

JCCG



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

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magazine**

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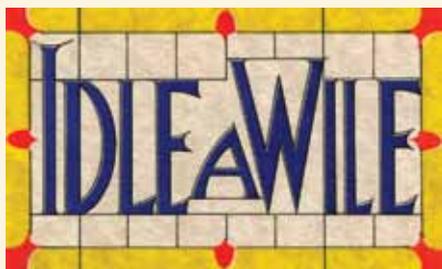


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Cover photograph:

Phillip Sharp leads a class at the new premises of Sharp Fitness. Photo by Wayne Todd.

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Helen Clark,
Guest editor

From the editor

ONE OF THE many things I loved about Bundanoon when I landed here four years ago was how many active people I saw – walking to the station or to school, going for a morning bike ride, walking to buy the bread and the paper, walking the dog, running, exercising in a group on the oval, swimming at the pool, walking with a group of friends... the list goes on. The many cheerful "Good mornings" I received seemed evidence of happy people and certainly continue to make me feel good!

There is evidence that exercise is a factor in the uptake of serotonin and dopamine from the blood into the brain – both chemicals that are important for our well-being. For this issue we asked a few locals to tell us why they enjoy being on the move and I hope you find inspiration in their stories.

The photos of the wonderful day that was 'Brigadoon' illustrate what a great success it was, with thousands of people enjoying the pipe bands and the entertaining highland contests on a fine Autumn day.

active bundanoon

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Hall Hire

For Soldiers' Memorial Hall booking enquiries please phone 4883 6971 or email hallhire@bundanoon.nsw.au

BCA meetings

Third Thursday of month (excl Jan):
17 March (AGM), 21 April, 19 May:
7:30pm in Supper Room at the Hall.



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Deadline for next issue:

Friday 6 May





Photo: Noel Fisher



Photo: Corinne Dany

Brigadoon 2016



Photo: Noel Fisher



Photo: Noel Fisher



Photos left and right: Roy Truscott



Brigadoon shone on the day

› Thomas-Andrew Baxter

THE SUN WAS just setting behind the treeline as the last notes from the impressive massed bands' rendition of *Amazing Grace* remained suspended in the air as if reluctant to leave; reluctant to leave too the crowds that attended this year's Brigadoon, for the overwhelming sentiment was one of a having had a great day out.

Over the 39 years of the Bundanoon Highland Gathering, there have been highs and lows – depending on the weather, the numbers turning out and the willingness (or not) of patrons to participate. This year was definitely one of the 'high's'.

It is difficult to know why it was so successful this year. Yes, the weather was just right, the committee (with a large number of new members) had all worked hard on their various responsibilities and the promotions had been extensive and widespread. Yet from the first stirrings of the pipe band in the main street (sponsored by BCA) to the gathering of the crowds along the parade route, there was a palpable feeling that this was going to be one of the really successful years. And so it proved to be.

Numbers attending were 40-50% up from last year and there was a continual buzz throughout the day as the various and varied activities took place with clockwork timing. Walking around, the atmosphere was friendly with lots of smiley faces – even more so from the stall holders.

It is very pleasing to report that all of our local community stalls did a roaring trade all morning – with many running out of food and stock by 1pm. It is even rumoured that The Bundanoon Club had to source replenishments from the Bundanoon Liquor Store! The same success stories filtered back from most of the shopkeepers who nominated the day the best Saturday they could remember for Brigadoon. The financials are not yet completed but the committee is very confident that this year will add another chapter of giving to the local community that had reached \$1.2M by 2015.

Sharing the success of Brigadoon with the community has been one of the aims this year and it is so pleasing that this goal has been met. The **jcg** discount pamphlet was taken up by many village residents, with over \$4,500 taken in pre-sales. This represented about 1 in 7 adults living in Bundanoon and we hope to build on this and encourage more residents next year. A sincere thanks to Todds Real Estate for being so willing to be the sales agent.

The committee is now working hard on planning for next year where we are hoping to engage as many Bundanoon folk as possible with a range of pre-games events and activities in a festival program. More details will be available in the December edition of **jcg**. In addition, while the past event was a great success, the committee will be instigating improvements from feedback received and their own observations. New members are needed to help the committee for next year's special program so please get in touch with the Secretary if you are interested in being part of this significant feature on our annual calendar: brigadoon.secretary@gmail.com).

We do hope that the infectious atmosphere

from this year will encourage more locals to join the crowds next year to celebrate 40 years of an event that the committee is proud to label '*by the community, for the community*'. Keep your ears and eyes open for announcements that will be made later in the year and follow the sounds of the pipers on April 1 to explore the magical setting of Brigadoon for a day.

Stop press

Brigadoon's worst-kept secret is now official: Jimmy Barnes will be Chieftain of the Day at next year's 40th anniversary Highland Gathering!



Photo: Peter Gray

Winners on the Day

Tartan Warriors:

Farmers Walk: 1st – Luke Reynolds, 120m (no drops)
Stones of Manhood: 1st – Luke Reynolds, 23.5 seconds

Brigadoon Challenge:

Men's Grand Champion: Adam Corrigan
Women's Grand Champion: Samara Sargeson

Bonnie Bairns:

0-18 months Girl: Reeghan Saunders, Boy: Malikai Fox
18 Months to 2 Years Girl: Honor Walsh, Boy: Henry James Merchant
3 years: Girl Emma Hesketh and Indianna Elphick
4 years Girl: Poppy Parasotto, Boy: Billy Hunt

Best Float:

Penrose School with trainee pipers,

Best Window Display:

The Good Yarn

Spirit of the Day Award:

Clan Macdonald



Photos by Peter Gray



Crash Test Drama

› Rosemarie Gray

*Come thee from thy talking boxes, thy word and picture screens,
from all thy modern devices, O ye chair-bound Bundanoonians!
Hie thee to thy local haven of merriment and thespian performance!
Here shall ye enjoy pleasures not yet dreamed of in thy dull domesticity!
Haste thee abroad from hearth and home to greet fellow villagers
In whose veins surgeth the juices of creativity!
Speak thee unto each other in this nurturing place,
rejoicing in the brilliance of sparkling minds, and in the joy of being alive!
The play's the thing! Let the curtain rise on Thine own creations!*

—Margaret Symonds

THE BARD HIMSELF might well have uttered these words after attending a session of Crash Test Drama, the magnet which has recently been attracting both villagers and people from faraway places to the Bundanoon Soldiers' Memorial Hall to pool their talents and enjoy a different and wonderfully addictive kind of entertainment and challenge.

Part of Melting Pot Theatre, it is a most amazing live theatre event and it's a 'must do' experience, with eight brand-new ten-minute plays seen for the first time on the stage anywhere. Readings of plays are performed with script-in-hand and the auditions, casting and rehearsals are all done in the two hours before the show. Performed live in front of each play's first audience, and costing only \$10.00, which includes cheese and wine. Prizes are awarded at the end of the night.

For the 9th May 2016 event we thank Andrew Forbes for being our judge.



Crash Test Drama Results

CTD performed some unexpectedly endearing, wickedly funny, and punchy performances in our village hall. The productions were comedic in this selection and celebrated saucy humour, slick words and the art of theatre itself.

Best Play as chosen by the judge:

'Two Crooks Stealing' written by Gillian Brennan.

Best Actress: Irene P in 'Eating Corfu'.

Best Actor: Jock Bidwell in 'A Sunburnt Country'.

Best Director: Brian Haydon for 'The Presentation'.

Actor Encouragement Award:

Thomas Andrew and Barb Griffin.

Development Award:

Michelle Morgan for her play, 'Eating Corfu'.

The **Best Play by Audience** vote also went to 'Two Crooks Stealing', but as this had already taken out the Judge's award, the play achieving the next highest score was chosen to advance to the Gala Final and this was 'The Presentation' written by Brian Haydon.

Congratulations to the winners. We look forward to seeing Gillian and Brian's plays back in the Gala Final in November, when the scripts will be a distant memory as all shows in the final are presented as fully-produced productions.

Dates to diarise

30 July: Crash Test Drama – combined with a fully produced One Act play

15th October: Crash Test Drama – combined with a fully produced One Act play

19th November: Crash Test Drama Gala Final – the eight best plays from the year's programme

17th December: Bundanoon Christmas Variety Show

We do need more plays, so please consider this your personal invitation to write a play on whatever topic you like, just as long as it's less than 10 minutes. Please get in touch if you have any questions.

If you would like to learn a little more of what the Melting Pot Theatre group are up to, please drop a line to pat.brennan84@gmail.com

The piano project

> Jennie Fea

JUST A BIT about BCA's new piano project.

Who will benefit? Everyone in Bundanoon who likes music. The piano will belong to the BCA and can be used whenever an event in the hall requires it.

What? A Yamaha CF6 6 foot concert grand.

When? The new piano will be delivered around the end of June.

Where? We all know that – here in the Soldiers' Memorial Hall.

Why? The Kawai has served us well and has earned a graceful retirement while it is still in excellent condition. It has had the best



of care by one of Australia's best piano tuners. To assist the funding of the new piano, the Kawai, by the time of the publication of this article, will have been sold through a silent auction process.

In recent times the BCA has taken advantage of a very generous offer from Yamaha to commence the piano replacement programme. This will allow the BCA to acquire a slightly larger and brand new piano. With its richer tone, due to longer string length, this new instrument will suit the most demanding of pianists.

Yamaha has a policy of supporting music endeavours and communities large and small – from a partnership with the Sydney Opera House to Bundanoon and beyond.

How? With the goodwill of the community. The following site has been set up for anyone who would like to make a donation – however small (or large). Please know that a donation through crowd funding can be anonymous or your name can be stated.

<https://ozcrowd.com/campaigns/bundanoon-community-association-new-grand-piano/#.VuiSydC3r1V>

Speaking of Volunteers:

If you would like to volunteer for Arts Bundanoon you will receive a warm welcome. It's not a lot of work, actually quite a small commitment, to help keep going a worthwhile contribution to Bundanoon's diverse community life.

Anyone with such an interest has all the qualifications needed.

- No special musical knowledge is necessary
- You don't have to play an instrument yourself
- Meetings are only once a month, usually on the Monday before Music at Ten.
- You don't even have to stay for the concert if it's not one for you – just help welcome the audience, or sell the tickets or bring some flowers for the stage.

There are always other tasks if you would like to spend a little more time occasionally, for example:

- Learn to do the lighting and sound
- Take a turn at the website updates
- Help with publicity, eg putting up a poster or two when you are out and about

As for fitting in to the joints and fitness theme of this issue of JCG, there is nothing like clapping – arms, hands, pumping the chest, even quadriceps and abdominal exercise for those who like to show especial approval by drumming their feet. Perhaps while you are exercising all those joints you might like to think about how many parts a piano has (approximately). See below for the answer.

So come along to Saturday's Music at Ten and combine mental and physical exercise (you can wear your trackies or your tiara). And you get three times the warm glow that virtue and exercise promote: from the pure pleasure of listening; from the knowledge that you are helping to support outstanding musicians; and then there's that clapping.

Oh, and a fourth warm glow – in the hip pocket, because it's only \$10 for a Music at Ten concert

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One woman, many hats

› Pam Davies

ONE OF THE definitions of a volunteer is ‘to present oneself, step forward, come forward, and make oneself available.’

In 2015 Christine Janssen did just that and more!

Christine and her husband Henk found the ‘right house’ in Bundanoon on the internet in 2013. They had no sooner moved here after 32 years living in Kareela in the Sutherland Shire when Christine appeared at a BCA meeting where her ‘capability’ was spotted. Although her offer was merely ‘to help out’ she was soon nominated Convenor of the 150th Anniversary sub-group. Her former career certainly equipped her for this undertaking and she is to be congratulated on the coordination of so many wonderful activities. She is adamant that the 150th Anniversary in Bundanoon has been so successful because BCA and many other community groups enthusiastically embraced the idea. We enjoyed almost 12 months of celebrations which required the commitment of hundreds of volunteers, but without a ‘convenor’ to coordinate the events this would not have happened. Wingecarribee Council provided a grant of \$25,000, administered by the committee, to support numerous activities but all through the year much of Christine’s time was taken up with planning, administration and involvement in every event.

Her early career was in advertising and publicity with Fairfax Media and later in sales and marketing with a fine art book company. A decision to start a new career at age 50 required a preparatory course before she enrolled in a full time Social Work degree at Sydney University. Her interests diversified during six years as a student and she changed direction, majoring in Sociology and Social Policy. After graduating with first class honours she found herself back in the work force at 56 and working first at Bulli Hospital in an 80-patient Aged Care facility. This involved administration including sourcing services for patients, arranging for guardianship and working with families.

An appointment to the Rapid Response Unit at Sutherland Hospital in 2009 gave Christine further administrative experience, but an opportunity of a position in the Liver Clinic at St. George Hospital opened up chances to work more effectively in family liaison and as a counsellor. Christine says this represented an ‘epiphany’ and she was able to use her creative skills to initiate education programs for people of many nationalities. As an example she explained “Patients at the Liver Clinic had been diagnosed mainly with Hepatitis B or C. Migrants from Egypt may have contracted Hepatitis C, a life-threatening disease, before they came to Australia. This probably occurred in a vaccination program where sterilization procedures were unreliable. Many have English as a second language so the most effective way to reach them for testing and treatment was through speaking at community group meetings. By reaching out to them rather than expecting them to attend meetings at the hospital the program was very successful.” This outreach program was used to educate other migrant groups in the diagnosis and treatment of liver disease.



