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for the people of Bundanoon and Southern Villages

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Correspondence:
The Editor
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Contributors

Dr Bianca Betros	Geoff McCubbin
Faye Cairncross	Lyn Morehen
Ralph Clark	Neil Mitchell
Dr Fiona Crago	Phoebe, Jorja,
Annie Crawford	Lillian & Emerald
Ken Davidson	(Bundanoon school
Kerith Fowles	students)
Anne Goodridge	Dr Indran Rajendra
Peter Gray	Jessica Raschke
Hannah Halloran	Shannen Smith
Elliot Hewitt	Danielle Spinks
Josh Hewitt	Mike Swinden
Jane Irwin	Denise Sydenham
Brian Jackson	Carol Townsend
Christine Janssen	Kaz Williams
Ann McCarter	

Editor: Helen Clark

Photographs for each article were provided by the author, unless otherwise stated.

Convenor: Christine Janssen:
christine.janssen@bca.asn.au

Consultant: Pam Davies

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Contact numbers

Editorial:
jcg.editor@bca.asn.au

Advertising Sales: Kaz Williams
tel: 0418 425 611
email: kaz@bigshedcreative.com

Design: Ben Mawston
tel: 4883 7178 email: ben@vitreo.com.au



From the editor

I'VE ALWAYS THOUGHT there are more dogs than children in Bundanoon, so the theme for this issue made it difficult to choose just a few pooches' stories. The intention was to include a wide variety of breeds (and owners) and look at the important role that dogs play in many people's lives. Of course we know that every dog and owner deserves a story...

Those who are not dog-people will, I hope, enjoy the pictures of recent colourful events in Bundanoon and a smorgasbord of other stories of interest – these include an interview with the local Postie, a warm story about a Mum who chose to be positive throughout her long life, an introduction to the threatened shale woodland ecosystem of our area and an article about carriage-driving for fun.

Special thanks go to Pam Davies and Annie Goodridge who greatly assisted this issue, Pam with pre-editing, and Annie with reminders and receiving copy.

—Helen Clark, Editor

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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):
21 June, 19 July, 16 August
7:30pm in Supper Room at the Hall.



regulars

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Deadline for next issue:
Friday 26 October



WINTERFEST 2018—THE NEW committee's first—is done and dusted. Close to 3000 people braved the 40km+ hour winds (and a wind chill of -4 degrees) to eat, drink, skate and dance at the Winterfest Opening Night Street Party. Revellers enjoyed the varied musical performances, and young and old alike had fun in the photobooth (manned by a young chap who arrived without even a jumper!) and – eventually – the ice skating rink. The Supper Room was jam-packed with littlies enjoying the Sydney Puppet Theatre performances, and the Hall buzzed with artlovers (and perhaps some seeking shelter from the cold) viewing works by the Bundanoon Men's Shed and entries in the Winterfest/Arthead art competition. The party was a boon for local businesses and community groups, both for stallholders and for the retailers that stayed open for the evening. Many food vendors sold out quickly and the Bundanoon Lions sold 150 litres of



mulled wine, and the ladies of the Good Yarn sold \$1200 worth of beanies and scarves!

Of course, Winterfest is more than just the street party. Over seven busy days, close to 600 participants enjoyed cooking and fitness classes, special film screenings, nature talks, and craft and art workshops. Taronga's Zoomobile was a huge hit with local young ones who were treated to a



hands-on introduction to a selection of creatures that slither, scurry and crawl.

The Winterfest organising committee is already working on the 2019 festival. If you'd like to be a part of the Winterfest crew, please get in touch at winterfestinbundanoon@gmail.com

Photos: Peter Gray



Bundanoon Community Association



Christine Janssen – President

BY THE TIME you read this, I hope that Spring has arrived with the warmth and rain we desperately need. As you are all aware, many local farmers have been hit by severe drought and

a number of our community organisations have been raising funds to provide much needed assistance. You can help too. IGA in Moss Vale has undertaken a project to help local farmers: at the checkout you can buy various packages, including food or cleaning products, that IGA will pack and supply to the recipients.

THANK YOU

BCA WARMLY THANKS Annette from Victorian & Steampunk, custom bridal and formal design manufacturer, for supplying the President's spectacular costume for the Rail 150th celebrations.

To view costume range visit www.galleryserpentine.com

BCA is actively working with other groups and organisations within the village and has now included new Bundanoon Public School Principal, Mel Morris, on our monthly General Meeting agenda. The school has recently welcomed Mr Regent to the permanent position of Assistant Principal. It has also formed a school choir and the new choir master is the talented Danielle Hewitt, also the Convenor of BCA's Bundanoon Sings!.

In Week 10 of Term Three, a school concert will be held in the school hall at the following times:

Evening Performance –
Wednesday 26 September 2018
Matinee Performance –
Thursday 27 September 2018
Evening Performance –
Thursday 27 September 2018

Our Welcome Pack team, Lyn and Allan Morehen, have been kept very busy providing new residents with a valuable information pack which is always appreciated. Since the beginning of July, 42 packs have been delivered. The team would really love some help, so if you would like the opportunity to have a chat

and be one of the faces that greet new residents please let us know. Our team has asked the community to advise them of new residents – just send a phone number or email address to the contact details in the back of JCG.

Pat Guy has been the Booking Officer for the Soldiers' Memorial Hall for some years but is now looking for someone to take over this important role. Pat has offered to work with the new Booking Officer till the end of the year and the Hall Willing Workers group will also assist. The Booking Officer needs to be someone who is around Bundanoon most of the time, lives not too far away, has some Excel skills and can send emails – that is basically it. Please contact me if you are interested.

I hope you all enjoyed Winterfest, Bundanoon Sings!, Music@10, Melting Pot Theatre and the 150 year Rail Celebration. We know Bundanoon does things well and Garden Ramble, to be held in October, is no exception. I look forward to seeing you as we enjoy the beautiful gardens of our green-thumbed residents. Please come up and introduce yourself if I haven't met you before.

arts BUNDANOON

Super Saturdays

AH, SPRING AT last! The opulent season of vernal florescence is upon us and we can enjoy Bundanoon's many attractions before the heat of summer and after the cold winds of late winter. (Relax, less of this sort of language follows.)

Arts Bundanoon can give you a good reason to be out and about on Saturday morning on 8 September, 13 October, 10 November and 8 December 2018. On these mornings you will hear respectively Alisa Yuko Bernard – pianist; Daniel Herscovitch – pianist; the Choir of St James' Church, King Street and, finally, Maria Lindsay – violinist & Matthew Brooks – pianist.

All of these performers have previously appeared in Bundanoon for Arts Bundanoon and always to acclaim from our audiences. It is difficult to express what a coup it is for Bundanoon to be able to present such a sequence of four varied and stellar performers, all of whom have been very warmly received by our audiences.

The available space limits the amount of detail that can be shared but we are proud to host the Choir of St James' on the eve of the centenary of the signing of the armistice to end the 'War to End All Wars'. The choir will perform Brahms' heartbreakingly beautiful Requiem. Bundanoon people should turn up much earlier than is their custom for this concert as the Choir of St James has a very strong following outside Bundanoon and every available seat will sell.

Of note, and in connection with the Great War, the Choir of St James', in late April 2017, was invited by the Department



Choir of St James' Church, King Street (Picture supplied.)

of Veteran Affairs to sing at the ANZAC Day Dawn Service in Gallipoli. They were invited to return there in April this year.

The year will end for us on an exquisite note with the husband and wife team of Maria Lindsay and Matthew Brooks playing the Violin Sonata No 2 by Edvard Grieg and other favourites.

Please join us for these upcoming concerts

—Neil Mitchell



Railways CEO Howard Collins and school leaders Jade Hines and Reuben Streatfeild officially open the refurbished station precinct at Bundanoon.

SUNDAY 5 AUGUST: a fantastic winter's day: blue sky, crisp, not too chilly and perfect for celebrating the anniversary of the completion of the rail line between Exeter and Marulan.

Bundanoon History Group initiated the celebration, which was embraced by both Marulan Historical Society, Sydney and NSW Railways.

To quote Transport NSW: "The busy village environment that has built up around Bundanoon Station today demonstrates that the railway station remains at the heart of the community. The station itself is a rare, intact State heritage listed survivor from another era. The station has remained largely unaltered..."

Sydney Trains brought forward plans to rejuvenate Bundanoon Station and restore its historic features, resulting in a wonderful example of rail workers and local communities working together to great effect. Look for the newly installed replica of a platform oil lamp on the Goulburn platform and the replanted



Surrounded by a crowd of about 300, Aunty Wendy Lotter acknowledged Gundungurra Country and its Elders and performed the smoking ceremony, explaining its significance.

gardens behind the Sydney platform.

His Excellency the Honourable T. F. Bathurst AC, the Lieutenant-Governor of New South Wales, brought a message from the Governor of NSW to both Bundanoon and Marulan, and Sydney Trains CEO Howard Collins officially opened the

refurbished station precinct at Bundanoon and helped plant trees for a new garden at Marulan station.

You may be interested to view a new display now on show in the Old Goods Shed, open 9:30am – 2:30pm on market days in Bundanoon.

—David Brennen, Bundanoon History Group



Above: Special trains shuttled between Bundanoon and Marulan so visitors could attend festivities at both locations.



Right: The Lieutenant-Governor unveils the new platform lamp

Photos: Peter Gray



Melting Pot Theatre

Oh what a night!



Photos: Peter Gray

A PACKED HALL ushered in the premieres of eight brand new plays in the third round of Melting Pot Theatre's Crash Test Drama. For those unaware, Crash Test Drama is an incredible opportunity for playwrights and actors new and old to test out their skills before an audience, right here in Bundanoon. The day begins with the casting of actors and ends with a rehearsed reading of the play.

Saturday 28 July saw six new playwrights from across the Highlands brave the Crash Test stage and a throng of actors tread the boards. The audience was treated to outstanding pieces of theatre with some excellent performances to boot. The wonderful Pam Davies was our judge on the night. She handed out awards for best actor, best actress, best director and best play, before handing it over to the

audience for their choice of the night - and that was a hotly contested affair.

AWARDS

Best Play (Judge's Choice):

Disabled Barking by John Pryce-Jones

Best Play (Audience Choice):

The Dinner Party by Morag Rasmussen

Best Actress: Sarah Hawthorn in

The Dinner Party

Best Actor: Kev Fitzgerald in

Posts, Not People

Best Director: Andrew Renella for

Welcome to the Neighbourhood

found myself in the Public Service. Bored and lost, I embarked on a journalism degree – an opportunity to combine my love of news with my old love, the arts. As I neared degree completion I began working for 2UE and volunteering for Highland FM. Still unsatisfied, I found a new love and have since embarked on a career working in mental health and homelessness but interest in the arts has always lingered.

Then along came this opportunity. The chance to convene a Bundanoon treasure. The chance to build upon the brilliant work of Convenors past and the chance to test out some new ideas and possibly add something new to our repertoire. That's all for now except to say I'd love to see each and every one of you at our next show: **20 October. Save the date.** Be it in the guise of an actor, a writer or a director or simply as a spectator.

Oh and please if you see me in the street, stop and say hello.

—Josh Hewitt



Now let me introduce myself. I am also a member of the BCA committee, but for those who have not met me I am Josh Hewitt and I am thrilled to be the new Convenor of Melting Pot Theatre.

So what do I bring to this role? Originally I trained at the Victorian College of The Arts as an actor and spent 10 years treading the boards in Melbourne. In 2009 I gave it all away and

Sarah Hawthorn (left) and Pam Davies





Come ramble in October

WITH THE SOUTHERN Highlands steeped in drought accompanied by cold, dry wintry weather, gardeners are understandably concerned. However, on our stroll through the Ramble 2018 Gardens we found wonderful variety which will be breaking out into lush green leaves as shrubs and bushes burst into life and Spring colour returns to those hardy perennials.



Oak Court

This historic estate with a 19th century house is cocooned by huge old cypress trees whose great branches soar upward, creating perfect places for playing fairies and goblins. A work in progress this garden, gradually being lovingly restored by Christine and Paul. Deciduous trees, bulbs, flowers and shrubs add to the beauty and you may like to take a seat in the new sandstone-paved outdoor area while you contemplate the views.

Jessie's garden

Do not miss this serene park-like garden set in natural bushland. Jessie explained how when they first came to the property, the lake was choked with weedy growth and mud. Now, after a massive clean-up and a new pumping system, it is restored to a haven for the resident ducks and a cool spot in Summer for people. Stroll up the driveway past the lake towards the house and follow the rising path for a great view over the estate.



