



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 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

Nadgigomar Dam

The Nadgigomar Dam was built by Spa Proprietary Hydraulic Sluicing & Gold Mining Company in the early 1890's to service sluicing areas to the north. The dam was thought to be the largest on any gold field in Australia.

Bruce Hush's grandfather (as a boy) worked on the water race. The race was built to service both the Black Springs and The Spa mines. Whilst building the race a spring was uncovered at Black Springs which supplied enough water for sluicing at Black Springs.

In support of this, it was stated in the Spa Company's application in 1896 for a suspension of labour conditions; and that a large sum of money had been spent to make another race to other claims; and so extra money was required to extend the race to The Spa mine.

Previous work had been stopped due to drought. At present the Nadgigomar Creek drains through a heavily eroded gully east of the dam. Information collected from locals is that the heavily eroded cliffs and banks of the gully were formed when the dam filled to overflowing after heavy rain causing the collapse of the overflow channel.

By 1895 the machinery, tail race, water rights, dams & claims of The Spa Company were put up for sale as the expense of £46,000 proved too much with not enough return. The Manager of pertinent works for the water race was Jack

Russell who lived at Russell's Corner (see map).



The riveted iron used for the flumes, etc., are still to be seen on local shearing sheds.

The tunnels and air shafts are still visible, and one air shaft is estimated to be 60 feet (approx. 19 metres) and still can be seen.

To walk the length of the water race from the dam to The Spa mine would take about 1½ days. To walk from the dam to The Spa in a straight line would take about 4 hours.

Thora Hush

**Excerpt from
Goulburn Herald 24/9/1894**

Hydraulic Sluicing on the Shoalhaven River

The Spa Proprietary Hydraulic Sluicing and Gold Mining Company No Liability, Capital 200,000 shares of £1 each, was registered in Melbourne towards the end of 1891. The Company's property consists of 300 acres of auriferous gravel situated on the Shoalhaven River, about 30 miles from Goulburn.

Soon after the registration of the company, surveys were commenced and the surrounding country thoroughly examined to find the best available means of water-supply. Schemes for supplying the mine by gravitation from the Shoalhaven River, Lake George, and Lake Bathurst were carefully gone into, but were found to be too expensive, and it was decided to adopt the Nadjingomar Creek pumping scheme.

This scheme consists of a dam across the Nadjingomar Creek, forming the reservoir. From the reservoir the water is raised 130 feet in a vertical height to the race, which is 16 miles long. At the end of the race is a small dam capable of holding one week's supply, and from this service-dam the water is carried in pipes to the workings and discharged through nozzles onto the bank.

The dam across the Nadjingomar Creek is built of clay lined on the water-side with stone-work from 18 inches to 2 feet thick. The dimensions are:-

Length on top – 465 feet;

Height from foundation to crest – 88 feet;

Width on top – 22 feet.

It contains about 105,000 cubic yards of clay and nearly 8,000 cubic yards of stone.

Great difficulty was experienced in getting a secure foundation, the excavations having to be carried down nearly 40 feet through sand and gravel, there being also a considerable flow of water to cope with. Before the embankment was quite-completed, a heavy flood carried away about 16,000 cubic yards from one end of the dam. The damage was soon repaired, and the reservoir has now been full for over 18 months. Excepting that the front

slope has fallen into a somewhat irregular shape, everything appears safe and secure. Ample provision was made for the overflow of the reservoir; a by-wash 150 feet wide on the bottom and 5 feet deep was cut, which is more than doubly sufficient to carry the largest flood that has been in the creek since 1870.

The reservoir formed by this dam is the largest mining reservoir in the colonies; when full it is 3 miles long and averages 30 chains wide; covering 750 acres, maximum depth 50 feet, approx. contents 3,200 million gallons. The catchment area is about 80 sq. miles.

From the reservoir the water is raised 130 feet into the race by duplex compound condensing Worthington pumps supplied by the Austral-Otis Company of Melbourne; about 80 tons of firewood is used per day. The race is through very rough country necessitating numerous flumes and tunnels the flumes or aqueducts over the many deep ravines varying in height from 3 to 70 feet, and the lengths of the longest are 2,000, 660, 500, 400 and 350 feet respectively, and they are very strongly built, the minimum diameter of the piles being 10 inches.

