

JORDAN'S CROSSING GAZETTE

Edition 115 • DECEMBER 2023

# JCCG

BUNDANOON  
*Our Village*

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

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## Cover image

Les (a.k.a. Laszlo) Rundle.  
Photo by Lucille Nobleza.

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1925, quarterly

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# FROM THE EDITOR



Our last issue for 2023! How the year has flown.



In a year filled with turmoil and disaster, I often reflect on how privileged we are to live in this wonderful village. This view, I know, is shared by many, as we discuss the plight of those less fortunate.

The hours given by our many volunteers, both inside and outside of the village; the donations to causes, both in money and goods; the offers of help when there is someone in need. This is what makes a 'healthy' community.

If you're not already involved, why not find out what you can do to give back and become involved. The return you receive will be the best gift you can imagine. Merry Christmas to all!

*Christine Janssen*

JCG Editor

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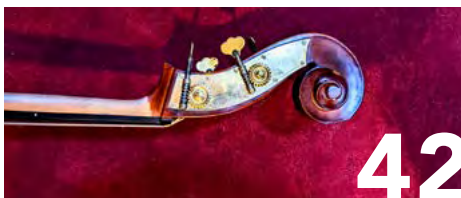


We love receiving your ON-TIME contributions! Thank you. Without them, there is no JCG magazine.

## BOOKING & MATERIAL DEADLINES

last week JAN for MAR issue  
last week APR for JUN issue  
last week JUL for SEP issue  
last week of OCT for DEC issue  
Thank you for being on time!

Contributions & correspondence to  
**jcg.editor@bca.asn.au**  
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to bella@beehivecreative.com.au



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





## BCA Gift Shop

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.

Shop link: <https://bundanoon-community-association-inc.square.site/>



Bundanoon Community Association Inc. (BCA)





## President's report

Andy Carnahan  
BCA President

Carl Sagan is one of my heroes. He was an astrophysicist and science broadcaster, famous for the TV series *Cosmos* that exposed the wonders of the universe and evolution in easy-to-understand language.

To me, his greatest achievement and gift to humanity is a photograph of the earth as a tiny dot in an otherwise empty space. Known as the Pale Blue Dot it is the furthest "selfie" of us.

It was his request for NASA to turn the tiny Voyager spacecraft to face Earth and take a photo from six billion kilometres away.

The picture is stunning in showing our planet, alone in empty space, but more striking are the words that Sagan wrote as a poetic homage to earth. His quote is a plea for unity and for kindness. To remind us when viewed from this distance there are no kings and peasants, no righteous or evil, no heroes nor cowards. We are, in his words, "on a mote of dust suspended in a sunbeam."

I still maintain Christmas is a time to believe in miracles. The miracle I would like to see, selfishly for me, is to lose the dividing reaction of "us and them", and to only see the "us" in everyone. This hard-won ability is truly the miracle of our existence. From a selfish gene, we have paradoxically evolved the capacity for feeling outside of ourselves. It is the centrepiece of the journey of the Pale Blue Dot. I hope your altruistic wishes come true...



## BUNDANOON

*Community Association Inc.*

### MEETINGS\*

7:30pm on the 3rd Thursday of every month  
(excluding January)

**15 FEB 2024**

**21 MAR 2024**

**Bundanoon Soldiers' Memorial Hall**  
**All welcome.**

\* see updates on the Bundanoon Community Notice Board Facebook page.

**[www.bca.asn.au](http://www.bca.asn.au)**

*Image – cropped Pale Blue Dot from  
Voyager One/NASA, 14 February 1990.  
All NASA photos are in the public domain.*





## Council is sharing the Christmas spirit far and wide across Wingecarribee this year!

Our Giving Tree makes it easy for community members to give the gift of hope to local families in need. We're bringing solar fairy lighting to Leighton Gardens, Winifred West Park and the main street of Bowral. And partnering with many and varied community groups on so much festive fun for everyone . . . Yarn bombing the trees together with the local CWA's and schools. Collaborating with village communities on place-based gatherings through Smartygrants. Planning pop-up carols with local choirs. Running Make and Create Sustainable Workshops, Screening outdoor Christmas movies. Treating families to a free Elf on the Shelf Trail. And partnering with The Festival of Lights and Angels in our Town parade with free concert in Corbett gardens after!

And with this Christmas expected to be a hot one..... Bundanoon Pool will be a welcome retreat.

We've installed a new pump, freshened up the facility and invested in some new equipment, so it's pick-and-span for the holiday season.

For weekly news updates and opportunities to get involved, join Council's Your Shire e-news at [wsc.nsw.gov.au/council/newsletters](http://wsc.nsw.gov.au/council/newsletters) and follow us on socials.





Next year we celebrate  
**100 years of cinema**  
 in Bundanoon!

We're planning a great year,  
 starting with


**SATURDAY 17 FEBRUARY**  
**7.30PM**



...and as always our events are supported  
 by our fabulous Highlands wineries

**Check our Facebook page for details**  
**Bookings: Trybooking.com/**  
**[www.bca.asn.au/rex-cinema/](http://www.bca.asn.au/rex-cinema/)**

– Stuart Reid, Convenor Rex Cinema






**From music enriched lunches  
to magical music nights, under lights,  
the Bundy Beer Garden has it all.**



### ■ **RESTAURANT/BEER GARDEN**

- /// Lunch Friday-Sunday from 12noon
- /// Dinner Wednesday-Monday from 5.30pm
- /// Beer garden music most weekends weather permitting
- /// Live music first Thursday of the month from 5.30pm

### ■ **WOOD FIRED PIZZA**

- /// Tuesdays from 5.30pm in the Brigadoon Bar

### ■ **TRIVIA**

- /// First and third Wednesday of month

### ■ **PUBLIC/BRIGADOON BAR**

- /// Monday-Wednesday 3pm – late
- /// Thursday-Friday 12noon – late
- /// Saturday-Sunday 11am - late
- /// Meat raffles Friday
- /// Spin and win Saturday
- /// Live music on weekends if not in the Beer Garden
- /// Open mike events etc check social media

### ■ **SRI LANKAN CURRY NIGHT**

- /// Second and last Thursday of the month

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## arts BUNDANOON

I often listen to Classic FM in the morning and always appreciate a segment called the 'musical hug', this is very descriptive of how music can embrace the emotions and restore some equilibrium: a great way to experience this is during a live performance with skilful musicians and their instruments at **Music@10!**

Here are a couple of highlights from recent concerts:

### September concert with Claire Edwardes and Jason Noble on marimba and clarinet.

This was an intriguing concert with such an unusual combination of instruments; the unique mellow timbre of Claire's marimba was wrapped in the velvet tones from Jason's bass clarinet, expressed through a charming program which included composers such as Ross Edwards and Gerard Brophy.

