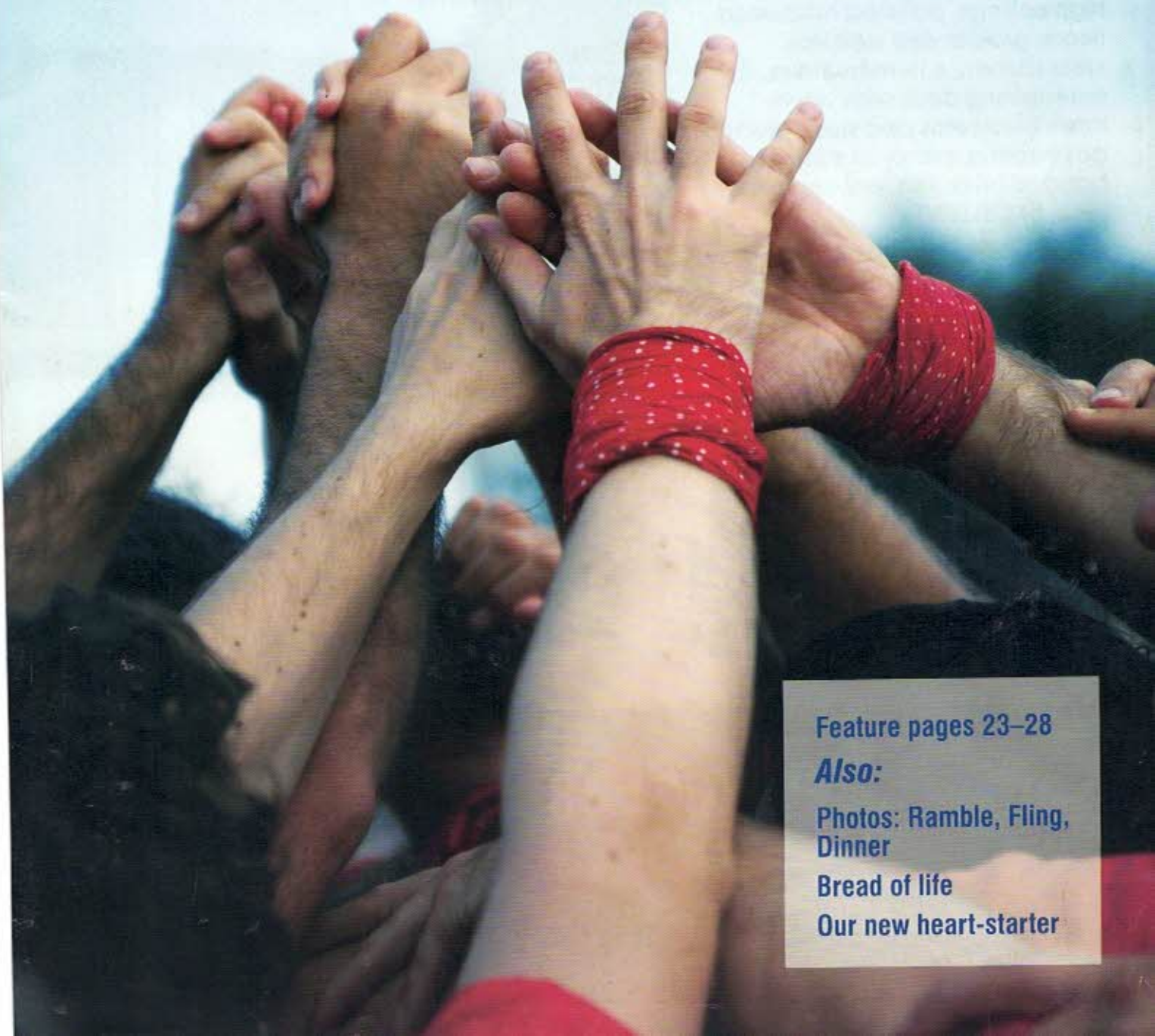


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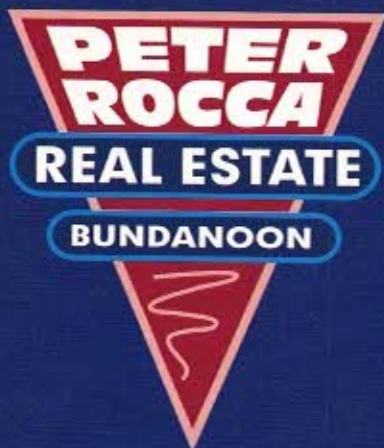
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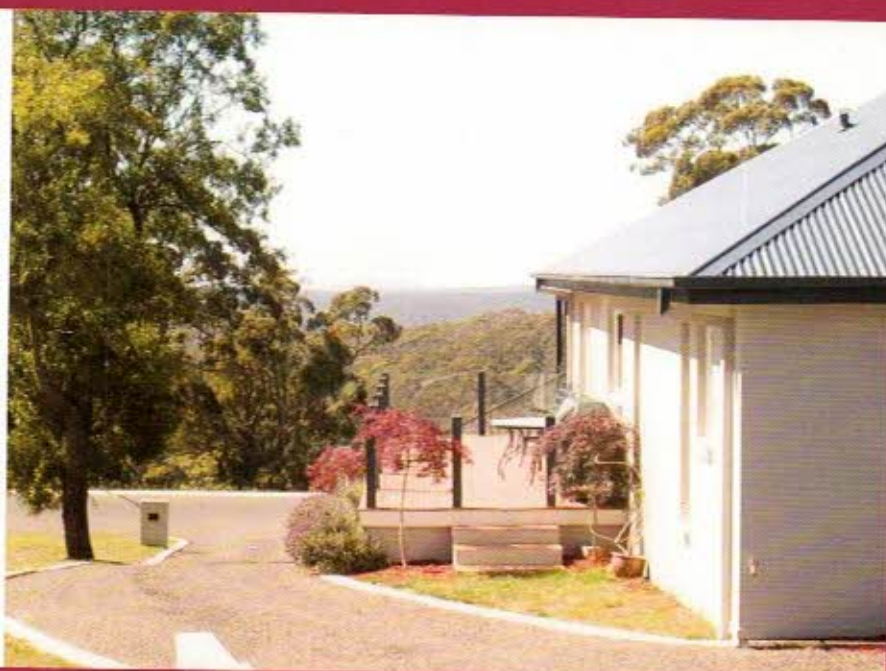
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Warrigal Care - Bundanoon

About the new village:

In the near future, we will commence construction of a new centre. It will be one of Australia's best. We plan for the complex, in Hill Street, Bundanoon, to open in early 2008. Initially, the centre will offer 90 residential High and Low care places to seniors; however we plan to expand to include, Community Care, Respite Care and Day Care services. Following stages of the village will include additional Independent Living Units, a meeting hall and training centre. Expressions of interest for our services are now being taken.

About us:

Warrigal Care is a not-for-profit public benevolent organisation that provides aged care services. Initiated by a Lions Club, our first facility opened in 1968. We came to Bundanoon in 1994. Our charter is to care for older people when they need it and to conduct activities to support that care. Our staff are ably assisted by volunteers and the community.

For more information: Linkside Nursing Home

Old Wingello Road
Bundanoon 2578
Ph: 4883 6066

Administration Centre:

PO Box 435
Albion Park 2527
Ph: 1800651 068

warrigal@warrigal.com.au
www.warrigalcare.org



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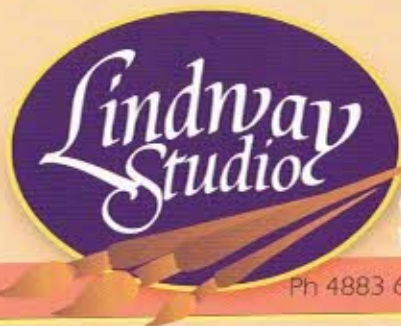
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Editor's notes



Community volunteer groups feature in this issue of our magazine. People involved in these groups are essential to the character of a small town like ours. Bundanoon is still small enough to maintain a spirit of community and we have our long-time residents to thank for that. Part of the attraction of small town life is the ease with which we can feel

settled here. Garden Club is a wonderful example. Not only does it bring together people with a common interest, but its members contribute to the beautification of Bundanoon. Read about their restoration of Nancy Kingsbury Park. The article about CWA reveals why this women's organisation still plays such a significant role in society today.

We have not been able to cover every group in this issue so please don't think we have forgotten them. We always keep you up to date with the sub-groups within BCDA - Rural Fire Service, Brigadoon and the volunteers of The Good Yarn will feature in our next issue. Please contact me if there are still more to be included.

Pam Davies ph 4883 7196 Email inverard@hinet.net.au



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Ben Mawston

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What's on page 45

Deadline for next issue: Friday 26 January 2007

BCDA meetings

Third Thursday each month:
21 Dec 06, 18 Jan, 15 Feb 07
Start 7:30pm in Supper Room at rear of Hall. All welcome.

Hall Hire

To enquire about bookings and rates for the Soldiers' Memorial Hall, please call Kay Pearsall: 4883 6954.

BCDA update

Ralph Clark, President

By the time this message is received we will have considered the new constitution and will offer it for formal adoption at our December meeting. Doesn't sound very exciting, does it?

It is, however, a very important step. The proposal includes a change of name, to more accurately reflect our 21st century objectives. There are also strategies to streamline meetings and administration, while allowing opportunities for all interested persons to contribute to decision making. The association will continue to provide input to Council, Government and other bodies as they affect Bundanoon.

We also intend to continue the policy of recent months of having regular events and social functions and making meetings more attractive. All of this is designed to make the association more relevant to residents of the town. Why not come along on the third Thursday one month and find out for yourself. You will be made most welcome.

A good example was in October, when we hosted a visit from the General Manager of Council, Mike Hyde. This provided an opportunity for those present to ask questions and seek information, which was freely given. A supper for the 80 residents who attended provided an opportunity for informal discussion.

The 2006 Garden Ramble was a great success, so much so that it will become a two-day event next year. A big 'thank-you' to Dale Chalmers and her committee for a tremendous effort.

Enclosed with this copy of jcg is a circular appealing for funds to install security lighting for the recently-repaired Bundanoon sign at the northern end of town. I am sure you will agree that the sandstone signs are a great addition to the town entrance. It is essential that we do everything possible to prevent a repetition of the vandalism which destroyed the original sign. Please support this appeal if you are able to do so.

I trust that you and yours have a happy Christmas and wish you all the best for 2007.

Ralph Clark



Council news

Councillor Jim Clark



Volunteering is alive and well in Wingecarribee Shire, but potential volunteers are often unaware of the variety of work available. If you would like free advice on volunteering options in our shire see the story on Volunteering Wingecarribee on page 10.

Council's new Draft Local Environment Plan, which looks at changes to the land zonings across the shire, was one of the first submitted to the State Government under their new guidelines. Despite this, the public exhibition which allows for community comment, has been delayed by the Government till next year. When it does finally go out for public comment, one of the most contentious issues will be the rezoning of selected council-owned parklands to allow their sale. Details of all areas affected by the proposed sale of public open space, with maps, are listed at: www.wsc.nsw.gov.au/file/2853/File/2006-06-14_CouncilAgendaPart2.pdf

At present the majority of water flowing into Warragamba Dam is being pumped through rivers and creeks in the Highlands from the Shoalhaven. Apart from the damage this causes our waterways it creates large amounts of greenhouse gasses from the electricity used to pump the water up the escarpment. The Sydney Catchment Authority is looking at an additional 30 billion litres of water a year from the Shoalhaven, through the Highlands to Sydney. Further environmental damage will be caused when new pipe or tunnel infrastructure is created to allow these additional flows. The growing urgency for Sydney to be more water efficient and recycle its own water is becoming obvious.

The warmest, driest October on record had locals up in arms about the opening date of Bundanoon Pool. Spring is usually a season of variable weather but this year we had some very hot days. Perhaps there is such a thing as Climate Change! I suggest you make representation to the Pools and Leisure Centre committee chaired by Deputy Mayor Nick Campbell-Jones well before policy is determined for next year's season.

Meanwhile we are assured by this committee that Bundanoon Pool will remain in use after the Leisure Centre is opened.

Jim Clark

0428 213 939

Bundanoon Beat

Snr. Constable Michael Dietz

Southern Highlands News recently ran a cover story highlighting shortages of Police numbers in the Southern Highlands. This shortage has reduced the time I could spend on local matters. I have been required to cover in Bowral, Picton and on occasions, Camden. I'm pleased to report that this situation will improve with new staff appointments to Bowral.

I have received feedback from some local residents that they are unable to catch me at the station. This is because I spend much of my shift out on the road. There is a box for messages outside the station or please use the 'Eaglephone' to leave a phone message with the Bowral station officer.

I have been targeting drivers who fail to stop at the sign on Anzac Parade opposite the Memorial Hall, in response to concerns about the safety of schoolchildren. I have been surprised at the number of drivers who don't stop at this intersection and many

have been issued with Infringement Notices. I warn all drivers to keep this in mind as I will continue to enforce this traffic rule.

Crime in the Bundanoon area has continued to fall with the most noticeable difference being in relation to malicious damage of property. I have been maintaining High Visibility Patrols in the business area of town. However there have been a few Break and Enters occurring in and around Penrose Road. Please assist me by reporting any suspicious persons and behaviour. This is very important as we head into summer. Crime trends show that there is often an increase in crime during the warmer months. People stay out longer at night, and often consume more alcohol so please remain proactive.

The Police Station has undergone a facelift, with funding from the department and some great work by Greg Byrnes and his offsider Mick King of Wisegroup. We are pleased with the greatly improved appearance of the station and residence. I am now able to take up my position as 'Lockup Keeper in Residence'.



Arts Bundanoon

In November two accomplished artists, pianist Adam Cook and vocalist Nina Birkel from Canberra School of Music, made yet another 'Piano at 10' recital a wonderful way to start a Saturday morning. The annual Invitation Gala Concert held 14 October drew music lovers from near and far to hear Duo Corda, the husband and wife combination of Alice Giles, harp and Arnan Wiesel, piano. These internationally renowned musicians performed both familiar and contemporary music.



Alice Giles

Dates to remember:

Christmas concert on Saturday 16 December at 4pm in the Soldiers' Memorial Hall. Program includes performances by Bundanoon Voices and a children's choir from Bundanoon Public School. Tickets \$10, children free, available at Peter Rocca Real Estate.

Sunday 18 February 2007 at 4.00pm **Clair de Lune - Flute and Harp**. Artists in residence at Sydney and Melbourne Botanic Gardens

Australian Brandenburg Orchestra Ensemble 24 March 2007. This will be our annual gala concert for 2007. Further details will be available in the coming months.

If you would like to join our mailing list for performances which are by invitation contact Michael and Coralie Flint 4883 6588.

* * * * *

In a very different style Anton Koritini entertained his audience for over 100 minutes at a concert held in the hall on 28 October. This exciting program included many of his own compositions. His meeting with Jane Martin in London remembered in a ballad, music inspired by a Shelley poem and a musical interpretation of the Rupert Bunny painting *Summertime* were just a few of

the amazing selection we heard. Georgia was given a new place in our minds and his brilliant 'boogie' performance was the highlight of the evening. He was joined onstage by his brother Lex, an accomplished rock singer and guitarist taking a short break from recording in Sydney. Their close relationship was poignantly revealed in Anton's 21st birthday gift to Lex, *Brother of Mine*.

Anton Koritini
Photo courtesy Southern
Highland News



community

Green Team

Bundanoon Town Signs

Our town signs have now been restored and plans are in hand to enhance and protect the one in the Information Bay with night lighting. We hope Bundanoon residents will make a contribution, large or small, to complete the project. A leaflet is enclosed with this issue to facilitate donations.

In completing the signs, we would like to acknowledge the generous support of many local businesses. Stephen and Giselle Jones of Bundanoon Sandstone were enthusiastic about the proposal when it was put to them and kindly agreed to donate materials and craftsmanship to build them. Stephen also contributed to the selection of the design and advised on its size and proportions. Wingecarribee Council was very supportive and assisted with finance for the project.

