BRAIDWOOD'S
Changing Times

Wednesday, July 13 2022

Issue #57 — $2.00

COMING WEATHER

Temp	Min	Max	Chance rain
We:	-1°	11°	10%
Th:	0°	11°	0%
Fr:	-4°	12°	5%
Sat:	-1°	10°	10%
Sun:	3°	12°	20%
Mon	2°	11°	50%
Tue:	1°	10°	50%

One of the lucky little pinkies rescued last week.

'Murderous' week out at the Creek

Robin Tennant-Wood

Last week the roads around Majors Creek turned 'murderous', according to NARG president, Bill Waterhouse.

In the space of five days, four baby wombats were rescued and taken into care at the Majors Creek Wombat Refuge after their mothers had been killed on the road.

Three pinkies and one juvenile are now safe and will grow up thanks to people who stopped to check the pouches of dead animals.

In one of the cases, the person who called was not a local, but a man making his way to Batemans Bay when his GPS gave him a wrong direction and he ended up on Monga Lane. He spotted an adult wombat, clearly injured, trying to drag the back half of its body along with its front paws. Despite it being 1.00am, he called NARG and Bill Waterhouse went out to euthanise the animal, which had a broken back. He checked the pouch and there was a live joey.

Lesley Waterhouse stresses the need to check pouches or call NARG.

"We're here and available 24/7, eight days a week," she said. "The important thing is for people to call. If that man hadn't called, both the mother and baby would have died horrible, drawn-out and painful deaths.

"If people don't feel they can pull a dead animal off the road and check the pouch themselves, call us. Give as precise location as possible and we'll be out there."

The influx of weeds since the fires added to the usual die-off of grasses over winter means that there's not a lot of feed in the paddocks and wombats are having to graze the roadsides.

It's inevitable that animals will be hit on the roads, but it's not inevitable that their pouch joeys should die. In the cold weather, if pouch joeys or joeys at foot are left for long, they will die of exposure.

NARG: 02 4846 1900 or 0411 375 275

Stop making excuses for weak biosecurity

NSW Farmers media

NSW Farmers President James Jackson has slammed government officials for being wishy-washy on biosecurity controls such as foot baths.

The outbreak of foot and mouth disease (FMD) in Indonesia has farmers extremely concerned as it is a highly-infectious virus that would cost Australia $80 billion if it reached our shores. Export markets would slam shut, animals would be destroyed, and entire parts of the supply chain would be at a standstill if FMD made its way to Australia.

Mr Jackson said while federal Agriculture Minister Murray Watt had beefed up some biosecurity controls after pressure from farming groups, his department was looking for excuses.

"The Department of Agriculture, Fisheries and Forestry says they can't have antiseptic foot baths at airports because a child might fall in them," Mr Jackson said.

"Well by that rationale they should get rid of detector dogs in case a child gets bitten, or stop selling coffee in case a child gets scalded.

"It appears to me that everyone but the department is taking this seriously, and it's time they got on with the job of keeping Australia safe from FMD."

According to media reports on Friday, a DAFF spokesman said antiseptic footbaths couldn't be used because some passengers didn't wear enclosed shoes, that they were a trip hazard, that they would require extra biosecurity officers, and that they could congest airports.

> "If we get FMD in Australia it will cost us $80 billion – more than the JobKeeper program ...

... and send us hurtling towards recession," Mr Jackson said.

"A little inconvenience at the airport to prevent such a huge threat to our economy and our farming sector is entirely sensible, and it's important people realise the gravity of the situation.

"We cannot rely on treatment alone with FMD – prevention is the only way to keep us safe."

LATEST 2622 COVID NUMBERS

COVID stats for 2622; 2-8 July

The number of new reported COVID cases for the 2622 postcode region for the week ending 8 July is **52**, a daily average of **7.6**.

These figures refer only to cases where the person has undergone a PCR test or has reported a positive RAT online to the Health Department.

Actual figures will be much higher as many people don't report their positive RATs.

RATs available at the pharmacy are free to pensioners and other health card holders.

We can all help to keep the spread of COVID down:

- Wear a mask in closed or crowded situations
- Work from home if and when possible
- Test if you show any symptoms
- Self-isolate if you test positive
- Get vaccinated (at the pharmacy or one of the GP surgeries)

ALSO IN THIS ISSUE:

EDITORIAL Robin Tennant-Wood

It is the people

He aha te mea nui o te ao?
He tangata he tangata he tangata!

(What is the most important thing in the world?
It is the people, it is the people, it is the people!)
Māori proverb

Our capacity to not just survive, but to prosper and thrive as a community, depends on our willingness to look after each other.

We saw this during the Black Summer when people put their lives and livelihoods on the line to fight fires, opened their homes to others who had been evacuated, cared for other people's children and animals, prepared and supplied food for firefighters around the clock. In the aftermath as the smoke cleared, community spirit didn't waver as the long recovery process began.

During the COVID lockdowns in 2020 and 2021, again, people looked after each other. The elderly and vulnerable, those with chronic health problems and the very young were shielded, as much as possible, from direct contact with others, we complied with directives to work from home, wear masks and only go out for essential reasons. The rules varied slightly from state to state, but across the country people pulled together to look after one another.

Last year, however, something shifted. The so-called "freedom convoy" mobilised, calling for, well, freedom. It was, and remains, unclear what they want freedom from, but it is evident that they are borrowing their rhetoric from an American extremist doctrine of placing individual rights above those of community. They appear to be anti-anything that smacks of government instructions. Clive Palmer jumped on the bandwagon and wallpapered the country with bright yellow billboards trumpeting Freedom! (Imagine if he'd channelled those millions of dollars into something worthwhile, like health research. He could have made a real difference.)

The "freedom convoy" is now back in Canberra, playing havoc with traffic, harassing people on the streets for wearing masks and making a general nuisance of themselves. What they don't seem to realise, however, is that they are already free. But, like infants, they want the shiny baubles of 'individual rights' but don't see the accompanying obligation of collective responsibilities.

The only obstacles these people have between them and the freedom they seem to want are the ones they have created in their own minds. They have built prisons for themselves and now want someone else to get them out.

As a community we rely on each other to keep us out of self-imposed prisons. Our freedom relies on collective responsibility and without that, we are a disparate group of individuals with no support system to keep us safe. The Māori, indeed, all traditional societies, are based on this premise and as the descendants and beneficiaries of traditional wisdom, it is a lesson that we must continue to reinforce.

As COVID continues to spread in waves through the population, we owe it to one another to maintain community safety through collective responsibility. Wear masks, wash your hands, and remember, it is the people.

Erratum

In Issue #56 of the *Changing Times* it was reported that police numbers would increase with the completion of the new police station.

This was incorrect. The new station will be able to accommodate five police officers but this does not mean there will be five officers in attendance when the station is completed; it is an indication of forward planning for a better police presence.

The article was also wrongly attributed to BCA President, Sue Murray. This was an oversight for which we apologise.

BRAIDWOOD COMMUNITY RADIO 98.9 SMS Line 0419 722 578

Program Guide

Monday
5:00am – Good Morning Country
7:00am – Martin's Morning Mix
1:00pm – Flashback Featured Artist with Rob
4:00pm – Book Reading with Rod
6:00pm – The Andy Show
8:00pm – It's Time
9:00pm – Aussie Music Weekly

Tuesday
5:00am – Good Morning Country
10:00am - 1st Tue of Month - Our Farm with Frank
11:00am - Tuesday Eclectic Music Mix with Gavin
2:00pm - A Breath Of Fresh Air
3:00pm – Bunkum, Faves & Raves with Rod,Bill & Vera
6.30pm – Real World Gardener
7:00pm – Crap from the past
9:30pm - Hot Sweet & Jazzy

Wednesday
5:00am – Good Morning Country
7:00am – Martin's Morning Mix
1:00pm - Flashback With Rob
6:00pm – Woodsongs Old Time Radio
7:00pm – Magic Carpet Ride with Cool Bill
9:00pm - An Audience with the Pope

Thursday
5:00am – Good Morning Country
7:00am - Billy Bob at Breakfast
10:00am – From the Archives with Gavin
3:00pm – The Hot 30
6:00pm – Radio Jilly - With Yolande
8:00pm – Simply 80's

Friday
5:00am – Good Morning Country
7:00am - Martin's Morning Mix
10:00am - The Magazine with Disko
3:00pm – The Conga Line with Billy Bob
5:00pm - The Atomic Countdown
7:00pm - Top 40 from 40 Years ago
9:00pm - Raised On Rock

Saturday
9:00am – Mornings with Gavin & Roger
12:00 – Paul's Powerzone
1:00pm – A bit of this and that with Gavin
4:00pm – Blues in the Afternoon with Gavin
6:00pm – Saturday Night Gold

Sunday
8:00am - Exploring the Classics with Barbara
10:00am - Jazz on Sunday with Gavin
3:00pm – Birds on a Wireless with Julie & Vera
6:00pm - Combined Church Service of Braidwood
7:00pm - The Mechie Show (Prog Rock)
9:00pm - Bluesbeat

For a full listing go to braidwoodradio.com.au

Charlie Campbell, Hamish Plumb and Maxx Bigg received their Queen's Scout awards on Sunday.

