

Jordan's Crossing Gazette - June 2003 - FREE to residents of Bundanoon

**jcg**  
Edition 33

**Brigadoon 2003**  
the day in photographs

**Health & Lifestyle Changes**  
Solar Springs

**The Lansdown Sisters**

**Travel in Vietnam**

**Ray Pryor**



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## editor's notes



Following our 26th Brigadoon we are featuring a centre spread of photographs taken by Jenna Spence, Kaye Lush and John Byrne. We have also asked a number of health professionals and people with an interest in improving our ways of eating, exercising and relaxing to contribute articles which we thought would fit a lifestyle theme.

As a result of this I underwent a health assessment at Solar Springs which has been documented by Kaye Lush who has accepted the job of photographer for JCG. Despite appearances I did take it seriously and early morning walks have become an essential part of my daily routine. Bridge to bridge takes three quarters of an hour providing I don't stop to chat with other early morning walkers who are out there getting up their 10,000 steps for the day.

We also feature an interview with Robyn Versluis, principal of Bundanoon Public School which outlines the important role education plays in childhood development.

Dr. Phillip Knowles has moved from Bundanoon to Wagga Wagga after many years of general practice in Bundanoon. Dr. Con Mouroukas has been on leave following a shoulder operation. I would like to extend my best wishes to both of them.

With our motivational articles in this issue maybe we can ease the strain on our reduced medical services!

I would also like to congratulate the Bundanoon recipients of Centenary Medals - Petrea King for service to Australian society through 'Quest for Life' and Suzie Taylor for service to disabled children and their families.

The theme for our next issue is building and associated trades in Bundanoon. We would welcome contributions from our readers. Last but by no means least, please consider becoming a member of the BCDA to help boost the support it can claim when lobbying for community purposes. Membership application forms are available at the Post Office and Bundanoon Real Estate. Membership is \$5.50 per annum.

Cover this issue... 'Taking the strain'

David Morgan

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### JCG Committee

Ross Armfield	Pam Davies
Carol Dodd	Jewel Hillier
Mim Smith	Graham Leech
Norma Waldon	David Morgan
Kate Perkins	Kate Pirie

### Illustrations

### Photographer

### Typesetting/Layout

Mim Smith  
Kaye Lush  
Scribblegum DTP Services  
Lyn Mulready  
Ph/Fax: 02 4883 7147  
E: scribblegum@bigpond.com

### Correspondence

The Editor  
Jordan's Crossing Gazette  
PO Box 201 BUNDANOON NSW 2578

## jcg information

### DEADLINE for September issue: 25 July 2003

We appreciate your contribution and accept copy as follows:

- Supplied as a 'text only' file on a labelled disc formatted for PC and accompanied by hard copy OR fax copy to Graham Leech directly 4883 7643
  - Clearly legible hand-written or typed and double-spaced;
  - Emailed as a 'text only' file to: [habitat@hinet.net.au](mailto:habitat@hinet.net.au)
  - Original photographs should accompany articles when appropriate.
  - All material should be clearly labelled with the author's contact details.
  - Please deliver to **BUNDANOON REAL ESTATE** by the due date where items will be available for collection following publication.
- Community & Sports Groups please note: Reminder notices are no longer issued. Contact our Sports Editor, Ross Armfield 4883 4144.

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# update



A wonderful project is in its infancy in our town at present: A register of significant vegetation. This is Bob Smith's brain child and one which I anticipate will be a great asset to the community. Council has prepared a study in the past, but it has not been kept up to date, nor is it as comprehensive as it should be.

We are blessed with great trees and shrubs, never more evident than in the recent autumn

'fall'. This document will, in time, list, size, specify and give a history of the significant flora around us. This report can be used as a reference, and hopefully we can use it to help guide potential development, protecting any flora that may be under threat.

If this sparks the interest of anyone, Bob Smith can be contacted on 4883 7786.

Speaking of potential development, Council has recently prepared a draft Development Control Plan for residential subdivision. The BCDA has reviewed this document, discussed its impact and implications and written a lengthy response, endeavoring to inform the Council of the

community's opinion. We hope the council officers are able to include our recommendations in the final document. This plan will hopefully guide development in our town so that we end up with acceptable urban growth, and not the kind of disaster that is evident around some parts of our shire.

The BCDA is often responding to Council or similar authorities in the manner outlined above. We always try to respond in a manner that would be seen as the opinion of the community as a whole, though often this is hard as our membership is limited.

For any people in our town who are at all interested in the development and evolution of our community, please attend one of our meetings, to get a taste of what goes on. Best case scenario is you are able to benefit from the topics and discussions that take place, the worst is you might miss out on a little Thursday television. Please come and find out what we're about.

Also, BCDA has supported the committee of Bundanoon Bowling Club in their endeavours to retain the club as a community facility. We wish them well in their negotiations.

Danien Beets - President

## COMMUNITY NOTICEBOARD

In this issue we have updated contact information for community and sporting groups. Please refer to pages 36 & 37.

### Bundanoon Visitors Group Dinner:

Tuesday 24 June

Please see notice on page 35 for further details.

### • Movie Dates

21 June - *High Society*

starring Grace Kelly, Bing Crosby, Frank Sinatra and Louis Armstrong with songs and music of Cole Porter.

13 September )

4 October ) Titles to be announced

### • Bundanoon Garden Club

Friday 20 June - Trip to Lindesay & Botanic Gardens

Future guest speakers at Garden Club meetings:

Jill Spathis - 'Commemoration Drive'

Merryleigh Brindcot - 'Gardens in Morocco & Spain'

### • Moss Vale High School

invites ex-students, parents, teachers and the high school community to its' 40th Birthday Celebrations Friday 25 July to Sunday 27 July - Contact DALE TOWELL on 4868 1717

### • BCDA Meeting Dates - Soldiers' Memorial Hall at 7.30 pm

Thursday 19 June

Thursday 21 August

Thursday 17 July

Thursday 18 Sept.

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# the landsdown 'sisters' by birth and profession

Ellen and Archie Lansdown settled in Bundanoon in the 1800s. They had three children - a daughter who died at an early age and two sons, Joseph and George - both butchers by trade. Joseph went off to war and met Dorothy in Kent, England. They married, bought a newsagency and had three children, Bert, Mary and Joan. After seven years they sold their business and returned to Bundanoon in 1929. Four more children were subsequently born, twin girls, Nanette and Freda and two boys, Lindsay and David. All children were educated at Bundanoon Public School and then Bowral High School. Travelling to school was quite an experience, leaving home around 7am and returning around 7pm, sometimes even later if the train broke down or the guard stopped the train to pick some mushrooms for his dinner.

The Lansdown boys followed various professions, the girls however were unique in their chosen profession - Nursing. All four sisters nursed at the same time at the same hospitals - Bowral (then known as Berrima District), King George in Sydney and Royal West Kent in England before coming back to Australia to Concord Repatriation General Hospital where they were re-united with an old English friend and colleague, Dr William Gegg.

Dr Gegg left Concord Hospital to set up a 100-bed hospital 160 miles from Lahore for the employees of a large American construction corporation, Kaiser Industries, who were building a canal in the area. Dr Gegg had no hesitation in calling on the Lansdown 'Sisters' seeking their professional expertise in helping to set up this new hospital 'in the desert'. The Australian girls and the English doctor were the only trained medical staff and their added responsibility was to train the Pakistani girls. They had a contract for three years. After two years Nanette married in Lahore and honeymooned in her husband's native Italy.

At the end of their contract Joan and Freda returned to Bundanoon. Mary stayed on and closed the hospital then joined the family in Bundanoon for a 'short break'. The break was indeed short as she was soon approached by Kaiser Industries to



From left: Mary, Joan, Nanette and Freda



From left: Joan, David, Mary, Lindsay, Nanette, Bert and Freda

start up another hospital in Ghana, where she worked for 18 months. Joan and Freda worked together in America where they were called upon to work for the Kaiser corporation at the Kaiser Hospital in Oakland, California.

All sisters married whilst overseas, Nanette

in Lahore, Mary in Jamaica in 1968, and Joan and Freda in America in 1969 and 1970 respectively. After 30 years in America Mary is back home in Bundanoon, Joan spent 23 years in America before returning home to care for her elderly mother. Freda is settled with her husband in Texas and Nanette lives with her husband and family in Wollongong.

Travelling is second-nature to these sisters, they made several trips to England during their early childhood to keep in touch with their grandparents and their nursing profession saw them returning to Bundanoon on a regular basis to keep in contact with family and friends.

Nursing is no stranger to the Lansdown family - Great-aunt Margaret Hitch wrote a medical dictionary and the sisters' mother, Dorothy, was a nanny in England.

Interviewed by Norma Waldon

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## robyn versluis - school and community

*"I can't stress enough the importance of developing a social conscience in children."*

*"School should be a beautiful place... a clean and stimulating environment."*

*"I would love to see a situation where children from Government and Non-Government schools could learn and play together."*

These very worthy views are just a sample of the philosophy of Robyn Versluis, Principal of Bundanoon Public School. Robyn is passionate about children and teaching them. This coupled with determination and a relentless work ethic produces very positive outcomes for the children in her care and the broader community in which she serves. Robyn has been resident in Bundanoon for nine years but principal of the school for just over a year.

Born at Strathfield Hospital in Sydney, one of five children, she lived her early years in Berala. Her father, was the production manager for Kirby Refrigeration and also had an obsession for buying and doing-up old British cars in his spare time. "I grew up holding a block and tackle," said Robyn. "Dad just loved the thrill of driving a car he had renovated himself." Her mother, was a professional musician. She played grand piano at home and the organ for the local church. Her father played violin, saxophone and drums so Robyn spent her childhood surrounded by music both classical and from the popular musicals of the time.

The love of music instilled in her by her parents is an enormous part of Robyn's life. She also has a deep concern for the indigenous people of our country and the injustices that have been dealt them over 200 years of white occupation. Her family were active in supporting Aboriginal rights in the late 'sixties and particularly during the referendum.

Robyn's primary and secondary school years were spent at state schools in the St George area. At high school Robyn loved English, literature, geography and the library where she could study more about them. She took part in debating and public

speaking, but tennis was the big thing in her life. From an early age 'til the beginning of Year 12 she played in mid-week and weekend competitions. One of her toughest opponents in the under 14 age group was a young lady destined for sporting greatness, Evonne Goolagong. "Tennis moulded me. It exposed me to a greater spectrum of life. Knowing you were good at something gives you the self confidence to attack other areas and challenges in life... and to take risks."

During these school years Robyn also developed a love for farming. She would often forego birthday gifts just to be given a train ticket to her relatives' farm & sheep property at Uralla near Armidale. There she would help with shearing and general roustabout tasks. "I always thought I'd end up on the land in farm management," Robyn said. "I'd learnt a lot about wool-classing but I found out at high school that women weren't welcome when it came to obtaining a "ticket". Like "smoko" in the woolshed, it was considered a male domain."

Despite always wanting to be a farmer surrounded by horses, after her HSC, Robyn first thought of doing physiotherapy and actually spent three months at Hurstville Hospital. However, she landed a job in the reference library at The Sydney Morning Herald and stayed there until the influence of a sister and friends led her to a career in teaching. She studied at the William Balmain CAE in the heart of

Sydney and later at the new campus in Lindfield on the North Shore. "This time opened up a whole new world for me. The delights of Sydney, the ballet, theatre and concerts all on student concession tickets." It was during these years that she married and lived in Neutral Bay.

Robyn's first school appointment was to Liverpool West Public where she taught kindergarten for a number of years. "I felt it was a real honour to receive these children from their families and be the first big influence in their school lives. I was able to appreciate them as little individuals and also to empathise with them as my memories of those early school years were so clear. I remember my Year 2 teacher, Miss Oliver, introducing me to



Robyn with some of her students.



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Interviewed by Ross Armfield

literature by reading aloud to the class the works of such children's authors as A A Milne. Another memory was of a visiting inspector who commented on the flowers I had brought to school that had been grown by MY grandfather! It made me realize how delightfully impressionable young children are and how long lasting such early influences can be.

From this school she went on to teach at Bensley Road Public and then Sarah Redfern Public at Campbelltown. This school had the new concept of Pre-school to year 12 all at the same location, staffed by only experienced teachers and sharing facilities, such as the library, with the whole community. Robyn became deputy mistress at Campbelltown East Public before going on to be assistant principal at Thirlmere Public and deputy principal at Macquarie Fields Public. "That was a shock to the system after Thirlmere! It had a kindergarten intake of 150 children, many of who were non-English speaking and/or refugees. It was hard work there but I loved it," She said.

An appointment to Hill Top Public as principal followed. She sold her house in Camden, where she had lived for eighteen years with her sons and came to live in Bundanoon. She knew of it through friends and visits to Brigadoon and fell in love with the rolling hills and a farming community. Bundanoon was relatively close to her sons and wider family in and around Sydney. She travelled to Hill Top each day for the next eight years.

Robyn's philosophy on education is now well formulated. As a school principal she places great importance on the acquisition of solid literacy skills, academic rigour, self-discipline, leadership to decision making training and the values of cooperative learning. "I love children and teaching. I have a total commitment to them. I feel a good school is where the quality of relationships sees trust on all levels, between staff, with the children and with the parents. In that environment new things can be attempted, people can be encouraged and inspired on a daily basis. Boundaries, including personal ones, can be stretched" she said. "Often the gaps between beliefs and practices can be vast so I want to create a situation where, through discussion, our beliefs for what is right and good for the children in our care is a large part of our teaching strategies.

Robyn expects a lot from her staff. "But I'm no harder on them than I am on myself" she said. She seeks a collaborative process from those around her. Robyn acknowledges that the world is changing. So much of our stimulus these days is visual and this area is a priority. She feels the school motto of Imagination and Creativeness lends itself to the structuring of work for the children to think, perform, interpret and create visually. "Our wider community is an amazing resource of skill, experience, knowledge and creativity. We've started tapping into that and I'm keen to see it develop into a very strong relationship" she said enthusiastically.

