

# BWD

NUMBER 18 AUTUMN 2019  
\$5.95

TOP  
GUIDE TO  
EATING WELL  
IN BRAIDWOOD

- Dargues mine update
- Altenburgs move on
- Bags and swags
- Corn Trail fail
- Non-electric games
- Autumn garden tips
- Democracy Part 2



## LOCAL FOOD PRODUCERS — PART ONE





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# Connecting without a connection

Thomas Biedermann wants Braidwood to come out to play.  
He explains why ...

Games, and board games in particular, are an excellent way for people to get to meet and to do something together. You just pick a game and you can play with anyone. It's a great way for people to try out intergenerational activities; go to a pub or somewhere and have a good time together.

I'm really hoping that people start turning up, pick up a game, learn the rules and have a good time.

The game that we're playing here is called 'Settlers of Catan'. It's a classic, award-winning game where you try to get resources, settle a fictional island,

and rack up a bunch of points by building settlements, roads — and sometimes screwing over your opponents.

You might think that when players are competing with one another you either win the game and lose friends, or you lose the game and keep your friends. Sure, it can be a bit rough at times, but usually your friends will get a chance to get you back the next time, so you don't lose friendships for very long.

When you get a good bunch of friends who know a game well, have maybe played it a few times, it can get pretty competitive, and it's really interesting to get this competitive game going. But

UPSTAIRS, EMILY, TOM, THOMAS AND TRISH FOUGHT FOR CONTROL OF THE LAND OF CATAN, WHILE THE DOWNSTAIRS MOB PLAYED SCRABBLE AND 'MAN BITES DOG'.



## MATE YOUR MATE

when you're playing with new people who are just picking up a game and after a good time, I think playing the game is most important, and making sure that everybody gets to have a good time.

We have two player games, like chess and Mastermind, and a wild game called Hnefatafl which is a vikings chess game. We're trying to have a range of games, some which are fairly short and easy to play, and some which involve a few more players, and are a bit more of an involved and long experience.

It depends on how much time you've got or how old you are. Anyone can come pick up a game and just have a good time.

KEITH, KARUNA AND PIERS HAM UP THE 'TABLOIDS ON STEROIDS' HEADLINES.



and Karuna added ...

We're just hoping to tear people away from their digital screens for a bit and engage them with a bit of good old fashioned board games — concrete, real world sort of things. We're hoping it will be something that will attract people of all ages and give them an opportunity to socialise and have a chat; to meet other people perhaps and have a bit of good old clean fun.

Thomas Biedermann is the games nerd who's been pushing this. He's got the real passion for it, so we're happy to work around Thomas and his schedule. He's got a young family so whenever he wants to come to the Smokey Horse is when the games will be on. The days or nights could change. It's not really pinned down; we just want to test it out.

Our idea for the Smokey Horse is to have diversity. We've had live music nights and we've had some film nights. We like the idea of a games night, and we're open to other ideas. There are people out there who've got ideas of what they'd like to do here. We're very accommodating. ■

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THE EDITOR WRITES SOMETHING

My goodness, don't the weeks fly by. No sooner do the empties from new years eve go down to recycling than it's February.

This issue has a feature on local food producers. It was my intention to make a comprehensive list of all our producers, their products, contact persons, telephone numbers, Facebook links and everything — but the job was too great.

We have so many people in our region producing food (and other stuff), some on a big scale and some just a bit now and again. The more people I made contact with, the more I realised I was missing so many others.

So in this issue I've called it part one; part two will follow in BWD#19 in a few months time. The exact time might depend on what happens in Federal parliament over the next month or two. It will be an important election (they all are I guess) and I'd like to do an election special.

Getting back to food, if you are a producer, drop in or email me with details of what you're doing. I'd like to cover everyone who is not featured in this issue, unless the task is once again too onerous, in which case there'll be a part three.

It's hard to see a bright future for farmers if the drift towards supermarket dominance continues. If consumers are continually bombarded with 'lowest price' specials, it's surely going to be paid for by screwing down the farmer's takings.

Having a closer contact then between grower or maker and consumer, would seem to be the best way to challenge the 'maximum profit' ethos of large corporations run by people whose jobs are on the line if remote and disinterested shareholders' dividends are not up to scratch.

Plus, as so many of the growers featured in these pages will attest, fresh food really does taste better. Our local growers are the 'fresh' food people. The mob with the TV ad jingles are the 'freezer' food people.