Queen's Scouts receive their awards

Sunday 10 July was the final chapter for four local Queen's Scout recipients when they finally received their awards at a ceremony at Mount Keira Scout Camp.

While the four Venturer Scouts completed the requirements for their Queen's Scouts awards and received their badges in November 2020, the formal presentation was meant to occur last year. However, COVID put a pause on all large gatherings, so our four Venturers Charlie Campbell, Maxx Bigg, Hamish Plumb and Tess Gurling missed out on meeting the New South Wales Governor and being recognised for their outstanding achievement during extremely trying times.

However, on Sunday the four were officially recognised for their achievement, including Tess, who could not make it for the presentation.

Maxx, Charlie and Hamish proudly represented 1st Braidwood Scouts, receiving their awards from Neville Tomkins, Chief Commissioner Scouts NSW, Anthony Pritchard, South Coast and Tablelands Region Acting Commissioner, and the Lord Mayor of Wollongong, Gordon Bradbery.

The Chief Commissioner commented that there must be something added to Braidwood's water, for the town to have produced so many Queen's Scouts.

Publicity officer for the Braidwood Scouts, Chris Campbell, said that she "can safely say that everyone at 1st Braidwood is extremely proud of these four young adults and we wish them all the best in their future endeavours."

Maxx, Charlie, Hamish and Tess would like to acknowledge the continued support that their Venturer Leader, Wayne (Skip) Cramp, provided and they want to thank him for all that he has done. Ms Campbell added that the Group would not have four Queens Scouts without him.

RFS looks to youth for future firefighters

Kirrin Sampson, Community Engagement Officer Bwood RFS

Lake George District is looking to local youth to train as its firefighters of the future.

Braidwood brigade has initiated the Lake George Junior Program which aims to have dedicated training sessions for junior members of local brigades.

Young people who are aged between 12 and 16 are eligible to join the RFS as junior members and can either join their local Lake George District brigade or the Braidwood brigade, if they wish to participate in the program.

The aim of the program is make participants "response ready" so that they achieve their bush firefighter (BF) qualification before they finish school. With this qualification, participants who are 16 or older can attend incidents, either with their local brigade, or with the Braidwood brigade.

We are also looking at ways to link the program with additional training that would lead participants to the achievement of a Certificate II in Public Safety (Firefighting Operations).

There will be no change to the Braidwood Central School Cadets program, which runs each year for Year 9 students. In addition to the cadet program BCS will also assist by running some "at school" sessions for students participating in the Junior Program.

Training will be held at the Braidwood station for 3-4 hours on three Sundays per term during the school year.

Hugh Walker, Junior Member Coordinator at Braidwood Brigade, said that "we are really pleased at the interest shown by young people in the Junior Member Program and are grateful for the support of the Braidwood Brigade Executive, the Lake George District Office and Braidwood Central School in supporting this important initiative.

We will be holding an information session at the Braidwood Station, (corner of Saleyards and Gillamatong Lanes Braidwood) at 1.00 pm on 24 July where we will present an overview of the program and can help with membership applications on the day. Parents and carers are encouraged to join the RFS alongside their children and we will look to coordinate our training activities across participating brigades."

To get further information on joining a Brigade online go to: www.rfs.nsw.gov.au.

For further information on the Lake George Junior Program you can get in touch with Hugh Walker:

Hugh.Walker2@det.nsw.edu.au or Peter Bell (peter.bell@galifrey.com.au), or Russell Buzby (rpbuzby@me.com) or turn up on the day.

FROM THE QPRC MAYOR'S DESK


Kenrick Winchester QPRC mayor.

Council has adopted our integrated plans, including the Delivery Program 2022-26, Operational Plan 2022-23, Fees and Charges and Revenue Policy.

I appreciate the input of the community into the development of these plans during the exhibition period. The budget this year is a 'maintenance budget' with minimal new projects funded from the General Fund, to ensure we are on track towards long-term financial sustainability.

However, the Operational Plan is still highlighted by some $146m in capital works, thanks in large part to gaining grant funding. This includes continuing work on the Regional Sports Complex and the Queanbeyan Civic and Cultural Precinct, upgrading the Braidwood Pool, continuing the Captains Flat Road upgrade, and the Nerriga Recreation Area and main street upgrade. You can find out more about the plans at: qprc.nsw.gov.au/budgets-and-planning

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The Araluen camp ground upgrade is beginning to take shape. Picnic settings have been installed and a new toilet building has been ordered following Local Land Services (LLS) granting permission for the demolition of the existing toilet buildings.

A solar barbeque is also on its way and will be installed under the large shelter. These upgrades are being funded through the Bushfire Local Economic Recovery Package. Upgrades to the Nerriga Recreation Area are also coming along. A new shelter has just been installed with solar panels, a solar barbeque and picnic settings to come.

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Our kerbside clean-up service is coming to Braidwood in August. You can learn more about eligible items for collection and book through our new online booking system at: qprc.nsw.gov.au/Waste-Environment/Waste. This is a new system and we encourage you to get in touch if you have any issues with the webpage via 1300 735 025.

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Are you interested in facilitating the development of the Queanbeyan-Palerang Aboriginal and Torres Strait Islander community? We are looking for community representatives to become members of our First Nations Consultative Committee.

The committee — made up of Council, organisation and community representatives — meets quarterly, aiming to provide a link between QPRC and the local Aboriginal and Torres Strait Islander community, respecting the rights to self-determination and community empowerment. To submit your Expression of Interest by 5pm Friday 15 July, visit: qprc.nsw.gov.au/fncc

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Each year the Keep Australia Beautiful Tidy Towns Sustainable Communities Awards recognise community groups, individuals, businesses, and organisations for their efforts in many different categories. Last year the Bungendore Rotary Club and local business Delizia Naturally both received commendations alongside Council projects. This year we would love to see more of the amazing community projects and organisations from our region showcased. You can learn more about the awards and send in your free application by 31 July at kabnsw.org.au/sustainable-communities-tidy-towns

Braidwood Area Projects Update:

- Lascelles Street Upgrades – tender awarded in May and grant funding has been allocated. Negotiating with the successful contractor on a start date
- Braidwood Recreation Ground Stage 3 – works have been paused for the winter season, other than the piping of the creek
- Skatepark Construction – tender awarded and scheduled to commence September 2022 after piping of the creek. Fully funded
- Braidwood Carpark – seeking funding opportunities
- Braidwood Pool Stage 1 – Development Application modifications were approved by Council with additional consent conditions in June. Anticipating to go out for tender for the work soon.

GARDEN CLUB Kate Chinnick

What to do in the garden for July

- Remove flower buds from spring annuals for better displays
- Rhododendrons, Azaleas & Camelias will need watering leading to blooming
- Prune Wisterias and deciduous climbers · Prune later flowering shrubs (not spring flowerers)
- Order summer flowering bulbs - Liliums etc.
- Clean up and mulch prunings from fruit trees · Sow Globe Artichoke and Asparagus seeds
- Clean and sharpen secateurs, loppers and saws
- Sand and oil (linseed oil) wooden handles on tools

- Turn over vegetable beds for spring plantings
- Watch for pink bud swell on early Peaches & Nectarines & spray for leaf curl with copper or lime sulphur

PLANT OF THE MONTH

Narcissus Tazetta Daffodils

- Native to Europe, Asia & Nth Africa
- Easy bulbs to grow and naturalise
- Highly scented flowers in many colours
- Some varieties have multiple flowers per stem
- Flowers from late autumn to spring
- Prefers full sun or part shade in warmer areas
- Remove spent flowers and allow to dry out when leaves die
- Clumps multiply freely and do not need dividing for a few years
- Lift and divide when congested in autumn

THE LAW Angela Backhouse

Having capacity to make a Will

It is well known that a Will is a legal document which sets out how a person wants their assets to be distributed once they die.

If you are over the age of 18 you can make a Will - *provided you have capacity*.

In general terms a person will have the necessary capacity if they:

- know what a Will is;
- know of the amount and type of property they are disposing of;
- understand the moral claims to which they should give effect when deciding to whom to leave their property; and
- are not delusional or suffering from a mental illness at the time they sign their Will.

It is not the role of a solicitor to be an expert in assessing the capacity of their client.

However, a solicitor can be involved in carrying out a "legal" assessment of the Will maker's capacity.

Where there is the likelihood of the Will being challenged on the Will maker's death on the basis of lack of capacity, it is important to obtain contemporaneous medical evidence from the Will maker's treating doctor or in some cases a geriatrician confirming the Will maker has capacity. It is prudent for the doctor to conduct a medical examination to determine this and then provide a written report confirming their opinion.

Having a medical report stating that, in the doctor's opinion, the Will maker had capacity and then *on the same day* the person provided instructions and signed their Will, places the Will maker in a strong position so far as capacity is concerned.