FASHION PARADE

Venue: Warrigal Residential Aged Care Facility
20 Hill Street, Bundanoon NSW 2579

Date: Saturday, 29 September 2018

Time: 2.00pm

Cost: \$30.00 per person

- Champagne & Grazing Plate
- Tables of Six
- Fashions for all ages by

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- Door prizes
- Limited tickets available

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Viewland Street

Behind a pretty grey house is Di's garden. She is particularly fond of her tiny woodland where towering deciduous trees offering comforting shade in the Summer and beautiful sun-filtered shadows in the Winter. Take a moment to take advantage of the seating under the vine-covered pergola and soak up the peaceful atmosphere.



Gaby's garden

This garden gently steps down over terraces and offers loads of interesting plants. Seek out the large ornamental *Micanthus* grasses, the thriving vegetables and the pots overflowing with succulents, reminding us how pretty these hardy little plants are.

Gaby is often accompanied around the garden by the two resident Sussex Heritage hens, beautiful ladies Daisy and Bella. They will no doubt be in their own house on the busy Open Days.

Highfield

Crossing over the railway we now visit Leonie. The original garden was once all natives but Leonie has added exotics and created spaces all with her own fair hand. Pathways invite you to wander freely. In her 'spare' time Leonie creates mosaics – look



for the cistern from an old house now repurposed as a beautiful plant pot. The Angophora tree is truly amazing and legend has it that Aboriginal people believed that this tree 'grows by night'. Look up and you will see the gnarled old branches have twisted around each other, having lost their way in the dark!



Songs from Australia

BUNDANOON SINGS! HAD a sell-out success with their "Songs from Australia" concert on Saturday 4 August 2018. The audience enjoyed performances by Bundanoon Sings! together with other talented local performers. It was a fabulous village night out, with performers and audience members singing together for some well known items such as songs from Hunters & Collectors and Cold Chisel – and who could forget those advertising jingles! The choir also performed some beautiful modern Australian compositions or arrangements by Stephen Leek, Peter Sculthorpe and Gavin Tipping. Bundanoon Sings! proved they are who they say they are – a choir who sing together to make people feel good.

Thanks to the audience's amazing support, the evening raised \$500 for the Buy a Bale drought relief fund.

Save the date for Bundanoon Sings! festive "Carols by Fairylights" celebration on **9 December**.

Bundanoon Sings! rehearses on Monday nights during school terms from 7:00–9:00pm in the Bundanoon Soldiers' Memorial Hall. Everyone is welcome – to listen, to sing, and to be happy. More information via www.facebook.com/bundanoonsings or email bundanoonsings@gmail.com



Bryngardd

Costa Georgiadis on ABC's *Gardening Australia* described this one-acre as a garden of tranquillity. This sense of stillness has resulted from an emphasis placed on structure and texture through the development of numerous 'rooms' housing large collections of maples, natives, ferns, camellias and bamboos. It is surprisingly informal with stone and water features throughout, while three-dimensional statues require keen inspection. The design leads you by various paths to satisfy a sense of wonder and 'what's next'. There are plenty of places to sit and enjoy the different views.



Trungley

Behind a set of majestic gates, a long avenue of Manchurian pears opens out to a large garden with groves of silver birch and a large pond. Originally a grazing property, it has now been landscaped in the French Provincial style by Martyn, with assistance from his landscape architect.

—Annie Goodridge

Photos by Helen Clark, Meg Nurse and Joy Brown

The Bundanoon Garden Ramble is on 27–28 October, from 9:30am to 4:00pm. Free buses run all day. For further information go to www.bundanoongardenramble.org.au

BCA MEMBERSHIP RENEWALS DUE

HAVE YOU PAID your BCA membership fee? BCA is made up of volunteers working to provide a large range of services to the village, but we need your member contribution to continue. It's only \$5 for one year, or save and pay \$20 for five years.

Please pay by direct debit to: BCA, BSB 802101, A/c 359675
Ref: (your surname) membership



Bundanoon Photography Group

ALTHOUGH A NUMBER of our members took extended overseas breaks in search of warmth, July was an exciting month. The lesson focused on how to handle your photos after downloading them to your computer and interest in this final treatment was such that a number of small dedicated workshops are being planned.



Meg Nurse, Farm Gate

A lengthy lunar eclipse was photographed by a number of our members brave enough to rise in the small hours of a dark and cold Saturday morning.

Plans for our October Photographic Exhibition at 'Delilicious' are well under way – don't miss this combination of

coffee and photographs.

The subject for July's monthly club competition for the President's Cup was the Blue Hour (that last lingering light of evening). The winner was chosen by members' vote and it was a dead heat for first place, between Meg Nurse and Debbie Catlin. Congratulations to both members for their fine entries, two worthy winners.

Monthly meetings are held on the second Thursday of the month at the Bundanoon Men's Shed, Burgess Street, Bundanoon at 5.30pm. **Lessons** are held at 4:30 to 5:30pm prior to our monthly meetings and all are welcome.

Photo outings are on the fourth Thursday, with destinations chosen to provide variety and

opportunity.

New members are welcome, please contact:

- President, Peter Gray on 4883 6312 or 041 922 3928
- Secretary, Joy Brown on 4883 6456
- or e-mail photos2578@gmail.com



Debbie Catlin, Moored Boat

Still to come in 2018

SEPTEMBER

Lesson: Members' Choice
Outing: Hands-On Day, Moreton Pk
President's Cup: Portrait

OCTOBER

Lesson: Flash Photography
Outing: Steampunk Victoriana Fair
President's Cup: Mechanical

NOVEMBER

Outing: Wombeyan Caves
President's Cup: Black & White

Together in song

MANY JCG READERS will have read the book *How Green Is My Valley*, or seen the film – or both! The story of Welsh miners living in beautiful valleys which are being polluted by mining rings very true for us today. We generally don't take to song to offset problems, however, in July a group of some 80 singers descended to the beautiful Kangaroo Valley to join their voices in song for two days. It was a great experience, made all the better by the fact that there were members of Serendipity: the choir, Bundanoon Sings, and Exeter Sings, all joining with choristers from the Shoalhaven area and beyond. It was joyful indeed to sing some choruses from "Messiah" whilst feasting our eyes on the valley's hills.

Making music together is a great joy, and plans are under way to organise a southern singers festival next year. Watch this space!

Members of Serendipity: the choir have returned to rehearsals after a very well-earned two-month break. Our May/June concerts were musically very satisfying



but we had the strange experience of small Bundanoon audiences followed by an overflowing Bowral audience. Much speculation arose as to why, but without any definitive explanation. Let's see what our November/December concerts bring.

We were delighted, through our raffles, to be able again to support two local charities through the generosity of the choir members (who donate all the prize material) and the audiences who buy the tickets. In Bundanoon we donated to John Creighton who runs a wombat care facility, and in Bowral the money went to Challenge Southern Highlands, best known for their Welby nursery.

As well as participating in the Kangaroo Valley weekend Serendipity will be singing

at Tulip Time (9:30am on Saturday 29 September) in Corbett Gardens, and supporting a bereaved local family in a memorial service at Chevalier College a week earlier.

And finally, what does our end-of-year concert series involve? We will celebrate Christmas with a complete programme of wonderful music, covering the contemporary, traditional, beautiful, humorous and the unexpected!

Do make a diary note of the dates:

BOWRAL:

Saturday 24 November, 4:00pm

BUNDANOON:

Friday 30 November, 6:00pm

Saturday 1 December, 4:00pm

Tickets will be available from the usual outlets, and at our regular price. We would love to welcome you all to share our "Christmas Cheer".

—Kerith Fowles

Welcome to our new principal

Bundanoon Public School is welcoming its new principal, Mrs Mel Morris. She was interviewed by Phoebe, Jorja, Lillian & Emerald.

Mrs Morris, what is your goal for the school environment?

That's a good question! I am hoping that the school can be a beautiful place for students, staff and the community to work and learn. We are working on maximising our learning spaces and resources by making them the best they can be. Additionally, we are planning for the development of a range of sustainable areas within the school grounds – a bush tucker garden, flower beds, a fruit tree orchard, native plantings etc.

What qualities do you look for in a teacher?

I like to see teachers who are interested in their students learning, and in becoming the best teachers they can be. Our teachers are caring, hardworking and work together as a team for the best interests of our students.

Are you planning to work within the wider school community?

The school is part of our very caring broader school community. I hope to be able to have the wider community involved in the school so that expertise within the school community can be utilised purposefully and students and staff can contribute towards community wellbeing.

What is your main goal for the school?

I have so many goals but perhaps my main goal is for all of our students to fulfil their potential. That is why we are all working together here at school – students and community are our focus.

How does our school compare to the other schools you have worked at?

Bundanoon Public School is a very beautiful school. It is different and yet similar to other schools I have worked within. I really like the way that this



school is very much part of the whole community of Bundanoon and I hope to make a positive impact on the students, staff and families here.

Are you enjoying your time at Bundanoon Public School?

I love it! I love everything about it – but I am also looking forward to progressing our plans for the school.

What is your favourite part of the school?

The students! They are kind, enthusiastic and interested learners. Both teachers and students are open to new learning so I see a great future for our work together.

What subject do you want to teach more of at school?

My passion is Maths! Maths was not my forte at school and I understand how tricky it can be for some students to grasp. I love helping students and teachers to overcome their learning hurdles in this area – Maths can be great fun!

Do you like the way that the school works with / communicates with the community?

I do! Our school already communicates well with the community and we are working on making it easier for everyone to know what is going on at school and developing opportunities for greater involvement for those in the community who would like to play a part in school life.

Why did you take the job at Bundanoon Public School?

Bundanoon is a long way from my home (where my two grown up children live) but I knew that the school and the town here were beautiful places and that the community have a similar ethos to myself around the importance of family and community in developing young lives. I feel very lucky to be here. Bundanoon is quickly becoming home.

If the school was granted an endless amount of money, what would you spend it on?

- The school grounds
- Flexible learning spaces in the classrooms
- Some great excursions!

Why did you want to be a teacher?

I wanted to be a teacher to help children and their families. I used to lecture at universities and have taught in high schools, primary schools and pre-schools. I think that teaching and learning is a very important vocation and one that has the ability to influence lives in such a positive way.

Our Four-Legged Friends

Friends rally together

SISTERS HEATHER AND Linda Christison first met their friend Jennifer when she called to them on the street, 'You've got a Tervy and a Gronny!'.

Jennifer was referring to Tervuren and Groenendael, the varieties of Belgian Shepherd owned by Linda and Heather. "She was the only person we'd ever met who recognised the breed," says Linda.

Belgian Shepherds are handsome and intelligent and used as police dogs in Europe.

At the time of their meeting, Jordie — now a large tan four-year-old named after Jordan's Crossing — was a 12-week-old pup. Jennifer asked if the dogs were in obedience school and Linda and Heather explained that although they would like to take them, neither sister was able to drive.

Jen with Aspen and Loki



Jordie

"Jennifer disappeared into a shop and came back with her name and phone number on a piece of paper and offered to drive us," says Linda. "It was so kind. We were complete strangers." They have been making the trip together ever since.

Jennifer Jensen is the current Chief Instructor at Southern Highlands Dog Obedience School and first started training dogs at Fairfield Showground in 1974.

Her own dogs are Aspen and Loki, both Japanese Spitz – snow dogs: they are pure white, fluffy, and identical to the untrained eye.

Jen rescued Aspen two years ago from a breeding establishment where he'd been unwanted and lived in a crate for 8½ years. "Aspen is tough as nails," says Jen. "Before I took him, he used to get bashed about the head for barking."

Loki, on the other hand, is "personality plus." While we are talking, Loki provokes a play-fight with the hugely bigger Jordie and Kwin who collapse onto him in a mock tug-o-war.

Since that first encounter, Jennifer, Linda and Heather and the four dogs have been travelling together to Rally trials, as far away as Queanbeyan. All the dogs compete in Rally O, an athletically and intellectually challenging dog obedience obstacle course for dogs, which is different every time.

In trials, which range from Novice to Advanced, Excellent and Master, there are 59 signals both animal and owner need to understand. For each course, 24 are selected.

Heather and her dog Kwin, the charcoal Groenendael, have achieved the top honour: Rally

Master. "I get nervous because it's very hard," says Heather. "Kwin senses this, so we are both on our toes."

Perhaps the biggest beneficiary of Rally has been Linda who manages with Parkinson's disease. "Rally combines a lot of Left and Right signals, walking backwards and figure eights, which is very hard for me," says Linda. She is sometimes challenged by reduced spatial recognition and signals from the brain to the muscles can be unreliable.

"My neurologist says that I've improved. It's being recorded because it's significant."

As a guidance dog, Jordie also has other responsibilities. "I have no visual memory for faces, places or houses," says Linda. "Jordie can remember the way home anywhere in Bundanoon."

While Linda uses technology to aid getting around since her retirement, Jordie has become an understanding and close companion. "You can't cuddle a satnav," she says.

What stands out most is the mutual devotion between these dogs and their owners, the strong bond of friendship. "I don't think we can live without our boys and girls," says Jennifer.

All agree: "They're our form of escape and relaxation. They give so much and ask for so little."

