

JORDAN'S CROSSING GAZETTE

Edition 103 • DECEMBER 2020

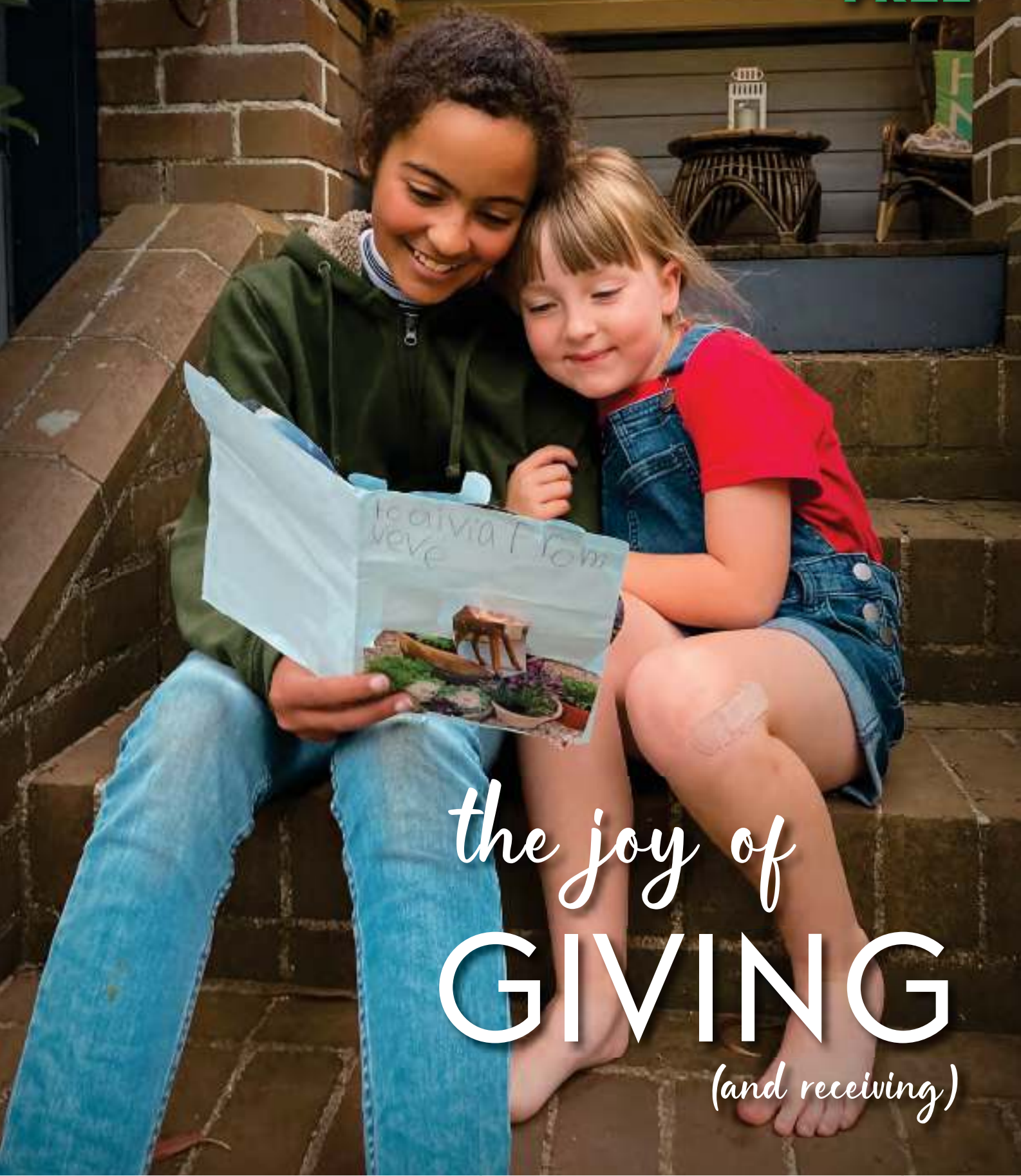
JCCG



Bundanoon Community Association Inc. (BCA)

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

FREE



the joy of
GIVING
(and receiving)



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Correspondence:The Convenor
Jordan's Crossing Gazette
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Subscriptions:Annual subscription is \$20 (including postage)
or \$50 for three years.**Contributors**Jeff Appleton
Alison Ayers
Anne Barciki
Bronwyn Beard
Andy Carnahan
Caroline Cosgrove
Annie Crawford
Lyndell Giuliano
Bella Gnechi Ruscone
Olivia Gnechi Ruscone
Annie Goodridge
Peter Gray
Janice Grimson
Hannah Halloran
Meg Herbert
Jane Irwin
Christine Janssen
Jo LeCheminant
Nancy Lovato
Ann McCarter
Lyndell Morehen
GJ Olsen Esq.
Casey Petersen
Val Rooke
Di Spence
Trish Stafford
Margie Thomas
D'arcy Ward**Editor:** Christine Janssen**Photographs for each article were provided by the author, unless otherwise stated.****Convenor:** Christine Janssen

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Editorial: JCG.editor@bca.asn.au**Advertising:** JCG.advertising@bca.asn.au**Design:** bella@beehivecreative.com.au**Printer:** sales@southwestprinting.com.au**From the editor**

What better way to end this year than to celebrate the generosity of those who give and to learn of the positive impact on those that receive. Despite the uncertainty of our day-to-day life, some things remain constant - there is always great joy in contributing to the well being of family, friends and community and there are many opportunities in our village to make a difference and I encourage you to become involved.

It's a mother's story of 'receiving' that I'd like to acknowledge with the gift of a BCA Wildlife Calendar. Trish Stafford's story also encompasses the selfless act of 'giving' and offers the opportunity for readers to also give.

This year has been a learning curve for me and I hope that you have enjoyed reading JCG as much as I've enjoyed bringing it to your homes.

My thanks go to the talented team who "give" so much: my 'sidekick' Annie Goodridge, who makes a Herculean effort to get copy in on time ; Karen Whisker, who keeps our language 'proper'; the Bundanoon Men's Shed for delivering JCG; Peter McDonald of Southwest Printing for the beautiful quality and Bella Gnechi Ruscone, who does so much more than design the layout. Bella has made my role so much easier, for which I am very grateful.

A big thanks goes to our diverse and talented contributors. I'm continually amazed at the talent and community involvement evidenced by the articles we receive every month. Just when I think we must have covered everything over the years of publication, as soon as I think of the next theme, I'm overwhelmed by the wonderfully interesting articles I receive.

My final thanks is to you the readers. I've been encouraged by your positive response and your unfailing anticipation of the next issue is motivating.

May this be a season of joy and peace that brings us closer together and may 2021 usher in a better and brighter future.

- Christine Janssen
Editor

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(and receiving)**

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Advertising information: page 55**Booking deadline for next issue:****FRIDAY 15 JANUARY 2021****Material deadline for next issue:****FRIDAY 22 JANUARY 2021****NO LATE COPY WILL BE ACCEPTED**



Bundanoon Lions' SCARECROWS



OPEN JOINT WINNER

Ava



OPEN JOINT WINNER

Hope



2ND PLACE

Alice Falling Down



3RD PLACE

Alice Down the Rabbit Hole



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2ND PLACE
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3RD PLACE
Bundabella



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Although the 2020 festive season may not quite measure up to seasons past, our celebrations will likely be the sweeter for all the trials we've endured this year. So, let us take some of the hassle out of this always busy time of year so you can relax a little and enjoy the festivities.

HAM AND TURKEY

They're the basis of your festive feast. We will have full or half (bone in) hams, as well as turkeys available from early December. Leave us a 50% deposit before 10 December and you can collect your goodies from 16 December. We can even store them for you until Xmas Eve.

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See us for a mouthwatering selection of rich and delicious puddings and fruit mince pies, and all manner of delectable Christmas fare that will add that special finishing touch to your table.

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A gourmet food gift is always welcome and can be an easy idea for the difficult to buy for. We have a range of options available, ready to give, or you can make up your own from our range of jams and relishes, specialty cheeses, crackers, and chocolates. And of course, we've always got artisanal bread and smallgoods, and a huge range of fresh produce, including local and organic, to choose from.

FRESH CHRISTMAS TREES!

Grampy's fresh cut Christmas trees will again be available from early December. Bung one in/on your car or we can arrange to deliver it to you (for free).

CHRISTMAS STOCKING PROMOTION

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CHRISTMAS/JANUARY OPENING HOURS

Our opening hours will be a little different over the festive period.

Xmas Eve: open until 8pm

Xmas Day: closed

Boxing Day: open 9am to 12pm

Sunday 27th: open 9am to 3pm

Monday 28th: open 9am to 5pm

New Year's Eve: open until 8pm

New Year's Day: closed

Australia Day: open 9am to 5pm

Warmest wishes to you and yours for a safe and joy-filled season from

Lloyd, Kaz and The Village Grocer & Store team

Tammie, Kate, Jade, Gerry, Shona, Tania, Virginia, and Callista

Photo by Joanna Kosinska on Unsplash

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BUNDANOON

Community Association Inc.



Life is gradually returning to 'normal' as we understand it today but not as we understood 'normal' at the beginning of 2020. After watching the fire painfully inch its way towards the village, you would be forgiven for admitting your

anxiety levels were rising day by day. Then in a blink of an eye, it was all over and the 'normal' we knew was gone. I sometimes wonder how history will record the events of the 20's.

With the ease in restrictions, entertainment is returning to the hall. Cinema Rex screening was booked out, Melting Pot Theatre's Round 4 of Crash Test Drama sold out and Arts Bundanoon makes its return in November with Music @10

Tickets purchased online for events are new. We are required to carefully manage the number of patrons for each area to ensure we are Covid-compliant, but more importantly, to provide a safe environment for our members and guests. Tickets are obtained through Trybooking. To make this easy we provide a direct link to the event where you can reserve your place. Trybooking will only issue tickets up to the maximum number permitted then show as "sold out". In addition, it helps us fulfill the Covid tracing requirements.

The new calendars have arrived which depict, in exquisite detail, the various types of wildlife in the Bundanoon area. The first print runs sold out, the second and last print run is in production now, so be sure not to miss out.