It is important to address the issue of capacity in some circumstances because a Will can be challenged on the grounds that the Will maker did not have sufficient capacity when signing the Will. This arises most frequently where the Will maker is ill, for example, in hospital on medication or elderly and suffering from dementia.

It is difficult to set aside a Will on grounds that the Will maker lacked testamentary capacity if the Will is prepared by a competent solicitor who took appropriate instructions from the Will maker and was satisfied the Will maker had the requisite testamentary capacity to make a will.

If you are worried because you know someone who wants to make a Will and may not have capacity or may be in the early stages of dementia and you are not sure, then it is prudent to encourage them to consult a solicitor who is experienced in Will making and to do this as soon as possible.

It is also prudent to ensure the solicitor is made aware of this potential difficulty so that a discussion can be had with the Will maker and advice can be given about whether it is necessary for the Will maker to obtain an assessment by their doctor before signing their Will.

If these issues are relevant to you or your family then contact your local lawyer Angela Backhouse on 6188 3600 or email:

angela.backhouse@chamberlains.com.au

How we've grown: Census 2021

Robin Tennant-Wood

The results of the 2021 census were released last week with some interesting statistics about our town and region.

The town boundaries for the census are Burke's Hill to the south, Euradux to the north, Northangera to the east and the Shoalhaven to the west, omitting the villages and the wider region. The 2021 census shows the town's population at 1,720, up from 1,651 in 2016.

It will come as no surprise that we are also an ageing population, with the town's median age at 50, and while we're right on the national average for the 50-54 age group, it's up from our median age of 46 in 2016.

Possible factors influencing this change could be the influx of retirees to the town and the departure of a lot of our school leavers and young people as they seek higher education and employment elsewhere.

Our largest age group is 75-79, which comprises 8% of our total population and is well above the national average of 3.2% for this age group. In 2016 our largest age group was 55-59 at 7.8%.

Unsurprisingly, given the age demographics of Braidwood, just under half the town's population reported having some sort of long-term health condition, with the most prevalent being arthritis (14%).

Knowing the extent and nature of long-term health afflictions within towns and regions enables government to plan long-term health services targeted to those areas.

In the category of housing, the census reports 697 occupied private dwellings in Braidwood but, somewhat curiously, 140 unoccupied private dwellings. Of the occupied dwellings, 35% are single-person households, well above the national average of 25%, with the remainder either families or group households. The average number of people per household is 2.6. The median rent paid in Braidwood is $345 per week, below the national average median of $375 and well below the state average median rent of $420. In 2016 the median rent in town as $268.

A more troubling statistic, however, is that 30.6% of households in rented houses in town are paying more than 30% of their household income in rent – this is one of the key indicators of the Henderson Poverty Line and while it is below the national average (32%) is nonetheless of concern in the context of affordable housing in town.

The Australian Bureau of Statistics (ABS) noted that the 2021 Census was undertaken during a unique time in our history, when many areas across Australia were operating under lockdown restrictions due to COVID-19. Movements in and out of Australia were also restricted, limiting overseas travel for Australians and the number of overseas visitors within Australia.

The COVID-19 pandemic, and the subsequent restrictions, had many impacts on people's daily lives, including employment, travel and education.

Depending on the area, restrictions included such things as limits on intra-state and interstate movement, changes to private and public gatherings, work from home orders, stay at home orders, remote learning requirements for students and industries and businesses operating with staffing and/or density limits.

For the first time the census could be completed online as well as the usual hard copy forms. The ABS reports that feedback on the online facility has been positive.

Diabetes support for people in Eden-Monaro

Office of Kristy McBain MP

More people in Eden-Monaro living with Type 1 diabetes are now able to access life changing subsidised Continuous Glucose Monitoring (CGM) products to better manage their blood glucose levels.

The Minister for Health and Aged Care, Mark Butler, announced the Australian Government will extend subsidised access to CGM products under the National Diabetes Services Scheme (NDSS), effective from 1 July.

Australians over the age of 21 with Type 1 diabetes will be able to access CGM products through their pharmacy, with a co-payment equivalent to $32.50 per month or $390 per year. These life saving devices were previously costing them up to $5,000 per year.

"The Australian Government is investing an additional $273.1 million over four years to deliver our election commitments to better support people living with type 1 diabetes," Minister Butler said.

"CGM technology is life-changing. Supporting more people with subsidised CGM products will improve the health and quality of life for tens of thousands of Australians living with type 1 diabetes."

People who are currently eligible for CGM products through the NDSS will continue to receive products free of charge. This includes children and young adults under 21 with type 1 diabetes, concession card holders with type 1 diabetes, and people with type 1 diabetes who are pregnant, post-pregnancy or trying to become pregnant.

Welcoming Minister Butler's announcement, Minister for Regional Development, Local Government and Territories and Member for Eden-Monaro Kristy McBain said the extended access would mean new hope for people living with type 1 diabetes in Eden-Monaro.

"This is great news for the almost 1,000 Eden-Monaro residents who live with type 1 diabetes," Minister McBain said.

"CGM products really are a game-changer for so many, they help reduce complications from living with diabetes, and the need to see a doctor or go to hospital.

"While finger prick blood testing gives people a glucose reading at a single point in time, CGM gives continuous glucose readings, including during sleep.

"This change means people with type 1 diabetes in our communities won't have to make the awful choice between accessing this life changing technology or putting food on the table. I know it will mean the world to so many."

People in Eden-Monaro will be among the 71,000 more Australians who will now have subsidised access to CGM under the Government's initiative. It means that, for the first time, all Australians with type 1 diabetes – around 130,000 people – will have access to subsidised CGM products.

The Government is also delivering on its commitment to expand the eligibility criteria for the separate Insulin Pump Program.

This will provide an additional 35 fully subsidised insulin pumps a year to allow young adults aged 18 to 21 with type 1 diabetes from financially disadvantaged families to benefit from this life-changing technology.

"Until now, this program has been limited to children up to the age of 18," Minister McBain said.

"Again, it is more great news to help people in our community to better manage their condition."

What is pain?

Juliet Contreras, Intern Pharmacist

Pain can be short term or acute. When pain persists even when the body has healed, or for more than three months, it is classified as persistent or chronic pain.

If you experience persistent pain, you are definitely not alone — it is estimated that 1 in 5 people have chronic pain.

Acute pain is often a warning sign that some damage may be occurring. However, when the pain becomes chronic it is often no longer an accurate warning of damage, and might be more related to an oversensitive central nervous system. For example, a car alarm that goes off when someone tries to break a window is a warning for acute damage to the car. However, if the car alarm starts going off repeatedly after a gust of wind (chronically going off), it is no longer an accurate warning and it has become oversensitive to a usually mild stimulus (the wind). The same can occur with chronic pain in the body.

Approach to acute pain management

For short term injuries, pain management is often focused on the condition that is causing the pain. It is important to manage whatever is causing the injury, so it doesn't turn into persistent pain.

For example, for muscle or soft tissue injury – using the RICE method (Rest, Ice, Compression, Elevation) is good for the first day or two, then getting back into gentle movement hastens healing and prevent persistent pain.

Pain Medication can also play an important role in short term pain management. Some examples include:

- **Paracetamol** which is a great place to start, doesn't cause dementia and is processed by the liver.
- **Anti-inflammatory medication** such as Ibuprofen can also be helpful for 5-7 days to reduce inflammation. They are processed by the kidneys. They may not be appropriate for people with stomach ulcers, blood pressure/heart problems or kidney problems.
- **Opioid medication** e.g., oxycodone can be very helpful after tissue injury (e.g., surgery) however when taken long term can cause changes to your nervous system resulting in more pain.

Approach to chronic pain management

For long term pain, if it is caused by a condition such as rheumatoid arthritis, we can focus a bit on treating the condition. However, frequently there isn't an effective treatment for the condition that is causing the pain e.g., osteo arthritis.

Pain Medication

In chronic pain, medication can help, but shouldn't be the only thing you are doing to manage the pain. They often don't get rid of the pain and (especially in the case of opioids) can sometimes make the pain worse.

So, what hope is there if you can't take drugs for it?

Managing chronic pain often means you learn to live your life to the fullest, despite the pain. If you are experiencing chronic pain, you are the one that will make the biggest difference to your life. Gentle movement, getting enough sleep, eating healthy, staying social, and the way you think about your pain plays a big role in your pain experience.

Strategies that can help include:

- **Understanding** chronic pain and that the pain signals don't equal damage happening. If you know what is happening in your body, it makes it less scary.
- **Pacing yourself**

Instead of doing everything in the morning then spending the rest of the day in agony, space things out evenly and take regular breaks.

- **Relaxation techniques** such as meditation

These techniques are often dismissed as unhelpful, but they can greatly reduce the distress that can come with chronic pain.

- **Gentle movement**

E.g., yoga, tai-chi, mobility, or dance classes (Braidwood has all of these!)