Many other businesses donated materials and labour and we wish to acknowledge their contributions.

- Bundanoon Sandstone
- Don Turner Earthworks
- Anthony Waugh - Concreter
- Keith Davies - Concreter
- Petersens Garage
- Penrose Country Supplies

Stephen & Giselle Jones
Don Turner
Anthony Waugh
Keith Davies
Chris Petersen
Ian & Fiona Vanderbeek

Due to their generosity we had a surplus of funds which enabled us to erect signs detailing Bundanoon's history in the Information Bay and on the Old Goods Shed.

David Beasley

Know your history

Want to know more about the early days in Bundanoon?

Help is as close as a visit to the Information Bay or headquarters of the History Group at The Old Goods Shed in Picnic Park.

A recent initiative of the Green Team has seen the erection of signs in these locations which tell the story of Bundanoon's development. The History Group provided information with text and photos to establish an informative addition to Bundanoon.

Thanks also to Wingecarribee Shire Council for their very generous support and willing co-operation in the erection of these signs.



You may not be aware that, in addition to the well-known local volunteer groups featured in this issue, there are two notable co-ordinating organisations working for the whole shire.

-Ed

Volwing

Want to become a volunteer? There is a service in the Southern Highlands to help you do just that.

Volunteers Wingecarribee based at Moss Vale exists to put volunteers in touch with local organisations which need help, and there are more than 100 possibilities.

The range of activities is immense - education, disability, land and bush care, arts and craft, history, health, animal welfare, management, tourism, computers, trades, food preparation, sport, bus driving, fundraising, media, financial counselling or working with families, older people or young people.

You can contact the volunteer referral service by calling at Volwing Cottage, 556 Argyle Street, Moss Vale or phoning 4869 4617 between 11 am and 2 pm Monday to Friday to make an appointment to discuss your skills, interests and availability. You will be given several possible volunteer opportunities and the chance to visit organisations of your choice for a look and a chat.

See www.volwing.org.au for a list of volunteer organisations which need your help.

Wingecarribee Community Foundation

A recent Exeter Village Tour led by Linda Emery to raise funds for The Rodmell Fund was held on 19 November. As part of the Wingecarribee Community Foundation (WCF), The Rodmell Fund supports training of local nurses to provide better community services. It was set up by a family specifically for this purpose to commemorate the life of Joyce Rodmell, a former, highly regarded Matron of Sydney Hospital. WCF is an independent charitable organization, which provides local people with the opportunity to make donations for specific projects and to create permanent endowments for the benefit of the Wingecarribee community. WCF works to create opportunities for young people including MHV-FM where training is provided in broadcasting and management. M.A.D., a youth grants scheme benefits young people, including those with special needs and Play Space supports disadvantaged young parents and their children. WCF is committed to working towards a cleaner safer environment and also to enhancing palliative and aged care. Support for community members caring for family members at home is also provided. A 'Care for the Carers Expo' was held in November to disseminate information about services available to assist people

with this important role in our community. You can become a Friend of WCF with an annual donation of \$50 or maybe you'd like to join their volunteers. To find out more visit www.wingecarribeecommunity.org.au or email: info@wingecarribeecommunity.org.au Their phone number is: 4862 1466

Letter to the Editor

We are always pleased to receive letters and here's one from inter-state:

Hello from WA

I have recently received a few copies of *jcg* from a good friend in Central New South Wales, Carol Regg (nee Davies), also an ex-Bundanoonian. I have enjoyed reading of the activities both past and present, so much so I am enclosing my subscription of \$25 for future copies.

It's great to know you are getting so much exposure. I am passing these mags to two other Bundanoonians, Kerry Costello (nee Rogers) and Wayne Harris, and also to an ex Moss Vale resident living in my area.

I have had a long association with Bundanoon as my great grandparents etc. were among the first inhabitants - namely Haymans and Gambles.

I'm looking forward to renewing old acquaintances through *jcg*.

Yours faithfully,

Edna M. Rogers (nee Hillier)

Local hero

jcg wishes to congratulate Richard Vollebregt on his world record breaking bike ride from Perth to Sydney in October 2006.

His progress was well covered by *Southern Highlands News* but for those who are unaware of his achievement, Richard finished the ride in eight days, 11 hours and 12 minutes, breaking the previous record time by almost 36 hours.

His parents Leo and Grada live in Bundanoon and Richard, who lives in Moss Vale, is well known throughout the Highlands. He was joined by some members of the Southern Highlands Cycle Club for the ride from Sutton forest to Sydney where he was greeted by family and friends. "It was really great to see everyone at the finishing line and all the familiar faces as I passed through the Highlands," he said, in front of a crowd of television, radio and media crew when he reached the Sydney GPO.



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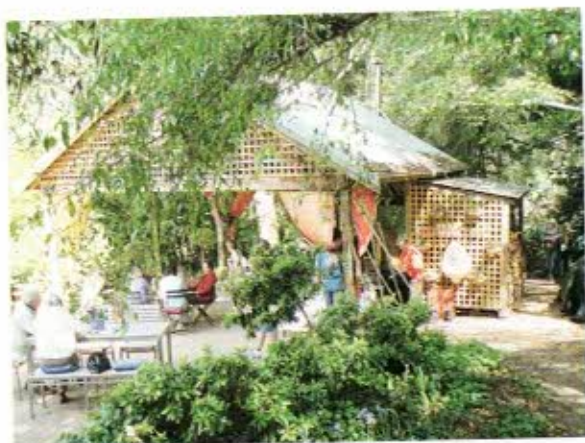


Garden ramble

Bundanoon Annual Garden Ramble is a community event where private gardens are open to the public. Many volunteers help to make this event a success. This year there were eight gardens; some were small and formal, others large and rambling. All were of a high standard and at their best on the day of the Ramble. The day started with a beautiful warm spring morning and it was not until late in the day that a cool wind discouraged visitors.

The children from Bundanoon Public School again did their best to convince everyone that they were scarecrows. Traditional scarecrows were on display throughout town and added to the atmosphere and the enjoyment of visitors. \$4,300.00 was raised for further enhancement of the public areas of Bundanoon.

Next year the Garden Ramble will be held over two days, **27 & 28 October 2007**. If you would like to have your garden included in this event please contact either Dale Chalmers on 4883 6077 after 6pm or Laurel Hones on 4883 6090.



The flying angel

by Ross Armfield

"I really hate playing on hard grounds", says Tom. This just may explain why he stays on his feet so well, scoring top-class tries with such regularity. Long time Rugby League fans may remember the nicknames 'The Little Master', 'Puff The Magic Dragon' and 'Tom Terrific'. They respectively refer to Clive Churchill (1950s), Reg Gasnier (1960s) and Tommy Raudonikis (1970s). These three nicknames now need to be taken out, dusted off and applied to an emerging young star of outstanding ability - Bundanoon's own Tom Angel.

What makes eight-year old Tom, playing for the Moss Vale Junior Dragons, such an extraordinary player, is not the fact that he has won his teams 'best and fairest' award for the last three years running, nor is it the fact that in just three seasons he has scored 125 tries and kicked 40 goals but rather his football 'brain', an uncanny ability to 'read' a game. He also displays unselfish, team-spirited use of the ball on the field. Most young players, of all football codes, tend to

gravitate around the ball, not appreciating field position or their teammates, until they are much older. Tom, as captain and in his 'sweeper' role of fullback in defence and halfback in attack, uses his awareness of the overall play to effectively guard his line when tackling and his blistering speed and ball distribution skills when running with the ball. He selflessly shares 'possession' with his team. Their results say it all. His team, the Under 8's, are the holders of the 'West's Leagues Chairman's Cup', (a knock-out competition), and have only lost two games in three years of regular competition.

First signed up to play as a five-year-old by his Nanny and Pop, (Irene and Fred Angel), Tom was an instant success. Genetically, this was bound to be. His father James, a sportsman, played hockey and cricket for Bundanoon as well as playing league for Moss Vale grade teams. Mum, Elaine is no sporting slouch either. She was a NSW hockey representative in their Under-19s, Under-23s and Open Side as well as being picked for the national team train-on squad. "Tom just loves playing", says Elaine, "and it's such a safe, well-run competition. There are no scrums and they play on reduced size fields. Tom hasn't had a single injury. It's worth the two training sessions per week and the 8.00am Saturday morning starts that can take you anywhere from Moss Vale to Picton to Warragamba!!"

But even champions are not perfect. "Once when I was playing for the Under-6s I forgot



to put my undies on," confessed Tom. Elaine chimed in, "And then there was the time you ran the length of the field only to drop the ball going over the line!" Big sister Fiona remembered another incident. "Tom had the ball, he tried to do a Benji Marshall 'goose-step' shuffle and fell flat on his face!" Ah family! There's no way this young man will be allowed to have 'tickets' on himself.

Tom is an Eastern Suburbs Roosters fan and worships his hero, fullback Anthony Minichiello. With the support of the whole family, Tom would love to emulate his idol and really go on with the 'greatest game of all'. There are scholarships and Academy places to aim for in the years to come. His potential is enormous. Tom's speed, agility, leadership and sportsmanship mark him as very special indeed. And for all those other young players out there who may want to delay their sporting careers in order to avoid playing against him, be warned; he has a younger brother, Will, and he can play too!!



Tom and Will Angel

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Two of us: Chris and Erica Petersen

profile

Chris and Erica Petersen have carried on the automotive business established by Chris's father in 1946, so this year marks the 60th anniversary of Petersen's Garage, a proud boast in a small country town. They spoke to Kate Perkins.

Erica:

Chris and I met when he partnered a girlfriend of mine at our debut. I lived with my parents, Margaret and Sandy Kalman, at Bundanoon House, later The Gasthof and then The Highlander. They built the motel units there and, subsequently, the motel across the road. I was working with Haille Paine Solicitors, and my book-keeping skills were to come in handy at the garage. I started there when the children were in primary school and thought I'd be retired by now, but find myself fully employed again! We've trained a number of local apprentices and girls in the office, but they have a habit of leaving – some to marry into the family.

Chris and I have always done things together and generally it works well. We were involved, as all parents, in the children's sporting activities, and were life members of the Hockey Club, now disbanded. The boys, Christian and Matt, then played football and sailed with their father. Lisa was a keen swimmer and played state representative hockey. I'm proud of the way the boys have become such caring fathers, and remember that Chris was always home in time to bath our babies while I got the tea. That was his special time with them. How lucky we are now to have our grandchildren growing up close by. Lisa and her husband are currently in Borneo – that's certainly hard for us all.

Chris's parents, Audrey and Chris, were great contributors to village life in those early days, willing and active committee members, and we have done our bit too. We were Community Development members – Chris was the Vice-President at one stage – and he was also in the Bush Fire Brigade.

I no longer play tennis, but several friends and I have season tickets to the ballet and that is something I love to do on my time out. And I don't cook on Sundays!

Chris:

The name gives away my Scandinavian origins – my great, great grandfather jumped ship in Sydney. Dad was in the merchant navy during WWII, first on NZ vessels and then with an American ship. This paid well, so when he met Mum while on holiday in Bundanoon and married her in 1945, he was in a position to invest in a business. They must have had some anxious moments starting up immediately post-war, but their judgment was good and their foresight certainly paid off for the family.

My father and I have both built boats in our workshop in the inland Southern Highlands – seven all up, I think. Dad built a 30-foot ferro-cement boat which took seven years to complete, and he loved to fish at Greenwell Point where the family still has a house. We don't get to it much these days. I was a founding member of the Fitzroy Falls Sailing Club, and Erica and the kids sailed too, in our fibreglass boats. I'm also a racing-car enthusiast, and that's somewhere Erica doesn't go, though she says she might join me on the track one day.

My other interest is food – eating out, and cooking for family and friends. I watch Ian Hewitson's program and give Erica a break on Sundays, often preparing seafood from the Markets or the Coast, and not just on the barbeque either. It's a good way to unwind at the end of the week. And now, (the third phone call in our lunch time interview), I have to go – that was Mum and she has a flat tyre...

Stop press: Chris is now Australian Hill-climb Champion (Group 3T, 0-1600cc, Improved Production, Bathurst). He broke the record by 1.5 seconds. ...And Erica has been entered in her first hill-climb at Wakefield Park!



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Rudy, Blue, Sandy & Ken
Butch & the grey Dorset
They 'cud' so they play
'Butts', most of the day
But, with rain, they run home then.

Miriam Edith Smith
1924-2006



Most people in Bundanoon remember her as Mim. We remember her as an enthusiastic contributor to jcg over the last twelve years. Her whimsical illustrations have enhanced many of our stories and poems.

After graduating in Commercial Art from East Sydney Technical College Mim worked for *Country Life* newspaper, *The Australian Women's Mirror* and for *The Bulletin* magazine where she met her husband James (Jim). On the day of her memorial her son Mark had some of her art works on display including three paintings she gave him for a childhood birthday. He was delighted when he found them in her garage. Mark, his sister Fiona and their children gave tributes to Mim which included a reading of verses from her poem 'Granny of Brae'

Jim retired from the *Sydney Morning Herald* in 1982 and they lived at Canyonleigh where as Mark explained "...Mim kept donkeys and goats, though they were treated more like pets or even family members... each was given a name and ascribed a personality." She continued to paint and draw and was part of an artists' colony in the Canyonleigh area. When Jim died in 1987 Mim lived on at 'Brae' for some years then moved to Bundanoon where she became well known and admired as a member of our community.

PD



True locals

by Vicki Streatfeild

Mary Condon

Mary Condon lives in Penrose Road in a house built by her husband Ken and constructed in hand-made concrete bricks and stone from the Bundanoon Quarry. Ken, whose family in Victoria were stone masons, opened a quarry here on leasehold land. He later bought part of the old quarry site which had been worked by Mary's family.



The Haymans had a long association with Bundanoon Quarry which was owned by Mary's grandfather Edward Hayman, who was born in 1864 at Reedy Creek, Ferndale Rd. on land purchased by Mary's great-grandfather in 1863.

Edward and his son, Frank, Mary's father, operated the quarry until the Second World War when it was closed after being deemed a non-essential industry. Frank worked there until 1941.

"In 1939 Mum and Dad bought land on Ferndale Road where a guest house called 'The Shack' had burned down. They built a stone house on the site and later started a poultry farm, a guest house, and then a dairy. As the dairy got bigger it was moved to 'The Meadows' on Ellsmore Road."

Mary and her brother Ted had the job of milking cows, sometimes up to 120, twice a day. She regrets a council decision which allowed sub-division of farm land in the area. Nothing is produced on these small blocks, whereas in the 50s and 60s there were nine viable dairy farms.

As a child Mary enjoyed spending time, after school, learning needle-craft with Miss Moore. On weekends she loved to explore the area, especially the gullies, on a push bike or on her pony 'Bessie'. She was a good rider and escorted tourists on horseback around the gullies for Mr. Bayliss, a riding school operator whose stables were on the corner of William Street and Railway Avenue.

Before the Bundanoon section of Morton National Park came under the control of NPWS it was in the care of trustees. Locals would remember how prolific boronia was at that time. Park trustees, Bob Greason, Russell Barton, Jack Carlisle and Chris Petersen Snr., were among those who collected donations from local townspeople to add to the Government grant for the purchase of a grader and wages for her father, an 'honorary ranger', who was responsible for upkeep of trails and roads. The boronia was cultivated by burning off in winter and the area was then scattered with blood and bone. It absolutely flourished and Mary can still remember its aroma. It now saddens her to see that picnic sheds, tables, sandstone barbecues and fireplaces built by her father at the lookouts, with stone from the park, have been demolished.

These days Mary spends time in the garden and working with her son John in their opal mine operation near Lightning Ridge.

She is also one of the last foundation members of the local history group where her knowledge is greatly appreciated.

Hannah Coyle jumping Hallie in the "C" grade jumping competition.

by Leonore Waugh



Riding high

Bundanoon Pony Club is just one of the clubs in a zone which extends from Bundanoon to Campbelltown. At present they have about 20 riding members who are enthusiastic competitors in local events. On 29 October, 14 participants competed at the Berrima District Pony Club Gymkhana. Four of these, Jenny and Catherine Halstead, Charlotte Waugh and Elli Byrne had been previously selected to compete at the Zone dressage competition in November and have their sights set on qualifying to compete at State level in January 2007.

