



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

# Harry Hoskin

By Doris Croker

At the time of him enlisting to join the Army, he was staying with his sister Mary & brother-in-law Perc Croker. Harry and Perc owned a shop in Windellama, not far from the Hall. His name is on the War Memorial in the church yard at St. Bartholomew's, Windellama. Neville Croker is his nephew.



Rest in Peace Harry; Lest we Forget.

# Finding Uncle Harry

By Gary Croker (Doris & Neville Croker's son)

Harry Darton Hoskin was the youngest of 8 children born to Richard & Emma (Avery) Hoskin. He was born in Berridale on 5/7/1899. I am a descendent of the 7<sup>th</sup> of the Hoskin

children, Amelia Emily who married Samuel James Croker in 1916.

Harry grew up in Berridale and soon after he turned 18 in Nov. 1917, he enlisted in the AIF at Goulburn. His height was given as 5'6½". As far as is known, none of Harry's brothers had enlisted. Harry was initially placed in the 19<sup>th</sup> Battalion and his unit embarked overseas on HMAT *Nestor* on 28<sup>th</sup> Feb., 1918 disembarking at Liverpool, England. Harry found himself in France in the spring of that year, after the Germans had been halted at Villers Bretonneux. After a bout of measles, Harry joined the 45<sup>th</sup> Battalion in France on 18<sup>th</sup> Aug., 1918. Harry was killed in action on 18<sup>th</sup> Sept., 1918.

The family story of Harry's death was that he was killed in "the last battle of WW1". Looking at the dates, I soon recognized that this claim was incorrect. However, Lee's Brief History of the 45<sup>th</sup> Battalion, says "the battalion fought its last battle on 18<sup>th</sup> Sept., 1918 around Le Vergiuer, and was out of the line when the war ended". He also says that the last battle was successful and the Battalion was relieved on the 21<sup>st</sup> Sept. of that year. So in fact Harry paid the ultimate price in the last battle his battalion fought, which is how the legend may have arisen.

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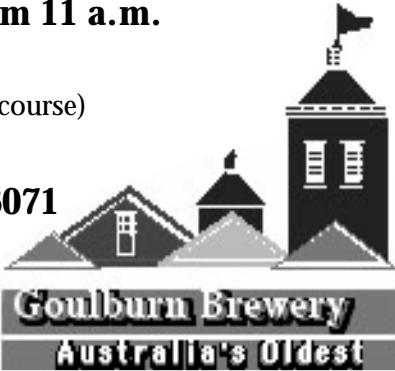
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In the spring of 2009 we traveled to northern France to find Harry's grave and to visit the memorials & museums that commemorate the Australian involvement in the Great War. We hired a car in Amiens so that I could visit the memorials & museums relating to Australian battles of the First World War, and of course search for Harry's resting place. Driving on the wrong side of the road was a bit daunting, but once on the rural roads of France, I didn't have much trouble. There is little in the way of public transport to the various sites, and guided tours can be expensive, so the hire car is an excellent way to do your own thing.

The first step in finding the grave was to get details of Harry's resting place from the Australian War Memorial web-site. This gave me a reference to "France – 366 Jeancourt Communal Cemetery Extension". I then downloaded from the Commonwealth War Graves Commission (CWGC) the location of that cemetery. It was quite detailed and in the event, I would never have found the village, let alone the cemetery, without those instructions. I knew the village of Jeancourt was near Peronne, and we had visited the "Historial of the Great War" in that town the day before. Travelling the narrow roads towards Jeancourt, our instructions sent us through Vadencourt, Le Verguier and finally, Jeancourt.

A small green sign put in place by the CWGC directed us down the lane to the cemetery. Like many of the 410 or so war cemeteries in that part of France, the Jeancourt Communal Cemetery extension is a very peaceful place. The rolling hills nearby are mostly cropped land, and the cemetery itself has a masonry wall around it. Unusually, there are both German and allied graves in this cemetery because this area was held by the German and then Australian forces at different times between 1915 & 1918. The CWGC does a wonderful job to keep all the cemeteries & memorials looking beautiful.