Robyn understands why so many people want to live in Bundanoon. However, she feels it is important for them to



*'Hello, my name is Lorin. I love your hat'.*

maintain the values that brought them here. Such as the peace, the (clam) and being able to drive slowly along country lanes. She cherishes the natural beauty of Morton National Park and the bush and thinks we should be considering these facets of life here when deciding whether or not to support certain developments within the town. "It is very beautiful here. I just consider Bundanoon to be Paradise."

With Robyn's energy and experience, her commitment to and concern for the environment and social issues coupled with her love for children and their learning, the young people of Bundanoon are in capable and caring hands indeed.

## BUNDANOON PUBLIC SCHOOL active in the community

What better way to promote citizenship among the students of Bundanoon Public School, than to have them play a purposeful role within the life of the village?

The school's Annual Art Exhibition has showcased the creative talents of all our students for many years. Selected works are displayed in the Post Office and local businesses. Their work has also been used to promote social events such as the Garden Ramble. Their Carnival of the Scarecrow characters displayed in the school playground also engendered a great deal of interest.

The school children and their teachers participating in the Brigadoon parade has always been a favourite with the crowd. ANZAC Day is commemorated by a special function at school and by taking part in the Bundanoon march.

The CWA and their visitors for the 2002 'Canada' International Day Luncheon were delighted by a magnificent collage presented to them by the Year 2/3 class. It was the culmination of the students' research and reflection, portraying an excellent understanding and appreciation of the country.

This year our Yr 3-6 Tuesday sports program made use of the facilities at Bundanoon Oval. Students received coaching in the skills and tactics of croquet, lawn bowls, tennis, or hockey. Several parents and staff members offered additional support and a teacher provided basketball coaching. All those involved agreed the program had been a success.

A literacy support program using parent and community 'tutors' has been running on Monday afternoons for many years. Students really benefit from the extra help. They find the half-hour of interaction a very rewarding experience. New volunteers are always welcome!

Groups of students also visit Linkside Nursing Home to play board games, to read to the residents, or to simply chat.

The school has a special part to play within the Bundanoon community, building upon established links and forging new ones.



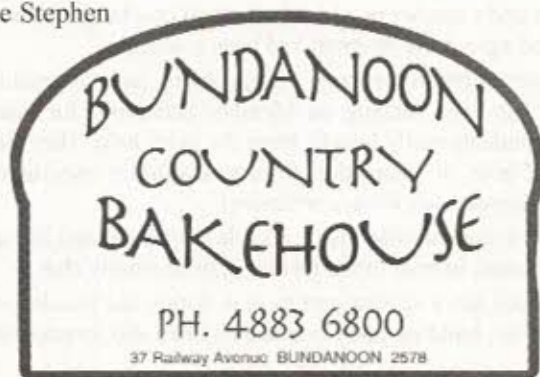
## Good health and well-being

It is certainly a challenge to achieve good health and wellbeing in this day and age! There are so many temptations placed before us in the form of fast foods, endless diets and cooking program on every channel of television - what we should eat, what we shouldn't eat and what we really want to eat!!! After countless years of being overweight, dieting and losing it, only to put it all back on (and more), I have finally come to the conclusion that to achieve good health and a sense of wellbeing the best way is MODERATION!! Finding the 'middle road' with eating - some of these delicious vegetables we are able to grow in our own gardens in Bundanoon are full of all the goodness our bodies really need. Fresh whole foods, grains, lean meat and trying to exclude too much fat and sugar. Some daily exercise - it's great if you like going to the gym for instance, but the most important thing is to do something you really enjoy. A walk along the many different paths around our most beautiful Morton National Park will not only give us good health and keep the blood pumping around our bodies, but listening to the birds and seeing nature at its very best, really helps to give us a good sense of wellbeing.

We are bombarded with information about vitamins, minerals, additives and lots of other good and bad things that are readily available to help or hinder us in our search for good health. In the past few years I have chosen to start the day with apple cider vinegar and a spoonful of raw honey in warm water (good for arthritis), a multi-vitamin and a vitamin C tablet. I filter my water, get a daily walk and also have a weekly massage. This certainly helps my body and my mind and I have done this now for over 15 years. It really is a matter of finding out what is best for your own health. We are all individuals and we are made up so differently - it is important to listen to our bodies, they will certainly tell us when we have eaten foods that do not agree with us and when we are feeling stiff and sore from 'overdoing things' or lethargic from sitting around and being lazy!

The most important thing of all is accepting responsibility for our own health - good health and a sense of wellbeing should be our greatest aim in life!

Anne Stephen



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For many people perfect physical health is beyond reach, so where do those sayings about having nothing if you don't have health leave them?

Not beyond help, according to Petrea King, well-known author, counsellor, naturopath, inspirational speaker, group facilitator and recent recipient of the Centenary Medal. The founder of the Quest for Life Centre in Bundanoon says, "Peace is definitely possible and creates the ideal environment for physical health. If physical healing isn't possible then we still have peace".

"We experience peace when we affirm life in its fullness. We can do this through our diet, enjoyable exercise, through positive attitudes, forgiveness of ourselves and others, finding a healthy expression for our emotions and creativity and quietening down the chatter of our minds through relaxation, hobbies or techniques of meditation. This is not a laid-back, 'don't care' attitude. That is not peace," she said. "Peace is a dynamic state of being".

Peace of mind, Petrea says, can be viewed in a very practical way by considering the 'Four C's'. Firstly, that we have control over our response to life. This recognises that whilst we can't always change what happens to us, we can change our response to it. It's the difference between feeling a helpless victim of our circumstance or an active participant.

Secondly, we feel committed to living wholeheartedly in the present. By resolving past issues we stay emotionally up-to-date, gleaning wisdom from the experience but no longer living with the pain of it. Thirdly, we feel challenged and excited by our lives and that they have meaning for us. What is it that gets our 'juices flowing and eyes sparkling'?

Fourthly, we feel a sense of connectedness, that we're loved, valued, supported and have a sense of belonging to our community, family or connection to our spirituality.

"Anyone who feels out of control with their life, ambivalent about living, feels their challenges are overwhelming and that no-one loves them won't fare nearly as well as one for whom the opposite is true," she said.

With a smile, Petrea said she found it interesting that the Centre had to have a life-threatening situation of its own last year before finding a more sustainable way forward.

With a new General Manager, Thomas-Andrew Baxter, Quest for Life plans to offer more services for the local community and an Open Day soon.

For more information visit

[www.questforlife.com.au](http://www.questforlife.com.au)

or call 4883 6599.

# Open Day

Sunday 6<sup>th</sup> July, 2:00 PM – 4:00 PM



An invitation to visit and find out more about the work of the Centre and the programs offered.

Afternoon tea will be served and you are welcome to stroll around the garden and grounds. A presentation will commence at 2:30pm in the main building and staff will be on hand to answer your questions.

## The Quest for Life Centre: Creating well-being

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## Dennis Lenane - a commitment to people



Dennis was a Community Nurse for nearly ten years then, three years ago, he became the Acting Deputy Director Of Nursing at Bowral District Hospital.

Dennis was born in 1963 at Gosford of a civil engineering father and an Irish immigrant child raising mother. He first worked as a Westpac teller, then as a Maritime Services Board clerk in the

overseas terminal near 'The Rocks' where he often watched semi-trailer loads of scotch whisky being conveyer belt loaded onto cruise ships. He longed to travel independently ever since he went to Denmark on a post high school student exchange program. He met his wife, Andrea, when she came out here from Germany a year or so later as an exchange student. Dennis turned to nursing as the key to both wages and overseas acceptance.

He studied at Cumberland College of Health Services at Lidcombe for three years, graduating as a registered nurse in 1988. He married Andrea in 1987. In 1989, after working in Auburn District Hospital and then in the intensive care unit at the Royal Canberra Hospital, Dennis, Andrea and baby Pia packed up and set off for Germany, finally fulfilling the desire to travel in Europe again. After initially working in a conventional hospital an opportunity arose to do community nursing. "I got my own VW, a list of patients, a map of

Stuttgart and set off. It was fantastic", said Dennis. Community nurses, now called Primary Health nurses, visit homes, schools and workplaces and are concerned with everything from drug and alcohol matters to health education and early childhood care. Hospitals represent tertiary health care, which is specialisation of treatment and environment.

After four and a half years the Lenanes returned. Dennis became a community nurse at Moss Vale for two years and then for one year at Bundanoon. "I liked working out here. I felt like James Herriot driving through the countryside, visiting homes, farms and villages. A very relaxed pace," said Dennis. A big role was for him to liaise with local doctors and other health services, Dennis often being the first to detect a medical need. He also did a lot of rehabilitation work and post-operative care and ran courses on health with teachers at the school. The downside of this work was seeing the loneliness and dependency of many of the patients, especially aged.

Dennis's main role now as Acting Deputy Director of Nursing is the after hours management of the hospital at Bowral, Monday to Thursday. "As an administrator I do miss the 'hands on', but it does have its other challenges, like staffing!" said Dennis. His day starts at 7.00am with a handover to him of a master set of hospital keys, a mobile phone, operating lists for the day, staff rosters, emergency contact numbers and a report of the last shift's clinical problems from the manager going off duty. Problems get sorted first, then e-mails are checked, staff rosters get worked on, meetings are then held with all nurse unit managers while on a hospital 'walk', all the while keeping running records for the report that is to be 'handed over' to the incoming shift manager at 3.00pm. The 'highs' of this for Dennis are being able to solve problems as they arise and helping out in emergencies when they are short staffed. The 'downs' include the tedium of meetings and committees and unexpected shortages of nurses or beds.

Dennis has always been caring, (as has Andrea, raising Pia, Benni, Paddy and Helen plus providing day care for half the village's pre-schoolers!), and involved, having just completed a six year presidency of the Bundanoon P&C Association. Our community is grateful for all the care you show in both your professional and private life Dennis. Thank you.

By Ross Armfield

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## close encounters of a mobile kind

by Miranda Lean.



Geoff and I decided to investigate the giant amorphous mass of tents, trucks and bicycles gathered on the oval on the Tuesday night, following a wonderful moon rising like '...a big, silvery penny in the sky.' (didn't everyone read 'The big book of Hansel and Gretel'?)

Looking down onto the amazing scene below us, with our dogs looking on nonplussed, we chatted to a couple of the riders returning from one of the huge shower trucks that came along as part of the entourage of this mobile village. There were also luggage and catering trucks, mobile photography and medical units and a mobile repair shop that operated en route as well as at the end of what must have been a very tiring day indeed!

We were told that this was the 10th annual gathering of the MS Bike Ride which does a charity run once a year all over Australia. It attracts many riders from all levels of fitness and age groups, from all over the world, the average age estimated at between 37 and 42 with many younger ones present as families came together.

The distance travelled in a day varies and also the time taken to travel it. Some riders take all day and walk up the hills, others race along in two hours or so. This year's ride was from Warragamba to Cootamundra over the period of a week.

At the end of the day everyone gathers in the arena where large marquees have been set up, and a discussion of the day's ride is held, with safety talks from police representatives who are involved in traffic management and safety issues during the ride.

The photography tent was set up with all the pictures of the riders for sale as they negotiated the course; very good photos with wonderful scenery as they travelled through the highlands.

We could see chefs outside the dining marquee, sitting down for a much-needed break, still with their great white chefs' hats on! The size of the group this year was around 1000 riders with maybe 500 accompanying crew; a smaller group than in other years of up to 1500 riders. Everyone brings their own tent and bike and lines are drawn so they know where to pitch the tent, leaving spaces to walk. Then the next day they throw all their stuff in one of the two huge luggage trucks and off they go.

It really was like a small mobile village with all amenities provided. The atmosphere was great; very friendly with all the different age groups rubbing shoulders...and sore legs I suppose...there was a massage tent as well which seemed like a good idea!

As darkness fell over the oval a local band was starting to play some country and rock music. The dogs were getting restless; a poor walk this turned out to be! I commented to the riders how I rode my bike occasionally around Bundanoon with one of the dogs in a basket on the front and to my delight they both confessed that they had small dogs who enjoyed the same treat; one in a pannier on the back and one up front. One told how he was on the bicycle track near Wollongong and his dog, a terrier, spotted a rabbit and shot out of the pannier only to tumble over and over...luckily he was unhurt but may have thought twice before performing this feat again!

Wishing them well for the following day's ride we set off home, much the wiser and glad of our curiosity; feeling we had witnessed a very special event in Bundanoon.