Glow Worm Glen is taking too long to reopen. Red tape, multi-agency responsibility – WSC and NPWL, Consultant's reports and budgets when all mixed together become a nightmare to manage. The GWG Sub Committee have done excellent work, especially their review of the Consultant's report. The BCA Committee is working with them to expediate the reopening of one of our village's most valuable assets.

Danielle and Josh are leaving Bundanoon to pursue greener pastures in the Canberra area. They will be missed for their commitment to the arts and their contribution to the community and will not be forgotten. Good wishes to you both.

I hope you have noticed that we have moved towards greater use of Mailchimp to keep our membership informed about what is happening in our community during these Covid times. We would love to hear your comments.

- Peter Gray
BCA President

BUNDANOON



THANK YOU FOR THE MUSIC

Christmas in Bundanoon won't be the same this year – we have had to cancel our 2020 Carols by Fairylight. NSW Health has clear guidelines on group singing in the times of COVID-19, and unfortunately, we can't make these work for Carols by Fairylight. While we all feel like gathering to belt out some carols and Christmas songs together, we need to keep our choristers, conductor and community safe. So let's look toward 2021 to sing together again.



In other news, our wonderful choir leader, Danielle Hewitt, is moving away with her gorgeous family. We are incredibly grateful to Danielle for taking over the reins of Bundanoon Sings! and helping us share our love of music. Who could forget Bundy Sings! at the Pub, Carols by Fairylight and the Bundy Bushfire Bash? Thank you Danielle for your leadership, passion and dedication.

"Bundanoon Sings! has been a huge part of my life, and I am eternally grateful for all the friendships and experiences I have been able to share with you all. This choir has given me so much love and joy and hope. I couldn't be prouder of what we have achieved, and our concerts will be some of my fondest memories of Bundanoon," said Danielle.

Our loss is Canberra's gain! We know the Hewitts will find their feet very quickly, and share their joy, warmth and talents with the Canberra community.

Bundanoon Sings! will continue (and hopefully sing again!) in 2021. To stay up to date with our news, follow Bundanoon Sings! on facebook, instagram, or send an email to bundanoonsings@gmail.com to go on our mailing list.

We wish you all a happy and safe festive season.



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On Saturday 17th October Melting Pot Theatre held the final round of Crash Test Drama for 2020. Due to the easing of COVID restrictions for the hall we were able to have a live studio audience for the recording of the selected 8 plays. I was a big effort and a long day for many of us but well worth the effort to be able to welcome some of our

MPT community back into the hall for this performance.

We had 8 wonderfully diverse plays, with several of them being submitted by first time CTD playwrights. We had some 24 actors

Christine Miller-Rowell, BCA life-time member, and long-time friend of MPT was our esteemed judge for this round. The judge's selections on the night were:.

- Best Actor – Royston Seers
in *Baby Blues*
by Andrew Renella
- Best Actress – Hollie Baillieu
in *Real*
by Glen Hunting
- Best Director – Rosemary Gray
for *The Crossing of Stars*
by Cris Eli Blak
- Best Play – *Love on The Road*
by Alison Ayers
- Audience Vote – *TBC* (once the online
votes are added to the final tally)

You can view all the plays online at our Melting Pot Theatre Bundanoon YouTube channel or find the links on our Facebook page.

Due to the current level of restrictions we at MPT have had to review our schedule and have unfortunately had to make the decision to cancel this year's Variety performance. This decision was not taken lightly but it is just not viable to hold an event with such a large cast in the current climate. Therefore, we have rescheduled our **Crash Test Drama Gala final for Saturday 12th of December.**

Thanks to the hall committee and the BCA for their continuing support and hard work that made it possible for us to take these first steps back towards live theatre.

- Bronwyn Beard
Convenor, Melting Pot Theatre
contact: MPTBundanoon@gmail.com



Crash Test event photography by Mark Wallace
(from top to bottom) including scenes from
Stars, *Baby*, and *An Affair*.



What is the BUNDANOON CONSERVATION AREA?

The Conservation Area (CA) wraps around Bundanoon's town centre, running from the southernmost bridge (Penrose end) over the railway line and along Erith Street, where it incorporates Petersen's Garage, The Practice doctor's Surgery and the Bundanoon Hotel. It includes the residence at the corner of Ellsmore Road and Erith Street, which was the site of Bundanoon's first Post Office (1889), and the remaining buildings along Erith Street to No. 34. Some of Bundanoon's earliest shops were located along this stretch.

On the other side of the railway line the CA continues from Anzac Parade, left into Church Street and along Railway Avenue to Osborne Street. A separate part of the CA runs along the upper part of Osborne Street and encircles Solar Springs Retreat, which was originally The Knoll Guest House.

Bundanoon Railway Station is the only State-heritage listed site. One of the Railway Station buildings, the Old Goods Shed, is occupied by the Bundanoon History Group and houses most of the BHG Archives, as well as featuring photographic displays on historic themes.

The CA also includes The Pill Factory, built by W.A. (Gus) Nicholas in 1896–98 to manufacture pills and powders and later became the Bundanoon Guest House. In 1976 it was the Old Heidelberg Gast Hof and Restaurant and later The Highlander (restaurant); in 2014 it again became The Pill Factory holiday rental. Next door is Mildenhall Guest House, which was restored and managed by stalwart History Group member, Pam Davies, from 1989–2000. Further along, in Church Street is the Anglican Church and Cemetery. The first church, a slab building erected in 1879, burnt down and the present church opened in 1905. The cemetery was used from 1850 to 1929.

Across Church Street the Old Methodist Church (now the Uniting Church) and Cemetery are also within the CA. The original slab church was built in 1871 on the corner of Railway Avenue and Church Street where the Soldiers Memorial Hall now stands. The present church was built in 1885. While the Pill Factory and the Anglican Church and Cemetery are both listed as Local heritage items, the Uniting Church does not have a separate heritage listing and there was talk of selling it a few years ago. The Bundanoon History Group rallied and

commenced efforts to raise funds with the aim of purchasing the old church building and thereby saving it. There were many suggestions as to ways it might be used following its purchase. However, after the BHG carried out further research, which was sent to Council, the Uniting Church, possibly as a consequence, decided to retain the building and continue its services.

The CA continues to the end of Church Street and along Railway Avenue to Osborne Street. It includes all the shops, from Ye Olde Bicycle Shoppe at the corner of Anzac Parade to Bundanoon Pottery & Gallery at the corner of Railway Avenue and Osborne Street. It also takes in Picnic Park that runs beside the railway, including the trees. In fact, all trees within the CA's boundary are included.

The CA finishes behind the Uniting Church but continues along Osborn Avenue at the rear of the shops to Osborne Street, where it joins up with Bundanoon Pottery & Gallery.

While Bundanoon Primary School is not included in the CA, earlier parts of the school; including the former school residence, 1909 library and toilet blocks, are separately listed as local heritage items.

The Statement of Significance for the Bundanoon Conservation Area from the Heritage NSW inventory (as at Dec 2005), which is the reference for its protection, follows:

Bundanoon is a good example of a railway village. The outstanding level of its preservation documents its history of development.

This spans a period, from the cottages, tree plantings, railway structures and Samuel Tooth's buildings of the late nineteenth century, to the shops and English-style hedgerows of the mid-twentieth century. Despite many changes of use, the buildings are very much as they were built, and the village landscaping is intact.

The village centre has retained its community importance, recognised for its high integrity and aesthetic values. The last shops were built just after the end of the WW II, completing the row of shops as they are today. The streetscapes are distinctive due to views, plantings, topography, setbacks, and building forms. The village centre

has high social significance for local descendants, symbolising the early history and economic life of the village.

What are the protections for the Bundanoon Conservation Area?

The provisions for the protection are stated in Clause 5.10 of WSC's Local Environmental Plan (LEP) 2010 and the Bundanoon Town Plan Development Control Plan (DCP). When Council receives a Development application, it has to consider the extent to which the proposal contributes to the following Heritage Conservation objectives:

- (a) Preserve and protect buildings of heritage and cultural value.
- (b) Ensure that redevelopment immediately adjacent to buildings of heritage or cultural value in no way detracts from the visual quality or amenity of heritage buildings.
- (c) Ensure that redevelopment within or immediately adjacent to Conservation Areas reflects the high heritage value of the Area and contributes to that value.

There are a number of specific principles that relate to heritage protection; basically they state

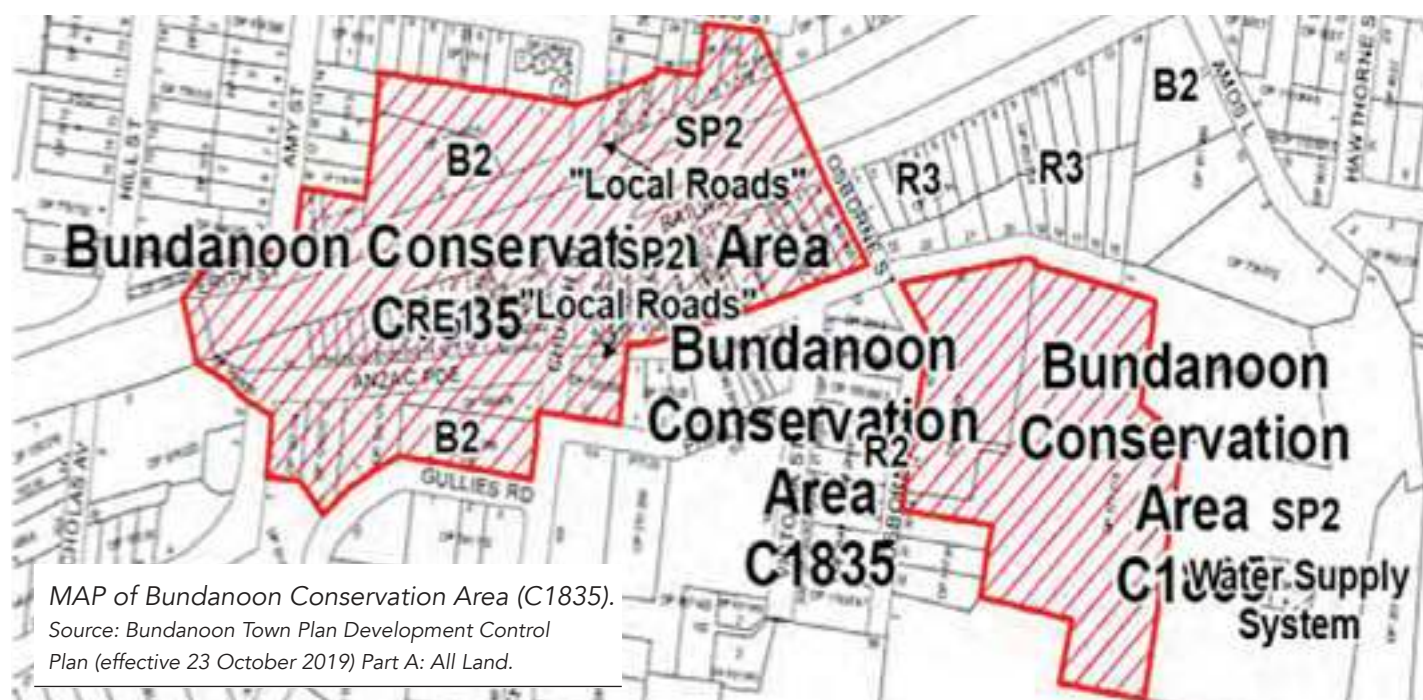
that any alterations to heritage items (includes CA), or new development in the vicinity of heritage items, must be sympathetic to the item and retain its heritage significance and character.