—Danielle Spinks



Heather and Kwin

My new puppy

What kind of puppy are you getting, Elliot?

A Border Collie. We all chose it together and everyone wanted the same one. It has a white spot on its head and a black face, which makes it cuter.

How old is the puppy, and how long before you can bring it home?

I think it's four weeks old and we can bring it home in about three weeks. I'm excited because it's really cute.

How do you think the puppy and Oona, your older dog, will get on?

I don't really know – maybe Oona might jump on the puppy? Or maybe she will mother her a bit?

What will the puppy's name be?

Matilda. It's a good name because I came up with it.

What sort of care will the puppy need?

You get to feed it – I'll do it – and it



needs sunlight, water and food, and maybe its nails clipped. I can play with it and teach it.

What will Oona make of the new arrival?

Do you think there will be any problems with having a puppy?

I wonder if it will chew on stuff – like eat socks!

What do you like best about getting a puppy?

They're really cute and you get a friend to play with if you don't have brothers or sisters. Puppies are soft and squishy like jellyfish, but better, and they are very quiet when they are babies.

It helps the family because it makes everyone happy. We could teach it to do tricks and then it would be really funny to see it do tap-dancing!

—Elliot Hewitt

8 years old, Year 2 Bundanoon Public School



Pug pair

PERRY WAS INTRODUCED to his new household about five years ago when only a tiny ball of fawn pug fur. He soon came to love his new owners Charles and Scott and settled into a comfortable life, learning lots of new things to do. .

Charles and Scott had previously shared their home with two pugs, enjoying many years of their devotion and fun. They had observed that pups from the same litter tend to bond with each other from birth, not surprisingly, and need a little more training to take notice of their owners. You could almost see them conferring: "Should we do what he wants? Hm, maybe not?"

With this in mind, Liam was introduced to Perry a year later: same breeder, different litter. The older dog led the tiny pup around the house, pushing him gently across the lounge room floor while establishing that he, Perry, was Top Dog. Although Liam became the larger of the two he happily accepted his status and they are great mates.

Pugs, although wilful, are highly intelligent and with firm, loving care are very happy to please their carers. They are believed to have originated in China where they were documented by Confucious as early as 551 BC. Bred to be companions for ruling families in China, they were highly valued – Chinese Emperors kept their royal dogs in luxury, guarded by soldiers. The breed spread to other parts of Asia and Buddhist monks in Tibet kept Pugs as pets in their monasteries. This delightful breed has retained its characteristic affectionate devotion to its owners throughout the ages.

The breed also became popular at European courts and reportedly become the official dog of the House of Orange in 1572 after a Pug named Pompey saved the life of the Prince of Orange by alerting him to the approach of assassins.

I am sure Charles and Scott won't require this service but nevertheless it must be comforting to know that their pugs can be so useful.



Queen Victoria too was a fan of the pug: Olga, Minka, Fatima and Venus were just a few of the dogs bred under her close supervision and she favoured the fawn colours.

Charles and Scott are great walkers but occasionally they do need to be reminded. Liam and Perry don't need to know how to read the clock because instinct tells them when it's time to go, regardless of weather conditions.

A ride in the car is very special, not only because they have their own individual car seat which allows them to peer out the windows and see all those unfortunate doggies who don't have cars, but also because it usually ends up at a lovely grassy park where the boys can run and leap (Perry and Liam that is, not Scott and Charles).

With their highly prestigious ancestry, the pugs deserve their privileged lifestyle. You may greet them as they walk with their companions through the streets of Bundanoon – they will be very polite.

—Annie Goodridge



WILLIAM HOGARTH
WITH his Pug, Trump,
in 1745.

Paintings and engravings of the 18th and 19th centuries portrayed pugs with longer legs and noses. The modern pugs' appearance probably changed when a new wave of the breed with shorter legs and the modern-style pug nose was imported after 1860.



Chester: a tall tale

EVERY DAY IN one's life is different and today is no exception, so it is with some trepidation that I ring the doorbell of a lovely house in a very quiet street, expecting to hear loud barking and pounding paws waiting to greet me.

I had been assigned to interview Jaine Saunders, the owner of two dogs: Chester, an Irish Wolfhound, 18 months old and still just a puppy, standing approximately one metre tall, and Beau, 15 years old and 40 cm tall.

So I wait – silence! I think maybe I have the wrong house and am leaving when suddenly here's Jaine chasing me down the path, the dogs at the door waiting to greet me – and greet me they do. Such excitement! Of course I have to be carefully checked out, Chester giving me the once over, lots of sniffing and nuzzling and Beau at my feet, looking up at me and jumping around. A boisterous welcome indeed!

Meg, our photographer arrives next and finally after much laughter and introductions the interview proceeds on its way.

This is a house of happiness and much-loved pets – there's a giant Flemish rabbit

called Big Bun living side by side in the family room with a Galah dancing on a high metal structure, and every now and again I catch a flash of movement from the corner of my eye – a guinea pig running from one corner to another so fast I think I'm seeing things. I also catch a glimpse of a cat outside the window.

Jaine has always had dogs, and after losing one some years ago decided to answer an advertisement on Gumtree for a German Schnauzer owned by a couple in Melbourne who could no longer keep him as they travelled a lot. Deciding to incorporate a much-wanted holiday to Phillip Island to see the penguins, off they drove to pick up the new family member.

In February this year they saw another advertisement for an Irish wolfhound at Buxton – it seems he was too big for the family to handle, but not too big for Jaine, and home he came. Wolfhounds are hunting dogs, so Jaine named him Chester, picturing him with grand castles, lakes and hunting parties. Feeding isn't a problem, two mugs of biscuits twice a day, working out to a 20 kilo sack of dog food every three weeks.

The photography session takes place on

the lounge, Chester taking pride of place, quite relaxed, posing and enjoying all the attention. Beau is a little uncertain of what is happening around him. Fortunately he takes to Meg and is happy to sit on her lap and enjoy lots of cuddles.

Beau and Chester were good friends right from the start. Beau is "a little trooper" always ready for anything – "trots out with Chester on their walk every day". Chester is very calm and sensitive, "He likes to check out all the botanicals – smelling every plant". Jaine uses a Halti collar which controls the dog around the head. He loves his walk, ignores kangaroos and the occasional fox which watches him from a distance.

However, Chester does have some bad habits: he found a hole in the sofa and likes to nibble at the stuffing. He is also very fond of soft toys that squeak. But his worst habit is that every morning he sits outside Jaine's bedroom door and sings to wake her up!

What a great morning – meeting Jaine living harmoniously with her beloved family pets.

—Carol Townsend

Haku's story

WHAT IS A Bichon Frise? Oh my goodness – you don't know? Your canine knowledge is sadly lacking.

My ancestors were the companions of choice for aristocrats and royalty until something called the French Revolution caused them to be cast into the streets to fend for themselves. Those poor dogs had to earn a living with street entertainers or worse. How terrible! 100 years ago, when there were hardly any Bichons left, the Belgians (or was it the French?) discovered my poor little ancestors and restored them to their former glory.

Feel my silky white fur, admire my sturdy body, my furry straight legs and my lovely woolly head.

My name is Haku and I live in Bundanoon with two well-trained people. Haku means 'white' and is the name of a cartoon character in Japan. Of course I am nothing like a cartoon and I should probably have a French name but I prefer Haku.

I have won prizes you know, but not for walking around in a circle and being examined by people prodding me in embarrassing places. I enter a

large hall and walk in a dignified manner to a table where I stand straight and tall. One of my people then clips, combs and makes me even more beautiful. I so love the people that I allow to live with me and I am very happy to do the right thing and win prizes for them.

It is such fun when we get home after a long boring drive. I dive out of the car and straight up the yard where those fluffy-tailed creatures race down muddy holes. I dig and burrow but they are too smart. I only want to be friends. Rabbit! What a stupid name.

Once I crept under the fence and found all these trees and gorgeous smells. A creature roared by, rattling and terrifying. I was so scared. My person rescued me, hugging me so tight I thought I would choke. Trains! I don't know what they're for but they should be banned.

Have you seen those huge bouncing creatures? They are funny and I would love to play with them. My people do not allow that and I am not sure if it is because they could kill me or I could kill them. We are prevented from meeting so I will never know a kangaroo, (another silly name).

We go for wonderful walks through trees to a river and have adventures. My people are very pleased with good manners when



we go out so I trot sedately, head up and keeping my beautiful furry legs straight. There is another person I love who lives not far away. When she comes I jump, leap and lick. Occasionally my teeth get in the way. There is method in my madness as she will throw balls to calm me down.

If you see me walking with my people, stop and give me a pat. I know I am very special but I will allow you to greet me, in fact I love it and if you have a doggie treat hiding in your pocket, I love that too.

—Haku Kobayashi-Goodridge



VET'S CASEBOOK

Ken Davidson BVSc (Hons)

Looking your pet in the mouth

MOST PET OWNERS, even those living in close proximity to their dog or cat, rarely think about looking in their pet's mouth. Most often it's only when a severe dental problem causes your pet to have a terribly smelly breath that the owner will check a pet's mouth and then seek veterinary advice. Here are a few hints to avoid this happening:

- Always make sure that your vet checks your dog's or cat's mouth during vaccination and/or if they are visiting the vet for some un-related matter. Generally a full examination is provided at the time of vaccination which includes a mouth examination. If your vet recommends a tooth ultrasonic scale/polish ask how urgent this is and act on the vet's advice.
- Simple tartar removal, although always done under a general anaesthetic, will not cost the earth - it is additional work like extracting teeth that have been decaying for some time that can

become expensive. Remember the old saying..."A stitch in time, saves nine!" It says it all.

- Avoid fresh meat diets. Fresh meat provides a mouth environment that encourages bacterial growth. This in turn leads to gingivitis (inflamed gums) which can lead to periodontitis (infection of the tooth sockets). At this point your pet's mouth problems could become more expensive as multiple tooth extractions become a real possibility.

The following warning signs will help pet owners to recognise early signs of mouth problems in their pet:

- Bad breath
- Sore mouth
- Pain or discomfort when eating
- Difficulty eating/dropping food
- Pawing or rubbing mouth
- Loose teeth
- Bleeding from mouth/gums
- Loss of interest in food
- Dribbling from mouth

Even one of the above symptoms should alert an owner to impending mouth problems in a pet.

If left untreated, dental disease can cause pain for your pet and can damage heart, kidneys and liver.

As a picture can paint a thousand words, the following images show the stages of mouth disease.



During "Dental Month" August each year, there is a free mouth check-up at most Vet practices. If you have doubts about your pet's mouth, call in at any time. There is nothing to be gained by delaying a dental check-up

Bundanoon Vet, alongside Bundanoon Butchery. Telephone 4868 3117.

Jonty and Margaret are an item

ALTHOUGH I HAVE visited a couple of times before, little Jonty eyes me suspiciously as we walk inside, turning his eyes to check that Margaret Berckelman is relaxed about this invasion. He is used to waiting patiently while Margaret and I chat on the street when he is supposed to be having his walk, but this is different: this is his house, and Margaret's, and here they look after each other.

Jonty is not a brave dog, but his instincts are faultless – he stands at the front gate on a small plinth of concrete to give himself a bit more height and lets Margaret know if someone is coming. He puts on a great show for the Postie. Anything very noisy and rattly (such as a ute and trailer) is obviously bad and he tells it in no uncertain terms to begone – and it works nearly every time! Big dogs are also not generally to his liking and Jonty will wait until they are far away and then tell them.

Inside, he tries to look protective while hiding behind Margaret's leg, but

once we sit he curls up on her lap in a very proprietary way and stares at me triumphantly.

Jonty is a Wire-Haired/Jack Russell terrier cross and he and Margaret became an item six years ago when Margaret sought a new pet from Pet Rescue Canberra after her previous dog of 16 years passed away. With impressive dedication to a successful outcome, Pet Rescue staff discussed at length Margaret's wishes and visited her home to assess its suitability. Both pet and new owner had a two-week trial period before the deal was sealed.

Margaret tells me "It took a little while before Jonty stopped cringing if I appeared with a broom or spade, so I'm guessing he had some issues in his previous household."

Although he quickly learnt to use the doggie flap he developed a hatred of it and prefers to jump on his sleeping owner if he needs to go out when it's dark outside. This ensures she will be there to protect

him from scary possums and even frogs, which as we all know can be quite fierce at times!

Margaret is a victim of multiple sclerosis and is grateful that Jonty has become not only her companion but also her imperative for a twice-daily walk which keeps her legs moving even when the temptation to stay home is strong.

Jonty is always dapper – washed and trimmed, sporting a winter waistcoat. He is regularly spoilt with fantastic trips to the big park in Moss Vale when Margaret's friends are taking their own dogs. His is a comfortable life, ruled by regular timetables – dinner appears by magic – and here he is happy and safe.