- **Staying engaged socially**

Meet regularly with your friends and family, or Braidwood has many groups that meet and do things together (e.g., the Gardening Club)

Pain Self-Management Program at the Pharmacy

Capital Chemist Braidwood, in collaboration with other health care professionals in Braidwood, is now introducing a pain program for people with chronic pain. We aim to empower you and help you learn the skills to live your life to the fullest, despite the pain. Chat to one of our friendly staff or your doctor for more information.

Other chronic pain resources

Painbytes website: https://aci.health.nsw.gov.au/chronic-pain/painbytes

NPS Chronic Pain Explained: https://www.nps.org.au/consumers/chronic-pain-explained

This Way Up chronic pain on line course (chat to a pharmacist or your doctor for an access code)

References: electronic Therapeutic Guidelines, Australian Medicine's Handbook, NPS medicine wise website, Sydney University Brief Pain Self-Management Program.

Good news for Monaro roads

Media release from Nichole Overall's office

Monaro continues to benefit from major road and infrastructure upgrades thanks to almost $70 million in funding from the NSW Government.

Member for Monaro Nichole Overall said this huge investment in local communities highlighted the NSW Nationals commitment to the local road network.

"This is a critical investment in and for our region – and along with improving our network we are ensuring we save lives on our roads," Mrs Overall said.

"Commitments include $11.5 million for works on the Monaro Highway with $1.3 million for essential improvements near Nimmitabel. "The NSW Government is investing $4million under the Safer Roads Program including $1.1million to improve a 2.6 kilometre of road near Braidwood to ensure the safety of motorists on the Kings Highway.

This is in addition to $875,000 spent on the Kings Highway near Bungendore to widen the existing shoulder and install a median barrier." Mrs Overall said the previously committed $17.5million Snowy Roads Package for Snowy Monaro Regional Council to seal or re-seal eight core roads across Snowy Monaro is being progressed. "This package includes Smiths Road, Tinderry Road, Springfield Road, Avonside Road, Maffra Road, Dry Plains Road, Mila Road and Shannons Flat Road," said Mrs Overall.

"With recent weather events I have been advised by Council of some delays and that it now requires further funding for some areas, including Smiths Road, however, Council will progress with completing Tinderry Road."

"With another round of Fixing Local Roads funding expected to be opened shortly, I'll be advocating as strongly as possible to see the Smiths Road commitment delivered for the community." "Weather has also impacted the Bobeyan Road upgrade and I am advised works will be paused until early spring. This $20 million commitment is one I am eager to see progressed as soon as possible to ensure the link between Adaminaby and the ACT is delivered.

Previously delivered projects include the Old Cooma Rd improvements to Googong and the Ellerton Dr extension in Queanbeyan, both completed ahead of time.

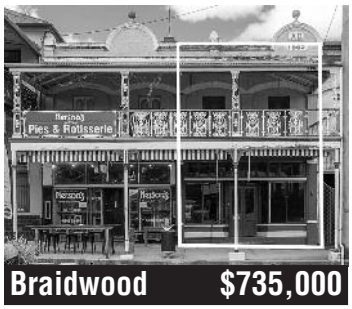
As I continue to drive the more than 20,000 square kilometres of the electorate, there's so much being delivered that is making a huge difference for residents and visitors in our region and I am sure there are more exciting announcements in the roads and infrastructure space yet to come."

REGIONAL REAL ESTATE

Bendoura Price Guide $2.3m

"Yarrandilla" 60 Bell Lane,

Beautiful country home set on 64.72ha (159.92 acres approx), only 15 min (approx) from Braidwood offering space, tranquillity, and stunning mountain views over the established gardens, surrounding open grazing land and lake beyond. Featuring an open-plan family room, timber kitchen and butler's pantry, north-facing entertainment deck, and Great Room, there are five bedrooms, four bathrooms, a study and separate studio.



Braidwood $735,000

141 Wallace Street,

Looking for a serious investment property or looking to secure your own business premises? Opportunities like this on the main street of historic Braidwood are rare. This beautiful historic building was formally known as 'The Christmas Shoppe'. The question is…. What beautiful speciality shop will it be next?

Braidwood $350,000

Lot 5, Wilson Street,

LAST ONE! Just one great residential block left with highly sought after north facing rural views in this new subdivision in the township. Newly built cul-de-sac road with all blocks having access to connect to town water, town sewage and mains power and with good mobile/internet reception - what are you waiting for? Build* your dream home now! (STCA*)

Braidwood $939,000

9 Robinson Lane, COMING UP!

Quiet lane in Braidwood township. Five bedrooms, two bathrooms, 1012 sqm block (approx). Call Belle Property on 02 4842 1029 to register your interest.

Contact Kelly Allen at Belle Property on 0466 632 696.

Belle Property Braidwood
78 Wallace Street, Braidwood NSW
Office 02 4842 1029
Mobile 0466 632 696

belle PROPERTY

belleproperty.com/braidwood

OBITUARY

Suzanne Bellamy — 22 September 1948 – 20 June 2022

A few weeks ago, on the eve of the Winter Solstice, my friend and long-time art collaborator, Suzanne Bellamy, slipped away into other worlds to begin her new adventures.

Like so many of her friends, lovers, family and colleagues, I will miss her keenly.

In my thirty years of friendship with Suzanne she showed me her vision for a forging a better world for women by making and sharing her art. She insisted that making art and artefacts for the women of the emerging feminist world could show us ways to succeed in our great project to end patriarchy - to heal our earth.

In my second year of Women's Studies at ANU, in June 1982, I had the joy of travelling in convoy with a group of women students and our lecturers to the third national Women and Labour Conference,(WLC) in Adelaide.

The conference listed a paper to be given by Suzanne Bellamy, feminist historian. True, Suzanne had spent a decade scaling the heights of academia within the confines of acceptable labour history inquiry at Macquarie University, Sydney, but as she once told me over the ubiquitous cup-of-tea chats we regularly enjoyed, "by the end of the 1970s it was a straight-jacket I was no longer prepared to wear".

I vividly recall Suzanne's brilliant multimedia presentation to a packed lecture theatre was one of radical feminist highlights of the conference. Her slide show about her recent exploration of the "Great Mother" in her travels through Europe and the Middle East included stunning images of her and her then partner lying down in huge rock crevices in the foothills of the Taurus Mountains in Anatolia.

Suzanne's delight and energetic telling of the fun they had documenting their experience of lying in the vulvas of "mother earth" was contagious. We, her audience, were caught up in the idea that there had once been a time when women's bodies were honoured, their fertility worshiped and their wisdom respected.

Suzanne was captivated by these early goddess forms and they continued to inform her art practice for the next 30 years. Back in her pottery studio in the mid-1980s these ideas infused Suzanne's burgeoning ceramic practice. She made face masks, whales and other small pots with "secret" female forms that could only be seen when the pieces were turned over the reveal their undersides.

Suzanne the artist flourished in her studio, making, among many other pieces, the earliest versions of her dramatic boats. Full of individually crafted women wearing their fanciest head pieces and jewellery, carrying all their possessions: books, food storage vessels, spindles, looms, and baskets, the boats contained dozens of artefacts crafted to scale from the high-fired porcelain clay she preferred to sculpt.

Later Suzanne added printmaking and painted canvases to her oeuvre. Alongside her

Suzanne in her workshop.

larger goddess-inspired pieces each year she also produced a few dozen plates, bowls, cups, vases and ladles: her self- described "domestic ware" all decorated with her distinctive mark-making on clay and signed on the base with her personal Japanese-inspired potter's sigil. She preferred glazes that provided blues and pinks and purples to give coherence to the whole collections she sold as table ware. These she sold in her annual exhibitions as a much-needed source of income and also as part of her inner vision of herself as a village potter in the Japanese tradition. During one of the terrible drought years on her Mongarlowe property she experienced kiln failure at a critical stage in glazing that year's production of bowls. Her glazes emerged underfired, earthen brown and dust-coloured instead of blue. Taking it as an omen of the drought she displayed and sold her "dry creek" bowls with grim satisfaction.

Hence her life at Strike-a-Light Creek outside Bredbo, and in recent decades, Mongarlowe, NSW, has been a testament to her creative range and also her deep commitment to her land, its giant termite mounds and its creek, complete with a resident platypus. Above all, she valued her life of the mind, her writing and her solitude.

Many artists, once they believe they have found a way of communicating their ideas, are content to rest on their achievements and basically make the same art over and over again. Not Suzanne. Her trope of the woman standing her ground with upswept arms may have persisted but always with new vigour, decoration and political purpose. At first she carved the surfaces of her ceramics, inscribing her own unique symbolic language on the surfaces of her eggs, earth pods, boats, women and bowls. When she damaged her hands by overwork and repetitive movement she translated her desire to carve into her experimental processes for embossing her works on paper thereby creating a whole new outlet for her symbolic language pressed into her unique state monoprints. Bequeathed Phyllis Arnott's wonderful printing press in the 1990s (joyously dubbed the Iced VoVo by Suzanne), she had the means to experiment in the great tradition of her beloved Bloomsbury set. And while her work at the time was clearly influenced by the decorative motifs in the style of Vanessa Bell's book covers for the Hogarth Press, as always Suzanne made the subject matter her own.