### October concert with Kees Borsma and Kirsty McCahon on two double basses.

A delightful and engaging experience given by two accomplished and very entertaining musicians. Both Kees and Kirsty demonstrated their playful mastery of their instrument, producing some remarkably rich, deep, earthy, resonating sounds - the combined age of their basses was over 500 years! Two particular favourites appreciated by the audience were 'Lament' by David Anderson and 'Failing' by Tom Johnson.

**Arts Bundanoon takes a break during the festive season, so there will no concert in December.**

An important note for 2024 – concerts will be changing from a 10am to an 11am start, thus becoming **Music@11**. This is to give artists a comfortable timeframe for travel and rehearsal on Saturday mornings.

Yours in harmony  
Timothy Hone

### Dates for the calendar



13 January  
**A surprise - details to come!**



10 February  
**Maria Lindsay / Josephine Allan**  
(violin and piano)



9 March  
**Stephanie McCallum, Erin Helyard**  
(four handed piano)



Thanks to our wonderful recent performers (above):

- Kees Boersma and Kirsty McMahon,
- Claire Edwards and Jason Noble



bundanoon Community Association Inc. (BCA)





**MELTING POT  
THEATRE**

2023 has been a busy year for Melting Pot Theatre. In March we staged an original adaptation of Shakespeare's Macbeth to enthusiastic full houses. We were very pleased with the positive comments from the audience and the reviews by the press. Director, Dean Carey showed us what was possible in our amazing hall with a dazzling light show and outstanding performances. Set in the round, with an original soundscape written by Ted Ayers, it

was unlike any production of this classic play.

As part of Winterfest, MPT organised a lantern making workshop with artist extraordinaire, Tracy Luff. This educational and fun afternoon resulted in the making and decorating of over twenty lanterns which were carried in the Winterfest Parade alongside Bundanoon's Glenda the Glow Worm and a giant "Wandering Star".

Also as part of Winterfest, MPT and Cinema Rex put on The Rocky Horror Picture Show - Movie and Performance. Our choreographer, Tina Pollard created exciting routines and the actors had a ball playing their favourite characters. Not to be outdone, many of the audience came dressed to the nines.

Unfortunately we had to postpone our production "The Haunting." Originally scheduled for this October, it will now be presented in May 2024. It will be a night of immersive theatre. Victorian ghost stories, poems and recitations are combined with original content to create a night of enthralling theatre. While the original dates had sold out, there are now limited tickets available. To book, go to <https://www.trybooking.com/CKDZX>

In 2023, we also held two Crash Test Drama's with excellent original 10 minute plays, written and performed by locals. There will be another two rounds of CTD in 2024.

So what's coming up in 2024? Another full calendar of theatre.

<b>March</b>	<b>Crash Test Drama Round 1</b>
<b>May</b>	<b>The Haunting Stories from Beyond the Grave</b>
<b>July</b>	<b>Grease - Movie &amp; Performance</b>
<b>September</b>	<b>Crash Test Drama Round 2</b>
<b>November</b>	<b>An original adaptation of Shakespeare's A Midsummer Night's Dream</b>

\*People who subscribe to our monthly Newsletter, get preferential ticketing, so why not join up today. Simply visit us on Facebook and click SIGN UP in the blue box, or use this link <https://shorturl.at/flkrD8>



**Ted Ayers**  
MPT Convenor

# 2024

## March & September

# DRAMA

## crash test

A night of ten minute plays

## May



## July



## November







# BUNDANOON Garden Ramble



## What a Wonderful Weekend of Rambling!

Bundanoon swelled with many hundreds of visitors who flocked to town to see the magnificent gardens open for our annual Bundanoon Garden Ramble held, as usual, on the last weekend in October.

Gardens were refreshed by a light shower of rain on the Friday while the weekend stayed fine and mostly sunny. Visitors to the gardens talked to the owners about their choices of plants and design, being inspired to experiment with their own gardens when they go home, taking fond memories of Bundanoon.

Groups of people sat at a garden gate, waiting for the courtesy bus to arrive, chatting with new friends, while comments flowed from one group to another as people wandered through the gardens. The Ramble brings together like-minded people – down-to-earth gardeners and community-minded volunteers, melding into a weekend of excitement, inspiration and reward for all.

After the time lavished on the gardens by the owners, the work behind the scenes of the committee in the year leading up to the event, and the amazing assistance of the many volunteers from the community over the weekend – the reward is immensely satisfying.

Thank you one and all! The committee looks forward to seeing you all again at next year's Ramble.

*Robin Coombes  
Convenor*

*Bundanoon Garden Ramble*

*A sub-committee of the Bundanoon Community Association*











There was creative expression aplenty at the Bundanoon Men's Shed, participating in this year's Arts Trail.

*Pictured clockwise from right: Shed men, Ray Wheatley with Josie Janda-Meyering and Ray's artwork, artworks by Sean Q.*



*Photos by Lucille Nobleza.*



# Snakes and Bundanoon life

Andy Carnahan

When I worked at Council, every Spring guaranteed we would receive at least one call from a distressed new resident, with the urgency of a 000 call, that they had just seen a snake in a park or their backyard and Council need to do something about it "NOW!"

The caller was astounded that the snake response team would not slide down their poles, with sirens blazing a-la-Ghostbusters, be there in five minutes to remove this 'dire threat' to country living.

After explaining that Council would not respond, some callers were accepting and others indignant that Council would do nothing. That we all need to accept that snakes are a part of our Southern Highlands ecosystem. In modern language, residents need to adapt to their presence.