So, in Bundanoon Christine engaged with community groups to promote the significance of the sesquicentenary and by December we had many happy memories of our celebrations.

In 2016 Christine is maintaining her involvement in Southern Highlands community groups. She has recently joined the BCA committee to continue her interest in Bundanoon activities. The Australian Federation of Graduate Women now has a branch in Bundanoon which she helped to establish in 2014. She has become a member of Bundanoon Lions Club, having worked previously with a group in Sydney. She was a member of the organising committee for the Hillview Sculpture Exhibition held on 7–14 May and as we sat down to chat about her story she revealed she had just joined the Southern Highlands Art Foundation committee. This is of particular interest to her as it requires fundraising for public art in community spaces. The role of the committee is to source networks of patrons for projects in the Southern Highlands. Wingecarribee Council, as part of its strategic plan, aims to encourage participation by diverse elements of the community, especially young people, in this enterprise.

Christine and Henk have both entered into the community life of Bundanoon and are great supporters of local events. (And, as an aside, Christine has also assisted the *JCG* editor to source material for our publication!).



Evocative names in Garden Ramble

› Robyn Coombes

“WHAT’S IN A name? That which we call a rose, by any other name would smell as sweet.” But when the roses are in our own garden – our sanctuary – naming and nurturing often go hand in hand.

In this 20th year of the Garden Ramble, the committee feels honoured to present another spectacular array of gardens. Not only does the selection of gardens have street numbers– the custom we use to find a particular house on any given street. Most of the gardens presented in this year’s Ramble also have the distinction of individual names. This entices speculation on why a particular name has been chosen.

How can one help but feel relaxed in a garden named “Idle A Wile”? It evokes an image of comfort and calm, peace and tranquillity, and the expectation that it can be found within the house and the garden. The name encourages you to sit beneath the trees, absorb the sounds and aromas of the bush that are all around and to take time to enjoy nature.

“Birdsong” is another name that conjures up expectations, but this time of sounds. Being so close to Moreton National Park, Bundanoon is filled with the sounds of birds.

Listen to the variety of birdsong, then search the trees and shrubs of the garden for a flash of feathers or colour. Some birdsong belongs to small, shy birds that can be difficult to find amongst the greenery, other birdsong comes from loud, brash, large and flashy birds, with a wealth of songs in between.



Behind the “Applegate Cottage” sign you would expect to find a lovely cottage garden overflowing with flowers, and you will not be disappointed with this one. On a suburban size block, the garden has been lovingly tended over the years to produce an oasis with an abundance of greenery and flowers to see and explore.

At “Spinning Hill Farm” will we find sheep grazing the paddocks and a spinning wheel waiting for the bounty after the shearing season? Or will we find evidence of a sprite spinning its magic to create the garden out of the hill itself? Perhaps, and probably more likely, the owners have spun their own magic to create a beautiful garden.

An image of a shady, restful glen is in the name “Fern Creek”. A place where respite can be found within the borders of the garden with a natural water supply to nourish the soil. Shade and water are two of the mainstays of paradise – what more could anyone ask for?

Bundanoon has a Scottish connection and the owners of “Bonnie Doon” are keeping this alive and well, with the name redolent of a Scottish highland glen with the mournful sound of bagpipes echoing through the trees.

So, what IS in a name? Come to visit our beautiful gardens and see for yourself on the weekend of 22nd and 23rd of October, 2016.

A cautionary tale



WARNING! The fly agaric fungus, *Amanita muscaria*, is extremely poisonous. Make sure that children and pets do not eat it.

ROBBIE THE DOG was attracted by one of those spotty red fly agaric toadstools. He tasted some and got extremely sick. He hid under the verandah and wouldn’t or couldn’t come out, he was so sick.

The Fire Brigade came and removed some boards to get him out. He was taken to Celia in the new vet clinic in the village. He was convulsing, went into a coma, needed oxygen and it was looking very, very bad for Robbie. Celia and her staff stayed with him non-stop all day and all night, nursing him with dogged devotion and dedication. He was sedated and taken to Sydney to the 24-hour veterinary clinic at the Small Animals Specialist Hospital where he was kept under observation for two days and nights,

while he slowly recovered and had tests of his liver and kidneys.

The tests were clear. He gradually recovered his appetite and returned home, where he is enjoying his second chance at walking his owners and barking

when people get too near his fence.

Robbie is extremely grateful to the Fire Brigade and to Celia the vet and wishes to thank them very, very much.



WHEN PLANNING A concert series under the title "Royal Connections" way back in September 2015, the Serendipity:the choir music team had no notion that Queen Elizabeth II was also planning a celebration – that of her 90th birthday! Nor that Kate and Wills would be anticipating baby #3! Their contributions to the success of the choir's May concerts are dutifully acknowledged. And indeed, a success the concerts were, attracting large and enthusiastic audiences in Burradoo, Kiama and Bundanoon. Our collaboration with the Sydney Male Choir, at their invitation, was particularly memorable, as was the semi-staged presentation of the 'Ascot Scene' from "My Fair Lady" in our Bundanoon concerts.

The first half of this year has been very different for the choir. Local film-maker Beryl Seckington and her son Robert spent many hours visiting the choir during rehearsals, recording material for two projects. The first, a video of the choir, is to be posted on our website, to give viewers some idea of what happens during the rehearsal period leading to a concert series. The second is a segment of an even more ambitious project which Beryl expects will take some years rather than months – that of creating a documentary covering artistic activities in Bundanoon. Having a camera team in the room made an appreciable difference to the levels of attention and concentration shown by choir members; this was greatly appreciated by the conductor! A thought – CCTV installed in the Hall?

After a mid-year break the members of Serendipity:the choir will begin preparation



Serendipity
the choir

of a new programme, "A Christmas Gift", to be presented (as you would expect) in December. We are delighted to announce not one but two world premières in this concert series. David Mackay, son of one of our members, has composed a beautiful work for us entitled 'Look Up, Sweet Babe'. And Martin and Peter Wesley-Smith, internationally acclaimed musicians, resident in Kangaroo Valley, have created a very different piece with an unmistakably Australian flavour, 'The Boundary Rider'. We are honoured that these distinguished composers should have composed for us.

Songs for royalty

› Kerith Fowles

Diary dates, to ensure you don't miss out on this feast of Christmas music, are:

Saturday 3 December, 4.00pm:
St Thomas Aquinas Hall, Victoria Street, Bowral

Friday 9 December, 6.00pm:
Bundanoon Memorial Hall

Saturday 10 December, 4.00pm:
Bundanoon Memorial Hall



Bundanoon Photography Group

BUNDANOON PHOTOGRAPHY GROUP was formed approximately three years ago by a small group of people who enjoy taking photographs. The group has grown from the handful of people who came to our first meeting to approximately 20 strong.

The club offers a friendly atmosphere in which you can share your photographs in a relaxed and educational environment. Help is provided to members who are transitioning from film photography to digital and those who are new to photography and need help understanding their new digital cameras – lots of confusing buttons.

Lucky door prize

In April we introduced the first of our internal monthly photographic competitions. The subject chosen was 'Doors'. Members submitted their

photographs and by popular vote, Veronica Rickard was declared the inaugural winner of the President's Cup for her colourful entry *City Doors*.

May's subject is 'Autumn' – we have requested that entries do not reflect the usual golden hues, but take a different look at Autumn. Judges will award extra marks for originality and deduct marks for submitting a photograph of those generic coloured leaves.

New members are welcome. We meet on the second Thursday of each month to share our photos and discuss our future outings and the fourth Thursday of the month, when we gather at a local scenic point of interest to practice our skills and share our knowledge.

Contacts:

President, Peter Gray:
4883 6312 / 041 922 3928



Winner of the President's Cup for April: Veronica Rickard's photograph *City Doors*

Secretary, Joy Brown:
4883 6456 / photos2578@gmail.com



Community spirit

› Lisa Stevens

ON A CHILLY autumn morning, amidst the rousing Scottish bagpipes and tartan kilted crowds, the Bundanoon Public School Clan wearing their smart gold shirts and tartan dresses gathered eagerly in anticipation of the 39th Annual Brigadoon Parade. The beaming smiles of our primary school children were infectious, as the little ones, with their hands held tightly by their more experienced buddies, provided a heart-warming sight for new principal Linda Wilbraham as she embarked on her first ever Brigadoon Parade.

The sense of community was in abundance as the school was abuzz the previous day with many skilled parent designers decorating the parade float in the school COLA, along with flour-

dusty bakers dropping off their wares to the dedicated P&C cake stall team and official and businesslike Brigadoon gate workers organising their shifts for the following day. Such a sea of commitment and dedication only reinforced the connectedness within the school.

Our school choir excelled when they performed for the first time at Brigadoon after only 3 weeks of rehearsals. Led by our fantastic teachers Jordan Worner, Louise Cassidy and Karen Fitzgerald, the choir sang three Scottish favourites– Skye Boat Song, My Bonnie Boat and then the enthusiastic rendition of I’m Gonna Be (500 miles) by the Proclaimers, which had the audience clapping along. Our students made the school and parents proud with

their choral harmonies and musical abilities.

The traditional P&C Cake stall was an outstanding success with the delicious homemade Dundee cakes, Scottish shortbread, muffins and slices– so much so, that we completely sold out by 1pm on the day and raised a significant amount for our school to purchase additional literacy resources and outdoor play equipment.

Great community spirit and support was again in evidence on ANZAC Day. A large number of students looking quite resplendent in their uniform joined the march and displayed a reverent and respectful manner during the town’s ANZAC Day service. It was especially moving to have four Year 6 students lay wreaths at the memorial as a symbol of appreciation and thanks for the fallen.

Bundanoon Public School should be proud of their involvement in these community events as it clearly highlights the importance and significance such days bring for our young people in the shaping of our town and our future.



Back in time in Bungonia

MEMBERS AND OTHERS who joined an outing to Bungonia on 11 May can recommend a visit to this little village, preferably on a fine, still day. The township dates from the 1830s, when the Old Argyle Road passed through that location, and has several remaining historic buildings, including the oldest Roman Catholic church still in use on the mainland of Australia.

Stone buildings easily admired on a stroll around the tiny village include the old school, police station, Anglican church and St Michael's Catholic church, as well as one or two handsome private houses dating to the 19th century. There are also several ruins visible.

The group was given a guided tour of the significant sites and learned much about the many phases of Bungonia's history. At one stage the town boasted 36 pubs! If you wish to meet the locals, book with the Bungonia Progress Association and join a Wednesday morning tea at the Hall.



Rugged-up Bundanoonians inspect the remains of an old pub, and enjoy a laugh with guide Anne Wiggan.



Bundanoon History Group presents ...

A special concert

Sunday 19 June, 2:30pm

at the Old Methodist Church

The Norwood Connection

Anne Morris on violin, viola and recorder

Kjell Goyer on lute, baroque and classical guitar

This exciting program celebrates their premiere concert as a duo ensemble

Only \$10 per head

Light refreshments will be served

Bookings:

Patricia Guy 4883 6971

patmalguy@hotmail.com

BIG BOOK SALE

Calling all book lovers!!

Saturday 23 July

at the Soldiers Memorial Hall

9:30am to 4pm

All donations of pre-loved books welcomed, except encyclopaedias.

Contact Marianne Ward 4883 6082

nedwin@gungaru.com.au

or deliver to the Hall after 11am Friday 22.



plus the Annual Oral History morning tea
Wednesday 17 August

Volunteers make it happen!



As part of Volunteer Week, Wingecarribee Volunteer Centre arranged for a publicity shot to promote volunteering in the Southern Highlands.

Where else to hold that but in Bundanoon?, which has arguably the highest number of volunteers per capita in the state.

So on the coldest, windiest morning so far this autumn, volunteers from around the shire gathered at Bundanoon Oval to form a BIG V, a significant contingent representing the community groups in the village. Stephen Jones, the MP for Throsby and Assistant Shadow Minister for Health, attended and was seen helping with the barbecue.

It was a very colourful occasion, helped by the presence of Bundanoon and Penrose RSF and SES representatives, and everyone seemed to enjoy the collegial spirit.

Thomas-Andrew, the Manager of the Wingecarribee Volunteer Centre, said the event met its objectives of raising the profile of volunteering, with four articles published in the *Southern Highland News*, daily references on Radio 2ST leading up to the Wednesday and live interviews on both Highland 107.1 FM and WIN Television.

Thomas-Andrew commented that the need for volunteers is growing while the number of people making themselves available is dropping. He said: "How could we provide all the social services and community activities without volunteers? What a different place it would be."

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Introducing the new President

I AM PLEASED and honoured to have become President of the Bundanoon Community Association and look forward to working with you in this unique place.

In my almost three years of living here I know that the major events on the community calendar regularly clarify for us the importance of coming together and the idea and practice of community. I think we often feel this most strongly in the daily interactions with people, whether at the newsagency buying a paper and signing up for another unsuccessful stab at Lotto, having a coffee with friends in any number of cafes or the daily exchanges with walkers and the numerous dog owners exercising their charges with gusto. All these experiences help us realise the importance of community to the human being.

To précis social researcher and Exeter resident Hugh Mackay, in his recent book *The Art of Belonging* (p21), communities don't just happen "We have to create and build them. That means participating in the life of the community – socially, commercially, culturally." With this aspiration in mind I welcome your support and advice as we enter into the one hundred and fifty-first Autumn since this village's beginnings.

