streets after war heroes. He particularly wished that Williams Street become General Bridge's Avenue, believing this to



be in line with the recently deceased Mrs. Williams' patriotic views. He circulated a petition to that effect among the businesses and citizens of Bundanoon and garnered upwards of 40 signatures.

"On all sides my intentions were approved of, especially so when I stated the proposed name was to perpetuate the ever-glorious spirit that belonged to Mrs. Williams, when she named it 'Anzac'. Not being allowed to retain 'Anzac,' the next best thing was to perpetuate the name of Australia's most illustrious soldier, viz, 'General Bridges.' He trained our men for action; he taught them how to live, and when the time came, he proved to them and the world 'How to die.'" – Mr. R. Bowmaker

Major General William Throsby Bridges founded Australia's first military college, the Royal Military College, at Duntroon in 1910. At the outbreak of WW1 in 1914 he was tasked with raising an Australian contingent. He travelled to Egypt that October as Commander of the Australian Imperial Force and his division was the first ashore at Anzac Cove on 25 April 1915. Barely three weeks later a sniper's bullet caused him inoperable damage. He was taken to a command ship moored near Anzac Cove, where he suffered greatly for three days, as he continued to direct operations. His was a terrible and brave death. Bridges' body was brought home for burial and lies at Duntroon. He was a great hero to Australians, so it is unsurprising that Mr. Bowmaker sought to honour him.

The 1922 committee of the Bundanoon Progress Association became interested in Mr. Bowmaker's street naming proposal and submitted their endorsement to Wingecarribee Shire Council.

In March 1923 Mr. Bowmaker criticized the newly elected committee of the B. P. A., alleging gross irregularities in the ballot. Despite this contretemps, the B.P.A. continued to support Mr. Bowmaker and to promote the street name change to Council.

Things began to go awry.

Frank Williams, Mrs. Williams' son and representative of her estate, rejected the proposed name change. His objections were dismissed in some quarters as familial sentimentality standing in the way of the will of the villagers.

At their meeting on 11 June 1923, W.S.C. seemed ready to adopt the scheme.

"At this meeting.....the council decided that in view of the desire of the residents, as expressed in the petition previously mentioned, it could not see that the objection made by Mr. Williams constituted sufficient reason to uphold his protest."

The B.P.A. invited Mr. Williams and Mr. Bowmaker to a meeting to discuss their viewpoints.

Before this could occur, a fiery exchange was made by Messrs. Williams and Bowmaker through the Letters to the Editor pages of various local newspapers including the Scrutineer and Berrima District Press. Thus, when they faced off at the B.P.A. meeting, sparks flew.

Mr. Williams had an ace up his sleeve and the only wonder is why he waited so long to reveal it.

He declared that in 1917, when his mother had been forced to change from her chosen name of Anzac Street, she had registered the name of Williams Street and that the W.S.C., the Registrar General and the Land Titles Office had in fact formally approved this in December, 1917.

The shire clerk affirmed this information. "The name 'Williams-street' was then forthwith put into effect relative to the subdivided lands held by this estate and having frontages to that street."

Robert Bowmaker and his petition signatories had been operating under the mistaken assumption that the street had no official name. Their intentions were well meaning. But for such a situation to unfold a mere five and six years after the name Williams Street was declared official points to a less than perfect filing system at W.S.C., at the very least!

And that was that. The B.P.A. promptly closed the matter, perhaps wishing their fact checking had been more vigorous.

Following Robert Bowmaker's death in 1936, Tina Bowmaker relocated, opening a new "Maemede" guesthouse on a block of the Williams Street subdivision, at the corner of Viewland Street.

Williams Street is now known as William Street.

Endnotes

Letter to the Editor by Robert Bowmaker. Scrutineer and Berrima District Press, 12 September 1923

Letter to the Editor by L S. Gibson, Shire Clerk. Scrutineer and Berrima District Press, 22 September 1923

Letter to the Editor by L S. Gibson, Shire Clerk. Scrutineer and Berrima District Press, 22 September 1923







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The street names of Bundanoon read as a Who's Who of early settlers. This is a very brief overview. Don't see your street? There will be further street stories in a future issue.

AMY STREET

created when William Augustus (Gus) and Sarah Nicholas subdivided a section of their estate in 1884. Named for Amy Elizabeth Nicholas, their daughter, who died in 1880.

ARDROSS AVENUE

named for the home of Councillor Charles Ross and Nellie Ross (nee Grice), who also owned Rosnel Guesthouse.

EBURY STREET

another street created in the 1884 Nicholas Estate subdivision. Sarah Nicholas, then Sarah Price, had lived on Ebury Street in London in 1861, and the name was probably a sentimental choice.

