

JORDAN'S CROSSING GAZETTE


Edition 112 • MARCH 2023

JCG

BUNDANOON
Our Village

Bundanoon Community Association Inc. (BCA)
A Bundanoon Community Association publication
for the people of Bundanoon and Southern Villages

FREE

A man with a grey beard and a brown hat is smiling and holding a koala. He is wearing a brown jacket over a blue and white striped shirt. The koala is brown and fluffy, with its claws visible. The background shows a wire fence and some trees.

JOHN CREIGHTON
Wingecaribee Shire Council's
CITIZEN OF THE YEAR 2023

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Cover image

John Creighton by Ashley Mackevicius
represented by Michael Reid Gallery

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FROM THE EDITOR



Autumn is upon us, but what happened to summer?

Bundanoon is a village that excels in volunteering and I congratulate three of our volunteers who have recently been acknowledged. Winsome Hall and Geoff Hobart were awarded OAMs for services to the community, and our 'wombat man' John Creighton was named our community's Citizen of the Year - you can read his story on page 5.

A heartfelt thanks to all our wonderful volunteers, you are truly appreciated.

Christine Janssen

JCG Editor

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**BOOKING DEADLINE
FRIDAY 21 APRIL**

**MATERIAL DEADLINE
FRIDAY 28 APRIL**

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Direct payment or debit to BCA

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We pay respect to the Traditional Custodians and acknowledge their continued connection to their country and culture.

AWARDS AUSTRALIA JCG WINS 'CONNECTING COMMUNITIES' AWARD 2023 NSW/ACT

After writing over 1,000 words to meet the criteria, I was asked to write 25 words that best described our magazine. After days of 'percolating', this is what I wrote:

JCG is an integral thread in the fabric of Bundanoon, tracing the patterns of our lives, weaving fascinating stories that are preserved for future generations.

I took my inspiration from our Bundanoon Quilt, which I'd recently helped remove from its display case in the Soldiers' Memorial Hall to clean, as I wanted to use it for the cover of the September magazine. Imagine our surprise when we found that the Quilt was fine, if a little dusty, but the window needed a good wash!



It's not easy describing to others our life in Bundanoon, but from my experience, visitors are aware of our uniqueness and enjoy the experience. The Quilt captures the beauty of Bundanoon and is a testament to what can be achieved when a group of volunteers come together to do something they love, which, in turn, brings joy to others.

JCG comes together in the same way, thus my analogy. Our story tellers weave their tales each month, with new offerings always arriving in my inbox. Our treasurer, Cherie, advertising manager, Lyndell, and our proof-reader, Karen have all put in many hours ensuring we have a well presented magazine each quarter. Our designer, Bella, contributes far more than her professional work, without her suggestions and input many of our stories wouldn't be told. Peter, our printer, not only ensures high quality, but, in his own time, also delivers JCG to be distributed.

There are many hands that stitch the fabric of JCG and I believe that is why we received the Connecting Communities Award.

My thanks to you all,



Bundanoon Community Association Inc. (BCA)

Christine Janssen
JCG Editor



photo by Meg Nurse

BUNDANOON

Community Association Inc.



Andy Carnahan
BCA President

If you want to check your privilege, ask yourself how often you are bored.

There is a view that Bundanoon needs more tourist attractions, more things to do, more places

to eat, more places open longer hours. Tilba, a National Trust village on the NSW South Coast is an example of a successful tourist town. Except on weekends, you can't park for the tourists' cars. For me it is like Darling Harbour tourist shops in the country.

I really like the current Tasmanian tourism campaign that promotes the Apple Isle as a place to "get your step count down" with a person lying on a large branch like a sated koala, limbs hanging down.

Bundanoon is a place to breathe in a relaxed atmosphere. Strolling down an empty main street, hiking in a quiet National Park are not "boring" activities if your daily grind is constant noise and busyness.

My tourist slogan is "come to Bundanoon, there's nothing to do" and I mean that in the best possible way!

The Annual General Meeting is almost upon us, and I hope many members will attend to support and celebrate the activities of the Association and wonderful subcommittees over the past 12 months. There is always room on the Committee if you are interested in contributing to the community through the Association.

We have two new subcommittees: a small group of artists are looking at running a Bundanoon Arts Ramble to provide opportunities for visitors to their studios and an exhibition in the Hall. Another group are focussing on a vision for the park, known as Picnic Park, across the road from the shops.

An exciting initiative for 2023 is the Bundanoon Place Plan. A Place Plan is a method to gain wide community input into their place and develop ideas for individual, group, Council and government improvements to amenity, inclusivity, access, comfort, utility and beauty. We are using a well-established model from the Project for Public Places that uses a "Place Game" to involve all who want to be involved. Council is also intending to run a Place Plan project in Bundanoon and the two will complement each other.

Lovely Bundanoon. Says it all.



BUNDANOON

Community Association Inc.

NOTICE OF ANNUAL GENERAL MEETING

7.30pm Thursday 16 March 2023
Bundanoon Soldiers' Memorial Hall

At the meeting, all Committee positions will be declared vacant.

Nominations for all positions (President, Vice-President, Treasurer, Secretary and up to five Committee Members) are welcomed. They must be received by the Secretary prior to 5:00pm, Thursday 9 March 2023. If you would like to nominate, please contact the secretary via email at secretary@bca.asn.au

All members and guests are invited to attend the AGM. The minutes of the 2022 AGM will be presented for adoption.

If there are more nominations than vacancies for any position, a ballot will take place. Only current members may vote. A member who has joined within four weeks of the Annual General Meeting, or a member under 18 years old, is unable to vote. If you are unsure of your membership status, please visit <https://www.joinit.org/o/bundanoon-community-association> to check.

An annual report will be available at the AGM.

After the AGM, members and visitors are invited to stay for light refreshments.

www.bca.asn.au

BCA Gift Shop

- gifts all year round!

Don't forget the online gift shop where you can always buy Wildlife gift cards and Bundanoon on Tap Water Bottles.

The gift cards are six images from the BCA Wildlife Calendar with cultural notes on the inside left, and the inside right, blank for greetings. \$4 per card or \$20 for a set of six cards. Quality envelopes are included. After ordering they can be picked up, or posted (with postage calculated at checkout).

The Bundanoon on Tap water bottle comes with a special bonus original "Bundy on Tap" Camelbak bottle. These bottles were returned from the "Ecologic" display at the Powerhouse which retired after almost ten years. For \$25 you get both bottles. Order online for local pickup only.

All proceeds assist the BCA in its community activities. Thanks to Sonja Bowden for the beautiful artwork and Lyndell Giuliano for the notes for the cards.

The shop link is here: <https://bundanoon-community-association-inc.square.site/>



BUNDANOON

Community Association Inc.

MEETINGS

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

16 MAR 2023

20 APR 2023

18 MAY 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





Local legend, 'The Wombat Man', John Creighton, our community's

CITIZEN OF THE YEAR

John's selfless efforts to save our shire's bare-nosed wombats were recognised at the 2023 Citizenship Ceremony at historic Berrima Courthouse. It was a highlight of the return of Australia Day celebrations for the village community, after several challenging years, made possible with the support of Council. There was real community spirit in the room as John shared his heart for this place.