The company had its own saw-mill, and over 120,000 feet of lumber was used. The trough in which the water runs is 20-gauge plain galvanized iron strongly riveted, about 20 tons of iron being used. The tunnels are in length 700, 630, 350, 300, & 250 feet respectively. The cross-section is 4 feet wide on top, 5 feet on the bottom, and 6 feet high; there are also numerous heavy rock-cuttings some 20 feet deep on the line of the race. When the works was completed the pump was started and everything proved satisfactory, the water taking a little over 4 hours to run the 16 miles between the pumps and the service-dam.

The Spa Company up to the present have spent about £42,000, mostly in wages to local men. Mr. SP Jessop of Goulburn was managing director for the company during the construction of the works. Mr. A Coombes of Goulburn carried out the preliminary surveys and designed and supervised the construction of the works. Sluicing is now in full swing on a fine body of wash, and good returns are expected.

**Excerpt from
Goulburn Herald 26/6/1896
Nadjingomar**

Weather –

During the last fortnight the weather has been extremely cold with snow and rain. On Friday 18th, rain came down in torrents the whole day without a break, which caused the creeks to rise very high. Saturday and Sunday were bitterly cold with sleet and snow, and on Monday morning early snow commenced to fall, covering the ground 3-4 inches deep. This is the heaviest fall of snow for many years in the month of June. About 3 inches of rain have fallen since Thursday 17th. The Shoalhaven River is the highest it has been for a long time.



Bursting of the Dam -

The great dam at Nadjingomar filled to overflowing on Saturday last. This caused the water to go through the by-wash over a lock of timber put in by the Spa Company, but the pressure proved too much and swept the whole structure away in about an hour, causing a terrible rush of water which could be heard for miles.

The Nadjingomar Creek below the dam rose in a terrible height on Saturday afternoon, but had receded several feet on Sunday as the main body of water had gone out of the dam at this time. It is still lowering and it is expected most of the water will drain out.

This great dam, which was constructed by the Spa Hydraulic Sluicing Company, was used in connection with The Spa property, now owned by an Adelaide company, and was the largest dam in New South Wales used for mining purposes. It was built at a cost of about £8,000, and backed the water over 8 miles, submerging a large amount of low-lying land which had been rented from private owners by the company.



**Top Photo: The Gully, Nadjingomar Creek Dam, after the dam burst.
Bottom Photo: Nadjingomar Dam as is today.**

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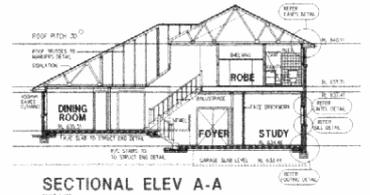
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About us

We have been raising Alpacas here near Canberra since 1997 and before that on the other side of Canberra since 1995. Firstly on 2 acres and then on 65 acres. My husband and I are a little different to the rest of the alpaca community in that we raise them completely naturally. We are both Australians but I am British and my husband is from Uruguay.

About the Alpacas

They are a gorgeous creature from South America, very gentle, easily handled, of the camel family, gentle to the land and a ruminant. They come in many colours and have various characters and have a lovely fleece much sought after, by spinners and weavers for its softness and lustre. They are ideal for the small landholder and it is a wonderful lifestyle. Very easy care they only need shearing once a year and their toenails cut once or perhaps twice a year. Their gestation period is 11 1/2 months and they usually only have one offspring (twins are rare). They need conventional fencing and shelter if wet. Do not challenge fences unless it is an emergency.

Our methods

We raise our herd holistically which means treating everything as a whole. From the land up through healthful husbandry, nutrition, mating, breeding practices and seeing that this wonderful creature is always treated with compassion.

The land

One should start by trying to buy the suitable farm, ours had been empty for at least two years before we moved here and has now been completely chemical free and phosphate free for twelve years.

We do not spray weeds, Heroides digs them out. We have native pasture, in the spring with many wild flowers, our land is part of the Southern Tablelands grassy ecosystem. Scattered with granite rocks (these wear the Alpacas nails down) and the crias (Baby Alpacas) love running up and down them. Lime and Dolomite was added to the land as this was lacking and to the front we planted some, oats, fescue and clover and rye.