The BHG Archives Committee liaises with Council's Heritage Planner to keep informed of any developments that affect the Conservation Area and provide any additional information we may have. It's important to remain alert to any proposed changes within the Conservation Area to ensure that they don't have a negative impact on the amenity of our village character.

– Caroline Cosgrove
Bundanoon History Group



Bundanoon Hotel, January 1939





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BUNDANOON'S PUBLIC DEFIBRILLATOR

It used to be that absence of a heartbeat was the definition of death. We now know that absence of brain activity is death. Our remarkable medical advances provide a small window to help "cheat death" by way of maintaining blood flow to the brain and restarting the heart.

As many in Bundanoon know, the BCA has funded and installed a defibrillator (these days called an AED – Automatic Emergency Defibrillator). The device is installed in the external vestibule of the Bundanoon Soldiers' Memorial Hall and is there for anyone to use if needed.

Sudden cardiac arrests and heart attacks are two big killers in Australia, with estimates of over 34,000 out-of-hospital cardiac arrests in Australia/New Zealand every year. It is a sobering statistic that only one in ten of those people who suffer such an event survive. Fast access to a defibrillator is an important third step in improving the chance of survival in these events.

There are three actions that can provide a chance for a better outcome. Getting emergency responders on the way immediately, starting chest compressions immediately and getting early access to a defibrillator.

The other statistic (that I confess to making up) is that nine out of ten people will stand by during such an event - too afraid to act, too overwhelmed by the event, or afraid of making a mistake. This is often attributed to the bystander effect where "the presence of others discourages an individual from intervening in an emergency situation".

The best advice comes from the Council of Ambulance Authorities, the peak body for ambulance services in Australia and New Zealand. The Council has a campaign called 'Restart a Heart Day' and has reduced the complexities down to 'Call, Push, Shock'.

The intention is to help overcome the bystander effect - get assistance - act immediately. Our Bundanoon Fire and Rescue Community First Responders are trained and carry their own AED. They respond to 000 Ambulance calls providing assistance until the Bowral ambulance arrives.

We as community members will always be the first, first responders. With the three simple actions 'Call, Push, Shock', we can improve the possibility of recovery from what is literally sudden death.

– Andy Carnahan

• Council of Ambulance Authorities Inc, <https://restartaheart.net/> retrieved 21 Oct 2020

• Bystander effect definition, <https://www.psychologytoday.com/au/basics/bystander-effect> retrieved 21 October 2020



Figure 1 (above) from <https://restartaheart.net/home/cardiac-arrest/> used with permission

While using an AED can be done by an untrained person, the best way to prepare for helping others is to undertake a CPR first aid course.



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BUNDANOON PHOTOGRAPHY GROUP CLUB NEWS

We have temporarily relocated from our original meeting place in Burgess Street to the Bundanoon Club, where we are allowed greater numbers. We send out emails with dates, times and place. Keep your eyes open to ensure that you turn up at the right place.

The online system of voting appears to be working well and has the added bonus of including members who were unable to make the meeting, by giving them a chance to cast their vote. Our monthly meeting provides a forum for members to share their photographs. Septembers' an outing to Mount Annan produced some stunning photographs and like the Presidents Cup, we will circulate these online, again to give everybody the chance to see them.

This month's topic for the Presidents Cup was 'Abstract' There were a number of entrants, all with a different vision of 'Abstract' and it is this personal interpretation that makes the competition so much fun.

Winner of the President Cup for October was Debbie Catlin (photo top right).

The Peperoni Prize was a draw between Heather Turner (photo middle right) and Phil Benson (photo bottom right).

Next month's topic for the Presidents Cup is "First Light"

Next month's lesson is "Minimal Post-Processing" and "Crop for effect"

Check our Facebook page for details of the 2020 calendar and members' photographs.

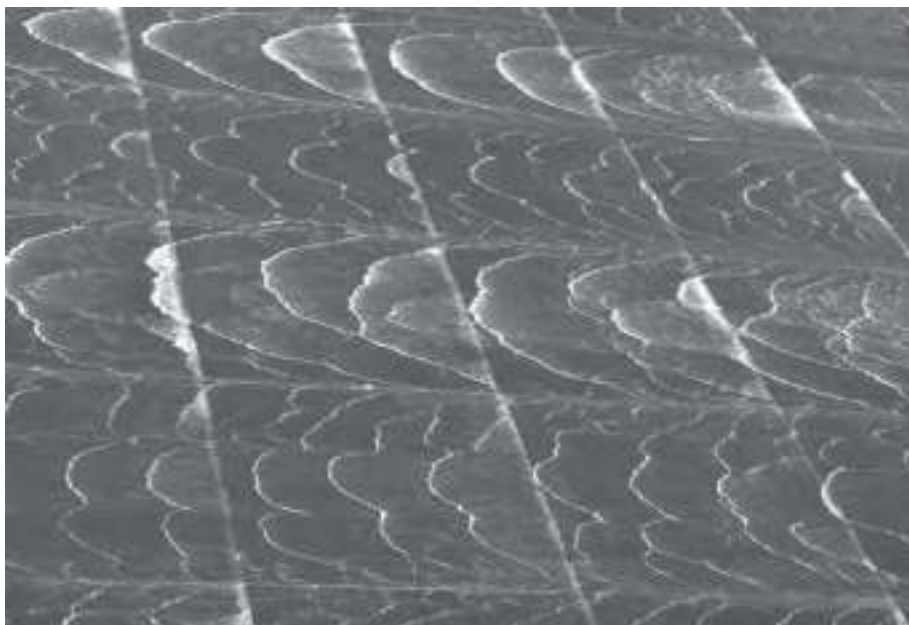
Our Monthly Outings are subject to change whilst restrictions are in force

Our club offers a friendly atmosphere to all levels of experience from beginners to advanced photographers, when we share our photographs and experiences in a relaxed and friendly environment.

- Peter Gray
President

New members are welcome, please contact

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



Harcourts Southern Highlands



A safe and happy festive season from our family to yours

Paul, Robert, Alex, Nanette, Becki, Sascha, Jasper & Hugo

Paul Macefield | Principal 0413 443 786

Robert Henderson | LREA 407450575

Alex Watanabe | LREA 0400 687 551

Nanette Phillips | LREA 0402 253 864

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CLIMATE SCARF

'ZOOM', mostly unknown and unused until this COVID year, has become a useful tool for many of us. I have participated in ZOOM book club meetings, church services, family birthday celebrations, online courses and importantly, a conference on Climate Change.

Facilitated by Common Grace, Uniting World and Tearfund Australia, all Christian organisations committed to climate justice and social justice for those most affected by climate change especially in less developed countries, I was challenged again and again. This conference presented us with four simple questions and answers about the very complex nature of Climate Change.*

IS IT HAPPENING? YES

The planet is warming more rapidly than at any time in the history of human civilisation, and we are rapidly leaving the relatively stable climate of the last 10,000 years during which agriculture has developed.

IS IT US? YES

By burning coal, oil and gas, plus deforestation etc, we have been increasing the concentration of greenhouse gases at a faster rate than at any time in the history of humanity.

IS IT BAD? YES

Likely consequences are complex but overwhelmingly negative: in physical systems (eg. Heatwaves, droughts, floods, bushfires, ice melt and sea level rise); ecological systems (eg. coral bleaching, shifting species distribution and salt water intrusion); and human systems (eg agriculture, economics, public health, culture, and geopolitics) plus huge indirect consequences like fresh water stress, food insecurity, people displacement and conflict.

CAN WE DO ANYTHING? YES

Although some further warming is inevitable due to lags in the climate system, the worst effects could be avoided. Therefore, we need to manage the changes that are now unavoidable, but avoid the changes that will be unmanageable. Alternative sources of energy exist to supply the world's needs with clean, smart energy. Large and speedy changes are needed at cultural, economic, infrastructural, behavioural and political levels

Soon after this ZOOM conference, I heard again from Common Grace. They had devised a way to show, in living colour, the reality of climate change, and they needed help. Using a scientific climate graph of the last 100 years, from 1919-2019, a knitting pattern was created to make a long scarf - an actual visual aid of the reality of what is happening in our world. I am not a knitter, but I am a quilter and I wondered if fabric could be used instead of yarn. Using the very useful knitting plan as my basic pattern, I found fabrics in the required colours in my fabric stash, did the maths, and lots of cutting out, then I laid the raw edge fabrics side by side in the correct order, basted for hours, and finally started my stitching using the raw edge Boro technique developed by the Japanese to repair, restore and re-use (and doesn't our planet need repairing and restoring too?)

In 2021 Common Grace will present these hundreds and hundreds of handmade scarves as a colourful, scientifically based, visual aid for all Parliamentarians, and leaders of our nation. I do hope and pray that the gift of these scarves reaches deep into the hearts and minds of our national leaders, and so effect much needed change and action.

– Jane Irwin

*www.commongrace.org.au/truefacts





the joy of GIVING

(and receiving)



There can be no greater gift than that of giving one's time and energy to helping others without expecting anything in return.

– Nelson Mandela



The Gift of Life

At 11.45pm May 22nd my son received 'the call' from Westmead Transplant Unit requesting he be at the hospital at 8am the following morning. A match on the national organ donor register had been identified. Subject to the viability of the donor organs, he would be receiving a double transplant (pancreas and kidney) that day.