I would also like to acknowledge the energetic commitment of my predecessor, Christine Miller, and her committed BCA team who have worked hard over the past three years to ensure that Bundanoon community not only retains its authenticity but also continues to maintain this beautiful environment.

Regards,
Geoff

* * * * *



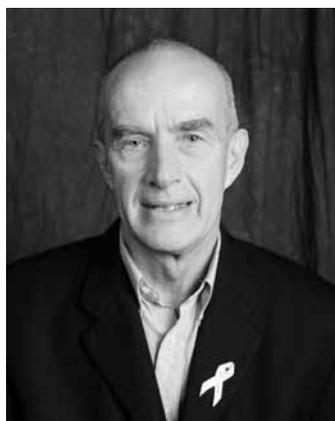
For a bit about Geoff's background, here is an excerpt from a profile piece by Pam Davies that appeared in our December 2014 "Former lives" issue:

Geoff [Duncan] was State Director of ABC WA for 16 years, a position that evolved from a fixed term appointment for three years in 1997. He describes this time as originally very innovative and certainly represented a progression from his earlier career in various branches of media.

Geoff began as a cadet radio current affairs journalist with the AM and PM programs in 1974 and became Head of Bureau in the federal parliamentary press gallery between 1978 and 1980. An opportunity to travel to Europe and the USA took him on what he describes as a 'journey' before returning to Sydney. He became General Manager of Macquarie Network in 1987/88.

In 1989 an offer from Channel Ten led to an appointment as station manager in Sydney and subsequently as managing director of Capital Television in the national capital.

He then set up his own consultancy and moved to Kangaloon where he hoped to live a slower paced life. He tried his hand at Permaculture in the early 90s and says of that time he learnt a lot about himself and life. Two factors thwarted the ambition to live off the land and be self sufficient: the amount of labour required and a scarcity of water on his small holding. This experience provided his introduction to the Highlands where he met Pamela who had a cottage in Bundanoon. Following their years in WA their choice to retire here has led very quickly to involvement in community activities, especially Arts Bundanoon.



Councillor Jim Clark

Choose wisely

THE STATE GOVERNMENT has confirmed that all those council areas NOT proposed to be amalgamated (including Wingecarribee) will hold elections for councillors on the 10th September this year. This leaves around three months until the poll and presents an ideal opportunity to consider what it takes to be a good councillor.

Despite some having the opinion that you need to be born and bred in the Shire to qualify, I'd have to differ. Another line of thought – that you shouldn't belong to a political party as you somehow would not be inclined to be loyal to the residents you represent – is also not true in my opinion.

After serving three terms on council and enduring some robust election campaign tactics, I think it would also be fair to say beware of those who seek to actively discredit their opponents in order to be elected. This is no guarantee that they themselves will perform well on council – quite the opposite in fact.

As former council employee Geoff Goodfellow has famously said, 'it takes the hide of a rhinoceros, the patience of a saint and the endurance of an Olympic athlete to perform well at council'. To which I'd like to add: for best results put the big ego on the back burner and concentrate on problem-solving and cooperation.

We have some great towns and villages in the Highlands and a lifestyle worth protecting – the decisions we make about who we want to entrust to protect that lifestyle and our environment will be vital. Enough said. I'll get off my soapbox and hope for a good crop of councillors come September.



Save the dates for this year's Garden Ramble: 22 and 23 October 2016.



Bundanoon Garden Ramble is an initiative of Bundanoon Community Association (BCA)

One look was all it took

› Margie Thomas

CLAIRE WILTSHIRE AND Lachlan Grant were ready to buy their first home and whilst they dearly loved Sydney's Inner West, real estate prices were, like for so many young couples, beyond their grasp. The depressing prospect of living in a shoebox held little appeal. They ideally wanted a garden and enough room for personal space to pursue divergent interests, and eventually to accommodate a family. Claire and Lachlan decided to skip the suburban sprawl surrounding Sydney and began looking within a two hour radius, firstly at the Blue Mountains (which presented worrying fire hazard areas after a bad fire year) then briefly North. Comparing the drive here to the drive to the Mountains helped to clarify their thoughts. Heading to the Southern Highlands one soon encounters sweeping rural vistas, as opposed to the built up run to the mountains. Lachlan, who is a computer programming engineer, needed lightning-fast internet connectivity, so home had to be within 2kms of an exchange. Claire needed a train line or a reasonable driving distance to continue working in the Law Department at one of Sydney's top universities.

The young couple were returning from a music festival near Braidwood and stopped at Stones Patisserie at Berrima for breakfast. Whilst sitting on the sunny sandstone-flagged veranda they thought "we could do this we could live here". Lachlan remembered the Highlands as a magical place from family visits as a child,

so the search started in earnest. They both loved the cooler climate and 'rural England' feel. Although Bundanoon wasn't initially on their radar, the house they discovered was the clincher. They'd come down to look at another property and happened upon an 'open for inspection' one rainy afternoon. They took one look at the place and that was it. Lachlan's past career as a chef and Claire's love of cooking meant the spacious kitchen with an industrial stove and loads of natural light were huge attractions. The fact that Lachlan is an avid train spotter didn't do any harm either! The village struck them as such a pretty place, offering all the immediate amenities they needed, without feeling too remote.

As the couple are both working full time, the logistics of living here are a work in progress. Claire is currently juggling a nine-day working fortnight in Sydney and is home on weekends. Lachlan works at his software programming job from his home office, with a day a week in the city. He spends an hour or two each day on Chat or Skype at on-line meetings and his view is that the NBN rollout will put Bundanoon on the map technologically.

The benefits of living in Bundanoon have delighted Claire and Lachlan. The cost of living is so much more affordable, and access to amazing local produce, often organically grown, is an important benefit. They have a productive vegetable garden up and running, with plans to expand once they're both living here full time. The other things they love is a less stressful life, clean



fresh air (Lachlan commented he now 'smells Sydney' when he goes in for work), and the natural beauty that surrounds the village. The night stars continue to be spell-binding. For the first six months, friends visited every weekend, with many envying their life choice. Community engagement is also important to them both: Lachlan, who has run the sound engineering side of many a huge music festival, was described to me as 'the find of the year' by the Grow Cook Eat festival committee after he took on the role of managing the sound engineering for the day.

Whilst we sat by the first roaring fire for this Autumn, on a beautiful misty Bundanoon afternoon, my young friends commented that the first year living in Bundanoon has worked out perfectly. It's been a happy, healthy change for their life and the good news is that there's a baby on the way! I'm sure that Bundanoon will benefit enormously from this warm-hearted young couple, their creative energy and love of life here in the village.



Irene with husband Fred

obituary

Irene Angel: In memoriam

› Ralph Clark

WELL-KNOWN BUNDANOON IDENTITY Irene Angel passed away suddenly but peacefully at home on May 16, three months after her eightieth birthday.

Irene was born in West Wyalong on 5th February 1936, one of five children – her sister Heather still lives in Bundanoon. The family arrived in Bundanoon in 1953, and, apart from a six year stay in Tamworth in the 1980s, have lived here since.

Irene met Fred through dancing lessons at the CWA and they married on 21st September 1957. They had two children – James, who died aged only 41 in 2000, and Denise.

Irene was well known around Bundanoon. She helped out at her parents' dairy and later worked at Terry's golf links, The Knoll and the hotel. She ran a

cake shop where Ye Olde Bike Shoppe has its premises today. Later she was active on the Meals on Wheels roster.

Irene and Fred were keen gardeners and for years they maintained the rose gardens in Picnic Park. Irene was active in the Garden Club and at Bundanoon Public School, where she played a significant role in the 1971 100th anniversary celebrations. Five generations of Angels have been pupils there.

Irene was a keen and talented bowler, winning the clubs singles and, together with Fred, the Clyne mixed pairs championship.

Mourners overflowed Holy Trinity Church when Irene was farewelled on May 20, followed by an interment at Bundanoon cemetery.



Left to right:
Amy, Brad (Dad), Anneka,
Nicki (Mum), Kate

Our treechange

THIS IS THE story of the Darch family and their journey to relocate themselves from suburban Sydney to the Southern Highlands village of Bundanoon. The following is a candid account of how their journey unfolded:

What was a typical week like for you in Sydney?

"Friday night would arrive and we would both breathe a sigh of relief, knowing we had successfully put another Sydney week behind us. We had negotiated the complexities of co-ordinating pickups, drop offs, various sleepovers and weekly sport with military precision for our two daughters, Amy and Kate, knowing full well we were going to repeat this manic lifestyle the following week."

How did you come to find Bundanoon?

"My parents bought a property here 15 years ago with the aim of moving here when they retired. Bundanoon was a town I had never heard of – I just knew it was near Bowral. We would visit them regularly, bringing our bikes and of course staying for Dad's famous roast dinner, enjoying this country life, even if just for a day."

What made you think of relocating to Bundanoon?

"We were driving from Bundanoon back to Sydney and the usual dreamy conversation began – 'Wouldn't it be great to move down to Bundanoon.' 'Think of how great it would be for the children to grow up here'. We were also expecting our third baby and I just couldn't seem to shake the desire to be a full time stay-at-home mum."

"The light bulb moment came when we started to add up the current cost of daycare, never-ending road tolls and a ridiculously large mortgage. This was the catalyst for giving serious consideration to relocating."

"We were drawn to the close-knit community of Bundanoon. The village offers the lifestyle that we want for our family."

This was a big decision to make – two children, one on the way and both with demanding careers.

"The next exciting episode of our life was about to commence. Time to start surfing the net for properties, schools and alternative employment. Brad had so many thoughts for his next career move and I had the perfect plan – work from home AND be a full time mum. Could we pull it off?"

How did you manage all this whilst managing your busy life in Sydney?

"Luck was most definitely on our side; one by one all the answers seemed to fall into place. Our current house was in a good suburb and an almost-new house was for sale in Bundanoon. The local primary and high schools looked ideal for our girls and, more importantly, the move would allow for a significant reduction in our mortgage, allowing us to step off the Sydney treadmill."

"The tingle of excitement was mixed with moments of anxiety as reality kicked in. We put the house on the market, placed an offer on the Bundanoon house and booked places at the local school. We had entered the death zone – Will our house sell? Will the seller accept our offer? Have we made the right decision?"

"Luck favours the bold and everything fell into place. Our house sold at auction and the seller accepted our offer after the usual real estate tap dance."

You have been in Bundanoon now for almost 12 months. What are your first impressions?

"The initial flurry of moving chaos has settled down. Brad started a garden maintenance business (Sow, Grow & Mow), joined Fire & Rescue NSW at Bundanoon and enjoys the mountain bike trails with the girls in his spare time. I was approached by my old company and now work from home, plus I'm studying my Certificate III in Aged Care, something I only ever dreamed of doing back in Sydney."

"The girls have settled in beautifully and the craziness that is afterschool activities continue – dancing, horse riding, gymnastics, Physi. Not sure our lives are any quieter, but it's a different kind of busy – something I wouldn't ever want to change. We're even harvesting our first crops from our very own veggie garden! Life is good!"

Finally, any regrets?

"Absolutely none – except maybe we should have done it sooner. We live in a little secret village, sleepy on the surface but vibrant and busy with every activity imaginable underneath."

"We try not to brag too much to our Sydney friends about our new life here. This is our little piece of paradise!"

Questions by "Dad" (Peter Gray).

A CASUAL OBSERVER sipping coffee and contemplating the passing parade may conclude that Bundanoon is a delightful town of ageing folks gently going through their last years in comfort. A charming thought.

While this person is sitting, thinking, enjoying the freshly made croissant, folks are heading for the pool. Individuals who choose their own time and settle to laps or other exercises in water designed to build muscle and loosen the stiffening joints. Others jump in with the crazy aquarobic mob. Now THAT is a workout.

Mornings bring out the dog walkers. Bundanoon is definitely a dogs' paradise with hills, bush (NOT the National Park) bushy board walks and grassy parks. The leash free area has not yet eventuated so our canine carers need to walk the distance, as the furries sniff, stop, read the wee-mail, investigate the wombat droppings and greet every other dog in or out of the yards. More of a stroll really rather than a cardio vascular work-out although the bouncing dogs certainly get their mental and physical exercise.

Bundanoon walks. Be it misty, just a little cold, gently warm or a howling gale, people are striding through the beautiful streets. At a certain time at a specific place, a little group meets for a daily walk. It isn't organised as such but one can rock up on any day and enjoy the stimulating company while exercising those muscles and blood vessels. The dog can go too but it must not be a sniffer and stopper as this is not a gentle stroll. This could be your ten thousands steps day.

Once a year the buses roll into Bundanoon to view a selection of the gorgeous gardens that are tended constantly throughout the year by dedicated owners. Some of these properties are so large one

This town is moving

> Annie Goodridge



can meet the ten thousand steps criteria during a morning inspection of the estate. Mowing, raking, digging, planting, tidying, hedging, the chores are endless and require the skills of a weight lifter, flexibility of a gymnast and the physical strength of an athlete. Suggest to a gardener that this does not constitute regular exercise and you will likely be press-ganged into the activity for a week or two.

At any one time forty, fifty folks may be absent, investigating various exotic countries or exploring their own. Not content to snap photos through the window of a speeding bus, they take on the elements. Pushing through rain and wind to visit an ancient abbey on an obscure island, climbing mountains in Slovakia or Peru, trekking the crags of Tasmania, cycling the pathways and lanes of anywhere, snorkelling and diving in the South Pacific and enjoying adventures. Bundanoonies are a travelling mob.