It was love that lured him from New Orleans to Australia, where his love of Highlands wildlife has since led to decades of devoted care for wombats across Wingecarribee Shire. Humbled to have been acknowledged by his community, John said, "I didn't see this coming. It's heartening for me to know that the wombats matter to my community too, it makes the work I do all the more meaningful for me."

It's not uncommon for John to head out at a moment's notice in the middle of the night for a rescue, and in his time-out from wombat care, he visits schools to share his knowledge with the next generation.

"I knew this was my calling the moment I helped bottle-feed a young rescue. We made a heart connection and that was that, I had to do more to help."

John was surrounded by his family at the ceremony. "I'm grateful for such a supportive family because the days and nights are long in wombat care and there is always more to do." He also shared the occasion with 64 people from all over the world, excited to become Australia Citizens and find belonging in our shire.

The reward of his work is seeing orphaned, injured and managed wombats rehabilitated and released back into the wild.

Congratulations John on an acknowledgement well deserved!

Connect with Wingecarribee Shire Council through regular updates on what's happening in your village and shire in this new column.

Village visits

SOUTHERN VILLAGES
7 MARCH 2023
5:30 - 6:30pm
 at **PENROSE HALL**

Village communities, our Executive team is looking forward to reconnecting with you.

We appreciate that the needs of each village are unique. We'll be seeking your input and want to work together with you, toward your vision for how the place where you live should take shape.

See you soon!

Check the website for updates on your village visit
<https://www.wsc.nsw.gov.au/reconnecting>





COMMUNITY TRANSPORT SHOPPING BUS

Southern Highlands Community Transport provides weekly shopping buses for all residents of the Wingecarribee Shire.

Our shopping buses will pick you up from home, we will pick up other residents from around your area, and then drop you all into Bowral at 10am. You will be given 2 hours free time to complete your shopping.

Our bus will return at 12.00pm and our friendly and professional drivers and bus assistants will assist you to take your groceries from the bus to your door.

Our vehicles are all wheelchair and mobility aid friendly.

LOCALITY SHOPPING DAYS

Tuesday: Residents from Wingello, Bundanoon, Exeter, Werai, Moss Vale and Burradoo

Wednesday: Residents from Robertson, Burrawang, Fitzroy Falls, Avoca and Bowral

Thursday: Canyonleigh and Berrima

Thursday: Hill Top, Colo Vale, Yerrinbool, Braemar and Mittagong

*Vehicles will stop at all villages in between the above locations

For pricing or general information please contact us directly.



4872 3722



WWW.SHCT.COM.AU





Join us for the
official reopening of

Glow Worm Glen

**11am, Saturday
18 March 2023**

Join the celebrations at the top of
William Street.

The Hon. Wendy Tuckerman, State
Member, and our own Glenda the Glow
Worm will be present for the event.

Wingecarribee Shire Council are
organising the minor street closure and
acknowledgement of Country.

Thanks to all who have worked hard to
made this possible.





SATURDAY 15 APRIL 2023

The REX Cinema
presents

Mostly Martha



GERMANY 2001

Filmed in Hamburg, Germany, and Italy,
Mostly Martha is a romantic comedy drama
about a workaholic chef who is forced to
adjust to major changes in her personal and
professional life that are beyond her control.

**7.00pm drinks and nibbles
7.30pm film**

Check our Facebook page for details
Bookings: Trybooking.com/
www.bca.asn.au/rex-cinema/

– Stuart Reid, Convenor Rex Cinema




arts BUNDANOON

Music@10 opened the 2023 concert series in mid-January with a stirring performance from pianist Alexander Yau. The event was very well supported, and the audience were not disappointed. Alexander was very generous in programming big works from the repertoire.

The concert scheduled for February 11, will be an exciting one. We welcome back Nano Symphony. This is one of four ensemble performances which we hope will offer our wonderful audiences an even greater range of listening experiences. Ticket prices for these four events are higher than the price charged for soloists and duos. We believe that it is only fair and ethical to pay performers a reasonable amount for their appearances. I am sure that you will all agree with the reasoning informing this decision.

Dates for the diary:



11 March 2023
Alex Zhang
(piano)

Entrance \$15.
Children under 18 free.

Book your tickets
on Trybooking or
pay at the door.



We look forward to warmly welcoming each and every one of you each month until November. You may like to add your name to our email list so that you stay in tune with all our announcements. To subscribe, go to the Arts Bundanoon web page, top left corner enter your email address and click the subscribe button.music.

Pamela M Jane Duncan
Arts Bundanoon Convenor
artsbundanoon.org.au



The cast and crew of Macbeth 2023



Director, Dean Carey and Creative Director, Ted Ayers



**MELTING POT
THEATRE**

MACBETH

This March, Melting Pot Theatre presents a modern adaptation of Shakespeare's classic MACBETH. This 1 hour adaptation is set against a backdrop of warfare, and with a driving, contemporary edge, this will be a roller coaster ride for the audience. The play is presented as theatre in the round, with two stages and seating in 5 separate 'pods' on the auditorium floor. The action happens on the floor, through the audience, around the audience, as well as on the main hall stage, bringing levels and heights to the action.

Directed by Dean Carey, the story of betrayal and ambition is set to a brooding soundscape. The cast includes some of Bundanoon's acting royalty as well as newbies, making their debut on stage.

MACBETH has been adapted by MPT Convenor and Creative Director, Ted Ayers who is also the wardrobe designer and soundscape artist. The play has been concentrated down to just over an hour, with a cast of 11 principal actors and a coven of 9 witches who are omnipresent throughout the play. The set and costumes are a collision of military fatigues and New Romantic inspired chaos.

This will be the first play directed by Dean Carey in Bundanoon. Dean has extensive experience in the theatre, with a career spanning 45 years in which he has acted, directed, coached and taught. He has worked as Head of Acting at NIDA, The West Australian Academy of Performing Arts (WAAP) and founded The Actors Centre Australia where he is still the Dean.

MACBETH 2023 is a performance not to be missed!

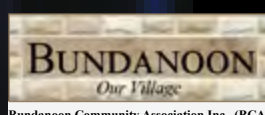
PERFORMANCE DATES:

**FRIDAY 17 &
SATURDAY 18 MARCH**

Doors open at 7.30. Tickets are on sale now through TryBooking - www.trybooking.com/CFMVN

(More dates added if sold out, check trybooking & social media.)

Ted Ayers
MPT Convenor



MACBETH

Fri 17 & Sat 18 March



From the Midwest to the Southern Villages: an interview with Trudee Green

Last year, Bundanoon Sings! welcomed Trudee Green as their new musical director. Since then, she has shared countless stories about her adventures in music, taught the choir about the benefits of a perch, and MCDed her first Carols by Fairylight. Bundanoon needs to know more! So on a strangely misty Bundanoon summer's day, we sat down with Trudee to get to know her better.