Miranda Lean

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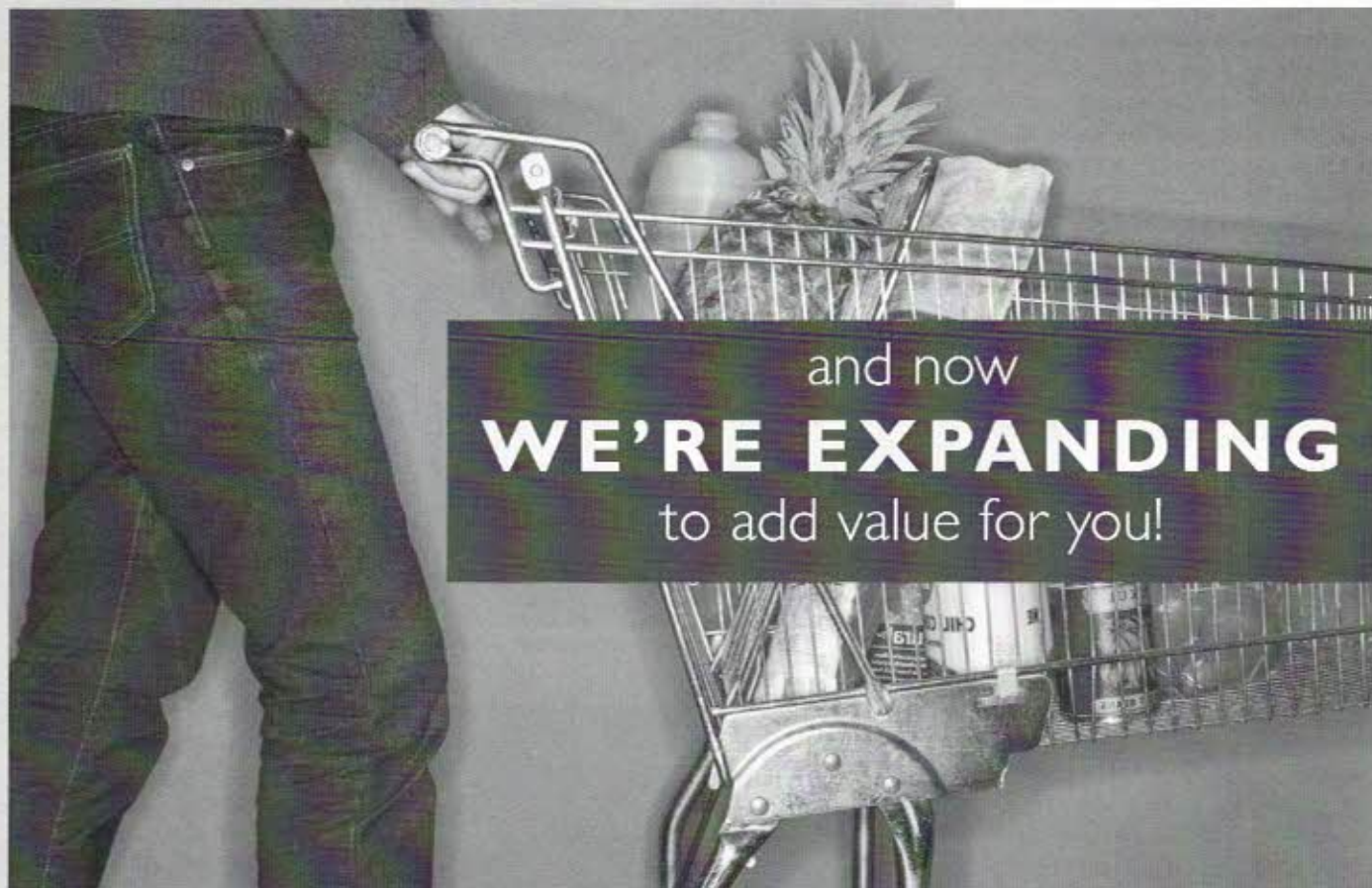
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## Solar springs health assessment

*Pam Davies suggested I write something on what Solar Springs has to offer our townspeople. I started by interviewing Cathy Cupitt (Director of Lifestyle Services) over a meal in the Health Retreat's dining room. The next day Pam asked me what I ate for dinner. "A lot", was the wrong answer.*

**L**ifestyle Change' are the key words that came out of my dinner interview with Cathy, Margaret (Administration Manager) and Wayne (Chef). Change comes with an appropriate exercise regimen. This means something appropriate for you in your present physical condition. Making better food choices and looking at drinking habits are important factors in planning for change.

So lifestyle management was in my mind as I walked up the steep, paved path from the car park to the reception for my Physical Health Assessment. When I reached the door I was unable to say my name let alone that I had an appointment. Luckily Grant (Sutherland) was expecting me and with one gasp from me we were off to his office at the back of a gym area downstairs. He is a Health Club Coordinator and was assigned to establish a Physical Health Profile for me. As I took a seat I was struck by the beautiful view from the gym terrace. A view to die for, I thought. However, as my initial blood pressure test returned a reading of 147/99, I was left thinking...but surely not so soon! "That's not good at all. I'll take another one in a few minutes after we've tested your lung function" said Grant trying not to communicate too much concern at this early stage. My lung function was that of a 49 year old (smoker or non-smoker? I only gave up four years ago). I'm significantly older than that and was now able to say so. On to Body Mass Index (BMI), that put me well into the overweight category and Waist-to-Hip Ratio that said I was apple shaped. I think I knew all that. There was some good news here. Apparently as fat stores around the middle (apple shaped) can be reduced with low-fat eating and exercise I could lessen my risk of disease with an 'Action Plan'. First, another blood pressure test and a much more acceptable 132/80. Perhaps a visit to Con might be a good idea as well.

A threat of the 'Callipers' to test body composition became an assurance that the 'Analyser' uses a painless and harmless electrical current to measure bioresistance and hence body fat as

well as things such as hydration levels. Then followed tests for abdominal strength and flexibility. Finally, nine minutes on the 'Ergociser' (bicycle) to establish heart rate and aerobic capacity. I mentioned in my editor's notes, that I had started my daily 45 minute walk Bridge-to-Bridge. Anyone who has seen me picking up rubbish on the return leg shouldn't think "How sad", it just makes the last 20 minutes pass more quickly. You see I've sorted out my 'to-do' list for the day and the world's problems on the outward leg. In a month I'll increase the distance in the same

time. More water! I mean start drinking water and reducing caffeine intake. A few stretches after exercise - calves, hamstrings and quads - to warm-down. I noted that I should also look at eating less: maybe a little less alcohol. This regimen should start to change my apple-shaped body back the Adonis-shape I (in my dreams) used to have.

Now for muscle tone. Gym work! Hard work! I'll test my resolve first, over the next month.

In the meantime an inspection of the facilities (recorded on film by Kaye Lush, JCG's new photographer) seemed a good idea.

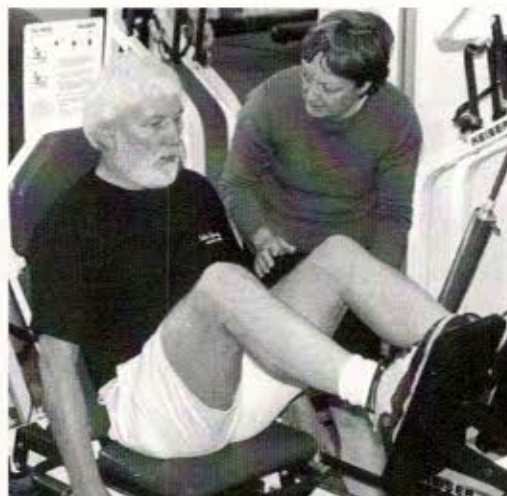
Solar Springs' bread and butter clientele may be stressed-out city folk who need to relax in the lounges soaking up that view or floating in the hydrotherapy tank but it is there for Bundanoon residents as well.

The Health Club membership isn't expensive. When I realised that for the price of a couple of schooners of VB at the Bundanoon Hotel I could have as many swims, saunas and gym sessions as I could fit into my busy schedule each week... I thought long and hard but eventually decided to join... next month.

Annie Pidgeon, who was cycling hard on an exercise bike when I started in the gym, joined me for a relaxing spa later.

She and husband Harry have not lived in Bundanoon for long and she said "Joining the Health Club was the best thing we have done since coming to Bundanoon".

David Morgan



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*Relaxing in the spa at last.*



## We'll get you moving

In June this year, the Bundanoon Movers gentle exercise class will have been going strong for six years.

"I remember the first day very clearly," says Lee Robinson, the group leader. "I had been practising in my lounge room for weeks and was overwhelmed when over 20 people showed up."

The Movers started off in the Bundanoon Bowling Club with a grant from Wingecarribee Community Health. This was part of the government's *Keep on Your Feet* campaign. The class targets the over 50s but not everyone that comes is a senior.

"Many people don't seem to really understand the concept of gentle exercise, believing if it's gentle, it can't be effective," says Lee who is a qualified Fitness Instructor. The class focuses on movement to improve coordination and reflexes, heart and lung capacity, muscle strength, range of movement and agility. The movement is designed to enhance day to day activities such as gardening which can lead to a certain amount of muscular imbalance. The stretching exercises are particularly valuable for easing the inevitable aches and pains of ageing.

With an influx of new residents to Bundanoon, there has been a recent increase in numbers to the class. New members enjoy the opportunity to meet others and make friends. However, we



should not forget the loyal regulars who have been coming since day one. Here are some of the reasons why participants keep on coming back.

*"Great fun and extremely beneficial. You don't have to audition and there has been a measured increase in my bone density over 12 months."* Margaret

*"It helps with my coordination and I can feel my muscles being used differently to when I go walking and cycling."* Andrew

*".....So my body doesn't fall apart anymore....to slow down the ageing process."* Dee

*"I enjoy the social interaction."* Roger

..not to mention the fact that we go out for a coffee after class!

Each week is a little different, with some familiar routines and some new ones. We enjoy music, laughter and companionship and take our exercise regularly, but not too seriously. Lee attributes some of the success of the class to the friendly bunch of regulars who make new members feel so welcome.

The Bundanoon Movers is held each Wednesday, 2-3pm at the Quest for Life Centre. The cost is \$5. For more details, please call Lee Robinson on 4883 7060.

Illustration by Mim Smith

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## winter wild flowers

Take a bracing walk in the bush this winter and discover wildflowers in every colour brightening a winter's day along the sandstone escarpment. Planting a few local native plants in your garden creates a link between your garden and the surrounding bushland as well as filling your garden with glorious winter wildflowers. For a splash of vibrant winter colour plant golden wattles, bronze banksias or brilliant red grevilleas. If you're after a softer look, correas, wax flowers and river roses flower in gentle pinks, greens and creams.

Striking banksias and grevilleas have long caught people's attention. Aboriginal people used the flowers to sweeten water while banksia cones were used to carry fire from one campsite to the next and grevillea flowering times measured the passing of the seasons. Named after early European botanists, Joseph Banks and Charles Greville, these plants inspire gardeners and horticulturists with their amazing flowers and graceful forms.

Among local, winter-flowering banksias are the hairpin banksia (*Banksia spinulosa*) with resplendent, burnt orange flower spikes and the heath banksia (*Banksia ericifolia*) that has masses of tall, bronze flowers. Both flower over a long period and last well in flower arrangements.

Many grevilleas also flower throughout the colder months. Among them are Royal Grevilleas (*Grevillea victoriae*) and Grevillea 'Scarlet Sprite', which have brilliant red spider flowers; Grevillea 'White Wings' with white flowers; and ground covers such as Woolly Grevilleas (*Grevillea lanigera*) with red and cream spider flowers and Grevillea 'Poorinda Royal Mantle' with dark red flowers. Other grevilleas have pink, gold and white flowers that brighten up a grey day. Like the banksias, these honey flowers attract honeyeaters bringing cheerful activity and birdsong into your garden. The more spiky plants also offer shelter for small birds to hide away from cats and other dangers.

Another winter-flowering native plant is well known to all Australians - the sweet perfume of golden wattles heralds the



changing seasons. True to their names the Sunshine Wattle (*Acacia terminalis*) and the Sydney Golden Wattle (*Acacia longifolia*) flower through winter while other local species such as the Early Black Wattle (*Acacia decurrens*), the Fringe Wattle (*Acacia fimbriata*) and the Gossamer Wattle (*Acacia floribunda*) forecast the warmer days of spring.

Local wattles, banksias and grevilleas are hardy plants that withstand frost and winds. They are great plants for new gardens and will quickly provide sheltered spaces for plants that need more protection. They like good drainage, full sun, spring feeding with a fertiliser that is low in phosphorus such as blood and bone and pruning after flowering to keep the plant dense.

Native plants that like more sheltered places have more subtle flowers for cold days. Lovely correas with tubular bellflowers in shades of pink, red, green and white include favourites such as the green, bell-shaped flowers of the Chef's Hat Correa (*Correa baeuerlenii*) and Correa 'Dusky Bells' with pretty pink flowers. Correas also attract honeyeaters that flit from flower to flower gathering nectar.

Other beautiful winter flowers are wax flowers (*Eriostemon myoporoides*) that are covered in masses of white and pink starflowers and have fragrant foliage. For a splash of pink in the garden, Astartia 'Winter Pink' has deep pink flowers from autumn to spring and river roses (*Bauera rubroides*) have bright pink flowers. If purple is more appealing, you can't go past the cheerful native violet (*Viola hederacea*) or false sarsparilla (*Hardenbergia violacea*) that can be a ground cover or a climber with masses of attractive purple flowers.

So bring a little colour into your winter landscape and cheer up cold, grey winter days. Wariapendi Nursery has a wide range of native plants for the local area and friendly staff who are happy to help you choose the best plants for your garden.

*Images: From subtle correas to extravagant grevilleas, native flowers brighten up a winter's day*

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## vietnam travels

Snake wine, boiled frogs and three-flavoured bat. I am in Vietnam and these are some of the delicacies offered in northern restaurants.

Part of the fun of travel lies in tasting exotic cuisine, so I did succumb to the frogs - in more ways than one - but luckily the snake wine is considered a man's drink so I dodged that experience. I'm being a bit unfair here, because these morsels don't really represent everyday Vietnamese food. They are regarded as expensive treats, therefore aren't widely available.

Luckily I travelled with five adventurous friends so sampled lots of different dishes. The food was unerringly fresh, varied and delicious. Some of the best meals I had were at the street stalls where great pots of pho (beef noodle soup) simmered on portable charcoal fires. Cooking, serving and eating takes place on the footpath amid pedestrians and traffic fumes, all part of the essential experience. I don't know what kind of alchemy the cooks perform, but we found the aroma of ginger, cinnamon and star anise were irresistible.

As you have probably guessed by now, food is seductively unavoidable in Vietnam. Every morning the trains and buses entering Hanoi, the northern capital, are crammed with country vendors carrying bamboo baskets laden with fresh fruit and vegetables that they sell in the streets. Taro, mustard greens, aubergine, water spinach, tree ears mushrooms ... all displayed in careful patterns. Oddly, despite temperatures of more than 35 degrees, nothing seems to wilt. Even the pork and chicken spread on palm leaves didn't spoil.

I have to say a word about the country vendors. They are absolutely unflappable amidst the chaotic Hanoi traffic. The only identifiable road rules for vehicles are: occupy any space available on any side of the road, and keep blasting that horn. The vendors respond with their own rule: walk out on the road and keep moving. I saw tiny old women delicately balance huge baskets of produce from either end of a pole across their shoulders, then nonchalantly step out into a sea of bicycles and motor bikes.

Eventually my friends and I wrenched ourselves from the delights of Hanoi and travelled North to Sapa, a small town near the Chinese border. We shared our packed train carriage for twelve hours with puppies, chickens and a pig. Whenever the inspectors boarded, however, not an animal was in sight because their owners quietly covered them with excess clothing. The smell and muffled noises must have been a dead give away but the officials ignored them.

