



Our toy exhibit is proving to be very interesting, with lots of comments on the easy things that kept kids amused for hours on end.

Come and visit our museum and have a look at the toys of yesteryear, I am sure that they will bring back old memories for some of us. The toys will be on show for a limited time, so don't miss out!

The Museum is open on market days – the third Sunday of each month, from 10am

There is a selection of Windellama local history books, by Tom Bryant and books by local poet, Rex Hockey, for sale in the Museum, as well as bookmarks and postcards with images of early Windellama.

New members are welcome.

For any enquiries please contact: Joanna Croker 4844 5125
Cynthia Hudson 4844 5005

As strange as it may sound, in the 1950's it was actually possible to get a vehicle or vehicles bogged at Windellama!

Yes, floods and heavy rain were a regular occurrence when I was a kid growing up and going to school in these parts. It was not uncommon for the drivers of the school buses (there were two – the Jacqua Run and the Bullamalita run) to be telephoned and asked to come and pick us up early so as to be able to get through the run before the creeks made it impassable. There was a concrete causeway over the Windellama creek at 'Eloura' gate and also near the fire shed and across the road at 'Brooklyn' homestead and another near Benduck Lane; the crossings near 'Budjong' homestead entrance and between Masons and Owens Road and Sandy Point Road were covered with river stones and rocks. (How do you think Mr. & Mrs. Carey would like driving over these twice a day?) I can't remember the crossings on the Bullamalita run as I was not on that bus.

For those of you who aren't aware of it, my parents drove the bus on the Jacqua Run from 1955 until early 1958. Many a time my father would have to get out of the vehicle at the Budjong and/or Sandy Pt Road crossing because the clutch got wet from the flood water and had to hand crank the motor with the crankhandle, with the ignition turned off of course, to creep the vehicle through to the other side, and then of course we wouldn't have any brakes until they dried out

Early in 1952 and we were residing at what is now called 'Yarrala', just past Benduck Lane on way to Bungonia. My grandparents from Exeter were to visit, however the Jacqua Creek was in flood at the causeway crossing at 'Jacqua' homestead and couldn't get their shiny black FX Holden (48-215, for the purists) across the causeway. Dad and I (all of 5 yrs old) headed off in his Chev Truck, a Loadmaster of 3 tons, to rescue them. When we got there Dad got out in the rain and took the fan belt off (so the fan wouldn't hit the water and spray it over the points etc.) and then placed a hessian potato bag over the motor (to keep water off the spark plugs and leads) and across we went, the headlights were under water. A short rope (because Dad said the water was flowing pretty fast) was attached to the FX and back we headed. Whilst our truck kept sure footed traction on the causeway the NEW FX was coming behind at a bit of an angle down stream and when we reached the other side my grandparents, especially my grandmother, heaved a great sigh of relief and I found out much later my father did too, I don't know why because I didn't have a care in the world!

About a month later, the same thing happened except it was day time and not at night, and with the last experience fresh in his memory Dad declined to go through and tow the FX across and told them to wait there and he would come round the other way and show them the back way. He went back to Jacqua Road then down Lumley Road and Oallen Ford Road back to the crossing to where my grandparents were waiting, only to find out that the creek had dropped to about 6 inches (150mm). Had he realized, he could have waited instead of driving all the way around!

Bruce Temple from Nerriga (about the same age as me) tells me that there was a spring on Windellama Road just past the Turkey farm and it wasn't unusual for his father to get bogged there on the main road on their many trips to the Doctor and the hospital.

I suppose it is not surprising that a wry smile comes to my face when I hear people commenting about the state of our roads today.

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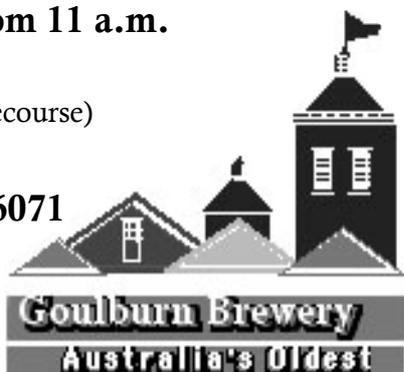
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Landcare Update



On July 4 there was a good rollup of members at Oallen Ford where repairs were made to the barrier erected to protect the river bank. A cable had to be rejoined and a post which had been pushed over was repositioned and reinforced. Windellama Landcare is determined to maintain the integrity of this barrier by making swift repairs and not allowing it to gradually fall into disrepair.