A voluntary choir leader gig in a small town in the southern highlands is a long way from the US Midwest... who is Trudee Green, and how did you end up here?

- ♪ I'm the eldest daughter of a funeral director and elementary music teacher in the Midwest of the US – singing in the choir at church and school was normal from a very young age through to high school. My introduction to Australia was in 1975 as a Rotary Exchange student to Blayney – it was then I became motivated to become a music educator. Then followed a BA in Vocal Music Education, a move to Australia, a postgraduate Diploma in Opera at the Sydney Conservatorium of Music, freelance singing and teaching, a move to Moss Vale, and starting a family (4 sons!). I've worked as a soloist, singing teacher, conductor, performance coach, secondary music teacher and choral director. Before retiring in July 2022, I was the Leader of Learning Performing Arts for Chevalier College, where I had worked since 2011. I'm now offering singing lessons for adults, singing with Sing Australia's local chapter, performing again as a soloist, and of course, choir director for Bundanoon Sings!

Bundanoon Sings! members talk about how the choir has helped them through difficult times, brought them new friendships and made them happier people. What has a life of music brought you?

- ♪ It's been a journey of self-growth personally as my voice has developed, building my performance confidence when facing musical challenges in many different genres and on many different stages. As a singing teacher and choral director, I have always been committed to helping others develop confidence in their own voice and experience the joy of joining other voices to 'be inside' a chord in any choral piece-in any style of music.

Some people choose travel, time in the garden, and long lunches for their retirement. Why did you choose time with this rowdy bunch of singers?

- ♪ After loving being immersed with young people in a school environment, I love returning to working in a less structured musical environment with adults. I get inspired by the huge cross-section of life experience and humour that comes with being with this group of adults. It's like discovering a wonderful new musical 'tribe' of singers.



Serendipity

the choir

Bundanoon Sings! members are not auditioned, and don't need any experience. How does that work in a choir?

Anyone who wants to sing in a choir already has an inner desire to sing. When one sings with the support of 'team-mates' - the other sopranos, altos, tenors or basses, one's musical confidence starts to grow. One may learn how to navigate a musical score for the first time or realise one's own voice is becoming stronger and clearer when blended with other singers next to you. Both growth and confidence are inevitable!

We loved Carols by Fairylight last year! What was your experience of being a part of this community event?

I genuinely did not know what to expect (other than pieces we had rehearsed), and at times I felt I had to wing it and 'fly by the seat of my pants'! It was an honour to be on the podium and one of the most spontaneously inspiring performance events I can remember. I had a ball.

This choir gave me many moments of choral 'perfection', but I also had so many moments of choral 'excellence' when the audience joined this choir and raised their voices together as a community!

There is a feeling that Bundanoon Sings! is right at the heart of this village. How do you see the relationship between singing and community?

They go hand in hand. You think about the culture of strength through song for one's team or nation in sport. Nothing moves the heart like the musical power of collective thought through the joining of voices in song.

Anything else you'd like to say?

I look forward to another year of Bundanoon Sings! and am excited for this rowdy, wonderful group of singers to grow in numbers, so we can continue to collectively 'raise the roof' here in Bundanoon!

Bundanoon Sings! is Bundanoon's own community choir – a non-auditioned choir that sings for fun and community.

Bundanoon Sings! is proudly supported by BCA, and everyone is welcome. Bundanoon Sings! starts again at 6.45pm Tuesday 7th February at Bundanoon Soldiers' Memorial Hall. We'd love to see (and hear!) you there.

What a wonderful Christmas it was! For members of Serendipity:the choir, singing in the Bundanoon Memorial Hall after several Covid-restricted years was a thrill – and apparently members of the capacity audience felt so too. Certainly their support in sing-a-long carols showed great enthusiasm, and a member of the audience displayed outstanding skill when playing, unrehearsed, the lagerphone.

Our programme of widely diverse Christmas themes and music styles, with interval champagne to add to the atmosphere, received enthusiastic applause; their reward? the choir singing "Have yourself a merry little Christmas", a Christmas gift to the audience.

After a well-deserved break during December and January, Serendipity:the choir will resume rehearsals - a programme entitled "Songs from the Heart". Ten singers have contributed suggestions for songs to be included, and these form the basis of the programme with some additional pieces following the same theme. 'Queen', Puccini ("Nessun Dorma"), folk songs, contemporary works, madrigals and much more, will all feature in the programme. And, once again, we will be singing in the Bundanoon Memorial Hall, on Saturday 13 May at 3.00pm. If that date doesn't suit you can catch the choir on Sunday afternoon 21st of May in the Bowral Uniting church.

As has happened to many singing groups, Covid has made things very difficult, and we are looking for new singers to swell the ranks. If you would like to sing in a well-established community choir, based in Bundanoon (where else?), just contact Kerith Fowles, the Music Director, on 4883 6515. No formal audition involved. You may discover a lovely voice that has been wanting to sing in a choir for years.

Our thanks to all who supported our concert. Bundy folk really know how to encourage their musicians.

Kerith Fowles
– Music Director
Serendipity:the choir.



BUNDANOON LIONS

TWICE YEARLY

CAR BOOT SALE

9AM-1PM SAT 18 MAR 2023

**SOUTHERN HIGHLANDS CARRIAGE CLUB
QUARRY ROAD, BUNDANOON**

(ADJACENT FERNDAL FOOTBALL FIELDS)

**30 sites @ \$30/site • Hire tables \$15
Pre-registration essential • Fees go to community projects**

**To reserve a site call
PETER GOULDING 0419 639 531 or
CHRISTINE JANSSEN 0417 285 364**

Bundanoon Lions also appreciate donations of quality goods to sell (no electricals).

**LIONS CAFE ON SITE
Sausage sizzle + hot & cold drinks**

BUNDANOON LIONS CLUB SUPPORTS COMMUNITY PROJECTS



Back to gardening basics

Like so many things, gardening has its fair share of fads and fashions. The idea of mixing edible crops with ornamental planting was once frowned upon. However, the basis of a cottage garden is to do exactly that. In developing my garden I wanted to create something individual and special. Coming from inner city Sydney, where I had limited space, I'd always grown vegies, shrubs and herbs in pots, but now with a larger block to play with I could experiment with more. I was used to having all my pots mixed together, so I planted my Bundanoon garden with the same principles. Next to fuchsias I planted sage and celery, foxgloves have leeks as neighbours and my favourites- carrots - are let go to flower, these now tower about a mature rhododendron, with their masses of flower heads waving in the breeze.

Grouping vegies, herbs and flowers together is a great way to add texture and colour to the garden. Think of how stunning Kale "Nero de Toscana" looks with its dark textured leaves, or the vivid red and yellow stalks of rainbow chard. If chaos isn't your style, consider the geometric formality of a French potager.