Due to Covid-19, patients couldn't fly to Sydney so Chris had quickly progressed on the wait list which is usually 18 months to a few years long for this type of transplant. The next 36 hours were sleepless, filled with excitement, apprehension and not a small amount of fear.

As a five-year-old, Chris had contracted glomerulonephritis (a kidney infection). By November 2019 his kidneys failed and he commenced renal dialysis 3 days a week at St Vincent's Hospital. At 25, his condition was exacerbated by type one diabetes - a double whammy!

Chris was always very private about his 'condition' as he called it. Some of his friends and many work colleagues never knew.

Chronic tiredness; the hypo's; 4 insulin injections a day for 24 years; high risk of infection (a minor ailment could floor him) and finally dialysis, all taken in his stride whilst building a successful career, marriage and (finally!) three years ago becoming a father. He always has been and always will be a quiet achiever!

At 10pm on 23 May, Chris went to theatre. Seven hours later, thanks to the skill of the transplant team, he was in ICU with a working kidney and no longer a diabetic. He has not had insulin since.

Twenty-four years of having his life controlled by injections, watching what he ate and when he ate – gone. Third day post-op. the tubes, drips and drains gradually began to be removed. Each time something came out he felt that little bit better.

During these first risky 10 days I saw first-hand that if it can, the body wants to heal itself and heal itself quickly. Within three days he was still 'hooked up' but the nurses had him sitting in a chair for 30 minutes and a day or so after that he started taking short walks in the ward. On day eight I took him outside Westmead Hospital for an evening walk – only about 200 metres and stopping halfway for a 'breather' leaning up against a red plastic roadworks bollard, but he felt so good breathing in the fresh air.

On day 10 they allowed him home for the night for his birthday. Fast forward to mid-September, Chris had his 3-month tests and biopsies and happily, so far so good. He is living life energetically, having fun with his little boy who has just turned three – great mates and two peas in a pod.

I am hoping Chris's story serves as a call to action. You see, this would never have happened without the donor's family who, during a time of dreadful loss, consented to the selfless gift of organ donation. My son and so many others have been gifted a second chance at life.

Perhaps they too will now experience the joy of watching their children grow or, if young, they will reach adulthood and go on to have children of their own. In a world obsessed with social media, influencers and the like, real heroes aren't elite athletes or 'celebrities', they are the First Responders (Bundanoon Fire and Rescue) who, at 3am one morning, helped Chris when he had a hypo that we couldn't manage; the Ambo's who arrived shortly after and got him to hospital; the brilliant transplant surgeon Professor Henry Pleass and the internationally-recognised Westmead Transplant Unit; the dialysis team at St Vincent's Hospital and the post-transplant team who provide ongoing care.

These are the real heroes in this world, quietly and efficiently doing what they do best. For me the whole experience has been surreal, it's still almost impossible to find the words to adequately thank the donor family for giving Chris a chance for a healthier life and most important of all giving a little boy his Daddy.

If you are already a registered organ donor or intend registering please ensure that you have done so at www.donatelife.gov.au. I have lived this journey from the recipient family perspective and I assure you, it is the best thing you will ever do. A final note: Chris was 'transplanted' shortly before elective surgery was suspended in NSW due to Covid 19. Everything just fell into place.

– Trish Stafford

Editor's note:

In NSW, organ donation is 'opt in'. Intention to donate is no longer recorded on our driver's licence. If you want to save lives, REGISTER your intent. <https://transplant.org.au/the-facts/>





The Facts

-
One organ and tissue donor can transform the lives of 10 or more people
-
Australia is a world leader for successful transplant outcomes, but we still have a long way to go
-
Around 1,700 people are on the transplant waiting list at any one time
-
In 2019, 548 deceased organ donors and 239 living donors gave 1,683 Australians a new chance in life.
-
The majority of Australians are generally willing to become organ (76%) and tissue (76%) donors.
-
Less than 1% of people die in hospital in the specific circumstances where organ donation is possible.
-
In Australia the family of every potential donor will be asked to confirm the donation decision of their loved one before donation can proceed.
-
In Australia more than 60% of families give consent for organ and tissue donation to proceed.
-
Of the 51% of Australians who know the donation decisions of their loved ones, 94% would uphold these decisions.
-
We encourage all Australians to register their donation decision on the Australian Organ Donor Register and to discuss their donation decision with family members.

<https://transplant.org.au/the-facts/>

GIVING (far) AWAY



Hidden away on an ancient salt trade route lies the small village of Chosar, one of the most remote villages in the vast Nepal Himalaya.

This is the land of Lo, a remote Himalayan kingdom surrounded by the Tibetan plateau on all sides except to the south. It takes a week or more to trek from the tiny airstrip of Jomsom to reach Chosar. The Lobas, who practise Tibetan Buddhism, are not Tibetan they are Nepalese citizens. It's only recently that the villages in Upper Mustang have had access to limited electricity. Communication with the rest of Nepal is challenging at best. In winter the region is cut off by severe weather and heavy snow falls block roads and reach to the second floor of homes.

My first trip to Upper Mustang was in 2013 with my friend Stan Armington, a Lonely Planet author and one of the first Westerners to enter Upper Mustang when it opened its borders in 1991. The trip left me spellbound, and it was on this trek that I encountered students attending the Tsosher Manjushree Monastic School and Tsarang Nunnery. I met the villagers and could see the need for support, particularly for their children's education. Most children spoke only local dialects

and without language skills they're hampered in terms of employment and opportunities.

Education is without a doubt the key to escaping poverty and to expanding opportunities for a more promising future. While the small school follows the curriculum set by the Nepalese Government, it fulfils another critical need; it keeps the children at home with their families and strongly connected to their unique and ancient Loba culture. They learn to speak Tibetan as well as Nepali and English, which is not the case in





above: Chosar villagers and Margie Thomas

Government schools elsewhere in Nepal. The knock-on effect is that children teach their parents.

It's so cold in winter that ice forms on the interior walls of houses, roads are impassable and food is scarce. The harsh climate necessitates the entire school community relocating in winter to the warmer climate in Pokhara.

The remote Tsosher (Chosar) Manjushree Monastic School, established in 2006, provides free education, accommodation, food and health services to approximately 25 students. Most children are from deprived families living in extremely harsh conditions and lacking in the basics i.e. medicine, food, water, power and education. The student's world at Chosar is very different from ours, with no internet access, computers or mobile phones. School materials we consider normal are a shared luxury. The school 'uniform' takes the form of novice monk clothing or Buddhist coloured crimson or maroon track suits, often donated by benefactors.

I decided that a way to raise funds would be to lead a trek to Upper Mustang. We'd be travelling through countryside that is reminiscent of rural Tibet 1,000 years ago. Very little has changed in Upper Mustang, where life mirrors medieval times. I engaged with World Expeditions and Mr

Tsewang Jondon Bista, nephew of the last King of Mustang, to establish bespoke treks which have run annually. Clients engaged as strongly as I had with the people of Upper Mustang. Many, including some Bundanoon locals, have continued to give long after their trek finished, donating year after year to support children's education.

As a result of a random conversation between myself and Bundanoon Public School teacher Greg McCroary the idea of a combined project was 'spirited' up. This year, students at the school will tackle a research project on the region and hold a fundraiser event. The focus will be on the positive well-being aspect of community involvement through charity and global support networks. The Bundanoon students will see the difference their fundraising will make to the lives of children in Upper Mustang.

Being able to extend a lifeline by giving and encouraging financial support has been more rewarding than I could ever have imagined. In the past eight years I've witnessed the growing confidence of the Chosar schoolchildren and their social and language skills have improved enormously.

– Margie Thomas

THE GOOD YARN *CRAFTS • Hand Knits • CARDS • Bric-a-Brac*



From left to right: Lesley Paterson, Susanna Thompson, Jenny Borradaile, Margaret Atkins, Ann McCarter, Karin Hull, Jo Prince

GOOD GIVERS

Run entirely by volunteers, The Good Yarn offers a spectacular range of fresh produce, preserves, flowers, fabrics and yarns, hand-knits, jewellery, gifts and bric-a-brac.

Around 25 local women generously give their time to run The Good Yarn and share duties behind the scenes. Lead by their president, Ann McCarter, the committee (pictured above) and many other helpers, work tirelessly on rosters, pricing new goods, keeping the accounts, cleaning the shop, dressing the windows, staffing and customer service.

Annette Brown has donated her time for more than 30 years and has recently retired her position for some well-earned rest. Thank you for your years of service, Annette!

Cecilia selflessly gives up her Sundays each Bundanoon Market day, and generally, there are always willing helpers available at a minute's notice.

A fantastic place to buy Christmas gifts, there are also gift certificates available (pictured right), perfect for hanging on your tree.

When you sell, donate or buys goods from The Good Yarn, you get the joy of giving a gift to someone (maybe yourself), and the knowledge that money paid for that gift is going to help those in need.

Thank you, Good Yarners! You make such a positive difference in the life of our village and beyond.

- Bella Gneccchi Ruscone





The Good Yarn in 2019/2020

We've all heard it many times, "What an awful year it's been" and The Good Yarn has had its ups and downs too. We were closed for three weeks in November whilst necessary repairs and renovations were carried out. This has had positive results for our volunteers who now have a safer and more pleasant place to work. The down side was that we had no income for that closed time and as a result were not able to make donations for that period. Then came the fires and we all know that was not an easy time for our community. Once more we were closed and had no income, but again, there were positives. It was quite astounding the number of people from far and wide who just called into The Good Yarn for a chat, to tell their story and to hear our stories; they came for a Good Yarn and I am sure most of you will agree we lived up to our name during that difficult period.

Our AGM this year reported donations of \$33,352.00, a little down on 2018/19, but still a very healthy amount which enabled us to make various donations. We made a conscious effort to support the drought-stricken areas and donated \$3,000.00 to drought areas. We also supported those affected by bush fires, with \$6,000.00 going to surrounding areas.

Our consignor numbers continue to grow and our volunteer numbers remain stable. Unfortunately, we cannot take on any more volunteers at the moment as we have to restrict the number of people in the shop at any one time. We are currently trialling Saturday afternoon opening 'til 3 pm.

We have to stay abreast of technology and as those of you who shop with us know, we now have EFTPOS which our volunteers have mastered successfully. It is proving to be very popular although we do have the odd hiccup.