On July 7 1400 pine tree seedlings were picked up from Yass and have been collected by local landholders who were generally pleased with the trees which are now grown in tubes and have a well developed root system. Although trees were dearer this year it was generally thought they would be superior to the previous bare rooted trees supplied.

The last consignment of beetles for the dung beetle trial has been delivered to the four participating farms. These beetles were the Bubos Bison which quickly established themselves in the paddocks and set to work on the cow pats. Great hopes are held for recent dung beetle releases in the district and we will be looking forward to a reduced summer fly population and improved soil fertility on participating farms.

Our next working bee will be on August 8 at the property of Bob Shaw our local apiarist. Bob has soil erosion gullies forming on his paddocks and as they are at an early stage they can be nipped in the bud. This is an inexpensive job and can be done by simply using rocks, rabbit netting, some matting and a bit of shovel work. If you have a similar erosion problem to Bob's you are most welcome to come along and see how it is rectified and arrange for help from Landcare. Our caterer needs to know who will be coming by Thursday August 6 so that we will have enough to eat. Phone Joy (48445225) or Sandra (48445047) We will be having a short meeting on the day to plan future activities.

Landcare Illawarra

We received an email from WIRES a day or so ago, concerned that a new bill is going before the NSW parliament that would open national parks and reserves to recreational hunters, licensed to shoot native animals and birds. In addition, the bill allows for private game reserves to be set up for professional safari hunters.

I know this sounds like an April Fool's joke, but the Sydney Morning Herald carried a report on June 12 (see page 25) and if you contacted WIRES they could probably send you a PDF of the actual bill.

Landcare Illawarra executive decided to ask all members to take action against this bill, and a subsequent phone conversation with John Carter means we are now asking all South East Landcare members to do the same.

Please email the Deputy Premier, Carmel Tebbutt, Minister for Climate Change and the Environment; with copies to Catherine Cusack and your local member.

Your local member can be emailed through the name of the electorate, eg, David Campbell in the Keira electorate is keira@parliament.nsw.gov.au.

Tony Hepworth

WANTED

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or Gayle on 4844 5156

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Landcare Illawarra

Article from Sydney Morning Herald June 12, 2009

A NEW bill that would open the state's national parks and reserves to recreational hunters who could be licensed to shoot native animals and birds has been condemned by the NSW Greens, the Liberal Party and environmental groups.

The NSW Shooters Party has introduced the private members bill to Parliament. It allows for private game reserves to be set up for professional safari hunters, overturning NSW laws that prevent the enclosing of animals on land solely for hunting purposes.

A Shooters Party MP, Robert Brown, said the bill would not allow the hunting of threatened species and, in the case of native waterfowl, licensed game hunters would be required to pass an official identification test of the ducks.

But the Opposition's environment spokeswoman, Catherine Cusack, attacked the bill, saying key elements were unacceptable. "We totally reject the idea of shooting in national parks and the concept of shooting native animals in national parks is repugnant to almost anyone."

Among the birds and animals that could be hunted are the Australian wood duck, the chestnut teal and grey teal ducks, galahs, corellas and eastern grey, western grey and red kangaroos.

The Shooters Party hopes to gain the Government's support for the bill but the Environment Minister, Carmel Tebbutt, is already signalling she will oppose key provisions in it, including allowing recreational hunters into national parks and the hunting of native animals.

Her spokeswoman said the Government would consider the bill's merits but it did not support "the hunting of native animals or hunting in national parks".

Mr Brown said the bill drew on many of the recommendations of a government-backed review of existing laws undertaken with staff from the NSW Department of Primary Industries and the Game Council.