During most of the trip there was only one view. Rice paddies. Every possible piece of land is cultivated, but that's not surprising when you learn that the traditional Vietnamese meal is rice and 'something else'. If you only eat the 'something else' it isn't a meal. Mothers tell their children that in the next life they'll always be hungry if they waste rice.

At the end of the line we joined fifteen people in a decrepit twelve-seater bus and toiled up the mountain for a couple of hours until we reached Sapa. More rice paddies but terraced this time so lots of the labour was done by hand instead of using water buffalo. Here the population is a mixture of various H'mong hill tribes whose ancestors migrated from China a couple of centuries ago.

Sapa, swathed in mist and cloud, seems to be on top of the world. From

our veranda we looked across to Mt Fansipan (the highest mountain in Vietnam) and then way down into the valley where the H'mong live. This was where we decided to go. The following day our hotel arranged a guide, packed us a basket of food and off we set.

Our guide, Mu, was a member of the H'mong people. She had been working for a year and was now fourteen. Like all of the local girls her waist length hair was elaborately styled (later she told me quite confidentially that one of our group, Vaia, would never receive an offer of marriage unless she grew her hair). Mu was dressed traditionally in an indigo skirt, woollen knee socks and long sleeved embroidered jacket.

About halfway down the hillside we passed a father and his two children who were heading up an extremely steep path that diverged from the main track. Mu looked at their new clothes rather wistfully and explained they were on their way to meet the 'big chief' who was visiting from Hanoi. For a moment we assumed she was referring to a Party official - but no - after some questioning it turned out the Catholic bishop was performing his yearly mass for the faithful.

As we continued our journey and swapped stories, Mu told us about her life. The middle child in a family of six children, she was kept at home to help with the babies while her mother worked in the rice fields. The government offers free education to the hill tribes but because of her home duties Mu missed out. She could not read or write, however since taking the job as a guide had learnt English, French and Japanese. Had she taken lessons? No, she'd just picked it up from the tourists. Was she happy with her work? "Yes. Very easy."

The money Mu earned helped feed the family and she was able to buy treats for her brothers and sisters. She also explained that village girls were usually married at 15, before they became 'ugly' from working in the fields. Through earning her own living Mu was able to remain single, a choice she preferred.

When we returned to our hotel that evening - starving - we ordered huge plates of bun cha (noodles and char grilled pork in a golden broth) and kang kong (garlic water spinach) which we ate on the balcony. As I looked down into the valley I imagined Mu sitting in her mother's hut eating a plate of chicken and water spinach, or perhaps a bowl of pho. At that instant I caught sight of her in the street, a packet of lollies in her hand, laughing with a group of girlfriends as they strolled through the town.

Janet Toms

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## Celebration/ceremony's place in community health

with Julie Sedgmen, written by Kate Pirie

Life does not stand still and everything is in a constant state of change but if we can celebrate rather than fear and resist this change then we are emotionally and mentally better able to cope with the challenges of everyday life, Lighting the Way's Julie Sedgmen said.

In planning, writing and performing ceremonies that celebrate stages of personal growth, Julie's experience is that they can facilitate the building of relationships and bonds within families and community. She said that it is the sharing of special times in our lives that nurture us. "At each stage of life, for example from childhood to adolescence there is a closing of the door (on childhood) and the opening of another (into adolescence). At the threshold (of becoming a teenager) there is the opportunity for a celebration and acknowledgment of the individual's journey (towards adulthood)."

According to Julie, studies have shown that when human beings are affirmed and accepted then their sense of self worth will be nourished. Healthy individuals lead to well adjusted, constructive participants in society.

Family therapist and well known parenting author Steve Biddulph echoes this in his book *Raising Boys* by proposing that, "While some aspects of society are in a time of disintegration, all around us are the bits and pieces of wisdom of the many cultures

that we come from. We simply have to make our own ways. What will matter ...is that we make the effort."

Lighting the Way is a branch of Julie's work, inspired by many cultures and traditions from around the world. She specialises in tailoring and delivering ceremonies, which reflect personal beliefs, and ways which create meaning and richness for the people involved.

One example is my own recent celebration. Everyone lives through emotionally tough times, and this was one of mine. I was determined to have some kind of ceremony encompassing birth and death that acknowledged their intimate bond. It was a gift to myself and to my family as we had lost my sister and a beloved grandmother and gained my daughter all in six months.

People of diverse age, background and beliefs gathered for a ceremony which was both beautiful and simple and which has had a resoundingly positive effect. Julie said that world renowned author and environmental sociologist David

Susuki's books have a common theme. It is that in order for the world community to be sustainable we need to work towards becoming locally self-reliant. Julie actively seeks to build support and networks in our community through ceremony and also by presiding over the Southern Highlands Local Energy Trading Scheme. For more information contact 4883 7563.

## vale

### Raymond leonard pryor 17 jun 1917 ~ 25 mar 2003

Visitors passing by the Primula Café on Friday 28 March may have wondered at the corner table setting in the window - a bunch of dahlias, a red candle, and a sign saying, simply, 'reserved'. This touching tribute was a mark of affection and respect for Ray Pryor whose funeral took place that day at the Uniting Church, where he had been a member of the congregation. The tiny church was filled with family, old friends, and many local people who had come to know Ray over the years.

Born in Nyngan, where his father was the Postmaster, Ray and his three brothers spent their formative years in country New South Wales. Ray's health was never very strong, and when his parents eventually settled in Chatswood he transferred his position with the Bank of New South Wales and spent the remainder of his working life there. He cared for his elderly parents; then, when he was free to do so he moved some twenty years ago to Bundanoon. He bought his home in Phillip Street, extending it to suit his life style and to accommodate not only an upright piano, but a small grand piano and even a pianola too. This was how the Williams family remembered meeting him as the sound of his piano wafted down to their home next door to his, playing many popular pieces by ear as well as the classical music he loved.

Being anxious about having an asthma attack at night, alone, he had his dinner each evening and slept at the hotel, in the care first of Nea and Milton Hayes, and then of their successors David and John Kerrigan. He loved the company of the staff and guests and was an integral part of the establishment, drawing on his excellent memory to recall people and places, and providing a little musical interlude 'when the professional failed to show'. Ray's memory rarely failed him: he knew most names in town and all their connections. He used little rhymes to help remember names and loved to hear details of where you came from and the paths



you travelled along the way. Each morning he could be seen crossing the line to do his messages and spend the day at his home, supporting the local businesses and lunching most days at the Primula. Then in the late afternoon we held our collective breath as, hand shading his eyes (he had been issued years previously with a white stick but wouldn't use it and gave it to his brother!), he walked towards the setting sun back across the line to his second home.

When Bundanoon was smaller than it is today virtually every resident would have known Ray by sight, and he loved to stop and chat, lifting his hat, introducing all around and finding conversation no matter the age or background. He made his home available to Petrea King in the early days of Quest for Life. He contributed generously to local causes and gave equally to all the Churches, and until the last year or two he was always present at the annual Community Development Dinner. He was a gracious gentleman, a little timid, who apparently as the Bank's security officer in at least one country town slept with a loaded revolver under his pillow - an image difficult to conjure up!

In his last few months Ray was cared for at Linkside where he had many visitors and was at peace. His ashes will be interred in the columbarium in the grounds of his Uniting Church so he remains in his beloved Bundanoon. Vale, Ray.

Kate Perkins and Maryanne Williams

*I wish to express my sincere thanks to all of you who were both able and unable to attend Ray's funeral on 28 March. Your wonderful friendship and support to Ray over many years has been so much appreciated by me and the rest of Ray's family. The last 20 years of his life in Bundanoon were made so happy for him by your loyalty and love.*

*Ray was one of nature's true gentlemen and the natural goodness of so many Bundanoon folk was a tonic for him and he loved being a member of your community.*

*My sincere thanks.*

*Rosemary Pryor (niece)*



## 4 wheels 4 sean

Huw Kingston, a resident of Bundanoon has undertaken a challenging leg of the City2City journey from Perth to Darwin, as part of a project to raise sponsorship for 4Wheels4Sean. This involves seven journeys totalling 25,000 km linking each of Australia's state capitals by following the most interesting and challenging human powered routes.

His journey will include walking the gorges of the Hammersley Ranges, kayaking the wild Kimberley coast, mountain biking through the Kimberley to the domes of the Bungle Bungle and tough riding through properties and national parks in the Northern Territory. Travelling on to Daly River, he hopes to arrive in Darwin in early August.

In June 2000 Huw heard, whilst on his Sydney to Brisbane journey, that his friend and fellow adventurer had broken his neck and become a quadriplegic whilst mountain biking in the Litchfield National Park in the Northern Territory. 4Wheels4Sean was set up to raise \$50,000 to purchase a specially adapted vehicle for Sean. This target has just been reached, but the charity will continue to help any person who becomes disabled as a result of a cycling accident.

**I**t warms the cockles of a Welsh boy's heart to arrive in Carnarvon 1000km north of Perth (not North Wales).

It is three weeks since I arrived in Perth still trying to get my back into some sort of order after having put it out 10 days before in Bundanoon. However after some magical physio treatments, combined with mind over matter, I found myself riding with my friend Mike to Cottesloe Beach. It was a gorgeous blue sky and sea day and I was looking forward to getting into my kayak. I changed from bike knicks into paddle shorts and promptly received an official warning for exposing myself on the beach. "I've had a complaint from some old people on the promenade" said the lifeguard. We all laughed and I headed north - 6000km to go!

Dolphins escorted me to Burns Beach where I spent my last night for nearly four months with Wendy who headed back to Bundanoon the next morning.

Another good day then two days sheltering from 80 km winds in the Sea Rescue shed at Two Rocks, a cray fishing port. Its only claim to fame is that Alan Bond invested heavily in the place intending to defend the America's Cup there.

Next I paddled to Lancelin between lonely narrow beaches and rocky reefs offshore. Not having originally planned to ride from there to Cervantes but determined to find a route through the dunes to pass the famous Pinnacles I stopped at the local tourist office. The girl must have thought I was in a 4WD not cycling as she told me



twice to let down my tyres and that I wouldn't find any fuel along the way. A night spent picking eighty ticks off my body. The following day I got dreadfully lost and missed both The Pinnacles and Cervantes.

There followed 700km of boring main roads to Dongara. Along the coast was fine but from there to Geraldton and on north was so flat and uninteresting. Give me a desert track with no traffic and quiet, space and loneliness. Add traffic, tarmac and flavoured milk every 100km and it just becomes a grind. Today I counted forty-seven VB cans, thirty-eight Coke bottles, twelve Harvey Norman Electrical catalogues and three Hustler magazines (pretty average reading matter!). I was covering about 125km a day and at least meeting some good folks, many of whom had heard of the trip and gave generously to 4Wheels4Sean.

It was hot; 30 degrees plus and it only rained when I didn't put the fly on the tent. I was so relieved to ride into Denham and get ready for the paddle through the Shark Bay World Heritage area over to Carnarvon. Helen and Stewart had transported my kayak and gear to Denham where they were holidaying. Despite most West Australian's love affair with the ocean (I'm sure fishing is on the school curriculum right up there with maths and science) they are all convinced that we're about to be eaten or bitten by sharks, sea snakes, cone shells, stonefish and, further north, crocs. Despite the rarity of attacks they seem to have evidence that they attack kayakers! The five day, 190km paddle was great. Up and around Cape Peron before a 45km open sea crossing to the mainland. For the most part the waters are very shallow. If you fancied a break you could climb out and stand next to your kayak (if you dared!). Turtles, dugongs and dolphins were around but no large sharks I'm sorry to report. From Cape Peron to Carnarvon I saw no one but had a 20knot wind at my back which made for great paddling.

I arrived in Carnarvon harbour through the lumpiest seas to be greeted by Lee a local hospital radiographer, kayaker and Guinness drinker. These trips rely so much on local assistance and Lee's hospitality included free meals at the local pub and of course, Guinness. The third day there was spent organising gear and arranging for my kayak to be freighted to Broome. It had to go via Perth (now 1000km to the south) before heading north again!

Time now to head inland to the hills, ride up the Gascoyne River and pick my way through to Mt Augustus (the biggest rock in the world? Eat your heart out Ayers Rock). Here I'll be looking forward to the start of my walk through the mighty gorge country of the Hammersley Ranges.

Huw Kingston



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## passing through

She wandered around the pottery shop and absent-mindedly picked up a few pieces, replacing them carefully on the shelves. Another day-tripper passing through, he thought, not a serious shopper.

"Can I help you with anything?"

"I don't think so, but it's all lovely. Actually, I couldn't resist calling in. I used to come here years ago in the 50s when this place was a night-club. I'm sure it was here, right on the corner of Railway and Osborne: the 'French Inn'. And it was a stone building."

She stared in the direction of the house, then continued.

"The times we used to have - I was quite young then, in my twenties. You know, I've never forgotten the large lounge room where we used to drink. Reddish pink lampshades and dancing girls painted on the walls."

The potter was intrigued. He'd heard that the house used to be a restaurant of sorts, but this was far more exotic. Only one thing to do - he invited her down to the house.

She cast her eyes around the lounge room with its signs of domestic life and sighed.

"Yes, this is it. Even without the mural and tables I can tell. You can't imagine the atmosphere, people dancing for hours and sipping martinis. They sold food, too. People called the owner Pierre but I'm not sure if that was his real name. Everyone loved coming here because he played the music at full volume. But he always used to turn it down later in the night."

She paused, then turned to the potter. "This is where I spent the most romantic evening of my life. Thank you so much for showing me the house."

A year later, renovations were under way, beginning with the lounge room. A connecting wall was knocked out and matching pairs of stained glass windows now framed the paved courtyard. But those walls! Layer upon layer of paint, probably holding the plaster together, he thought. Nothing for it but to use a blowtorch and scraper.

It was on the longest wall that they first began to appear from under the paint. Shadowy figures of dancing girls, the black line sketches revealing long red hair and short skirts billowing in mid flight. The potter began working quickly, peeling back the years and finding more figures, some slight, some voluptuous, all in an ecstasy of dance.