Recycled baths are water troughs and we put small pieces of copper pipe and zinc bolts in them to leach out copper and zinc. Alpaca water is from the bore which is slightly salty and we do have a creek.

They love to browse on trees and shrubs and particularly like willow leaves, poplars and pine and our Robinias. We have put in some tagasaste trees and they love them. One does have to be careful about poisonous plants, so it is always wise to check out the property.

Diet and Health

The backbone of our system is La Granja Mix, which consists of various things, including Garlic and Apple Cider Vinegar, the whole list of ingredients can be sourced in my book *Alpaca Addiction*.

Four or five handfuls given each day to each Alpaca once and twice a day to lactating and pregnant mothers. They also enjoy fruit, vegetables and a little bread.

As we never vaccinate or drench it is very important to keep the Alpacas super healthy, with all the vitamins and minerals and a good diet. If you do not do this and have other stock it is wiser to vaccinate and drench or gradually change over. It has worked for us. Apple cider vinegar and garlic are for worm control and Cod Liver Oil and Vitamins ADE are given by mouth on a regular basis, every two or so



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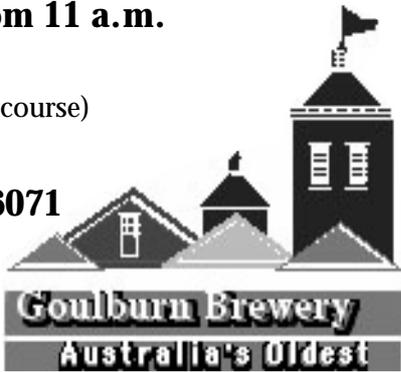
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months in winter and to the crias and mothers after birth or if anyone is a little off colour. I really believe the knack is to keep them as healthy as possible.

I now use herbs and favourites are Chamomile, Rosehip, Echinacea, Raspberry leaf and fennel

Husbandry, Mating and Haltering

Shelters are essential, especially in inclement weather, even three sides will do and of course you will need somewhere to shear them. Due mothers are brought in nearer the house and I monitor them, this is done about six weeks before birth. Crias are not weaned until at least 8- 10 months and if it can be done it is better to leave them with the rest of the herd as this is less stressful for them. We can do this because our mothers are left and not mated straight away, sometimes not until the next season. We go for spring and autumn births. Maidens are usually nearly two before being mated and a young male will not be sexually mature until at least two and a half and often later. We mate them when the moon is waxing as there is a greater success rate then. We halter the studs and lead them over to the girl. Crias are halter trained from a few days old. Haltered slowly and very calmly, not pulled to treat them with compassion.

Showing and Shearing

We do not show, although we have show quality creatures here, as it puts them under too much stress, Alpacas do get ulcers from stress.

We shear at the end of November when it is not too hot or too cold. Our shearer uses a table and we leave a top knot for sun protection and boots to the knee for snake bite protection. Females are not shorn too near birth. We have a very good shearer who is gentle and does not nick them.

Future breeding objectives

We wish to continue breeding for a gentle, fine fibred (our lowest at the moment is 17 micron), good confirmation, beautiful, happy, coloured Alpaca. We have at the present time 39 and I always like to stay around 30 on 65 acres.

We are totally against any form of cruelty and also against eating them, why would one eat this gorgeous creature.

If you wish to discover more my book is *Alpaca Addiction* and can be purchased for \$35. Telephone (02)4849 4439

Joy E Allenby- Acuna
Alpaca Caregiver

On June 12 five members of Windellama Landcare travelled to Braidwood to attend a workshop on Landcare communications. This workshop was to help managers learn of any difficulties experienced by members with communicating the Landcare message within the community.

At the Braidwood meeting several individuals from local Landcare groups were awarded for outstanding achievements in protecting the environment. Amongst these was an award for a successful cell grazing project and another for the restocking of a local creek with native fish.

A recent appeal by Windellama Landcare for a box trailer resulted in two trailers being donated to the group. Many thanks to the donors.



Our next working bee will be on Saturday July 4 at Oallen Ford. We will be making repairs to the cable barrier erected last year. We will be meeting at 9.30am for morning tea and a 10 o'clock start. Lunch will also be provided.