ELLA STREET

possibly named for Ella Lynd Tyler. The family owned the Royal Hotel (now Bundanoon Hotel) from 1902. Ella inherited the hotel in 1913 and owned it until her death in 1941.

ELLSMORE ROAD

originally called Sutton Forest Road, then named for the early settler family. Councillor Herbert T. Ellsmore was Wingecarribee Shire President for many years.

ERITH STREET

named for Erith in the U.K., the former home of the Baker family who owned Erith Coal Mine in Bundanoon. Ezekiel A. Baker was a member of the Henry Parkes ministry during the 1870s as Minister for Mines. His grandchildren in Bundanoon included builder Erith Baker and architect Garnett Baker (see Garnida Street.)

GARLAND ROAD

there were a few Garland families in Bundanoon and surrounds. Notable was the grazier James Neill Garland who owned Cairnton and in the 1930s grew experimental crops to improve pastures. His wife Edith was a founding member of the CWA here.

GARNIDA CLOSE

Garnida Guesthouse was built by Garnet and Ida Baker in 1915, and situated nearby on Erith Street.

GREASONS ROAD

three generations of the Greason family were butchers in Bundanoon, from 1907 up to 1979.

Alison Ayers



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FROM LITTLE THINGS...

Lyn Morehen

At any time of the year a walk along the Bundanoon main shopping precinct on Railway Avenue is indeed very pleasant with its plantings of crab apple trees interspersed with attractively planted pots. Across the road one can see more pots placed in front of the Old Goods shed and in front of the shops close to the station. Bundanoon's Green team, a part of the Bundanoon Community Association, provide, manage and maintain all of the plantings in these pots. The team get their hands dirty working on many projects in the village and work collaboratively with other Bundanoon groups. Camaraderie flourishes.

One spring morning I met a team member and we strolled along the shopping precinct. He remembers well the day he and his wife first visited Bundanoon. Approaching from the Exeter direction they were so thrilled with the entrance, also maintained by the Green Team, that the wife said "This is where I want to live". After moving here he now manages the planting of the pots in the village shopping precinct.

Each pot planting has a different design, but has a relationship with other pot neighbours, through the repetition of selected plants. The plants are chosen and arranged so that there is height in the middle of the pot and towards the back, and smaller plants are placed around the rim. Delicate, demanding plants have no room in his designs. They must be tough, unappetising to snails and slugs and tolerant of very variable weather. Additionally of course they must be attractive to the eye of passers-by.

He sources many of the plants from his own garden. Some are perennials, some annuals and some bulbs. A particularly attractive and delicate looking plant is Love-in –the-mist (Nigella), which is grown from seed and is an annual that flowers in late spring and summer. Its delicate beauty denies its toughness and adaptability to grow in many different conditions. It is a very giving plant, it can self-seed, has attractive foliage, flowers for several months, provides food for pollinators and provide some needed height in the pots' plantings.

Spring plantings include wormwoods, geraniums, daffodils, and lavender. Of course the seasons bring the arrival of new plants, so that there is always something new to admire.

Occasionally the Green team has to water the plants a job he enjoys occasionally listening to the comments of passers-by. A recent visitor was highly amused to see him watering a tub when it was pouring with rain. He politely pointed out to her the overhead canopy that shielded that particular pot from any rainfall!

There are many rewards in volunteering, such as when a regular customer of a shop close by the station, told him that the planter tubs at the front of the shop always make her smile. I walked home with happy thoughts of future and delightful green treats provided by the Green team for the residents of and visitors to Bundanoon.





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Bundanoon Tennis Club celebrates 100 years

The Bundanoon correspondent for the 'Scrutineer' notes on 6 May 1922 "that the young folk of the village have formed a Tennis Club, aptly named the "Black Cat Club" ..." ¹

Since that time, the Black Cat Club, which later became the Bundanoon Tennis Club, has provided access and social opportunities to this great lifetime sport to people of all backgrounds and age groups. Our thanks to previous Club Committees, Life Members, Members, Coaches, Parents and friends who have volunteered their time to make the tennis club an enduring success during our 100-year history.

The Club has celebrated this milestone of 100 years of tennis in Bundanoon, by teaming up with the Bundanoon History Group to erect a sign which now forms part of the Bundanoon Heritage Trail.

https://bundanoonhistory.org.au/heritage-trail/).

Further celebrations were held in November with an event for children (with prizes donated by Tennis NSW), social tennis and a celebratory dinner (with some great prizes donated by Tennis Australia) at the Bundanoon Club.