Margaret adores his company and talks to him constantly. She has a cockatiel too, but it's not the same as having a dog who obviously adores you in return and agrees with everything you say.

Helen Clark



Pet carer loves to help



Buster

IT IS EASY to see that Bundanoon has a soft spot for pets. Take a quick walk down the main street and you'll find bowls, blankets and treats waiting for our four-legged friends.

Our pets provide companionship, support, and unconditional love. Our desire to give our pets constant care and attention can leave us anxious when we need to leave them. This is why Bundy Pet Care is such a lovely and customised pet service.

Originally from Canberra, Gail Press took the plunge from a career in Public Service to creating her own business in personalised pet care before moving to the Southern Highlands. "Running around one December in Canberra whilst my family was having Christmas in Bundanoon had me wondering what was keeping me here... so I decided to make the big move," says Gail.

Gail started Bundy Pet Care around three years ago. Her ultimate goal was to provide loving and trustworthy care to the pets of Bundanoon residents. Bundy Pet Care guarantees a more personal touch because Gail always ensures that trust is established between pet owners, animals and herself before taking on any new clients.

One of her favourite things about caring for animals is the wide variety of personalities that she witnesses, especially when it comes to dogs. Gail's level of dedication and creativity towards dog care will never cease to amuse those who know her. Her



Indi



Humphrey

past is peppered with funny stories of dogs with hilarious quirks and features.

An intriguing story was when Gail cared for a dog named Buster who loved to go for walks. However, he could only manage to walk in a straight line. If Gail wanted to turn a corner, she would physically have to pick Buster up and turn him in the right direction in order to proceed. Only then would he be off and happily trotting again.

She also looked after a dog named Bodie who refused to walk out of the driveway. He would simply stop and politely decline to go any further. So in order for him to go outside to use the bathroom or to go for a proper walk, Gail would have to put him in the car and take him for a drive elsewhere.

There's Humphrey, a beautiful and energetic Kangaroo dog – another story that sticks in Gail's mind. After hurting her back, Gail could only walk Humphrey without a lead. Hobbling along she let Humphrey do his own thing until he came bolting up from behind, knocking her clean off her feet.

Or the time she cared for a dog named Mia who decided to go missing and had an anxiety-ridden Gail panicking for her return. Running around a three-storey house, Gail searched for her everywhere. It wasn't until she followed a noise that she finally found Mia locked in the walk-in pantry. Suffice it to say, they were both happy to see one another.

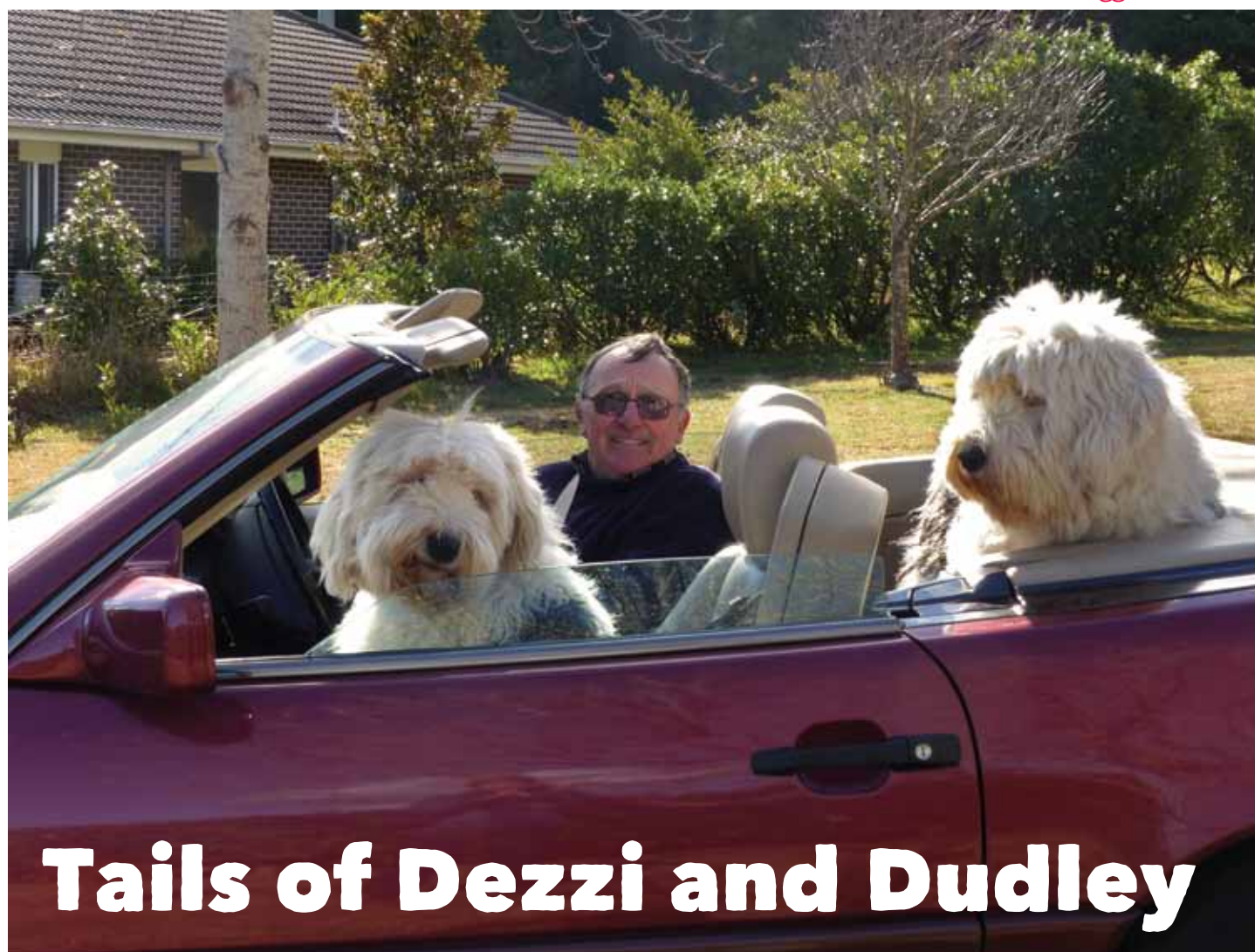
It is stories like these that make her work so entertaining and rewarding. Gail now has over 70 clients, many of whom she attributes to positive word of mouth and online recommendations. It is clear that Gail loves her work, the people, and especially the animals she has met along the way.

You can contact Gail Press on Facebook (Bundy Pet Care) or via 0428 252 174.

—Shannen Smith



Missy with teddy



Tails of Dezzi and Dudley

YORKSHIRE BORN AND bred Brian Jackson gives a wry grin at his enormous English Sheepdogs' swishing tails endangering pot plants and loose buckets on the verandah.

"They were always bob-tailed in England, to identify them as the working dogs they were – they were drovers you know, not herders, pushing the sheep along from behind. They didn't need the tail for balance as round-up dogs do."

Dudley is lucky to be alive and swishing his tail.



"I'm a long-time fan of the English Sheepdog and had already owned three in the past before deciding to look for a new one to keep us company in Bundanoon. I went to a breeder in southern Sydney area to find one. She asked if I would like to take a second one, as he would otherwise be put down because he was deaf and she didn't want any imperfect dog to mar her reputation."

Dudley follows Brian's hand-signals and closely watches his face. "I think he sometimes knows what I want before I want it, and he certainly knows if he's in trouble for bad behaviour – just from my expression."

He's not shy and likes to be out in front in all their activities. Dezzi is the quieter and more serious one of the pair, perhaps happy to keep an eye on Dudley's more adventurous escapades.

"I went once to see a dog show with the boys, who were not on show and certainly not beautifully groomed. As I was talking to the breeder I'd got them from who was very fussy about her reputation, we both couldn't help but notice that Dudley had wandered out to the centre of the ring and was doing a poo. She was pretty unimpressed."

Now out of puppyhood, they both show the typical fairly placid nature of their

breed – not aggressive, or even very brave. "I think they're a bit afraid of the rabbits which roam around our garden at night."

"We do have to be careful anywhere near roads because Dudley can't hear cars coming from behind, and often gives a little start when one suddenly whizzes past. Also he can't respond to hand signals if he has his back to me, so sometimes I have to rely on him following Dezzi."

"I used to have an MG and people thought I was pretty odd driving round with the boys stuffed in beside me. My newer sports car has a bit more room, but of course I still have to belt the boys into their seats in case they suddenly decide to jump out."

"Bath time was fun at first! I put them in the upstairs bath but that didn't turn out well. Now I take them to the Bowral dog bath, but even that wasn't easy. I didn't realise I should have put the safety latch on the auto-opening doors and when I was busy with Dezzi, Dudley took it into his head to wander out through the doors and into the middle of the nearby café and shake himself vigorously. Luckily most people were still laughing when I managed to catch up with him."

—Brian Jackson & interviewer

PAWS at Warrigal



Bec (left) and John Evers on a visit. Joyce Garland (centre) looks forward to seeing Harry

JOHN EVERS AND his daughter Bec have been at Warrigal Care weekly for some five years, accompanied by Harry. Harry is a Border Collie/Kelpie cross, and did his time as a farm dog. But now, as an accredited member of PAWS Pet Therapy, he is among those pets of all sorts which bring joy to the residents of Warrigal. "It makes everyone happy to be able to give Harry a pat," Bec says. "I'm glad to be able to give something back to the community, and I enjoy talking to the residents."

John, Bec and Harry meet people throughout Warrigal. Heather Peacock, Activities Officer, welcomes their visits. "The residents love it and look forward to it", she explains, adding that even visually impaired people love to pat Harry, even if they can't see him. Bundanoon personality Joyce Garland agrees: "It's wonderful Harry comes to see us," she says, "and he gives us much pleasure and joy." Harry often gets something out of it too, from residents like Pat Wells. Pat meets Harry every week, and always has a biscuit for him.

Harry goes on individual visits, in both high- and low-care areas, and also meets groups where appropriate. When some 90% of residents have once had a dog of their own, his presence makes for a

welcome and reassuring time together. John, Bec and Harry are able to give them that for about two hours every Tuesday, and to chat with the residents as well, which John, like Bec, enjoys.

John, a retired veterinarian, has been in Bundanoon for eight years. He became aware of the PAWS program because Bec knew about it, and so Harry was taken for his training. This was a six week program run by a specialised dog trainer, and held near Mittagong, with six other dogs on the course as well. When Harry visits he looks the part with his purple "PAWS Pet Therapy" scarf around his neck.

PAWS is a not-for-profit organization based in Thirlmere, and is able to offer its services across Sydney, and in the Southern Highlands and Illawarra areas. Its program is staffed by volunteers, and as its Mission Statement says, sets out "to train and support volunteers to carry out safe, enjoyable pet assisted therapy visits to people with a range of needs, and to promote the benefits and magic of pet assisted therapy." Warrigal residents seem to agree that indeed, "magic" is not too strong a word.

Not all the dogs are like Harry. PAWS dogs come in all shapes and sizes, and meet people of all ages, across a remarkable range of needs. From reducing the stress for children struggling with reading difficulties, to supporting people dealing with mental illness or other serious medical problems, they are able to bring joy and reassurance.

There's more about the PAWS program on their website pawspettherapy.com. They remain on the lookout for volunteers, and if your dog is putting his paw up, the details are all there.

—Geoff McCubbin



Pat Wells with Harry

Which dog for me?

SO YOU HAVE made the big decision. You are ready to welcome a new furry member into your family. Congratulations!! There are so many wonderful reasons to own a dog for both adults and children...they are fantastic pets and will return your love a million times over!



What type of dog will you get? There are many factors to consider, depending largely on your lifestyle. Check the list below before embarking on the very fulfilling adventure of owning a dog.

Large or small breed?

How much exercise are you going to be able to provide? Size matters! How much space do you have at home and how much time are you able to spend walking/exercising/ball throwing etc. In general, larger dogs require more space and more exercise but many terrier breeds will happily spend hours bolting around the park given the chance. Veterinary costs and food costs also tend to be higher for larger dogs.



Where will you find your new best friend? Will it be a purebred or cross bred?

Options include rescue/shelter adoption and reputable breeders. There are always many dogs awaiting adoption in our shelters and often the best companions are found here!

If you decide to buy from a breeder, please ensure they are registered and that they are willing to allow you to meet with the parents of your potential puppy. This will give you a chance to assess the temperament and overall health of the parents as well as look at their living conditions.



Many purebred dogs tend to carry genetic or inherited health problems including heart, skin, joint and breathing conditions that may require surgery or long term medical management, so it is very worthwhile that you research potential health problems to which the breed you are interested in may be prone. Please note that not all insurance companies will insure against some genetic conditions.

Is your dog going to live inside or outside?

Do you have appropriate housing? Remember that the Southern Highlands are very cold in winter!

Personality and temperament?