Bundanoon is a sleepy slow town in the Southern Highlands? I don't think so!

The art of doing nothing

> Harvey Grennan

OUR ESTEEMED EDITOR has sternly instructed us lesser scribes to ferret out those obsessives in the Bundy community who are physically active, how they found their particular form of madness and what they get out of it. Their dubious exploits are chronicled in the following pages.

Rebellion and outrage swells in my inner being. To many of us this is heresy, an affront to all beer-swilling aficionados of various codes of football who have made an art form of cheering the athleticism of neckless neanderthals while sitting on their ever-burgeoning backsides.

Not that I am a footy fan. The effort of getting to the ground would be excessive. My role model is, in fact, the noted Melbourne journalist Keith Dunstan who founded the Anti-Football League in 1967. League members are united by the common understanding that there is more to life than the ability to kick a pigskin between two white posts.

I am a fervent believer in doing bugger all. Walking is intended to cover the shortest possible distance to the local bottle shop, not to discover the

doubtful joys of pained lungs, sore knees and some obscure form of native plant life in the dangerous, snake-infested jungle that afflicts the village's southern border.

I am a late riser and a slow starter, often to be found still in my PJs at morning tea reading the *Sydney Morning Herald* on the internet (which is becoming a less satisfactory occupation with each passing day, but that is something for another day).

She-who-must-be-obeyed is quite another animal. Our household is an unfortunate conjunction of cohabitants involving domestic conflict when I am not at my best in the repartee department. Leaping out of the cot at some ungodly pre-dawn hour, she sets about furiously cleaning the house in the daily expectation of a visit from the Queen before she sets off on her morning marathon around Bundanoon in company with a bunch of similarly demented ladies. (She calls them "girls" which is another point of marital semantic discord).

On her departure I am instructed to clean the toilet and pick up my underclothes from the floor where I have carefully stored them for future reference.

So I urge JCG readers to scan the following pages with a healthy degree of scepticism. Physical exertion can lead to a multitude of medical ills such as sprains, broken bones, dehydration and coronary occlusion. It should be contemplated with great caution. It rates with other high-risk behaviours such as bungee jumping but at least the latter will not raise a sweat.

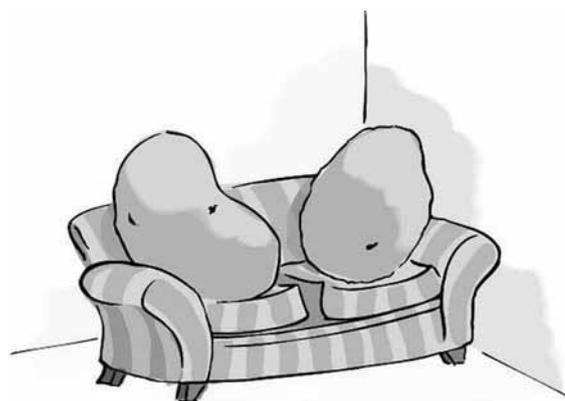




Photo by Peter Gray

Tap into tap in Bundy

› May King

DANCING IS KNOWN to be a wonderful form of exercise at any age, as all the happy tappers from the Tappercise classes at the Bundanoon Club can attest.

Some class members danced as children but a few ladies had never danced before joining the group. Karen took to tap dancing like the proverbial ‘duck to water’ and even danced at a function a mere two weeks after lacing up her tap shoes. Sally has danced all her life. She helps the other ladies with the routines and steps, and does a mean ‘Tango tap,’ as well as Irish dancing, which is also part of the classes.

The girls have danced at both Bundanoon Christmas concerts and brought the house down, channelling their inner Shirley Temple. Last year was a tribute to the 30s with ‘Boogie Woogie Bugle Boy’ and Fred Astaire’s ‘Stepping

out’ setting their taps on fire.

They also entertain the residents at Warrigal Care every year, to the delight of all. Many happy faces and tapping feet are to be seen when the tappers perform their annual concert in the common room.

Age is no barrier to the classes, just the desire to get fit, have fun and make new friends. In fact, the social side of the classes is just as much fun as the dancing. ‘The drink break is sometimes the most popular part of the class’, laughs teacher May King. May trained mainly in Irish dancing, but had a long-standing love of tap dancing as well. The answer was to have classes that combined the two.

Jean is one of the newcomers to the class and she says ‘What I like best is the challenge of using a different part of the brain to keep it healthy, while exercising

the body. I’ve noticed an improvement in memory too.’

Asked for a quote for our story, Sally said, ‘Dancing is wonderful exercise and keeps me smiling!! Can’t wait to get back into it after the break.’ The character of the class, Ali, who also sews costumes (and gives a lot of cheek, says May) has the final word: ‘Our tap class is RAD! Full of laughter and fun... our teacher is mad! But she’s still number one.’

If you think dancing might be for you, give May a call on 0458 396 017. There’s a new 1.30pm Beginners class starting soon and the first session is free so you can see if this kind of exercise suits you. No special shoes or clothing are needed to start.

active bundanoon

AMELIA GENTLES, AGED ten, has been going to Southern Highlands Physical Culture group for more than five years. It makes her happy, it is good exercise and she has made lots of friends. Last year her mother Esty joined the Novice ladies class and, like her daughter, finds it fun and enjoys doing something for herself.

Fun, fitness, and friendship is the motto of Bundanoon's Southern Highlands Physical Culture group (affectionately known as Physi)– a community-based dance school for girls and ladies.

Physi promotes club spirit, flexibility, co-ordination, stamina and strength,



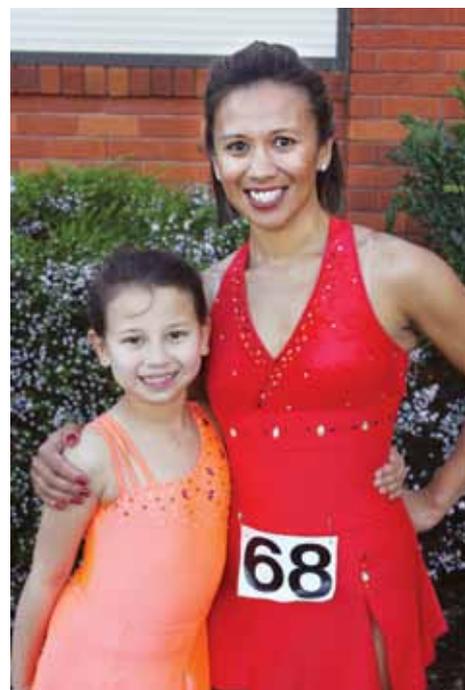
Physi = fun, fitness and friendship

› Brigette Muir

through movements and routines set to modern music. One of the great things about Physi is that mothers and daughters can be involved in this activity together.

Amelia has competed at the highest level as a State Grand Finalist at the Sydney Town Hall for several years and last year Esty too competed and was awarded Second in the State. This year Head Teacher Brigette Muir asked Esty to take over as teacher of the Tiny Tots Preschool class. Her love of Physi and her great potential made her an obvious choice.

Esty and Amelia love that they can share in an activity that they do together. It is a special mother-daughter time and creates



Photos by Darcie Muir

a special bond between them. Amelia says, "I love watching my mummy perform and I feel so proud of her."

Dancing freestyle

› Nathanael Jeffree

HIP HOP DANCE, which I do as an after-school class with a bunch of boys at Moss Vale High School, gives me freedom to make my own moves and let off steam while at the same time



being part of a group activity. I feel I'm doing something I'm meant to do, having always enjoyed learning dance.

At Bundanoon Public School I did dance of different styles in Years Three to Five and was disappointed when it was no longer available in my sixth year. Now I am at Moss Vale High School there are quite a few options as after-school sports and activities classes but my choice was to join the Hip Hop Crew, a boys-only dance group. We get to invent our own style of movement combination, and choose what we wear, such as jeans or shorts with t-shirts. We also choose our own music from our personal collections (although one boy has the best selection so we usually let him choose!). We can wear our own shoes – something with a good grip is best.

Hip hop can include popping, where you quickly contract and relax muscles to cause a jerk synchronised to the rhythm and beats of the music. This can be robotic and rigid or very loose and flowing. Other actions include the worm, where you lie down and push off with the hands to start a rippling motion through your body, like a worm; the wave, where a series of fluid movements gives the appearance that a wave is traveling through

your body and tutting (from King "Tut" in ancient Egyptian art) where you use your upper body – arms, hands and wrists – to form right-angles and geometric shapes.

It is quite athletic and you use your whole body to create different effects, plus it all has to be in time to the rhythm. You can get inspiration from others in the group without copying, because hip hop is a freestyle kind of dance where each dancer invents his own combination of moves. We are hoping to get our own logo on t-shirts to wear with maybe three-quarter length jeans for a performance.

Our preferred music is upbeat, such as Silento's 'Watch me Whip' and Dawin's 'What you gonna do with that dessert?', but sometimes we use unexpected things like a slow ballad just to create a funny effect.

I would like to continue learning dance, including some other styles, such as ballroom. If I don't succeed in becoming a psychologist (my aim at the moment), then maybe I could do professional dance for a living.

NICK SMITH STARTED riding for exercise five years ago, in his early years at Chevalier College. He figured there might be more to bike riding, and after research on YouTube discovered cyclocross.

Cyclocross has been described as the steeplechase of bicycle racing— a cross country-style mountain biking event, where competitors periodically run through and over obstacles carrying their bikes. It is very popular in Europe.

Perhaps surprisingly, NSW cyclocross is not centred in the Southern Highlands, with most events being held in Newcastle, Penrith, Terrey Hills and Canberra. After dedicated chauffeuring to and from Bundanoon in 2013, Nick qualified for the World Junior titles in Belgium in January 2014.

It was at this time that most of Bundanoon became aware of Nick's achievements and plans. The Belgium venture needed community funding and the Bundanoon community responded in its typically generous way, with Bundanoon Newsagency at the forefront. That community support has helped Nick participate in the cyclocross world titles in the last three years. In January this year in Belgium, competing for Australia, he finished 45th in the world.

Ever heard of mechanical doping? It occurred during that January event when the International Cycling Union found a small motor concealed in the bike of a Belgian teenage competitor, who responded to questioning with "The bike used to be mine, but I sold it to a family friend. Unbeknownst to me, that family friend put a motor in it. By accident my helpers took that bike to the race in

question." Believe that do we?

Nick finished school at Chev. in 2015, and is now studying for an International Bachelor of Science Degree in Sport and Movement Science at the University of Wollongong. His career ambitions include sports science research and the application of that research to sporting teams in Australia. Studying abroad as part of his degree will provide an international perspective.

Closer to home, events such as the Bundanoon Dash in the Highland Fling each November enable Nick to ride among his local community. Nick has a part-time gig at Bundanoon Newsagency and last year, representing the Newsagency, he won the Battle of the Businesses.

After a year of degree studies at University of Wollongong, Nick will head overseas again, his fourth trip, to ride in the International Cycling Union cyclocross world championships in Luxembourg in January 2017. It's not surprising that Nick would like to see the sport of cyclocross given greater promotion by Mountain Bike Australia.

The photo shows Nick Smith competing in cyclocross at Zonnebeke in Belgium in the lead up to last year's world titles. Nick's great-grandfather, Reginald O'Hara, also ventured overseas as a young man, enlisting at 21 with the Australian Field Artillery Brigade and serving on the Western Front near Zonnebeke in 1917 and 1918. Reg returned to Australia in 1919 and lived to the age of 79. Many of his colleagues were not so fortunate: there are 1,353 Australian headstones in Tyne Cot Commonwealth War Graves Cemetery near Zonnebeke.

Cyclocross: on your bike, or off it

› Alan Olsen



Laugh, don't cry

› Helen Clark

THAT IS THE motto of Jenny Southcott, the slight figure who is familiar to many of us, as she carefully walks into town along Ellsmore Road.

Hidden inside this wispy woman with the infectious laugh is a huge zest for life; a gratitude as large as the sky; a mountain of determination.

Jenny is lucky to be alive and she knows it. She makes the most of it. Walking is only one of the many activities she loves: taking the bus to Moss Vale to help in the Community Garden, feeding the ducks at Lake Alexandra, joining Lee Robinson's exercise class, sharing coffee with friends, sightseeing at Fitzroy Falls – these are just some of her many joys.

Ten years ago, while still in her forties, Jenny suffered a cerebral haemorrhage, followed by a stroke while undergoing surgery for the haemorrhage. She almost died. "My

father and grandfather both died from a stroke" says Jenny, "so maybe it is an inherited weakness. But I survived and I'm so lucky to be able to enjoy my three grandchildren!"

She was left with a heartbreaking list of debilities– brain injury, blind in her left eye, vertigo, and was told she would never walk again. Jenny decided to prove the doctors wrong. Intensive rehabilitation followed and she was able to stand and spin to get into a wheelchair when she came to Linkside (the former name of Warrigal Care) to be cared for there.

The Brain Injury Rehabilitation Unit at Liverpool Hospital provided on-going assessment and support, and placed Jenny in their Transitional Living Unit – a 'house' where therapy is provided to facilitate independence, focusing on acquisition of skills within a home and community environment. She was finally able to come home, with the support of a 5-day a week

carer, and she then addressed the task of walking, at first around the garden, then along the road. Her independence grew with each achievement. Getting moving again must have been daunting but eventually she could walk on her own. At first with a frame, then with the frame beside her, then with just a stick. She learned to walk the kilometre into town from her home.