We love getting all the positive feedback from the community - it makes our wonderful volunteers feel valued and that they are contributing to the community. As always, a big thank you to the community for shopping with us, for donating your surplus goods and for consigning with us. Your support is crucial to the success of the Good Yarn.

**- Ann McCarter
President**

THE BUNDANOON GOOD YARN INC DONATIONS 2019 -2020

Anglican Parish of Sutton Forest (Welfare)	500.00
Alzheimers Assoc (Children)	500.00
Assistance for Dogs.....	500.00
Anglicare	500.00
Anglicare = Christmas Appeal.....	500.00
Australian Red Cross – Bushfire Appeal	1,000.00
Bandaged Bear (Children's Hospital).....	500.00
Baradine CWA – Drought Pantry Aid	500.00
Bible Society.....	500.00
Bicycles for Change.....	500.00
Bear Cottage	500.00
Blaze Aid – Poles and Wires	1,000.00
Bundanoon RFS.....	500.00
Bush Church Aid.....	500.00
Christian Education (Scripture books)	1,000.00
Cystic Fibrosis.....	500.00
Doctors without Borders.....	500.00
Drought Angels	1,000.00
Exodus Foundation	500.00
Fistula Foundation (Catherine Hamlin)	500.00
Fred Hollows	500.00
Heart Australia - Heart Bus	500.00
Learning for Life – Smith Family	624.00
Leukaemia Foundation	500.00
Legacy House	500.00
Lifeline	1,000.00
Lions Club Mudgee – 200 Bales.....	500.00
McGrath Foundation	500.00
Meals on Wheels	1,000.00
Motor Neurone Disease Motor On	500.00
Neura Foundation	500.00
Orange Sky Laundry	500.00
Ovarian Cancer	500.00
Ronald McDonald House	500.00
Royal Flying Doctor	500.00
Rural Drought Relief	1,000.00
Save the Children/Yemen Crisis Appeal	500.00
Salvation Army	500.00
SES Wingecarribee.....	500.00
St Brigids Catholic Church.....	500.00
St Vincent De Paul.....	500.00
St Vincent De Paul – Bushfire Appeal	1,000.00
St Vincent de Paul – Christmas Appeal	500.00
Taste of Paradise	500.00
Uniting Church Bundanoon	500.00
Wayside Chapel.....	500.00
Wingecarribee Council- Mayoral Relief/Bushfire Appeal	2,000.00
Warrigal Bundanoon Aux	500.00
Wingello Bushfire Relief Fund	1,000.00
Wingello Public School.....	500.00
World Vision	1,728.00
World Vision – African Disaster	500.00
TOTAL.....	\$33,352.00



What is giving all about?

We are the Bundanoon school captains for 2020 and part of the student leadership team (SLT). It's our turn to be custodians of our school. We have inherited school traditions including our fundraising program. We have installed a new pond, garden bed and a shed to put all of our tools in. We are also the smallest Year 6 group at Bundanoon Public School so far, but we have raised the most money for a Year 6 group.

The SLT at Bundanoon Public School aspire to be the type of leaders we would like to follow - we stand up when there's an opportunity and our purpose is to serve for the good of the whole. To make sure we give to everyone we follow the SCG (self, community, global) strategy.

Self

So far, the SLT have been doing fundraisers to help raise money for our Year 6 farewell which will be held at the school due to COVID restrictions. We have held a market day and are about to run a movie day on the 20 November - just with the one market day fundraiser we have raised hundreds of dollars. The SLT are giving this money to our fellow Year 6 students to celebrate our final year of primary school. This year has been marked by COVID restrictions and we missed out on our Canberra camp, sport gala days, district representative opportunities, excursions, concerts, assemblies, inspire day and many other activities. Our Year 6 farewell is our gift to ourselves.

Community

We have also done things for the community, such as our Wombat Cookie Day. Stage 3 brought in enough cookie dough for all students, and the Stage 3 students baked the wombat cookies and sold them to the students. All the students brought a gold coin donation to wear mufti and made their own wombat whiskers. SLT students read stories to younger students and took photos of them in their wombat whiskers. We raised \$670 on that day for John, 'the wombat man' Creighton to buy medicine to care of the wombats with mange.

In past years the Year 6 students have left a gift to the school such as benches around the school, a mural on the roof of the tunnel and decorations covering the school grounds. We will use some of the money we have raised to leave a gift to the school community.

Global

Last year the SLT raised money to buy solar buddie lights for families living in energy poverty in Papua New Guinea. This meant they could have light in their homes at night so they could do school work and activities with their family. This year we are learning about Nepal, a country not as wealthy as Australia where opportunities are limited. We are hoping to share our wealth and create opportunities by fundraising for Chosar School in the upper Mustang, Nepal.

On behalf of our school we, as student leaders, have given to ourselves and our friends, to our community and the country's wildlife and globally to our new friends in Nepal. It feels great making a big impact in other people's lives and helping people in need. And the final gift we want to leave to other students is our good example.

– Olivia Gnechi Ruscone & Casey Petersen
Bundanoon Public School Captains 2020



Bundanoon Public School Year 6 students 2020



Dean and Craig Rowley

BROTHERS IN YELLOW

Craig & Dean Rowley

When I asked, "When did you two start playing with fire"? twins Craig and Dean Rowley looked at each other and started to chuckle conspiratorially, remembering that auspicious day many years ago. "We made a small fire in the bottom of a wooden wardrobe in our house – but we contained it!" they laughed. I recalled lighting a fire under our old fibro house in Longreach. We had something in common - the twins didn't burn their family home down, and neither did I.

Meet Captain Craig Rowley and Senior Deputy Dean Rowley. Together with the Bundanoon RFS Brigade in Burgess Street, they were instrumental in helping save lives and homes in the terrible Black Summer Fires, spending long hours, hot days and nights on constant callouts to fires jumping rivers, roads, burning in treetops and racing fast along flat grass paddocks. Many of us heard the roar of these fires, a sound we never want to hear again, but the RFS crew have heard this dragon roar many times.

Are you scared when you hear this howl, the rush of wind filled with heat, breathe the smoke, and see the flames? "No, we stay calm, we know what we need to do, and we know if things get really bad, the truck is our refuge". I learnt the fire truck has sprinklers on the roof top, infra-red lights for driving through smoke, special heat retardant interior curtains and Craig followed up with "safest place is 'on the black'; fire needs three things - fuel, heat and oxygen. Deprive it of one of these and you don't have a fire".

Volunteering their time to wear the heavy, hot firefighting uniform colloquially called 'yellows'; on call day and night, long tiring hours away from family and friends, there must be a reason they do this? "We love the camaraderie and companionship, but the best feeling is – the generosity and thanks from

the community". During the January Currowan fires, their station became the 'staging area' where firefighters from surrounding localities could come and talk, take a break, and debrief. The twins believe this is a once in a lifetime experience where the Bundanoon RFS had such an important role as the support hub for so many firefighters. Locals and RSLs delivered sandwiches, cakes, chocolates and drinks day and night to support the crews. My backyard backs on to the Bundanoon RFS station, I witnessed and heard the 24/7 activity. It was both comforting yet frightening. Some firefighters would return with faces so covered in soot they looked like walking black ghosts. But it's not always hard work; one of their fun highlights was going to the 2000 Sydney Olympics as volunteer security. Twenty years ago - a happy reminiscence.

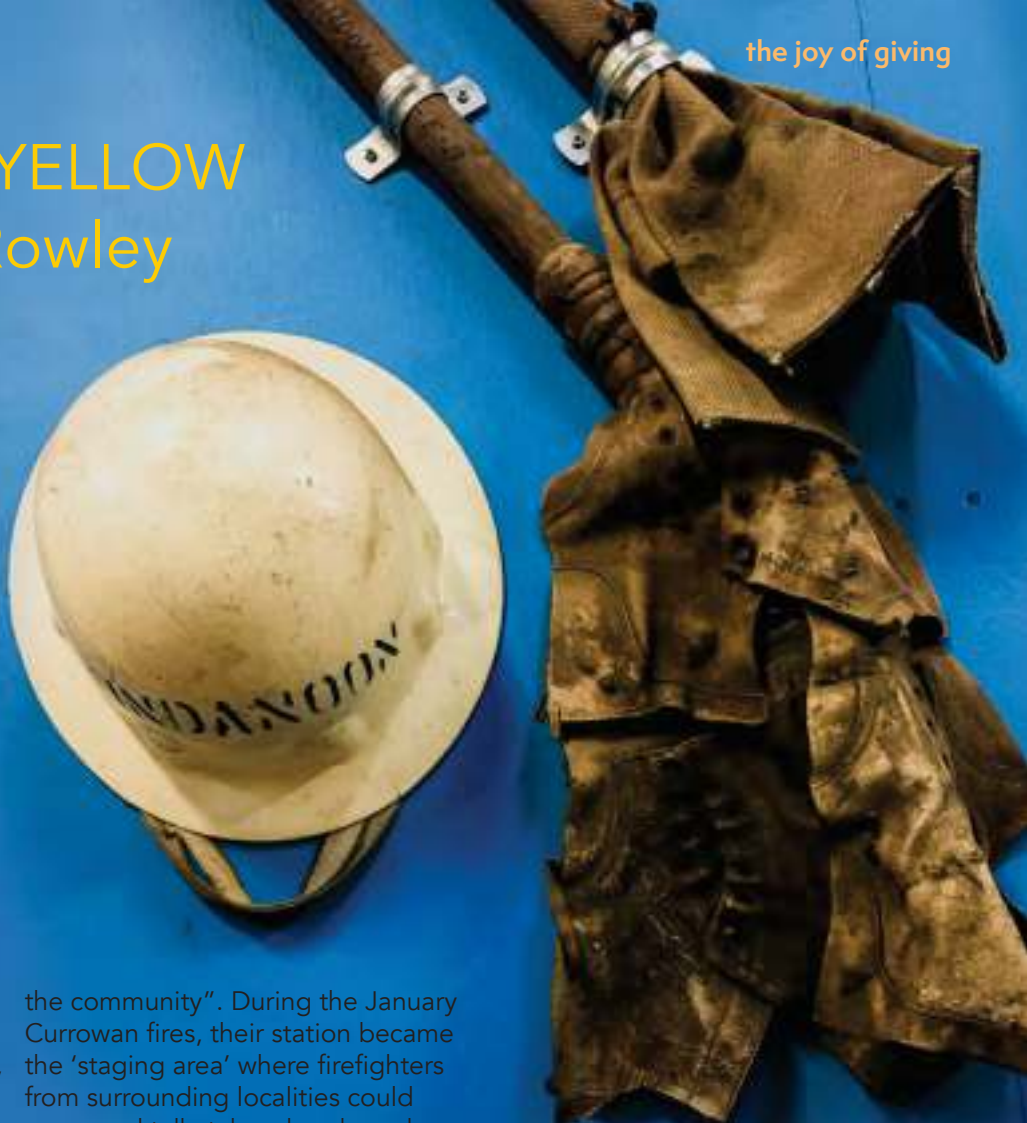
34 years in the RFS and Dean and Craig still look forward to every call out. They continue to give their time and skills simply because they care. And the RFS do a lot more than putting out fires. A call could come from Sydney to assist with floods and hailstorms, clear trees fallen across roads, plan and carry out hazard reduction or rescue

the legendary cat stuck high in a tree or wedged deep in a drain. They also have a defibrillator on board together with a first aid kit.