The personality of your new friend needs to be compatible with your lifestyle, children and other pets. Anxiety can be a problem in some breeds so consider whether you will be able leave them alone for extended periods.



Haircoat – long or short, shedding or non-shedding?

Does anyone in the household have allergies? Will shedding be a problem? Are you prepared to constantly look after a long coat? Most non-shedding breeds require clipping/grooming at approximately 8 week intervals.

Are you able to train it properly?

We recommend puppy preschool or at least some form of puppy training.

How expensive will it be?

It is far better to consider and prepare for all potential costs rather than getting a nasty shock when various treatments are due. As the cost of veterinary care can be high we always recommend pet insurance for all animals, but especially new puppies. It is worthwhile doing some research to enable you to understand all the facts so that you can choose the policy that is right for you and your individual pet.



General healthcare and preventative health care are vital in assisting your dog to lead a long, healthy and happy life. Each year your pet requires:

- Annual vaccination
- Flea and tick prevention
- Heartworm and intestinal worm prevention

We also recommend:

- Premium pet food – this provides life stage diets that are targeted for different sized dogs.
- Desexing all non-breeding dogs. This is ideally performed at five to six months of age, and a little later for larger breeds.
- Regular dental care – a vital aspect of maintaining excellent health and should be performed as required.
- Regular blood screening in older animals – again, to track your dog's health.



There is no 'one size fits all' when it comes to choosing your new canine family member, as dogs come in so many different shapes and sizes. However, if you carefully consider the above points and do your research you will find one that will fit your needs. Good luck in finding your new best friend!

—Dr Fiona Crago and Dr Bianca Betros
Bundanoon Veterinary Hospital

Dementia causes problems with memory. That doesn't mean we should forget about it.

Join us at **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.

Where: Bundanoon

When: first Thursday each month

Time: 10:30am-12:00pm

Please call on **02 4869 5651** if you are interested in joining.

Facilitated by Dementia Australia | Funded by the Australian Government

DEMENTIA ADVISORY SERVICE: WINGECARRIBEE

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

Dementia Australia

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

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suzanne@cpmcentre.com.au

www.cpmcentre.com.au

Locations:

Ainslie ACT

Bundanoon NSW



Medicare Provider

Wingecarribee Community Services Expo

Save the Date

**Do you
know who
cares?**

Thursday October 11TH 2018 10 AM to 1PM
Bowral Memorial Hall, Bendooley St, Bowral

For more information about this event, please contact Cath
Brennan on **4868 0761**
Booking is open for stall holders on 1st Sep. More details will be
sent out soon.

EVERYONE IS WELCOME!

BEAUTIFUL BUNDANOON AND sister villages: think woodland and wildlife – the sights and sounds of nature.

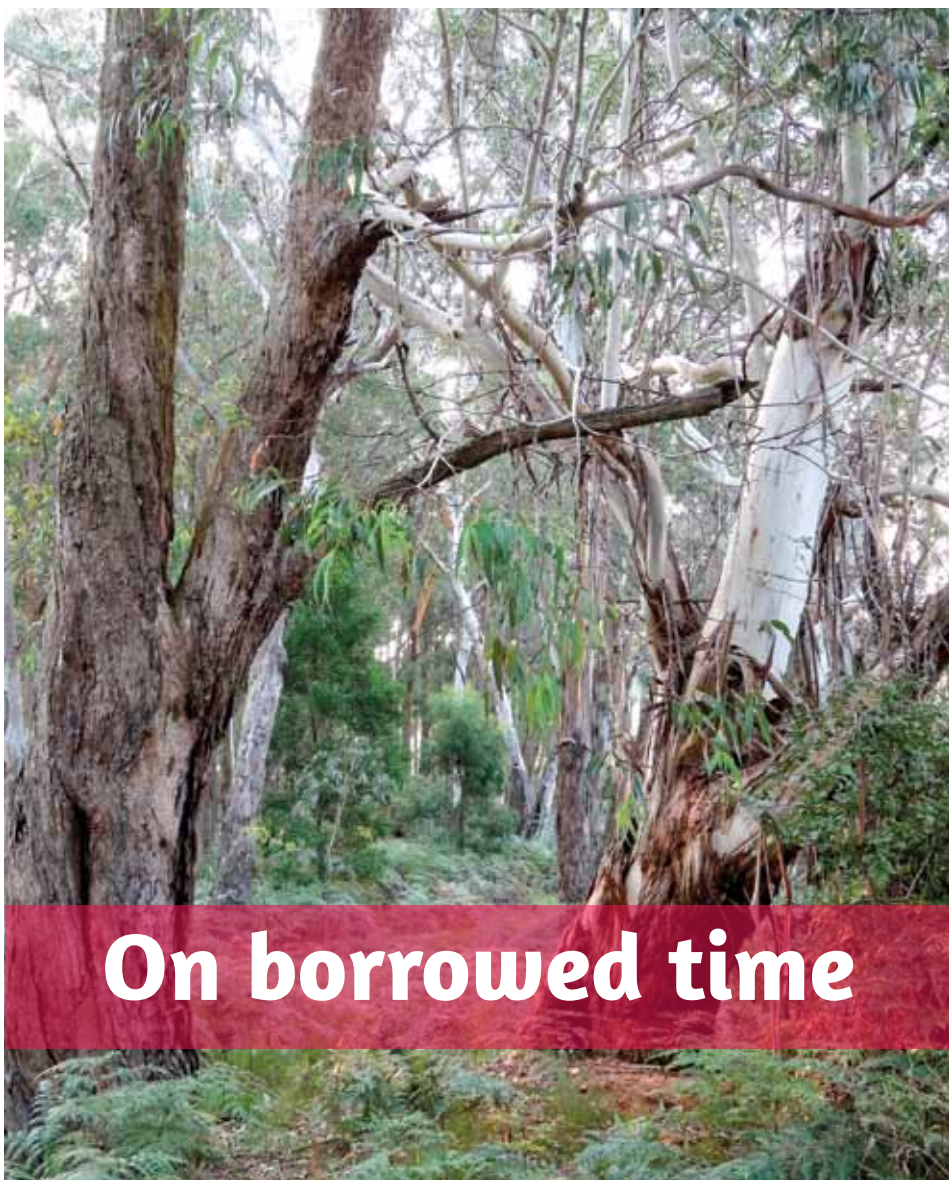
Nature and wellbeing go hand in hand. We yearn to escape to the wild for revival from hectic lives. So how wonderful to live in a place with an abundance of nature to enhance every day. Surely a bounty to be cherished, valued, protected.

Our beautiful woodlands provide habitat (vegetation providing food, nesting and shelter) for our wonderful wildlife that enriches our lives. Wildlife and plants have evolved to co-exist within an area defined by factors such as soil type and local climate to form an 'ecological community'. Each element – microbial, fungal, plant, animal – all work interdependently, relying on each other for survival. It's similar in human communities where housing, roads, farms, shops, etc. are linked so our lives hum along in separate yet connected support. Plants and wildlife that have evolved in these communities are considered 'indigenous', i.e. native – belonging to the area.

Since colonial settlement most of the Southern Highlands' woodlands have been cleared for agriculture, human habitation and timber, leaving many indigenous ecologies 'endangered'. Many woodland remnants of Bundanoon and nearby villages belong to Robertson Basalt Tall Open Forest and Southern Highlands Shale Woodland, the latter most prevalent. These endangered ecologies are home to threatened species of wildlife and plants, e.g. Camden woollybutt (tree), giant burrowing frog, glossy black-cockatoo, powerful owl, eastern pygmy possum, spotted-tailed quoll, yellow-bellied glider, koala.

Evolved on soils of Wianamatta Shale, less than 5% of Shale Woodland remains and only as isolated fragments. These are listed under the heading Endangered Ecological Community [EEC] (State) and Critically Endangered (Federal). Despite protective legislation this precious ecology is fast disappearing, assisted by insufficient knowledge of its EEC status, illegal clearing and ecologically unsound development.

Isolating a few woodland trees on house lots fails as habitat or preservation; it



On borrowed time

merely promotes premature death and can be a risk to residents. Vital corridors for fauna movement are being lost. Without regeneration to repair corridors and retention for biodiversity our wildlife will be reduced to the few urban-hardy species such as magpies and ravens.

Morton National Park does not house all wildlife or plant species, or compensate for the negative impacts of denudation outside its boundary. Woodlands throughout the region are essential for the health of soil, air, water, local climate, our wildlife, beautiful vistas and ultimately our own lives. In general woodlands retain moisture, absorb groundwater, reduce flooding and erosion, store carbon and lower temperatures and wind speed.

Being nocturnal, much of our wildlife goes unnoticed. Natural debris, shrubs and ground covers provide vital nutrients, food and shelter for smaller creatures that link the food chain to hunters such as kookaburras, quolls and owls. Many birds and animals rely on tree hollows and logs for nesting. These include wood ducks, kookaburras, parrots, gliders, and micro bats. Hollows may take a hundred years to form, yet as with vital understoreys

and debris, they are great casualties of developments and wooded acreage cleared to lawn.

While some exotics – introduced plants – benefit our wildlife, most needs are met by their specific ecological community. Some are detrimental when planted in or near woodland. Conifers cause dieback with potential to combust ground to canopy with a hotter fire that can overcome the fire survival defences of native plants.

Collection of firewood from woodland on roadsides and reserves is unlawful. Decaying branches should be left undisturbed to support wildlife and healthy trees. Advice on vegetation type on private land and public reserves, or restoration of EECs on larger properties, can be obtained from Council.

The future of our beautiful woodlands – their role in keeping our villages special – lies greatly in residents' hands. How we respond to the bounty of nature around us, our desire to keep the area a haven for wildlife to enrich us body and soul, will determine the balance between urbanisation and nature's sanctuary.

—Denise Sydenham

The common cold – what helps?

AS A GP I see many adults and children with the common cold. They usually have one or more of the following symptoms: a runny nose, sneezing, sore throat, cough, low-grade fever, headache and feeling off.

There is no cure for the common cold. Thankfully, the condition is self-limiting with most people free of symptoms by two weeks.



Symptom relief is the aim of treatments for the common cold.

Recently, I re-examined the evidence for cold treatments.

Analgesics such as paracetamol (Panadol) or ibuprofen (Nurofen) can help with pain such as a headache, sore throat, earache, muscle pain. It does not help with a cough or nasal discharge. These medications can be used in children and have the added benefit of reducing fever which is more common and potentially more dangerous in children. They are available over the counter and require no prescription.

Cough medicines are mostly ineffective. Codeine has been shown to be useful in a chronic cough but not so much in an acute cough that occurs in colds. One cough medicine called dextromethorphan can work as a cough suppressant for a dry cough at doses of 30mg up to four

times a day. For a wet cough, there is some evidence that suggests guaiphenesin may help. In Australia, Robitussin is one company that makes products with these ingredients. These preparations are available over the counter. Cough medicines should not be used for children under six years of age.

Nasal congestion can be relieved by sprays or oral medication. Nasal sprays can be useful but cannot be used more than three days as they can make the congestion worse. There is no good evidence to support the use of the oral medication phenylephrine. Cold and flu preparations such as Codral Cold and Flu, commonly use phenylephrine. Pseudoephedrine can help with nasal congestion. Sudafed (not Sudafed PE) contains this medicine. It is available over the counter in limited quantities as it can be used to make amphetamine.

There is no good evidence to support the use of salt water nasal sprays.

Diphenhydramine is a first-generation anti-histamine that may relieve nasal congestion early in the cold but has side effects such as dry eyes and sedation. Nasal glucocorticoids such as Nasonex or Rhinocort, which are used to treat hay fever, are ineffective in colds.

Vitamin C given after the onset of a cold does not appear to work.

Zinc sulphate available as a syrup or lozenges may work but has a potential side effect of irreversible loss of smell.

Echinacea showed promise in several trials before 2000. Since then, the studies have been less favourable. A review of studies done in 2014 showed no benefit of echinacea in the common cold. Similarly, experiments inoculating people with rhinovirus has demonstrated echinacea to be ineffective.

The root of a medicinal plant native to South Africa called *Pelargonium sidoides* might work but needs further research.

Experiments involving anti-viral medication such as interferon given directly to the nose in combination with non-steroidal anti-inflammatory medication have shown the reduced severity of cold symptoms. The subjects were inoculated with rhinovirus, and since this virus does not cause most colds, it is uncertain how these preparations will work in real life.

Heated humidified air does not work.

Antibiotics are ineffective against the common cold.

Most common cold sufferers have mild symptoms and require no treatment. Although there are a large number of treatments claimed to work for the common cold, there are only a few that are backed by evidence. Paracetamol or ibuprofen for pain. Dextromethorphan or guaiphenesin for a cough. Nasal decongestant sprays and pseudoephedrine for nasal congestion. The rest may be a waste of your money.