After a while the renovations stopped. There were pots to 'throw', bowls to glaze, a veggie garden to maintain. His friends who came to admire the mural were equally intrigued by the story. Who would have thought?

The genie had been let out of the bottle. During the following twelve months other people who had been drawn back to Bundanoon reminisced with the potter and added to the story. Over the years the house had been known variously as 'Pierre's', 'The Green Door' and, more luridly, 'The Passion Pit'. Charles Aznavoor usually belted out from the record player with Pierre warbling along in the background.



It was just another weekday with another elderly couple lingering in the pottery shop, whispering to one another.

"Was this the place?" she asked her husband.

"I can't remember," he replied.

The potter knew exactly what to do. He beckoned to the husband, "Follow me." Mystified, the couple made their way across the courtyard and into the house. They stopped in front of a mural fragment, which was still visible above the fireplace.

"Well what do you know!" exclaimed the husband. "It must be about fifty years since we were here - what a bit of luck to have re-discovered Pierre's. We were just passing through."

Janet Toms

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## the fire five

By Ross Armfield

Joshua Atkinson, Samuel Burnham, Adam Rocca, Tim Stirton and Shane Martin.

Over the past few months, these five mates from school and cricket club, together with Bundanoon Bush Fire Brigade have undergone cadet basic training. By engaging in this community activity they have further strengthened their bonds of friendship.

Joshua is in his HSC Year at Moss Vale High School and was influenced to join by Shane. He really enjoys the team work and friendship and despite some initial doubts from his mum, both his parents are now 'cool' about his volunteering for the brigade.

Sam is in Year 9 at Moss Vale High and is the youngest of the group. His parents are supportive, after having doubts at first. Admitting to fear of burns, Sam feels this helps him value his training even more.

Shane, who is with Joshua in Year 12 at Moss Vale High, actually joined because his family suggested it and encouraged him. Having mates from the cricket club in the brigade also influenced his decision. Shane feels it is really worthwhile and makes him feel a part of the community. He particularly likes the practical skills of firefighting that he is learning.

Adam, aged 16, is a recent school leaver and apprentice boilermaker at Sherwood Industries. "Mum was a bit 'iffy' at first," said Adam "but both Mum and Dad are OK now". Adam wanted to be with his cricket mates and openly conceded his fascination with fire... Keep an eye on that one Brigade Captain Fairbrother!

Tim is also in Year 12 at Moss Vale High and thought it would be interesting to join after he heard about it from Craig Rowley, already a brigade member. Supported by his parents from the start, Tim loves the teamwork. Like some of his mates, Tim is busy with the HSC this year but makes time from his study routine for brigade training and activities. "It's good to have a break from school books from time to time," he says. Admitting to some fears, as indeed they all do, Tim feels that the underlying anxiety focuses his concentration in training. He uses it as a stimulus to listen hard and to do as he is told. It helps him see the importance of care and experience in all the procedures he is preparing for.

Brigade Captain Alan Fairbrother is very pleased with the attitude of these new recruits, for their hard work in training and regular attendance. Their ability to blend in and work for the team is commendable. Alan currently has 25 active members from a total of 30 but could do with more to share the load.



Samuel Burnham



Adam Rocca



Shane Martin



Tim Stirton



Joshua Atkinson

The boys meet at the fire shed on each Wednesday night to work on one of the eight modules that leads to the basic training award. These modules cover such areas as basic fire, casualty assistance, communications, fire suppression, using water and fire equipment. Once basic training is achieved the boys would not automatically attend to 'wild' or 'running' fires, but rather be involved with hazard reduction, backburns and firebreaks. They could keep training and learning, if they so desire, towards completion of the advanced course. Even then, attending to 'running' fires is at the discretion of the Captain. He also selects his five to six people teams based on maturity, experience and attitude. You must also be at least 18 years old. Many years ago, quite a few of the local bush fire brigades were a bit like 'Dad's Army', but not any more. Since the mid 80's, training has become much more sophisticated with theoretical and practical tasks to be completed.

The 'Bushies' really deserve our praise and support. They are all volunteers. They receive no allowances, with many members forgoing wages when called out. It involves the sacrifice of quite a lot of personal time as the brigade deals with local fires and also assists the community in ensuring the smooth running of Brigadoon and many smaller local charities and events. They were called out to assist at fires throughout the State and interstate during the recent 'fire season'. The brigade has also run community awareness programs in schools and must be able to aid in search and rescue. They are also expected to be aware of 'crime scene' management and provide a link with the police, SES and town fire brigade when called upon to do so. Despite this huge demand, the members don't complain but just get on with the job at hand, satisfied with being part of a great team of comrades doing an important job effectively. There can be other benefits from being involved with the brigade like the acquisition of real work skills, valuable references and attributes that would enhance any CV. Ultimately it is the satisfaction of doing a job well with people you rely on, and who rely on you - friendships that will last forever. This is what awaits the fabulous five community minded youths who have just started down this worthwhile road.

Good luck and thank you Joshua, Sam, Shane, Adam and Tim.

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## f friends

Immediately after 11 September, I was horrified at the fear and anger directed towards all Muslims that was evident in the media, and in general conversation around me. I was certain that a very large part of all this was caused by ignorance, so I determined to 'find a Muslim' (preferably a woman) and meet her for a cup of tea and a chat.

It was extremely difficult to find a Muslim in this part of the world, but eventually, through the Yellow Pages, I found Bilquis, a delightful lady, who, when she heard what I wanted, said "Oh yes, yes, yes!" She was definitely feeling besieged.

With three friends I went to visit her in Canberra, and then subsequently she came, with her beautiful, unwesternised sister, and a male companion, to our house to meet and talk to and answer questions with about twenty of my friends. The women won everyone's heart and respect, while the man unfortunately, did not.

I have not seen Bilquis since then, but I have had many phone conversations with her, and my husband Dave and I are going to Canberra to one of the community's Saturday meetings, and have been invited to stay the night with Bilquis and her husband. I don't know if Dave is quite ready for that yet, but it is a very kind gesture.

I have tried to give aid and support to refugees and their families in any way I possibly could, initially writing letters to politicians with little noticeable result. I also wrote to individual refugees to at least let them know that others are aware of their plight.

Other brave souls have been visiting Villawood regularly. I say 'brave souls' because, to visit those refugees and see the terrible conditions they are being forced to live in, takes real fortitude.

I am a member of Rural Australians for Refugees and I am proud that it all started in Bundanoon.

Sandy Powell

*Rural Australians for Refugees has about 4000 members in all states. The group was founded by Bundanoon residents Anne Coombs and Susan Varga, together with Helen McCue of Bowral.*

*As well as supporting refugees and their families RAR has initiated the Welcome Towns project, which now includes about forty towns and suburbs throughout Australia. Being a Welcome Town is mainly a symbolic action, meaning that up to three refugee families will be welcomed into registered communities. Many towns have committed to further aid, such as respite care or a holiday for traumatised families. This involves councils in no expense as accommodation, food and transport are provided by volunteers. Ed.*

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## Bundanoon fire brigade

After the terror fire season of 2001/02, this year has been somewhat less busy for members of the Brigade here in Bundanoon.

We hope to make this article a regular feature in JCG and convey the fire safety message to every home in Bundanoon in doing so.

For those who are not aware, Bundanoon is well protected by two fire services, the NSW Fire Brigade (in Anzac Parade) and our fellow fire fighters from the Rural Fire Service (opposite the Pre School). Between our two services we respond to many varied incidents in our community, including fires, hazardous materials incidents, motor vehicle accidents, rescues, and we also have a heavy commitment to educating the greater community in preventing fires.

The only essential difference between the two services these days is the uniform.

Members of the NSW Fire Brigade in Bundanoon are known as 'retained' or part-time fire fighters. At any one time in the brigade at Bundanoon there can be up to 15 fire fighters, both male and female, attached to the station who are 'on call' 24 hours a day, 365 days a year. Members are employed by the NSW Fire Brigade and are paid a small retainer each month. Retained fire fighters, however, do it for the reward of helping the community, not the money. Retained stations are placed in areas where the amount of calls does not justify a full time station (24 hours). However, Bundanoon prides itself on being able to respond to an emergency call within minutes. Indeed, NSW Fire Brigades have a guarantee of service, which states that there will be a brigade appliance at an incident within 10 minutes of a call being logged.

Why do we need two fire services in Bundanoon?

Because, not only are we surrounded on three sides by dense bush but we have a number of nursing homes, hostels, accommodation houses, restaurants and shops in our town.

To provide adequate fire protection to the residents we need the combined services and expertise of both fire services, and although our names may say otherwise, members of both brigades are trained in a wide range of skills, including bush fire fighting and structural fire fighting and we are able to assist one another should the need arise.

Now does any of this sound appealing to you....well, if it does, read on.



Open Day fun with 'Bernie Cinders'



Bundanoon Fire Brigade members on Open Day

Anyone who came to our recent open day during March would realise that at the moment we are recruiting new members to join our Brigade. For anyone who hasn't seen any of the advertisements, we are looking for keen men and women, who live or work preferably within 5 kilometres of the station in Anzac Parade, hold a current car licence and have an adequate level of weekday availability.

For more information, drop into the station when we are open, or call us, 4883 6333. We have information packages available at the station, so drop by and pick one up. Our drills are held, 7pm-9pm, on the second and fourth Monday of each month, or if you happen to see us coming back from a call, drop past, and hey, you could help us hang out the hose...no no, just kidding!!

Last but not least before I leave you for this edition, just a quick word of thanks to one special member of our brigade who has recently resigned after over 27 years of Service. Adrian Vollebregt as some of you would know has decided to pull up stumps and travel with his partner, Sarah, around Australia. Adrian has more recently been the Captain of the Bundanoon Brigade; previously Adrian also served as the Brigade's engine keeper. Recently the brigade held a farewell dinner for Adrian, and we wish him all the best on his trip around the big continent...of course now...we also need a new mower mechanic!!

So remember, the members of our Brigade are all 'locals' and between calls are out working, socialising, shopping etc, so if suddenly you hear a peculiar beeping noise, then see someone bolting off in the direction of the fire station, don't shake your head in confusion, it's probably just one of

our dedicated members answering a call.

Our recent open day in March was a huge success with many residents dropping in during the day and touring the fire station and fire engine, as well as being able to learn valuable tips and advice on fire safety. Bernie Cinders made a special appearance during the day and the children were able to sit inside a fire engine simulator and 'drive' to the fire! Also during the day, a number of entrants in the 'Shave for a cure' children's leukaemia charity had their heads shaved and coloured.

All the best and remember, if your house is on fire, get down low, and go, go, go then call the Fire Brigade! Remember, in an emergency-call 0 0 0

Regards, James Arentz, Bundanoon Fire Brigade



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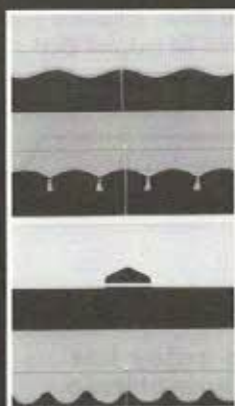
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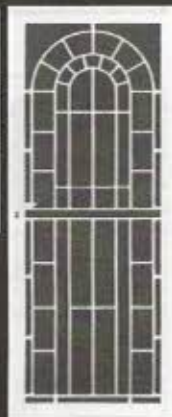
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## We are what we eat

David Dale's book 100 Things everyone needs to know about Australia published in 1996 included a chapter titled 'The Way We Eat'. This was, to quote, 'a short history of the race from roasts to ravioli'.

He acknowledges that the Aborigines ate sparsely but well, having developed eating patterns in harmony with locally available plants, animals and seafood. When the English arrived they ignored these local resources and relied on imported rations.

'Gradually, these were supplemented by European crops and animals that could be cultivated here. Good eating meant lots of beef or mutton, washed down with tea or rum!'

Chinese restaurants opened in country towns and suburbs across Australia during the late 19th century following the gold rush of the 1850s. Exotic dishes such as sweet and sour pork, chicken and almonds were here to stay. At home, most Australians continued to eat 'meat and three veg.'. Anyone who grew up during the thirties and forties will remember Sunday roasts, Shepherd's pie, lamb chops, mashed potatoes and tinned peas. An essential item in all kitchens at that time was the dripping tin, topped up every Sunday before making gravy in the baking dish to serve with sliced meat---we ate a lot of fat!

Italian and Greek migrants brought change to our diets with the introduction of olive oil, garlic, capsicum, eggplant, zucchini and many varieties of tomatoes. Shepherd's pie gave way to spaghetti bolognese. By the mid-sixties our taste for French food developed. (Oh for a French Wife!)

Everything was cooked in butter and served with cream sauces. As recently as 1995 I heard Guillaume Brahini, now executive chef at the Bennelong, say during a cooking class 'you must not be frightened of the 'beurre'. You should taste his Paris mash - it's made with almost as much butter as potato.

During the eighties and nineties we have been introduced to culinary delights from almost every country in the world. We have slowly learnt to cook with polyunsaturated oils and non-stick pans. We have discovered the great taste of dry-roasted vegetables and grilled meat and fish. Healthy eating simply means substituting low-fat ingredients for high fat content foods in our diets. A balance is then easy to achieve by adding lots of fresh fruit and vegetables and nutritious carbohydrates. Potatoes, pasta, rice and wholemeal bread help to satisfy hunger and meet our energy needs. It is then just a matter of learning to understand how much carbohydrate is required in a balanced diet. Women's Weekly Low Fat and Healthy Heart cookbooks provide advice which encourages enjoyable eating using simple recipes.

I have developed a recipe based on one included in their low fat collection.

### CHICKEN CACCIATORE

Heat a large non-stick pan coated with cooking-oil spray.

Add 1.5 kg skinless thigh fillets, one chopped onion, two cloves crushed garlic a stick chopped celery and a few slices red capsicum.

Toss with a wooden spatula until lightly browned

Add ½ tsp dried oregano, ½ cup red lentils, 1 tbsp tomato paste, 1 can (400g) tomatoes and 500 ml chicken stock.