He said that under his bill, the environment minister would be responsible for declaring any national park or reserve open to hunters.

He told the *Herald* that opening national parks to recreational hunters to shoot feral animals would save the Government significant amounts of money and the hunting of native animals and birds in parks would require ministerial approval.

The Greens leader, Lee Rhiannon, called on Ms Tebbutt to reject the entire bill, not only the provisions concerning national parks. "Opposing shooting in national parks may well be a tactic Labor is using to divert attention from the fact it will support other equally regressive changes being pushed by the Shooters Party," Ms Rhiannon said.

The Greens are also concerned about provisions in the bill that would make it an offence to approach anyone or interfere with anyone "lawfully hunting game animals" on any land that had been declared public hunting land.

The Shooters Party has provided critical support for the Labor Government in the upper house, especially since the 2007 election. Last week the Shooters voted with the Government and the Reverend Fred Nile of the Christian Democratic party to defeat a bill backed by the Greens and the Opposition to preserve prime agricultural land from mining developments.

Goulburn & Surrounds

CALENDAR OF EVENTS

- 1 August **Lilac City Markets**, Montague Street. Ph: 4821 1839
- 2 August **All British Racing**, Wakefield Park. Ph: 4822 2811
- 7–28 August **Friday Fresh Produce Markets**, Uniting Church Grounds, Fri. 1pm–5pm. Ph: 4821 7283
- 7 August **Bush Tradition Session**, Goulburn Brewery, 7.30pm–10.30pm. Ph: 4821 6071
- 16 August **Windellama Hall Monthly Markets**, Windellama Hall & grounds, 10am–2pm. Ph: 4844 5087
- 16 August **Goulburn Poultry Fanciers' Society — Annual Spring Show**, Goulburn Showgrounds, 9.30am. Ph: 4844 7133
- 17 August **Goulburn Racing Club Race Meet**, Goulburn Racecourse. Admission: adult \$7, concession \$3. Ph: 4822 2222
- 21 August **Irish Pub-style Music Session**, Goulburn Brewery, 7.30pm. Ph: 4821 6071
- 21 Aug–10 Oct **44th Goulburn Eisteddfod**, various venues. Ph: 4821 8301 (ah)
- 22 August **Goulburn Brewery Monthly Craft Markets**, Bungonia Road, 10am–2pm. Ph: 4821 6071
- 22–23 August **St George Motorcycle Championship**, Wakefield Park, open daily. Ph: 4822 2811
- 28 August **Police Attestation Parade**, NSW Police College, 10.30am. Ph: 4828 8501
- 28–30 August **PCANSW 2009 State Dressage Championships**, Goulburn Showgrounds, 8.30am. Admission: spectators free. Ph: 0428 298 157
- 30 August **Trio Empyrean — Live**, Goulburn Regional Conservatorium, 2pm. Admission: adult \$35, concession \$30, GRC students \$25. Ph: 4821 8833
- 30 August **Irish Music & Lunch**, Goulburn Brewery, 1pm–4pm. Ph: 4821 6071

Alpacas - Anecdotes & Advice

Joy E Allenby-Acuna

La Granja Holistic Alpacas

La Granja holistic Alpacas

Lovely sunny day today but we had a thick fog this morning and it has been so far a chilly winter, with a little rain and frosts

Here near Lake George the wind farm is nearly complete and the windmills add to the magic of the place.

All the autumn crias are growing big and at the beginning of August will go to the back with their mothers and two weanlings, two other young girls, whom we want to halter and three pregnant girls will come in ready for their September/ October births. I prefer to have them near at that time so I can supervise their births.

This is a quieter time of year, but even so I am always busy, feeding everyone twice a day, writing, scraping poo, planting seeds, walking dogs and knitting the gorgeous organic Alpaca fleece.

Thanks to their diet of garlic, apple cider vinegar, seaweed meal, cod liver oil, and ADE plus herbs everyone has stayed very healthy over winter, only one cheek abscess due to a seed.

Speak to you again in September.