—Dr Indran Rajendra (GP Bundanoon)



NEW PARKINSON'S SUPPORT GROUP in Bundanoon. For details, please contact: The Practice – Bundanoon, tel 4883 7072.

Busy time for Lions

WINTER IS A quieter time for many in the village, but for Bundanoon Lions it's when we raise most of our funds, primarily at Winterfest. This year we took two stalls: one for our famous mulled wine, the other for our usual

offering of sausages, bacon and eggs. Our small club's ranks swell with Friends of Lions who put up their hands to help. We simply could not manage the pressing crowds without them. So many thanks to everyone who helped us on the night.

We raised more than \$5000. This will be disbursed across various local projects over the coming year, for example the refurbishment of the wooden outdoor furniture in the grounds of Bundanoon Public School. This is an ongoing project which will see the rather dilapidated (and splinter-ridden) benches upgraded with new and refurbished timbers. This is part of a larger



GARDEN TALES

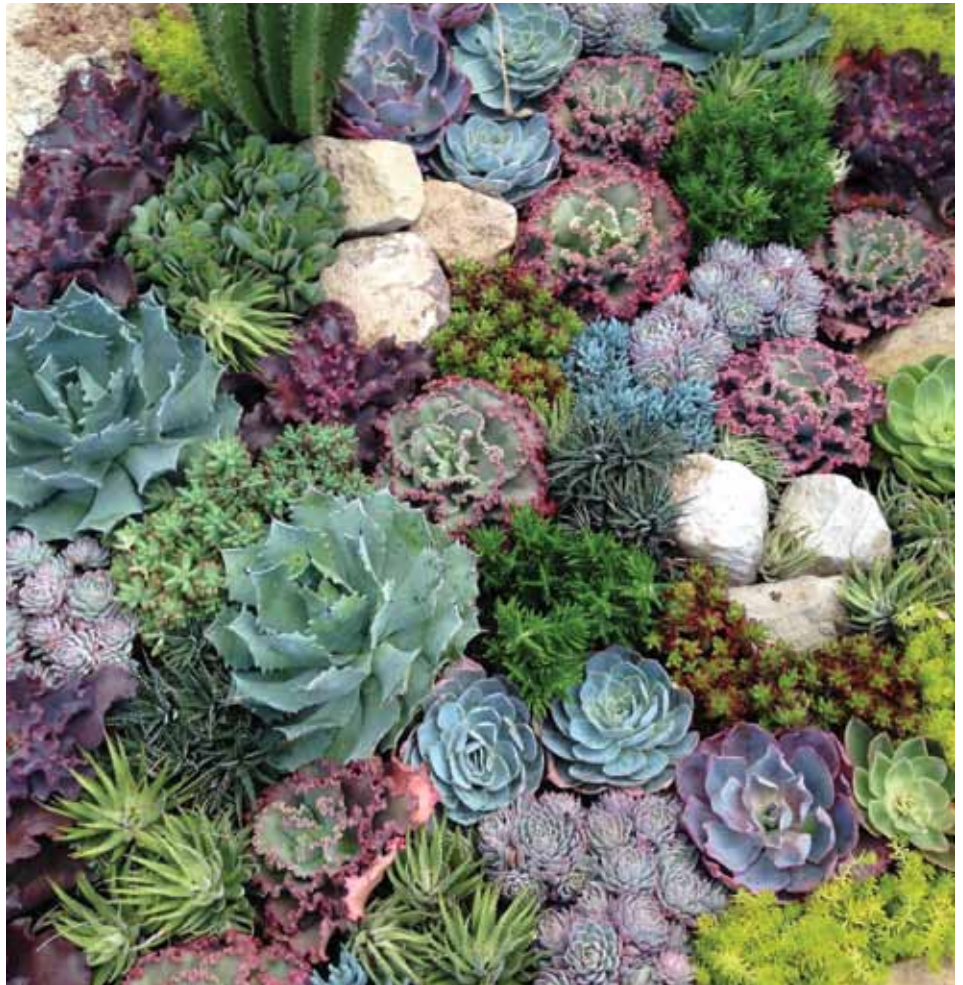
Lyn Morehen

Surprisingly tough

I WRITE IN the middle of winter and I can just make out the purple bougainvillea tumbling over the roof next door. No I am not up north or overseas. I am still in our house in Bundanoon. So what is going on here? Bougainvillea in bloom, in Bundanoon, in the very middle of winter?

Our neighbours have discovered the art of gardening and microclimates. Fortunately we live in a pocket of Bundanoon with very little frost and next door they have planted the bougainvillea against a north facing brick wall which is protected from the frost and wind. In my own garden there are spots where plants more suited to the sub tropics grow. I am delighted that a Rex Begonia has survived winter so far and is looking healthy. Mind you I almost lost a recent purchase of a begonia, I think it is a sempervirens species, though I am not quite sure. There are over 2,400 different species of begonias. I bought this one at the Bundanoon markets and it looked wonderful and very healthy, with the daintiest, cutest panicles of tiny white flowers. I put it outside by the front door, because it looked so good and I wanted to show it off. This was a bad mistake; it was blown to bits by the cold winds. I am now trying to resuscitate it inside with a little warmth, a misting spray to keep it hydrated and a dash of Seasol. Did you know that begonias are succulents? I find that surprising – most need water and most succulents can survive without water.

When we moved here I mistakenly thought that succulents would not survive. I can now report that many do, especially in those microclimates that do not suffer hard frosts. I even have a display of these attractive plants by the letter box, and that area does get the occasional frost. A very appealing aspect of succulents is the ease with which they can be propagated. Begonias can be propagated by leaving a stem in water. Nearly all succulents can be propagated by leaf cuttings; and



xerophytic succulents produce pups which become new plants.

It is rewarding to be aware of microclimates and then to try and grow plants that you like and would not normally survive in our climate. I love the Jacaranda that blossoms in our summer in a garden I've seen along Railway Parade. It is a sign of a gardener who had a go and fortunately chose a suitable place for this spectacular tree growing far from its

native climes in South America.

When we arrived here some four years ago we brought with us a Frangipani. It has bloomed whilst here and I carry it around in a pot from its summer place to its winter place. However I have decided to be brave and this winter it is left out in its summer place, hopefully its permanent home. Fingers crossed – I hope it survives.

—Lyn Morehen

project including repairing the tables and benches in Picnic Park (originally created by the Bundanoon Lions in 1992) in cooperation with members of the Bundanoon Men's Shed. Huge thanks to Lion members (and Men's Shed stalwarts) Peter Goulding and Warren Schellack who are coordinating this part of the project using funds raised from the Trivia Night in May.

With spring in the air Garden Ramble can't be far away. In the days prior, you'll find many of us madly baking and preparing sandwiches to sell to hungry ramblers on 27–28 October. At the same time, we'll also be sorting through (hopefully) a great many entries in this year's **Scarecrow Competition**. Look out for a copy of the entry form included in this issue.

As always, we're on the lookout for community-spirited folk willing to lend a hand. Please consider joining us. Have a gander at our Facebook page – @bundanoonlions – to find out how to get in touch, as well as to see us in action.

—Kaz Williams for Lions



New chapter for a house and a couple

TWO BLOCKS NORTH of the station, Old Wingello Road is one of the older parts of Bundanoon, a part which has seen quite a bit of activity over recent years. No. 28 is a prime example.

Fredrick (sic) Angel, grandfather of well-known local identity Fred (Frederick with an E) Angel, was born at 'Rosedale' on the Illawarra Highway in Sutton Forest in 1886. After school he joined the NSW Railways, which took him to Gillenbah near Narranderra, then to Bundanoon with his wife Ethel Elizabeth (née Steward). Here they lived first on land between Old Wingello Road and Nerrim Street, close to what were then riding stables. They would have nine children, including James Frederick, our Fred's father.

Around 100 years ago (c1917–1920) they purchased three blocks in Old Wingello Road. Fredrick was employed at Ted Tooth's sawmill in Teudt's Road, where he was allowed to saw the timber for his new house, which he built himself with some help from friends and family.

With typical Bundanoon generosity Alister Greason (Audrey Petersen's father) mortgaged his own home to lend the young couple the money for the project.

When the family moved in the interior was unfinished – Bob and Syd Hayman told of swinging on the ceiling timber at the housewarming party! Fredrick lived there until he died, around 1958, leaving the property to his son Ronald (Ron). Ethel had died a decade before.

Fred's father, a sleeper-cutter, died in Kurri Kurri, near Maitland (curiously a place-name which will reappear later in this story) when Fred was only six. Grandfather Fredrick brought the family to the house in Old Wingello Road, where Fred lived until he married Irene. His mother and Ron both lived there until they died.

Fred remembers that the house was originally the same colour as used for the recent Station repaint – “the only colour you could get at the time” – later battleship grey, then cream and green.



He tells of the wash-house five metres or so behind the house which held the only bath, for which the wood copper had to be lit and water ladled in.

After Ron died a few years ago the property was bought by well-known local electrician Noel Bromfield. The house was substantially rebuilt and extended, predominantly white inside, with lovely high ceilings. The property was on three titles, now separated into individual blocks.

Astrid and Rob McPherson moved in on January 15, from Luskintyre, near Maitland, downsizing from a 40-acre cattle property. Somewhat different to the 14,000 acre 'Wollogorang', where Rob did a cadetship!

Why Bundanoon? As for many others climate was a factor; Astrid and Rob enjoy the four-season life after the heat of Maitland.

They had been hoping ideally to find somewhere to do up using Rob's handyman skills, but as Astrid describes it, “fell in love with this place as soon as we saw it”.

The house came with a shed in the deep back-yard, clad in iron from the original roof of the house, but Rob has already

started work on a larger one behind it. He laughs that he worked inside during the good weather, but is now toiling outside during winter.

Astrid's parents were from Latvia, from where they fled the invading Russians to Germany, where they spent WW2 in a displaced persons camp before being accepted for Australia in 1949. One day a notice was put up in the huts at the Greta migrant camp – a list of available jobs from which every man had to choose one. Astrid's father's was in an open-cut coal mine at Swansea and later both parents worked at the Bradford cotton mill. By 1951 they had their own house.

By a strange twist of fate the family was housed again temporarily in the Greta camp in 1955 when forced to evacuate their home by major floods around Maitland. Astrid was interviewed at the time to give a “child's perspective”.

Astrid joined the Bank of NSW (now Westpac) in Maitland, but was soon transferred to Canberra, where Rob already worked for the bank. He subsequently transferred to AGC, the bank's finance arm, initially posted to Penrith. They lived in Blaxland, then later Clareville and Cherrybrook. Astrid's working career includes 14 years with a psychiatrist in Epping.

They had bought a parcel of rural land outside Singleton in 1998 which was used as a weekend retreat, but took up full-time farming in 1998 on Rob's retirement, then moved to Luskintyre in 2010.

The couple have moved 14 or 15 times before landing in Bundanoon, but say they are here to stay and looking “to put their stamp” on what is now known as ‘Angel Cottage’.

—Ralph Clark





The mail must go through: Hail Haile!



IT SEEMS THAT if you were named for the night Halley's Comet traversed the universe in ephemeral, luminous wonder, you may turn out to be blessed, to be special. And that's true for our Bundanoon postman: Haile McDonald, whose unusual name combines the comet and some letters from his parents' names. He's a healthy, robust 35, sports long black hair and beard and has eyes that positively shine goodness and a love for life.

His calling as a Postie came largely because he loves riding motor bikes and that fits in perfectly with his job. He owns seven (he doesn't ride them all at once), and, along with his two vans, keeps them in sparkling order.

Haile loves his job. You'd have to love it! Rising week days at 3:30am, which is almost getting up before you go to bed! Rugging up on winter mornings dressed like rotund "Marshmallow Man", with a battery-heated jacket (yes), hand warmers under your gloves and, clutching heated hand grips, delivering the mail. Despite this, Haile prefers this biting, numbing cold with added wind-chill factor to his summer deliveries when those hot days really test him.

Hearing about a typical day in Haile's Postie life requires a couple of lie-downs, but he sensibly takes to his bed at 7:00pm. His girlfriend also works with Australia Post, in the administrative area in Bowral, so she understands his unusual life.

Only once, (since 2009 in Robertson and 2012 here in Bundanoon), has Haile had to have a day off with illness. After all, the mail must go through and his dedication to duty is palpable.

Although Haile works under the auspices of Australia Post delivery service and the local Bundanoon Post Office, he loves being his own boss. It suits him most well. He is not "trapped in a factory", loves riding motor bikes and sets his own price with Mr Oz Post for the four years' contract he continues to win. The delivery route (always keeping to the left around the maze of streets) is easy for him – after all he knows the area well, having grown up in Robertson and attended Moss Vale High School.

Most of all Haile loves the interaction with customers.