And the money goes round and round in town and you can't beat that.

Paul

Publisher & editor: Paul Cockram  
Advertising sales: Lyn Cram  
Proofreading: Bente Jensen

BWD is published by Artplan Graphics  
43 Wallace Street Braidwood NSW 2622  
Telephone: 0417 459 775  
email: paul@artplan.com.au  
Printed by: Trendsetting, Fyshwick ACT



The 2018 Braidwood Lions Young Writers Festival attracted over 270 entries from the local community. The Festival provided a chance for our young people to express their creativity and develop their writing skills. Entrants' pieces were judged by a panel of authors from our district with awards given for entries showing the most promise.

Lucy Baumann-Lionet's story (below) and Zoe Cargill's poem on page 28 were among the award winning entries.

## Homemade hostility

A short story by Lucy Baumann-Lionet

"Shh. Come on everybody, quiet please. Thank you." Will she ever leave us alone? "This is the third time I've had to ask now, Jayden. Hush. As a part of the syllabus, we are studying persuasion. Now, as you all watch this NGO campaign, think about the techniques they use to make you feel empathy for the refugees. Now what is an NGO?"

"Queue jumpers," I smirk to Jayden, who is sitting next to me. He laughs.

"Lachlan, could you please tell everyone what an NGO is?" She doesn't ask, she orders. Why can't she just leave me be? "Err, dunno." I snigger.

She sighs. "Well, if you had been listening for the past month you would know that it is a non-government organisation. Ok, let's watch."

*Why is there war? People kill each other, and I don't know why. I wish that there could be peace and we could feel safe.*

*One day I woke up and got ready for school. I took my little brother and sister by the hand and we started on our journey. The trip to school often changes. Some days we can't go down the normal road because fighting has started there. Today is one of those days. I pull Rima and Samir closer to me and tell them a story. The story is about our father, when he used to take us to the park. That was before the fighting came here.*

*There is a deep, hollow rumbling sound that we have all learned to dread. The streets channel the energy, engulfing us in a swarm of sound and pain. My stomach turns upside down. Samir screams. I pull them to the ground and crouch over them, like a blanket. Everything turns red. My ears feel like they are screaming. I can feel the two little bodies underneath me. I start singing.*

*This was the day my school was bombed. I live in fear of events like this every day. Please help.*

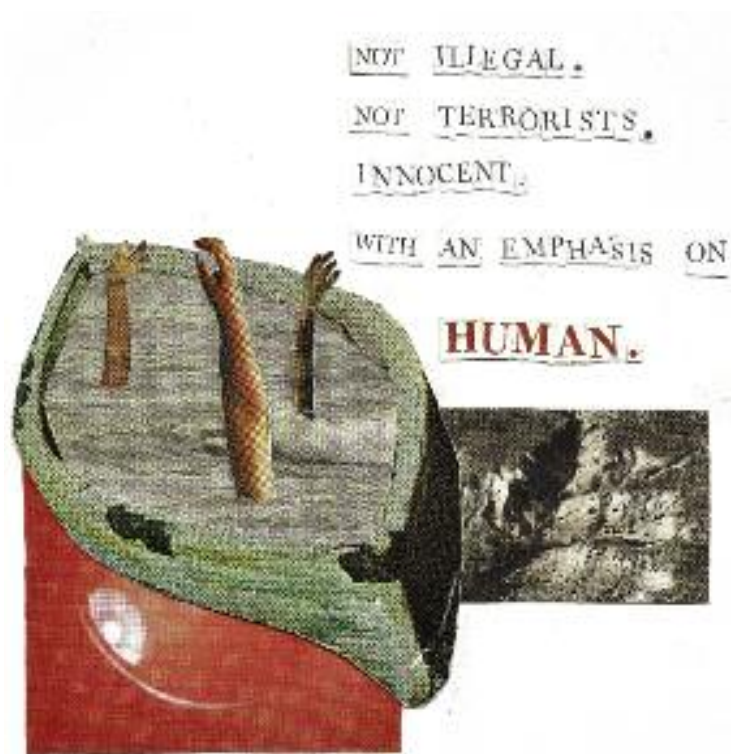
— \* — \* — \* —

No one's home. I chuck my bag down beside the door. I feel a satisfying relief as my sweaty wet back can finally breathe. "It's so bloody hot" I say out loud, as though that will make it cooler. The air from the open fridge is a pleasant greeting. "Mmmm. Nothing. Need Food. Why can't anyone in this house just get food?" I will have to have cornflakes. Over the bridge. Through the jungle. My finger follows the line of the 'Monkey Maze' on the back of the box. The V8 rumbles down the dirt driveway, then brakes. The robust door slams and heavy footfall come towards the house.