So too in Bundanoon, where we share our beautiful environment with the shy, slithering serpents. The snake most likely to be seen is the appropriately named Highlands Copperhead (*Austrelaps ramsayi*). When seen at the right angle and light, its skin is a glorious glowing copper. Living in a peri-urban area, we also will see the Eastern Brown Snake (*Pseudonaja textilis*), a species that have adapted perfectly to our fields, and supply of rodents. Red Bellied Black Snakes (*Pseudechis porphyriacus*) are also to be observed near our waterways.

There is a creek crossing on the Jordans Crossing Reserve that has resident Highland Copperheads. Walking on the path, with dogs on lead, keep an eye out and you may be lucky enough to see one. Provided it is not threatened or concerned, it is as likely to attack as a Blue Tongue Lizard.

Ray McGibbon, from Southern Highlands Snake Catchers has simple advice "Here's the good advice – a snake you see is generally moving through, so don't try to catch or kill it. Contact me though if a snake seems to have taken up residence at your residence".

It is worth investing in (and carrying) a compression bandage, the very effective emergency treatment for suspected snake bites. Wrap the bandage tightly – as per a strain – from the limb extremity to the top of the limb. Stay still and seek urgent medical assistance.

Rather than "beware" of snakes, "be aware" when walking, gardening, and moving items around the yard. The goal is never to surprise a snake and for them to always have an escape route. There are videos of (very confident) people allowing brown snakes to move through their legs, even when sitting down – not recommended – however demonstrating that unless threatened, snakes do not attack.

Best observed at a distance, snakes are a part of our ecosystem and pose no threat unless they are cornered. Like crossing the road, it is a matter of keeping your eyes open and moving at the speed of your surrounds.

**BEWARE**  
**BE AWARE**  
**IT'S OUR HOME TOO!**



If you see us, please give us space as we get nervous when you are too close. We are beautiful – admire us at a distance and teach your little ones to do the same.

(Stunning Highlands Copperhead, photo courtesy of Ray McGibbon)





COUNTRY WOMEN'S ASSOCIATION OF NSW  
BRANCHES AT BUNDANOON AND EXETER

# Reaching Out

## A new playgroup for Exeter

Since inception just over 100 years ago the CWA's core purpose has been to undertake initiatives to improve opportunities and facilities for rural women, their families and their communities.

In rural settings neighbours are often not close by, extended family members may be far away, and tightly-stretched community services simply don't have enough outreach programmes to compensate for the difficulties in accessing the sort of social support that taken for granted in suburban or city living.

Therefore, after becoming aware of how difficult it was proving for many young rural families – especially families new to the area – to meet others and form connections with the community, Exeter Branch took action and has had the pleasure in helping establish a new playgroup for children 0-6 years of age.

Our role has been to facilitate the birth of this playgroup and bring young parents and bubs together so that they can develop friendships, create networks and feel part of a community.

The inaugural morning was a wonderful success and the group meets weekly in a lovely old barn at The Farm Club, Weraï, by courtesy of business owners Alice and Hugh Clarke.

The Group runs every Friday from 9.30 – 11.30am offering free play opportunities and some music and movement activities. We supply morning tea for the parents, and have sourced donations of toys, and we enable the logistics of setting up and packing away each week.

The Group is off to a great start and will become fully parent-run and self-sufficient by Christmas.

*Photos by Di Page, Branch Publicity Officer*

**Bundanoon CWA** meets 2nd Thursday of the month.  
Contact Loretta Carr 4883 6732

**Exeter CWA** meets 3rd Wednesday of the month.  
Contact Pat Hughes 0413 136 166











## BUNDANOON PHOTOGRAPHY GROUP

During winter and the earlier part of spring, the Bundanoon Photography Group have had some fun monthly "competitions" (in parentheses, because the competition is friendly and aimed at learning from each other - how to take better images and use new techniques, not so much how to show off).

Our monthly President's Cup produced the usual array of interpretations of the topic: for August, appropriately 'Winter'; for September, 'Colours'; and for October, 'Black & White'. We ended up with a tie for both 'Winter' and 'Colours' (but decided 'Colours' by a run-off). To remind readers how cold it got this past winter, we include the equal-winning images for 'Winter' by Alan Edwards and Meg Nurse.

Our October outing was to Tulip Tops, near Canberra, a privately established "tourist park" (not a platitude for a caravan park, but a real tourist attraction). Those who attended were amazed at the garden (established and cared for by a couple and their son!), full of tulips, each bed bounded by plantings of complimentary flowers. Extremely colourful and photogenic.

To cheer readers up from those cold reminders of last winter depicted in Alan's and Meg's images, please enjoy a few shots of tulips, both panoramic and close-up.

We always genuinely welcome new members. You don't need fancy equipment or much prior experience. (Lots of us started with Box Brownies.) We are always very excited if someone new learns from participation in our group, but even more excited if you outdo us. We pride ourselves in being quite different from the usual competitive 'camera clubs'; we want to continue to follow our founder, Peter Gray's generosity of spirit in sharing photographic experience, both technical and artistic.

BPG contacts are:

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











## Let there be light!

After celebrating their centenary in 2022, the Bundanoon Tennis Club has now finished their renovations at the Clubhouse and installed new LED lights on the courts. The new lights meet Australian Sports standards and members think they are brilliant (literally!). Tennis at night in Bundanoon has reached a new level.

All of this has been made possible with the support of grants and the contribution of volunteers. The Bundanoon Tennis Club acknowledges and gratefully thanks the following major contributions:

-  The NSW Government Office of Sport – grant funding of \$10,000
-  The Veolia Mulwaree Trust – grant funding of \$10,000
-  Patrick Fitzgerald (Committee Member) and his volunteer workforce

Bundanoon Tennis Club has 3 synthetic grass courts, a modest clubhouse and approximately 100 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 (day or night) – please refer to the Club website (<https://play.tennis.com.au/bundanoontennisclub>).