Increasingly frustrated by the constraints of the flat surfaces she found ways to give herself the more sculptural use of space by multiplying the number of possible flat surfaces available in one piece. Her celebration of the art and life of Georgia O'Keeffe and the desert motifs of New Mexico was a new expression for Suzanne of landscapes and the sensuality of female bodies. She created coherent painted platforms to mount her fired and painted ceramic tiles, tying the sculptured and painted surfaces together in exquisite wall-mounted boxes.

In the early 2000s Suzanne had begun making small dioramas, imagined rooms in the style of the highly decorated interiors of Charleston Farmhouse in Sussex. These rooms held wonderful self-referencing bookcases full of tiny ceramic books and mini-Bellamy goddess figures. By now many women owned iconic ceramic pieces from Suzanne's annual shows so the little rooms captured the essence of a community of Bellamy-owning women who recognised at once how the dioramas echoed their own living spaces. One year a whole mob of small kangaroos bounded into her imagination and onto the table in pottery forms. She experimented with transferring photographs and text onto her hand painted canvases, recycled glass windows, and the wooden backs of her shadow boxes. Suzanne's love of C20th modernist writing, art and architecture sprang from the pages of her own writing into forms celebrating Dada and the Surrealists. With a trove of dismantled clock and camera parts gifted to her by a friend, she began to explore the ideas of machines in modernism. The donated widgets provided her with new metal materials to craft fantastical mini-fauxmachine sculptures, both playful and sinister in their shadow boxed display. Described by Suzanne as "reflecting on the passing material culture of the 20th Century…thought on modernist visioning and perception mediated by machines", the works formed part of her May 2019 show, "Abstract Machines" at the Shop Gallery, Glebe, NSW.

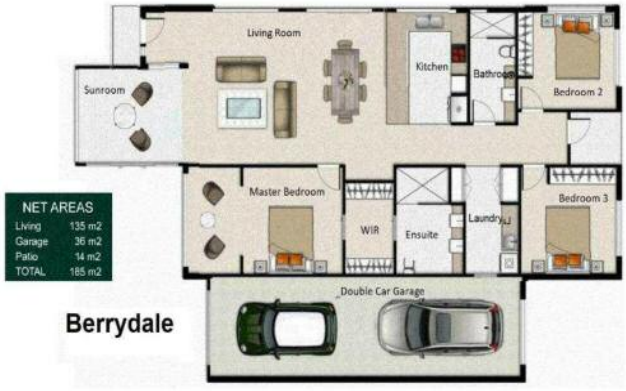
Finally, I need to thank Suzanne for encouraging me to become a Gallery Director. Without her belief in me that I had something to offer as a curator of other people's work (beginning with my curation of her work for a Spinifex Press event at William Mora Gallery in Melbourne), I probably would never have attempted to establish fYREGALLERY.

Cheryl Hannah, July 2022

OVER 55s ESTATE
Summerfield
BEAUTIFUL BRAIDWOOD

Our Homes –
* 3 bed / 2 bath / 2 car
* 6.6kW solar system
* North facing sunroom
* Spacious & very low maintenance

Our Facilities –
* Heated Indoor Swimming Pool
* Clubhouse and Function Room
* Gymnasium
* Arts and Craft Centre

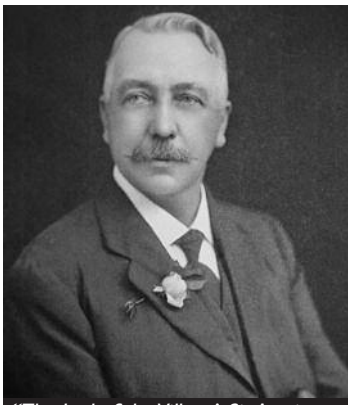


ALL INQUIRY: JANE MACKENZIE-ROSS – 0400 472 577 – JANE@SUMMERFIELD.COM.AU

LOCAL HISTORY

The Lad of the Village

Peter Smith, Braidwood District Historical Society



"The Lad of the Village', Sir Austin Chapman (1864-1926)

Eleanor Robin PHD OAM will be the speaker at BDHS Annual Dinner. Eleanor's talk titled, 'The Lad of the Village' is about Braidwood's role in sparking the brilliant career of the popular and inaugural federal Member for Eden-Monaro, Sir Austin Chapman.

Eleanor is the author of several well recognised publications. Her latest book, *The Quest for Eden Monaro* is a fascinating read and will be available to purchase on the night.

Austin Chapman (1864-1926) was born at Bong Bong, went to school in Marulan where his father was a publican, and became involved in politics while managing the Commercial Hotel in Bungendore through his association with the well-known democrat and State Member for Queanbeyan, EW (Ned) O'Sullivan. Chapman moved to Braidwood to manage James O'Brien's newly-built Royal Hotel in the late 1880s.

He won the seat of Braidwood in the NSW Legislative Assembly in 1891 and in October 1894 at the property 'Bellevue' married O'Brien's daughter Catherine ('Katie'). The young couple lived at 'Longsight', on the western edge of Braidwood.

In the NSW legislature, Chapman was influenced by the arguments of Sir Henry Parkes and Edmund Barton for federation. Standing as a Protectionist in the first federal election of March 1901, he won Eden-Monaro and held it until his death 25 years later. He was first government Whip, Minister for Defence in Alfred Deakin's first government, then Postmaster-General and Minister for Trade and Customs.

Chapman successfully pressed for the Seat of Government to be placed in his electorate and then for the building of Canberra against considerable resistance from the Melbourne establishment and others who did not want a 'bush capital'. He was known as the 'Father of Canberra'.

Chapman's is an amazing story of vision and courage. We are in for a treat with a highly qualified, interesting guest speaker, Dr Eleanor Robin, dealing with a subject that is most significant for Braidwood and following our recent federal election".

When: Saturday 30 July. 6.30 for 7.00pm RSVP: Friday 22 July

Where: National Theatre, Wallace Street, Braidwood — BYO drinks Members $54.00, non-members $59.00.

Reserve your place by direct deposit to Community Bank Braidwood, BSB 633-000 Account No. 127417822. Use your name as the reference.

Eleanor Robin [above] has enjoyed a long writing career, beginning as a cadet on the *Canberra Times*, and reporting for *The Sun News-Pictorial* from the Federal Parliamentary Press Gallery. She worked in information sections of the Federal Public Service, including managing the information program of the Australian Heritage Commission and being a major writer for the Australian Council for Aboriginal Reconciliation. She holds a Doctorate in Philosophy (History) from the University of Tasmania and has received an OAM in recognition of her services for the conservation of Australia's natural, Aboriginal and cultural heritage.

[left to right] Deputy Commissioner Peter McKechnie, QPRC Mayor Kenrick Winchester, Captain Paul Bott, Ernie Hegedus, Murray McCracken, Member for Monaro, Nichole Overall and Lake George Zone Manager Paul Jones.

Honours for firefighters

Paul Cockram

Last Sunday Mongarlowe RFS Captain, Paul Bott, and brigade member Ernie Hegedus were awarded medals in recognition of their service during the Black Summer fires.

Bott received the Commissioner's Certificate of Commendation along with the St Florian Medal. The award was for outstanding effort for the bush fire season of 2019-20 – the Black Summer fires.

In the Lake George RFS zone these medals and certificates were also awarded to the captains of the Nerriga, Krawarree, and Araluen brigades. All those areas that were affected badly by the fires.

Bott noted that the award is a reflection on the work that the senior officers put into the whole campaign across that summer.

"Personally, I found it quite good to receive this because we had very minimal support from the higher office during the fires. That was only due to the fact that everyone was just flat out everywhere else. It's recognition of the amount of work that was put in by these individuals, which did make a big difference," Bott said.

Ernie Hegedus was awarded the National Emergency Service Medal, a national medal awarded by the Governor-General.

Bott said that the Mongarlowe brigade had decided that they wouldn't nominate anyone to receive medals as they felt the cost of the medals would be better used for bushfire recovery. However, the brigade was instructed to put forward nominations and Bott said they chose to nominate one person.

"We picked Ernie because he went into the roof of a house, inside the ceiling. Mongarlowe Brigade was protecting this house, the fire front went through and then it caught alight inside. And so, while everyone else was busy dealing with the outside issues, Ernie and myself went up into the ceiling.

"I just supervised Ernie, and he just went scrambling through this building without breathing apparatus. That was a pretty good effort and that's the reason why we picked him."

Queanbeyan-Palerang Regional Council
FOR YOUR INFORMATION

QPRC

First Nations Consultative Committee

Are you interested in facilitating the development of the Queanbeyan-Palerang Aboriginal and Torres Strait Islander community?

We are looking for community representatives to become part of our First Nations Consultative Committee. The committee - made up of Council, community, and organisation representatives - meets quarterly, aiming to provide a link between QPRC and the local Aboriginal and Torres Strait Islander community, respecting the rights to self-determination and community empowerment.

▶ Register your interest by 5pm Friday 15 July at **qprc.nsw.gov.au/fncc**

Work with **Council**

There are a range of vacancies across Council and one might be perfect for you.