Since then nothing can stop this inspiring woman with a big heart. "I had my hair done yesterday so I missed our interview appointment", she apologises to me, "and I only have a short time today because I'm going out with my friend Marie as soon as we've had coffee." Marie is her companion in adventure, supplied through Interchange Australia, an organisation which helps people to live independently. They go shopping together, do lunch, see a movie, go sightseeing.

"I believe in staying as active as possible. It makes me feel better, I meet friendly people, and I like being out and about. Merv says the housework never gets done, but who cares?"

Once a hockey player and keen gardener, Jenny's life has taken a different turn, but she is a very positive and cheerful person with a plan to keep laughing a lot and stay as fit and mobile as possible. When I first noticed Jenny four years ago she shuffled slowly along with a walking frame. Now she almost strides with just a stick, sometimes waving it happily. Any day now I expect to see her doing the occasional hop or skip.





Going through the hoops: playing croquet

› Sandy Mackenzie

Enjoying croquet strategy are, from left, Di Curtis, Barbara Wooll, Margie Morgan, Jane Newson.

I JUST LOVE hitting balls – with bats, racquets; or mallets – and am very pleased to have discovered the wonderful game of Croquet that I had previously only seen played by the aristocracy in period dramas and by Alice at the Queen’s court in *Alice in Wonderland* where the mallets were flamingos and the ball was a hedgehog.

When it came to keeping fit, I always preferred a competitive game to working out in a gym. For over 20 years my game of choice was squash. Previous to discovering this wonderful game I played netball and tennis but once I held a squash racquet in my hands I knew I’d found the sport for me. Sadly squash had a detrimental effect on my joints and I now suffer arthritis in my knees and lower back. Still, I have no regrets about taking up this sport.

Squash, which in its 1980s heyday was the most popular competitive sport in Australia, is now mostly forgotten. Few courts remain and many have been replaced by apartment complexes. And gyms have also popped up everywhere. I’ve tried using a gym but find it too boring to inspire sufficient self discipline to keep going. I do, however, love aqua aerobics which is much gentler on one’s joints and much more fun. For me, getting fit must be fun and, if possible, involve a ball of some kind.

Back to croquet. There are four different kinds: association, golf (which I play), the fast-paced gateball and a new one which I

have recently been told about – ricochet.

After moving to Bundanoon I read an advertisement in JCG offering free lessons in golf croquet at the Bundanoon Club. I was curious to find out more and why it had that name so I decided to give it a try. Just as with squash, once the mallet was in my hand, my new sport was found. Admittedly it isn’t a high-impact, energetic sport but it is a sport that suits my sadly not-so-great physical condition. Croquet does involve walking, albeit very slowly. Still, we keep moving which is better than sitting on the lounge. It is a game of skill and has been described as a cross between chess and snooker. We might not be exercising our bodies greatly but we are exercising our brains, which is always a good thing.

Croquet involves strategy as much as accuracy– if you can’t hit your ball through the hoop, make sure your competitor can’t either! We do become excited if we hit an opponent’s ball a long way from the hoop – it makes us cock-a-hoop! (Such a shame that croquet can’t take credit for this lovely term.) In fact, it’s almost as exciting as it is to hit your own ball through a hoop to score.

Four people play in a game: two against two, so much talking takes place as we walk around the croquet green. Sometimes this can involve teasing but mostly the more-experienced players give advice, such as ‘stalk the ball’, ‘keep your head down’, ‘swing the mallet like a pendulum between your



“The chief difficulty Alice found at first was in managing her flamingo...”

legs’. The skill comes not just in the accuracy with which the ball is hit but in always thinking ahead.

If you enjoy hitting balls and games of strategy, even if you aren’t decrepit, I think if you try croquet you’ll also become hooked.



greater variety of classes, one –on-one personal training and nutritional coaching, saw Phillip and Melissa expand their services to several times a week, prompting a surge in attendance and, ultimately, in Sharp Fitness setting up a fitness studio this year in the Scout Hall in Philip Street, Bundanoon.

Phillip and Melissa both enjoy the sense of achievement, pride and enthusiasm their fitness training generates in their clients and the community in general. They are deeply passionate about providing health and fitness in an inclusive, positive and enthusiastic way – this is shown in their genuine care for the services they provide, their inclusive approach and their thoughtful attention to each and every person.

For Phillip and Melissa, health and fitness is not just about looking glamorous – it is about living life and being the best you can be. Over the years their caring and positive attitude towards health and fitness has seen them help hundreds of people from all walks of life. Phillip has trained mentally and physically disabled people, he has helped a blind man run the entire City 2 Surf course and helped many people achieve goals they thought were not possible. Melissa has trained many beginners new to fitness (including mums and teenagers), offered nutritional programs with outstanding results, she has helped cancer patients recover from surgery and chemotherapy, and after battling with Rheumatoid Arthritis herself for years has an in depth understanding of the human body and how it reacts to exercise. Indeed, Sharp Fitness and its members have developed a culture of giving back to the community by supporting and participating in events like the Mother’s Day Classic Fun Run to raise money for breast cancer research, a 55km ‘Coast Trek’ to raise money for the Fred Hollows Foundation, an End of Year Christmas Workout that raised money for the St. Vincent De Paul Foundation – they even have a ‘swear jar’ to raise money for the Garvin Institute.

Does yoga in the vines sound like something you might be interested in – mindfulness, meditation and magnificent wine? Then contact Phillip and Melissa and ask about their Winter programs.

www.sharppfitness.com.au

A passionate business

PHILLIP AND MELISSA Sharp have lived in the Southern Highlands for 15 years, calling Bundanoon their home for the last 11 years.

Over this time they have seen their “little” business grow and become a permanent fixture in the Bundanoon community.

Sharp Fitness started in the late 1980s with Phillip as an eager young fitness trainer in the days of leotards and lycra – thank goodness the times have changed!! After working in and managing several fitness clubs in the south western suburbs of Sydney, Phillip took up a position managing the Human Performance Laboratory at the University of NSW. During this time he was involved in the undergraduate sports science program, elite athlete testing, research studies, high school education programs and running a fitness program for older adults (now known as the Healthy Heart Class).

In the late 1990s Phillip and Melissa met, and the two of them continued to offer health and fitness to the community through Sharp Fitness with Melissa working at Sydney gyms as a group fitness instructor, personal trainer and teaching children’s fitness to local primary schools.

Phillip and Melissa decided on a tree change and eventually settled in the Southern Highlands. Melissa spent several years as a beauty therapist in the area, they had three children and moved to their home in Bundanoon. Wherever they went their business followed and they found that their enduring passion for health, fitness and wellness shone through to the community around them.

It began slowly in Bundanoon and Exeter around 10 years ago when Phillip offered training to a small group of local mums on a Saturday morning and a few older adults showed up for his Healthy Heart Class. To this day the mums still train on a Saturday morning and the Healthy Heart Class has expanded to two classes each week.

The demand for a





All in a morning's walk

› Carol Gill

EARLY MORNING WALKS have been an enjoyable part of my routine since 1989 whilst living in Sydney. For the past 18 years I've pounded the pavements (or lack thereof) in Bundanoon and worn out countless pairs of sneakers.

Apart from the obvious benefits of fresh air and exercise, the walk allows time for uncluttered thinking, a prayer or two, enjoying nature, meeting other walkers and their dogs and observing the wildlife, especially the resident kangaroos.

Walking with our late kelpie-cross Phantom was always an interesting experience. Obviously it involved pit-stops at numerous trees and posts. It took me a while to adjust when I resumed walking without him.

One morning we encountered three goats on the

loose. Phantom, having spent some time in the bush in his earlier days, was able to brush up on his skills and successfully rounded up the surprised animals.

Some years ago I came across a turtle in the middle of Ellsmore Road near Jordan's Crossing Reserve. Carefully placing it on what I thought was a gentle downhill slope I was surprised to see it gaining speed as if on an amphibians' Wet'n'Wild, but was relieved when I heard a reassuring splash. I like to imagine he's still happily doing laps in the Currabunda Wetlands!

Having come across various items of lost or discarded clothing in my travels, male undies seem to be the winners.

I never take my morning walks for granted and feel very fortunate to live in beautiful Bundanoon.

Flexible fun

› Wendy Kingston

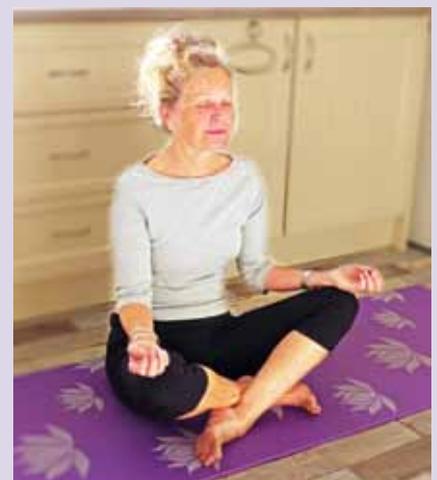
YOGA IS REALLY the right fit for me at my age. I like that muscles are stretched when I hold a pose and that the meditation after a session makes me think of what's really important in life. The philosophy appeals to me and I enjoy the whole practice, which I share with lovely people in a non-competitive atmosphere.

I've belonged to several classes over the years, mainly in Bundanoon and once in Exeter. For one reason or another the teachers have stopped teaching, or moved out of the area. Now I'm part of Melissa Sharp's yoga group and we are so lucky to have the dedicated studio space which the

Sharps have set up in Bundanoon.

I was never attracted to the idea of going to a gym to do exercises and always wanted something locally available to engage in. It's important for me to be able to walk to class rather than having to get in the car and drive, and it's great to walk home with that extra spring in my step after yoga.

For me yoga has many benefits: it teaches poses I can do every day to help keep myself flexible; it teaches concentration on breathing, which is good for health and well-being; it teaches meditation which helps to focus on what's important and let go minor worries and distractions. All these skills I can use in life, not just in class, which is just as well



because I have to miss classes when family needs, or travel get in the way.

Because I look forward to doing yoga it's something I will definitely continue.



Our local champion

IN JULY THIS year Australia will be sending a team of 22 swimmers to compete in the 8th Down Syndrome World Swimming Championships to be held in Florence, Italy. Two of those are from New South Wales, including Bundanoon's Danny Rumsey. The remaining 20 swimmers are from all around Australia.

Following his success at the Australian National Down Syndrome championships held last year, Danny has been training hard

with the squad at Picton, and spending time in the gym at the Moss Vale Aquatic Centre. Australia has been the top team for the last two championships and Danny is determined to help them retain that title this year. He also hopes to retain his 50, 100, and 200 metre breast stroke world records, and set a few more in his other events.

So watch this space for a jcg follow-up in September.

Garden tales

› Lyn Morehen



Photo: Robyn Fagan

WE WHO LIVE in Bundanoon know that here there is magic. From the moment one enters this beautiful place there is a sense of something special– a sense of arrival. What and who make this? It is comforting to think that there may be creatures who gracefully wave their wands, and lo and behold, magnificent trees, shrubs and flowers welcome us home and proclaim to us and our visitors that indeed we are somewhere unique. Exotic trees and shrubs are framed by magnificent eucalyptus which, according to my well informed garden gurus, include mountain grey gum, manna gum, brown barrel and silvertop ash.

Are there fairies in Bundanoon you might ask? Do they tend to our public gardening spaces? Do the scarecrows come alive at night and work away? Did Bonnie Nova on her swing come down and give a hand? I am not sure. What I can tell you is that there are many gardeners and that there is a dedicated Green Team in Bundanoon. The team meets on the second Tuesday of every month and I think that

what it does can be regarded as magic.