## SOUTHERN HIGHLANDS CARRIAGE CLUB

After the excitement of winning "Best International Carriage Driving Club" in the U.K. Carriage Driving Awards early in 2023, then again with Australia winning the "Zilco Ashes" International Championships at home in early August, against the U.K., SHCC has experienced a fantastic year of fabulous driving with much fun, and a lot of hard work thrown into the mix.

With competitors coming from most States, plus a driver from N.Z., the Zilco Ashes was a huge success and was televised live worldwide, promoting carriage driving to the wider community, another first for carriage driving in Australia, and SHCC is so proud of its achievements in this regard. Many lovely comments came from across the world about our beautiful gum trees, and the noise of wild birds singing, so Bundanoon and Australia were the flavour of the month. The support of many Bundanoon community volunteers was much appreciated, so mark 9th and 10th August 2024 in your calendars, as next time around the competition will involve many European countries, U.S.A. and N.Z.

To top off a wonderful year, SHCC has just learned that the Club has been granted an annual licence on the Crown Land 25-acre block directly opposite SHCC grounds. The Club had a trial run of this extra land, including it in our marathon course for a recently held event. It worked very well and was thoroughly enjoyed by the drivers. This extra land will allow the Club to conduct bigger and better events in the future. Now there is much hard work ahead for members to help in making good this whole area for equine use, benefiting so many for years to come.

As part of the marathon course, we were able to use a portion of Bundanoon Quarry, providing a very scenic and almost prehistoric route, with drivers enjoying the different scenery and the challenge that it provided for them and their horses. A huge thank you to Troy Stratti, owner of the Quarry, and Brendan Matthews, for organising this experience for the Club.

During 2023 the National Trust invited SHCC to showcase carriage driving at "Golden Vale" in Exeter,

and "Riversdale" in Goulburn. An invitation to revisit "Golden Vale" in May 2024 has been accepted, with the Sydney Regency Group coming to conduct their workshops, and no doubt to be taken on more carriage rides, a real highlight of this year's visit.

SHCC already has a full calendar of Clinics, Championships, Events and Club Training/Social activities planned for 2024, making for another busy and hopefully exciting and progressive year.

The new Outdoor Multi-Discipline Dressage Arena surface is nearing completion and will be a game changer for competitions, training, and many other activities, resulting in an increase in competitor/visitor numbers coming to Bundanoon. SHCC is the only Carriage Driving Club in Australia to have an arena surface of this type, which will benefit both the ridden and driven disciplines of equine sport, not only for local equine enthusiasts, but for those from further afield.

**YVONNE WOOD**  
Secretary SHCC



# Our normal...

As we, the Year 6 of Bundanoon Public School 2023, begin our transition to a high school environment, we have reflected on our natural environment. We all live with the impact of bushfire, drought, floods, pandemic & uncertainty. We have found that currently the natural environment is in the worst state in recorded history - what is normal for us is the worst ever.

In 2009 (before we were born) our community set a benchmark in environmental protection with the Bundanoon on Tap campaign. We invited the original members of the campaign to speak to us and learnt that this was a world first initiative to get rid of single-use plastic water bottles. We have calculated that this has reduced the need for over 1 million plastic bottles over the years. Amazing! But what have we, as a community, done since?

There are many ways we can take action to stop the horrendous path we are following; this can be as simple as planting more trees. We can choose to reduce our energy needs, improve our diet, recycle more often, eliminate pesticides, slow down on the roads at night and contribute to citizen science projects. Each of these actions take little effort which means that we aren't asking for much to change our world to be the best in recorded history!

A couple of ways to reduce energy include turning the lights off when you leave the room or turning off power points when you're not using them. Add solar panels to your roof to save money and also save the

environment. Solar panels take energy from the sun and that energy can be converted and used all around your house. Imagine if we all had electric cars. When you drive a combustion engine car, it releases toxic fumes that are bad for the environment. Without petrol cars the environment would be much better. We have water refill stations in our town. Why can't we have car charging stations for electric cars too?

Our diet is an important part of a healthy life, so important that we have been learning how to grow and cook our own food. We have followed recipes and made such delicious food! The ingredients we used in our cooking were simple items you could find in your fridge and leftovers from other things you might have made so we avoided food waste. This is important as food has never been so expensive! We made French toast, pancakes, veggie fritters, salad burgers and fruit skewers. We will be harvesting our garlic at Remembrance Day and making garlic bread and garlic pizza. We have also completed a multicultural cooking assignment where everyone brought in a plate to share, along with its recipe and place of origin. Later this term we will be using our cooking skills to have a breakfast banquet to raise money for a school in a developing community in Nepal. We've learnt that saving food saves money and resources, while eating healthier by eating less meat is healthier for the planet.

We can recycle better too. We did recycle soft plastic at school, at home and in our daily lives, but we don't now. When we recycle soft plastic, it doesn't just go to





waste but can be used to make other things, reducing the amount of plastic going into the ocean and therefore also reducing the death rates of our fellow mammals and sea creatures. It's not too late to start recycling again.

Don't use fly spray! It doesn't just kill flies and mozzies, it kills you! Pesticides kill us because the spray doesn't care if it kills just the flies and mozzies or if it kills all the insects in the entire environment. When you use fly spray, it kills all the insects in the area so that other animals, such as spiders, frogs, lizards, birds and other small mammals, don't have any more food. So instead of using poisons that kill everything, use things like Aerogard which don't kill insects, but repel them instead. Don't use chemicals that kill insects which are so important to the ecosystem! We need these insects to pollinate our crops. Protecting the insects protects the grass, the trees and all the animals, including us.

Another thing we can do is to look after our wildlife. Slow down on the roads when animals are about. We have a sign on our classroom window that says "I go 70km/h dusk to dawn". None of us drive yet but it won't be long before we do. In the meantime, we're passengers and we look out of the window where we see many dead animals. When was the last time you drove to Moss Vale and did not see a dead animal? How many animals are killed because we are driving too fast to stop in time? We can also help animals by helping to support local wildlife carers, like so many of us do for Wombat John at Wombat Care Bundanoon.

Do you have a Wildlife Watering Station at your place? We do at school, along with several small ponds. We can also join in citizen science projects that monitor what animals are out there. Did you know that BirdLife Australia's Aussie Bird Count survey found nearly four million birds in one week? We helped BirdLife Australia develop an understanding of local birds whilst getting to know the wildlife on our doorstep.

