

## Jackie Dragons, more than a mouthful



Also known as Jackie Lashtail these great little lizards are common in some Windellama gardens,

they are not easily scared by humans and enjoy basking in the sun with their heads up in the air, maybe that's where the expression came from "sitting up like Jackie" when in a hurry they run on their hind legs and most have very attractive but subtle triangular patterns on their backs. If you are quick you might be able to catch one and get a closer look but beware as they will bite but it's not that painful, a bit like getting your finger caught in a paper clip.

The long raspy tail is a key feature of these lizards and I now know one of its benefits to the lizard. Upon finding a Brown Falcon dead on the road I picked it up to have a closer look, it's neck was torn open and a Jackie Dragon's tail was sticking out of the esophagus, the bird had swallowed the lizard headfirst and the tail had become caught in the Falcon's throat. A quick roadside autopsy confirmed that the rest of the lizard had been totally digested so the tail had been stuck in it's throat for days at least, this bird had suffered an agonizing death either through starvation from it's blocked throat or had in fact torn it's own throat open in a vain attempt to get at the lizard tail stuck there. Nature at work for sure as that Falcon will never eat another Jackie Dragon.

The scientific name for these lizards in case you were wondering is *Amphibolurus muricatus*

## A new species of Eucalypt revisited

Around 10 years ago Australia's foremost Eucalypt Taxonomist Dr Ian Brooker from the CSIRO was interested enough in a patch of unusual gum trees that I had stumbled across in Nerriga to meet me in the field and have a look at them in-situ, these trees are Mallees with urn shaped fruits, up to 10m tall and have ribbony bark, all features which didn't match up with any known Eucalypt, samples were taken, "possibly a hybrid" was the determination and we all went home, since then Dr Brooker has retired and I thought that was the end of the story.

With all that in mind I was very surprised by the phone call in June this year from Dr Brooker and that he was working part time in his retirement, had taken another look at the samples we collected in 1996 and that it was worth once again heading out to Nerriga to check out these trees.



This time he was accompanied by Entomologist Max Day and also from the CSIRO Luke Bulkeley who would be taking bark samples.

Luke and I lopped some high branches for Dr Brooker which he then trimmed down, placing each specimen into it's own specially numbered bag for further study at the Herbarium in Canberra, Luke then set to work with a wooden mallet taking neat squares of bark for microscopic study back in the lab.

Max spent a lot of time with me and I can now add looking for tree scribbles and termite mounds. It may take another year or two (or three) for the research to be finalised on the Nerriga Mallee and a scientific paper has to be written and accepted by a committee of scientists before it can be classified as a new species but the signs are good.