Pony Clubs throughout the world provide training for young riders and opportunities to participate in graded competitions as they improve their proficiency. As they reach required levels of riding skill they can also undertake graded tests to be awarded certificates for general aspects of equine care.

Recently 7 members, Finlay O'Neill, Ben Quirico, Madeleine Aliprandi, Julia Aspinall, Robin Frank, Chrissie Frank and Meyer Gonzales-Malcolm, were awarded their "D" Certificates, after they sat an examination which showed they had attained a certain level of riding proficiency and demonstrated knowledge in basic horse husbandry. So now it's up to the older group, who will be examined for their "C" Certificates in November.

Good luck!

Jenny Halstead (left) riding Mac and Hannah Coyle, riding Hallie. The girls came first in a pairs competition. Jenny & Hannah are both 15 years old.



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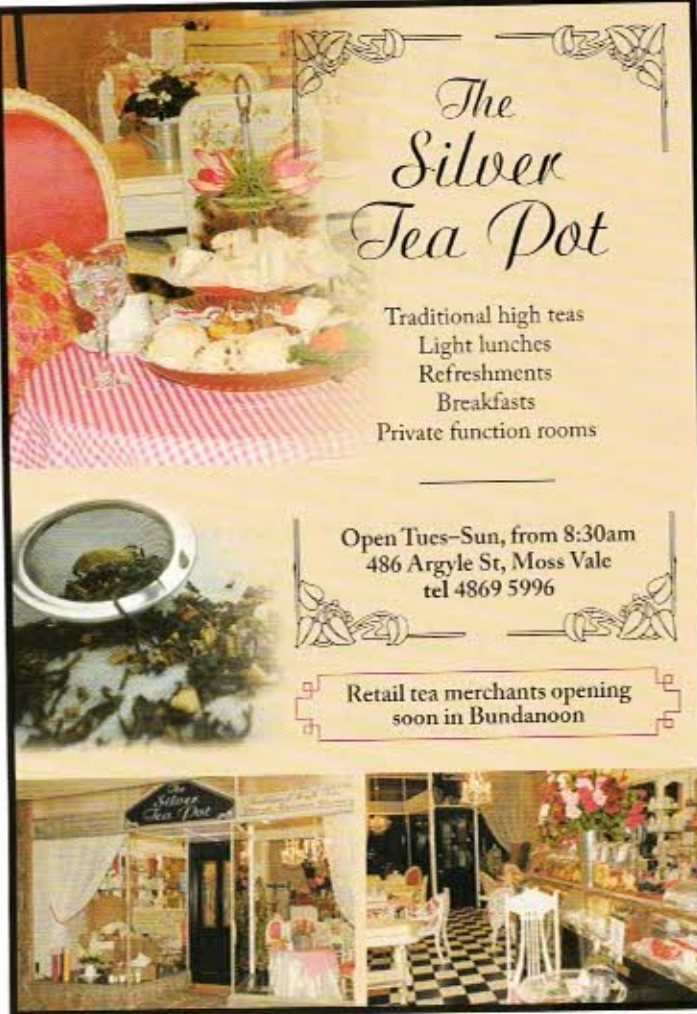


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Behind the counter

by Lucy Bainger

Who's who?

Wayne and Mechelle Todd

Things are not necessarily as they seem in Bundanoon high street. Despite what a lot of locals think, Mechelle is not married to Peter, and Wayne is not married to Sue. In the interests of maintaining the decorous tone of Bundanoon society it is now official that in fact Mechelle is married to Wayne Todd and is in business with Peter Rocca of real estate fame; while Wayne owns and runs the newsagency, working side by side with Sue King. So far so good? But hold the steak knives – there's more; by the time you read this it will be the other way around. Wayne will be working with Peter selling houses, and Mechelle will be the new face behind the counter in the shop. This was always going to be an interesting interview!

So how did it all begin? Long, long ago, Wayne was a sixteen-year-old Mittagong boy pulling petrol at the old Golden Fleece (now the Tourist Information Centre) where a local Bowral girl, Mechelle, was making milk shakes. One date led to another, and now they have just celebrated their eighteenth wedding anniversary, with children Maddison (14) and Zac (12). Meanwhile Wayne became a plumber and Mechelle a veterinary nurse and they moved to Bundanoon.

While the children were young Mechelle found time to be involved with the early days of jcg. Then she went to TAFE to qualify as a real estate agent, and she and Wayne went into business with Peter Rocca, son of local Bundanoon identity, Lucy Rocca. But things would soon change.

Around this time, Mechelle and Wayne's ten year old daughter Maddison took matters into her own hands and got a job with Linda Emery at the newsagency, much to her parents' amazement. Perhaps to keep their daughter employed, Wayne and Mechelle put in an offer and bought the business, giving Wayne a bit of a plumbing-to-stationery sea change. Maddison still works there but now demands cash instead of lollies.

"It was a breath of fresh air," Wayne says now "and the best part of it is the interaction with the people. I get about three thousand people through the shop every week – that's about the entire population of Bundanoon." As we talk a steady stream of locals come in, although this is a quiet day. Nearly everyone stops to chat for a bit. It is an interesting snapshot of life in Bundanoon. A lady buys a lottery ticket and tells how her sister won \$25,000 from a 'scratchie'. Another lady comes in to ask if her house has a buyer yet – she's been wandering around town while Mechelle takes a client on an inspection of her house, and she wants to go home.

So all the best to Wayne (now in Rocca Real Estate) and Mechelle (now in the newsagency). If you are still confused, why not pop in to see who's where and what's what?



Eye on Bundanoon

by Glennis Kennedy

On yer bike

Thirty minutes a day, we're told, is the exercise we need – whether mild or strenuous – to maintain health and fitness. But how?

Well Bundanoon can't be labelled as "slack & idle" in this department. There's heaps to do here. For the young or old, fit or frail, keen or only mildly interested. Whether it's yoga, pilates, jogging, power walking, a gentle stroll, bowls, tennis, swimming or golf (nearby), we've all got plenty of options.

And of course there's bike riding! Seriously devoted riders can participate in events like "The Fling" where we had more than 1,000 participants in a major event in three categories: Relatively Gruelling (50 kms), Extremely Gruelling (100 kms), or Unspeakably Painful (100 miles). I felt down-right inspired when Karen at the Bike-Shop filled me in on the exciting details of this extraordinary event. So enthused in fact, that I considered "getting on my bike"!

But being a responsible, cautious person (also cowardly and self-preserving), I thought it wise to have a little practice run before taking on this endeavour – bearing in mind that I hadn't ridden a bike for several decades.

So I signed up for Karen's new Thursday arvo 'beginners' outing and to my utter amazement, and probably hers, I actually showed up, got geared up, then took (or rather swerved, wobbled, and weaved) off. Filled with determination, I embarked on this adventure with great gusto. But I soon observed my fellow-athletes going out of their way to veer well clear of me. Frightened drivers slowed to five kms per hour as they passed. Unsuspecting pedestrians and school children saw me coming – and ducked for cover. Even parked cars felt threatened.

Eventually I got the message – I was scaring innocent bystanders and freaking out stationary vehicles. This caper clearly wasn't for me. So I returned to base, temporarily crippled but proud of my valiant effort, and armed with a renewed commitment – to walking.

As a result, my aging Labrador, Jazz, and I have reverted to our daily regime of early morning power walks. We enjoy the sunrises, the birds, chooks, geese, ponies, black-faced sheep and alpacas we encounter along our way. Heading home I throw a wave to Wayne or Phil as they send newspapers hurtling through the air into neighbouring front yards.

There are loads of activities in Bundanoon that contribute to keeping us healthy both in mind and body. Whether that's simply a smile attached to a "good morning" when we pass someone as we stroll down the street, or joining an exercise class, playing a game of bowls, or embarking on a challenging (or gentle) bike ride.

My decision to choose power walking over bike riding was, I think, wise. And one that other Bundanoonians who value their safety and well-being should heartily endorse!

by Ossie Emery



This photograph, taken at Turramurra in the early 1930s, shows Grandfather Ernest Smith, his daughter-in-law Mary (nee Yarwood), with her child Anne, Grace Cossington-Smith and the Bulldog.

The Smith Family... (no, not that one!)

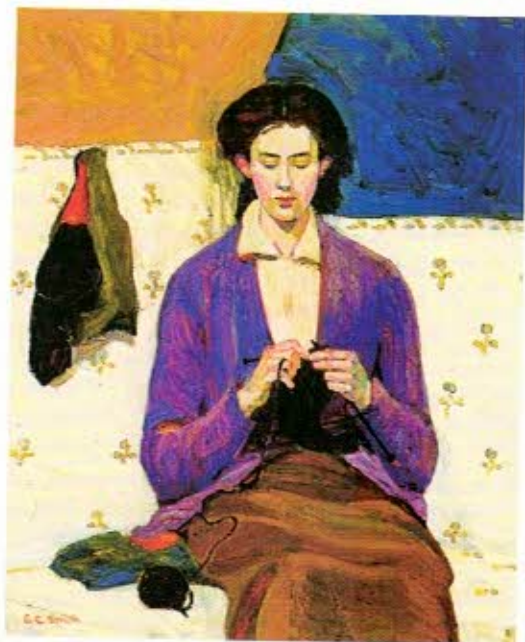
I have always been puzzled about why there are so many people named Smith. In our Highlands phone book there are some three hundred. In Sydney – well...? Then one day as I was driving through the back of Sydenham there was the answer, a large factory with the words in big letters on the wall – The Smith Manufacturing Company. That must be where they come from!

Now in Exeter we believe we have hosted visitors, many over the last 100 years or so, who gave us a “touch of fame”. One of these was Grace Smith, whose brother married a daughter of one of our village founders, Frank Yarwood. His property “Apolima” still stands in its lovely garden. Two of the children of Gordon Smith and Mary (Yarwood) are often seen in the village today, both having homes in Exeter.

Grace’s family lived in Turramurra and many of her well-known interiors and garden views were painted there. She also painted many scenes of Apolima. Grace’s mother suggested that she may have more acceptance as an artist if she had a more distinguished name. So she added the name of the family home “Cossington” and became Grace Cossington-Smith.

Like many artists a real appreciation of her skills and talent didn’t come until after her death. There have been some important Grace Cossington-Smith exhibitions in recent years and her famous painting of her sister Madge, ‘The Sock Knitter’ (right), painted in 1915, is in the collection of Art Gallery of NSW.

Incidentally, the artist Roy de Maistre, who was instrumental in her early work, lived and painted in Wilsons Lane, before he moved to London and great distinction.





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Will Ferrell & James Caan

Once upon a christmas eve ,an orphan baby crawled into santa's big bag of gifts and was taken to the North Pole. Raised by papa Elf(Bob Newhart), Buddy(Will Ferrell) comes to realise he doesn't fit in with the other elves. Determined to find a place to belong he sets off for the Big Apple to find his dad.

Sat 6th January *WALK THE LINE*(Rated M) running time 130 mins
Joaquin Phoenix & Reese Witherspoon

Singer ,Rebel, Outlaw The legendary "Man in black" The true life story of Jonny Cash and June Carter. Oscar winning performances.

Sat 13th January *The White Countess* (Rated M)
Ralph Fiennes & Natasha Richardson

1930's Shanghai provides the backdrop for this spellbinding drama. An epic of love and war the White countess is filmmaking of the highest order and rightly heralded as one of the top films of 2005.

Sat 20th January *TheWorld's Fastest Indian* (Rated PG)
Anthony Hopkins

A man who never let his dreams of youth fade. Set in the late 1960's after a lifetime of perfecting his classic Indian motorcycle, Burt set off from the bottom of the world (Invercargill, New Zealand) to clock his bike at the Bonneville salt flats in Utah. Burts' quest culminates in an unlikely conclusion and he remains legendary in the motorcycle world to this day.

Sat 27th January *Memoirs of a Geisha* (Rated M)
Ziyi Zhang & Ken watanbe

Winner of three AcademyAwards, this movie is a visually stunning adaptation of Arthur Golden's international best selling novel. This epic movie is set in a mysterious and exotic world and shows how a house servant blossoms, against all odds to become the most celebrated Geisha of her day.

Sat 3rd February *Kinky Boots* (Rated M) 103 mins
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Country living

by Keith McMenomy

Country spirit survives

Many small bush communities revolve around one or two institutions, thus preserving a special sense of community and belonging. More significant dots on the map boast a pub and even a police station where there are enough blokes to keep them busy. In our case, at Penrose, the township never got beyond a rail stop, a couple of stores and the sawmill.

The stationmaster's office and fruit packing shed were pulled down years ago, leaving only a platform and shelter shed. After a bad car accident the level crossing was closed and replaced with a bridge further down the road. That reduced risk but physically split the township in two. A centrally located underpass would have been far preferable, but that is not likely now. Nowadays the sub-post office, store and local hall are centre of entertainment and news but are separated by a kilometre of driving and a pedestrian crossing over the line. Most of us collect the mail and paper; meet for a chat as well as catching up on all the 'goss'. You have to keep in touch! Young mothers use the hall for play-group and the adjoining tennis courts bring others together. We have the occasional district party, morning tea and a 'back-to' every year or two. These gatherings are great fun and a unique social aspect of rural Australia that we cherish.

Whether it is a dance or a meeting, these affairs are always generously catered for and, you guessed it, the ladies try to outdo each other with fresh baked scones, sponges and savouries. The committee goes to great efforts decking out the hall with flowers and paper decorations while the Bush Fire Brigade, another National Treasure, puts on a great barbecue. At the winter party the local school kids sometimes put on performances for proud parents. We have a very popular auction of building materials and bric-a-brac, there is spin-the-wheel and a coin toss – all great fun. Unless it is a sit-down affair the men congregate in or near the door in case they have to make a quick exit for a smoke; particularly when the dancing starts.

Such occasions take me back to my youth, quite a few decades ago. In those days bush socials included a three or four piece band and sometimes even a vocalist. They often combined a dance with card playing in a side room. The old weather-board bush halls, ablaze with light in the middle of nowhere, alive with the sound of a fiddle or tinny piano and much merriment, kept isolated communities alive. Nowadays voracious liability insurance premiums and paranoid council bean counters have put paid to most live entertainment but even in these multi-media days, such homespun gatherings are great occasions.



Vet's casebook

by Ken Davidson BVSc (Hons)

Lost and found – a lesson in common-scents...

(A recounted true story printed with the owner's permission. Only names have been changed.)

A longstanding client, Jane, came into the hospital, distraught at having lost her two basset-hound dogs. She had moved from a large property to her newly purchased 25 acre block that day. The dogs were let out and, following an animal scent, had disappeared. It was now 48 hours later and still no sign of them.

She had phoned all vet practices in the area (often lost pets are taken to vets for microchip scanning these days). The Council pound was telephoned and a notice was put in the local paper. She distributed pamphlets, with their photographs, around the area. A large reward was offered for their return.

Jane was a lateral thinker and she did just that. They had now been missing for two long weeks! She knew the dogs would have no way of working out which property was theirs – they had only spent a few minutes at their new abode before absconding.

Early in the third week, Jane called in with a jubilant smile. "They're back," she almost shouted. "I really can't believe it! Last night, in desperation, I decided to 'mark' the boundaries of my property with 'my scent' so that the dogs would know it was their home and believe it or not, early this morning they were scraping at the back door to get in." When the hilarity had died down, I ventured to ask Jane what she used to 'mark her territory.' "Urine of course!" was her reply, in a tone that implied stupidity on my part. The mental image of this rather proper lady laying down her 'scent' at midnight around her boundary fence caused more hilarity.

"Laugh all you like, but it worked!" ...Jane had the last word.

Microchipping both cats and dogs is now compulsory in NSW. If you lose a pet that is chipped, your chances of getting it returned to you is far greater, even without having to take Jane's measure.