There are many benefits to this mixing up of plants. Many flowers and veg deter the "bad" insects and they also attract the "good" ones. For example, onions deter aphids, petunias with beans deter bean beetle, and then there are the flowers. More flowers also means more nectar, more nectar means more pollinators and birds. If you've ever grown Allium "Purple Rain", you'll know how beautiful its globe flower is. However, compared to a leek, these look like a sad cousin. The bees go nuts over a leek.

And, don't forget the herbs. We use marjoram, mint and thyme as ground cover. Parsley pops up all over our garden beds, in full sun and shade. Sage has a lovely light grey leaf that breaks up the deeper greens. From my experience, our vegies and herbs have a stronger taste, so they don't only break up the beds; they help feed us with their lovely goodness.

So pop in some veggies, and start eating your garden.

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**



LIONS LIKE TO MAKE A DIFFERENCE

Would you like to make a difference?

To Bundanoon? To Australia? To the World?

Bundanoon Lions Club has been doing just that - for more than 30 years.

We are always happy to welcome like-minded people into our club – men and women, young and not-so-young. New members bring new ideas.

Who built the first covered table in Picnic Park? And a major tree-planting at the Oval? – Bundanoon Lions Club!

We helped fund things like the Southern Villages memorial. We provide an annual picnic for aged and disabled in the Shire. And have given thousands of dollars in assistance to Linkside Nursing Home (now Warrigal).

We look after the annual Scarecrow competition; mulled wine at Winterfest; the Lions Café at Garden Ramble; Anzac Day breakfast; BBQ at Brigadoon and the Markets and catering for the Bundanoon History Group Christmas lunch.

We are involved with the School – annual prizes; comfortable playground seating; books for the library. One of our members produced a manual to assist teachers impart knowledge of the Gundungurra people, for which we were able to obtain funding.

We have collected thousands of pairs of used spectacles which are graded and forwarded to countries where they will make a difference.

On a wider scale we have contributed funds towards childhood cancer research; children's mobility devices; stem cell and spinal cord research. And raised substantial funds to assist in times of drought, bushfires and floods.

Lions Clubs in Australia funded the laboratory where the cervical cancer vaccine was developed and we also provide sight and hearing testing.

Worldwide we are one of some 40,000 Lions Clubs, all supporting their local communities in many ways. This International family contributed over \$1 million in assistance after the 2020 bush fires, to add to the similar amount contributed by Australian Lions Clubs. Two of our members have been actively involved in the allocation of these funds.

Want to be part of this? For more information, contact:

Ralph Clark **rlc2578@gmail or
0418 265 529**

Peter Goulding **4883 7700**

Elizabeth Cranny **0408 102 411**

Planting oval, 25th anniversary





Elizabeth Cranny and Peter Goulding



Bundanoon sign



Lions Bushfire stall



Village Christmas 2014



Warrigal

Inspiring communities
for older people



Volunteer at Warrigal

Join the Bundanoon Auxiliary Inc.

Are you looking for a rewarding way to give back to your community and meet new people? Look no further!

The Bundanoon Auxiliary Inc. is seeking dedicated volunteers to join our team and help raise funds throughout the year to support those living at Warrigal Bundanoon.

As a member of the Auxiliary, you will have the opportunity to utilise your organisational skills, meet new people and have fun while making a difference in the lives of others.

Whether you have a few hours a week or a few hours a month to spare, we welcome you to join us in our mission.

Don't miss this chance to make a positive impact and be part of something special.



APPLY NOW

Scan the QR code or
contact our Volunteer Coordinator on
0436 806 723 or email volunteering@warrigal.com.au
Website www.warrigal.com.au



COUNTRY WOMEN ASSOCIATION OF NSW BRANCHES AT BUNDANOON AND EXETER

The most basic issues for country women of the 1920s, were coping with distances, isolation and loneliness, living standards and health and welfare for their families, all issues heightened by being post War and the Depression. These factors brought women together, regardless of their social and economic status, ages and political preferences. This led to the formation of the Country Women's Association, arising from the first Bushwomen's Conference in Sydney in 1922. A century later and CWA is still recognising issues in rural and regional areas affecting families and is working to improve these both by public awareness and advocacy.

For the Association's Centenary last year a book was commissioned in celebration "The Women who Changed Country Australia" by Liz Harfull. It's available from bookshops and also the National Museum in Canberra for their exhibition (closing late August 2023) "Feared and Revered", recognising the power and diversity of women in ancient times. Certainly those

women who have developed CWA to where it stands today, have shown determination, commitment, initiative, and resilience. From its early years, the CWA has earned recognition by the general community and all political parties for its aims and role.

As 2023 begins, all branches across the state would have planned their programs to suit the needs and focus in their local area and the wider community, taking note of the specific interests of its members and all with a strong atmosphere of friendship and teamwork.

Bundanoon CWA is planning to continue its monthly friendship times with knitting for charity preceding their business meeting. We are also considering providing scone making lessons and will continue to sew library bags for the Bundanoon school.

Exeter CWA will be holding its Information and sales table at Brigadoon and also its adjacent Rest area, for nursing mothers, the

disabled and the elderly. These are commonly run by CWA branches at their local show and stock sales. Visit the stall for more information on the range of activities within this Branch's programs.

May is an important month in the CWA list of events. Two representatives from every branch in the State attend the annual State Conference to present the various motions from their branch for discussion. Those accepted pass through the CWA Advocacy officers to the relevant government responsibility. This year the event will be held in Bathurst.

Bundanoon CWA meets 2nd Thursday of the month

Loretta Carr, Bundanoon Branch
ph: 4883 6732

Exeter CWA meets 3rd Wednesday of the month

Pat Hughes, Exeter Branch
ph: 0413 136 166



BUNDANOON PHOTOGRAPHY GROUP

The Bundanoon Photography Group has met twice this year. Peter Gray resigned from President late last year after establishing it and leading it for years that seem to have passed so quickly.

No one could ever replace Peter, who not only is the repository of immense photographic knowledge and ability, but also has an unique generosity to impart his knowledge and skill to others. At our Christmas dinner, we remarked on how much our photography had improved over the years under Peter's tutelage.

Our January meeting discussed how we would operate post-Peter's leadership. First, we decide we are a social group directed to enjoying fun out of photography. Our monthly outings, to different places and events, put together by Meg Nurse, are an important part of this.

We decided to keep the concept of the President's Cup, decided at our monthly meetings, by democratic selection from our entries on a given topic. We did change the rules slightly to permit entries to be taken any time during the last or present calendar year with up to 3 entries in any one year from a member's archive. We also decided to keep the monthly Pepperoni Prize, instituted by Peter (ask Peter for an explanation of that name) to be selected by the President (my presidency hangs on my performance of this task, I'm sure). We also decide that the winner of the President's Cup should



give an account of how the image was taken, the technical aspects like exposure but also the creative concepts behind it. Likewise, I'm to account for the selection of the image for the Pepperoni Prize.

February's topic was 'Night Photography': the winner was Langdon's Emery's 'Old Truck'(above).

The Pepperoni winner was Rosanna Mercieca's 'Couple by a Pool' (right).