We can also plant more trees. Our school has been planting trees every year since we have been in kindergarten. Even though none of our trees were burnt in the bushfires, it seems that we have less trees now than when we started and this problem is getting worse, with more trees in our school grounds dying. Planting trees is the simplest solution to make an impact on climate change. Trees can remove carbon from the atmosphere, cool our cities and suburbs, stabilise our rapidly eroding landscape and provide habitat for wildlife.

We need a new normal, one where we can investigate the environment and find that it is in the best condition in recorded history, where it is appreciated, respected and sustainably managed. As we head into high school in the new year, we are hopeful that simple actions can have a huge impact. We ask you, what can you do to create a wonderful future?

Year 6 2023

Bundanoon Public School







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I have been an associate member of the Royal Art Society of Sydney for over 10 years, where I paint & exhibit on a regular basis.

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# THE BEST GIFT

*photo by Lucille Nobleza*



THE  
BEST  
GIFT







## Community, laughter and good will.

By the time this magazine is out,  
the inaugural Bundanoon Folk  
Festival will have happened!

If the workshops and events leading  
up to the BFF are any indication (as  
these pictures show), it promises to  
be have been full of community spirit,  
laughter, good will and great music!

We hope to bring you stories and photos  
from the event in our next issue.

Thanks to everyone who has taken  
part, by supporting, helping, making  
and creating, singing and playing,  
managing and organising and generating  
a fantastic community spirit!

We hope the 2023 Bundanoon  
Folk Festival is the first of many!

*photos: Lucille Nobleza  
words: Bella Gnechchi Ruscone*



# Sharing knowledge

Kim McCallum

The Bundanoon Bowling Club recently hosted an Indigenous Baskets & Bush Foods workshop.

In the first half of the workshop, we learned about traditional Aboriginal basket making from Aunty Deidre, a Yuin nation elder. Having never attempted basket weaving before, I found Aunty's instruction very easy to follow and learnt how to do a simple weave using a blanket stitch. It was great having all the necessary equipment and material supplied as well as a handout of the process.

After a break, with a refreshing cup of lemon myrtle tea, Jacqui B from 'Earth, Seed and Fire' taught us about cooking with bush foods. I also enjoyed learning about foraging or buying from trusted indigenous companies. It was very informative and whilst the majority of bush tucker was familiar, there were some little gems or recipes many of us had never heard mentioned before. This was enhanced by the opportunity we were given to sample some of the produce. Met some locals I knew and a few I didn't and everyone was chatting and having a good time.

All in all a great afternoon learning about some creative aspects of indigenous culture. Many thanks to Auntie Deidre, Jacqui B and Pat Hall for pulling this all together.



*pictured above:  
Jacqui B, Wanika Seymour,  
Pat Hall and Aunty Deidre*











**BUNDANOON SINGS!**  
invites you to

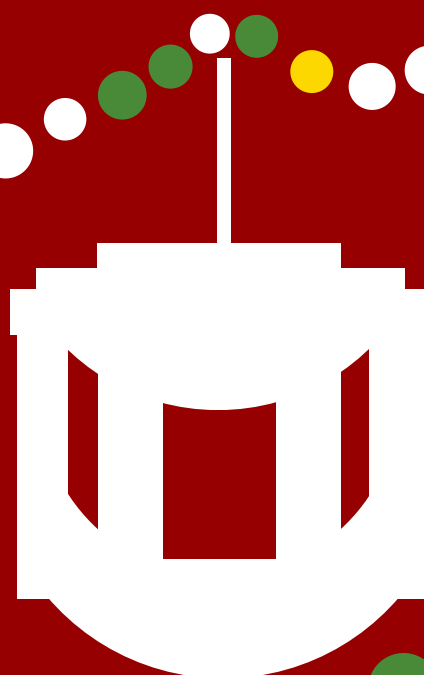
# CAROLS

by *Fairylight*

**5.00pm Saturday  
16th December 2023**

**Bundanoon Soldiers'  
Memorial Hall**

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





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# The gift of music

Hannah Halloran

When I was very small and sitting at my papa's kitchen table, our cutlery regularly became percussion instruments. Songs and laughter bounced around the walls of their small kitchen. We were one of those families who moved around a lot. We'd do the washing up together, singing in three-part harmonies as we scrubbed and dried dishes (often I was too distracted by music making to do a very good job). The joy of singing together was a constant, regardless of where we lived. As I grew, I danced in various lounge rooms to scratchy records with my dad. In more recent times, we have started to build our own family's history with music - singalongs, funny dance moves, a special song to mark the beginning of every weekend, house concerts. Music is more than just sound; it brings joy, and provides a lifeline in tough times.

I'm very fortunate to share my love of music outside the family. Groups like Bundanoon Sings! and Zephyr Ensemble have allowed me to sing and connect with dear and newfound friends. Music continues to lift my spirits, bring peace in difficult times and connect me in a way that words alone can't. Music, the greatest gift of all, continues to unite us, just as it always has.

If you have a love of music, why not consider joining Bundanoon Sings! In the New Year? Never has a group made me feel so connected to the community, and help me reconnect with myself, too. Carols by Fairylight tickets are available via our facebook page [www.facebook.com/bundanoonsings](https://www.facebook.com/bundanoonsings)





## Les, aka Laszlo

(which is a bit more exotic than Les)

## Rundle

A familiar, friendly face, Les Rundle is known to many around Bundanoon.

Whether at old-machinery showcases, selling hand-made furniture outside the Old Goods Shed, treading the boards in the Soldiers' Memorial Hall, or volunteering, over the years, we have seen Les fix things, make things, paint things, sing things, and contribute to our community in a myriad of positive ways.

With a genial smile and a quick wit, Les's all-around welcoming good cheer can brighten the gloomiest days for friends and strangers alike.

Thank you, Les, for continuing to be a great gift to our community.



photo by Lucille Nobleza  
words by Bella Gniecchi Ruscone



# THE BEST GIFT

In this Year of Barbie, I'm fondly recalling the best Christmas present that my mother made for me. First came the Barbie on a little posing platform. The next parcel was the amazing wardrobe which Mum had hand sewn for her. It was so 60s, so cool, so groovy.