A Bundanoon dog, 'Lad' was suddenly diagnosed with malignant Lymphoma 13 weeks ago while holidaying on the North Coast. This is a relatively rare cancer that makes all lymph nodes swell, often to the size of golf balls. Lad was given the opportunity to extend his life-span when the owners agreed to a course of chemotherapy requiring weekly treatments of cytotoxic drugs.

To meet safety requirements the Moss Vale vet hospital needs special preparation, taking a full hour every week. It is now

week 9. Lad is doing very well at the moment with all signs that the cancer is in remission. The prognosis is variable but already he has had five weeks longer than his expected survival time if he had not been treated. We are seeing more Lymphoma cases in animals lately and will now offer chemotherapy if owners are interested. Will keep you updated on Lad's progress.



Lad undergoing a session of chemotherapy



What's happening at the Bundanoon Country Bakehouse?

Over the past 7 years our business has expanded and we are proud to announce we will soon be operating three bakeries in the Southern Highlands.

We are presently awaiting council approval to open a new bakery at Shop 5, Old Argyle Square, Moss Vale (two shops down from Konica), where we will conduct all our baking.

We plan to stay in our present location as long as possible and then relocate The Bundanoon Country Bakehouse to a new location in Bundanoon, awaiting council approval.

The Berrima Bakery, which we purchased in February, has offered us another market outlet.



We'd like to thank the Bundanoon community for all its support.

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The word "volunteer" originally referred to an opportunist soldier in the Middle Ages but has come to mean something quite different. A volunteer works without pay; volunteering has been described as the branch of philanthropy in which time replaces the cheque book. Volunteers are widely attributed with the cohesion of local communities, papering over the cracks in the social welfare system. So it is too in Bundanoon. Read on.

A daughter lost, a park born

Who is Nancy Kingsbury whose name graces the delightful little park in Anzac Parade?

Nancy Margaret Kingsbury was born on August 11, 1925, the daughter of a Sydney builder William Kingsbury and his wife Minnie.

Around the age of three Nancy developed asthma and by the time she was six doctors had recommended a change of climate. This was in 1931 during the Depression and as there was no building work in Sydney the family decided to rent a cottage in Gullies Road for six weeks.

They extended their stay and William dug a well and grew vegetables for the family. Nancy's sister Jean recalls that a Mrs Meeks later lived in this house and served afternoon teas and read the tea leaves for tourists.

The family moved to another rented house in William Street. Nancy and Jean attended Bundanoon Public School but Nancy was often away with asthma. Eventually the family sold their house in Sydney and bought a home in Railway Parade, on the Exeter side of Tree Tops.

William Kingsbury had a car so he started a taxi service which expanded to include more cars. He delivered tourists to guest houses and drove people to the coast for excursions.

In 1955 Nancy married Colin Charles Blows and later had a daughter, Kerrie, who now lives in New Zealand. Nancy and Colin lived in Forster for its better climate and she died there from an asthma attack on Mothers' Day in May, 1960. She is buried in Forster.

William Kingsbury was devastated at his daughter's death especially as Jean, his surviving daughter, married the same year. He felt that he had "lost" two daughters. He had bought the land that is now Nancy Kingsbury Park as he believed it was an ideal site for an expanded shopping centre. After Nancy died he gave the land to the council for the people of Bundanoon in perpetuity as a way of keeping part of her in Bundanoon.

The Moss Vale Post reported in about 1970 that the park was to be a major project of the Bundanoon Community Development Association. The association used \$200 which had been raised by the disbanded association younger set, and a further \$100 was donated by the Kingsbury family. A Mr Cosgrove, the council gardener had planted some trees.

For many years Margaret Murty tended the park but following an initiative in June, 2001 of the then Bundanoon Garden Club president, Norma Waldon, the club adopted Nancy Kingsbury Park as an ongoing project. Seeding grants came from Wingecarribee Shire Council and the BCDA. The club raised more funds with stalls and a progressive dinner. By July there had been an on-site meeting and by October the council had plans to remove trees and a fence.

February the following year saw the erection of the clematis and wisteria pergola and working bees by Garden Club members led by Cosette Morris, Norma Davies and Norma Waldon. During 2003, when Marina Beaumont became president, the club installed two seats and the council repaired and repainted the shelters while Ted Angel created the path and paving under the pergola. Graham and Sue Wilson kept the park mown while Karen and John Henry kept an eye on daily happenings at the park.

In 2004 the azaleas were moved and during 2005 climbing roses and shrubs were added and an irrigation system installed. This year the watering system has been improved and the light pole removed.

Stage One of the Nancy Kingsbury Park Project is now complete, with the park emerging from its regeneration as a place for everyone in the town to enjoy.

*This article is based on an interview with Nancy's sister, Jean Foskett, by Terry Bruce with additional material from Alistair Cameron of the Bundanoon Historical Society.



Above: (left to right), Cosette Morris, Norma Davies, Margaret Murty, Marina Beaumont, Norma Waldon, Graham Wilson

Right: (left to right) Laurel Hones, Elizabeth Ashdown, Kane York, Cosette Morris, Les Valentine, Noeline Hutcheson, Geraldine Woods



by Jenny Stanton

More than a square meal

Isobel Greason sits down to a home-cooked lunch every day – perhaps a mixed grill with potato wedges, a crumbed veal steak or a burgundy beef casserole, all with fresh vegetables and a fruit juice. But thanks to Meals on Wheels, the 92-year-old doesn't have to worry about shopping for ingredients or preparing and cooking them – she simply heats a chilled meal in the microwave.

"It's really great," she says. "I cook breakfast and a snack at night, but I get spoilt at lunchtime. It's lovely just to get a meal out of the fridge and put it in the microwave." What would she do without the service? "I'd starve," she jokes. "I can't be bothered to cook much – you get like that when you're old."

Isobel, who delivered meals in the early days of Meals on Wheels in the 1970s and '80s, has been a customer for much of the past eight years and is full of praise for the service. Her lunches are some of the 550 main courses cooked each week on Mondays, Wednesdays and Fridays in the kitchen of Moss Vale Community Centre by Wingecarribee Food Services Co-operative, which also prepares 60 soups and 130 desserts.

The service runs on a user-pays basis with clients paying \$4.50 for a main course, 50 cents for soup and \$1.20 for dessert, and the government meeting administration costs. Special diets are catered for and if people don't like certain meals or vegetables, alternatives are provided.

About 50 lunches a week are destined for nine Meals on Wheels clients in the Bundanoon area and are transported to the Soldiers Memorial Hall free of charge by Berrima Coaches. Another 15-20 are delivered on Wednesdays to the Day Care Centre in Bundanoon.

Bundanoon volunteer co-ordinator Faye Carter meets the coach, unpacks the Esky of meals then hands them to some of her army of volunteers, who range from young mothers to people in their 80s, for delivery to the homes of customers in Bundanoon, Exeter and Wingello.

While the primary function of Meals on Wheels is to provide a nutritious meal for the elderly or disabled and their carers, Faye says the thrice-weekly deliveries also provide valuable social contact for clients.

"Some people won't see anyone other than the Meals on Wheels volunteer in a day. If anyone wants anything, we will help them and if someone is not well, we can raise the alarm." She says volunteers usually look in clients' fridges to check they are eating their meals and that there is other food available.

Faye has about 40 volunteers – both individuals and groups such as the tennis and bowling clubs and the P&C – to deliver meals. All have a police check, are reimbursed for their petrol and are called upon to deliver meals four or five times a year. It's not unusual for them to spend two hours or more delivering meals, perhaps having a cup of tea with one client or a walk in the garden with another, and it's clear they enjoy meeting clients as much as the clients do meeting them.

"You get more out of it than you put in," says Dorothy Quigg, 73, who has been a volunteer since the early days of the service. Other volunteers agree. At 79, Joy Phillips is older than some of the clients she delivers to, as is Jean Bromfield, 77, who helped set up the service in 1977 and is a former co-ordinator. Both are only too happy to make deliveries because they know what difference the service makes to those it helps.

Anyone interested in helping to deliver Meals on Wheels should contact Faye Carter on 4883 7441.

Volunteer Pat Lewis (left) delivering a batch of meals to Isobel Greason.



Volunteers Debbie Saddington, Joy Phillips, Jean Bromfield and Dorothy Quigg watch as co-ordinator Faye Carter receives a delivery of chilled meals from Graeme Lynam of Berrima Coaches.

What it means to be a volunteer

When retirement comes and we turn the page of the next phase of our lives we can sometimes feel unproductive.

About six years ago I was asked to assist teaching the art class at Rosnel for one hour a week. Through this world of volunteering grew friendships, caring for others and giving of myself with a strength I did not know was possible.

To be able to bring a smile to someone's face simply by turning up and just "being there" creates a feeling of great warmth.

My Fridays (and many other days) at Rosnel – with the outings, conversations, tears, laughter, fundraising and my own contentment due to their acceptance of me – have brought a greater reward than any remuneration I could have received. God willing, this will continue for some time to come.

"Empathy equals your pain in my heart".

Kay Pearsall



To me volunteering is about kindness, compassion and caring; the giving of oneself to brighten the lives of those less fortunate, extending a helping hand where it is needed, delivering Meals on Wheels or perhaps mowing lawns for the elderly.

The old adage comes to mind: "There but for the grace of God go I". Hence, visiting Rosnel or Linkside and bringing a modicum of joy into the lives of those who live there is a small contribution to brightening their days. One day we too may no longer be able to care for ourselves and will be dependent on the kindness and compassion of volunteers to lighten our days.

Caring for the environment also requires volunteers. The dedicated people who work to beautify our village and protect our bushland enhance the quality of life in Bundanoon.

Elaine Staziker



School volunteering

volunteers

by Jenny Walker

Volunteering is thriving at Bundanoon Public School, so much so that the teaching ratio is sometimes as low as a quite extraordinary 1:1.

Volunteers come into the school in many forms: readers, scripture teachers, creative input (the new school path, profiled in the last JCG, was the product of many volunteers), carpentry, landscaping, gardening and library helpers, and the school's Parents and Citizens committee.

Every year the principal, Robyn Versluis, sends out over 90 invitations to the annual morning tea to thank volunteers. "These people enrich the school in so many ways. They provide a whole new set of relationships for the children," she said.

"The helpers are always patient, smiling, fresh and kind and are able to give their complete attention to the child. This allows us to do much more at the school, especially with individual and small group projects."

The P&C is a powerhouse of volunteering and has two main aims – to act as a communication channel between the school staff, the parents and the community, and to raise funds for projects at the school.

The group has raised almost \$20,000 this year, mostly through catering, according to P&C president Jenny Walker. "We're becoming well-known for our ability to provide hot breakfasts or lunches for hundreds of people in the middle of a forest, or morning teas at the hall," she said.

Other fundraisers have been a stall at Brigadoon and selling bulbs and, more recently, Christmas cards drawn by the students. "The generosity of places such as the Bundanoon Country Bakehouse, Petersons Garage, and the Bundanoon Butchery makes a huge difference to our fundraising," Jen said.

"We also work with the school on formulating policies, addressing problems and generally improving the school environment – the new school uniforms is one example. Over the Christmas holidays a group of volunteers is paving the lunch area and re-laying the adjacent path."

For the last several years a team of five parents have met every Friday morning to spruce up the school's gardens. "We do whatever is needed," said group member Raeleen Leibmann. "Weeding, hacking, watering, mulching, planting – and the odd husband has been roped in with a chainsaw as well."

The school's plants come from a variety of sources: the Bundanoon Garden Club and the Bundanoon Bloomery have made donations, and others provide cuttings and bulbs.

Raeleen said the appeal of this kind of volunteer work is that it is very casual. "I like going for a bit of yack, and we can bring our young children along – they get given a spade. You can stay for as long as you like and help out with whatever task suits you. Of course, we convene in the local café for a debriefing session afterwards."

In the classroom, Dorothy Rooney has been reading at the school for two years every Thursday afternoon for an hour. "I wanted to do something to help in the community, and since I do a lot of reading it seemed the right thing to do to share something I love," she said. "Children live in an 'us and them' world. I think reading helps enormously to create a better relationship between us. I'm not an authority figure to them – when they see me in the street they don't see me as someone who tells them what to read or how to read, but simply as someone who listens to them read and tells them – well done! There is always someone who gets something from it, and they have memories that would leave



the average elephant standing. You only have to tell them once and they remember it. You can see how much their reading has improved over the year, and getting them on the path to reading is a tremendous step

Dorothy says it is all worth while because of the certainty that "some of them at least will have a flash of inspiration and develop their imagination. It won't happen for all of them, even though the potential is there."

Painting and dancing – and that's the adults!

The children and staff of Bundanoon Pre-school were delighted to arrive back after the holidays to find that the pre-school had been freshly painted. Penrose based colour consultant Janine Weber designed a wonderful colour palette. Janine's husband Terry was painting foreman and 3D Paints in Bowral gave a generous discount to Roger Jackson who donated the paint.

On the October long weekend 17 volunteers put in 72 man hours! Jo Davidson co-ordinated the work and Sue Roseworke, with the toughest job of all, supervised and entertained all the children in the playground. Other volunteers came in to clean and set up the preschool again and to tie dye some wall hangings. "The overall result is stunning and is a fantastic example of how the Bundanoon pre-school community can work as a fabulous team!" said Preschool Director Deni Harden.

"The pre-school relies heavily on volunteers as it is managed by a committee of parents. We have been extremely fortunate to have had some long standing committee members over the past few years," said Deni. Next year, however many of these families will be moving on to BIG school and Deni is hoping that new parents will be an enthusiastic and supportive group. "It would also be great to have some interested community members to be a part of our committee," she said.

Parent volunteers also organize some fantastic social evenings. A recent Country and Western party was organised by Sylvie Hall and local artist Ian Turner donated two paintings for auction. Carlisle Seers from Southern Highlands Winery has arranged wine tasting and sales to help raise funds for the pre-school.

It's kind of a twist on the old African saying "It takes a whole village to run a preschool!"

by Patricia Guy



These photographs were taken at an exhibition held during History Week in September. This remarkable display has been the inspiration for a future edition of jcg when we will showcase some aspects of our town's history.

-Ed



In the early 1980s, some local residents decided to form a non-profit group for people interested in the history of Bundanoon. The first meeting was held in 1984.

The group's main objectives as stated in the constitution are:

- to research as much as possible of the early history of Bundanoon and the surrounding district
- to preserve objects and information of historic interest in a manner which will facilitate their presentation to the general public.



Over the years, enthusiastic members have undertaken all manner of projects to help fulfil these objectives: courses in archiving/preservation of printed materials and more recently oral history methods; publication of two books on the history of Bundanoon; acquisition of a lease on the 100 year old 'Old Goods Shed' and then renovations to make the building usable as a small museum. Meanwhile, the general collection and indexing of materials went on.

The acquisition of the Old Goods Shed was a major step in the development of the Group – the gathered material could now be housed and displayed in one place, not in various members' garages. On the first Sunday of each month, the Old Goods Shed museum is open to the public with volunteers there to assist with enquiries.

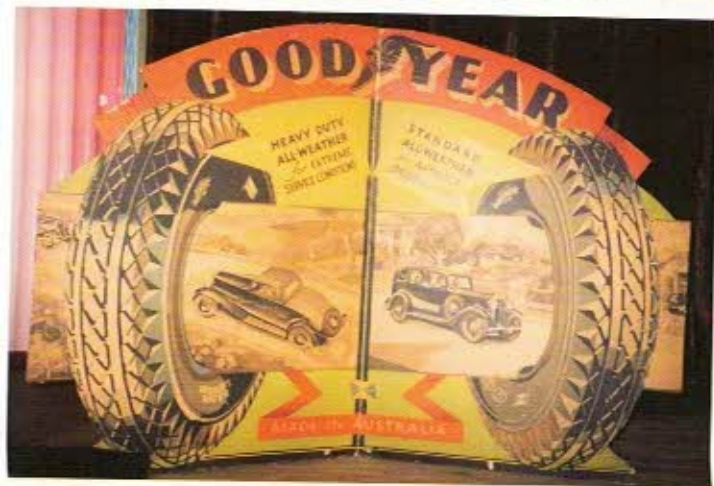
All this has been done with volunteer labour and time by a small group of people. Membership has reached a record 58. Four of our volunteers, Norma Edmonds, Lucy Rocca, Ken Phillips and Alec Cameron, have had their efforts recognised and been awarded "Certificates of Achievement" by the Royal Australian Historical Society, but for most of us the reward is seeing the history of our beautiful little town preserved. Whilst still gathering any material we can about Bundanoon's past, we are also devoting considerable effort to collecting current Bundanoon 'history' so that future generations will have easier access to their past.