Simmer, covered, for 40 mins.



Before serving, stir in ½ cup seeded olives, 1tbsp capers and 2tbsp parsley.

**Solar Springs** has produced a recipe collection which incorporates their philosophy on food and encourages healthy eating. Chef, Wayne Fraser, has contributed a recipe to 'Shared Table' using pears, which will be in season all through winter.

### POACHED CINNAMON PEARS with CREME ANGLAISE

6 green pears (firm), 2 litres water, 500g white sugar, 3 tsp ground cinnamon

Peel pears. Bring water sugar and cinnamon mix to the boil. Place pears into the syrup and simmer for 10 minutes. Turn off heat and let stand.

### CREME ANGLAISE RECIPE:

600 ml Shape milk or skim milk, 5 egg yolks, 90g castor sugar, Vanilla essence.

Heat milk with vanilla in a pot until warm. Cream egg yolks and sugar in a bowl.

Pour half the warm milk into the creamed eggs and sugar. Mix well, then pour egg and milk mix back into the pot. Stir constantly over a very low heat until the mixture thickens. Custard made with low fat milk is delicious served with all varieties of poached fruit.

One of my favourites is made using peach halves poached in a syrup with vanilla and star anise. Topped with passionfruit it is a refreshing summer dessert.

Hoping I'll meet you on your early morning walks achieving your 10,000 steps per day and looking great on your fat reduced diet!

Pam Davies



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## 10,000 steps - every step counts

Current research suggests that significant health benefits can be obtained by including a moderate amount of physical activity (eg. 30 min. of brisk walking) on most if not all days of the week.

People of all ages can enjoy walking and it's possible to reach a goal of 10,000 steps by accumulating activity during the day. Walking doesn't have to be done all at once. By adding small bursts of activity (eg. 10 min. at a time) to your 30 min. walk it is possible to meet the suggested quota.

'10,000 steps!' you cry - 'and everyday?' - I don't think so!

You may be surprised if you clip on a pedometer and begin counting your way to improved health and well-being.

For information about programs available in the Wingecarribee Shire ask your General Practitioner. You will need a referral.

Wingecarribee Shire Health Service will supply information about HEAL a Healthy Eating and Exercise program. Phone Liz Cant or Cadi Woods - 4861 8000.

Pedometers are available at sports stores and electronic retailers

Diabetes Australia sells pedometers at week-end markets in the Southern Highlands.

There was an Old Lady whose referral  
To an exercise program in Bowral  
Where the experts decreed  
The exercise she'd need  
Would be Ten Thousand steps - WALKING - in total

She clipped on a tiny Pedometer  
Which counted each step - (not kilometre)  
She walked - oh! she walked  
And nothing could baulk  
From her goal of 10,000 steps- (not kilometres)

"I've done it" she said "and it's not a hard task"  
"They said 10,000 and that's ALL they ask"  
But the experts agreed  
Their rule should she heed  
It's 10,000 DAILY - 4 times a week - "BLAST!"

ANON

## we will remember them...

## anzac day 2003



Wet morning but very well attended march and a packed Soldiers' Memorial Hall for the service.

### Our Flag

*Our flag bears the stars that blaze at night  
In our southern sky of blue  
And the little old flag in the corner  
That's part of our heritage too.*

*It's for the English, the Scots and the Irish  
Who were sent to the ends of the earth  
The rogues and schemers, the doers and dreamers  
Who gave modern Australia birth.*

*And you who are shouting to change it  
You don't seem to understand  
It's the flag of our law and our language  
Not the flag of a faraway land.*

*There are plenty of people who'll tell you  
How when Europe was plunged into night  
That little old flag in the corner  
Was their symbol of freedom and light.*

*It doesn't mean we owe allegiance  
To a forgotten Imperial dream  
We've the stars to show where we're going  
And the old flag to show where we've been.*

By an unknown soldier



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## every cook's herbal medicine

by Trisha Arbib, Bundanoon Village Nursery

I'm a keen cook and do a lot of reading about culinary herbs, both to inspire my cooking and also to help customers to our nursery. I have no medical knowledge. We often hear of obscure 'medicinal herbs'. What I've found interesting is that many cooking herbs are reputed to be helpful in ameliorating ailments. These include everyday herbs such as basil, dill, fennel, French tarragon, mints, rosemary, horseradish sage, garlic and parsley. They can act as antiseptics, as soothers, as tonics and much more.

If you are interested, I recommend that you do some research, starting with the suggested reading below. It must be recognised that in this area nothing is straightforward, and that whilst the information in different books overlaps, books do not all say the same thing. For any persistent or serious illness it is of course wise to visit a doctor or other health professional.

Reading about herbs, whether their culinary or medicinal uses, their use in cosmetics or as dye plants, opens us to a fascinating array of mythology and history, folklore and magic - stories that often have a bearing on the herb's properties. Rosemary for instance is traditionally given for remembrance, as on Anzac Day. In ancient Greece it was thought to strengthen the brain and memory, and Greek scholars once wore garlands of it whilst sitting for exams. Rosemary tea is now reputed to be useful for headaches and as a tonic.

Similarly, garlic was the main ingredient in Four Thieves Vinegar, a mixture used in 1722 in Marseille by thieves who robbed the bodies of plague victims and reputedly never caught the plague. Garlic is now recognised scientifically for its antiseptic properties.

Sage is commonly used to flavour rich fatty foods like pork, duck and eel. It's more than likely to have something to do with its digestive properties.

Many herbs can be grown at home and used fresh or dried, others are



Common Garlic (1 natural size).

available in teabags or on the herbs and spices shelves, or can be found loose at health food shops.

The actual mechanics of using the cook's herbs are simple. Most remedies involve making a herb tea. To do this just add boiling water to a handful or so of fresh herbs, slightly crushed in your hand, in a small teapot.

Leave to infuse for about 10 minutes. Use fewer herbs if they are dried. You can add honey, but milk is not normally used with herbal teas.

Some remedies call for a lotion for applying to the skin or a rinse for the hair. These are often just a cooled herb tea applied externally. Sometimes an infusion is called for - this is a herb steeped for some time in a liquid - it could be alcohol, oil, vinegar, or water. A decoction is a herb, usually a hard part like the bark or root, boiled in water for a long time.

The potency of a herb varies considerably from plant to plant, depending on climate, soil and season, so it is not possible to give exact measurements. The average intake of herbal teas according to Australian herb writer Penny Woodward should be one cup, three times a day. Herbal remedies usually work slowly, so do not expect results immediately.

### SUGGESTED READING

Mrs M. Grieve, *A Modern Herbal*, first published in 1931, Tiger Books International, 1994

Penny Woodward, *An Australian Herbal*, Hyland House Publishing, 1986

Penny Woodward, *Garlic and Friends*, Hyland House Publishing, 1996

Claire Loewenfeld and Philippa Back, *The Complete Book of Herbs and Spices*, A.H. & A.W. Reed, 1974

Roger Phillips and Nicky Foy, *The Random House Book of Herbs*, Random House, 1990

Reader's Digest, *Magic and Medicine of Plants*, Reader's Digest, 1994

## health

## bowen therapy

"Quote me! It's amazing, amazing, amazing!"

Sharon, Lecturer in Law.

These are the words of the mother I asked to take the photo for this article. She had turned to Bowen Therapy after her son was diagnosed with ADD (Attention Deficit Disorder). She says it has been truly amazing how much calmer he is, so much more at ease with himself and his family. In children, bed-wetting and asthma also respond very well to Bowen treatment.

A Bowen treatment involves very gentle moves with the fingers across precise positions on muscles and tendons. These light movements initiate remarkable results by releasing tension and activating the body's own ability to heal itself. This is not limited to the presenting physical symptom but extends to emotional and mental aspects of the individual concerned.

The person being treated experiences a profound release of tension and a deepening sense of peace, usually accompanied by reduced pain as their body responds to the moves.

In babies, Bowen is used successfully to treat colic and general unsettledness. This practice is so widely recognised that many doctors and the Western District Lactation specialists recommend it as an effective treatment.



In adults, some of the conditions which Bowen addresses are migraines, back and neck pain, sciatica, stress and tension, menstrual and menopausal difficulties, RSI and Chronic Fatigue Syndrome.

The Bowen Technique was developed by the late Tom Bowen in Geelong, Australia. He became a celebrated therapist regularly treating over 13,000 patients a year. In 1974

he invited Oswald and Elaine Rentsch to study with him and document his work. In 1986, the technique began to be taught on several continents.

The Bowen Therapy Academy of Australia was formed in 1987 and today its primary purpose is ensuring that Bowen is taught in its original form. In this short time, Bowen Therapy has spread worldwide with more than 10,000 therapists practising today.

Oswald Rentsch recently explained that a Bowen Treatment "can help people emotionally and psychologically... enabling them to cope better with any situation, to feel centred, with control and lack of fear."

Rae Roberts



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## garden club

After three years of dedicated effort as president of the Bundanoon Garden Club, Norma Waldon has stepped down from this role. Being the kind of person she is, Norma has not retired to enjoy her beautiful garden but has taken on the demanding role of Zone Coordinator for the Garden Clubs of Australia. In this position she has responsibility for all garden clubs in the area from Goulburn to Camden. We wish Norma well in this role and thank her for all she did for the Bundanoon Garden Club. During her time as president, the club outgrew two venues and saw membership grow threefold.



Marina Beaumont was elected as the new president at the Annual General Meeting in March. A committee comprising some of the past committee and some new faces supports her. The committee is:

President - Marina Beaumont

Vice Presidents - Lucy Rocca, Marianne Ward.

Secretary - Neville Sully

Treasurer - Karen Henry

Committee: Marian Talintyre, Elizabeth Ashdowne, Dianne Bargon, Ted Angel, Alan Cowley and Ned Ward.

The meetings continue to be well attended with some interesting guests planned for this year.

Our library, featuring a wide range of books and videos on all aspects of gardening, is financed from money earned from the sale of goods on the trade table. Plants from members' gardens are assured of success, being suited to our climate.

Each month, three members of the club open their gardens for friendship visits. This is an ideal opportunity to visit other gardens and discuss all aspects of the garden with the owners. Friendship visits are restricted to members of the Bundanoon Garden Club and are held on the Saturday following each monthly meeting. Open gardens will be announced at each meeting.

Bundanoon Garden Club meets on the first Thursday of each month at 9.30am in the Memorial Hall. New members are most welcome. Membership is \$5 per year and \$1 per meeting.

Neville Sully, Secretary 4883 7191

## waratah slimmers

The number of members attending regularly has reduced to seven - most of them have been coming for years and realise that joining with others who have the same goal i.e. to lose weight sensibly and KEEP IT OFF, is possibly the best way to achieve that.

We need new members - anyone who would like to join, come along to the CWA Rooms in Railway Parade on Tuesday mornings at nine o'clock. The contact person is Kath Jay 4883 6418.

Weight loss competitions are a big feature of our meetings.

Our NSW parent body also runs competitions that involve all members in the 27 affiliated clubs throughout the State.

Fees are moderate viz. \$6 to join, \$3 weekly .. if absent the most a member pays is \$6. We chat about our problems, swap ideas and enjoy a food tasting. And would you believe our scales weigh to an accuracy of 25g?

The only thing you have to lose is that excess weight. You'll be most welcome!

Kath Hogg

## friends of morton national park

At Brigadoon this year, the National Parks and Wildlife Service allowed us to set up our stall beside their caravan, as insurance costs made it impossible for us to operate independently.

Our merchandise was popular, but the big drawback was the raffle for the splendidly handcrafted 'Scottie Dog and Pups'. Sales were continuous allowing little respite for the ticket sellers. The winner, Mrs R Thorpe of Goulburn, was delighted to take delivery of this sought-after prize. Thanks to all who supported us and particularly to Lesley Niyogi whose skills produced this unique work.

It is with sadness that we record the passing on 25 March of Ray Pryor, one of 'Friends' foremost supporters and benefactors. It was only since Ray entered Linkside Nursing Home last year that my wife and I came to know him personally, confirming him to be what others already knew - a courteous gentleman, considerate of others and a good conversationalist. The packed Uniting Church service and the affectionate eulogies gave us further insight into a man for whom the whole community obviously had much respect. In memory of Ray's life and work with the FMNP, it is planned in conjunction with the NPWS, to install in his honour a seat with a commemorative plaque at Bonnie View - arguably the finest vista in the Park.

Our activities continue, with track maintenance and other associated work - assisting the NPWS in the Bundanoon section of Morton National Park. Meeting on the 2nd Wednesday and 4th Saturday of each month, we endeavour to maintain and monitor our sector of this large Park - both for the safe enjoyment of the local residents and visitors, and also to preserve the flora, fauna and landscape as a treasured natural heritage. With the insidious destruction of our irreplaceable bushland (and for that matter, prime farmland) in our corner of the country, it is of the utmost importance and urgency to ensure the continued viability and survival of our natural environment.

The alarming implications contained in the recent Federal Government's National Land and Water Resources report must surely make any thinking person extremely anxious for our present situation let alone the future. Tasteless and insensitive 'development' blighting the landscape will also ultimately ruin the very charm and qualities which make the Southern Highlands so attractive in the first place and put at grave risk the integrity of the ecosystem. We are all justly proud of our beautiful National Park, and 'Friends' aim is to keep it thus.

Enquiries for membership are always welcome.

Please contact Hon Secretary, PO Box 225, Bundanoon 2578.

Alan Hyman

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## CWA report - first impression

Over a year has passed since arriving in Bundanoon - city clothes and city thinking have slowly disappeared. Apart from the Tennis Club, the CWA is my first venture into community involvement and I have found it very welcoming. As far back as I can remember, having a country and city background, I have wanted to belong to the CWA, doing what they do, but not really knowing what they do - except scones and tea and the Royal Easter Show! Now, having read the history of CWA I am more informed: women coming together with a common aim to support various charities for country women and children. Members learn new things from interesting speakers and from each other and go away with new heart. The more varied the membership, the greater strength we have in our organisation. I am really enjoying time spent in the CWA. It is interesting to know that we have a sister branch west of Parkes, NSW, called Bogan Gate (yes, it is on the map), about which I will find out more as time goes by.