"How was school?" asks Mum. She doesn't really care, it's just a habit.

"Shit," I reply, and then look back to my bowl and soggy cereal.

"Lachlan don't use that language," she snaps.



"Well it was". It really was.

"Well, why was it so bad?" she asks insincerely.

"Just is. Always was and always will be." I don't look up from the drowning corn this time, instead I hit the surface of the bowl's content with my spoon. Milk splashes onto the table.

"Suit yourself then." She walks out of the room.

I pick up my bowl and make an effort to drag my toes on the lino floor. It squeaks, Mum hates that.

"Channel seven, channel seven" I mumble. That static noise is so annoying, I punch the channel button with my finger. Why can't I find it? "No, not SBS bullshit. It's that bloody refugee boy again."

*Just want to be safe but we are never safe. I feel sad about leaving my home, my country, but we can no longer live like this.*

Yeah, I get it. There is war and he can't go to school, but it's not my fault that his country's government is corrupt and stuff. I press the channel button again, nothing happens. Arrhh! It won't turn off. Remote must have run out of batteries or something. "I'm not listening to this crap." I get a packet of chips from the kitchen and go to my room. I can still hear him speaking but it's hard to understand him anyway because of the accent.

*It's like the sky is always full of fireworks. I used to like fireworks; we would have them on very special occasions when we were celebrating. Now they only make me hurt. They mean explosions, buildings crumbling. They mean women, men and children being beaten. They mean waking up in the middle of the night cold with sweat. They mean death and pain. They mean war.*

"Why are you watching this crap? Where is the remote?" Dad's home.

I shout back from my room, "It's on the couch". Dad has worked hard for this family, driving trucks all day. I don't think I want to be a truckie though, sitting on my arse for hours. I want to be a sparky, get an apprenticeship at the

end of the year. It pays well, enough to buy a cruiser and a bit of land.

"What have you done to it!" A deep bellow comes from the lounge room.

"It's not working. Have you broken it or something? I just want to watch the footy, how hard does it have to be?"

*After Father was taken away, Mother has been preparing to leave. She has gathered up all the money, so we can go. Go somewhere where there isn't war. Many families have already left, fleeing in hope that it will save their children's lives. We have no lives here. In two days we will follow those who have already gone.*

"Better not come to Australia," Dad says, staring at the dirty boy on the TV.

"Some people at school say you and Mum are racist, and I just copy what you say," I scoff as I walk into the lounge room and sink into the couch next to Dad, surrounded by ash cigarette spots.

"I'm not racist; I just think we shouldn't let them into our country. They're probably terrorists and criminals, they'll take our jobs. Australians worked hard for what we've got, and we're not just going to give it all away to some poor towel-head, who hasn't worked at all.

"I'm not spending my taxpayer's money on their needs when we have our own problems to fix. Special houses, special classes at school, just send them back to where they came from, make their own government deal with them, I say."

— \* — \* — \* —

"Why can't we learn about something that matters? I can't wait till I leave this place." I lean over the back of my chair and tell Jayden who has been moved to sit behind me. Ms.'s eyes glare at me, I don't meet them.

"Lachlan" she says, "do you have something you would like to share with the class?"

"Tell her" whispers Jayden, with a smirk.

"Why can't we learn about something that matters, something that will be useful in our lives," I say proudly.

"I appreciate your concern about your education, Lachlan, but it is important to know how to analyse texts, and whilst doing this we are also learning a little bit about the world." She plays the video.

A young Australian woman in an orange shirt with VOLUNTEER written across her chest is standing in front of a concrete wall with rolled wire on top. She starts speaking.

"We once videoed a young refugee boy who came into our camp eager to tell his story. His family's dream, like many other refugees was to come here to Australia. Now, two years later in one of Australia's offshore detention centres, we have been reunited."

There is a soft gasp from the class, as the shot opens on the teenager sitting on a concrete floor in front of a barred window. His eyes are lifeless and his skin seems to be a similar tone to the walls.