So what are the negatives? He had an accident on the Hill Street roundabout, but only the one so that's good to hear. He's suffered from hypothermia on winter mornings where incandescent frost is accompanied by an impish wind, when all his winter woollies don't cut the mustard. He struggles to keep the mail dry when it's raining. (No mention of keeping himself dry!) He's been bitten by a large unfriendly hound, been bothered by curious kangaroos and had complaints (only very few mind you!) about his service. One person wrote to complain that no junk mail had been delivered. Haile and I both agreed that this person needed compassion and an understanding that loneliness must be crippling.

These days parcels far outweigh letters so after sorting the mail into the panniers and his morning letter box run, it's into the van. He once delivered a humungus parcel down our steep driveway to our front door – not part of his contract but just because Haile is extra kind. It shows on his face! He even mows the lawns of some old folk at the end of his long day.

And just the other day there was a letter for us in our box with the completely incorrect address, yet Haile delivered it. That required a thank you note on our part!

His work ethic is to be admired. So if you happen to see our young, friendly, kind Postman delivering mail to your letter box, or just out and about, please say a huge thank you to him.

He will always ensure your mail gets through...

—Annie Crawford

WINGECARRIBEE
FunFinder
YOUTH + FAMILIES



The Fun Finder App is designed to provide children, young people and their families with a diverse range of fun things to do in and around the Southern Highlands.

Download it for FREE from the App Store or Google Play.

This App has been funded by Club Grants Wingecarribee and Wingecarribee Shire Council with support from the Highlands Child, Youth and Family Network.

Ph: 02 4868 0888 or mail@wsc.nsw.gov.au

OUR BEAUTIFUL VILLAGE has been chosen as one of eight communities around Australia to participate in The Groundswell Project's Compassionate Community initiative. This means that you might hear more villagers openly discuss some of life's tough stuff: illness, dying, death, grief and bereavement. The other communities are: Northern Beaches NSW, Warrnambool VIC, Ballina NSW, Dulong QLD, Newcastle NSW, Bunbury WA, and North West Coast TAS.

By way of background, The Groundswell Project's purpose is "to create a more death-literate society, one where people and communities have the practical know-how needed to plan well for end of life. This means shifting focus from 'talking about it' to transforming this 'difficult' conversation into one of deep community engagement, social action and empowerment."

"Compassionate Communities is a whole-of-community approach to end of life care where caring for one another at times of need, loss and/or crisis becomes the task and responsibility of everyone." It is a public health approach to end of life, akin to the Slip Slop Slap campaign that we're all familiar with, and which did have a huge impact on public health behaviour. It's hoped that Compassionate Communities will lead to similar positive impacts in Bundanoon.

The term 'Compassionate Communities' came from the concept of 'Compassionate Cities', which was developed by Australian Professor Allan Kellehear, a medical and public health sociologist who gained his qualifications at UNSW and is now based at the University of Bradford in the UK. He reminded us that end of life issues matter just as much as any other health issue, such as wearing sunscreen, using seatbelts, and taking good nutrition and exercise.

How was Bundanoon selected? Well, Petrea King of Quest for Life and I submitted an expression of interest. Given my background as a death literacy advocate, Petrea's extensive experience working with and supporting people going through crisis, illness, dying, death and grief, and Bundanoon's culture of looking after each other, we felt there couldn't be a better place for this work.

There's certainly a lot of interest in the work so far. On Saturday 30 June, 45 locals came together at the Soldiers' Memorial Hall to learn more about Compassionate Communities, and to start mapping all of the wonderful informal and formal work that is already happening in Bundanoon and throughout the Southern Highlands. There was a lot of engaged discussion, sharing of stories, a few laughs, and plenty of fantastic ideas about how Bundanoon can build on its already compassionate ways of being.

The overall sentiment was that the Compassionate Community work should



Photo: harmonymusictherapy.com

Bundanoon – A Compassionate Community

not be 'ageist' but broad based for all stages of life. There was a clear desire for the development of more flexible care during and after death. And, overwhelmingly, people wanted more information through publications, events and workshops, so people feel they know what to do, who to call, and how to support others during times of illness, dying, death, grief and bereavement.

Since that meeting, the Bundanoon Community Association (BCA) voted for Compassionate Communities Bundanoon to be one of its subcommittees. This is an

excellent development as it means that our work can be strengthened with BCA support, resources and networks.

A number of locals have signed up to being Compassionate Community volunteers. So, keep your eyes peeled for Compassionate Community events, activities and resources. You'll be kept up to date via the JCG, and by emailing Jessica Raschke at comcombundanoon@questforlife.com.au or calling 0422 849 041. Watch this space!

—Jessica Raschke

News from the Good Yarn

IT WAS ANNOUNCED at the recent 2018 Annual General Meeting of the Bundanoon Good Yarn that we had once again had a succesful year and recorded the highest level of donations since the Good Yarn commenced operations in 1975.

\$29,884.50 was donated to many local organisations, and state, national and International organisations also benefitted from donations.

Thanks must go to the Volunteers who work so hard to make the Good Yarn such a success. The last six months has been particularly hectic with everyone being involved in implementing the Point

of Sale System. As always, thanks must go to the Community of Bundanoon who shop with us, consign and donate goods. Without you we would not exist, so THANK YOU BUNDANOON.

We are getting busier and busier in the shop and ideally we would like to have two staff on a shift. We welcome new volunteers, and if you are interested in volunteering, come along to one of our regular meetings held in the Supper Room of the Soldiers' Memorial Hall on the third Friday of the month at 2:00pm.

—Ann McCarter, President

Cricketer's star on the rise

SAM HARWOOD IS 10 years old and has a dream to play cricket for Australia.

He's a serious and thoughtful young man and highly articulate when asked for the background leading to his outstanding performance as a cricketer.

In the time-honoured Aussie way, Sam has played backyard cricket since he could first run around "with a plastic ball on my grandparents' lawn". He's still doing it, except that now he has



a larger yard with a proper pitch to practise on. He's played competition cricket since he was seven.

Although he likes to play soccer as well, Sam says "cricket is definitely my favourite sport because everyone on the team gets an even go."

He plays at present with Bundanoon Cricket Club, finishing last season with the Under-12s, who came out on top of their comp, in no small measure due to Sam's award-winning batting average and fielding ability. He's a pretty good medium-pace bowler too, taking 13 wickets over the season.

He has also played Under-12s Rep cricket since he was nine, this year achieving third in run-scoring in the region with an average of 20 runs over five games.

Sam previously played cricket for a year in a Gib Gate School team but when he moved to Oxley College, it wasn't possible to get a cricket team together there. Sam's dad Jason plays cricket with Ricky Martin, coach of the Bundanoon team, so Sam was given the chance to join Bundanoon. (You may have seen a photo of this winning team in the June issue of JCG.)

"Coach Ricky Martin has been very supportive, and his son Brody is my friend. I like that we can play together in the Bundanoon team."

Currently in Year Four, Sam will be playing with the Bundanoon Under-14s this coming season and is trying out for the Under-13s Illawarra Rep team. He doesn't think his younger age will matter. "Once you perform well for the team everyone is pretty happy to have you."

Having a Dad who plays cricket and is currently the coach of the Rep team obviously helps to foster Sam's interest and ability, but Sam reckons that "I've always had a passion and I think doing lots of practice is the best way to get better. All my life I've always watched Australia play cricket and want to play in the Australian cricket team one day."

It seems quite possible that he might!



—Helen Clark

The Bundanoon Good Yarn Inc • Donations 2017–2018

Aboriginal Literacy	500.00	Cystic Fibrosis	500.00	Penrose School Garden Project	280.50
Alzheimer's (Youth Dementia).....	500.00	Days for Girls	500.00	Pollinate Energy	500.00
Angel Flight	500.00	Dignity for Girls	500.00	Royal Flying Doctor	500.00
Anglican Parish of Sutton Forest.....	300.00	Doctors Without Borders	500.00	Rural Refugees.....	500.00
Anglicare	750.00	Exodus Foundation.....	500.00	Salvation Army.....	500.00
Arthritis Foundation.....	500.00	Fistula Foundation	500.00	Save the Children	500.00
Assistance Dogs	500.00	Fred Hollows.....	500.00	SES Mittagong	500.00
Bandaged Bear.....	500.00	Go Foundation.....	500.00	Southern Highlands Refugees.....	500.00
Batwa (Ugandan Forest People).....	500.00	Guide Dogs for Children	500.00	Southern Highlands Parkinson's Support...	500.00
Bible Society	500.00	Heart Bus	500.00	St Brigid's Catholic Church, Bundanoon.....	300.00
Bicycles for change.....	500.00	Learning for Life (Smith Family).....	576.00	St Vincent De Paul.....	750.00
Bear Cottage (Children's Hospital)	500.00	Leukaemia Foundation.....	500.00	Starlight Foundation.....	500.00
Bundanoon Primary School P & C	500.00	Legacy House.....	1000.00	Uniting Church, Bundanoon.....	300.00
Bundanoon RFS.....	1000.00	Lifeline.....	500.00	UNHCR Rwanda.....	500.00
Bundanoon RSL Sub Branch	500.00	McGrath Foundations	500.00	Warrigal Bundanoon Auxiliary	1000.00
Bush Church Aid	500.00	Macula Degeneration.....	500.00	Wingecarribee Adult Day Care	500.00
Cancer Council	200.00	Meals on Wheels.....	500.00	Wombat Care, Bundanoon.....	200.00
Careflight	500.00	Mission Australia	500.00	World Vision	1728.00
Christian Education (Scripture books).....	1000.00	Moorambilla Voices Choir.....	500.00	TOTAL	\$29,884.50

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Lunar Eclipse

A RARE LUNAR eclipse occurred in the early hours of Saturday 28 July over Bundanoon. This photograph is a composite of shots taken between 4:00am and 5:30am on that dark, cold morning.

Like all stories there has to be some drama: in this case it was not the inquisitive wombat, who dismissed me as slightly unhinged, but a large bank of clouds approaching, threatening to blank out my final shots. Thankfully I made it just in time.

Eclipsed moon. Settings: f5, 1/25 @ iso 800 using a 200mm lens.

—Peter Gray



She lived right up to the moment she died!

THERE IS A photo of my 93 year old mother, holding a wriggling snake in her hands, with a look of absolute wonder and curiosity on her face. Never too old to learn, to discover, or to try something new, even if it was outside her comfort zone, my mother was determined to make every day count.

When she was 89, my mother, who had quietly but firmly declared she wanted to die in her own bed, became ill. We were able to have her cared for in the small local hospital, where life began to move in another direction for her. A physio with a walker frame for her, an ACAT assessment, medications to fix her medical problem, and a visit to the local aged care facility (her preferred one) ensued, and before long she had a new place to call home.

This new home, a large comfortable room, looked just like her old home in miniature, with all her furniture (including her bed!), pictures, ornaments, useful boxes and furnishings. Now she didn't have to worry about cooking, washing, cleaning, and lawn mowing, house painting, bill paying – she could relax and enjoy life. She had always said she didn't want to live alone, and now she had a bunch of new friends, while her old friends came often to visit.

For some years we had been worried about her – she wasn't eating well, and had become quite thin, she didn't sleep well, she was prone to falls, she didn't get out much, and she was bored and lonely, in spite of her wonderful neighbours and supportive family, and her daily crossword puzzle. Now, in her new home, we noticed the change in her almost immediately – she began to enjoy her food again, she

walked up to the local shops and cafes every day, and she had staff support and care when she needed it. Best of all, she started to laugh again!

She had made a decision to participate in the life of the aged care facility as much as possible, while remaining fiercely independent. When she won a Mars Bar at Bingo she was triumphant (and saved it for her grandson), exercise classes to old time music from the safety of her chair strengthened her body, and morning coffee with her new friends gladdened her heart. Her favourite events were the Friday night Happy Hours, with a glass of her favourite red plus the entertainers – singers and dancers, musicians, magicians, and snakes!!

I have to say I was glad that she also decided to stop driving. She confessed that giving up her car was harder than giving up her beloved house but she managed to organise lifts and taxis when necessary. And when my sister and I regularly visited from our homes in the country, there was always a long list of things to do, places to go, people to see, stuff to buy! Meanwhile, she was out and about, walking and talking more, and most importantly, chatting to the numerous cute little dogs she met in her travels – and always ready with a doggie treat, tucked away in the basket in her walker.

My mother had said for years she wanted to go to New Zealand before she died, but whenever I suggested a cruise she dismissed the idea out of hand. After she moved into her new home, I wondered if, instead, she might like a cruise to North Queensland, to visit friends. "Oh, no, I want to go to New Zealand", she declared. And so it was! Soon after,



my mother and I found ourselves on a cruise ship heading across the ditch. She was the star on board, admired by all, pottering about with her walker, going to Trivia competitions (where she knew far more than I!), having breakfast in bed every day, loving the delicious dinners on board with her glass of red, clapping enthusiastically at the fabulous nightly entertainment, and venturing off the ship to explore the countryside. She had the time of her life!