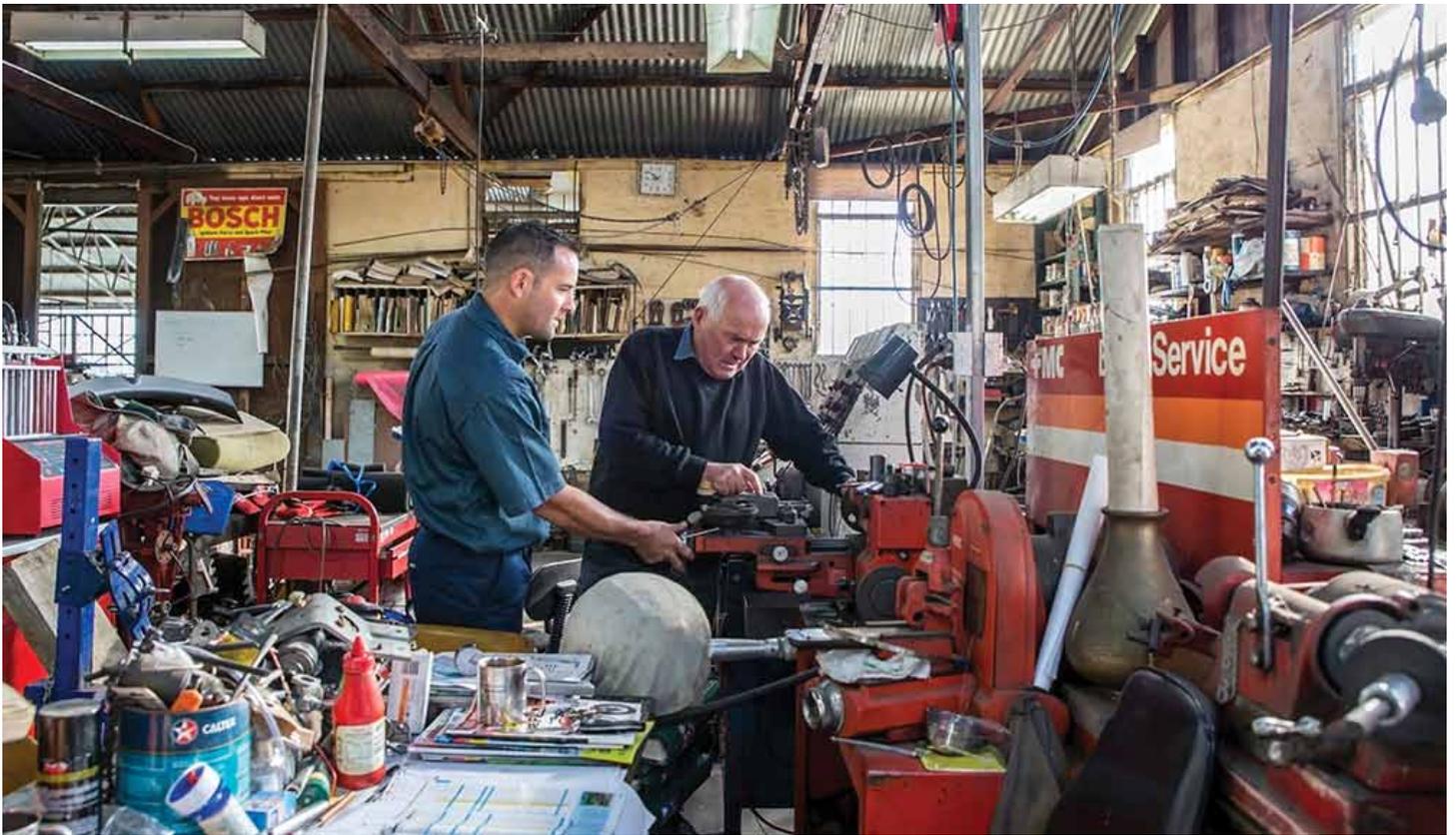
The Green Team has been in existence for about 11 years. Originally, David Beasley, then a resident of Bundanoon, vowed that when he retired he would do something about the scruffy, tired-looking entrance from Exeter. It depressed him on a daily basis as he drove home from work. Now of course this area is beautiful at any time of year. In spring the trees start unfurling their leaves above the drifts of yellow daffodils. Young leaves turn to luxuriant greens and contrasting burgundy. There are maple trees and dogwoods contrasted with New Zealand flax that provide summer colour. Come autumn and the leaves turn red, gold and orange. Indeed a very warm welcome. The winter garden is no slouch either. Structural forms now robbed of summer foliage and brushed by frost glisten in the winter sun and again provide such a welcome. At each entrance to Bundanoon native creatures crafted from sandstone from the Bundanoon quarry repeat: "Welcome!"

The Green Team provides plantings and maintenance of landscapes across many

venues including the trees and shrubs along Railway Avenue, the entrances to the village and Bellevue Park. This April volunteers planted 6,000 daffodils and put down 500 cubic metres of compost. Hard work and very rewarding, as we will all agree come spring. One of their biggest future challenges is the railway embankment close to the Bundanoon Hotel. Plans have been drawn up and work progresses.

The Green Team is not alone in its efforts, fairies or no fairies. Many villagers plant and maintain their own beautiful gardens for us all to enjoy and many, including the Bundanoon Garden Club, also add their special touches to our public spaces.

Next time you see beautiful daffodils at the Information Bay or hydrangeas along Railway Avenue pause and remember that someone – Green Team, or even fairies– has planted and maintained them for us to enjoy. Leave the beauty behind and take away with you happy memories.



Mat and Chris in the workshop

70 years in business

› Harvey Grennan

WHICH BUSINESS IN Bundanoon has been operated by three generations of the same family?

No prizes for guessing it's Petersen's Garage, which celebrated its 70th anniversary in March this year. Christian Petersen bought the business in 1946 and today it is operated by his son, also Christian (Chris), and grandson Mat, with Chris's wife Erika in charge of the office.

The "young" Chris began working here at 15 years of age – 55 years ago – and still greets all comers with a ready smile. Mat's been there 25 years, Erika 34.

One look at the corrugated-iron building on the corner of Erith and Amy Streets and you know it's old-school. Go inside and the time warp continues. There's an Aladdin's Cave of ancient and state-of-the-art mechanical paraphernalia and invariably one or two collectible vintage cars entrusted by their meticulous owners to the Petersens' special brand of magic.

Chris is not one to satisfy himself with the boring perfection of computerised 21st century motor vehicles manufactured by robots. He is happier building a race car from scratch or restoring an old motor cycle, first disassembling it into its myriad original components. If he can't source a part for an old car or motor bike he turns it out himself on a trusty lathe that is almost as old as he is. Every now and then it's a bit of old fencing wire to stitch together a bumper bar for a customer

intuitively recognized as too mean to buy a new one (me in this particular case).

Ride-on mower won't start? Chris or Mat will soon be there to demonstrate how mechanically useless you are.

Chris used to race cars he built himself. His pride and joy is a 1971 yellow Datsun 1200 coupe which is often parked outside. This is the car which took him to a class win at the 2006 Australian Hill Climb Championships at Bathurst. Countless other trophies are scattered precariously on shelves around the office, including 2003 Club Champion of the NSW Road Racing Club. Today he contents himself with his membership of the Bundanoon Bike Club and its occasional two-wheeler tours.

Petersen's Garage originally started life in an old butcher's shop down the hill and around the corner at 7 Ebury Street. Harold Grice had started the first garage in Bundanoon there around 1938, renting the premises from Ruby Greason, the wife of butcher Alister Greason.

In 1946 Christian Petersen senior, who had married Alister and Ruby's daughter Audrey in 1945, purchased Harold Grice's garage business. He continued to rent the property while the couple lived in the house next door. About 1950 he built the current premises in Erith Street and used 7 Ebury Street for storage. Chris junior took over the business in 1989.

After over half a century on the job is Chris ready for retirement? Not quite yet



The original premises in Ebury Street



Current premises

for a bloke with petrol in his veins – and not that trendy ethanol rubbish either! But he and Erika are taking more time off to travel. Last year it was Scotland and Ireland and in November this year a trip around New Zealand – on a motor cycle of course.



Scribbly notes: Winter

Contributed by the Scribbler

BRRRR... NEED CHEERING this winter?

Walk or pedal into Morton National Park for a little 'sunshine'. Winter is wattle-time, and three species are common along the roads and tracks, lighting up the bush.



Sunshine wattle

See if you can find a trigger plant. If you tickle the base of a folded-back anther with a fine stiff grass stem it springs forward (and would deposit some pollen on your back if you were an insect).

Some early boronias flower in August, and you can also enjoy two purple harbingers of spring: spikes of matchheads, and pea-flowered hovea.



Trigger plant, showing folded anther (top flowers) and sprung anther, (bottom flower)



One June I found a collection of brilliant red and black assassin bugs, which kill and suck the juices from other insects in the way that spiders do. Watch out – they can inflict a painful bite on us too.

Winter is also a great time to view the mist rising out of Bundanoon Creek gorge without having to get up early! After wet or cloudy weather, you might still catch the magic up to around 11am.



Kangaroo apple foliage, flower and fruit

Our bush heritage

MEMBERS OF BUNDANOON Bushcare Group have been restoring native vegetation on the Glow Worm Glen Track since 1998 and also the Governors Road boardwalk track. In this issue of **jcg** we would like to highlight some of the plants, friend and foe, that we encounter. These plants are not just found on the tracks but can also be seen in parks, roadsides and even in your garden.

FRIEND: Kangaroo apple (*Solanum aviculare*)

Belonging to the same family as tomato and potato, kangaroo apple is a common native plant of our area. It is a fast growing, short-lived plant which can be mistaken for a weed, but performs an important role as a colonizer of disturbed areas allowing other plants to regenerate. In spring and summer it has attractive purple flowers with bright yellow anthers. Birds love the bright orange berries which follow in autumn. These berries were also eaten by Aboriginal people but only when very ripe. At other times the berries (and leaves) are poisonous so best not to try them! Why is it called kangaroo apple? Perhaps because the juvenile leaves resemble the paw of a kangaroo and the fruits look like apples.

FOE: Japanese honeysuckle (*Lonicera japonica*)

Honeysuckle is classified as an environmental weed because it is highly invasive and smothers other plants. It is a vine with tubular cream or orange highly-scented flowers in summer which are followed by shiny black berries. The plant is easily spread when birds eat the berries or garden waste is dumped and once established in an area honeysuckle is difficult to remove. The plant will re grow from a small section of stem or root. There are many alternatives to growing honeysuckle, including attractive natives such as clematis, wonga vine and dusky coral pea (*Kennedia*).

Our group meets every second Sunday of the month and every fourth Tuesday from 9.00 am until 12.00 pm. For more information phone 4883 6650.

Judy Paterson, a Bundanoon girl, turns 100

› Marianne Ward

ISABEL ANNIE (NICKNAME 'JUDY') was born at home in Garnida, Erith Street, Bundanoon, on 13th June 1916 to Garnet and Ida Baker. Judy's younger sister, Lucy, was born on 17th November, 1922.

Judy was a descendant of the Baker, Grice, Knaption and Tysoe families – all settlers in the Southern Highlands. The Baker and Grice families were major landholders and stalwarts of early Bundanoon life. Sydney and Ernest Baker, Judy's grandfather and grand-uncle, were owners and operators of the Erith Coal Mine on the edge of Bundanoon Gullies in the 1880s and William and Elizabeth Grice built Fernfield, now Quest for Life.

Her childhood was spent at Garnida, built in 1915 on land owned by Garnet and Ida Baker, next door to land where Rosnel would be built in 1922–23. The whole household must have been very busy after 1928, when advertisements were placed in the *Sydney Morning Herald* offering accommodation for 30 guests at Garnida. This period was when guest houses in Bundanoon were at the height of their popularity. Her mother Ida was named as the proprietor and probably did most of the work, with the 12-year old Judy helping out.

Judy attended Bundanoon Public School and then Bowral High School, travelling in a carriage tacked onto a steam goods train – one carriage for the girls and another for the boys. She left school in 1933 at age 17. Golf was one of the most popular sports at that time and Judy loved it, regularly playing the courses in Bundanoon and Moss Vale.



Teeing off at Bundanoon links, 1934.



Wedding day

During World War II she met RAAF officer Col Paterson and in 1941 their wedding was held in Holy Trinity Church, Bundanoon. The church was always an important part of the Baker family's life. Their daughter, Judith, was born in Bowral Hospital on 28th April 1944, and later, when Col and Judy moved to Lane Cove, son Craig was born on 27th June 1947 in Chatswood.

In 1971, Col and Judy purchased a weekender in Wiseman's Ferry and then moved there to live permanently in 1977. Many years later, in 1993, they moved to Nerang on the Gold Coast. Unfortunately Col passed away only six months later. Judy currently lives in Orchid House Nursing Home in Nerang and is still in good health, enjoying her two grandsons and a beautiful great-grand-daughter, Billie, who is 2½ years old.

Her only sister, Lucy, who married Lou Rocca, passed away in 2006, so Judy is the only surviving Baker today.

We all wish Judy a Very Happy 100th Birthday on 13th June 2016.



Judy as a young girl with her mother Ida, father Garnet and grandmother Annie Baker.



Surrounded by family at her goth birthday.



Vet's casebook

by Ken Davidson BVSc (Hons)

FAMILY HOLIDAYS CAN be a time for difficult decision making for pet owners. While it is a great chance for you to have quality time with your pets if you are staying home, issues arise if you are planning on travel. Not many holiday venues embrace pets.

If they do, of course your problems are solved, but remember if take your pet on holidays anywhere on the coast, cover them against paralysis ticks with one of the newer products (Bravecto or Nexguard.)

If not, **pet boarding** is an ideal answer. Luckily in the Southern Highlands we have a great range of boarding facilities. All are well run and mostly long-established enterprises that provide the safest way to have your dog or cat minded. Book well ahead for peak periods such as school holidays, Christmas and Easter.

Here are a few tips for boarding pets:

- Make sure pets are vaccinated before boarding...Dogs with a C5 or C6 within last year, Cats with a minimum F3.
- Make sure they are microchipped, with chip details updated if you have recently moved.
- Give pets a flea treatment and dogs a bath/groom before going to kennel.
- If your pet is on a special diet, provide the food they need.
- If your pet is on a regular medication, take the meds with you and if possible a tick-sheet from your vet to avoid confusion about doses and timing of medication.

Alternatively, you might consider a "house- and pet-minding service". Some involve a live-in arrangement while others will call in once or twice a day. Always give carers the details of your vet in case problems arise in your absence.

Sometimes pet owners are tempted to get a friendly neighbour to look after their pet. This may work if your dog knows the person well and all fences are dog-proof. If this is not the

Holidays and pets

case, the dog is likely to get separation anxiety or may become bored and escape to look for his owners. If this happens he could be in great danger from traffic at worst or being picked up by Council rangers at best. Cats are totally unsuited to this type of arrangement as they are mostly stranger shy. They are unlikely to let a stranger feed them in their own home. If kept indoors they are likely to bolt out when a stranger opens the door... with dire consequences.