Current vacancies include:
- Animal Attendant
- Senior Pool Attendant
- Governance & Legal Administration Officer

▶ For more information and roles see **bit.ly/QPRC-jobs**

Have Your Say

Projects & initiatives open for community comment	**Closing Date (2022)**
New fee replacement water meter	25 July
Renew 2620	Ongoing
Monaro Street Upgrade	Ongoing

▶ Find all the details on Council's engagement hub at **yourvoice.qprc.nsw.gov.au**

Submissions can be made:
- By registering and commenting via **yourvoice.qprc.nsw.gov.au**
- By email to **council@qprc.nsw.gov.au**
- By mail to PO Box 90, Queanbeyan NSW 2620
- Delivered in person to Queanbeyan, Bungendore or Braidwood offices

Advertising of Notices and Documents under the Environmental Planning and Assessment Act 1979 and Regulations

▶ Documents are published at **bit.ly/DPnotices**

National Tree Day in Braidwood

Join us for National Tree Day in Braidwood from 10am-12pm on Sunday 31 July. Council staff and the community will be planting native trees in Hassall Reserve.

▶ Learn more and find other events at **treeday.planetark.org/find-a-site**

Council Meetings and Times

Council holds Ordinary Meetings twice a month on a Wednesday, excluding December and January. Meetings start at 5.30pm. Agendas and business papers for the meetings are available on the Friday prior to the meeting from **bit.ly/MinutesAgendas**. Meetings are live streamed via **bit.ly/QPRCwebcast**.

Due to COVID-19, attendance in person is not encouraged. However, members of the public can watch the meetings via **bit.ly/QPRCwebcast** and make a presentation during the public forum via Zoom or by submitting a written presentation.

For those wanting to make a presentation on an Agenda item, you can make a:
- Written presentation - submit by midday on Tuesday
- Zoom presentation - register by midday on Wednesday

▶ Register to make a presentation at **bit.ly/QPRCinvolved**

Next meeting dates are:
- 27 July
- 10 August

Written Questions on Notice

Questions on notice from the community must be submitted in writing or via email to **public.forum@qprc.nsw.gov.au** by 12pm on the Wednesday prior to the meeting. All questions and responses will be tabled at each Public Forum, provided to the person who asked the questions and published on our website.

Queanbeyan-Palerang Arts Trail - Register Now!

The QPRC Arts Trail showcases Galleries, Artist Studios and Creative Practitioners across our region over three weekends in October.

The focus will be on artists from: Braidwood 1-2 October, Bungendore 8-9 October, and Queanbeyan 15-16 October.

Other localities - including Captains Flat, Nerriga and Araluen - can choose which weekend to align with.

▶ Learn more and register before Monday 29 August at **treasuretrail.com.au/arts**

Queanbeyan-Palerang Regional Council
PO Box 90, Queanbeyan NSW 2620
1300 735 025
council@qprc.nsw.gov.au
www.qprc.nsw.gov.au

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BOOKWORM Julia Ermert

It is a truth universally acknowledged … that there's always a good reason to talk about JANE AUSTEN

—Julia Ermert

Sometimes there's more than one reason. Each July I recall Austen's disastrously early death, at 41 on 18th, in 1817.

I wrote for you last year about "The Mysterious Jane Austen" and this was one of the mysteries. There are no new speculations so Hodgkin's Disease is still the best guess.

This July, there's a new book about that same mysterious Jane.

It's *The Jane Austen Remedy,* Ruth Wilson, Allen&Unwin, Sydney, 2022.

Ruth Wilson, actor, scholar, teacher and writer, began re-reading Jane Austen in her seventies. It led to the best years of her life.

After a busy life as a (mostly) compliant daughter to a professional immigrant couple in country Griffith, a (mostly) obedient wife to an upmarket dentist, a (mostly) involved mother of four flourishing children, Ruth Wilson could be expected to sit back in her charming house on Sydney's lower North Shore and enjoy some leisure. After all, she loved reading. She'd even taken the family to Israel for several years to discover their Jewish roots, herself teaching there as she had in various Sydney locations.

That would seem to be enough for several lifetimes. But it didn't satisfy Ruth.

Somehow, she had lost sight of herself. In serving others, she no longer seemed to have a life of her own. She felt sad, she felt lost, she kept dreaming she couldn't speak.

What was the remedy?

Jane Austen, of course!

Ruth had a holiday cottage in the Southern Highlands, at the back of Bowral on the way to Berrima. I know exactly where it is because I've been there. It is a truth universally acknowledged that one Janeite will always find another.

This was some twenty years ago and Ruth was just starting her enterprise. I was running the local Jane Austen group, leaving partway into Ruth's adventure to continue my own in Canberra. There I ran another Jane Austen group, and now I'm in Braidwood … but this isn't my story.

— * —* —* —

Ruth's inspiration was to take long service leave from her Sydney life to dwell in her cottage, furbished up comfortably as a reading retreat, to consider if a closer reading of the six main Austen novels might show her what was missing. Those heroines had once been models for the sort of woman she wanted to become. What might they tell her now?

The Jane Austen Remedy is a memoir. It's not a self-help book, because it couldn't be guaranteed (alas!) to work for everyone , and it isn't an autobiography, as it visits only select parts of Ruth's life. A memoir incorporates these elements, as well as some from fiction: a theme, story-telling, truth, a climax, even heroes and villains. Recent popular memoirs that have come my way are *Eat, Pray, Love* (Elizabeth Gilbert), *The Year of Magical Thinking* (Joan Didion), *Becoming* (Michelle Obama). Perhaps it's a growing trend?

Ruth's theme is discovering how those same books that shaped her younger self might now instruct her in growing older.

From *Northanger Abbey,* the pitfalls of friendship recalled the heady days when she was a leading light in Sydney University's drama groups.

Sense and Sensibility is about balance. Like me a grammar nut, Ruth reflects on that conjunction "and." It doesn't mean "or;" it doesn't ask us to make a choice or a value judgment. We are meant to unite both elements.

Pride and Prejudice, everyone's favourite at least at some stage of life, especially if you're not blinded by Colin Firth! Ruth is here to read, not watch. She observes that he learns to know others better, while she learns to know herself better.

Emma readers tend to undervalue Emma's patient and selfless love for her father, while noting her general lack of empathy. Not until Emma learns to love her neighbours as well as herself, can she learn to love Mr Knightley. And here Ruth has watched the films. She prefers Gwyneth Paltrow's interpretation, and doesn't think Emma deserves to be called "Clueless!"

Mansfield Park reminds Ruth of the importance of being true to her own ethical standards — those seductive amateur dramatics! Those glamorous Crawford-type people!

Persuasion, often the choice of us 'ladies of a certain age,' assures us that if we dare to live our truth, we can recover our bloom, or at least our sense of well-being, and seize that second chance.

In due time, Ruth returned to Sydney, living in the same building but not the same apartment as her husband (he cooks dinner every night), earned her doctorate, and at ninety published this book.

She had rediscovered her voice.

When assorted friends began to tell me about how an older woman in Sydney, whose name they couldn't quite recall, had published a book about Jane Austen, I said, I probably know her.

I didn't know the half of Ruth Wilson. Maybe I'll try her remedy.

The behinds behind the gauge

The NSW standard railroad gauge (distance between the rails) is 4 foot, 8½ inches. That's an exceedingly odd number.

Why was that gauge used?

Well, because that's the way they built them in England, and English engineers designed the first NSW railroads.

Why did the English build them like that?

Because the first rail lines were built by the same people who built the wagon tramways, and that's the gauge they used.

So, why did 'they' use that gauge then?

Because the people who built the tramways used the same jigs and tools that they had used for building wagons, which used that same wheel spacing.

Why did the wagons have that particular odd wheel spacing?

Well, if they tried to use any other spacing, the wagon wheels would break more often on some of the old, long distance roads in England. You see, that's the spacing of the wheel ruts.

So who built those old rutted roads?

Imperial Rome built the first long distance roads in Europe (including England) for their legions. Those roads have been used ever since.

And what about the ruts?

Roman war chariots formed the initial ruts, which everyone else had to match or run the risk of destroying their wagon wheels. Since the chariots were made for Imperial Rome, they were all alike in the matter of wheel spacing. Therefore the standard railroad gauge of 4 foot, 8½ inches is derived from the original specifications for an Imperial Roman war chariot. Bureaucracies live forever.

So the next time you are handed a specification/procedure/process and wonder 'Which horse's arse came up with this?', you may be exactly right. Imperial Roman army chariots were made just wide enough to accommodate the rear ends of two war horses. (Two horses' arses.)

Now, the twist to the story:

When you see a U.S. Space Shuttle sitting on its launch pad, there are two big booster rockets attached to the sides of the main fuel tank. These are solid rocket boosters, or SRBs. The SRBs are made by Thiokol at their factory in Utah. The engineers who designed the SRBs would have preferred to make them a bit fatter, but the SRBs had to be shipped by train from the factory to the launch site. The railroad line from the factory happens to run through a tunnel in the mountains, and the SRBs had to fit through that tunnel. The tunnel is slightly wider than the railroad track, and the railroad track, the same standard gauge as ours, is about as wide as two horses' behinds.