The Group encourages all residents to visit the museum when it is open. You might like to attend our short monthly meetings (10am on the first Monday of each month). You may even wish to become a member of the Group.

Like all volunteer groups, there are never enough funds or willing hands to achieve our dreams, but we are determined to keep up the good work started 22 years ago.



Back row: (left to right) Pat Guy, Graham Morgan, Rosemary Page, Andrew Pardoe, Norma Waldon. Front row: Mary Condon, Ken Doyle, Jeanette Shaw, Bernie Waldon, Cora Frost



Morton National Park Volunteers

by Alan Hyman

'Friends of Morton National Park' is a group of volunteers who work directly with NPWS rangers. The organisation, which had been incorporated has been simplified by de-incorporating and concentrating on active membership. Volunteers are now responsible to and work under the direction of rangers, principally in the Bundanoon section of the Park. This priceless environment is a magnet for tourists but it is principally an irreplaceable repository of landscape, plants and wildlife in its own right. As nature everywhere is degraded or destroyed by 'development' the maintenance of the Park's integrity is vital and its protection and management are essential – not only for the natural world it protects but also for subtler ethical and altruistic considerations.

Volunteers' duties include track maintenance to discourage walkers from tramping randomly through undisturbed bush, planting and landscaping projects, monitoring and reporting of storm damage and vandalism – and recording of unusual plant, animal and bird species. Strict OH&S guidelines are followed in the performance of this valuable work and volunteers act as a public relations link between NPWS and the community. Environmental familiarisation tours to other national parks or state forests are occasionally arranged by the rangers.

If you are interested in joining us, phone Alan Hyman on 4883 7763 or Sheila Micholson on 4883 6107.

Glow Worm Glen Track Bushcare Group

by Denise Turner

One of the special places in Bundanoon, for both locals and visitors, is Glow Worm Glen. While best known for the glow worms visible only at night, it is also an enjoyable day walk. Just a short walk from town takes you through tall eucalypt forest and then down into the beautiful rainforest gully of Dimmocks Creek.

The track from the top of William Street to the National Park boundary and the adjoining wetland reserve has been maintained for the past nine years by the Glow Worm Glen Bushcare Group.

The main task has been weed removal. When the group first started, there were many large weed trees such as berberis and privet. Blackberry and ivy were everywhere, with the ivy even strangling some large trees.

Persistent weeding revealed an old dry stone wall originating from the early years of Bundanoon. Along the track where it had been almost all weeds, trees were planted to create a natural environment. In the wetland, huge clumps of blackberry and honeysuckle were removed, allowing for natural regeneration.

The group continues to work on the removal of blackberry, ivy and honeysuckle. It is rewarding to finish a morning's weeding and see the difference that this has made to the area. To continue making a difference, more volunteer weeders are needed.

If you can help out, the tasks are as hard and as long as you wish to make them and it is a great way to learn about our environment. We also stop for a cuppa and a chat so it's not all hard work!

This is a small group of volunteers who meet for 3 hours every second Sunday and fourth Tuesday of the month. If you need more information or would like to come to a weeding morning phone John Dorman 4883 6296.

volunteers



Currabunda Wetlands

by Alan Hyman

Three years ago local resident Sheila Micholson had the foresight to recognise the value of a neglected fragment of a former farm in Ellsmore Road, Bundanoon as a potential wetland nature reserve.

The site between Elmswood Court and Ashgrove Place contained three old dams with weed-infested surrounds and an exit watercourse corridor. Fortunately there was a peripheral canopy of mature Eucalypts and Acacias – and a resident bird population including ducks, waterhen, herons, ibis and plovers.

An interested group of volunteers was formed to plan a rehabilitation strategy with short, medium and long-term goals. First was the systematic removal of noxious weeds such as blackberry, honeysuckle and Scotch thistles, removal of rubbish and new plantings of native shrubs and trees to supplement existing endemic species.

Hundreds of hours have been spent to date and the visual transformation has been remarkable. Instead of weeds there are flourishing Lomandras, Melaleucas, Callistemons, Leptospermum, Banksias, Casuarinas and Eucalypts.

The naming of the site was seen as an important consideration. 'Currabunda' was selected ('Curra' is Aboriginal for spring of water and 'Bunda' from Bundanoon). This name has been accepted and gazetted by the Geographical Names Board of NSW, endowing Bundanoon with a new official landmark.

None of this would have been possible without the assistance of Wingecarribee Council Bushcare officers and a federal grant for the purchase of tools.

Medium term plans involve continued on-site maintenance, monitoring the water supply and quality and establishing contiguous revegetated creek corridors. Ultimately, the vision is to create a fully functional wetland nature reserve, both as a source of pride for Bundanoon and a secure refuge for the many species of birds, animals, reptiles, amphibians and invertebrates which live there.

For more information about the Currabunda Wetlands Volunteer Group phone Sheila Micholson on 4883 6107 or Wendy Hyman on 4883 7763.





Country Women's Association

by Kate Perkins

Could 21 Bundanoon women make a difference, nationally? Absolutely. These women comprise the current membership of the Bundanoon branch of the Country Women's Association, a national body formed in 1945 of state branches which had commenced as early as 1922. With more than 45,000 members Australia-wide and 11,000 members in NSW, there is a very strong combined voice used unashamedly to lobby Government in matters of public interest. Democratic discussions are held at every branch which result in resolutions to Annual General Meetings and, if considered prudent, passed to relevant Government ministers.

Despite fluctuating membership, the local branch of CWA has never been in recession since its inception in 1927, and joins members Australia-wide in 'speaking with one voice on all national matters, especially concerning the welfare of country women and children'. Non-political, non-sectarian, not for profit, the CWA became, arguably, the most influential Australian women's organization of the 20th century.

There is no denying that good cooking and well-made craft are among the hallmarks of the CWA ladies, and in our small town their once-a-year street stall is always completely sold out. Their delicious fare can be sampled at other times at functions throughout the year. 'Early days are not forgotten and we still have handcraft days and the occasional class for scone makers', says long-time member and publicity officer, Josie Cornell. 'And we have great fun! Festival Day, held annually, is enjoyed as all branches in a group come together to showcase their talents, musical, as well as craft and baking.' Fund-raising is directed each year to a particular medical research program, and in 2005-06 more than \$50,000 was contributed by the state body to the Haemophilia Foundation. An Emergency Fund, administered from head office with recipients recommended by the people on the ground, distributes funds on a needs basis. Currently, the increasingly entrenched drought conditions have resulted in well over \$1.5m being made available to nearly 2,000 households suffering financial hardship. Bundanoon's 'twinning' with Bogan Gate certainly makes the members aware of conditions in the far-west, and with communication between the two branches the problems of each are recognised. At the discretion of each branch,



Lions Club

by Ralph Clark

The Lions Club of Bundanoon is celebrating its sixteenth anniversary this month. The members of the local branch of the world's largest service clubs have contributed to the town in many ways.

The club erected the first shelter shed in Picnic Park, provided seating for pupils at the public school and a storage shed for the Pre-school. Annual contributions are made to school prize-givings. A few years ago over \$6,000 worth of medical equipment was donated to Linkside; more recently a TV set to Rosnel.

For some years the Lions have organised the Cancer Council's Daffodil Day, raising many thousands of dollars. Large sums have also been contributed to Careflight. The club, in conjunction with The Bundanoon Club, was instrumental in the 2004 Bundanoon Tsunami appeal, which raised over \$7,000. These two organisations also combine each year for the senior citizens' Christmas luncheon.

The annual Youth of the Year quest for senior high-school pupils is a favourite activity for club members; international Youth Exchange and the Lions Drug Awareness programme are also well supported.

The funds to make all this possible come from a range of activities, including catering at Moss Vale markets and the recent car-boot sale. The traditional Lions Christmas cakes are always tremendous value, while Lions Mints are on sale throughout the town.

So next time you see the Lions Club at work, or conducting a fundraiser, remember the contribution they make and consider giving them a hand. The men and women of Bundanoon Lions Club are another great example of the community spirit which makes Bundanoon such a special place.

The current President is Clyde Cranny (4883 7945) and Secretary Noel Elliott (4883 6807).

assistance may also be given to local families in need, or towards other community projects.

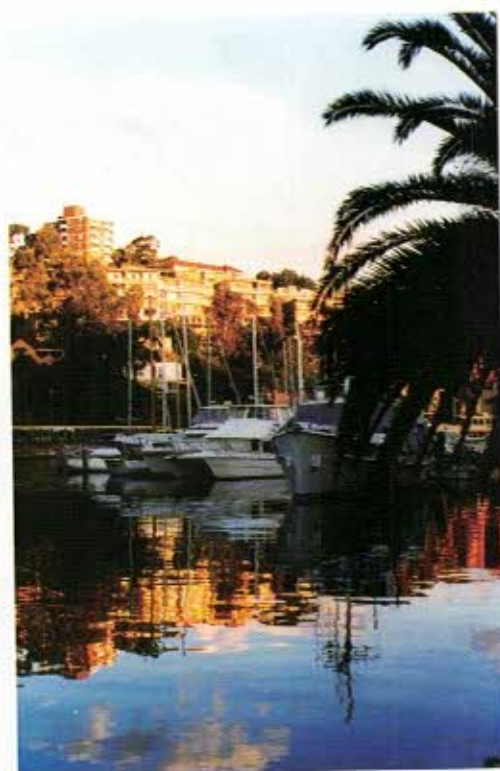
An Agriculture and Environment officer addresses each meeting to keep members up to date on any environmental problems, and each year one or two delegates attend a study school at the University of New England to learn about a particular country and pass their knowledge on to the branch members for study. This research culminates in an annual International Day in which children from our local school actively participate, making work books and posters on the theme. The country chosen for next year is Malta, last year Denmark, and before that, Chile. 'Our local children are certainly broadening their horizons as well. The branch makes available an annual grant for student education as well as a donation to the school - a most important part of our perceived role in the community.'

Note: written by Kate Perkins with thanks to Josie Cornell. Some data gleaned also from the CWA website.

Left: CWA Catering Group

Front row: (left to right) Anna Shead, Elyane Lenthall, Kath Smith

Back row: (left to right) Pat Wells, Judith Berry, Margaret Brown, Marie Reid, Sheila Topham



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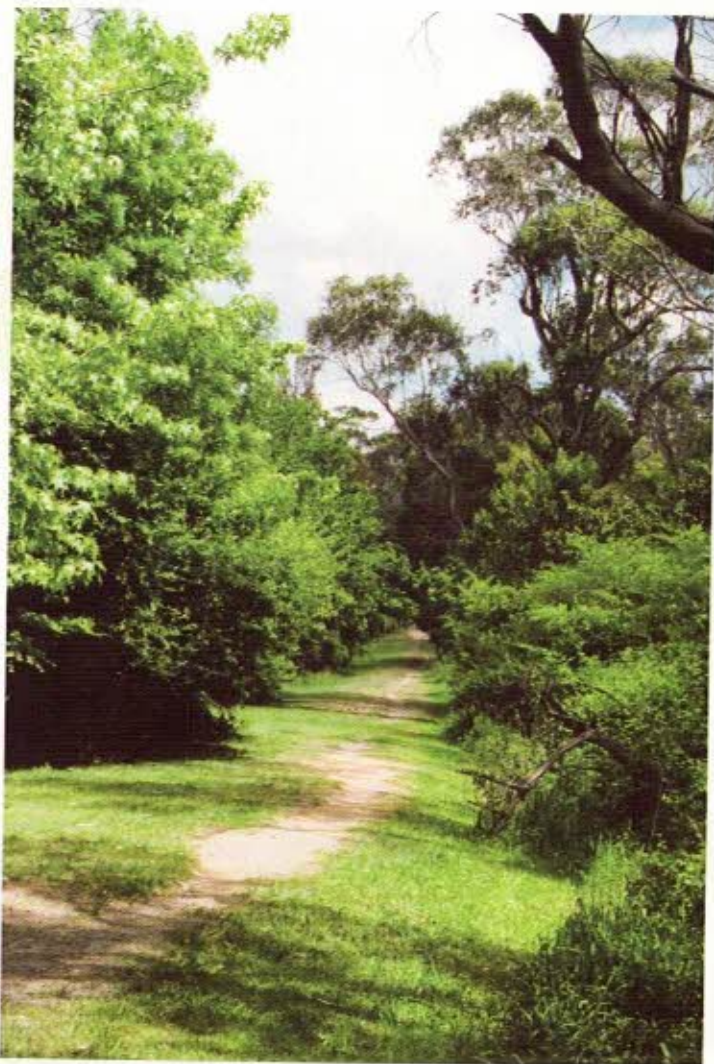
photo credits

- A. Al Threlfall, Out of the blue, Sadinista Wall, Grampians National Park, Vic
- B. Alan Hyman, Mosman Riviera
- C. Leonore Waugh, Eating icecreams
- D. Alan Hyman, Fitzroy Falls: East rim mist
- E. Ray Alexander, French meadow



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by Alan Hyman



If you like to walk on your own or take a stroll with the family there's a pleasant circuit incorporating our familiar Bike Track...

Located within easy reach of the town centre, the basic loop can be completed in 20 -30 minutes, making it an ideal early morning or lunch-break walk to keep fit. Alternatively, take the family, the dog and picnic basket for a Sunday afternoon stroll and find a quiet spot en route to relax. Commencing at the shopping centre, cross the railway line and either head north along the Erith Street footpath or alternatively, walk down Ellsmore Road, across Burgess Street turning right at the reserve just before the 'Quest for Life Centre' and follow a pleasantly green lane (actually an unpaved cycleway), eventually joining Erith Street near the basketball court at the Sports complex.

After about 30 metres, take the 'bike track' which passes the tennis courts, bowling greens, pool, oval and other facilities including the Bundanoon Club. Especially on weekends you can watch any number of local sporting activities before continuing down through a well-kept grassy area beneath a canopy of mature Eucalypts. This finally levels out in Jordan's Crossing Reserve where the kids can enjoy play equipment resembling a multi-coloured street sculpture. The path then proceeds for several hundred metres past attractive gardens lining the reserve edge to Ellsmore Road, ending opposite the Currabunda Wetlands (see page 27).

At this point one can extend this excursion to Blue Gum Road and beyond (turn right), go directly back to town (turn left) or add any number of intermediate streets according to time and energy. As usual, a cappuccino awaits at a cafe to round off a satisfying village ramble. (Of course, you can start and finish the walk at any convenient point. I'm only thinking of the coffee!)



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Silver Tassie shines

Bagpiping has never recognized national borders and this year young Australian pipers at this event were joined by Simon McLean aged 19 from New Zealand who was runner-up in the competition.

Yasuchiyo Hamilton, 13, from Queensland, was the winner. She has been learning the pipes for only three years.

Sutton Forest Hall was dressed in spectacular style for the event, creating the illusion of

a grand castle interior. The night before the competition guests enjoyed a feast and entertainment, provided by Highland dancers from Campbelltown.

Diary date for next year: 20 and 21 October 2007

For information contact Nerida Barnsley OAM, A Little Piece of Scotland, Sutton Forest.

New life for Laurisel

The little cottage, Laurisel, next to the Post Office, has had many lives and is now home to two new businesses, a beauty therapist and a hairdresser.

June Rose is internationally qualified and a member of the Advanced Association of Beauty Therapists. She specialises in makeup for weddings, having trained with a leading professional in Sydney. For her regular clients in the southern villages of the Highlands she is providing a service which matches city standards of comfort, privacy and professionalism. Her salon is decorated in restful tones of white and grey and her quality Dermalogica products are available only to trained beauty therapists.