March's topic is Reflections (for which Rosa's image is now ineligible having been entered for February and won the Pepperoni).

Finally, I want to place on record again what a wonderful opportunity Peter has given us all to learn from him. I can truly say I have never come across anyone more generous in imparting the benefits of the knowledge and skill of his craft than Peter. He remains an active member of our group, no doubt keeping a weather eye on how we are going. (I look to him to tell me when I make a mistake about the Pepperoni Prize).

Graham Kelly
Photography Group President

The contact numbers for BPG are:

Graham Kelly	0411 539 646
Joy Brown	0417 437 220
Meg Nurse	0419 147 343

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Dr Marzieh Niknami
Dr Samantha Conroy
Dr Derek Leaper
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reception@theppracticebundanoon.com.au
The Practice Bundanoon

"Locals caring for locals"

Back to important basics: High blood pressure



Dr Marzieh Niknami GP



What is blood pressure?

Blood pressure (BP) is the pressure of the blood pumped by your heart against the walls of your arteries. BP is measured using systolic and diastolic blood pressures. Systolic BP measures the pressure in your arteries when your heart pumps, while diastolic BP measures the pressure in your arteries when your heart rests between beats.

What is high BP?

Usually, BP more than 140 (systolic)/90 (diastolic) is considered high BP (also called hypertension), which is one of the most important causes of heart disease, including **heart attack, heart failure, strokes, kidney disease and eye problems**. Also, hypertension in mid-life is a factor that can increase the risk of **dementia** in later life.

Based on statistics, about 1 in 3 people aged 18 and over have hypertension in Australia.

Except in some specific conditions, the lower the BP, the better. As a general guide:

- + Normal: less than 120/80 mmHg
- + Normal to high: 120/80 to 140/90 mmHg
- + High: 140/90 mmHg or higher
- + Very high: 180/110 mmHg or higher

Causes

While the exact cause of hypertension is unclear, genetics, eating salty food (including hidden salt in processed food), alcohol intake, smoking, higher than average body weight and low exercise levels are linked. Also, BP could be temporarily affected by stress, recent physical activity, caffeine consumption or even talking.

Diagnosis

High BP is a silent condition, and many people with hypertension do not have symptoms. **The first hypertension presentation could be a heart attack, kidney disease or stroke in people with undiagnosed hypertension.** It is essential to check your BP at home, at the chemist or with your GP.

One way of diagnosing hypertension is having a 24-hour BP monitor around your arm, which measures your BP regularly. You can have a device fitted by nurses at your GP practice or technicians in a pathology centre and removed the following day. Some people prefer to avoid this method due to travel time, disturbed sleep and cost.

Another easy and effective way of hypertension diagnosis is keeping a BP log (which can be provided by your GP). Because BP fluctuates over 24 hours, one reading does not help diagnose hypertension. Fill out a BP log and take your information to your GP. You can even borrow a BP machine from friends or practices. Keeping a BP log is a simple, cheap and effective way to assess your BP.

How do I fill a BP log at home?

- + Use approved BP machines and check the readings with your doctor's BP machine. Use a cuff that fits properly.
- + Try to take measurements for 10-14 days at around the same time in the morning and evening (for example, 7 am and 7 pm before food for 10-14 days).
- + Measure before eating, drinking coffee/alcohol, smoking, taking medication or exercising.
- + Don't measure your BP if stressed or in pain.
- + When ready, sit peacefully for 5 minutes with your back supported and both feet flat on the ground. Measure your BP and record it in the log.

Management and treatment

- + Talk to your GP
- + Check your BP regularly. Do not forget that hypertension is a silent disease.
- + A healthy lifestyle is the best way of caring for your health, including BP.
- + Eat less salt and replace saturated and trans fats with unsaturated fats to reduce the risk of heart disease.
- + Be physically active and get 30 minutes of physical activity most days of the week. It's also important to sit less during your day and break up your sitting time.
- + Aim for a healthy weight.
- + Stop smoking.
- + Take good care of your mental health.
- + Limit your alcohol intake to 2 standard drinks per day or less.
- + People with high BP will need to start and continue with medications for the long term. Do not stop or change your medication without discussing it with your doctor.

Where to get help

- + Visit your GP
- + Visit the [Heart Foundation of Australia](https://www.heartfoundation.org.au), a helpful heart health and hypertension website.

References:

Heart foundation of Australia
Healthy WA
Healthdirect
NPS Medicinewise





Not a scrap of lycra to be seen
and who would guess they
actually exerted themselves?

This is the Bundanoon Men's Shed's latest sub-group, the SpokesMen, who take off on their bicycles every second Friday. The real objective, however, is to find the best coffee in the Southern Highlands.

No real skill is required and the average age is in the 70s.

So, what else do Bundy Sheddies get up to? There's a computer learning group; an automotive enthusiasts' group; a science group with much fancier stuff than a bunsen burner; an art group which exhibits its paintings; a crop of veggie growers; a plurality of poets; a paparazzo of shutter-clickers, and talk of cookery classes.

Then there are the many community activities in which members are involved such as Winterfest and Brigadoon. Members even deliver this very magazine to your letterbox. Every month there is a Shed Garage Sale where surplus equipment and tools and stuff made by members are offered for sale.

The Shed itself started as a disused open 3-bay shed belonging to Wingecarribee Council over a decade ago and now boasts well-equipped woodwork and metal workshops, common rooms and a new storage shed all thanks largely to funding by Council, the Veolia Mulwaree Trust and State and Federal Governments. Members can make or repair whatever they wish with expert guidance at hand.

But the real goal of the Men's Shed, and the Men's Shed movement which started in Australia, is not the things they make but the fellowship it creates and fosters. There's a happy hour every month but the 70-odd members drop in for a coffee and a chat anytime they like. They help each other in times of stress with a lift to a hospital appointment or a problem at home. Not so much Knitters and Natter, perhaps Chippies and Chatter with former shiny bums welcome.

Further information www.bundanoonmensshed.asn.au

Harvey Grennan







Get ready for a new season of laughs and kickabouts

With the brief (but at times hot) summer behind us, the favourite time of the year is just around the corner FOOTBALL SEASON!!

Get ready for misty mornings, muddy boots, knee slides and shirts over heads as the pure joy of scoring against Bowral or Mossy for the village beckons us all back to Ferndale Reserve.

After three heavily disrupted seasons due to Covid and then crazy rain and flooding we are all hopeful for a normal winter season which allows us and the kids to play week in and week out around the Highlands from April to September.

We will have teams from u6-u13s, with a Men's side as well as (hopefully) a Ladies side again. We have a shortage of kids who can play u15s due to teenage drift and kids switching to other clubs or sports to play with high school mates so we are very keen to rebuild that age group!!

We would love to have every child in the village playing (as well as lots of adults) as there is ample room at the home ground with 5 acres of fields and no shortage of gear. All levels of skill are welcome, it really is the more, the merrier.

Training is on Thursday afternoons (with the 13s also training Tuesdays) and games are at Ferndale every other Saturday from 8am. The alternate weeks we play at grounds as far away as Hill Top and Yerrinbol.