Paisley silks, lamé, lurex, pop-art swirls, cocktail dresses, skating outfits, a vinyl No.99 trench coat, opera coats and more.

Thanks Mum.





# The selfless gift

Christine Janssen

The alarm that my husband had been carrying for over 10 years buzzed loudly. It was 11pm and we'd been sleeping soundly. He picked it up and we looked at each other with a mixture of hope and shock.

Henk had been on dialysis for 8yrs and on the transplant list for over 10. He'd been off the list a few times due to health issues and the percentages were against him due to his matching parameters. We lived in hope, but our expectations decreased as the years past.

He put the phone on speaker and dialled the number he'd been carrying for all those years. The alarm had buzzed before, but always during the day, when the hospital was testing. Each time, he dialled in anticipation. This time, he gave his name and was put through to a renal nurse.

**"Mr Janssen,  
we have a kidney.**

**Do you want it"?**

You may think that the response would be a resounding "YES", but there was hesitation. He was relatively healthy and coping with dialysis. We'd been working with his renal specialist for years and knew of the risks associated with transplantation.

After a short talk, he accepted, and we packed and headed to the hospital for assessment. It was over 10hrs of anxious waiting before the approval was given for the operation.

It's been twenty-three years since that night and Henk is one of the longest living transplant recipients. Years that have been spent working, raising our family, being able to holiday more than 2hrs from a renal unit and now enjoying a retirement he didn't expect to see.

Henk received the gift of life from an incredibly generous donor and their family. Truly the greatest gift of all.



# BETWEEN BROTHERS

© G. J. Olsen Esq 2014

Six and a half years older than me  
Is my brother Neil.

He's a bit taller too and much more sporty  
But very different in nearly every respect  
Chalk and cheese really, that's very clear.

He once chased me around the backyard  
Axe in one hand, a camera in the other.  
If facebook was around way back then  
I'm sure he would've posted the photos he took.  
I was pretty much afraid of him.

We don't have a lot in common,  
Except for the same Mother and Father.  
I've never spent much time with him,  
Our differences have kept us apart.  
I'm hoping this will change really soon though.

In spite of the lack of overt brotherly love  
One great thing he did  
Was to buy me my first guitar.  
A Monaro electric, with a Vadis amp,  
In 1969 it was, for Christmas.

He could see in me the gift that I had  
And for that I am very grateful.  
Earlier this year he came to visit and  
I learned more about him in those couple of days  
Than I had in several decades.

I hope that we can connect a little better now  
As understand each other we must.  
Because life's too short to harbour things  
That create pain and fuss and get in the way  
Of a healthy trust between brothers.

## *Under the Wings*



Catherine Hanes presented "Under The Wings", which was the winner of the Winterfest Art Competition, for permanent display in the Supper Room at the Soldiers' Memorial Hall. Catherine explained the collage composition and background.

*Photos by Genevieve Grayson*

### JCG MARCH 2024 ISSUE

THEME FRIENDS & FRIENDSHIP  
DUE last week of January 2024  
SEND TO JCG.editor@bca.asn.au





# Australian DIY Families Institute



## BUNDANOON OPSHOP & ESSENTIAL SERVICES



WED-SUN  
9:30am-4:30pm



29 Railway Avenue

[www.diyfamilies.org.au](http://www.diyfamilies.org.au)

### Op-Shop



Discover a world of hidden treasures at our op shop! Step inside and experience the joy of finding unique and affordable items, all while supporting a great cause.

Our shop thrives on the generosity of locals who donate their pre-loved belongings, and we appreciate every contribution. We also have a lot of new and unused items to choose from. As you explore our store, you'll find a wide array of clothing, accessories, household goods, books, and more, each item with its own story to tell.

### Essential Services/Food Pantry



**Did you know?** Since September 2022, we have given away over 30 tons of fresh fruit, vegetables and bread to families struggling with the cost of living in our region. We have achieved this through our partnership with Secondbite, Food Bank & OzHarvest. On a weekly - fortnightly basis we provide **FREE** weekly fruit and vegetable hampers to clients in need and for many who are isolated or are without transport, we deliver directly to their doorstep. If you know someone who could benefit from our assistance, please don't hesitate to refer them to our services. We are here to lend a helping hand to those who need it most. However, we can't do this alone. We rely on the support of dedicated volunteers to keep our food pantry running smoothly. If you're passionate about making a difference and have some time to spare, we invite you to join our team as a volunteer. By dedicating just one day a week, you can contribute to our cause and help us assist those whom are facing hardship with ensure they have access to nutritious food and the support they deserve.

### Nursery



Be a part of something beautiful and meaningful in our community! Join us in rebuilding our beloved nursery at the back of our op shop and make a positive impact on our environment. We're calling on all local volunteers who are passionate about plants and gardening to lend a hand. Whether you can help with cuttings of plants that thrive in Bundanoon or contribute your time and expertise, we would greatly appreciate your support to get our nursery back to scratch. Together, we can create a thriving green space that benefits us all. Drop in, have a chat, and let's grow something wonderful together!

We would like to say **Thank you to our community** for the continued support and thank you to **REFCA Realty Group** for their committed sponsorship.





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Dr Geoffrey Sparkes  
Dr Nicola Oehm  
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## Contact

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# UNMASKING THE ENIGMA

## The hidden symptoms of sleep apnoea

Sleep apnoea is a common yet potentially serious sleep disorder characterized by pauses in breathing or shallow breaths during sleep. These interruptions in breathing can last from a few seconds to several minutes and may occur multiple times throughout the night. Sleep apnoea presents a range of overt symptoms that include snoring, daytime sleepiness, and witnessed apnoea. However, beneath the surface, a host of hidden medical symptoms may lurk, escaping immediate recognition. This article sheds light on the less conspicuous manifestations of sleep apnoea that could have severe implications on individual's health.

### Hypertension: The Covert Culprit

One of the less recognized effects of sleep apnoea lies in its impact on blood pressure. Patients with sleep apnoea, especially those with obstructive sleep apnoea often exhibit elevated or fluctuating blood pressure levels.