...And next door. **Pam Atkinson**, who trained in Sydney, has a salon with soft green walls and decorated using original Art Deco furniture. She has been a hair stylist for 24 years and her special talent is 'cutting and colouring'. Pam says "I like to follow contemporary trends but I make creative changes to suit individual clients."

PD



Sky watch

by Stephen Owens

Poor Pluto

A few months ago I received a phone call from my mother. Usually she asks me how the astronomy is going, am I keeping warm at the telescope and she tells me to drink lots of hot soup during the cold winter nights. Stuff like that. This time she asked, "What have you done to Pluto?" I knew I was in trouble because the "you" was "YOU", which meant I had a lot of explaining to do as she was convinced that "my mates" and I had given Pluto the chop (bad pun intended).

Now astronomers are a peculiar lot. We have breakfast when most people are having dinner, we work a '5 to 9 night' where most work a '9 to 5 day' and when you are settling down after dinner to watch *Dancing with the Stars* we are setting up to observe the stars dancing in the night sky. The good part is we have the night off if it is cloudy. Try asking your boss to put that condition into your workplace agreement. Fat chance!

Most important decisions relating to astronomy are made by the International Astronomical Union commonly known as the IAU. This body is made up of eminent astronomers who meet every few years at conferences to compare research results, present scientific papers and to socialise and network. Decisions are made concerning the naming of stars and other technical matters.

The IAU met in Prague in August and decided to drop Pluto as a planet. It is now known as a dwarf planet. Poor old Pluto has been relegated to the second division by "my mates". Pluto is a poor excuse for a planet - smaller than the Moon, even smaller than some recently discovered asteroids and it is almost impossible to see even with fairly high-powered telescopes. Even if you could observe it there is very little detail to see. So out goes Pluto!

Now back to my mother. At the time of her call I was unaware of Pluto's sad fate so I blamed my boss, the professor, who was at the conference where the decision was made. This did not wash as my mother referred to the family's illustrious history in astronomy and I was letting the side down. "What illustrious history?" I asked, knowing I was the only one to take up astronomy as a profession. She said my grandmother had seen Halley's comet twice in her lifetime - which is not so unusual as my grandmother died at the grand old age of 99 and Halley's comet returns every 76 years, or thereabouts. So this was the sum total of our illustrious history!

In my next phone call to her I tried to explain the decision in scientific detail but to no avail, it was still MY fault. I then realized my first response to her call should have been "Sorry mum, I won't do it again".



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Garden notes

by Trish Arbib

Food from the garden

One of the joys of having a garden is to grow some of your own food – fruit, vegetables, herbs, nuts. We have a short growing season, but even so there's a lot to choose from.

It's probably not economic, between time spent and costs of plants/seeds, manure and water, to grow your own food. But it's the satisfaction, the knowledge of what has gone into the food, the ability to pick and eat it perfectly fresh, the pleasure of sending friends home with your home grown produce and preserves. Also, you can grow food not readily available or expensive to buy.

Some less usual vegetables which do well here are globe and Jerusalem artichokes, buckwheat, celeriac, bulb fennel, cardoons, kale, New Zealand yams, and Chinese artichokes. Many of these are perennials. Don't forget berries and currants.

We have in our nursery and garden two species of small plums, the damson and the sloe, which have special culinary properties. Damsons are sour but make the most delicious jam, chutney and sauce, with a rich, slightly tart flavour and an incredible dark burgundy colour. Sloes are too bitter to eat, but steeped in gin with some sugar to create pink sloe gin they are magic.

Even some flowers normally grown as ornamentals, such as roses, dianthus, some jasmine, English lavender and calendulas can be eaten. They may add flavour or be decorative.

And if you don't have green fingers you can always eat some weeds – like dandelion, fat-hen or nettles – being sure to identify them correctly of course.

Let's finish with two of my favourite recipes.

Buttermilk and mint soup is based on a recipe from Azerbaijan. It is perfect for hot weather and easy to make. Buttermilk is low in fat and tastes much like yoghurt. It's sold in the milk section of supermarkets.

600ml chilled buttermilk • 3 hardboiled eggs, chopped
1 medium cucumber, peeled and chopped
¼ cup spring onions, including green tops, finely chopped
¼ cup tightly packed mint leaves, finely chopped
Salt and freshly ground black pepper to taste

Mix all ingredients and serve chilled.

Stir-fried mixed greens

If you're tired of raw salads, try cooking leafy greens in stir fries, either on their own or mixed with meat and other ingredients.

500g mixed greens, eg chicory, mizuna, endive, bok choy, spinach
2 tbsp peanut or vegetable oil
4 cloves garlic peeled and finely chopped
4 spring onions (white and green parts) finely sliced
1½ tablespoons oyster sauce • 2 tbsp fish sauce
Chinese artichokes (optional)

Heat oil in a wok or large saucepan and fry garlic until just golden. Add greens and onion and Chinese artichokes if you're growing them, and toss quickly in oil. Add oyster sauce and fish sauce and mix through quickly, coating leaves with oil and sauces so they're warmed through and wilted. Serve immediately.

Bundanoon Village Nursery



Travel tales

by Kaye and Evelyn Lush

New England nostalgia

Early this year a newspaper article reviewing accommodation at the Jenkins Guest House in Nundle triggered our curiosity. A quick search on the Internet for further information and a phone call saw us booked in for two nights.

The 430 km trip took us through Bucketty and Wollombi – well worth a stop. Have a stroll around this area, which was formerly a stage coach stop in days long gone.

Northwards through Willow Tree to Wallabadah and finally Nundle, nestled below the Great Dividing Range and bordered by the Peel River. This is sheep, cattle and wheat country.

The bustle of the town belies its actual population (270). Many of the town's former services have closed, but one of its landholders has bought a few of the buildings and has restored the old Bank of New South Wales – turning it into The Jenkins Guest House. The 1930s bank building now houses a five-bedroom boutique hotel. Our young host led us to an open fire in a cosy small room providing us with a warm welcome. A choice of five mains ensured that we dined well. The young couple now running the accommodation show interest in their guests and give helpful information. The town also has a busy hotel, serving tasty meals in a bright dining room. There's a great art gallery where a husband and wife team display their art and the building itself arouses one's interest.

On a two- or three-day visit the Woollen Mill is a must. It houses seven stages of wool processing, using large machines (dating back to the early 1900s) which can be viewed from a mezzanine floor. The mill processes local wool and produces three grades of yarn which can be purchased from the mill shop, along with imported yarns from France and Italy. Also, there are garments from Australia, China and India – very tempting indeed.

An antique shop next to the guesthouse has large collections of coins, books, crockery – well, everything really. Browsing is encouraged. Next door is a weatherboard and iron shop – once Ogden and McClelland's Exchange Store, built in 1890, and still fitted with gas lights and packing case shelving, displaying home wares, millet brooms and soaps.

We were keen to see Hanging Rock, a short drive above the township, affording great views of the town below. Goldmining took place in the late 1800s and a cemetery provides a look back in time to what was once a thriving area. Few of the original graves remain, but inscribed panels attached to granite rocks display the names of those interred. The wife of the founder of Ashton Circus is buried here. Chinese miners who came to this area during the 1850s have left their legacy in lists of their names engraved on panels in the cemetery.

There's a trout and yabbie farm from which purchases can be made, and fossicking and fishing are part of the town's recreations. And there's more – a working gold mine and museum.

We need to go back to investigate further!



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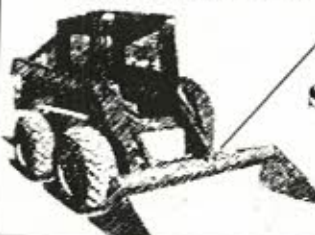


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The life-leavening loaf

shared table

by Pam Davies

Paddy Murray is a baker. Well that's not strictly correct. He's a blacksmith, a counsellor and Buddhist chaplain at Goulburn Jail. He's also a commerce graduate who at 34 decided to 'get off the tram to pick the daisies', as he quotes from the author, George Johnston. He came to Bundanoon about 20 years ago and we remember Paddy as the baker whose sourdough bread became legendary in the early 90s.

The garden in front of Paddy's house on Railway Ave. is alive with giant poppies, sweet peas, broad beans, cabbages, spinach and herbs. There are chooks in a shed and a shed which has become a beautiful room for meditation and yoga. Paddy smiles as he recalls that since his house was completed there has been ongoing local concern about the future of this little architectural curiosity.

The house has an open plan living room which includes a large granite table in the centre of a well equipped kitchen. Paddy can comfortably accommodate a bread making class of 10. He has collected sourdough cultures from Bahrain, South Africa, France, and his Bundanoon variety was produced from an accidental mixing of San Francisco and Finland. Sourdough cultures contain a mixture of naturally occurring bacteria and wild yeasts. There are many possible combinations of these two organisms and the time honoured starters from around the world, discovered and trialed by people over the last 10,000 years, are the best ones to use for bread baking. You can try to make your own culture by leaving a mixture of flour and water exposed to air and see what happens but the chances of getting a good one are small. Proven cultures will cost you about \$20 and treated with care will be with you forever. There are books and

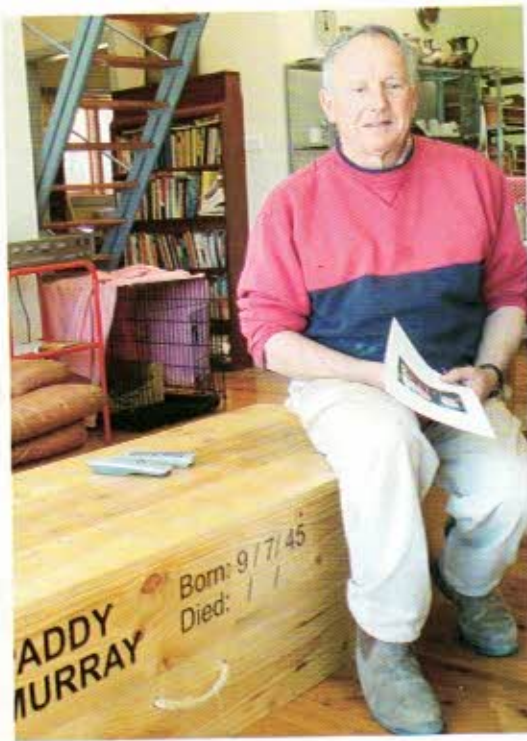


internet sites which will help you to make a sourdough loaf.

Paddy's basic recipe to make two 700g loaves.

- 5 cups plain flour
- 1 cup culture/starter
- 2 cups water
- 1 tbsp salt
- 1 tbsp oil

Temperature, consistency of the dough, kneading, proving, shaping, final proving and baking are all important to the final product but aaahh! That wonderful aroma – and freshly brewed coffee!



info

For course information
contact Paddy Murray
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Weighty financial matters

by Ron Jones

I don't know about you, but while my fortunes dwindle, the number of coins I possess seems to grow exponentially. Each night I empty my trouser pockets and almost inevitably I find a fistful of metal that was not there at the start of the day. For a while now I have had two bowls in the top drawer of the dressing table, one for gold coins; the bigger one for the other stuff. That worked all right until the drawer became almost too heavy to open.

But that was not the only problem. Catching sight of myself occasionally in shop windows I noted that I was developing a distinct list to starboard and when walking across open spaces, like car parks, I always tended to veer to the right. The replacement of the right trouser pocket became an almost routine affair.

Suggested solutions from once close friends – they

get rather huffy when you discard their ideas – were not particularly helpful. Mainly they centred on purses and manbags, but the thought of something else to lug around with the mobile, the briefcase and the notebook did not appeal. One happily married male suggested that if I were to find a spouse the problem would disappear overnight but I said that sounded rather like overkill – and now his wife doesn't speak to either of us. There must be a more cerebral solution; and there is.

I find that most of the stuff I buy: groceries, clothes, books, meals and the like, I pay for with plastic. It is the small items: newspapers, fares and snacks that do the damage. And therein lies the solution.

Each morning now I leave home with seven coins in my pocket and I can almost guarantee that when I return

I will have many fewer. The coins are: two \$2, one \$1, one 50¢, one 20¢, one 10¢, and one 5¢. With that combination I can produce the exact amount for any purchase below five dollars, eighty percent of the time, and in those instances where I have not got the exact amount, I receive only one coin as change. If I were to carry an additional 10¢ piece I would always be able to produce the exact amount, but hey, who wants to lug around another 10¢ piece? If the purchase is five dollars or more, the coins, plus notes, will be equally effective in reducing the metallic overload.

Of course there are days when multiple small value purchases conspire to produce more coins than they consume, but my experience is that they are very rare and the top drawer is already becoming much easier to open.

Now, all I need to do is to work out how to increase my overall wealth.

My contribution

by Malcolm Townsend

It's time for my contribution and I can't think of a thing to write about or talk about. My head begins to ring.

"Write something for the jcg"

I heard Pam Davies cry.

It's not so bad for her you see. She doesn't have to try.

"A dozen lines will do my friend so write with all your might"

I've filled my space and yet you know

I don't know what to write!



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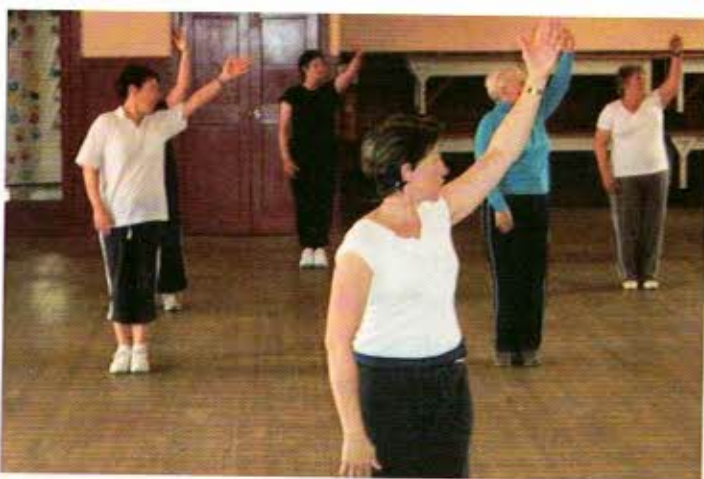
by Dawn Jonas

Anyone walking past Bundanoon Memorial Hall on Monday or Wednesday mornings may be startled by the sounds from within – foot tapping music, the thunder of stamping feet, grunts and groans, and the cajoling of a raised voice. Inside, a wonderful transformation is taking place – women of all shapes and sizes, ages and fitness levels are working out and loving every minute – although some of the sound effects may at times belie this fact!

Under the sympathetic and ever vigilant eye of exercise specialist Liz Dawson, women from Exeter, Bundanoon, Penrose and Tallong are getting fitter, more flexible, more toned and stronger by the week thanks to their aerobic, Pilates, Tai Chi and stretch and tone classes. Liz adapts the exercises and routines according to the requirements of her 'ladies'. Some people have bad backs or have had knee replacement surgery and they are accommodated too. Liz has a truly amazing array of exercises in her armoury to suit everyone and no-one is made to feel inadequate if they have to do a less strenuous or simplified version. Each exercise is described fully by Liz every single time, which is wonderful for those of us who have those senior moments!

Aerobics takes place for 30mins from 9.30am and is followed by an hour of Pilates. Aerobics get the heart pumping and the body moving but everyone is encouraged to find a pace which they are comfortable with, and pulses are checked at every lesson to make sure no-one is overtaxed. The workout ends with a dance routine and often much hilarity as the steps become more complex and it's difficult to tell your left foot from your right.

Pilates is slower paced and a particularly good form of exercise for those of us who want to strengthen our backs and regain the use of our stomach muscles – our 'core stability'. And as a bonus we may even get a flatter stomach...Yeeessss!!!!... and... tauter thighs and arm muscles and better posture! It's hard work at



times – hence the grunts and groans, and you really do feel the muscles getting a work out as you rediscover long lost muscles.