The canteen, manned by volunteers, has proper coffee and hearty BBQ food sourced from the Bundanoon Butchery and the Village Grocer.

What better way to spend an autumn or winter's morning than the short walk down to Ferndale to play with or cheer on the local kids or sticking around and watching the Seniors battle one of the other village teams!

Bowral at home? Luv it!

Marty Gardner
President BRFC



Follow us on facebook
(Bundanoon Rebels FC)
for updates.

**Registration is
now open, sign up
before the season starts in
April. The earlier the better
for our planning purposes:**

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STA and PCA respectfully acknowledge the Gundungurra people as the traditional custodians of the land, sky and water where we live and hold this event. We recognise their continuing cultural, spiritual customs and practices. We pay respects to the Elders of this Country, past, present and emerging.



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BACK TO BASICS

"There is more to life than
increasing its speed"

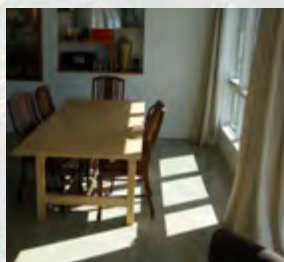
Mahatma Gandhi

BASIC BUILDING BLOCKS HOW GOOD DESIGN CAN HELP THE PLANET AND YOUR POCKET

Nine years ago, Glenn and Lee Robinson built their 'net zero' cottage in Bundanoon. Put simply, net zero means that their home is using no more energy than it is producing. Their philosophy was simple – to build a low cost, energy efficient home facing north on their block. "It all begins with good design," says Glenn. What they came up with was a narrow house, featuring double glazed windows and an eave length that maximises the sun entry in winter and keeps the house cool in the summer.

"We began by making a list of what did and didn't work in all the buildings we were familiar with and listing the features we would like to incorporate," Glenn recalls. "We aimed for net zero carbon emissions and a budget of \$250K for the completed project." Glenn researched the history of efficient buildings and techniques that had stood the test of time. "We then chose to owner-build and to use standard building materials and dimensions to help keep it simple."

As the years have passed, energy costs have increased, and real estate values have skyrocketed. The original investment has proven to be even more worthwhile than was originally expected. The block now contains a two-bedroom cottage (108 sq metres) and a separate one-bedroom granny flat (56 sq metres). There is now a total of just over 5 kilowatts of solar generating capacity servicing both residences, which are fully electric. Throughout the year, most of the energy bills are in the negative and the highest amount they have paid to date, per quarter, is just under \$200.



One of the key factors in keeping the bills low is the initial design. Most of the double-glazed windows are on the north side of the house, with minimal glazing facing south. Polished concrete floors drink in the sun's warmth and radiate this heat into the room at night.



"In this climate, to sit inside in the sun and look out on the garden, is a special treat and I'm appreciating this more as I age," remarks Glenn.

On many days in winter, the house is about 10 degrees warmer than outside without any heating on. However, in the height of summer, the sun doesn't penetrate inside, keeping it cool and comfortable in the hotter months. This clever design concept means that a small air conditioner is enough to keep the house at a comfortable temperature on the rare occasions it's required.

Other features of the design include placement of main living areas on the north side to have a bright, airy outlook. Two layers of curtains allow for adjustment of light and warmth. The rooms that require hot water are clustered around the internal solar hot water system so very little heat is lost in the process of turning on the hot water tap. If needed, the temperature can be boosted with the flick of a switch.

The house now looks out on a sea of green, but all the larger trees are deciduous so do not block any of the lower winter sun. Vine-covered posts are in place for shade sails to go up in summer to provide a cooler outlook. There are no stairs in the design and doorways are wider than standard to allow for easy disabled access.

Building an energy efficient house is not complicated and the KISS principle (Keep It Simple, Stupid) comes to mind. Glenn hopes that in the future this style of house will become far more common. Already, in the ACT, it is standard practice to show the energy rating when selling a house as buyers have come to recognise the importance of this when deciding on their major purchase.

The couple feel they were very lucky to have found a block that was exactly what they were looking for so close to town. They are only a few minutes' walk or bike ride away from the town services. This reduces their carbon footprint and energy costs as well as making life easier.

In 2016, ABC Illawarra did an article on the house, including a short video, for Sustainable House Day. This is still available to be viewed online if you look for "Bundanoon net zero cottage." For those readers interested in the more technical aspects, Glenn has compiled a detailed information sheet and is happy to answer your questions about the house. He may be contacted by email at: treadlietradie@gmail.com

Puggles' Transition to School Program



Image from: *Wombat Big, Puggle Small* by Renee Tremblay

Starting school is a big milestone for children and their families. The transition between learning environments can be both challenging and exciting. Transition to school is an active process of continuity of change as children move into their first year of school. The process of transition occurs overtime, beginning well before children start school and extending to the point where children and families feel a sense of belonging at school, and when educators recognise this sense of belonging.

Successful transitions recognise the family as a child's first and most influential teachers. Research tells us that there is an inextricable link between high family engagement and a child's academic success and wellbeing. Transition practices, including orientating children and families to the school environment, experiences and routines remain an important priority for ensuring children have a strong and successful start to school.

Bundanoon Public School's Library will be opening their doors to welcome children planning to enrol in 2024, to participate in this new community project. This innovative program will assist 2024 kindergarten children to become more familiar with the school environment while building strong links between parents, carers, teachers and school communities. It aims to establish and further develop the children's sense of belonging to the school community, thereby helping them





feel safe, secure and supported in their new school environment.

Puggles Transition will encourage and nurture the children's love of books, and develop early literacy

and social skills, while modelling storytelling techniques for parents/carers. The sessions will often be themed and can involve several story readings, songs, rhymes and movement; craft; orientations around school environment; yarning circle, nature area, quiet spaces; and, visiting classrooms and meeting teachers and students.

To express your interest in attending our Puggles' Transition to School Program, please contact the school office by phone to 48836192 or email to Bundanoon-p.school@det.nsw.edu.au.



Save the Dates:

9am- 10am every second Thursday:

- 27 APRIL
- 11 MAY
- 25 MAY
- 8 JUNE
- 22 JUNE

We look forward to welcoming you to our school community!

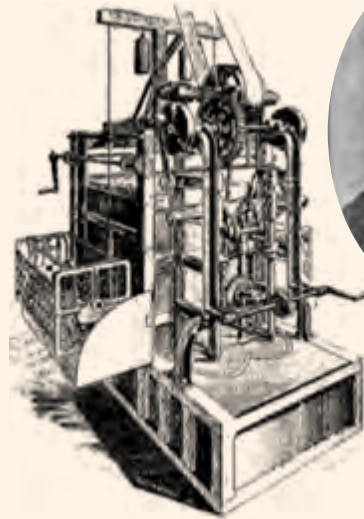
Emily Longshaw, *Librarian*
Cath Riches, *Learning Support Teacher*
Lisa Ryan, *Relieving Principal*

BASIC ESSENTIALS INVENTED BY WOMEN



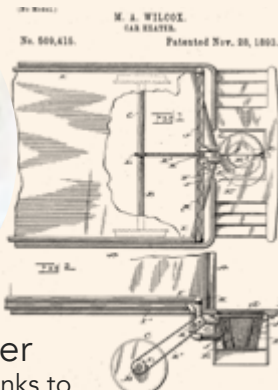
The Computer Algorithm

Ada Lovelace is essentially the first computer programmer, due to her work with Charles Babbage at the University of London in 1842. Her notes were essential in helping Alan Turing's work on the first modern computers in the 1940s.