### Cardiac Arrhythmias: A Telltale Sign

Sleep apnoea can cause cardiac arrhythmias. This includes bradycardia, tachycardia, atrial fibrillation and premature ventricular contractions.

### Cognitive Impairment: The Quiet Erosion

Subtle cognitive decline, including impaired memory and executive function, can be early indicators of sleep apnoea. This hidden symptom is often overshadowed by other factors in the clinical assessment. This also can mimic dementia symptoms.

### Metabolic Dysregulation: A Complex Relationship

The interaction between sleep apnoea and metabolic health is a complex interplay. Individuals with sleep apnoea may experience disruptions in glucose metabolism, insulin resistance, and altered lipid profiles.

### Mood Disorders: Unveiling the Emotional Toll

Sleep apnoea has been linked to mood disorders, including depression and anxiety. These hidden psychological symptoms can be insidious, impacting an individual's overall quality of life.

### Sexual Dysfunction: The Intimate Intrigue

The presence of sleep apnoea may influence sexual health, leading to issues such as erectile dysfunction and diminished libido. These hidden indicators can be early markers of an underlying sleep disorder, necessitating a comprehensive evaluation.

### Risk factors for sleep apnoea:

- Being overweight
- Older age
- Alcohol
- Some thyroid diseases
- Some medications like sedatives
- Nasal congestion and obstruction
- Facial bone shape
- Large tonsils and adenoids, which may cause sleep apnoea in children



### Diagnosis:

A definitive diagnosis of sleep apnoea typically involves a sleep study.

### Common Managements:

- Lifestyle Modifications:** Adopting a healthy lifestyle can often be the first line of defence. This includes maintaining a regular sleep schedule, avoiding alcohol and sedatives, losing weight if needed, and sleeping on your side rather than your back.
- Continuous Positive Airway Pressure (CPAP):** This is one of the most effective treatments for obstructive sleep apnoea. It involves wearing a mask over the nose and/or mouth during sleep, which delivers a steady stream of air pressure to keep the airways open.
- Oral Appliances:** These are devices fitted by a dentist or orthodontist that help keep the airway open by repositioning the jaw and tongue during sleep.
- Surgery:** In severe cases or when other treatments fail, surgery may be considered to remove excess tissue, correct structural abnormalities, or implant a device to support the airway.

**Early recognition and appropriate management of sleep apnoea are crucial for improving sleep quality, reducing associated health risks, and enhancing overall well-being.**

Please see your GP if you are experiencing any of abovementioned symptoms or you have a question.

#### References:

- Better health channel: (sleep apnoea)
- Heart research institute: (Obstructive sleep apnoea: causes and symptoms)
- Healthdirect: (Obstructive sleep apnoea)
- Lung foundation of Australia: (Obstructive sleep apnoea)





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# Confessions of a Rail Fan

Andy Carnahan

I always thought a 'rail fan' was someone who knew timetables, trains, engines, railcars off by heart. Their habitat was platforms and beside tracks clutching a notebook and telephoto lens camera. Coming back on the wonderful Winterfest Heritage Rail Motor short tour, a fellow traveller diagnosed me, "Andy, I think you are a rail fan".

Yes, I do know roughly the times of the thrice daily each way Sydney – Canberra service and I recognise the sound of the non-stopping twice daily Sydney – Melbourne XPT. Dare I confess I find the sound of the front and back grumbling engines a lovely sound? Perhaps not.

For those living in Bundanoon, we should take advantage of our rail service. At the Heritage listed Bundanoon Station we can travel easily between Sydney and Canberra. For those with a NSW Seniors card, there is also a bargain to be had. How does travelling anywhere south of Bundanoon on the rail network for only \$2.50 a day sound? Canberra return in a day only \$2.50? Albury via Goulburn only \$2.50. Stay overnight in Canberra and it is \$2.50 each way - \$5.00 for a return overnight trip.

With a Seniors Card, you are eligible for the Country Pensioners Excursion fare. You do not need to be receiving a pension, only hold a NSW Seniors Card. The "catch" is that it is only for southbound travel from Bundanoon and only when you book within a week of travel.

If you have time and want to save money, even Bundanoon to Melbourne for \$7.50 each way is possible. The booked train to Goulburn, then the XPT to Albury is \$2.50 on the Excursion fare. Then a bit over a 2 hour wait at Albury for the late afternoon regional Victorian service. It adds three hours but can be done – I know because I've done it!

For people travelling either way between Sydney and Canberra, Bundanoon is a great tourist stop-off to spend a morning/lunch before carrying on to their destination. I like to think of Bundanoon as the new "Central" on the Bundanoon tourist railway. I have created a small website [BundanoonOnTrack.com.au](http://BundanoonOnTrack.com.au) to promote our wonderful town.



*Bundanoon is the new "central" between Canberra and Sydney*



*Friendly staff on the service*



*The Victorian Velocity Regional Service at Albury*

Photos, Bundanoon as Central, smiling guard, Regional Victorian Train.  
Victorian image Creative Commons, Wikipedia





## BUNDANOON GARDEN JOY

Lyn Morehen

Throughout the year visitors arrive in Bundanoon to together with its residents celebrate and enjoy the abundance that its gardens and landscapes provide. The gardeners of Bundanoon generously give of their time and produce sharing what they have achieved. Note that most of our visitors are welcome but there are a few that we have to learn to live with. Think snails, wombats, aphids and some birds that destroy what has been planted. Fortunately our gardeners share their knowledge on how to intelligently and kindly deal with such problems.

The sharing of our gardens in a myriad of ways means that walks, or even drives, through our village are pleasurable. Whilst I walk to the village I enjoy what other gardeners have achieved. Some gardens proudly show everything to the passer by whilst others reveal only an enticing glimpse. It is fortunately rare to see a garden completely hidden from public view behind a high fence, wall or hedge. At various times of the year generous gardeners open their gardens to the public, think of the annual Bundanoon Garden Ramble that has been held since 1990s and this year celebrates its twenty fifth ramble. Other clubs and societies, such as the Bundanoon Garden Club, arrange for member visits to various gardens.