So, a major Space Shuttle design feature, of what is arguably the world's most advanced transportation system, was determined over two thousand years ago by the width of a horse's arse. And you thought being a horse's arse wasn't important? Ancient horse's arses control almost everything ...

News trivia

How well have you been paying attention?

■ Last week was NAIDOC week. What does the acronym, NAIDOC, stand for?

■ Who was the last Australian to win Wimbledon singles and when?

■ Which world leader was assassinated last week?

■ Violent protests in which country resulted in the storming of the presidential residence?

■ Who is the former frontman of a once high-profile Australian rock band who was sentenced last week to a 10-month community service order for a high-range drink driving offence. (Bonus point for the band's name)

■ Former PM Scott Morrison has reportedly sought a post-politics directorship with what organisation?

■ Last week the NSW Premier announced that a third flagpole would be installed atop the Harbour Bridge at what cost?

■ In the end, a compromise solution to the third flagpole has been reached. What is the solution?

■ What is the name of the potentially fatal canine bacterial infection recently detected in the region?

■ Who was the former ACT Attorney-General whose charges of allegedly breaching national security were dropped by the government last week?

Answers:
1. National Aborigines and Islanders Day Observance Committee; 2. Ash Barty, 2021; 3. Former Japanese PM, Shinzo Abe; 4. Sri Lanka; 5. Daniel Johns (Bonus: Silverchair); 6. The Australian Rugby League Commission; 7. $25 million 8. The Aboriginal flag will be flown on the second flagpole instead of the NSW flag; 9. Leptospirosis; 10. Bernard Collaery

WHAT'S HAPPENING

Laura E Moriarty

Social correspondent Laura Moriarty

What a strange two weeks it's been. First the former Japanese prime minister, Shinzo Abe gets assassinated, and in news far closer to home, the Shortis and Simpson evening seems to have been a super-spreader COVID-19 event. Your hapless correspondent caught COVID as well, and as such, has spent most of the prior week in bed feeling incredibly sorry for herself. But that's not all that's happening, as we will see in the following paragraphs.

— * —* —* —

As the Smokey Horse is still on holidays, there are no new gigs lined up for the next fortnight—though just for the Horse! Fear not, though, as the Braidwood Hotel is hosting Jo and Jim on 16th July from 6:30pm. This brilliant duo are well worth watching.

— * —* —* —

The Braidwood Farmers Market is on this Saturday, 16th July from 8:30 am in the National Theatre. There will be whisky, honey, pasties, and all manner of other goodies.

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The Braidwood Park Market is on Saturday 23rd July from 8am at Ryrie Park.

— * —* —* —

The Film Club are meeting this weekend on the Saturday evening,

— * —* —* —

Parkrun is on at the Braidwood Showground every Saturday from 7:45 am for an 8 am start.

— * —* —* —

The Club have Friday Raffles, drawn weekly, and a karaoke competition continuing this fortnight.

— * —* —* —

Line Dancing is on at the Club from 7pm to 9pm on Friday nights.

— * —* —* —

Folk Dancing is on at the Club from 9:30am on Monday mornings, and is free to attend.

— * —* —* —

The Bridge Club meet weekly at the Club on Tuesday afternoons from 1pm to 4pm and is free to attend. Contact Mrs Olive Royds on 4842 1732. New members without any experience playing Bridge are welcome to attend, and there is no cost for playing.

— * —* —* —

Wednesdays also see the Ladies Exercise Group meet at the Club from 10am to 11am, and is an informal way to get fit and have fun. Free to attend.

— * —* —* —

Social bowls is on at the Club as well, each Wednesday at 12:45pm for a 1pm start.

— * —* —* —

Tai Chi is on at the Club on Tuesdays from 10-11 am. Irene Woodford will guide you through it, and you can pay a donation to attend.

— * —* —* —

Movement for Wellbeing for men and women is on every Sunday morning at the Club, from 11am to 12pm, and is designed for people with mobility issues and involves gentle exercises starting in a chair and progressing to standing exercises. Warmup, stretching, movement, and cooling down with great music.

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Tango Dancing is on at the Club every Tuesday from 5:45pm and is for beginners, Wednesday evening practical sessions from 5:30pm to 7:00pm, and Saturday morning classes from 10:30am to 12pm, with Chris Watkins and Erika Mordek. $10 for classes, and please contact Erika on 0432 687 255 for further information.

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Also on Tuesdays at the Club is a Squash Competition during the evenings, and bingo on every fortnight with alternating times of 1pm and 6:30pm.

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The St Vincent dePaul society meet every Friday at St Bede's presbytery from 11am to 1pm.

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Crafty or Not Crafty group meet every Thursday morning at the Anglican Parish Centre behind the Anglican Church on Elrington St from 11am to 12pm. All are welcome.

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Braidwood Quilters and Textiles are meeting every Wednesday down at the Scout Hall from 10am onwards.

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The memorial for Suzanne Bellamy will take place over two days: Saturday, 17th September and Sunday 18th September between 10am and 4pm at BRAG. Please contact Paris on 0479 172 347 for further details.

Whoopsie ...

Famous last words: "Don't worry Cap'n, I've been across here heaps of times, it's not deep, easy-peasy for a truck". Not one of ours but from Queensland.

NEWS FROM THE PEWS

Braidwood Uniting Church

Everything about moving to the South Coast has been wonderful for both my wife and I - with one exception - the cold. I've been thinking the previous owner of our house might have been Sir Douglas Mawson who left home for the better weather in the Antarctic. Perhaps I've gone soft in my old age but I can't remember when I felt so cold. Often I venture into Wallace St to buy lunch and see locals wearing just shorts and a tee shirt. It's one of life's mysteries. So many of the people I count as friends, sleep out in the open around Kings Cross. People who sleep rough usually have compromised health. Last winter a relatively young man was receiving treatment for cancer in the day and then sleeping on bed made of cardboard near Kings Cross at night. We pulled out all the stops to get him housed and we swamped him with warm clothing and blankets. Sadly, he died before we found accommodation for him. Other homeless people cared for this fellow with the tenderness that belongs in a close family. The people who sleep in the open are not a different breed of people; they are just people. They all have stories; they are all someone's child, someone's brother or sister. Many have some mental health issues. Some illnesses can come on without much notice. It only takes weeks for an employed person with family, to lose everything and find themselves on the street. If you don't have a mental health issue and or an addiction before you find yourself sleeping rough, then generally it's only a matter of time before you do have a mental health issue and an addiction. If you have a roof over your head and a warm bed, you've got quite a lot to be thankful for. As I slip into my warm bed, the faces of many people that love come to mind. I relive the many stories of people whom have come to life and built a new life from rock bottom. I'm thankful for this journey and for the life, wisdom, resilience and love that I found in the gutter.

Rev. Graham Long

St Bede's Parish

REFLECTION ON THE GOSPEL OF LUKE 10:25-37 by Fr Michael Tate

The Neighbourliness of Global Citizens

The lawyer asked a self-serving question: 'Who is my neighbour?' He could then set the limits, the boundaries of those close enough to merit his concern. Jesus replies with a story to show that the better question is: 'To whom should I be neighbourly?'

The answer is: To any person who is wounded in any way – physically, psychologically, socially, economically. And we have to do so overcoming the labelling, even bigotry, which can conveniently put a person outside the range of our concern. When we act like the Samaritan, we deserve the title 'Catholic' which means universal.

Pope Francis says that Christ is constantly inviting us, as he invited Thomas, to touch His wounds which are to be found in the wounded of our own time.

We could pause for a moment to thank God that we live in an age of technology which can enable us to be truly Catholic global citizens practising Mercy Without Borders. 'Do this and you will live.'

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Our Vinnies shop is low in stocks of winter items. If you have spare items, you don't need and that are in good condition, please donate them to Vinnies Braidwood, so that we can continue to aid those in need this winter.

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Mary MacKillop Pilgrimage: The Catholic Parish of Pambula invites members of your community to join with Archbishop Christopher Prowse and other pilgrims, as he leads a pilgrimage to Eden on Saturday 13th August. This pilgrimage will commemorate Australia's first saint, Saint Mary of the Cross MacKillop, at the site she visited on two separate occasions, in 1899 and 1901.

Archbishop Christopher will leave from St Christopher's Cathedral at 7.30am on Saturday 13th August and travel to Eden by private vehicle, leading the pilgrimage. It is hoped that pilgrims will travel from parishes and school communities within the archdiocese to join with the Pambula Parish community in Eden, to celebrate this important event and place in our church history.

Pilgrims are encouraged to park a short distance from Our Lady Star of the Sea church and continue the final sector of the journey on foot, with fellow pilgrims, walking in prayer and solidarity. It is suggested that pilgrims, where possible park at the Eden AFL ground in Barclay Street, Eden. The Sacrament of Reconciliation is offered to Pilgrims along this walk.