SO PLEASE LET US KNOW IF YOU ARE ABLE TO COME and we will make sure that we have enough to eat for everyone.

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Sandra (4844 5047).

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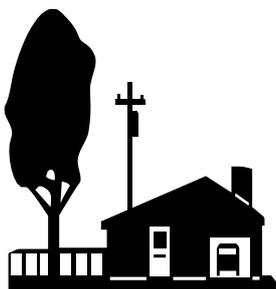
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Coping with Grief and Loss

Tip 2: Take care of yourself

When you're grieving, it's more important than ever to take care of yourself. The stress of a major loss can quickly deplete your energy and emotional reserves. Looking after your physical and emotional needs will help you get through this difficult time.

Face your feelings. You can try to suppress your grief, but you can't avoid it forever. In order to heal, you have to acknowledge the pain. Trying to avoid feelings of sadness and loss only prolongs the grieving process. Unresolved grief can also lead to complications such as depression, anxiety, substance abuse, and health problems.

Express your feelings in a tangible or creative way.

Write about your loss in a journal. If you've lost a loved one, write a letter saying the things you never got to say; make a scrapbook or photo album celebrating the person's life; or get involved in a cause or organization that was important to him or her.

Look after your physical health.

The mind and body are connected. When you feel good physically, you'll also feel better emotionally. Combat stress and fatigue by getting enough sleep, eating right, and exercising. Don't use alcohol or drugs to numb the pain of grief or lift your mood artificially.

Don't let anyone tell you how to feel, and don't tell yourself how to feel either.

Your grief is your own, and no one else can tell you when it's time to "move on" or "get over it." Let yourself feel whatever you feel without embarrassment or judgment. It's okay to be angry, to yell at the heavens, to cry or not to cry. It's also okay to laugh, to find moments of joy, and to let go when you're ready.

Plan ahead for grief "triggers"

Anniversaries, holidays, and milestones can reawaken memories and feelings. Be prepared for an emotional wallop, and know that it's completely normal. If you're sharing a holiday or lifecycle event with other relatives, talk to them ahead of time about their expectations and agree on strategies to honour the person you loved.

When grief doesn't go away

It's normal to feel sad, numb, or angry following a loss. But as time passes, these emotions should become less intense as you accept the loss and start to move forward. If you aren't feeling better over time, or your grief is getting worse, it may be a sign that your grief has developed into a more serious problem, such as complicated grief or major depression.

Complicated grief

The sadness of losing someone you love never goes away completely, but it shouldn't remain centre stage. If the pain of the loss is so constant and severe that it keeps you from resuming your life, you may be suffering from a condition known as complicated grief.

Complicated grief is like being stuck in an intense state of mourning. You may have trouble accepting the death long after it has occurred or be so preoccupied with the person who died that it disrupts your daily routine and undermines your other relationships.

Symptoms of complicated grief include:

- Intense longing and yearning for the deceased
- Intrusive thoughts or images of your loved one
- Denial of the death or sense of disbelief
- Imagining that your loved one is alive
- Searching for the person in familiar places
- Avoiding things that remind you of your loved one
- Extreme anger or bitterness over the loss
- Feeling that life is empty or meaningless

The difference between grief & depression

Distinguishing between grief and clinical depression isn't always easy, since they share many symptoms. However, there are ways to tell the difference. Remember, grief is a roller coaster. It involves a wide variety of emotions and a mix of good and bad days. Even when you're in the middle of the grieving process, you will have moments of pleasure or happiness. With depression, on the other hand, the feelings of emptiness and despair are constant.

Other symptoms that suggest depression, not just grief:

- Intense, pervasive sense of guilt.
- Thoughts of suicide or a preoccupation with dying.
- Feelings of hopelessness or worthlessness.
- Slow speech and body movements
- Inability to function at work, home, and/or school.
- Seeing or hearing things that aren't there.

When to seek professional help for grief

If you recognize any of the above symptoms of complicated grief or clinical depression, talk to a mental health professional right away. Left untreated, complicated grief and depression can lead to significant emotional damage, life-threatening health problems, and even suicide. But treatment can help you get better.

Adapted from: "Help Guide.org"

Next month's article:- Healthy Aging.

Provided by: Fayez Nour

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