On Thursday mornings there are Tai Chi classes too. Tai chi is a slow elegant form of exercise which is beneficial for both mind and body. It is flowing and graceful but actually quite challenging to master. It helps calm the mind, and improve flexibility and balance.

Liz, who has been teaching fitness classes for 26 years and has a Level 4 Fitness Leader/Personal Trainer certificate, says that exercise can also help to lift depression, boost the immune system and lessen the risk of bone fractures as we age.

The benefits of these classes run deeper than simply improving individual fitness levels – this is truly a community activity. After class the participants, most of whom were strangers to each other when the classes began, now convene in the Bicycle Shop for coffee. As a result friendships and support networks have been formed. For new residents it's been a great way to get to know other locals. Dinners and social events have been organised, and some in the group have been involved in fundraising and other local activities. An intrepid group of 12 enjoyed a fascinating trip to China in early 2006.

Now that the womenfolk of Bundanoon are getting fitter, will the chaps be able to keep up with them? Liz says she would love to run a program for men too – so give it a go fellers – before it's too late!

The timetable of classes and contact details can be found on the notice board outside the Memorial Hall.

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Any enquiries, re appointments or results can be made through Moss Vale Medical Centre.

Moss Vale Medical Centre

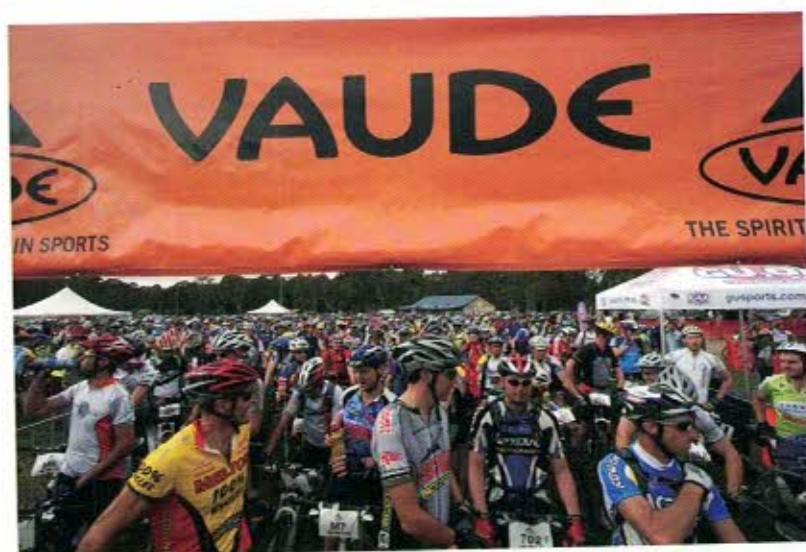
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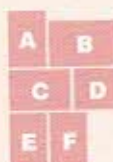
VAUDE Highland Fling

events



On Sunday 12 November 1100 riders, their families and friends visited Bundanoon. This was the second year of the Fling, organised by Huw Kingston, and enthusiasts can look forward to another superb day out on the rugged tracks of the Southern Highlands in November 2007. This event already has an important place in Bundanoon's calendar.

For results and information visit the web site:
www.wildhorizons.com.au



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Bundanoon Rebels Soccer Club 2006: What a season

by Liz Norrie

This year has been the most successful season for the Rebels in its 15 year history with 2 Minor Premiership sides, the Under 15 Girls and AA Womens, 5 of our teams competing in the Grand Finals and 4 Grand Final winners, the Under 10s, Under 15 Girls, AA Mens 2nd Grade and AA Womens. For one of the smallest clubs in the Highlands this was a huge effort, and indeed Grand Final Day at Yerrinbool in September was a sea of blue and gold with many enthusiastic Bundanoon supporters.

We had 10 registered teams in total in 2006, with our Roo Ball players, Under-6s, -8s and -9s, having lots of fun, building their teamwork and keeping fit. The Under-12s were unlucky not to make it past the semis and the Under-14s had a wonderful end to the season making it to the Grand Final. The AA Mens 3rd Grade had many young players and shows great promise for the future.

We owe a very special thanks to our coaches for their commitment and enthusiasm. Thanks to: Lisa Webster - U6s, Phil Tallon - U8s, Tina Shanks - U9s, Dennis Day - U10s, Phil Blair - U12s, John Kelly - U14s, Chris Keenahan - U15 Girls, John Sant - AA Womens, Phil Blair / John Sant - AA Mens 3 and Dean Rowley - AA Mens 2.

A number of our players were selected in the Highlands Development Squads for 2007: U10s- Josh Day, Nick Burroughs, Joshua Knox and Griffin Turner; U11s- Jayden Cubit, Caleb Thorogood and Harrison Turner and U12s - David Burroughs. One of our Under 12s, Blake Phillips, participated in the NSW State and Country Titles in October with Southern Branch.

Off the field, club members were always working hard: manning the canteen and barbeque, marking and maintaining the fields, improving the clubhouse and catering for the Highland Fling - the list goes on. Thank you!

Several of the 2006 committee have retired (for 2007 at least!) and we wish to thank them for many years of dedication to the club - Kurt Singer (President), John Kelly (Treasurer), Birgitte Singer (Registrar) and Michelle Kelly (Canteen Coordinator).

At the AGM a new committee was elected. They are already preparing for the 2007 season. They are: President - Dennis Day, Vice President - Chris Keenahan, Secretary - Liz Norrie, Treasurer - Adam Thorogood, Registrars - Paul Walker and Michael Rowett, Canteen Coordinators - Noelle and Andrew Burroughs, Committee Members - Luke Perriss and Karen Davis and Head Coach - John Sant. John and Sue Sant were also awarded life membership, acknowledging their long term commitment to the Rebels.

The Bundanoon Rebels wish to thank our major sponsors for 2006:

Bundanoon Country Bakehouse, Jordans Crossing Real Estate, Sherwood Machinery, Primula Café, Idle-a-Wile, DUX, Pioneer Flask (Bundanoon), Omega Kitchens (Goulburn), Auroral Building Services, Bunnings (Moss Vale) and Bill Tyson from Diadora Australia. Without their support many of the improvements made this year would not have been possible. Thank you.

We look forward to the 2007 season!

Bundanoon's Packer-whacker

by Glenn Westrup

Bundanoon now has its own Packer-whacker, more properly called a 'Public Access Defibrillator' or 'PAD', and we have a team of volunteers trained to use it.

The late Kerry Packer equipped all NSW ambulances with defibrillators, after his life was saved by paramedics in the early 90s. Because of the distance an ambulance has to travel from Bowral to Bundanoon our community PAD has been installed at the Bundanoon Country Inn and is ready for our team to attend an emergency wherever needed. Bundanoon Club also has a PAD.

Our team consists of a dozen people, each with a paging unit. These pagers will be triggered by the ambulance service whenever there is a sudden cardiac arrest in this area. Each of the team is alerted, coordinated, and a team member must race to collect the PAD which can then be rushed to the patient. In these emergency situations every minute lost reduces the probability of a successful outcome by 10%.

N.B. Ensure that the number on your house is clearly visible.

First-aid training was provided by St John's Ambulance, with special training on a PAD. Volunteers meet monthly for refresher sessions. The NRMA and the IAG Insurance Group donated the defibrillator and Three Communications provided the paging units.

A community defibrillator was the initiative of Glenn Westrup and Mark Tickner who organised the 'Bundalooney Ball' this year to fund continuing expense and more equipment.

Please make a note of the next Bundalooney Ball on June 2, 2007.

People are welcome to phone Glenn (4883 6870) to learn more about joining the team, or to attend a training session. People with medical and first aid skills are particularly welcome.



The defibrillator on the wall at the Bundanoon Country Inn; Glenn demonstrating at a training session



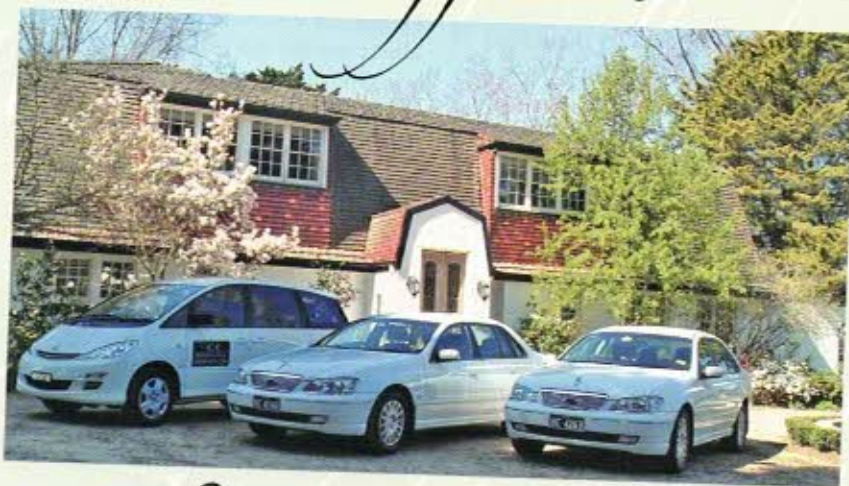
events



We celebrated the return of the BCDA Dinner on 18 November. Informal social events organised by the association bring old and new residents together. In 2007 BCDA plans regular social functions and meetings with guest speakers to promote a spirit of community.



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| Bundanoon Public School Parents and Citizens (P & C) | | | |
| | Barbara Rowett | 4883 7203 | |
| Bundanoon Visitors' Group | Karin & Harry Hull | 4883 6372 | |
| Bundanoon Voices | Coralie & Michael Flint | 4883 6588 | |
| Chess Club | Pat Foley | 4883 6064 | |
| Country Women's Association (meets 1st Thurs, 1 pm, CWA Rooms): | | | |
| | Marie Reid | 4883 6526 | |
| Friends of Morton Nat. Park | Sheila Micholson | 4883 6107 | |
| | Alan Hyman | 4883 7763 | |
| Garden Club | Terry Bruce | 4883 4499 | |
| Glow Worm Glen Track C'ttee. | John Dorman | 4883 6296 | |
| Green Team | David Beasley | 4883 7122 | |
| History Group (meets 1st Monday, 10 am, Old Goods Shed) | | | |
| President | Patricia Guy | 4883 6971 | |
| Secretary | Graham Morgan | 4883 7714 | |
| Lions Club (meets 1st/3rd Monday, 7.30 pm, Bundanoon Club): | | | |
| | Ralph Clark | 4883 6389 | |
| Playgroup | Candice Piper | 0428 615 980 | |
| RSL (meets 1st Tues (exc. January), 2 pm, RSL Rooms at Oval): | | | |
| | Trevor Fenton | 4883 6433 | |
| Waratah Slimmers | Kath Hogg | 4822 6757 | |

Church times

| | |
|---|------------------|
| Anglican Church of Sutton Forest | |
| Holy Trinity, Bundanoon | |
| Sunday | 9.00 am, 5.30 pm |
| St Aidan's, Exeter | |
| Sunday | 9.30 am |
| St Stephen's, Tallong | |
| 1st & 3rd Sundays | 1.30 pm |
| 2nd & 4th Sundays | 10.00 am |
| All Saints, Sutton Forest | |
| 1st & 3rd Sundays | 11.00 am |
| 2nd & 4th Sundays | 2.30 pm |
| Uniting Church, Church St, Bundanoon | |
| Sunday | 11.00 am |
| Thursday | 12.30 pm |
| St Brigid's Catholic Church, Hill St, Bundanoon | |
| 1st, 3rd & 5th Sundays | 5.00 pm |
| 2nd & 4th Sundays | 8.00 am |
| St Paul's Catholic Church, Garrett St, Moss Vale | |
| Vigil Mass, Saturday | 6.00 pm |
| Sunday | 9.30 am |
| Moss Vale Christian Church, | |
| Cnr. Spring and Railway Sts. Moss Vale | |
| Sunday | 10.00 am |
| Encounter Group, Robertson School of Arts | |
| 1st Sunday | 2 pm |
| Iona Christian Community, St Patrick's, Sutton Forest | |
| 2nd and 4th Sundays | 10.30 am |
| Ph 4883 4679 for information. | |

Christmas Services

Catholic Church
Sat 16/12, Carols at St. Paul's, Moss Vale, after 6pm Mass
Sat 23/12, 6pm Moss Vale, 6pm Burrawang
Sunday 24/12, 8am Bundanoon, 9.30am Moss Vale
9 am, 11am, Penrose Park
7 pm, Moss Vale, 7 pm, Burrawang
Midnight, Moss Vale and Penrose Park
Christmas Day: 9am, Bundanoon
9.30am, Moss Vale, 11am, Penrose Park

Iona Community
St. Patrick's, Sutton Forest
Christmas Eve, 10.30am

Uniting Church, Bundanoon
Christmas Eve Service, 11am
Christmas Day, 9.30am

Moss Vale Christian Church,
Christmas Eve, 10am
Sat 9/12, Carols, Leighton Gardens

Anglican Church
19/12: Tallong, Lessons & Carols 7pm
Christmas Eve: Sunday morning services as usual, except no 9.30am at Exeter
Christmas Eve: Exeter, 6pm Carols, 6.45 Sausage Sizzle, Kids, 7.30 Communion
Christmas Day: Bund. 9am, S. Forest 8am
Sun 31/12: Only service is Exeter 10am

Sports Clubs

| | | |
|-------------|----------------|-----------|
| Bowls (Men) | John Witney | 4883 7356 |
| (Women) | Jan Witney | 4883 7356 |
| Cricket | Steve Granger | 4868 2680 |
| Croquet | Dick Topham | 4883 6721 |
| Pony Club | Carol Halstead | 4883 6662 |
| Rugby | Cameron Reid | 4883 6788 |
| Soccer | Liz Norrie | 4883 6421 |
| Social Golf | Carol Townsend | 4883 7380 |
| Swimming | Michelle Broad | 4883 6582 |
| Tennis | Cameron Reid | 4883 7074 |

Support & Volunteer Services

| | | |
|-----------------------------------|-------------------|--------------|
| Community Health Service | Bowral | 4861 8000 |
| Early Childhood Clinic | | 4861 1744 |
| Community Health Centre | | 4861 1744 |
| Wingecarribee Adult Day Care | Anne Emms | 4862 1774 |
| Fire Station | | 4883 6333 |
| Meals on Wheels | Fay Carter | 4883 7441 |
| Mobile Library | Moss Vale Library | 4868 2479 |
| Petrea King Quest for Life Centre | | 4883 6599 |
| Red Cross (Exeter branch) | June Morrissey | 4883 4443 |
| Ronald Macdonald Casserole Club | Ross Armfield | 4883 4144 |
| Rural Fire Service (RFS) | Alan Fairbrother | 4883 6597 |
| RFS Women's Auxiliary | Rosemary Page | 4883 6499 |
| RSPCA (Goulburn/Highlands) | | 0412 475 428 |
| WIRES | | 4862 1788 |

To update or correct details, please contact Kate Perkins 4883 6422.





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What's on around the Highlands

what's on

Arts & Music

December 2: Piano at Ten, 10am, Memorial Hall. Adults \$5, children free. Details: Coralie & Michael Flint 4883 6588.

December 8 to 10: Four Legged Benefit art show: 10am-4pm. Auction 2pm Sun 10th. Garden tour and Gallery entry \$10 donation. The Burrows, Tugalong Rd, Canyonleigh. Details: Tourism Southern Highlands 4871 2888.

December 9: Christmas carols, Leighton Park, Moss Vale.

December 12: Christmas concert, 4pm, Memorial Hall.

January 6: Piano at Ten

February 3: Piano at Ten

Entertainment

December 7: Jimeoin - Live - Stand up comedy at its best, Mittagong RSL Club, Ph: 4871 1411.

December 8: Avoca Old Time Dance. Held at the Avoca Hall from 7.30pm till midnight, this is a dance for all the family. Music is by Tom McQuade's Illawarra Flames. Admission is \$10 for adults & \$3.50 for children under 15 years - supper is included. Avoca Hall. Ph: Garry Perkins on 487 7321.