### MARCH EVENTS:

Morning tea on Market Day - 50 visitors from Canberra.  
*'The Land'* - CWA Cooking and Handicrafts Day: Group winners going on to Kangaroo Valley and then State levels. Four section winners in Cakes, Relish, Handicrafts and Poetry.

MS Bike Ride: CWA helped with catering for 1500 riders and 300 support-staff.

Lunch in Exeter Park with members of Exeter Branch.

Brigadoon - CWA morning tea street stall and lunch CWA rooms.

As you can see, life is definitely varied, busy and never boring. To Joyce, my best wishes to her for a happy life in Narrandera. I will do my best to continue her good work.

Margaret Davies - Publicity Officer



## fun and friendship for the over 50's

Each Wednesday in the Uniting Church Hall in Bundanoon, a bunch of seniors get together for a social gathering and a variety of activities. The day may include bingo and barbecues, craft and cooking, movies and music and, of course, fun and friends.



There is a program set down for the year to provide lots of variety and includes a monthly outing. So far this year, the group has celebrated St Valentine's Day, Pancake Day, played bingo, had a picnic in the park and been on outings to the Seniors' Concert and Wirrimbirra Nature Reserve. Sylvia and Helen are the coordinators of the group and their bright and bubbly personalities contribute to the enjoyment of the day. Transport is not a problem. We have a bus that picks you up and delivers you home again at the end of the day. Morning tea and lunch are provided and the cost of \$7 covers everything for the day.

Not only do we provide the opportunity for social contact for seniors, but also a chance for carers to have a much-needed break.

The group is organised by Wingecarribee Adult Day Care Centres which is based in Bowral but runs similar groups throughout the Highlands.

For more details, please contact Lee or Rita on 4862 1774.

We'd love to see you there!

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## bundanoon history group

At the Annual General Meeting of the Group the members elected the following officers for the ensuing year:

President - Bruce Marsh

Vice Presidents - Lucy Rocca and Cora Frost

Secretary - Neville Sully

Treasurer - Norma Waldon

Archivist - Alec Cameron

With the assistance of a grant from Wingecarribee Shire Council, an updated edition of 'From Jordan's Crossing to Bundanoon' was printed. Copies of this new publication are priced at \$17 and can be purchased from the Old Goods Shed Museum on the first Sunday of each month and at the Bundanoon Newsagency and the Good Yarn.

The Old Goods Shed, Bundanoon's historical museum, is open to the public on the first Sunday of each month from 10am to 3pm. The display, under the care of our Archivist, Alec Cameron, is changed frequently to show off the vast store of historical items held in the archives. Entry is free and qualified members of the Bundanoon Historical Group are on hand to answer questions.

Membership of the Bundanoon History Group is \$5.50 per year and these funds are used to further our research into the town's history. The support of the people of Bundanoon by taking out membership enables the group to continue its work.

Meetings of the group are held in the old Goods Shed on the first Monday of each month commencing at 10.30am. New members will be made most welcome.

Further information from: Neville Sully, Secretary 4883 7191



## youth centre

The month of March saw the Youth Centre move from its location in Railway Avenue to the old Scout Hall in Phillip Street. Instead of five smaller rooms we now have two larger rooms which allows for better socialising on Friday nights.

If you have younger teenagers who want to go out where would you want them to go? Bundanoon Youth Centre offers a safe environment for youth.

When the words 'Youth Centre' are mentioned I am sure that many different images are conjured up in people's minds. We have your average teenagers attending the Centre. What is average? We have youth from Years 7 to 12 who are all very different. Some have very busy lives and others not so busy. Some do well at school; some do not. Some are very sports orientated and others are not. However, all the youth who attend are people of value who have much to contribute to our community simply by being a part of it.

Friday night we operate as a Drop-In Centre. A Drop-In Centre is a place where teenagers can stay for as little or long as they want while we are open. However, if a teenager leaves the Centre we are not responsible for them and any teenagers who loiter around outside the Youth Centre are asked to leave. Friday night is basically a hang-out night for teenagers in a safe environment where they can play pool, watch a video, be challenged by the computer games or try their skill on the pin ball machine. We have a sound system where one can listen to the radio or play CDs or tapes. Occasionally we have pool competitions or other organised activities.

The rules of our Centre are:-

- \* Respect others and their belongings
- \* No mocking and putting others down
- \* No fighting of any type
- \* No smoking in Centre
- \* No swearing
- \* No spitting

\* Anyone suspected of being under the influence of any substance will be asked to leave the premises immediately and may face further consequences.

The adults who supervise the Centre are all people who are not prohibited persons under the Child Protection Act. The Centre is also a place that is drug and alcohol free.

The opening hours of the Centre are:-

Friday 6.30 to 9.30pm where we operate as a Drop-In Centre for Years 7 to 12

Sunday 3.30 to 5.30 pm Youth Group (activities, Christian study) for Years 6 to 12

On April 4 Bundanoon Youth Centre in conjunction with Loseby Park Youth Centre at Bowral organised 'Bundy Rocks' at Bundanoon Memorial Hall to begin National Youth Week in the Southern Highlands. Youth aged 12 to 18 were invited to attend. We had three local bands playing for about three hours. The night began with Headway a band out of Moss Vale High followed by Quadrayne and then Frog Hollow. About 60 teenagers attended the night. For some of the youth it was their first live concert and they had a good time.

In May the youth once again will have an opportunity to be involved in the World Vision 40 Hour Famine. Money raised this year goes to the people in the drought declared area of Afar, Ethiopia. These people will be provided with emergency food relief and seeds, tools and training so families can become self-sufficient.

Lyndall Nurse - Centre Coordinator

## morgan hitchcock



Bundanoon's Morgan Hitchcock was one of thirty students who were honoured to represent NSW at the recent National Schools' Constitutional Convention held in Old Parliament House Canberra. They debated "Writing In Rights - Is the time right for an Australian Bill of Rights?" After three days the 120 delegates had produced a six-page communiqué that was presented to the Senate for them to debate and hopefully take note of some of the suggestions.

It was an opportunity for him to meet students from all over Australia. "Those from Tasmania surprisingly still enjoy the 'six-finger' jokes after all these years" he said.

He met some Federal politicians to add to his 'mates' from State Parliament who he was introduced to while on work experience week with Peta Seaton. Tony Abbott admitted to Morgan that the decision to go to war with Iraq was "...bloody hard...mate" and the Governor-General was the only person he met who had any idea of where Moss Vale was. Should we be surprised?

## glow worm glen track committee

A Committee of Wingecarribee Shire Council.  
PO BOX 298 BUNDANOON 2578

Autumn has been a pleasant relief from the relentless dry of summer, seedlings that sat dormant or barely hung on, seemed to burst out with amazing vigour once the rains finally

came. Released from our summer watering duties, we were now concentrating on removing the equally vigorous weed regrowth that burst forth.

Much like the Sydney Harbour Bridge our track seems to require work starting at one end going towards the other, then starting again. As we come toward completing the weeding of the steps this winter we will need to go back to the other end and go over previously weeded bush.

We have sought quotes for the reconstruction of the steps at the top of William Street which will need considerable expense to repair, and hope to obtain a grant for this purpose. We have recently planted some seedlings at the lower end of the steps using rainforest species common in the area. The weather has been helpful and watering has proven unnecessary so far. The adjoining subdivision is nearing completion, little disturbance to the track has occurred so far, apart from some work with boring for underground power. We still need to resolve the question of the type of fencing to be used bordering the estate, and its visual effect on the dry stone wall on the upper section of track.

Council's bush regenerators have done more weeding at the entrance to the track and more planting will be required once the alignment for the steps is resolved. We would be happy to have help with trackwork every second Sunday of the month from 9 till 12

Contact John Dorman on 4883 6296 for details.

Jim Clark



# Crossword and towns word puzzle

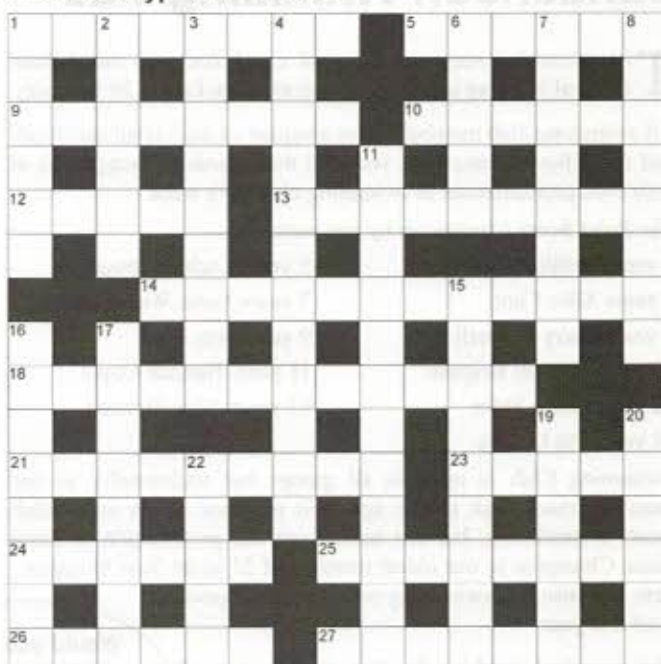
From the clues provided can you name the following New South Wales towns?

1. A fodder town
2. A fruit town
3. A small fruit town
4. A boot town
5. A rabbit town
6. A gambling town
7. One man short in a cricket team
8. Poison waterhole
9. Prison on fire
10. The bad flu town
11. Males in a Scottish river
12. Cooked for afternoon tea
13. A fresh fortress
14. Adam lived there
15. Russian Tsar and his gardening tool
16. Electric storm on high ground

Haven't these people got better things to do?



## The JCG Cryptic Crossword



### ACROSS

1. Before it was 18 across, it was this. (3,5)
5. Detect a small open truck (4,2)
9. Prescribed course of PE will, over time, organise (us) into a group (8)
10. Not playing away (2,4)
12. Our Bruce has lost his head over this furry water creature (9)
13. The doctor, not the fruiterer (9)
14. Begins pourin' but doesn't end pouring (9)
18. Re-organise gross plan, sir, for a retreat locally. (5,7)
21. Muddled Ken's up to nothing, Frank (9)
23. Sundry item in the scorebook (5)
24. Shirt 'e thought wasn't ours (5)
25. Let divan move to be capable of displacing two hydrogen atoms (8)
26. "Con unravelled" Dee Dee lied(6)
27. Steel pad formed into base for the statue (8)

### DOWN

1. Extreme fear of a mistake after a short time (6)
2. Number is important with its top off (6)
3. Above the line in a vulgar fraction (9)
4. Exhort him to catch extra freshwater fish. (4,4,4)
6. Start the psalm without it (5)
7. Makes King Conk sound like a problem under the bonnet (8)
8. Highlands Real Estate might find that a quiet rental is satisfying. (8)
11. Morgan Hitchcock is of the opinion that there are few answers emanating from this in Canberra (8,4)
15. Greg is between a rock and.....a concrete constituent. (9)
16. Mixed donkey snorted and lost its direction(8)
17. F is for apartment or fish. (7)
19. Philip is one in Bundanoon (6)
20. Mixed staple colour to delicate hue (6)
22. Replied "imminent danger" when confused after losing editor (5)

CROSSWORD SOLUTION See page 40

### ANSWERS to TOWN QUIZ

1. Hay, 2. Orange, 3. Berry, 4. Wellington, 5. Warren, 6. Casino, 7. Tentfield, 8. Crookwell, 9. Goulburn, 10. Colles Harbour, 11. Menindee, 12. Scone, 13. Newcastle, 14. Eden, 15. Ivanhoe, 16. Lightning Ridge

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# sport

## bundanoon swimming club

The swimming season at the pool concluded with our Annual General Meeting and presentation night on Friday 26 February.

All swimming club members were awarded an individual certificate and the following members received the awards in recognition of their own performances at swimming club each week.

The Point Score Champions by age were:

4 years Natalie Wanczura	5 years Lachlan Broad
6 years Alice Cant	7 years Justin Wanczura
8 years Harry Brignall	9 years Ben Cant
10 years Samuel Brignall	11 years Hannah Coyle
12 years Jessie Tyler	13 years Alice Dowton.
14 years Pia Lenane	

Swimming Club is open to all groups but traditionally as our members reach high school age their presence at our swim club meets is much less, but this season saw the presentation of Point Score Champion to our oldest member of 21 years Sam Meggers - Sam was also our swimming coach at Bundanoon Pool this year.

The perpetual trophies for 'the most improved' swimmers were awarded to:

Junior Girl - Angela Perkins	Junior Boy - Justin Wanczura
Senior Girl - Laura Coyle	Senior Boy - Ashley Home

This year swimming club sponsored the Encouragement Awards and trophies were presented to the following members because of their individual effort at each swim meet; Jessica Bromfield, Samuel Brignall, Jordan Home and Craig Horne. The next swimming club season should commence in October 2003 - for any further enquiries contact Margret Brignall on 4883 6757.

## sporting club contacts:

Sport Club/Group	Contact Person	Telephone
Bowls(Men)	Ron Angel	48836150
Bowls(Women)	Roslyn Hippiisley	48836787
Cricket	Mick Storton	48836680
Croquet	Dick Topham	48836721
Hockey	Elaine Angel	48836353
Pony Club	Kate Coyle	48837334
Soccer	Liz Norrie	48836421
Swimming	Margret Brignall	48836757
Table Tennis	Andrew Nosworthy	48837166
Tennis	Cameron Reid	48837074
	or Michelle Kelly	48836925

## classifieds

### WANTED: Land in Bundanoon

Active, older local couple are looking for a small block of land within 1km of shops in Bundanoon. Will pay cash for the right block about 800sq metres.

Contact: Gina & Hans

Ph: 4884 4263 or Fax: 4884 4522

The JCS Cryptic Crossword Solution - June 2003



## showtime at pony club

Sixty registered riders enjoyed a fine day of equestrian competition at our gymkhana on 13 April. The program was designed by club officials Angela Moodie, Leonore Waugh with help from Amanda Byrne and included a car boot sale that saw some of us take home more than we brought to sell. One long-time Pony Club Mum was heard to mutter "if the 1st prize for the raffle is a pony, I'm not buying any tickets". The 'Gourmet Food Hamper' was won by David Hayman from the Bundanoon Bakery.