When she was 93, still full of life and activity and wonder, my mother became ill again, but this time she did not recover. I think perhaps her last words, half an hour before she left this world, were to the physio who was gently massaging her, and who had then showed her photos of her cute little dogs. "Thank you so much," she said, "You have made my day".

And then she died, happy – in her own bed. Positive living, positive ageing, positive dying – that was my mother! And a positive inspiration to all who knew her.

—Jane Irwin



Bundanoon Sport & Recreation



CHESS CLUB

Great news! It was great to see ladies joining the group as new members. Whether you are a seasoned player or rank beginner, all are welcome – no chess sets needed! The group meets on Friday afternoons at the Primula Café. Contact Pat Foley for more information on 4883 6064 or just turn up on Friday from 2:00pm!

BUNDANOON CROQUET CLUB

Bundanoon Croquet Club participated in the very successful Winterfest event by selling popcorn to raise money for the renovation of our lawns. We have gained four new members following tryouts – which are held at 1:00pm Thursday and Sunday. You are most welcome to come and learn about the basics of croquet, a competitive, strategic game played as singles or with a partner.

Please contact:

Secretary: Jane Newson at janenewson@hotmail.com or 0412 046 417

Promotions: Diana Curtis at curtis.di@gmail.com or 0414 594 232

President: Alan Millward at al.jan2578@gmail.com or 4883 6887 / 0419 228 836

BUNDANOON CRICKET CLUB

Next season is not far away and the club is already getting organised. A key event will be registration day on Sunday 16 September at the Bundanoon Club from 11:00am–1:00pm for the upcoming 2018/19 season. The club is keen to build on the success from last season and invites all interested players to attend.

If you have any questions, if you are not sure whether the club has a spot for you or your children, or if you are unable to attend the registration day, please contact Steve Beveridge on 0419 283778 or Steve Granger on 0404 048288.

BUNDANOON REBELS SOCCER CLUB

A number of our teams are heading towards the Finals.

Our All Age Men Highlands League team had a fantastic win for the second year in a row in the George Auld Cup Final,

defeating Robertson 2–0. Our Under 15s also made it through to the final of the Jan Plain Cup being only narrowly defeated by Hill Top 1–0.

On the 4 August we held a Kids Disco at the Bundanoon Club which was a great success. The kids enjoyed dancing the night away with glow-in-the-dark face paint whilst parents enjoyed dinner and drinks in the Bistro. What a great way for both generations to enjoy an evening and clearly the Bundanoon Club is well placed to support such a function!

BUNDANOON HIGHLANDERS RUGBY LEAGUE FOOTBALL CLUB

After a relatively slow start to the 2018 season the Bundanoon Highlanders have hit second gear towards the end of the season and are finishing the season strongly. Despite suffering more than their fair share of major injuries this year, the team has stayed strong and is confident of being able to replicate the 2017 feat of taking home the Group 6 Second Division premiership.

BUNDANOON TENNIS CLUB

Coaching has started on Saturday mornings for Term 3 with a class for 5- to 8-year-olds starting at 9:30am, for 8- to 12-year-olds from 10:00am to 11:00am and an adult class which starts at 11:00am. We are keen to build the program and opportunities are available even mid-term to join in – anyone interested please contact Mike Swinden on 4883 7624.

Club championships are coming up, so get your membership set up in order to join in a great weekend of friendly competition. Social play is Tuesday mornings for ladies, a men's group meets in the afternoon and a mixed social session is held on Saturday afternoon. Contact David Brewster 4883 7214 or Mike Swinden 4883 7624 if you have any questions about coaching or club membership.

The tennis club has purchased a defibrillator and it is available at the back of the tennis club for all people who use the sporting and walking facilities at the oval. This is a community service for all to use in an emergency.

PONY CLUB

Please contact Edwina Grant, President, on 0416 032 086 or email grant.edwina@gmail.com for details of meetings or inquiries regarding club activities and membership.

BUNDANOON BOWLING CLUB

Having recruited more volunteers to help run the club, everything is moving forward in a positive fashion. Social bowls happen on Thursday afternoon and Saturday afternoons starting at 1:00pm. Visitors are most welcome and bowls will be supplied. Your first visit is free and the cost thereafter is \$15 per visit which reduces to \$10 if you play on both days in the one week.

People are welcome to come and try barefoot bowls at any time the club is open and bowls will be supplied. Parents should be aware that children are also welcome, particularly during school holidays – bowls and coaching can also be arranged: just contact John Witney 0418 206 302 or the Bundanoon Club 4883 6174 to make sure all facilities are available.

BUNDANOON CLUB

The Club opening hours have been extended as follows:

- Tuesday 4:00pm to 7:00pm.
- Wednesday 4:00pm to 8:00pm.
- Thursday 2:00pm to 8:00pm.
- Friday 4:00pm to 8:00pm.
- Saturday 1:00pm to 7:00pm.

The restaurant is open 5:30pm–8:00pm Tuesday to Friday and on weekends for functions or by prior arrangement.

Beer on Tap is now available and the club is looking to support all community club functions at very reasonable cost.

The club has a regular email news letter. If you would like to receive this regular update please send a request via email to bundanoonclub@bigpond.com.



The most fun you can have sitting down...

CONES, DRESSAGE AND marathon (CDE) with obstacles – sounds like a weird combination, right?

On September 23, let Southern Highlands Carriage Club (SHCC) show you how it works: we will be staging an exciting competition where drivers will be combining in teams of three in a mini CDE run between the Pony Club grounds in Quarry Road and *Scribblegum*, *Kareela Park* and *Shibumi* properties. The teams nominate whose score will count in each phase – dressage, cones, cross country – before the competition begins. Should be great fun!

You may have seen a frenzy of activity at the Pony Club grounds early on a beautiful Sunday morning 6 May, when SHCC hosted the NSW Show Driving Championships on behalf of the Australian Carriage Driving Society (ACDS). Sounds very formal, but in reality it was a lot of fun, showcasing everything from small ponies to heavy delivery horses, prancing hackneys to pleasure standardbreds.

Very efficient judges from Bowral – Wendy Ragg and Amanda Proctor – chose the beautiful hackney stallion Cherry Farm Alarick, driven by Melissa Bensley, as Supreme exhibit and also the Concours d'Elegance trophy winner.

Local driver Tracey Ellis of *Scribblegum* and her Welsh Cob Kaewyn Dinnagwyn won the Drive and Ride event, where the pony is ridden after performing his workout in harness. This remarkably versatile pony can do it all: show ring to endurance rides, dressage to speed cones, combined driving (similar to the ridden

eventing) to pleasure hacking, and I've heard he also goes over the jumps!

Competitive carriage driving is often taken up by riders who think it may be time to give the game away or have been injured, but for whom the thought of giving up horses is just unbearable. Some people might have driven in the past and want more of a challenge or might have a useful pony, ex-racehorse or trotter, just standing in the paddock going to waste. The great advantage of driving is that you can continue to be competitive for far longer than if you ride – my cob turns 20 soon and I am 72 and we are having a ball – (HRH Prince Philip took up combined driving when he retired from polo!)

Under the umbrella of the Federal body – the ACDS – local clubs in all states around Australia, regulate and

organise events in a safe and fully insured environment. Events can include two-week long endurance treks with overnight camping, one/two/three day CDEs (dressage, cones and marathon with obstacles) forest drives, gymkhanas, training days, coaching clinics with international instructors, parades, shows, fun weekends – whatever most suits their members.

Think about joining us and trying out the 'long rein' way. We would love to meet you, provide information about ACDS, and help in any way we can.

We embrace the slogan, "It's the most fun you can have sitting down."


—Faye Cairncross

Find us at www.carriagedrivingNSW.org.au or FaceBook: Southern Highlands Carriage Club





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9.30 St Aidan's, Exeter
(contemporary service)
5pm Holy Trinity, Bundanoon
(contemporary with Youth Group)
& WEDNESDAYS 3pm to 4.45pm during term
Explorers Kids' Club at Bundanoon Public School

BUNDY YOUTH GROUP
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6.30 Youth Group (\$5) ☐ 8pm finish

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Activities and services

Bundanoon Community Association Inc. (BCA)

President, Christine Janssen..... 0417 285 364
SecretarySecretary@bca.asn.au

BCA Subcommittee Convenors

Arts Bundanoon

Greg Slater..... gregs50@dodo.com.au

'Bundanoon Sings' Choir

Geoff McCubbin..... geoffmc@inet.net.au

De Meyrick Reserve

Peter Papps..... ppapps@bigpond.net.au

Garden Ramble

Patricia Varley..... patriciavarley@me.com

Glow Worm Glen Track

Anna Perston..... anna.perston@bigpond.com

The Green Team

John White..... johnnifer@bigpond.com

Soldiers' Memorial Hall

Pat Guy..... patmalguy@hotmail.com

JCG

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

JCG Food & Wine

Pam Davies/Ralph Clark rlc2578@gmail.com

Leaver Park Group

Christine Miller chrisnbaz@bigpond.com

Melting Pot Theatre

Josh Hewitt joshua.hewitt.jh@gmail.com

Membership

Andy Carnahan..... Membership@bca.asn.au

Needles & Natter

Andrea Ward andrea.ward@tonyward.org

Roy Terry Reserve

John White..... johnnifer@bigpond.com

Rex Cinema

Stuart Reid sjreid29@gmail.com

Welcome Packs

Lyn Morehen tallulah1938@gmail.com

Winterfest

Kaz Williams..... kaz@bigshedcreative.com

Community Groups

Bundanoon Pre-School..... Deni Harden, Director..... 4883 6166

Bundanoon Public School P&C

Candiz Piper candiz_p@yahoo.com.au

Bundanoon Visitors' Group..... Harry Hull..... 4883 6372

Chess Club Pat Foley 4883 6064

Country Women's Association (meets 2nd Thurs, 1 pm, CWA Rooms):

Kath Smith 4883 6919

Curabunda Wetland Group (meets 1st and 3rd Friday)

Alan Hyman 4883 7763

History Group (meets 1st Monday, 10 am):

David Brennan 4883 7763

Lions Club..... Elizabeth Cranny..... 0408 102 411

Men's Shed (meets Tues-Thurs, from 10am, 11 Burgess St):

Tony Molyneux 4883 6073

Morton National Park Volunteers (meets 2nd Wednesday):

Alan & Wendy Hyman..... 4883 7763

Playgroup Melanie Terry..... 4883 7197

RSL Robert Williams 4883 6137

Serendipity: the choir Kerith Fowles 4883 6515

Waratah Slimmers Bundanoon Colleen Urquhart..... 4883 4123

Warrigal Care Bundanoon Auxiliary (meets 3rd Monday, 10am at Warrigal)

Ann McCarter..... 4883 7784

Support and volunteer services

Community Health Service..... Bowral..... 4861 8000

Dementia Australia (Dementia Advisory Service)..... 4869 5651

Early Childhood Clinic..... 4861 8000

Fire Station 4883 6333

Good Yarn..... Ann McCarter..... 4883 7784

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 Don Gray..... 0429 828 765

RSPCA (Goulburn/Highlands) 0412 475 428

Volunteering Wingecarribee 4869 4617

WIRES..... 4862 1788

To change details, please email jcg.editor@bca.asn.au

Church times

Anglican Parish of Sutton Forest

Holy Trinity, Bundanoon Sunday, 9.00am, 5.00pm

St Aidan's, Exeter Sunday, 9.30am

St Stephen's, Tallong Sunday, 10am

All Saints, Sutton Forest 1st, 3rd & 5th Sundays, 11am

..... 2nd & 4th Sundays, 2pm

Uniting Church

Moss Vale..... Sunday, 9.30am

Bundanoon..... Thursday, 12.30 pm

Catholic Church

St Brigid's Bundanoon 1st, 3rd & 5th Sundays, 5pm

..... 2nd & 4th Sundays, 8am

St Paul's, Moss Vale Sat, 6pm & Sunday, 10am

Iona Christian Community, with Anglican Worship, at St Patrick's, Sutton Forest

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

Santi Forest Buddhist Monastery, 100 Coalmines Rd

..... Sat: Group Meditation:

(6pm in winter/autumn time and 7pm in summer/spring time
following the daylight saving time changes in April and Oct.)

..... 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: ionachristiancommunity@gmail.com, 4869 1196

Santi Forest Buddhist Monastery: 4883 6331

Sports clubs

Bowls (Men)..... John Witney..... 4883 7356

Bowls (Women) Margaret Alaban 4883 7560

Cricket Steve Granger..... 0404 048 288

Croquet Club..... Alan Millward 4883 6887

Pony Club Gale Pritchett 4883 7195

Rugby League Grant Perkins 0419 844 405

Soccer Jaime Griffiths 4883 7012

Swimming..... bundanoonswimmingclub@gmail.com

Tennis Mike Swinden 4883 7624

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