Every Wednesday night the crew assembles at Burgess Street. They go through procedures, check firefighting equipment, fill oxygen tanks, wash trucks, check pumps and train cadets (12 – 16 years old) and mature volunteers. Craig has two children in the Bundanoon RFS and Dean has four. This is a testament to the work and respect their children have when they see their dads don their 'yellows' and go out rain, wind or fire, to help protect and serve our community and they want to be part of this.

Captain Craig and Senior Deputy Dean have come on a long trailblazing way from the day they lit a fire in the bottom of a wardrobe.

– Lyndell Giuliano





Gifts across the Tasman

Following the Black Summer fires, I found on my porch a donation of hand made wildlife pouches and wraps. Who, I wondered, could best use these (besides the little joeys) and soon I contacted my friend, an ecologist who had helped Wildlife Stations Bundanoon learn about feeding practices for the wildlife in our area.

Melinda and her friend Tamara said they would be able to give the handmade pouches to carers of wildlife and so I sent the box to the Blue Mountains via Sydney.

From the Blue Mountains the 'box of care' crossed the Tasman Sea with a WIRES carer relocating to Tasmania. She joined Yollys Wildlife Rescue and very soon the wraps and pouches were occupied by five orphaned pademelon joeys and four possum joeys. Later, as the joeys grow up, the pouches will be used for Tasmanian devils, quolls and wallaby joeys.

These small gestures make a huge difference to many people and the precious wildlife in care.

– Lyndell Giuliano





men in the back row: Ken Rooke, John Brock, Barry Miller, Gordon Blain
ladies in the front row: Carina Smith, Rosemary Page, Val Rooke, Christine Rowell-Miller, Vera Blain

the WILLING WORKERS

The people pictured above work behind the scenes at the Bundanoon Soldiers' Memorial Hall. Any time there is an event, this team ensures that everything is available and ready.

When the event is over, they clean, pack up and do all the checks. They also work with any maintenance and trades to ensure the hall is kept in tip-top shape. Nothing is too big or small, from the immaculate shiny floors to the tablecloths, cutlery and crockery.

As you know, the hall is used for concerts, musical events, fitness classes, meetings, band practice, choirs, celebrations, fundraisers and even memorial services. Without this band of Willing Workers, we wouldn't be able to enjoy this incredible facility.

Thank you Willing Workers, you are appreciated and applauded by our village!

BIKES4LIFE

I well remember back in the nineties driving from Bulawayo to Victoria Falls in Zimbabwe. The road went through terrain that would remind you of Canyonleigh, but our iconic gum trees were replaced with native African species. What surprised me were the crowds of people running alongside, the men dressed in gleaming white business shirts and black trousers, the women in smart African dress, all on their way to work. Amongst the crowds was a substantial number of children dressed in school uniforms and carrying satchels. Even more remarkable was that we were not near a town. To get to work and school they would run between five and ten kilometres. What a difference a bicycle would have made to their lives!

Here, in the Southern Highlands alone, we throw out hundreds of bikes every month, many of them end up as landfill, however, there is a better option. A branch of Bikes4life is active at the Resource Recovery Centre in Moss Vale. Bikes4Life has three shipping containers on the left as you enter the tip on the opposite side of the road to Reviva. Next to the large container along the concrete block wall you will see a long row of bike racks. Every Wednesday we go down and see what's been donated. These racks are often full of bikes in more or less rideable condition.

What is Bikes4Life? Well, this charity ships bikes all over the world to underdeveloped areas and, dare I say it, to poorer parts of Australia where these bikes make a difference to people's lives. The branch of Bikes4Life in Moss Vale was originally part of Bicycles For Humanity, an initiative started by an Australian living in Namibia who saw the need for bicycles in underdeveloped areas. Through various changes in the charity, the operation in Moss Vale became part of Bikes4Life, which is a charity founded by Ebony Butler. The Moss Vale branch is run by Hans Radowitz, assisted by Jeff Appleton, both Bundanoonians. You can find out more about Bikes4Life at <https://www.bikes4life.com.au>

The last few containers have been shipped to Botswana, Haiti, Myanmar and Aboriginal communities in the Kimberley Ranges. A small container of BMX bikes was also sent to the Kimberleys last year. It takes about 3 months to fill a container, with each 40 foot shipping container holding about 470 bikes. To help raise the funds to run the charity we refurbish the best bikes and they are put on sale at The Good Yarn. We also supply good rideable bikes to Reviva as part of our partnership with the Resource Recovery Centre. We also receive support from Wingecarribee Council each year.

If you have bikes to donate, they can be left at our location at the Resource Recovery Centre, or for higher end bikes contact us at jeff@bikes4life.com.au. If you are handy with a spanner and would like to volunteer you can also contact us on this email address. We meet at the Resource Recovery Centre on Wednesday mornings around 8:30, where we process the bikes ready for shipping or selling. With the amount of bikes we are receiving each month a few more volunteers would be most welcome. If you would like to learn about bicycle maintenance come along and help, with the knowledge that you are helping underdeveloped communities around the world.

Jeff Appleton



THE MORNING GIFT

It was an idea that started a few weeks ago
When getting up early was not apropos
Post midnight researching and chewing the fat
The only thing up that time was our local wombat!

My circadian rhythms were about to be tested
I had to break a cycle never before contested
Late nights and late mornings would be a thing of the past
A test of my determination, but would it last?

Setting my alarm 30 minutes earlier, a few days at a time
Winding it back was a challenge sublime
But I had a goal to join the Wednesday men who meander
Who rise early to walk, and talk, with candour

From 9:00 AM to 8:30 the alarm was set
The chime rang out, my spouse was upset!
It was soon 8:00 AM's turn, morphing into 7:30
Getting early to bed wasn't making me shirty!

Stuff the TV, Q&A isn't so great
It certainly wasn't worth staying up that late!!
What was I thinking, up all those late nights?
Missing all the joy of those early morning sprites

So I must thank Anton who, unknowingly, the gauntlet threw down
Setting the bar high by organising the Man Walk around Bundanoon town
Now, every day, at 6:20 AM a gentle alarm rings
A fanfare for the morning gift that it brings

- © G. J. Olsen Esq 2020



MATRON

Matron was tired. The end
of her shift promised rest.

In Maternity, a newborn
girl fought to survive.

The practical father waved
away the lack of an ambulance,
"I'll drive her myself."

Matron squared herself
and carried the baby in
her arms to the ute.

The city hospital was five
hours down the Hume.

A complete blood transfusion.

The father sought sleep as
his daughter recovered.

Matron said "I'm back
on duty in the morning."
The Hume was a blur.

My survival was a group
effort. But each time I give
blood, I think of Matron.

- Alison Ayers

UNITING CHURCH SAYS 'THANKS FOR GIVING'

With a decreasing number of able-bodied members, the church recently reached out to the Bundanoon Garden Club for help in tackling the Bundanoon Church garden.

The committee were overwhelmed by the help given and also by the love and enthusiasm shown as friends old and new worked together as a team. There was much laughter and delight as they enjoyed doing what they love best.

Grateful thanks from Anne Barciki and Di Spence.

GENEROSITY

It comes in many rainbows-
 Visiting a sick friend
 Listening to someone's pain
 A donation to UNICEF
 A bunch of flowers on a sunny windowsill.
 But sometimes being generous
 is like a bungy strap.
 Easy to expand in a good mood.
 So simple to contract when my
 heart is small and dark.
 Why is that?
 Because if I think about it
 I have enough generosity tucked inside
 for an entire universe.
 It's all in there!
 For ever and then some more.
 All I have to do is discard the bungy strap
 And shower those I greet
 with kindness, allowing
 humour, compassion
 and the quintessential gift of all-
 A loving heart.

- Annie Crawford

WARRIGAL BUNDANOON AUXILIARY

The Warrigal Bundanoon Auxiliary provide additional care and support for residents of Warrigal Care, fundraising for equipment not available through other channels.

For example, the Auxiliary have just purchased feet exercisers for residents unable to get out and about during this COVID year. Pressure relieving mattresses and other comforts really help to make life brighter for residents at Warrigal.

Another group that help are the Cafe ladies. They run a cafe at Warrigal for residents and relatives several days a week. Any profit goes for extra equipment for residents. Its a great place for residents social interaction. Unfortunately its still closed the moment due to COVID.

Janice Grimson, Acting Secretary
 Warrigal Bundanoon Auxiliary Inc
 ph.48836813

Greetings from South Australia

POSTCARD

I want to share the ways I joined into village life after making my family home in Bundanoon... Bundanoon Playgroup opened my friendship circle... bravely answering MPT's call for Crash Test Drama actors... being there when Bundanoon Community Garden 'turned the first sod'... my efforts as Kids Games Mistress at Brigadoon will go down in history... I fondly remember the Ceilidh - I tried Haggis!

Keep shining your light Bundy, showing kids how to socialise respectfully, in the Skate Park and wherever they gather. I recently complained to my local council here about lack of water stations and they are putting some in soon! I highly encourage all residents to get active in the community groups. Long live the BCA and JCG!

Nancy Lovato



JCG March issue written work due: Friday 22 January 2021.
 Copy to: JCG.editor@bca.asn.au
 Theme: 'How Far Can You Go?'