This year the focus was on the 'Rider and Pony Club Mount' events with the winners of these classes riding against one another in age groups for Champion and Supreme Champion. Results are as follows:-

Rider & Pony Club Mount Purple Sash - Kate Rogers & 'Jazz' of MVPC
Under 11 years Champion - Paris Rodwell of Berrima DPC
Reserve Champion - Georgie Beresford of Berrima DPC
11 & under 13 yrs Champion - Kate Rogers of MVPC
Reserve Champion - Nellie Evans of Berrima DPC
13 & under 17 yrs Champion - Julia Caton of The Oaks PC
Reserve Champion - Anna Moodie of Bundanoon PC
Beginners' Point Score Champion - Brittany Burgess of Berrima DPC

Special thanks to our sponsors and judges: Cupid's Confectionery of Goulburn, Annie Baillieu from Moss Vale Travel, Peter Rocca from Peter Rocca Real Estate and Lyn and Rod Johnson from Highland Provender Mill. Rod was also our announcer and very kindly lent us his PA system. Rod is a professional musician and, when not running his business, is used to holding a microphone. All the results were heard loud and clear. Judges Toni Abela, Amanda Leggett, Sally McClaren-Price and Shareen Sciller deserve special thanks.

Bundanoon Pony Club is well known for its keen cooks and bakers. Tina Rocca and her team of Julie Davies and Carol Halstead were responsible for all the good things we had to eat, and Ken Halstead, after many

hours on the Brigadoon Barbecue for Exeter School, donned the apron once more for Bundanoon Pony Club. The best buns in the business are Ken's - that's the egg and bacon buns, of course!

The Autumn Gymkhana is but one event on a very busy Pony Club calendar. The next big outing for the Club is a One-Day-Event held at Berrima and District Pony Club where riders will be expected to perform with precision and control in dressage, jump brightly coloured show jumps and then tackle the Cross Country course, complete with water jump! Small wonder that a successful Pony Club mount has to be a talented all-rounder, with heaps of stamina and enough patience for a saint. Pretty much the same can be said of the typical Pony Club parent!

Bundanoon Pony Club has 23 enrolled riders with a great bunch of parents, who maintain a high level of professionalism. We welcome new members, so if you have a pony in the paddock who enjoys a fun day out, call Carol Halstead 4884 6662, or come and watch a Rally Day in full swing on the first Sunday of every month at our Pony Club Grounds in Quarry Road, opposite the soccer field.

Kate Coyle

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## holy trinity church

Our Ladies' Guild again excelled themselves at Brigadoon, raising considerable funds to be used for church projects. The highlight of their effort, as in previous years, is selling the home made meringues and caramel sauce topped with ice cream and cream. This indulgence has been popular with visitors to Brigadoon for many years, and is evidenced by the number of return purchasers each year. In addition, the stall features craft items as well as jams and sauces, all made by the members of the Guild. The church is indebted to this band of workers who, through their efforts provide valuable funds to continue the work of the church in Bundanoon.

On Saturday 29 March the church was again filled with beautiful sounds as Dr Allan Beavis demonstrated the full effect of the new organ. He played a wide repertoire of music from a number of composers to demonstrate the full capability of the organ. His work was supported and enhanced by The Bundanoon Voices who added much to the enjoyment of the performance. The capacity audience appreciated the opportunity to hear the organ at its best and to again hear the magnificent sound of The Bundanoon Voices. The Youth Group has a new home. They now meet at 5 Phillip Street, Bundanoon, the former home of the Bundanoon Scouts.

It is open on: Friday - 4.15pm to 5.45pm - Girls Meeting God  
(For teenage girls in years 7-12)

6.30pm to 9.30pm - Mixed drop-in centre for years 7-12

Contact for the centre is Lyndall on 4883 6048

Great news for anyone who has been put off attending church services in the colder months, a new gas powered heating system has been installed and a cosy welcome awaits all parishioners.

Services are held each Sunday at:

7.45am a traditional Anglican service with Holy Communion on three Sundays each month.

5.30pm a modern Anglican service. Contact the Rector, David Pratt on 4883 6019.

## Step by Step

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Dorothy **4883 6309**

Louise **4868 3740**

## dr phillip knowles

Earlier this year, Dr Phillip Knowles left Bundanoon after twenty-seven years in general practice, for a new position in Wagga. Dr Knowles' presence in our small town was significant and he will be missed by his patients and by his friends. Apart from his contribution to medicine, and his cheerful willingness to attend to his patients at all hours, Phillip was responsible also for the Bridge to Bridge treeplanting and beautification, under the DEET scheme which employed a number of young men and women unable to get jobs elsewhere. He lobbied too, successfully, for the installation of sewerage in what was then our village, thereby of course improving public health.

We wish Phillip and Jenny good luck and happiness in their life together in Wagga.

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Activity	Contact Name	Phone
A.D.D.	Olwyn Farrar	4861 5399
Amici Italiani (Italian Friends)	Dawn Wilson	4885 1297
Bundanoon District Over 50s Club	Jeanette Shaw	4883 6410
<b>Bundanoon Community Development Association (BCDA)</b>		
President	Danien Beets	4883 7557
Secretary	Ralph Clark	4883 6389
<b>Bundanoon Public School Parents and Citizens (P&amp;C)</b>		
	Barbara Rowett	4883 7203
<b>Bundanoon Voices</b>	Coralie & Michael Flint	4883 6588
<b>Country Women's Association (CWA)</b>		
	Marie Reid	4883 6526
<b>Friends of the Morton National Park</b>		
	Sheila Micholson	4883 6107
	Alan Hyman	4883 7763
<b>Garden Club</b>	Neville Sully	4883 7191
<b>Glow Worm Glen Track Committee</b>		
	John Dorman	4883 6296
<b>History Group</b>	Neville Sully	4883 7191
<b>Lions Club</b>	Shirley Scott (Sec)	4883 6851
<b>Playgroup</b>	Elaine Angel	4883 6353
<b>RSL</b>	Trevor Fenton	4883 6433
<b>Visitors' Group</b>	Karen & John Henry	4883 6643
<b>Waratah Slimmers</b>	Kath Jay	4883 6418
<b>Youth Centre</b>	Lyndall Nurse	4883 6048

## Support & Volunteer Services

<b>Community Health Service</b>	Bowral	4861 8000
<b>Walking Groups</b>	Dennis Lenane	4861 0200
<b>Early Childhood Clinic</b>		4861 1744
<b>Community Health Centre</b>		4861 1744
<b>Carribee Centre (Aged Care)</b>	Lee Robinson	4862 1774
<b>Fire Brigade</b>	Darren Willoughby	4883 6990
<b>Meals on Wheels</b>	R & R Peters	4883 6369
<b>Mobile Library</b>	Moss Vale Library	4868 2479
<b>Ronald Macdonald House Casserole Club</b>	Ross Armfield	4883 4144
<b>Rural Fire Service (RFS)</b>	Alan Fairbrother	4883 6597
<b>RFS Women's Auxiliary</b>	Rosemary Page	4883 6499
<b>RSPCA - Goulburn/Southern Highlands</b>		0412 475 428
<b>WIRES</b>		4862 1788

If any of this information is incorrect, contact Kate Perkins 4883 6422

## BUNDANOON SOLDIERS' MEMORIAL HALL

Hall Hire Rates (GST Inclusive)

<b>Day Hire (5am to 6pm)</b>	Hall only	\$20/hr
	Supper Room only	\$12/hr
	Catering charge	\$15/hr
	Whole building	\$35/hr
	Public address system	\$ 4/hr
<b>Night Hire (6pm to 12am)</b>	Hall only	\$25/hr
	Supper room only	\$15/hr
	Catering charge	\$20/hr
	Whole building	\$50/hr
	Public address system	\$ 4/hr
<b>Late night surcharge (12am - 5 am)</b>	Hall only	\$35/hr
	Supper room only	\$20/hr
	Catering charge	\$20/hr
	Public address system	\$ 4/hr

Discount for local schools, local community groups and regular users 30%.  
(Regular users are those who have used the hall more than four times on a regular weekly, fortnightly or monthly basis).

Contact Gale Pritchett 4883 7195 for Bookings

## CHURCH TIMES

### Anglican Church of Sutton Forest

#### Sunday Services

<b>Holy Trinity, Bundanoon</b>	...	...	7.45 am & 5.30 pm
<b>St Aidan's, Exeter</b>	...	...	9.30 am
<b>St Stephen's, Tallong</b>	...	...	1.30 pm
<b>1st &amp; 3rd Sundays:</b>	...	...	10.00 am
<b>2nd &amp; 4th Sundays:</b>	...	...	11.00 am

### All Saints, Sutton Forest

<b>1st &amp; 3rd Sundays:</b>	...	...	11.00 am
<b>2nd &amp; 4th Sundays:</b>	...	...	2.30 pm

### Uniting Church, Church St, Bundanoon

<b>Sunday</b>	...	...	11.00 am
<b>Thursday</b>	...	...	12.30 pm

### St Brigid's Catholic Church, Hill St, Bundanoon

<b>Sunday</b>	...	...	9.30 am
---------------	-----	-----	---------

### St Paul's Catholic Church, Garrett St, Moss Vale

<b>Vigil Mass Saturday</b>	...	...	6.00 pm
<b>Sunday</b>	...	...	8.00 am

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## with thanks this issue

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Quilting & Crafts	Wingello Quilters	41
Real Estate	Highlands Rural Real Estate	44
Real Estate	Ron Speller - LJ Hooker	2
Real Estate	Bundanoon Real Estate	23
Real Estate	Peter Rocca Real Estate	35
Restaurant	Bundanoon Chinese Restaurant	29
Roofing & Plumbing	Reliable Roofing & Plumbing	31
Sandstone Quarry	Bundanoon Sandstone	13
Service Station	Argyle Street Auto Port	23
Shopping Centre	Campbelltown Mall	35
Sign Writing	Alan Weston Signs	31
Solicitor	Lamond Howard & Associates	20
Supermarket, Hardware & Videos	Bundanoon Supermarket	27
Tipper & Grader Hire	Dean Worner	33
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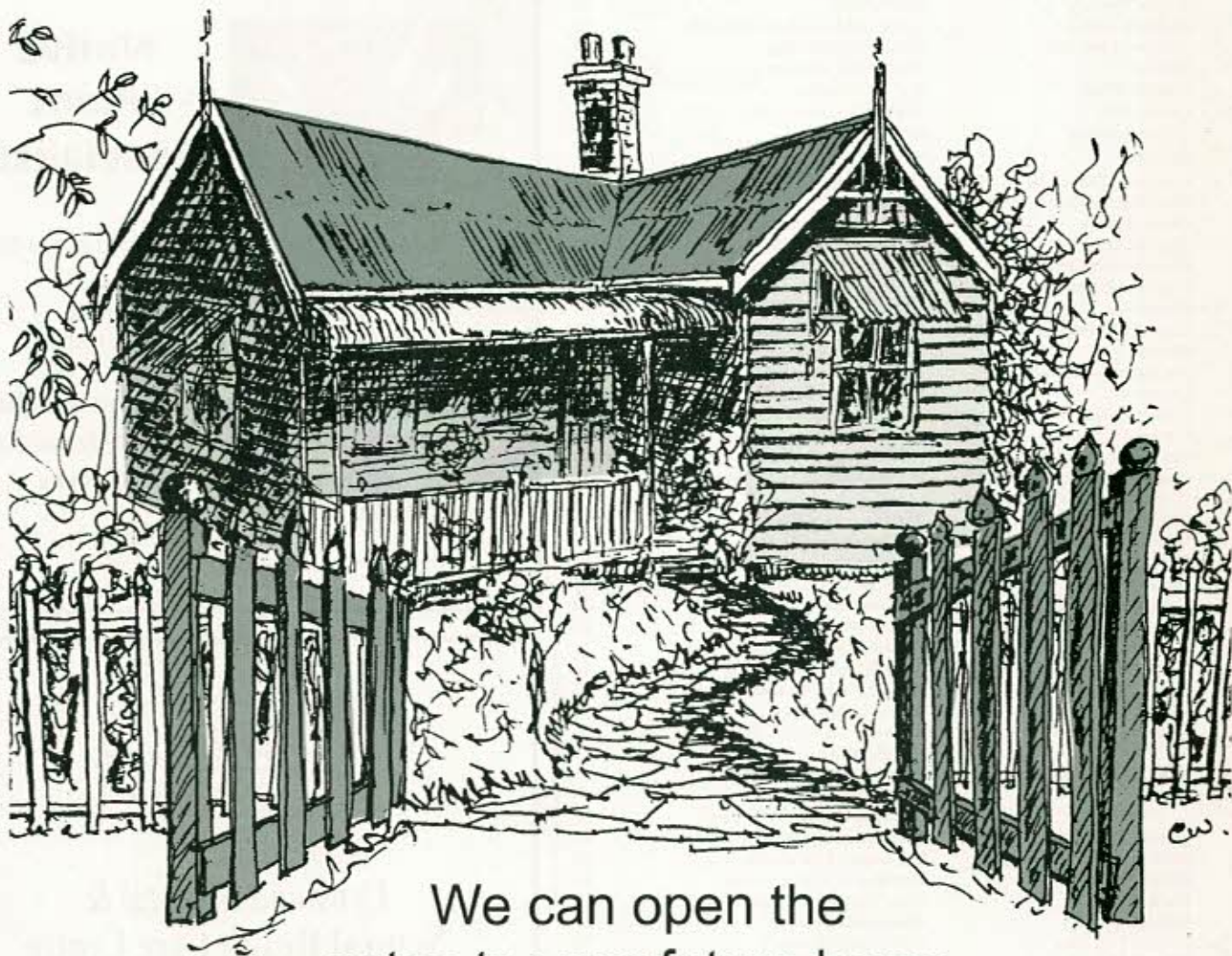




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