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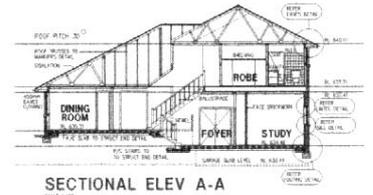
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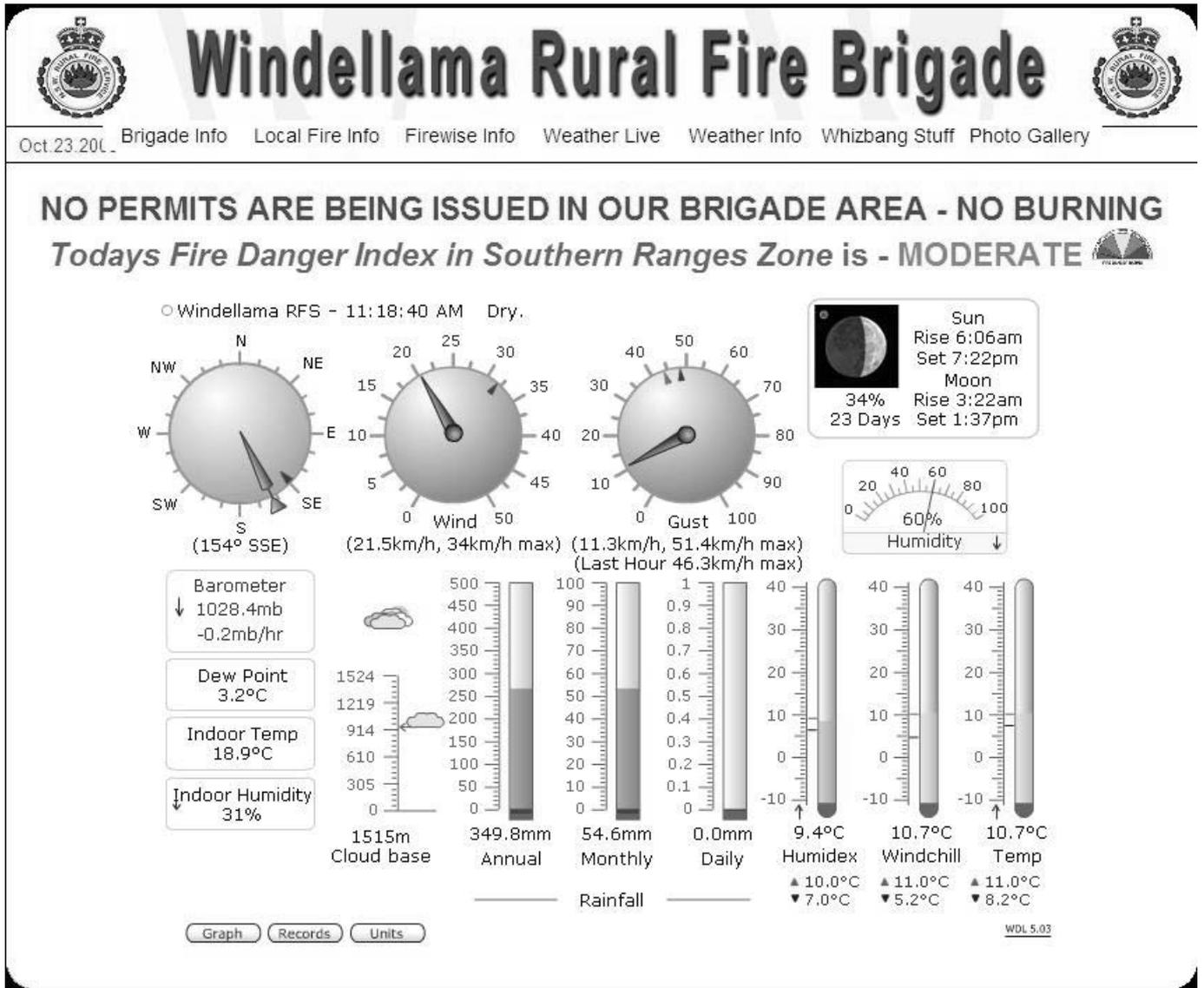
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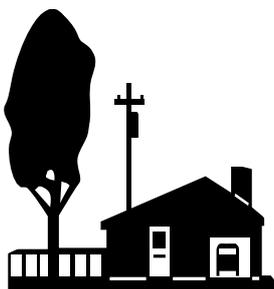
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## Local Health Service Advisory Committee - Goulburn

### MEMBERS TOUR FACILITIES AT BOURKE STREET HEALTH SERVICE

Shortly before attending their recent regular monthly Meeting on Thursday, 25 September 2008, members of the Goulburn Health Advisory Committee (GHAC) were conducted on a familiarisation tour of facilities at the Bourke Street Health Service (BSHS) and at Giles Court by Mr John Gale who is the Acting Health Service Manager for BSHS. Members were very impressed with the broad nature of services provided within the complex; particularly with regard to palliative care. It was noted that the recently completed redevelopment works at Giles Court will be officially opened on Friday, 31 October 2008, and will be followed with morning tea. It is hoped that a Confravision link-up will be available for the opening. Whilst the BSHS has been successful in filling a number of staff vacancies over recent weeks, it has been unable to recruit a Physiotherapist. Efforts are continuing.