CHECK OUT OUR NEW RENOVATIONS

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PIZZAS



SEAFOOD



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FESTIVE TREATS







FESTIVE TREATS

When we are unable to travel home for Christmas, we can enjoy the taste of home. Readers share their favourite festive recipes from diverse parts of the globe. Try them yourself!

SHORTBREAD

from JO LeCHEMINANT

Preheat oven to 150C (130C fan-forced)

INGREDIENTS

- * 250gr butter
- * 75gr castor sugar
- * 35gr ground rice (or rice flour)
- * 335gr plain flour

Place all ingredients into bowl of food processor and pulse 5-6 times. Scrape down sides and process till mix comes together with no flour lumps. Press into 20cm x 30cm lamington tray. Mark into fingers with knife sprinkled with sugar. Bake in slow oven for 45mins until pale straw colour (don't let it brown). While still hot, cut along marked lines, leave in tray to cool.

WHITE CHRISTMAS

No baking needed.
from LYNDELL GIULIANO

INGREDIENTS

- 500g white chocolate buttons
- 1 ½ cups rice bubbles
- 120g red and green glace cherries, cut in half
- 50g dried raisins (or sultanas)
- 50g glace ginger cut in small chunks
- 1 cup almond slivers toasted under grill
- 2 cups shredded coconut.
- 1 tsp vanilla extract

METHOD

Melt chocolate buttons in the microwave (don't overheat). In a large bowl add all the other ingredients and mix gently. Pour in melted chocolate and carefully mix, making sure you don't crush the rice bubbles. Spoon mixture into a deep pan lined with baking paper. Place in the refrigerator to set. Cut up into bite size cubes with a knife dipped in hot water.

REINDEER PRETZELS

from CHRISTINE JANSSEN

- Pkt knot pretzels
- Pkt (small) chocolate buttons
- Pkt M & Ms (use the red ones)

Place pretzels on a tray lined with baking paper. Place 2 choc buttons in the bottom hole of each knot. Bake in oven at 180C for 1 – 2mins, or until chocolate is just melting. Smooth chocolate with knife. Place red M & M on chocolate and put in fridge to set.

AMERICAN JEWEL CHRISTMAS CAKE

from MEG HERBERT

INGREDIENTS

- 250 g dried apricots (if large cut in half).
- 250 g pitted dates, cut in half lengthwise.
- 375 g brazil nuts, whole
- 1 cup each of red and green glace cherries
- 185 g glace pineapple cut into 1 ½ cm pieces
- ¾ cup plain flour
- ½ cup brown sugar, firmly packed
- ¼ cup dark brown sugar, firmly packed
- ½ teaspoon baking powder
- ½ teaspoon salt
- 3 large free-range eggs at room temperature
- 1 ½ teaspoon vanilla paste
- 50 g unsalted butter, softened
- 1/3 cup good quality brandy

METHOD

Preheat oven to 160 C (150 fan forced) place the rack in the middle of the oven. Line a large bread loaf pan with two layers of well-buttered baking paper. In a large bowl combine the fruit and nuts. In a separate bowl sift flour, baking powder and salt. Set aside. Using an electric mixer, cream butter and sugar first on a low speed until sugar has softened then at medium speed until lighter in color, about three minutes. Set mixer to lowest speed; add eggs one at a time, add vanilla paste and continue mixing until all the sugar has dissolved. Add flour a spoonful at a time; mix at medium speed for two minutes. Do not overbeat or the batter may split. Fold the batter through the fruit and nut mixture until all the pieces are coated. Spread evenly into the prepared loaf pan. Bake for 1hr 15mins or until a tester comes out clean. Cover the top of the cake for the last 15mins with buttered foil to prevent the top from becoming too dark. Remove from the oven and immediately douse with the brandy a tablespoon at a time. Allow to cool in the pan covered with foil. When cooled remove the cake from the pan discarding the baking paper. Wrap tightly in two layers of foil. The cake should mature for at least 2 days before eating and will keep for up to 3 months in a cool place.



KERST KRANS

Dutch Christmas Wreath
from CHRISTINE JANSSEN

Pre-heat oven to 220C

INGREDIENTS

2 sheets puff pastry cut in half
and joined lengthwise
125g almond meal
125g castor sugar
1 egg beaten
1tsp lemon juice ½ tsp almond
essence

ICING

100g icing sugar
2tsp water
4 red glace cherries; 2 green
glace cherries
Toasted almond flakes

Mix almonds; sugar; ½ beaten
egg; lemon juice and almond
essence to stiff paste
Halve paste and roll into long
sausage and place onto the
pastry sheets; dampen edges
and roll up
Twist the two rolls, keeping
edges underneath
Form ring on baking sheet; brush
with remaining beaten egg
Bake for 15 – 20 mins till golden
(ring will split if baked too long)
Drizzle with icing and decorate
with glace cherries and almonds

BOILED FRUIT CAKE

from VAL ROOKE

- * Preheat oven to 150 c (130 c fan forced)
- * Grease and line 20cm round cake pan with several layers of baking paper

INGREDIENTS

- * 1kg mixed fruit
- * 1 cup brown sugar (firmly pressed)
- * 2tsps spice
- * 1tsp each cinnamon; nutmeg; coffee powder; vanilla essence; ground ginger; ground orange peel (to taste)
- * 3 eggs, beaten
- * 1 cup water (or black cold tea; fruit juice; tinned crushed pineapple)
- * 2tbs Marsala
- * 60gr almonds
- * 1tbs golden syrup or treacle
- * 1tsp bicarbonate soda
- * 1 cup P flour
- * 1 cup SR flour
- * 2 tbs jam or marmalade

METHOD

- * Mix sugar, fruit, spices, jam and syrup in a saucepan with water
- * Bring to the boil for 3mins and then allow to cool
- * Add bicarb soda to boiled fruit mixture
- * Add eggs, flour and Masala, mix well
- * Add more Masala if necessary, to make 'dropping' consistency'
- * Pour into pan
- * Bake on lower shelf for 1hr at 150c, then 120c for 1 ½ hrs
- * Remove from oven and brush top with wine.
- * Cool and wrap in foil. Store in airtight container



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HOW COOL IS THIS?

Lyn Morehen

The sound of gentle tinkling water greets me as I approach the covered patio leading to the front door. Lush ferns and other green and healthy plants enjoy the shade and hug the surrounds of the pond enjoying the mist that the fountain provides. Such a welcome, and really appreciated on hot summer days. Summer in Bundanoon, and the weather can be hot. Often too hot, especially for many of us in the Southern Highlands where gardeners and residents tend to prefer cooler climates. However relief is available as demonstrated by our friend with the fountain and pool. Gardens, both private and public, help to alleviate the heat and provide the cool relief that we need.

Lawns and trees both need water, but they do both help bring temperatures down and increase the cool feeling. Some trees are better than others at cooling and providing shade. These are the species that spread their boughs, densely covered with leafy branches under which we can find ideal places for picnics and summer leisure. These trees also provide great playing and hiding places and comfortable nooks where one can indulge in the great pleasure of reading a book. Lawns not only help lower temperatures but they can even look cool, and a morning barefoot walk on a cool lawn is indeed one of life's pleasures, especially if persistent weeds are soft and of the non-prickly variety.

There are few private swimming pools in Bundanoon gardens. I do wonder if in coming years there will be more to help us feel cool and comfortable as climate change impacts our lives, or will we be more concerned to limit our water use? We do have our own Bundanoon pool and cooling down was a welcome relief for many families but sadly, the Wingecarribee Shire Council has made the decision to not open it this summer.

An alternative summer excursion is a walk. Walks down shaded, leafy roads and lanes are a great way to see and appreciate our gardens and landscapes in Bundanoon.

The deep refreshing shady cool spot in our own garden is found on our back deck, a large covered area, ideally positioned for us to relax looking out over green lawn down to the trees that we planted. Summer shrubs and perennials deliver a splash of colour. As the sun descends we are protected by the wide eaves of the roof as we sit enjoying the late afternoon, early evening light and sipping a cool drink. The fountain water tinkles into its bowl, its fall broken by the floating lily pads. Resident frogs try to hide under the pebbles and leaves, their presence given away by the odd, intermittent croak. How cool is this?



CAMERON REID



Cameron Reid fought the Morton bushfire on his doorstep in January 2020. He now transforms salvaged burnt timber from that fire into sculptural works of art.

Having crafted fine furniture with his brother Stuart for many years, Cameron has recently teamed up with fellow artist Jules Van De Sande in a collaborative exhibition, part of the Southern Highlands Arts Trail 2020.

Striking in the landscape, the positive use of these large, burnt trees offers catharsis and healing to both artist and audience.

See more of Cameron's work at <https://reidbrothersfurniture.com.au/>

- *Bella Gnecchi Ruscone*



above: Cameron Reid at work

left: matchstick sculptures



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 + WALSH**

Travelling Nana Diaries...

After making what seemed to be an epic uphill journey with my (slightly overpacked) bag testing my newly- found fitness levels and making occasional stops to catch my breath, I finally made it to the front gate and up some steep little steps to my daughter's terrace in the 'hip' Inner West.

Knocking on that door with an uplifted spirit, love and excitement in one's' heart, not knowing what to expect on the other side. My daughter answered the door and it was like looking in the mirror 30 years ago. You know what I mean - no sleep, unbrushed hair and no shower, let alone the luxury of stealing a few moments for toast and a cuppa; sustenance to power through your day.. "Oh, thank goodness you're here...!" "Now I can have a shower, brush my hair and I can eat something too, I haven't had anything yet". And there you have it.. we can all relate to that one.

As I looked adoringly upon my beautiful granddaughter, a feeling of enormous love gushed over me. It was kind of different to the one you have with your own children; it's weird, but 'grandchildren' are a whole new ball game. Is it because you can have all the spoils but not the sleepless nights, lack of personal hygiene and feeling like a starved refugee? And at the end of the day give them back and walk away back to your own uninterrupted life? Or is it a chance to prove to yourself that you can improve on what you did with your own?

I was there to assist, give my love, share my experience and time to give help to my daughter as a new mother, remembering how hard it was to juggle your life again as it had been literally shaken out of a puzzle box and having to figure out putting the pieces together again with this new little human in your life.. Can't be that hard you tell yourself; I've got this, I've done this before - piece of cake!

My daughter quickly told me the routine she had set up - a set of blurred instructions - as she hurried out the door for work for the first time post-baby. We stood at the door watching her leave, then started our day.