After strolling along the 10 or so rows of stones of remembrance, we came upon Harry's grave. It was nice to have found it, but the sadness of his passing and the fact that his parents didn't ever visit this place, tempered our thoughts. The flowers close to all the graves, the spring weather, and the larks singing above, made this a day to remember. I contemplated all these things for some time. I filled in the

visitor's book, which are provided at all the war sites, and we took some photographs.

Near to Harry's grave stone were markers for other members of the 45<sup>th</sup> Battalion killed on 18<sup>th</sup> Sept., 1918. The names I noted were W. Horne, S. Hill, R. Bushell, & W. Gibson. There were others who were listed as casualties on that day but who were with other battalions. Lee says that 'only' 6 soldiers were killed on the 18<sup>th</sup> Sept. Wendy and I saw some of the markers for those losses at Jeancourt. Interestingly, there were a large number of graves for soldiers who had died on that day from other battalions. So any thought that once the Germans were turned back towards Germany meant that the pursuers had life easy, is obviously wrong.

From Harry's war record, there is a note about his death provided by Pvte. WJ Bonnett. It says "they were both in D Company, 14<sup>th</sup> Platoon, in the same section. On 18<sup>th</sup> Sept. the battalion was in action about 3 kilometres beyond Peronne. They hopped over at 4.10am, and about 20 minutes afterwards Hoskin was killed outright by a shell". Informant was next to him at the time and saw him fall.

He (the informant) was not able to investigate further, as he had to keep going and he never saw Hoskin again. The objective (of the battalion) was gained. According to the informant Hoskin was well thought of by his mates.



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## Health Update

### LOCAL AREA HEALTH BUDGET FOR 2009/2010 HANDED DOWN

At the last Meeting of the Goulburn Health Advisory Committee (GHAC), held on Thursday, 23rd July 2009, the Committee was informed that the Annual Budget for the 2009/2010 financial year had just been received. This Budget contains financial resources for the continued provision of health services by the Goulburn Base Hospital, Community Health, Bourke Street Health Service, and, the Mental Health Service. No specific details were advised to the Meeting, however, it is expected that further advice to local media will occur in due course.

### YEARS OF SERVICE CEREMONY

On Friday, 4th September 2009, the inaugural Goulburn Health Service (GHS) 'Years of Service Ceremony' will be held at St Saviour's Cathedral Hall. Its purpose is to acknowledge the dedication and commitment of GHS staff who've provided 10 years or more service.

### WELCOME TO NEW STAFF

Dr Jeffrey Fletcher - a Staff Specialist Paediatrician - is to join the ranks at Goulburn Base Hospital on 17th August 2009. Heather Sullivan, a Registered Nurse, has recently joined the Paediatrics Ward

### REFERRALS TO COMMUNITY HEALTH

Intake referrals have continued to rise over recent months (May 2009 up 60 from April 2009), largely due to the significant increase in nursing, diabetes and chest clinic referrals. Staff have managed the situation very well.

### BOURKE STREET HEALTH SERVICE ACTIVITY

Following the resignation of Anne Collins (Senior Nurse Manager), Mr John Gale (Giles Court facility) will occupy the Position until such time as the recruitment process is finalised. John is no newcomer to the job, having taken over the reins from Anne on past occasions. Congratulations were extended to Annette Ohlback, one of the Enrolled Nurses at Bourke Street, who was recently awarded 'First Staff Member of the Month' Special Certificate in recognition of her ongoing effort and commitment (mainly in her own time) at the facility.