Fundraising events are always being organised to provide additional patient resources at the BSHS, and these ventures are conducted by the Phoenix Committee who have raised many thousands of dollars over many years to enhance patient comfort. Its most recent fundraiser was a Trivia Night held on Saturday, 27 September 2008 at the local CWA rooms. It is understood that the evening was a success, however, the amount of money raised is not known at this time.

In early 2009, staff from Goulburn Base Hospital are expected to become involved in a Emergo Train Disaster Exercise. Our Base Hospital's installation of water tanks through funding from a Community Water Grant is still progressing, with the last two areas to receive tanks in the near future. More details of this venture will be made available in due course. Due to the present recruitment problems, Goulburn Base Hospital is continuing to use nursing agency staff to overcome present deficiencies, and this is working most satisfactorily. Ongoing recruitment is continuing for jobs in occupational therapy, physiotherapy and health information management services.

Other vacancies exist in the Emergency Department for a Physician and Intensivist/Anaesthetist for the Intensive Care Unit and Operating Theatre, and in various nursing and nurse management areas. As always, the Base Hospital is very keen to increase its numbers of Visiting Medical Officer GP's.

Recruitment of suitable staff to fill a number of vacancies within the Community Health Service is continuing. Management is anxious to recruit for a renal social worker, a paediatric physiotherapist, a head occupational therapist (for a term of 14 weeks), and an additional dentist. Its Speech Pathology department is presently reviewing the possibility of providing an increase in the nature of services to people suffering with a wide variety of chronic conditions. Cardiac rehabilitation has been targeted by NSW Health for a review, and the Goulburn Health Service is presently reviewing its procedures and training requirements in line with current recommendations. Recently, both cardiac and pulmonary rehabilitation groups were delighted to move into more contemporary surroundings at the Jennings House facility. This has come about due to the increasing need to maintain a higher standard of user safety, and has allowed for improved location of the equipment and seating. It is expected that the number of users, particularly those requiring pulmonary rehabilitation, will increase in the future. This new facility has been designed to cater for the additional user growth foreshadowed.

As we can no longer rely on our State Government to provide all the health service requirements and demand of our communities, the Goulburn Branch of the Berrima District Credit Union (BDCU) has recently announced the formation of a BDCU Goulburn Hospital Foundation. Having been formed by a group of committed residents in conjunction with the BDCU in a business community partnership, its charter is to raise funds for our hospital for identified needs - including a wish list of items that will ensure the comfort of all patients. Goulburn Base Hospital is integral to community welfare, and welcomes the community support behind this initiative and the maintenance of comfort and essential needs of patients and their families that is envisaged.

*(Continued on page 31)*

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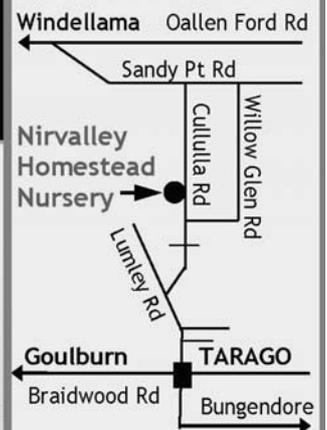
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## Celebrate the opening of The Tablelands Way

Goulburn Mulwaree and Upper Lachlan Council's, as part of a five council alliance, secured \$400,000 in federal funding back in December 2006 towards the development and promotion of **The Tablelands Way**.

**The Tablelands Way** experience connects Canberra, through Goulburn and Taralga to Oberon and Lithgow, through to Mudgee and the Hunter. The drive is visually stimulating, traversing the northern, central and southern tablelands with panoramic views for much of the drive.