*We were so full of fear but also hope for a better life. Now we have none.*

*We have tried so hard to be here, taking overcrowded leaky boats, fighting pirates and starvation. It is nothing like we imagined, no welcoming faces, instead a concrete enclosure. We are now nothing more than criminals on a two-month term that has turned into a year. I do not understand. Australia is meant to be the lucky country, and this is all they can do for us?*



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# Cecile Galiazzo

The Altenburg Gallery is in new hands

I moved to Braidwood in 1982 with my young family, and it was here that I met Christoph Altenburg through Mary Bonds, an artist from Sydney who had moved to Braidwood for 'the quiet life'.

Mary started teaching painting and life drawing classes, and the 'Academy' as it became fondly known, formed. Many of its original members are living and practicing in and around Braidwood to this day. It was Mary who encouraged

me to pursue my passion and attend art school.

With a nursing background behind me, I moved to Canberra and completed a BA in Visual Arts at the ANU in 2000. Looking for an alternative to health service work as my children grew up, I taught papermaking at the ANU, managed the Print Studio and Gallery at Megalo Access Arts Canberra, taught printmaking at TAFE Illawarra and worked at The Goulburn Regional Art Gallery.

TODAY

## & OLD NEW

More recently I've taught art in remote communities in the Northern Territory for Charles Darwin University.

What I've noticed over the years is the increasing number of artists, writers and crafts people also moving to Braidwood 'for the quiet life'. Far from being the quiet, sleepy country town that we moved to decades ago, Braidwood is now a thriving tourist destination and the arts community is flourishing.

When the opportunity came up to take on the Altenburg, it seemed like a natural progression. Christoph had been a great mentor and friend, and I have exhibited in many of the exhibitions here curated by him and Kirsty.

My vision for the future of the Altenburg is to carry on the tradition of providing a space for emerging and established artists and fine artisan craft.

In 2018, Altenburg Gallery awarded four ANU School of Art and Design graduates exhibition spaces for its upcoming programme.

Supporting young artists is important and vital; it was done for me and so now I can return the same. Taking over the reins from Francesca in December saw us working together on the summer exhibition 'Close to Home' – showcasing 38 Braidwood based artists which ran until January 20. The summer show has traditionally had a significant Braidwood theme and content, many locals and visitors alike have purchased some very fine works. The current exhibition is 'Songs from the Woods', new work by local ceramicist Gwenna Green.

The show opened on Jan 25 and runs until Feb 24.

Altenburg Gallery is also available for book launches and private functions. Services include curatorial support, gallery hire, small art handling services and conservation advice. Exhibition proposals for 2020 can be emailed to: [altenburg.gallery@gmail.com](mailto:altenburg.gallery@gmail.com)

BECOMES YESTERDAY



CHRISTOPH AND KIRSTY WITH FRIENDS AT STUDIO ALTENBURG IN 1987. [RIGHT] CHRISTOPH DIGGING THE FOUNDATIONS FOR THE ALTENBURG'S KITCHEN EXTENSION THAT LATER BECAME CAFE ALTENBURG.



## Studio Altenburg

Kirsty Altenburg remembers

Christoph and I returned to Braidwood in 1974. We built a workshop beside Rose Cottage in Lascelles Street, where Christoph designed and made silverware and jewellery. People were invited to come to the workshop and the earliest Studio Altenburg exhibitions were held there. By 1978 our family was growing and we saw an opportunity to move the business to Wallace Street when the Commercial Banking Company of NSW building came up for sale. Although rather derelict, the handsome building with the banking chamber, manager's office, attached residence and rear stables provided space for a retail shop, Christoph's workshop and living space for the family.

By November 1978 we'd restored the old bank and opened Studio Altenburg.

Later changes included opening the front rooms of the building to gallery spaces, converting the stables to a residence and finally in 1985 moving out to create Café Altenburg. This was the best decision — with Natalie Densley,

Jenny Tozer and Angela Marshall creating great food, endless discussions and boundless laughter.