The following is a true anecdote of a well-meaning kind person who went out of her way to help two friends-in-need. She offered to mind one friend's cat and another friend's dog in her house at the same time. The cat and dog didn't get on and her own cat didn't like either of them!

At the first opportunity the friend's cat darted out the front door and went straight down the stormwater drain on the kerb. The minder mounted a non-interrupted 8- hour vigil at the drain, hoping the cat would come out for food, before finally giving up.

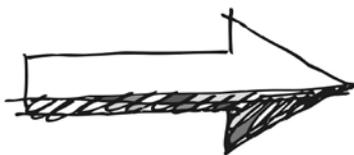
She started a search for the cat, beginning at its home 3 blocks away and, to her massive relief, found the cat-flap open and the cat inside its house! It must have traversed the stormwater pipes underground and used its instinctive GPS system to find its normal place of abode.

The moral of the story – leave pet boarding to the experts.

Bundanoon Vet, alongside Todd's Real Estate.



GARAGE SALE



Keep the date:

Warrigal Care Bundanoon Auxiliary Inc. Garage Sale and Sausage Sizzle

WARRIGAL CARE BUNDANOON Auxiliary Inc. provides assistance and support to residents of Warrigal Residential Facility and their families and conducts fund raising activities to help support this aim.

This year the Auxiliary has decided its major fund raising effort will be a Garage Sale and Sausage Sizzle on **Sunday 6th November**, starting at 9.00 am at Warrigal Care in Hill Street. So please mark this date in your diaries!

This is an early call for donations of saleable items. If you have any goods that you would like to donate please contact: Ann McCarter, 4883 7784 or Janice Grimson, 4883 6813.

The world of Lalique

› Lyn Montgomery

FOUNDED IN 1888, Lalique has endured as the ultimate symbol of French luxury. René Lalique, born in 1860, was a prominent jeweller and glass worker in Paris from the 1880s, with much of his work reflecting fluid Art Nouveau styles.

Initially his glass designs were modest— glass bottles commissioned by Francois Coty and other perfumiers such as d'Orsay and Roger et Gallet. At the turn of the 20th century he was arguably at the peak of his popularity. His jewellery designs had won him both fame and awards and his groundbreaking use of non-precious materials was almost universally admired. Which makes it all the more remarkable that he chose that time to switch to the medium of glass.

From the 1900s he began making the clear crystal glass wares highlighted with frosted patterns that remain his trademark, with rare examples being stained red, brown and blue.

Not officially lead crystal

Lalique liked the look of the glass produced at the factory near Paris. The sand was silica-rich and he chose not to add lead to his batches, despite the fact that this meant his glass could not be sold as lead crystal. The demi-crystal was easy to work with, inexpensive and had a milky opalescence. Lalique was drawn to glass for its unique properties, particularly its ability to transmit, reflect and diffuse light. During his working life he applied for 16 patents, four of which were related to the use of light.

More for the masses

Lalique opened his Alsace factory in 1921 so that he could produce glass that was more affordable to the masses. He used press-moulding techniques to produce some 200 vases, most of them with wide necks so that the mould could be easily removed. The end result was a vase with a perfectly smooth interior and a crisply moulded pattern to the exterior.

Collecting Lalique

Although Lalique has never been cheap, it wasn't until the 1960s that it began to acquire a Collector status and accompanying value. As academics, dealers and collectors began to research the Art Nouveau and Art Deco movements of which his work was such an integral part, Lalique's glass began to rise in value. The peak in the 1980s and early 1990s was followed by a dip in collector interest when the Japanese



Above: Lalique frosted and opalescent glass vase

Right: Tall Buddha sculpture
Numbered edition, amber
crystal

collectors fell away towards the end of the 20th century. Specialist sales in London and New York over the past few years have helped to increase values, which are determined by factors that include colour, finish, subject matter, the quality of the moulding and the length of production.

Coloured Lalique glass is far less common than clear glass, and an opalescent finish is generally more desirable than a monochrome version. Other Lalique finishes include enamelled, stained, polished and acid etched. Although figural subjects are popular, the highest prices are usually paid for items that were made using the 'lost wax' process. The design was hand carved into wax and pressed into clay to create a mould, with the wax being melted out so the molten glass could be poured in; destroying the original mould and making such pieces rare.



Below: Ormeaux frosted
amber glass vase



Lalique continues to thrive as a truly timeless lifestyle brand

Today, the vision of the brand is to prolong the creative genius of founder René Lalique by issuing superb perfume bottles in crystal; reviving exciting jewellery designs; creating decorative objects with unique satin contrasts; creating a unique Lalique world dedicated to the home, working with renowned artists to produce limited editions in crystal and to recreate its cultural heritage. The firm is still operating today.

Our wombats need us

› Michelle Pullen

THE BUNDANOON AREA has one of the largest reported populations of bare nosed wombats (formerly known as the common wombat) in New South Wales. Most people are unaware that our local wombats are under a growing and serious threat from sarcoptic mange and road kills, and hence the official name change, because unfortunately they are no longer common.

Sarcoptic mange poses a new threat. It leads to a slow and painful death for our wombats and is thought to have been introduced to Australia by the fox. It is an infestation of the mange mite. The mite burrows under the skin to lay its eggs, causing intense discomfort. As the condition continues, thick plaques that look like scabs and ridges of skin form over the wombat's body. The affected area becomes dry and splits, often leading to infection and flyblow – YUCK! Eyesight and hearing can also be affected, leaving the wombat temporarily blinded and deaf.

If you sight a wombat during daylight hours it may have mange and be unable to hear or see well. A phone call to our local Wildlife Rescue South Coast Inc. (WRSC) and Wombat Protection Society member John Creighton (contact details below) allows John to assess the condition of the wombat and seek the appropriate approach towards treatment. Remember, mange is a curable condition and reporting a wombat you suspect of having mange to WRSC is the first step towards its cure.

Help us gather data

To assist in this, a new initiative has been set up to help gather data about wombats so this problem can be tackled nationally. WomSAT is an app that allows



you to register sightings of wombats and their burrows at womSAT.org.au. If you suspect the wombat has mange you can upload a photo on the site as well. A phone app version will be released soon. Alternatively, all wombat sightings can be reported via a phone call. (See contact details below). Currently the womSAT map shows a majority of sightings in the Southern Highlands are in the Exeter/Bundanoon area.

WomSAT is headed by Western Sydney University Professor Julie Old who says “the aim of this project is to tell us where the wombats are, especially any with mange and why they have the disease”.

Sarcoptic mange can be transferred to our dogs and cats. This usually occurs when they go sniffing around wombat burrows. Vet Bianca Betros from Bundanoon Vet Hospital recommends the use of spot medications such as Advocate, used for tick and flea control. These medications can prevent your pet from becoming infected.

Signs your pet may show if it has mange are itchy red skin and hair loss, often around the head and shoulders. They may also develop a bad smell due to secondary infection. Treatment by your vet is generally simple with the condition clearing fairly fast. This is another reason to keep our wombats healthy.

We have a real opportunity as a community to make a difference to the plight of this iconic Australian animal. The sooner we act the fewer wombats will die and the spread of mange will be reduced.

Contacts:

- To report injured wildlife, call **Wildlife Rescue South Coast Inc.**
0418 427 214. 24/7 hour hotline. WRSC Inc. has a wide area of coverage, from Wollongong to the Victorian border including the entire Wingecarribee Shire.
- To log sightings go to: www.womsat.org.au or call John Creighton via WRSC on the number above.
- If you have any queries or are interested in helping our wildlife call John Creighton via WRSC on the number above.



Beating depression with exercise

› Rosemarie Gray

IMPROVED SELF ESTEEM is a key psychological benefit of regular exercise. When you exercise, your body releases chemicals called endorphins. These endorphins interact with the receptors in your brain that reduce your perception of pain.

Endorphins also trigger a positive feeling in the body, similar to that of morphine. The feeling that follows a run or workout is often described as “euphoric” and can improve your outlook on life.

Is exercise a treatment for clinical depression?

Research has shown that exercise is an effective but often underused treatment for mild to moderate depression.

Because strong social support is important for those with depression, joining a group exercise class may be beneficial. Or you can exercise with a close friend or your partner. In doing so, you will benefit from the physical activity and emotional comfort, knowing that others are supportive of you.

Should I talk to my doctor before exercising?

For most people, it is OK to start an exercise programme without checking with a GP. However, if you have not exercised in a while, are over age 50, or have a medical condition such as diabetes or heart disease, contact your GP before starting an exercise program.

How often should I exercise to ease depression?

Try to exercise at least 20 to 30 minutes, three times a week. Studies indicate that exercising four or five times a week is even better. Take it easy if you are just beginning. Start exercising for 20 minutes. Then you can build up to 30 minutes.

What are some tips for starting exercise?

When you first start your exercise program, you should plan a routine

that is easy to maintain. When you start feeling comfortable with your routine, then you can start varying your exercise times and activities.

Here are some tips to help you get started:

- Choose an activity you enjoy. Exercising should be fun.
- Put your exercise routine into your schedule. If you need reminding, put it on your calendar.
- Variety is the spice of life. Make sure you vary your exercises so that you don't get bored. Check your local gymnasium or community centre for an assortment of exercise programs.
- Don't let exercise programs break the bank. Unless you are going to be using them regularly, avoid buying health club memberships or expensive equipment.
- Stick with it. If you exercise regularly, it will soon become part of your lifestyle and will help reduce your depression.

What should I do if exercise is painful?

Never ignore pain. You may cause stress and damage to your joints and muscles if you continue exercising through pain.

If you still feel pain a couple hours after exercising, you have probably over-exerted yourself and need to decrease your activity level. If your pain persists or is severe, or if you suspect you have injured yourself, contact your doctor.

If you are unable to regularly participate in exercise or athletics, you can also try other tools to help your mood. Studies of meditation and massage therapy have demonstrated these techniques can stimulate endorphin secretion, increase relaxation – and aid in boosting mood.

Rosemarie Gray is a Relational Psychotherapist. Previously, a partner at the Jansen Newman Institute, Sydney, followed by private practice in Roseville, Sydney and the Southern Highlands.

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August club fundraiser

AS A FITTING way to celebrate the 60th anniversary of the Bundanoon Club's occupation of its current site, the bowlers are planning a major new tournament which it is hoped will become an annual event.

The Bundanoon Bowling Club Committee is inviting New South Wales' top-ranking Pro/Am playing teams to a giant knockout bowls competition to be run over two consecutive weekends in Spring. Such a competition should benefit not just the Bundanoon Club but all local businesses. To be called The Tartan Triples, it will tie in with the Scottish theme of Brigadoon in April and our overall Highlands image. In order to attract the quality of bowlers and the attendant publicity it is essential that the club provides significant prize money and 'in-kind' prizes and to this end a fundraising auction is planned for Sunday, 14 August.

Members will recall that the Bundanoon Club has hosted many a fundraiser and auction in the past to help individuals, charities and local families in need. This

time it is the Bundanoon Club itself and the Bowling Club that are asking for a helping hand. The proceeds will go towards an urgent upgrade of the bar, and towards prize money for the bowling tournament. Any help from businesses and individuals in providing items for the auction would be greatly appreciated. You can contact Graham Anderson on 4883 6611.

Yes, the club has been located in Erith Street for 60 years this year but is in fact older than that. The original club, then known as the Bundanoon Park Bowling Club, was formed in 1949 as part of what was then Terry's Royal Park golf links at the corner of Erith and Hill Streets. It moved to the current site in the town's central sporting precinct in 1956. Over time the club has become the focus of much of the community and sporting life of Bundanoon.

In other news at the club:

Director Ken Hodge is back on deck after breaking his leg while picking up a busload of kids at Bowral School. Ken is the Number One voluntary helper at the

club and we wish him continued recovery.

Work on the upgrading of the deck has continued thanks to the efforts of director Bill Whitting. There are new steps so that parents can supervise their children on the playground, new umbrellas and a fresh coat of stain for the timber.

Brigadoon was a great day for the club with queues all day at the bar. Staff and volunteers worked hard through the day and were rewarded with record bar takings of \$13,000.



New Bundanoon Club caterer is Lloyd Bushnell, previously head chef at Tooses in Moss Vale.

Australian Federation of Graduate Women



Australian Federation of
Graduate Women Bundanoon

TRIVIA NIGHT

Saturday 18th June 6.30pm
6.30pm, Bundanoon Memorial hall

\$20 per person BYO food & Drinks Supper provided

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AFGW BUNDANOON EXTENDS an invitation to you to attend our next dinner meeting on 28th June.

Who we are

We are a diverse group of women who believe in the right of women and girls to reach their full potential through education.

Our practical activities involve providing scholarships to women and girls and advocating for the promotion of women's education. AFGW also supports projects for women in developing countries.

Bundanoon Branch is part of AFGW NSW, which is the state branch of the national body AFGW Inc. which is affiliated with Graduate Women International (GWI). GWI has consultative status within the United Nations, which gives us a direct voice on international matters of critical importance for the protection of human rights and the status of women and girls.

What we do

Bundanoon Branch holds monthly dinner meetings on the last Tuesday of each month, featuring a guest speaker, lively social interaction and intellectual stimulation.