Bundanoon Tennis Club has 3 synthetic grass courts, a modest clubhouse and 85 active members. There are several social tennis groups that play and meet throughout the week. For social tennis times, coaching details or if you wish to book a court for a private game – please refer to the Club website

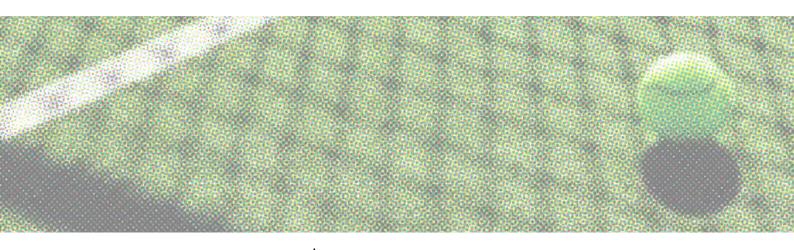
https://play.tennis.com.au/bundanoontennisclub.

Here's to the next 100 years!



The photo above shows Ted Anderson (Life Member and oldest playing member) and our Heritage Trail sign.

1 Scrutineer, 6 May 1922, p2





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Bundanoon Croquet Club







On the green

Glowing in Bundanoon? Sadly, for the moment, a beautiful evening walk to Glow Worm Glen is not possible. So, what can you do that would cause a glow? Well, perhaps glowing with good health is something to aspire to and the warmth of good friendships and community support is certainly worthy too. We may not be able to walk to the Glen but we can find the glow of good health and friendship at the Bundanoon Croquet Club.

Our Croquet Club is one of Bundanoon's hidden gems. With two greens, it is nestled at the back of the Bundanoon Club. Croquet is a wonderful game because it is quite unique in that people of all ages and fitness levels can play. We encourage beginners or experienced players alike to come down and join us. We play every Thursday and Sunday [currently at 1p.m.] but as the weather warms up, we will start at 2p.m. The friendly Bundanoon Club is on site with a bar and affordably priced meals available.

Croquet does not require uniforms and nor do we need you to be in any way athletic. We just need you to come along and try. We can teach you to play but even better we can offer you fun and friendship on our greens. We care about each other and work hard to support our club. We don't have expensive joining fees, just a quarterly membership that allows for you to play seven days a week, if you really catch the croquet bug. We will even provide you with a mallet while you are learning to play.

Better than all of that, we will bring you into the outdoors of the beautiful Southern Highlands and introduce you to a game that is as good for the mind as well as well as the body. Croquet will provide you with gentle exercise to bring about that all important healthy glow. We also offer professional coaching at times and our members are happy and willing to help you with your game. We have social occasions throughout the year and Ladies Day on the first Monday of the month. We are proud of our new look Facebook page, check it out. So, if you are up for the glow of good health and new friendships, come join us.

We look forward to seeing you on the green.

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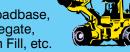
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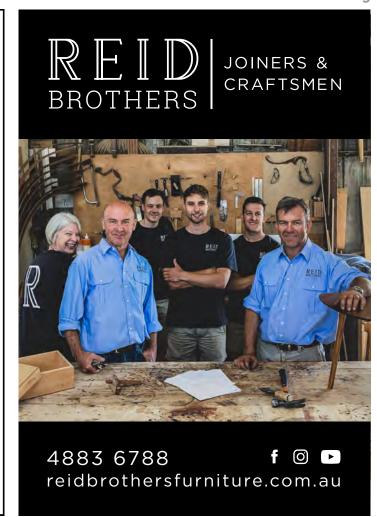
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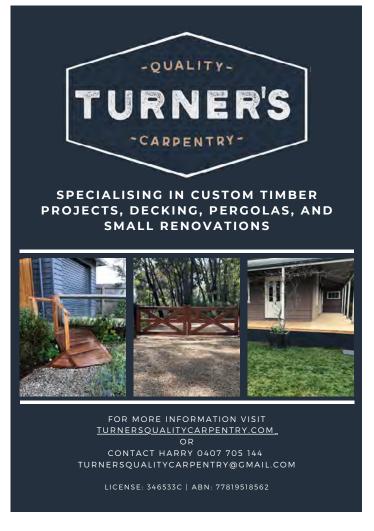




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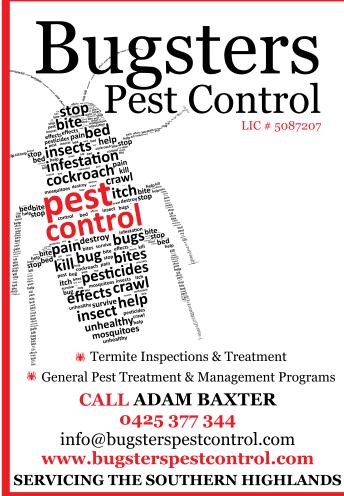
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	St Aidan's, Exeter	Sunday, 10am		
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