Excess garden produce is often given away, especially in times of a glut. In the citrus season limes, oranges and lemons can be found displayed on grass verges, at various club meetings and even the butcher has a display which reads 'Free Lemons'. Various social media sites and club notice boards advertise free produce available for the picking, such as home grown blackberries when in season. Excess trees and shrubs are offered for free or for a reasonable sum. Recipients and buyers benefit because they are receiving locally produced plants and gardeners have the satisfaction of giving away their produce or receiving a financial reward for their efforts.

A recent initiative to launch a way of sharing produce has been launched by Lisa Stuart who runs the Bundanoon Makers Market. This market is open on the first and third Sundays of each month, alternating between the Public school grounds and the Memorial Hall. The plan is to provide an outlet for garden produce from local gardens, including produce that has been grown by children. Produce is then sold to residents and visitors alike. A long time service is provided by the Good Yarn shop that also sells garden produce including seasonal flowers, fruit and vegetables and jams and pickles that are made from local produce.

It is a pleasure to see how many of us benefit from the produce and sharing that the gardeners provide. I am now about to enjoy the kind gift of a neighbour's lemons and make a batch of marmalade. Then a walk to the village. I anticipate the warmth of the sun, the perfume of roses, the sounds of the birds and the gift of another summer in Bundanoon.











*photos by Lucille Nobleza*





## Bertie McMahon

Bertie McMahon is a talented and humble musician living and working locally in Penrose. He teaches music, writes and plays music, and is a music therapy practitioner.

You may have been lucky enough to have heard several of his original tunes that were included in The People Have Songs, Tunes and Dances concert that closed the Bundanoon Folk Festival. Bertie not only wrote several of the tunes used in the performance, he played double bass and sang in the choir. The bouncy Wombat Man song about local identity, John Creighton, that closed the concert was the result of a collaboration between Bertie (tune), Adam Greenwood (lyrics), and Miguel Heatwole (choral arrangement).

– Lucille Nobleza and  
Dallas de Brabander





## 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.

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*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.*



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## LIFTING THE KILT ON MEN'S HEALTH

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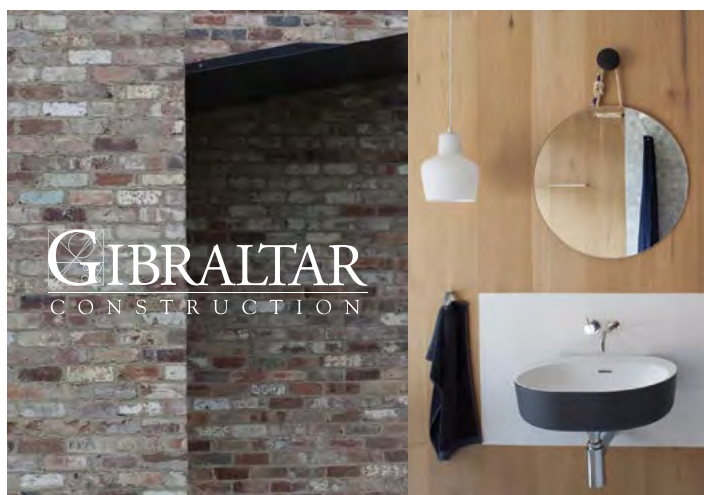
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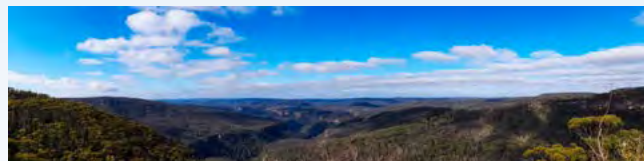
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### President

Andy Carnahan ..... president@bca.asn.au

### Vice President

Trevor Wright ..... vice-president@bca.asn.au

### Secretary

Christine Janssen ..... secretary@bca.asn.au

### Treasurer

Gregory J Olsen Esq ..... treasurer@bca.asn.au

### Committee Members

Ralph Clarke

Stuart Reid

Jeremy Tonks

Belinda Wright

## BCA SUBCOMMITTEE CONVENORS

### Arts Bundanoon

Pamela M Jane Duncan ..... arts@bca.asn.au

### BCA Membership & Website

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

### Bundanoon Garden Ramble

Robyn Coombes ..... Bundanoon.GardenRamble@bca.asn.au

### Bundanoon: Plastic Free As We Can Be

Gregory Tyler-Olsen ..... treasurer@bca.asn.au

### Bundanoon Ukesters

Anton Baggerman ..... bundanoonukesters@bca.asn.au

### Bundanoon Sings! Choir

Geoff McCubbin ..... bundanoon.sings@bca.asn.au

### "Bundanoon on Tap"

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

### De Meyrick Reserve

Sandy Berry ..... sandy.berry@bigpond.com

### Glow Worm Glen Track

Liz Norrie ..... liznorrie@internode.on.net

### The Green Team

John White ..... johnifer@bigpond.com

### JCG

Christine Janssen ..... JCG.editor@bca.asn.au

### Leaver Park Group

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

### Melting Pot Theatre

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### Needles & Natter

Meredith Brooks ..... NeedlesandNatter@bca.asn.au

### Pipes and Drums

Jeff Appleton ..... Bundanoon.pipeband@bca.asn.au

### The Rex Cinema

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### Hall Management & hire

Lyndell Giuliano ..... hall.convenor@bca.asn.au

..... hallhire@bca.asn.au

### Welcome to Bundanoon

Catherine Andrews ..... welcome@bca.asn.au

### Winterfest

Jonathan Melrose-Rae ..... winterfest@bca.asn.au

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St Aidan's, Exeter ..... Sunday, 10am

St Stephen's, Tallong ..... Sunday, 10:30am

All Saints, Sutton Forest ..... Sundays, 2pm

### Uniting Church

Moss Vale ..... Sunday, 9.30am

Bundanoon ..... Thursday, 12.30 pm

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Catholic Church Parish Office ..... 4868 1931

Iona ..... ionachristiancommunity@gmail.com/4869 1196

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RFS Auxiliary ..... Peter Goulding ..... 0419 639 531

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