Namaste Joy Alpaca

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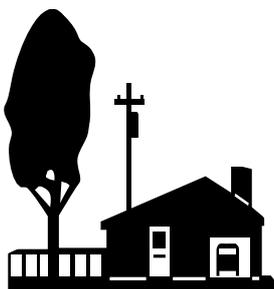
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Healthy Lifestyles/Ageing

Getting older brings with it an abundance of new physical, emotional and mental challenges. Later life can be a time of rest, relaxation and retirement, and a time to enjoy life with one's spouse, children and grandchildren. It can also be a time to embark on a new adventure, whether it is travel, a new hobby or a fun-job.

Ageing can also bring with it a lot of anxiety, often because of issues of health and well being, but also because of significant social and emotional changes, such as the loss of loved ones, isolation after retirement, or boredom and loneliness. The unexpected nature of the aging process often makes people feel nervous and scared. Normal activities like eating, sleeping and exercise may become more difficult or just different as it becomes necessary to adjust your routines for health reasons. New events and big changes in your life may lead to depression, anxiety or loneliness.

The ageing process: The ageing process doesn't have to leave you feeling overwhelmed. The wealth of information and resources available today make it possible for people to manage many aspects of the ageing process. Taking care of your body, mind and spirit can help you feel more comfortable as you greet the changes that come with ageing. Being informed about matters of nutrition and exercise can make a significant difference in how you feel. Additionally, getting a proper amount of rest and making sure you stay active mentally will markedly increase your ability to enjoy yourself and your golden years.

Most important to ageing successfully is your attitude and your willingness to stay active and involved socially. Social connections, whether they come from friends, family, a church community, or a job can help fill your life with love, companionship and meaning. The importance of social involvement and leading an active and involved life cannot be overstated. The connections between healthy living and healthy ageing are there, but your ability to enjoy the ageing process will depend on your willingness to engage and be active. Being engaged body, mind and spirit will enable you to weather emotional and physical challenges and, more importantly, enjoy yourself. Don't assume that because you are getting older, you need to sit on the sidelines – get involved and stay involved.

Myths about ageing: Results of Research on ageing debunk some of the common myths of ageing;

To Be Old is to Be Sick – The notion that old age brings disease and disability is not the case at all. Research found older people to be in remarkably good health, with fewer disabilities and infirmities, and in most cases, living on their own, rather than in nursing homes. In fact, relatively few elderly people live in nursing homes. Of those ages 65 to 75, about 90% report no disability whatsoever."

You Can't Teach an Old Dog New Tricks – If you think old age means that you can't learn new things, think again. "Research shows that older people can, and do, learn new things. Three key factors predict strong mental function in old age: (1) regular physical activity; (2) a strong social support system; (3) belief in one's ability to handle what life has to offer." This myth also relates to the mistaken notion that seniors are set in their ways and won't willingly move out of their comfort zone. Many seniors today are keeping up in a number of ways. Attitude plays a key role here; seniors who believe in themselves and their abilities don't find it so hard to learn new things, adapt to life's changes, make new friends (young and old) and enjoy life.

The Horse is Out of the Barn – Are you convinced that the bad habits of your youth are irreversible? That the damage has already been done, and that it is too late to do anything about it? Wrong again. Research found that new habits of healthy eating, regular exercise, mental activity and a strong social life are remarkably effective in combating the by-products of yesteryear's bad habits and unhealthy living. So, it is important to start changing your ways now.

The Secret to Successful Ageing is to Choose Your Parents Wisely – These days, much has been made about the influence of genes. Contrary to popular belief, heredity isn't everything when it comes to aging. In fact, one of the most important findings of the research was that lifestyle habits are almost more important indicators of successful and healthy ageing than heredity is.

The Lights May Be on, But the Voltage is Low – Many people assume that mental and physical abilities decline with age. While this is true to a certain extent, research found that everyone's experience is different and that mental acuity and physical ability are greatly affected by attitude and lifestyle habits.

Provided by: Fayeze Nour. (Adapted from "helpguide.org")

Next month's article: Behaviours to promote healthy ageing.

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