Studio Altenburg showcased Christoph's jewellery and silver and the work of local craftspeople and artists including weaver Solvig Baas Becking, potters Richard Murray, Merrie and Greg Sugden, Sandra Hand, John Godfrey and ceramic animals by Victoria Clutterbuck. Where there was no local craftsperson or artist, work was sourced from elsewhere — glass from the Jam Factory in Adelaide, Nick Mount from Victoria, glass engraver Helmut Hiebl from Murrumbidgee, hand carved wooden birds from Brian Eves. A continuous exhibition program showed the work of local and regional artists, many of whom have continued to exhibit their work in Altenburg & Co throughout the first 40 years of the gallery's operation. In addition to exhibition openings in the courtyard there were book launches, poetry readings including by Judith Wright, Leslie Lambert's jazz nights and more.

Christoph was invited to exhibit his work in the Crafts Council Expos held in Sydney and Melbourne, and during the 1980s Christoph and I exhibited at the Craft Shows in Sydney and Canberra, taking Christoph's silver and the work of local craftspeople, wanting to promote Braidwood as a place for fine craft and the arts.

Studio Altenburg stimulated the emerging arts community and became the focal point, fostering and contributing to the strong arts culture with an interesting and diverse group of people that is here in Braidwood today.

Studio Altenburg was sold in 1997 and since June 2012 our daughter Francesca has managed the gallery as Altenburg & Co. She continued to exhibit the work of generally local and regional artists who sought to exhibit their work in the gallery.

Forty years has been a wonderful journey for us, encouraged by the support of the Braidwood community, the artists, craftspeople and so many others who have become friends over the years.

Francesca built on a reputation established by her parents and is looking forward to the future of the gallery and shop with Cecile Galiazzo as the new owner.



## QPRC councillor Peter Marshall standing for The Greens in Monaro

**P**eter Marshall is The Greens candidate for Monaro in the NSW election on 23 March 2019.

A councillor on Queanbeyan-Palerang Regional Council, he lives in Captains Flat and is active in his local fire brigade and community association. Peter has worked in mental health and corrective services. He is passionate about community action and environmental sustainability.

"The Greens are standing up for what matters," Peter said.

The Liberal-National state government has increased logging in native forests, weakened land clearing laws and allowed feral animals to invade our national parks and forests.

John Barilaro's 'brumby bill' protects wild horses in Kosciuszko National Park at the expense of native animals and plants. The Greens support removing the wild horses humanely.

"The Greens will halt logging in conservation areas and strengthen land clearing laws."

*"As global warming intensifies, Monaro will suffer longer and more frequent droughts and hotter days, increasing the likelihood and severity of fires."*

"The Liberal-National Government promotes coal-fired power stations that are fuelling dangerous climate change," Peter said. "Renewable energy is the future. NSW should have 100% renewable electricity by 2030 and zero net emissions by 2040."

Many Monaro communities lack essential services and facilities, from safe roads to mobile phone coverage. Roads are poorly maintained because the Liberal-National government has starved councils of adequate funding.

The Greens will invest in public services, providing local jobs and improving quality of life. This includes aged care, public schools and hospitals, community and mental health services, addressing violence, particularly domestic violence, and abolishing TAFE fees.

"The LNP government, and Labor before them, have curtailed community involvement in planning decisions, including through the forced merger of councils into large areas with few common interests. The Greens will return planning power to local communities, reduce the influence of developers, and, where communities wish, enable demerger of forcibly-merged councils.

The Greens do not accept corporate donations and are working to cap political donations, extend the ban on donations to the fossil fuel and gambling sectors, and improve reporting.

"Our democracy should work for everyone, not just those who can buy access," Peter said. ■

## Cool animals

Dr Jessica Yuen on keeping pets safe in the heat

**W**ith summer well and truly underway, now is a good time to remember that our pets are just as likely as we are to be affected by the hot weather.

Signs of heat exhaustion in dogs and cats can include excessive panting, laboured breathing, increased heart and breathing rates, drooling, weakness, vomiting, bloody diarrhoea, seizures and death. On a hot day it can be easy to miss these signs and think that your pet is just feeling the heat, which can have tragic consequences.