We also hold functions to raise funds to support scholarships and other projects, as decided upon by the members. Our next function will be a Trivia Night in Bundanoon Community Hall on June 18th. The funds raised will be used to establish "The Bundanoon and Southern Villages Scholarship".

Membership is open to any woman who holds a degree from a University or recognized Tertiary institution in any country. Non-graduates are also welcome to join as Associate Members.

If you would like to make a difference, please come, meet our members and have an enjoyable evening – just call Wendy McDonald 0419 419 250 by Friday 24th June. Other enquiries: Christine Janssen 0417 285 364.

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CAFÉ CONNECT

Café Connect provides an opportunity for people with a diagnosis of dementia and their carers to come together over a morning tea, to enjoy social contact, make new friends and share information and ideas.

Café Connect meets at a cafe in Bundanoon on the 1st Thursday each month 10.30am -12 midday. Please give us a call on 02 4869 5651 if you are interested in joining.

Café Connect is facilitated by Alzheimer's Australia NSW local Dementia Advisor with funding received from the Australian Government.

DEMENTIA ADVISORY SERVICE: WINGECARRIBEE

For information and support for people living with dementia and their families, please contact:

Alzheimer's Australia NSW

Suite 1, Queen Street Centre, Queen Street Moss Vale, NSW
T: 02 4869 5651 | E: NSW.wingecarrabee@alzheimers.org.au

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Bundanoon Sporting Club News

THIS IS A new regular page!

We want to give all sporting clubs in Bundanoon an opportunity to update jcg readers with club news, activities and contact points for readers who wish to get involved or attend upcoming events. As a start we have input from Bowls, Croquet, Tennis and Soccer. Any other clubs wanting to be part of it please contact Mike Swinden on 4883 7624 or email mikeswin@hotmail.com. The plan is to try to have some news from each club in each edition.

BUNDANOON BOWLING CLUB

As you will see the Club has a wide range of events to cater for all who are interested in bowls for fun or in a more competitive way. The Club also wants to make you aware of the range of activities it has and the people you can call to get more details:

Club President is Graham Anderson (4883 6611), **Secretary** is Bob Burnham (4883 6754).

Social bowls is played every Wednesday and Saturday at 1.00pm and everyone is welcome.

Barefoot bowls is played, weather permitting, on Sundays at 2.00pm.

Contact Graham or Bob for details and to find out how it works. New players are welcome!

State Pennants is a very strong competition. We compete against teams from Goulburn, Taralga and Crookwell to the south west and St Marys, Penrith and Katoomba to the north. At the halfway mark BUNDANOON leads their competition – so a great start!

Club Championships have taken place for 2016 and the winners were:

Major Singles: Roy Taylor

Minor Singles: Keith Stratton.

Doubles: Jack Hoare and Peter Cowling

Triples: Peter Donsworth, Peter Poole and Peter Cowling

Monthly meetings are held on the first Wednesday of the month at 4.30pm. All members are welcome to attend so they can keep up to date with club issues.



TARTAN TRIPLES is a special event and Club fund raiser. It will be held on Sunday 14th August starting around 10.00am and a massive auction will be held at 2.30pm. Players and visitors welcome. Have a look at the Bundanoon Club article in this edition for more details.

BUNDANOON REBELS SOCCER CLUB

Things are really happening at the Soccer Club! Events to mark in your diary:

Sunday 10th July: Closing of Winterfest. **Bonfire** at Ferndale Oval, Quarry Road Bundanoon. From 5pm. Music by Aria Winner Johnny Spitz and Cilla Jane. The Bundanoon Rebels' famous canteen will be open with food and drinks available.

Saturday 6th August: Bundanoon Hotel is hosting our annual **Trivia Night**. From 6.00 pm. Tickets available from Jaime Griffiths and ticket price will include finger food. Great prizes on offer and all for a great cause.

Every second Saturday Bundanoon Rebels host home games from 8.30 am to 3.00 pm. The canteen is open with barista coffee and great food. Come on down and watch our youngest members of the community play some great soccer.

For more information contact Jaime Griffiths, 0439 033 068 or email Bundanoonrebelssecretary@gmail.com

BUNDANOON CROQUET CLUB

Helen Wooby is the Club President and can be contacted on 4883 7625. Bundanoon Croquet Club welcomes anyone who would enjoy a game of Croquet.

GOLF CROQUET

The club has a healthy group of Golf Croquet players who play on: **Monday morning** starting at 9.00am and **Monday afternoon** at 1.00pm and **Thursday morning** starting at 9.00am and **Thursday afternoon** at 1.00pm.

Helen points out that if you don't know how to play the game "we would love to teach you". Croquet is also offered as a group activity for anyone planning an event with a difference.

Contact Helen if Croquet interests you!

BUNDANOON TENNIS CLUB

SOCIAL TENNIS

The club has a number of **social times** for members and visitors to play on Tuesday, Thursday, Saturday and Sunday. All standards are catered for and attendance every week is not essential. Call Mike Swinden on 4883 7624 if you want details about times and sessions that would suit you.

COACHING PROGRAM

We will be starting **Term 3** of our coaching program soon and will be running classes on Monday and Tuesday afternoons, and on Wednesday and Saturday mornings. We cater for adults and juniors who are beginners or who may want to improve or refresh their game. Call Mike Swinden on 4883 7624 for more details.

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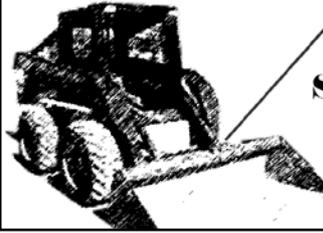
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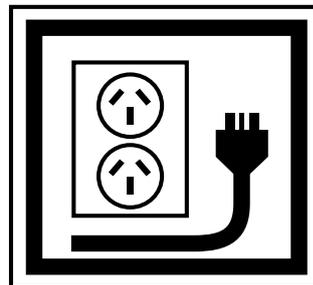
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9am Holy Trinity Bundanoon
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9.30am St Aidan's Exeter
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5pm Holy Trinity Bundanoon
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Activities and services

Groups

Arts Bundanoon	Greg Slater	0401 946 289
Bundanoon Community Association (BCA)		
President	Christine Miller	4883 7493
Bundanoon Pre-School.....	Deni Harden, Director.....	4883 6166
Bundanoon Public School P&C		
Candice Piper	candiz_p@yahoo.com.au	
Bundanoon Visitors' Group.....	Harry Hull.....	4883 6372
Chess Club	Pat Foley	4883 6064
Country Women's Association (<i>meets 2nd Thurs, 1 pm, CWA Rooms</i>):		
.....	Kath Smith	4883 6919
Currabunda Wetland Group (<i>meets 1st and 3rd Friday</i>)		
.....	Alan Hyman	4883 7763
Garden Club.....	Judy Andrews	4883 6898
Glow Worm Glen Track Cttee.....	Anna Perston.....	4883 6125
Green Team	John Wood.....	4883 6859
History Group (<i>meets 1st Monday, 10 am, The Bundanoon Club</i>):		
.....	Ralph Clark	4883 7196
Lions Club.....	Elizabeth Cranny.....	0408 102 411
Men's Shed (<i>meets Tues-Thurs, from 10am, 11 Burgess St</i>):		
.....	Tony Molyneux	4883 6073
Morton National Park Volunteers (<i>meets 2nd Wednesday</i>):		
.....	Alan & Wendy Hyman.....	4883 7763
Playgroup	Melanie Terry.....	4883 7197
RSL	Robert Williams	4883 6137
Serendipity: the choir	Kerith Fowles	4883 6515
The Bundanoon Club	Sandra Nicholls	4883 6174
Warrigal Care Bundanoon Auxiliary (<i>meets 3rd Monday, 10am at Warrigal</i>)		
.....	Ann McCarter	4883 7784

Sports clubs

Bowls (Men).....	John Witney.....	4883 7356
Bowls (Women)	Margaret Alaban	4883 7560
Cricket	Steve Granger.....	0404 048 288
Croquet Club.....	Helen Wooby.....	4883 7625
Pony Club	Gale Pritchett	4883 7195
Rugby League	Grant Perkins	0419 844 405
Soccer	Sue Roseworne.....	4883 7219
Swimming.....	bundanoonswimmingclub@gmail.com	
Tennis	Mike Swinden	4883 7624

Support and volunteer services

Community Health Service	Bowral.....	4861 8000
Early Childhood Clinic.....		4861 8000
Fire Station		4883 6333
Good Yarn.....	Lesley Paterson	4883 7419
Mobile Library	Moss Vale Library	4868 2479
Red Cross (Exeter branch)	Anna Hopkins.....	4883 4259
Rural Fire Service (RFS)	Craig Rowley.....	0427 511 837
RFS Auxiliary	Rosemary Page.....	4883 6499
RSPCA (Goulburn/Highlands)		0412 475 428
Volunteering Wingecarribee.....	Thomas Andrew	4869 4617
WIRES.....		4862 1788

To change details, please contact JCG editor

Welcome packs

ONE VERY POPULAR Bundanoon tradition is the Welcome pack, initiated about fifteen years ago by the Bundanoon Community Association (BCA). The pack contains a welcome letter from the president of the BCA plus all sorts of information about the town and details of all the groups under the BCA banner, (there are currently 25 sub-groups), and how to contact the convenors. Then we slip in something yummy, donated by BCA, like a jar of locally made jam or chutney.

The Welcome Pack organisers try to contact new residents as soon as they move in and the response is always one of surprise and delight. This is just another way that new residents are made so welcome to our special village.

Church times

Anglican Parish of Sutton Forest

Holy Trinity, Bundanoon ..	Sunday, 9.00am, 5.30pm
St Aidan's, Exeter	Sunday, 9.30am
St Stephen's, Tallong	Sunday, 10am
All Saints, Sutton Forest	1st, 3rd & 5th Sundays, 11am
.....	2nd & 4th Sundays, 2pm

Uniting Church

Moss Vale	Sunday, 9.30am
------------------------	----------------

Catholic Church

St Brigid's Bundanoon	1st, 3rd & 5th Sundays, 5pm
.....	2nd & 4th Sundays, 8am
St Paul's, Moss Vale	Sat, 6pm & Sunday, 10am

Iona Christian Community, St Patrick's, Sutton Forest

2nd, 4th and 5th Sundays. 10.30am

Santi Forest Buddhist Monastery, 100 Coalmines Rd

.....	Sat, 7pm: Group Meditation
.....	Wed, 7pm: Buddha's Teachings

For other service times, please contact:

Anglican Church: www.parishofsuttonforest.com, 4883 6019

Catholic Church: Parish Office, 4868 1931

Iona Christian Community: 4883 4799 or 4883 7939

Santi Forest Buddhist Monastery: 4883 6331

Advertising in JCG – 2016

TYPE OF ADVERTISEMENT	SIZE (W×H, mm)	BLACK & WHITE per issue	COLOUR per issue
Business card	93×52	\$46	\$73
Quarter page horiz.	190×52	\$93	\$132
Quarter page vertical	93×134	\$93	\$132
Half page horizontal	190×134	\$173	\$225
Half page vertical	93×273	\$173	\$225
Full page	190×273	\$340	\$420
Full page bleed	220×307	\$340	\$420

NB: Back cover is \$470. Inside back cover is \$445. Rates for other premium positions available on application.

Artwork

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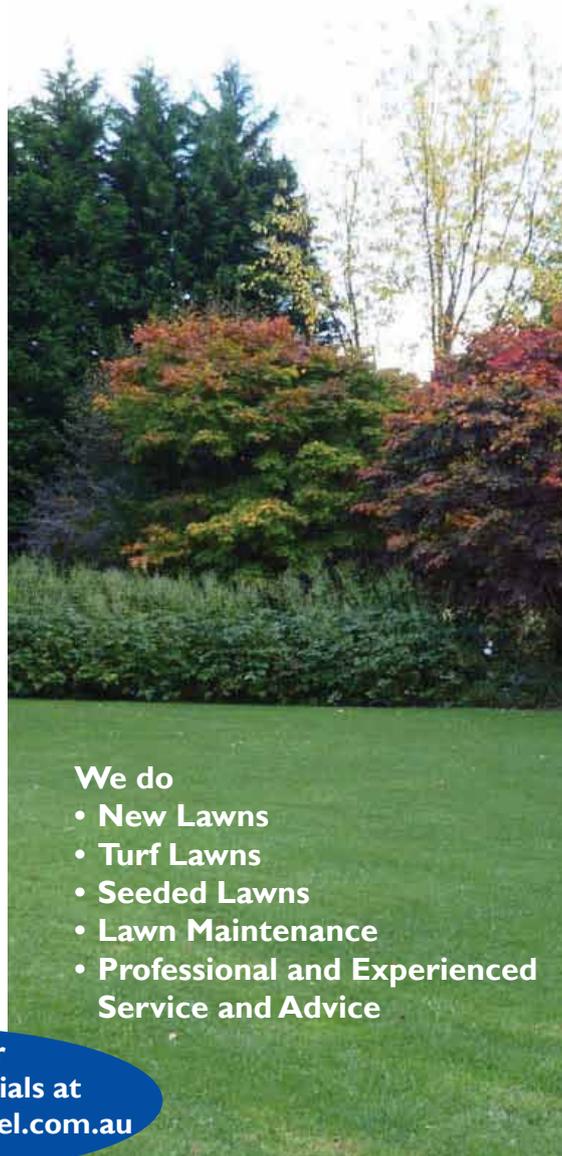
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