January 6: Fairway film night - Walk the Line. Sylvan Glen, Kareela Road, Penrose, ph 4884 4306. Admission is \$10.00 for adults \$5.00 for children Family ticket \$25.00

for 2 adults and 2 children.

Gates open at 7pm Movies start at dusk approx 8pm so come along with your picnic and your rug and enjoy a magical night under the stars.

January 13: Fairway film night - The White Countess (M)

January 19: Robertson family dance, School of Arts. Ph Edna Casey 4885 1216. 8pm - midnight. Costs \$8 Adults and \$4 Children under 14 years.

January 20: Fairway film night - The Fastest Indian (PG).

January 27: Fairway film nights 2007 - Memoirs of a Geisha (M)

February 3: Fairway film nights 2007 - Kinky Boots (M)

Events & Festivals

December 2 & 3: Bowral Christmas Fair, Southern Highland Wines, Oldbury Rd, Sutton Forest. Contact: Phillip & Karen Minnis 4868 2263 or 0413 052 510 or 0438 682 263.

December 31: Charity screening of *An American in Paris* for Rodmell Fund. Details from Empire Cinema.

January 26: Australia Day Celebrations, Berrima. Starts 10am. Festival, parade, ceremony, bands, entertainment. Ph 4877 1505.

January 6 & 7: Bowral Show Society 80th annual show, Wyeera Race Course, Kangaloon Rd, Bowral. Details: Lynn Goulder 4861 1503.

February 3: The Great Wine

Tasting and Appreciation Expo, Bundanoon Hotel, ph 4883 6005. Noon-5pm. BBQ, jazz band. Admission \$20.

February 10: A Day on the Green with The Ten Tenors, James Morrison and Grace Knight. Centennial Vineyards, Centennial Rd, Bowral. Details: Tourism Southern Highlands 02 4871 2888 or 1300 657 559

Feb 2007: Heronswood House annual art sale. Approx 140 paintings exhibited for sale by some of Australia's leading artists. 10am-4pm. Donation on entry appreciated. Heronswood House, 165 Argyle St, Moss Vale. Ph: 4869 1477.

February 2007: Dahlia Spectacular, Sat noon-5pm, Sun 10.15am-5pm. Ph 9622 8098. Mittagong RSL, Old Hume Highway, Berrima.

February 2007: 5th annual Scottish Pipe Band & Solo Competition, from 9am. Moss Vale Showground, Illawarra Highway, Moss Vale.

Markets

Bundanoon Market: Open on the first Sunday of the month from 8.30am to 2.30pm at the Bundanoon Soldiers' Memorial Hall. Ph: 4869 3016.

Bowral Farmers Market: Open on the second Saturday of each month from 8am to 1pm at the Bowral Public School. Ph: 4862 4910.

Robertson Market: Open on the second Sunday of each month from 9am to 3pm at the Robertson School of Arts,

Hoddle St, Robertson. Ph: 4885 1216.

Berrima School Craft Market: Open from 8.30am until 3pm at the Berrima Public School. Ph: 4869 3016.

Mittagong Market: Open on the third Saturday of each month at the Uniting Church grounds from 8am to 3pm. Ph: 4871 1354.

Sutton Forest Market: Open on the third Sunday of each month at the Sutton Forest Hall from 8am to 2pm. Ph: 4869 3016.

Colo Vale Market: Open on the fourth Saturday of each month from 9am to 2pm at the Colo Vale Hall. Ph: 4889 4129.

Southern Highlands Country Fair: Open on the fourth Sunday of each month from 9am to 3pm.

More information

For events in Bundanoon Soldiers' Memorial Hall, contact Kay Pearsall: 4883 6954.

Southern Highlands Tourism: 4871 2888.

Regular meetings/ events in the Hall:

BCDA, 3rd Thursday, 7.30 pm

Garden Club, 1st Thursday, 10 am

Markets, 1st Sunday ph Gus 4869 3016

Chess Club, Friday 2-5 pm Pat 4883 6064

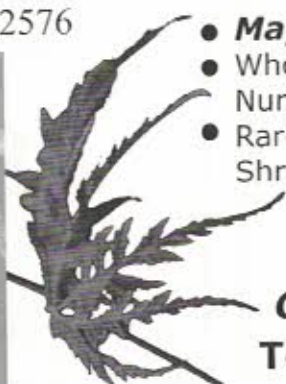
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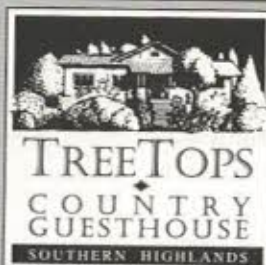
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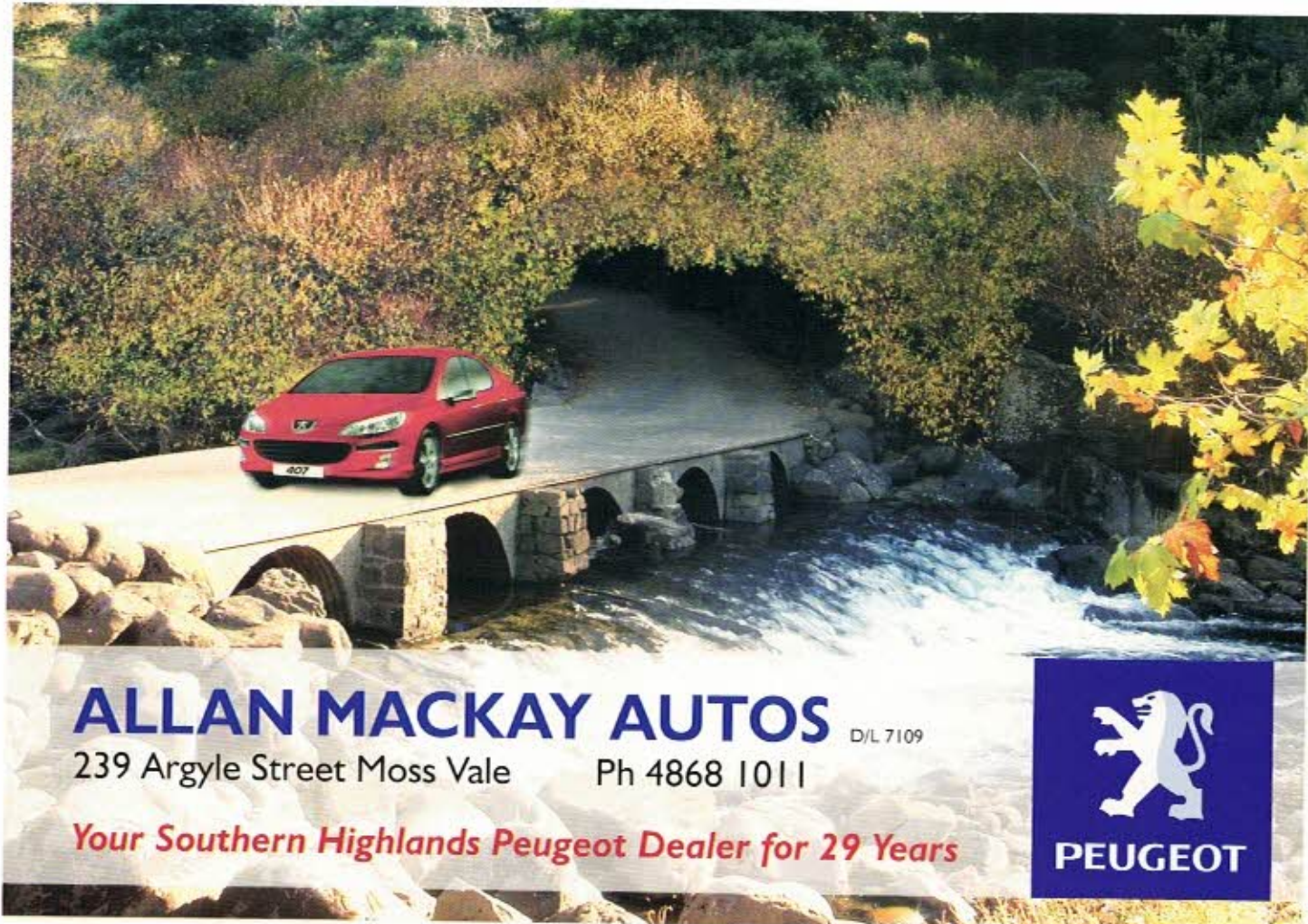


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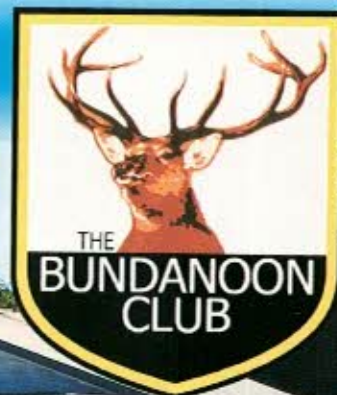
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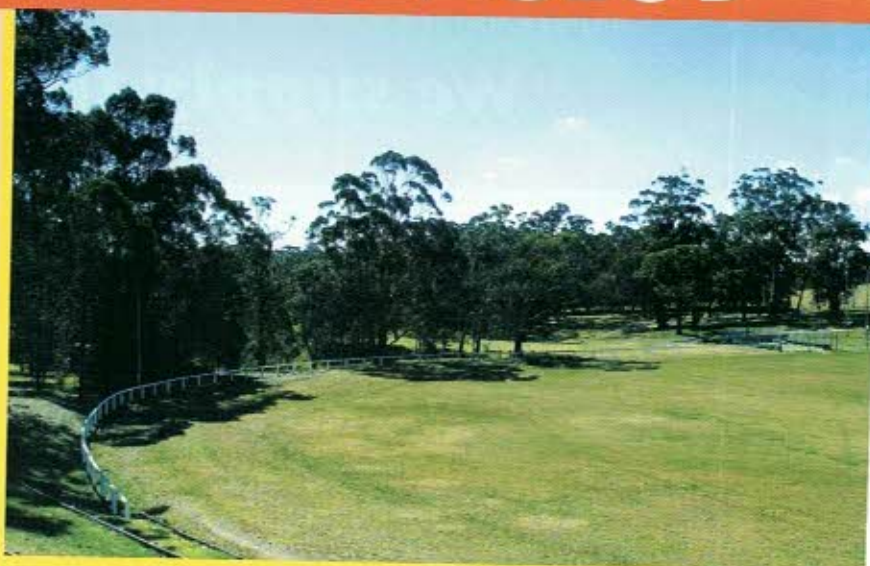
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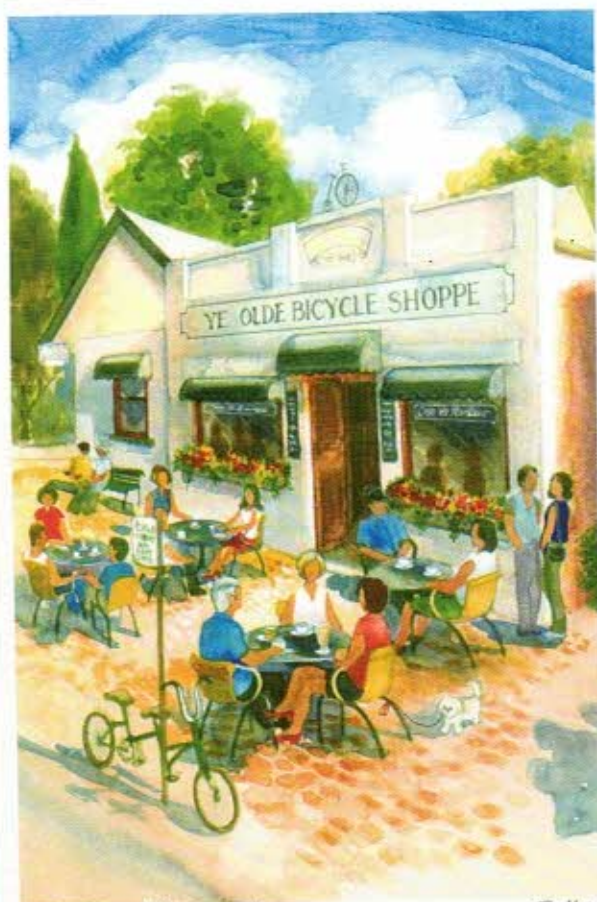
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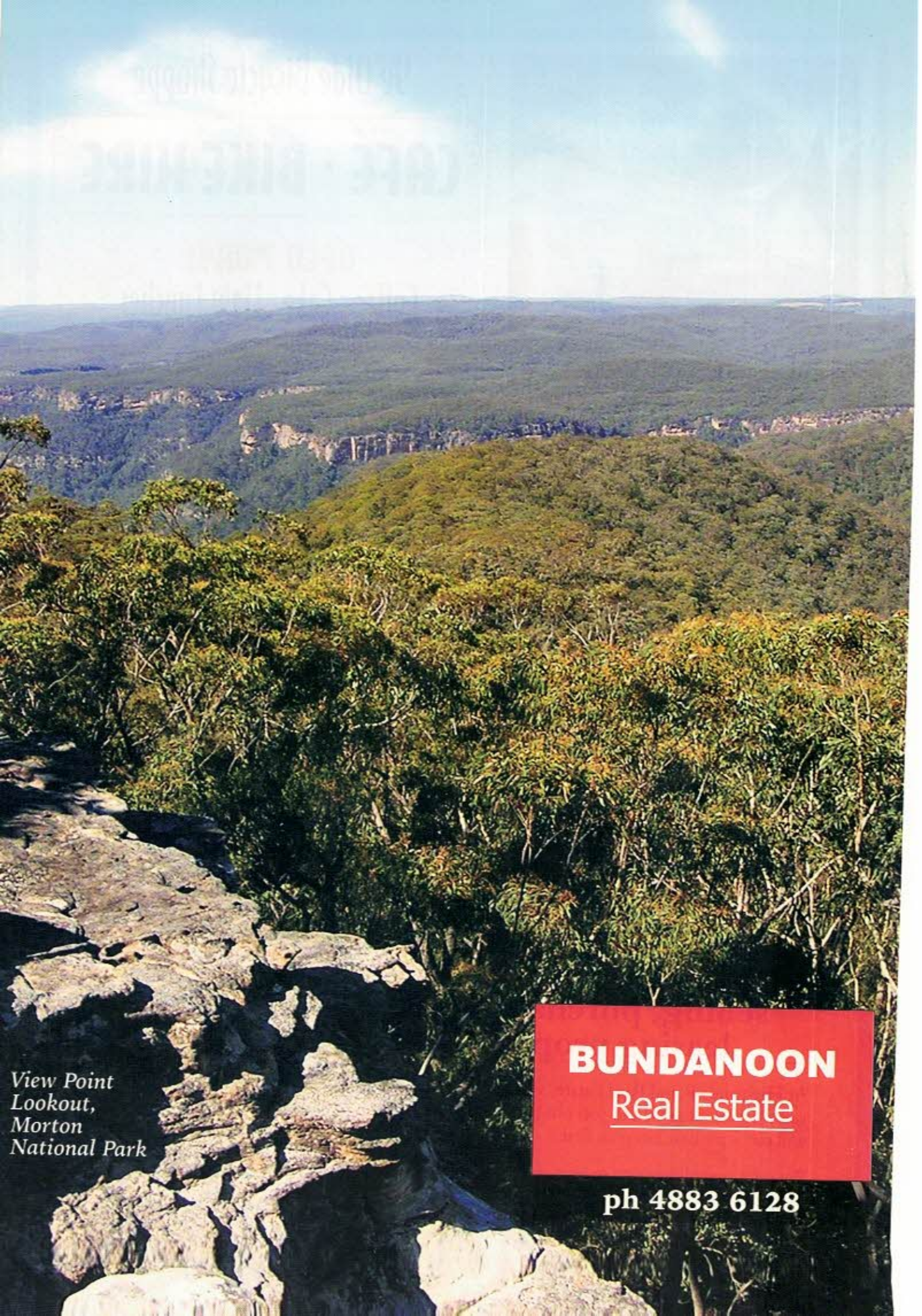


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