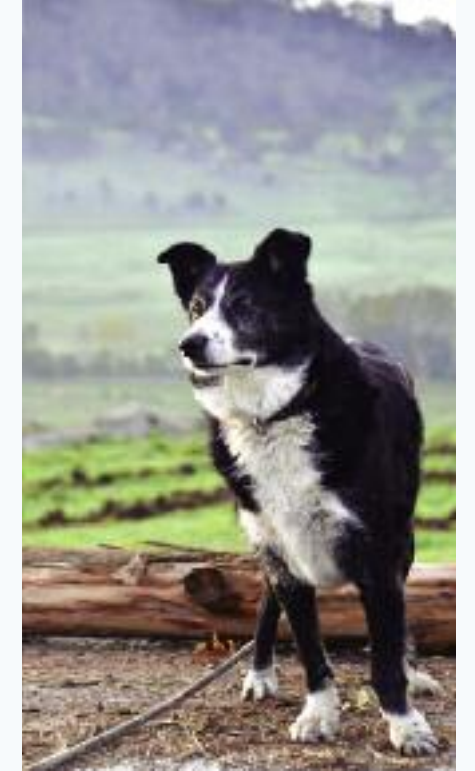
Smaller pets such as birds, rabbits and guinea pigs show the same signs, although often pass away more quickly, meaning you may not have seen the signs early enough to prevent death.

To help keep your pet safe, it is recommended that you keep them inside in airconditioning, or use fans in your home to improve airflow. Always ensure your pet has fresh, clean water,

and consider freezing ice cubes, a drink bottle or stock to place in their bowl of water to keep it cool throughout the day. Placing ice bricks under bedding or hutches can also help. Swimming in the river or playing under the sprinkler or in a kids clam shell pool are also great cooling methods for dogs.

Try to exercise or play with your pet in the early morning or late evening, so you can avoid the worst heat of the day. Grooming your dog or cat can also encourage airflow close to their skin, as well as quick drying if they are swimming regularly.

Surfaces like cement, sand or the back of a vehicle can heat up very quickly and cause burns to your pet's feet or body. Before your pet accesses these areas, place your hand against the surface for at least five seconds to check for heat. If the surface is too hot for you to hold your hand on comfortably, it will be too hot for your pet. If your pet



does come in contact with one of these surfaces, carry out first aid by running cool water over the areas for at least twenty minutes and seek veterinary assistance.

Animals are also able to become sunburnt, so try to avoid the sun when the UV index is at its highest, and consider using animal sun cream, particularly on areas of pink skin or white hair. ■



**VOTE**

1 **Peter Marshall for Monaro in March 2019**

**Peter Marshall is your Greens candidate for Monaro at the NSW election on 23 March**

***The Greens are standing up for what matters.***

**We have a five-point plan for Monaro:**

- protect Monaro's unique natural environment
- develop the local renewable and low-emission economy
- create a fairer, inclusive society
- put people at the centre of planning laws
- clean up politics so our democracy works for everyone.

**Contact Peter on 0428 597 227**

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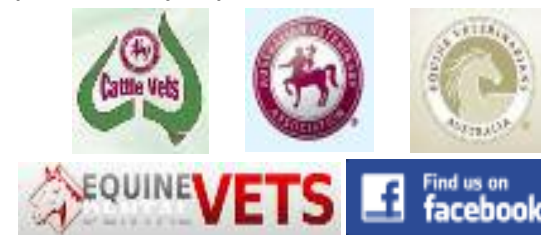
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# Corn Trail fail

Harry Laing is no stranger to forest action. Current logging right next to the Corn Trail has brought him and many others into the forest again. He explains why ...

Back in the late nineties, when the Regional Forests Agreements process was happening, locals and others fought to get Monga and Buckenbowra State Forests put into parks or reserves. They'd been over logged, too much timber had been taken out and they were too special to keep smashing up for very little return. As a result, in 2000, the bulk of Monga Forest was put into national park and that also included Buckenbowra over the escarpment and a bit of Quart Pot. It was 27,000 hectares and it was gazetted as national park. But State

Forests, as they were then, kept the meat in the middle of the sandwich. They kept a big L-shaped piece of State Forest in the middle of Monga National Park. There were three compartments in there and they kept them, I imagine, because they wanted a keeper — a footprint in the area. It wasn't because there was much timber.

Inevitably, they then decided to log one of those compartments and were about to start making roads into it, which led to the action where six people were fined by State Forests and three, including myself, were arrested. This was July 2001. (We went to court and were fined but no charges were recorded, which was considered a victory.)

State Forests did make the roads and they started logging. And we kept protesting. But, as we'd said all along, there wasn't much decent timber in there. Then there were the young forest warrior element, the ferals as we called them; they really annoyed the loggers a lot.

In the end the loggers just gave up even though they hadn't finished what they said they were going to do. They just got out. These compartments were then gazetted as national park in 2003.