Ok, as I held this tiny human so dependent on everything I did, I drew upon my past

experience and it didn't take long before skills started to come back. Only difference is everything is more convenient now e.g. disposable nappies! The thought of not having to empty the poohy nappy into the toilet and flush, then rinsing, soaking, washing, hanging out, fluffing and folding was genius! Still hard to whip one on with a wiggly baby - a skill to be learned - and getting the tabs in the right position was a challenge for sure!.

As the day progressed I familiarised myself with where everything was and my intention was to have baby fed, bathed and asleep, with dinner in the oven ready for my daughter's return from work.. House tidy, washing up done, and me feeling relaxed, with a sense of accomplishment. Picture perfect, you know like in the parenting magazines..

Ha-ha was I delusional? ..Well yeah I was, and it went more like this... Baby up, crying with wind and reflux, pile of disposable nappies not put in the bin, several changes of clothes, half-drunk cups of tea, a sandwich half eaten gone crusty and covered with ants, half a dozen bottles and other washing up in the sink, and dinner not even started! If I had to watch another Wiggles episode I was going to seriously have nightmares singing 'Rock a bye your Bear' or watching Emma with her stupid yellow bows arrgghhh! Not to mention that I hung onto my bladder much longer than I should've, and thought maybe I should pack some Poise for myself.. You know just in case!.

By 8pm I was ready to collapse, after all it had been 35 years! When my daughter arrived home to see how our day was, she didn't need to say anything, the evidence said it all. Nana was out of touch haha ..

But I did it all for love, and know that Grandparents are really a blessing to our families. We have the time, the energy and the love to give and the rewards go without saying, how much being a part of their little lives is a gift that keeps us going.

Until next time Nanas.

– D'Arcy Ward



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THE CHRISTMAS LUNCH

HO! HO! OH! NOOOOOOOOOOOO!

"Hello Sarah sweetheart."

"Hi Mum. Thanks for the fun Chrissie Day invite. I love your art work. You should go in next year's Arts Trail. Isn't it great we can all be together now! David booked us Chrissie Eve flights from Tullamarine. Hope Meg won't cry the whole time. Sooo embarrassing with all those glares."

"Darling, that's great news. Being together is the best present ever."

"Now Mum. You know David only eats steak. Oh, and Billy wants Maccas. Could you, d'you think, pick some up that morning?"

"I... I guess sooooo..."

"You're a trooper, Mumsie. Once we get the car we should be there for dinner. Have to make it early, Billy will be up at four opening his presents. Bringing them in a large separate suitcase. And Billy and Maccas? I've promised him..."

"Dad and I'll roll out the red carpet. So exciting, darling."

"Oh Mum. I nearly forgot. Dur! David's oldies are on a road trip trying out their new electric car. They've asked if they could stop and be with us. Is that ok? You and Dad have heaps of room. There's the flat over the garage."

"... I..."

"Fabulous! And of course, they're Kosher, very laissez faire with their religion but super strict with food." Oh and... their two Collies, they're very much inside dogs. Sleeping on their bed and dining with them. Sorry Mum, I know you and Dad..."

"Sarah sweetheart, the doorbell. Call you back."

"Morning, Don. I'll pop the kettle on. You're looking great after your new knee."

"Thanks Annabel. Coffee please. Hey! These petunias at your front door. You sure have a green thumb. Now I'm here to beg a huge favour."

"Of course, Don. Ask away."

"Well, as you know Lisa left me for that dropkick last March and I'm going to be alone on Christmas Day. Could you, would you...?"

"Why of course. The more the merrier. Sarah and David and the kids will be here from Melbourne. And David's Jewish parents."

"Well if I'm not too much bother I'd love to join your beautiful family. Oh Annabel! Great News! I'm now a vegan. Whole foods, plant based. Wouldn't want you to go to any trouble."

"Um, that should be ok... milk in your coffee? Oh of course not. Sugar?"

"Oh, I don't do sugar either. A total no no after reading this great book. So I'll pass on the pudding. Maybe a vegan cheese platter?"

"Oops! That's the phone. Sarah from Melbourne again. Do you...?"

"Of course not. Take it."

"Hi again sweetheart."

"Oh Mum, sorry but now I've managed to get Meg into a feeding routine, could we possibly start lunch at two? She's such a fussy darned slow feeder and I'd hate to..."

"Darling! Doorbell again. Bye. Love you! Sorry about that, Don. This Christmas Day thing is..."

"Thanks for the coffee, Annabel. I'll pop through the fence now. Specialist appointment at 12.00. Thanks heaps for inviting me. I'll bring the bon bons."

"Hello? Is that La Belle Époque Restaurant? I was just wondering, well, hoping actually, if I could book for two for Christmas Day lunch? I know it's late ... you do? Marvellous. Annabel Roberts. That's one 'b', yes. Here are my credit card details and I certainly understand there's no cancellation on such a busy day."

"Now just before you go, I'm lactose intolerant and gluten free. And Mr Roberts (yes one "b") hates turkey and is allergic to the preservatives in ham..."

"Hello? Hello? Are you there?...Hello?"

– Annie Crawford (vegetarian)

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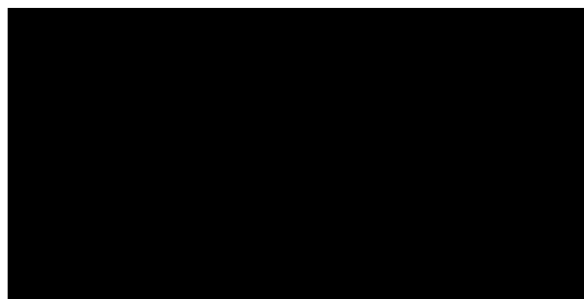
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Bundanoon Pharmacy

Bundanoon Pharmacy would like to take this opportunity to thank and farewell our Pharmacist, Gail Yalg.

Gail has been with the pharmacy for over 31 years and has been a great asset to the business and the local community. The team at the pharmacy wishes Gail the best of success in future endeavours as she takes on a new challenge in life, caravanning.

The pharmacy now will have Archie and Trung working across the week to look after the health care needs of the community.

We look forward to seeing you in the pharmacy and hope that you are all staying safe.



8:30am - 5pm MON, THU, FRI • 9am - 5pm TUE, WED • 9am - 12pm SAT
9 Railway Ave Bundanoon NSW 2578 • Tel 4883 6220 • Fax 4883 6301



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Ph:4883 6019
E:parishofsuttonforest@bigpond.com
www.parishofsuttonforest.com

As COVID-19 brings some uncertainty to gathering in groups, please check www.parishofsuttonforest.com in case of any changes to services.
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Secretary

Bruce Marshall secretary@bca.asn.au

Treasurer

Peter Brown (acting) pbrownbca@yahoo.com

Committee Members

Andy Carnahan membership@bca.asn.au

Stuart Reid sjreid29@gmail.com

Tony Strong csandts@bigpond.com

Jeremy Tonks tonks@hotmail.net.au

Andrea Ward andrea.ward@tonyward.org

BCA SUBCOMMITTEE CONVENORS

Arts Bundanoon

Pamela Jane info@artsbundanoon.org.au

Bundanoon Garden Ramble

Sandy Weir bundanoongardenramble@gmail.com

Bundanoon Ukesters

Anton Baggerman bundanoonukesters@gmail.com

Bundanoon Sings! Choir

Geoff McCubbin geoffmc@iinet.net.au

Bundanoon Swimming Centre

vacant

"Bundanoon on Tap"

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

COMPassionate COMMunities

Lyndell Giuliano ComCom@bca.asn.au

De Meyrick Reserve

Sandy Berry sandy.berry@bigpond.com

Glow Worm Glen Track

Liz Norrie liznorrie@internode.on.net

The Green Team

John White johnifer@bigpond.com

JCG

Christine Janssen JCG.editor@bca.asn.au

Leaver Park Group

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

Melting Pot Theatre

Bronwyn Beard MPTBundanoon@gmail.com

Membership & Website

Andy Carnahan membership@bca.asn.au

Needles & Natter

Andrea Ward andrea.ward@tonyward.org

Pipes and Drums

Hamish Dawson pipesanddrumsofbundanoon@gmail.com

The Rex Cinema

Stuart Reid sjreid29@gmail.com

Soldiers' Memorial Hall

Rosemary Page rojo@bigpond.net.au

Hall Hire

Lorraine Dillon hallhire@bca.asn.au

Welcome to Bundanoon

Lyn and Alan Morehen tallulah1938@gmail.com

Winterfest

James Fulford-Talbot winterfestinbundanoon@gmail.com

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 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

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

COMMUNITY GROUPS

Chess Club Don Young 4883 7499

Country Women's Association Kath Smith 4883 6919

Garden Club Robin Coombes 4883 7747

History Group David Brennen 0432 608 474

Lions Club Harry Hull 0411 818 132

Men's Shed Evan Smith 4883 6753

Friends of Morton National Park Sylvia David 0421 796 952

Photography Group Peter Gray 4883 6312

Playgroup Hope Earl 0450 471 196

RSL Robert Williams 4883 6137

Serendipity: the choir Kerith Fowles 4883 6515

Waratah Slimmers Bundanoon Colleen Urquhart 4883 4123

Warrigal Care Bundanoon Auxiliary Ann McCarter 4883 7784

SUPPORT AND VOLUNTEER SERVICES

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Dementia Australia (Dementia Advisory Service) 4869 5651

Early Childhood Clinic 4861 8000

Fire Station 4883 6333

Good Yarn Ann McCarter 4883 7784

Mobile Library 0417 699 641

Moss Vale Library 1300 266 235

NSW Justices of the Peace Elaine Angel 0418 203 341

..... Lyndell Giuliano 0415 680 018

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

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

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Sthn Highlands Carriage Club John Wood 4883 6859

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Tennis Mike Swinden 4883 7624

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

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Bundanoon Veterinary Hospital yourvet+

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Saturday

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Dr Fiona Crago

Veterinarian BVSc (Hons II)



Nikki

Head Veterinary Nurse (Cert. IV)



Christine

Cert. Veterinary Nurse



Felicity

Veterinary Nurse (Cert. IV)
B. Vet Tech.



Greg

Veterinary Nurse (Cert. IV)

 **4883 6944**



bundanoonveterinaryhospital.com.au

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