Dedicated volunteers are an integral part of any organisation, and Bourke Street's Goulburn District Community Palliative Care & Oncology Support Group is certainly no exception. On Sunday, 5th September 2009, the Support Group will be holding a "Sunday Roast" luncheon at the Southern Star Inn on Reynolds Street, starting at 12 noon. Come along with your family and friends and enjoy a delicious roast dinner, and support a very special and worthy cause. Tickets are \$28.00 each, and for further information and ticket sales, Mrs Sue Hannan can be contacted on 4822 2087. Bookings are essential.

Goulburn's Health Advisory Committee will hold its next Meeting at the Community Health Centre on Thursday, 27th August 2009.

Ian Cameron            4841 1616  
Kerry Hort            4826 3267

### 2010 NSW Seniors Week Achievement Awards

Nominations are invited for recipients of the 2010 NSW Seniors Week Achievement Awards, Member for Goulburn Pru Goward said today. Ms Goward said nominations opened on Monday 17th August and will close on Friday, 25th September 2009. "The Seniors Week Achievement Awards recognise seniors across NSW for their contribution to the development of the community and their leadership and initiative."

There are up to 60 awards available and a group or an individual can be nominated in one of the following categories:

- \* Business
- \* Intergenerational understanding
- \* Environment/Science/Agriculture
- \* Health & Wellbeing
- \* Education/Lifelong learning
- \* Community Service/Volunteering

"We are a community rich with outstanding seniors," Ms Goward said, "and I'm sure we will have no shortage of nominations. Further information is available from Ms Stephanie Timmins, Event Coordinator. She may be contacted on 8270 2459.

# Windellama Brigade



## Open Day & Dedication of the Windellama Remembrance Wall & Garden

26<sup>th</sup> September 2009

at the Fire Station, Oallen Ford Road

commencing at 10am – 2pm



- All Welcome -

come along and join us and admire all the work and let us thank  
you for your assistance & contributions to the Wall



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Snr Deputy – Lynton Roberts 4844 5118

## Burning-off

While the fire season has finished and permits are not required for burning off, there are still regulations that must be followed. Fines can apply if regulations are not carried out.

- Yass **MUST** be notified 24 hours before you light the fire, during business hours 9am to 5pm and by 3.30pm on Friday afternoons.
- Your immediate neighbours must also be notified.
- Notify the Brigade as a courtesy to save time, if smoke is spotted.

Although most have notified the Brigade of burning-off, there have been a couple of occasions where this didn't happen and the Brigade has spent considerable time locating the smoke.

While the fire season is about to end at the end of September, this can be brought forward if conditions deteriorate, so **always check** with one of the **above numbers**.

## **Brigade Open Day & Dedication of the Brigade Remembrance Wall and Garden**

This day will be held at the Windellama Brigade Fire Station on 26<sup>th</sup> September commencing at 10am to 2pm. Come along and support your Brigade and meet the members, have a look at the Brigade vehicles and equipment, watch the DVD displays and enjoy a sausage sizzle lunch.

Come and look at the Remembrance Wall which so many of you have donated stone, rock and marble. The Wall construction has been under the watchful eye and guidance of Merv Cornish with his valued assistants Mick Ryan & Greg Knights, but without all the workers this could never have been achieved. In total 8 full days of labour has gone into building the Remembrance Wall, with a total of 21 people who were working on building the

Wall and most importantly Cathy for catering on every day. Thank you to the businesses who also have donated supplies to the Brigade. **Thank you everyone.**

## **History Help on Brigade activities**

Can you help us, the Brigade is looking for information since it was first formed so if you have **really** old photos, newspaper clippings or journal entries prior to 1964 the Brigade would be interested in obtaining a copy.

## Training

For information or enquiries on any courses and training contact the Captain Jim Meehan on 4844 5554 or Wayne Back on 9792 5726. For dates and times of training check the Brigade website.