The Dishwasher

The Dishwasher was invented by Josephine Cochrane in 1887. She also marketed her machine to hotel owners and opened her own factory.



The Car Heater

We all owe our thanks to Margaret A Wilcox who invented the car heater in 1893!



Residential Solar Heating

Solar heating for residential housing was invented by Dr Maria Telkes in 1947. Dr. Telkes was a psychiatrist in addition to being a solar power pioneer



Telecommunications Technology

Some of the Telecommunication Technology developed by Dr Shirley Jackson include portable fax, touch tone telephone, solar cells, fibre optic cables, and the technology behind caller ID and call waiting.



CLEANING BASICS

VINEGAR

A cup of vinegar will:

- ✓ Kill off any bacteria lurking in your wash load and keep your clothes soft and smelling fresh – so you can kiss fabric softening liquids good-bye.
- ✓ Brighten small loads of white clothes.
- ✓ Add to last rinse to keep clothes lint and static free.
- ✓ Add to last rinse to set new brightly coloured clothes.

GET THE YELLOW OUT OF CLOTHING

Soak clothing overnight in a solution of 12 parts warm water to 1 part vinegar. Wash as usual next morning.

SPRAY AWAY WRINKLES

After drying, mist with solution of 1 part vinegar to 3 parts water. Hang up to air-dry.

SOAK OUT BLOODSTAINS

Treat as soon as possible. Bloodstains are relatively easy to remove before they set, but can be nearly impossible to remove after 24hrs. Pour full strength white vinegar on the stain. Let it soak in for 5-10mins, then blot with a cloth or towel. Repeat if necessary, then wash immediately.

SHOES

BAKING SODA is a great natural deodoriser. It can absorb bad smells and leave your shoes much fresher. Sprinkle a small amount of baking soda inside your shoes and leave overnight. Be sure to dust out the baking soda before wearing your shoes again.

A lot of people ask: "Do **DRYER SHEETS** absorb odours?" The answer is YES, they do! They can absorb moisture as well. The reason this is so useful is that you can get rid of nasty shoe odour (and other odours) by placing a dryer sheet in the sole of the shoe and letting it sit overnight.

SALT helps get rid of the odour by soaking up the moisture in your shoes. Sprinkle a little salt in your canvas shoes/sneakers and leave overnight. Dust your shoes well in the morning. You can do this every night to help keep the moisture at bay.

Pop a few **UNUSED TEA BAGS** inside your smelly shoes to fight off bad odours that are caused by heat and bacteria. Leave to sit overnight in a warm dry place. ... Any tea bags will work even the minty herbal ones. Tea bags are super absorbent and will suck the moisturiser and smell right out.

JEANIE'S OLD FASHION SODA BISCUITS



Pre-heat oven to 170 degrees C.

Ingredients 1

250g butter

2 cups white sugar

1 tsp bicarb soda

250ml milk

Bring to boil and lightly simmer till bubbles form all over surface

Cool.

Ingredient 2

Plain flflflour – approx. 4-5 cups. Extra for dusting

Method

Stir through enough plain flour to make a soft pliable dough

Divide mixture into 6-8 portions

Flour bench surface and pastry well. Roll out to very thin.

Note; Should be able to see benchtop through pastry.

Prick all over with a fork. Cut out using a 6cm cookie cutter.

Off cuts can be reformed and rolled.

Place on to a greased baking sheet.

Bake till light golden brown. Remove from baking tray and cool on racks.

Makes heaps - about 200!

by Jeanie (Eon Waugh's mum)



BROWN PAPER PACKAGES

© G. J. Olsen Esq 2023

The festive season brings so much waste
Unwanted “gifts”, often unbidden
The pressure to buy, to give and to get
Where will our surprises be hidden?

Lavish embellishments to lives already full
Unnecessary, but we have to pretend
Consumerism gone mad, with tinsel and tape
Just another disposable material spend

But what of the delight when I was young?
Unable to buy things with which I was smit
I looked forward to receiving that boxed
game,
Jigsaw puzzle or polystyrene Airfix kit

Those days are long gone
Now, I can get whatever I need
But I have more than enough
Never seeking shelter, or short of a feed

Around the country there is much want
Homelessness, disadvantage and poverty
Do I have the will to make the difference
That will lead to equality?

Let's get back to basics and lend a hand
Forgo the attraction of the shimmering bling
Gifts from the heart, without fanfare, are like
Brown paper packages tied up with string

JCG JUNE 2023 ISSUE

THEME History and mystery
DUE Friday 20 March 2023
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Florence, Ella, Willis & Ross Streets

by Alison Ayers

(With thanks to Lillian Anderson, who shared her research and family connection to Enniskillen.)

A group of streets near the southern entrance to Bundanoon was created when the Nicholas family subdivided their land, around 1880. George Henry Nicholas, known as Henry or Harry, was younger brother to the more famous Gus, and like him a professional photographer. Around 1884 he built a guesthouse, Florence Court, near the corner of what would be Ross Street and Penrose Rd, which still exists as a private residence. The surrounding streets were named for his family, as was the brothers' custom.

Ella and Willis Streets were named for Henry's wife, nee Ella Willis. Florence Street took its name from their daughter, Florence Ann Nicholas, and Ross Street from son Sydney Ross Nicholas. These streets were named and planned but not fully formed for many years.

When Henry moved on in the late 1890s, to create a new family in Wellington NSW, hearts were broken, but the street names remained. After many changes, Florence Court became Enniskillen, named for Ella's birthplace in Ireland. In 1957 Enniskillen, was sold by Ruby May Nicholas, wife of Sydney Ross Nicholas, to the Anderson family, ending the Nicholas connection to that area. At that time the house sat on sixteen acres, with only one other dwelling nearby.







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ADVENTURES, RISKS & REWARDS

Lyn Morehen

Gardens and gardening mean different things to different people and to Howard Nicholson and Trish Arbib they meant a way of life. In 1980 they left the confines of a tiny terrace house situated behind Taylor Square in Sydney and settled in Bundanoon. In 1982 they established Bundanoon Herb Farm along the Penrose Road. Eventually this name was changed to the Bundanoon Village Nursery which more accurately reflected their evolving plans to grow not only herbs but an extensive range of plants. They were determined to be a specialist nursery, and provide a sense of discovery, enjoyment and satisfaction to customers. They styled themselves as "an old-fashioned nursery in a garden setting".