To celebrate the final sealing of the road and the launch of this iconic touring route, join us for **The Tablelands Way Official Opening** and a day of family friendly events featuring live entertainment by Collector, Chris Callaghan, local storytellers and the Wiradjuri Echoes. There will be helicopter rides to capture the spectacular views over the Abercrombie River Gorge, bushwalks through the best of the Abercrombie and guided birdwatching walks with a local expert. There will be amusements for the children, including a jumping castle, cha cha and a giant slide. Sample and purchase the best of the regions' produce, or find that something special at the market stalls and exhibitions. The highlight of the event will be an attempt to set **The Tablelands Way** record for the largest number of motorbikes from one club (supported by the Ulysses Club). There will be a static display with over 200 Ulysses Bikes on display.

Entry is FREE, however, costs apply for some activities. No EFTPOS available on site.

**When:** Saturday 29th November 2008, 10am to 3pm.

**Where:** 'Tanjenong', 25km north of Taralga, via Goulburn or Oberon.

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#### Craft Afternoons

Meet at Windellama Hall on Tuesday afternoons from 1pm to 4pm - All welcome.

There will be no craft afternoons on the first Tuesday of each month due to another meeting. For more information contact Irene on 4844 5214.

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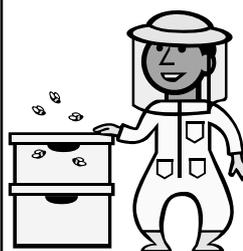
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# In Your Garden

From Irene Turner



With warmer days and nights all your summer vegetables can now be grown.

## Vegetables

### Seeds

Beans, (both climbing & dwarf), carrots, beet-root, cabbages, silver beet, radish, parsnips, cucumbers, squash, zucchini, pumpkins, capsicum, corn celery and lettuce.

### Seedlings

Tomatoes, lettuces, cabbages, and silver beet.

### Herbs

Parsley, sages, thymes, mints, chives and basil seeds can be sown now, or seedlings can be planted

### Herb of the Month - Basil



Basil is a seasonal herb for here- it dies down in winter. Basil can be grown from seed. Sow direct into pots in early spring and germinate with warmth. Buy basil in small pots - not seedlings they dislike being transplanted. Water the plants well in the

morning in dry weather, as basil hates going to bed wet, and this helps to prevent root rot. Plant out seedling when large enough to handle and danger of frost has passed. The soil needs to be rich and well drained, with full sun. Basil is a good companion plant for tomatoes, it repels flying insects. Pick the basil when picking the ripe tomatoes, it helps to keep the basil compact. Basil can also be grown in containers or pots on the kitchen window sill, also looks great in hanging baskets.

Basil is great unique flavour- add at the very end of cooking. Also used in pesto and with

pasta.



## Flowers

Flowers to plant now are: Ageratum, aster, carnation, cosmos, dahlia, linaria, marigolds, nasturtium, petunias, phlox, portulaca, snapdragon and verbena. Amaranthus (plant to iron), celosia, cockscomb, cosmos, gazanias and zinnias.

Coleus a colored leafed plant, which grows in pots in shade house or glassed in verandah. These plants like filtered light and good ventilation, but not direct sun. When they are about 8cm high, pinch out the centre of the plant. Feed the plant regularly. Pinch off the blue flowers as soon as they appear.

Roses - watch for aphids or black spot. You can hose off or squash the aphids with your fingers. Or spray with Rose Spray this controls both aphids and black spot..

Watch Cherry trees for cherry slug. You can dust with cabbage dust, or spray with lime mixed with water on the leaves; if the slugs are in small numbers you can just leave them alone.

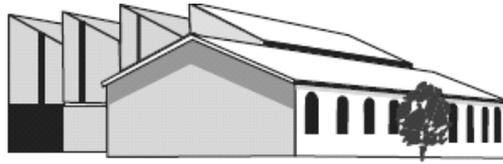
## PLANT OF THE MONTH



**TETRATHECA** Black-eyed Susan. Tetratheca are low, under storey Australian shrubs which bring long lasting splashes of spring colour to areas with light sandy soil. They are mostly pink with black centres; there is also a rare white form, and a purple flowered species.

They enjoy sun or part shade and only thrive in well-drained places totally free of lime or animal manure. They like leaf-mould or compost. They grow in our bush area.

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