**26<sup>th</sup> September 2009**

**Open Day – No meeting or training**

**Please drive carefully** and take care, see you at the next training and meeting.

**All welcome.**



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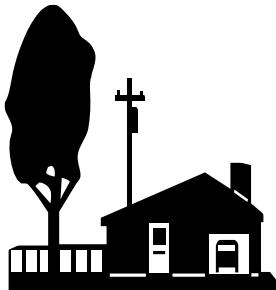
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## **Behaviours to promote healthy aging:**

Newfound knowledge and ongoing learning about how the body works and what makes it run effectively means that there are a number of ways you can participate in the aging process and give yourself better odds for success.

**Attitude** – The number one way you can improve the aging process is to take charge of your attitude. Your sense of hope, humour and confidence will determine the tone of your experience. You might be reading this thinking that having a good attitude is easier said than done. That would be true, but it is also true that your attitude is one thing you have full control over.

**Friends & Social Involvement** – Protecting and nurturing your emotional well being is as important, if not more important, than taking care of your physical body. Contact with others, whether it is at work, church activities, or family get-togethers, will feed your spirit and can provide purpose and meaning in your life. Further, social involvement can help combat loneliness and depression and keep you active physically.

**Community Involvement** – Sharing your interests and passions with others will also help you keep your connection to the community strong, expose you to new people (of different ages), provide meaning and purpose, and challenge you mentally. Oftentimes, when you are busy thinking about others, it is much easier to put your own problems in perspective or forget about them altogether. Being involved with a cause that is important to you will also provide a constant reminder that you have a lot to offer. Seniors who are active, engaged and confident about their abilities generally feel better and live longer.

**Nutrition** – The importance of a balanced and healthy diet to healthy aging cannot be overstated. Eating well can make you feel and look better, help your body run more smoothly, ward off colds and sickness, and contribute to lowering blood pressure

and cholesterol levels (which in turn help protect you against heart disease and stroke). On the most basic level, your eating habits should reflect a desire to give your body the fuel it needs to run efficiently. Fruit, vegetables, protein, complex carbohydrates, and healthy fats should make up your meals. Shedding any extra weight is especially important, as you get older, a result that should be achieved with a sensible, balanced diet and regular exercise. Changes to

your diet should reflect the changing needs of your body as an older person.

**Exercise** – Regular exercise is another cornerstone of healthy living as you age. The most important thing to remember about exercise, as you get older is that it does not need to be strenuous; it just needs to be consistent. Regular physical activity will help your body function more effectively in many ways. It helps with weight loss and maintenance, combats anxiety and depression, keeps bones, muscles and joints working properly, relieves symptoms of arthritis and reduces the risk of heart disease, high blood pressure, diabetes and some types of cancer. As you age, you might need to change the types of exercise you do. Walking, housework, gardening and even babysitting the grandchildren can count as exercise.

**Healthy Habits** – Smoking and drinking are two big habits that can affect your health and the way you feel. Smoking, in particular, is one habit to quit if you haven't already because it greatly increases the risk of heart disease and cancer. Alcohol can be fine in moderation, but it also can contribute to sleep problems and suppress your appetite, preventing you from eating well. As you age, it is important to think about your lifestyle and identify habits that are helpful and harmful. Making a conscious effort to change the harmful habits will make your aging process more enjoyable.

**Sleep** – Achieving quality sleep becomes more difficult for many people as they get older. Many people accept sleep difficulties as a fact of aging. It is true that as we get older, our sleep patterns change, but it is equally true that good restorative sleep is essential to our physical health and emotional wellbeing. Possible causes of poor night-time sleep for older people abound. Sleeping poorly might be the cause of big changes in life, health issues, medication, stress or anxiety. Getting a good night's rest becomes more difficult and can require you to be more conscious of your sleep environment and your sleep routine.

**Mental Activity** – Stimulating your mental faculties can significantly improve the aging process. Trying to keep active mentally can help you improve your memory and combat boredom. Simple and fun things like games and puzzles, reading or taking a new route to the store are easy ways to keep your mind active and engaged.

Provided by: Faye Nour.

(Adapted from "helpguide.org")

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