Any venture involves hard work, and this was no different. But in no time they had restored and renovated the 1910s cottage and the seriously overgrown garden and transformed it to a place of beauty. Meanwhile Trish studied part time for three years at Wollongong TAFE where she excelled and gained a Horticultural certificate.

They grew and sold unusual fruiting and vegetable plants, flowering fragrant and cottage garden plants, some rarer trees like sloes and damsons, and of course herbs. The nursery had beautiful flowering plants, perennials, ground covers, fragrant climbers and shrubs. Some were unusual, some old fashioned but all with a place in many gardens. The nursery was also known for other unusual food plants including mountain paw paws, cape gooseberries, hot mustard leaves, yellow raspberries and Australian native bush tucker plants.

The nursery was the springboard for other ventures such as writing, selling preserves and seeds, teaching customers how to grow and use unusual and often exotic herbs, especially in food dishes. Nicholson was an avid cook and an adventurous traveller. I was shown the picture of a Chinese artichoke (*Stachys tubifera*) that was available in the nursery and looked to me rather like a caterpillar. Nicholson went to China with a fellow plant explorer and brought back this strange vegetable, so customers could learn how to grow and how to cook and eat it. In those days iceberg lettuce was all the go and rocket was unheard of, except for the propelled variety.

Their achievements were soon recognised by the media, including print, radio and TV. Visitors were attracted from Sydney, Canberra and surrounds to visit and enjoy this magical place. They bought produce, and gifts, joined in cooking demonstrations or simply wandered round the extensive grounds of the property where they could explore. Arbib and Nicholson were always on hand to answer questions and inform.

Today Trish is a garden consultant and also involved with the Australian Plant Society, where she still appreciates such delights as Warrigal greens, Lemon scented myrtle and Tasmanian pepper leaves and seeds. Nicholson died in 2007 and the nursery closed in 2010. Bundanoon's garden history is enriched by pioneers such as Arbib and Nicholson. I am full of admiration for what they achieved.



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Back to basics...

When it comes to the Christmas School Holidays, some people greet them with a Yippee,!! (mostly the kids) whilst others (parents) groan. Any which way you look, it is what ? 6-7 long weeks of having your kiddies home, underfoot, always hungry or bored, looking to be entertained. Now, that's where the groans come in! Haha.

Some grandparents prepare themselves for the annual pilgrimage, up to their grandchildren's usual residence as the babysitter, entertainer, all-day buffet host, and clean-up crew. Some parents still have to work and juggle long school holidays, so they pack up the kids and send them down to nana for a few weeks. Meanwhile, they secretly jump for joy to have a sleep-in, dinner for two, a tidy house, and spare change to treat themselves to a movie that's not about Disney Princesses or another Spiderman sequel. Nor would they miss their children's multiple trips to the toilets, popcorn and a jumbo-size coke that usually ends up all over them, and then tears because they are wet and sticky, and there's none left.

But some parents and grandparents have taken a simple back-to-basics approach to keep kids busy, which is both mentally stimulating and physically rewarding. It allows the kids to have a great day, eat dinner without protesting, and then happily go to bed! And yes, no drugs or bribery involved - haha!

I've seen a change in families; going for long walks, kids on bikes, playing outside, kicking balls, swimming or old-fashioned hose and water pistol battles, not hours gazing at a screen, and the fact that the parents and grandparents join in, is the key to success.

Having Little Miss B & Miss C at home, one must come up with creative fun - rain, hail, or shine. The temptation to sit in front of the TV and blitz binge shows is not the answer, as it over-stimulates and doesn't positively improve their learning. Playing simple cubby houses with cardboard boxes, a blanket, a torch and pillows can create hours of fun and costs you nothing. As for craft ideas, use tissue boxes, toilet rolls, coloured paper, stickers, paint, glitter, patty pans and glue to create fun objects. Playing 'shops' is another favourite, although that does cause some discontent regarding who is using the cash register and who is the shopper, which can be challenging when taking turns (toddlers are not good at this). Children have wonderful imaginations, but what really makes it more fun for them and more satisfying all around is the role you play by being involved and joining in with the play. It bonds you with them. They will never forget the fun times they've had, and the long six weeks will fly by in no time.

'til next time, Nanas!

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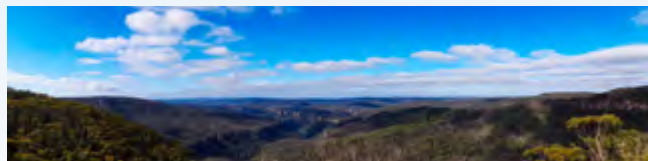
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JCG advertising rates 2023

advertising rates include GST		size in mm width x height	Per issue
Full page	in margins with bleed	190×273 220×307	\$460
Half page	horizontal vertical	190×134 93×273	\$250
Quarter page	horizontal vertical	190×52 93×134	\$150
Business Card		93×52	\$85
Special positions (full pages)			
Outside back cover			\$520
Inside front cover			\$515
Inside back cover			\$500
Early right hand page			\$480
Prepaid 4 issues (5% discount)			

Finished ad artwork due FRIDAY 28 APRIL 2023

- Please supply artwork in PDF FORMAT
- Other formats may attract a \$15 + gst processing fee

Beehive Creative can design your ad at the following rates:

- Full page \$85 + gst
- Half page \$75 + gst
- Quarter page \$70 + gst
- Business card \$45 + gst
- Small changes to existing artwork from \$30 + gst

Email bella@beehivecreative.com.au for further details.

**For all other advertising enquiries and bookings
please email JCG.Advertising@bca.asn.au**

Dear Advertisers

We really appreciate your support of this community magazine which (apart from layout and printing) is run by volunteers.

Please ensure that you inform the advertising manager of any changes or cancellations to your ad prior to the booking date which appears on this page every edition.

If we don't hear from you before the deadline, the ad you have will run.

Thanks again,

JCG Advertising Manager
JCG.advertising@bca.asn.au

**BOOKING DEADLINE
FRIDAY 21 APRIL
MATERIAL DEADLINE
FRIDAY 28 APRIL**

NO LATE COPY WILL BE ACCEPTED



Bundanoon Veterinary Hospital yourvet+

Opening hours:

Monday-Friday

9:00am – 5:00pm

Saturday

9:00am – 12:00pm

closed Sundays
and Public Holidays

We strive to constantly provide first class, high quality, professional veterinary care to our local community, with a fully equipped veterinary hospital and dedicated, compassionate team of Veterinarians and Veterinary Nurses.

Please do not hesitate to contact us on **4883 6944** if we can be of any assistance to you or the animal members of your family.



Dr Bianca Betros
Veterinarian BVSc (Hons I)



Dr Fiona Crago
Veterinarian BVSc (Hons I)



Felicity
Head Veterinary Nurse
(Cert. IV)



Christine
Cert. Veterinary Nurse



Phoebe
Trainee Vet.Nurse
(Cert. III Animal Studies)



Greg
Veterinary Nurse
(Cert. IV)



Rachel
Veterinary Nurse
(Cert. IV)



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