Mass will be concelebrated with Archbishop Christopher and visiting priests at 12.00 noon to honour our first saint and the legacy she has left us. This will be the highlight of the pilgrimage. Following mass, lunch will be provided by the Parish of Pambula.

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"Help Ukranians Raffle", sponsored by the Goldsmith Street Surgery in Goulburn. Tickets available from Wendy Hart either at Mass times or wherever you see her around town. Many prizes are on offer. See poster for details. Tickets $5 each or 5 for $20.

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The Sacraments of Reconciliation, First Eucharist and Confirmation will be celebrated in the coming months. Reconciliation 13 August; First Eucharist 18 September and Confirmation 20 November. If you know of any child/children who might like to make these sacraments, please ask their parents to contact the parish office. Email: braidwood@cg.org.au or phone 4842 2444

Weekend Mass time: Saturday at 6.00pm (Vigil)

Weekday Mass: Tuesdays at 10am.

Braidwood Anglican Church

There is a common saying that: 'Actions speak louder than Words!' There is a quaint little bible passage in Luke 10: 38 – 42 which highlights differences between two sisters, namely Mary and Martha. Over many centuries now families of all shapes and sizes have allocated certain tasks to different individuals based on capacity to perform, age and maturity. Domestic household chores often work on the simple principle of co-operation and harmony and yet at times those aspirations are frustrated by fractures and friction when blissful domesticity fragments into arguments about who should do what around the home. Jesus is on his way from one place to another and the disciples fade from view as Jesus makes a stopover in a village (probably Bethany) and encounters two women at Martha's house. The visit may seem impromptu and unexpected but there was clear intent in the actions of Jesus. There was a need to correct disparities between the priorities of the two sisters.

The text reveals some rather awkward moments of encounter and conversation because Martha insists that Mary is behaving inappropriately in the presence of divinity, namely Jesus. Martha takes umbrage at the fact that Mary is avoiding her domestic tasks in the kitchen. Martha has a big whinge to Jesus about what is fair and equitable about avoidance of menial domestic tasks when Mary can find time to sit at Jesus' feet. Was this fanciful nonsense of just plain jealousy? Jesus responds to Martha's grievances without condemning her but rather suggests there is a better way. Martha needed to focus and reflect on things that were distractions and worries of an inconsequential nature. Martha, in this situation, had failed to distinguish between the mundane and the divine. In the modern day we would call this a demarcation dispute. What we see here is an amazing contrast between the aggrieved 'Action Woman' in Martha, and the unassuming, contemplative, reflective disposition of Mary.

What is extraordinary here is that Jesus affirms Mary's right to follow the course of action she has chosen. Again, we need to remember that Jesus does not condemn Martha but points to a preferred course of action and the priority given to acts of personal devotion on Mary's part. Jesus simply says in a straightforward manner, "Mary has chosen the better part, which will not be taken from her".

Remember too our opening thought, 'Actions speak louder than Words!' Was it the aggressive approach of Martha that captured the imagination of Jesus or the quiet humble actions of Mary who placed herself at the feet Jesus for the sole purpose of enriching and enhancing faith? Mary stands for all those women, and dare I say men also, who when they hear Jesus speaking about the kingdom, know assuredly that God is calling them to listen carefully and intently, so they can respond and speak of it too. Like Mary have we chosen the 'Better Part or Path'?

Rev. Rick Lewis

0 200444 202002

Send news, views, tips, letters to the editor and local stories to: **times@bwdmag.com.au**

GOLF NEWS

While the course is still very heavy underfoot, it is playing well and some beautiful sunshine and calm conditions made for a good afternoon's competition last Saturday.

The men played the Nick Fry and Rob Martin Trophy and the women played the Michelle Henry Trophy. Thanks to those members for their generous sponsorship of the events.

All members and visitors are advised that the rope barrier across the first fairway marks a particularly boggy area. If your ball hits any part of the barrier or lands in the wet area, you are to take a drop without penalty.

Results, Saturday 9 July

Men, 2BBB Stableford

Winners: Allan Walcott & Keith Ferguson nett 43

Runners Up: Michael Fitzgerald & John Harb nett 41 c/b

Ball Comp: Spiro Agnew & Gordon Scott 41, Nick Fry & Rob Martin 39,

Don Burke & Terry Hughes 38

NTP Men 8/17: John Harb

Jackpot 12th ($150): Allan Walcott

Women, 2BBB Stableford

Winners: Carmen Byrne & Judy Scott nett 38 c/b

Runners Up: Robin Tennant Wood & Donna Kuhn nett 38

Ball Comp: Sarah Heine, Deb Ferguson, Margy Gardner

Coming events

July 16 Saturday: Committee Meeting 10.30am

Men's Single Stableford – Don Burke Trophy

Women's Single Stableford – Robin Tennant Wood Trophy

July 23 Saturday: Medley 2BBB Stableford Daargun Aboriginal Corporation Trophy

July 30 Saturday: Medley Irish 4 Ball Stableford - Legacy Day

Betty & Vic Jones Memorial Trophy

August 6 Saturday: Men's & Women's Stroke & Monthly Medals.

STOP PRESS

ONE-IN-A-HUNDRED YEAR, OOPS, ANNUAL EVENT

FREE N95 MASKS FOR ELDERLY OR VULNERABLE RESIDENTS

COVID19 cases are increasing in our community.

N95 mask packs have been prepared for those elderly or vulnerable residents in our community who have the greatest need — but are unable to acquire them.

Each pack contains a mask, mini hand sanitiser, and an information sheet.

Available for pick-up from:

Muttons – Business Hours – ask at the counter

Vinnies – Business Hours – ask at the counter

Braidwood Life Centre – Thurs 10am-1pm

*** There are a limited number, so please be considerate ***

If you can purchase your own N95 masks they are available from:

Capital Chemist Braidwood

Shop 2, 46 Monkittee Street, Braidwood I Phone (02) 4842 2528

Online (these are not product or business endorsements):

- https://softmed.com.au/.../n95-cup-particular-respirator.../
- https://www.medcart.com.au/.../3m-aura-1870.../100041345

AHPPC statement on COVID-19 winter update and ongoing health protection measures to support our community. The Australian Health Protection Principal Committee (AHPPC) continues to closely monitor the COVID-19 pandemic situation, drawing upon international and local evidence:

"We are now beginning to see a new wave of COVID-19 infections, driven by the BA.4 and BA.5 Omicron subvariants. We expect that this wave will lead to a substantial increase in infections, hospitalisations and sadly, deaths, at a time when our communities and health systems are already under strain. Without increased community and public health actions, this impact may be similar to that experienced during the BA.1 wave in January this year. The AHPPC reiterates the shared responsibility of individuals, employers and governments in minimising the impact of COVID-19.

There are a range of health behaviours all Australians can undertake to reduce the transmission of COVID-19, protect the community, in particular those most at risk, and protect our health system and essential services, such as: Wearing a mask outside your home when in crowded, indoor environments including on public transport. This is important to protect yourself and others."

Source: https://www.health.gov.au/

STAR TIMES

Rodentstotherescue

Rats are being trained to find earthquake survivors. They are being fitted with tiny backpacks containing microphones and trackers so rescue teams can locate and talk to survivors. Dr Donna Kean from Glasgow has so far trained 7 rats for earthquake prone areas such as Turkey. They learn quickly and are fully trained in just 2 weeks. It is part of the non-profit APOPO's Hero Rats project which also trains rats to sniff out landmines and TB. [I didn't make any of this up.]

ICACbutUCmevanish

The NSW Government has had to establish a new investigative unit to cope with the rather odd way it gives out plum overseas 'jobs'. It's called IC4U and its main task is to find out as little as possible about what's going on. One of its first recommendations is that all government postings should contain some detail in the national interest so that it cannot ever be revealed on the grounds that to do so would not then be 'in the national interest'.

Ohellohellohellohello

Telstra is getting sick and tired of the complaints about our mobile phone 'service'. "What you must realise", played a recording over the top of an instrumental version on theremin of the *'Best of Barry Manilow'*, "is that we have actual important customers who need your bandwidth. Can you imagine the stink we'd cop on the golf course if our Canberra mates' little Flauncette and Joffrey couldn't stream Minecraft™ all the way up the hill from Batemans? Press zero for your chance of talking to a helpful person, but really, if you want decent rural mobile coverage you should move to a village somewhere in the middle of Africa".

Blah

The Don's gone, ScoMo is nomo and Boris 's bit the dust. Three down and countless more where they came from. But Sky News is now forced to run the same old dinosaurs on a loop saying the same old thing endlessly. And so I say this to that senator from Queensland who is on Skybook more or less 24/7.

Old King Coal was a dirty old mole,
And a dirty old mole was he.
He spewed out his tripe to sell out our soul,
As he spruiked up coal miner's spree.
The future is just a diddle,
When you don't give a piddle,
Changing climate is crap said he;
Oh there's none so rare, as can compare,
With the moronic Sky News TV.

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Contributions desperately welcome.