The only trouble was, down at the bottom of the escarpment there were still missing pieces. One of them was at the bottom of the Corn Trail and that's



where they've now gone back in. Adjacent to the bottom quarter of the Corn Trail, just up from the Buckenbowra river, there's just a 50m buffer, and they're now logging the hell out of compartment 517.

When you're down there and you look up at the escarpment, Clyde Mountain, Murrengenburg Mountain, with the river just down the way, you can't help but wonder what are they doing this for? The figures don't add up — they're making nothing.

We as taxpayers are paying them to log it — paying them to destroy it. Why? Who made that decision to log in there?

On the financial figures, our best estimate, and this is being generous, is they might make \$200,000 out of logging 290-odd hectares. That's so little money, it's unbelievable.

You know, Forestry Corp of NSW is a

## FLOG A LOG

very odd entity. It's a corporation that is not bound by corporations law. It has two shareholders, the Finance Minister and the Treasurer— and it has a board. Essentially they're accountable to nobody. They're exempt from environmental protection laws, virtually entirely. Protest is completely banned and subject to draconian threats.

Here's the kicker. I read the other day, the softwood arm of Forestry Corp of New South Wales has been subsidising the hardwood arm, the native forest division, to the tune of \$79 million. They're cross-subsidising their own loss-making business. It must be for reasons of ideology — they think they'll keep cutting down native forest because they always have. Just because they're there — still in the forestry estate.

They admit that over 20% of this compartment is going for fire wood and 30% for pulp.

They are cutting down very large trees for firewood and pulp. Is that a high value industry?

We're calling for a moratorium on the logging. We want to see it transition into a forestry exclusion zone and then incorporate it in Monga National Park by which it's surrounded — it makes sense.

The Corn Trail is an iconic track. It's used by walkers and horse riders. It should be an integral part of the development of tourism for our region — things like guided walks and looking at our Indigenous history. That would make far more sense.

Then there's the fact that those trees, old growth forests and semi old growth, are very valuable as highly efficient carbon stores. Which has to be significant in this era of climate change.

You could do some simple sums and come to the conclusion that, even ignoring the value of tourism and public amenity, keeping the trees is worth considerably more than the \$200,000 you'll get from destroying them. ■



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HARRY LAING WOULD RATHER BE HOME WRITING A SEQUEL TO 'SHIP OF FOOLS'







# Braidwood area local food producers PART ONE

The local produce scene in and around Braidwood is thriving. BWD set out to feature all our local producers but discovered the task too great for one issue. We missed catching up with many producers, sorry, we'll get you next time ...



Brian Carle, 'the man with the bell' explains how the farmers' market came to be

In 2013 the Braidwood Farmers' Market was launched by a dedicated group of people. Farmers' markets were in the early stages of development in Eastern Australia. The key objective of the market in Braidwood was to only sell products that were grown or made locally in the

2622 postcode area. Some limited exceptions were made because of customer's requests, like seafood from Bateman's Bay.

It was also planned that the market would provide an outlet to sell local products, plus it would provide local small producers with a low-risk opportunity to develop business and production plans for their successful small businesses in primary production.

There is a big difference between selling a small amount of items in an ad hoc way and having small business that develops ongoing connection with the customers. To be able to regularly supply products throughout the whole year requires significant planning, long and short term — because in Braidwood we have defined four seasons with extremes in weather.

Successful marketers quickly realised that a customer following became dependant on them being able to regularly supply their customer needs. This meant being a regular stall holder with quality products, acceptable quantities and a variety of products.

The market hosts on average twelve stall holders every first and third Saturday mornings of each month in the National Theatre. A wide range of products are sold. Regular market customers have realised the benefits in purchasing products at the Braidwood Farmers' Market. The items are fresh, most harvesting or production is carried out just hours before sale, hence great flavour and long shelf life.

There is also the advantage of being able to talk to the person who put the effort into growing what we eat. ■



Ken and Troy Harrison explain the challenges facing medium-sized producers. Ken leads off ...

With our orchard, we've gone from probably 12,000 trees to about 2,000. We're only producing around ten per cent of what we used to. The environment played a bit of a part in that, but main the thing was economics.

There are a lot of bigger orchards these days. Out west through the Riverland — Swan Hill, Shepparton, they're just bigger and produce more. Basically, we couldn't compete in the same markets as they were going into — the supermarkets. So we downsized and we just do farmers markets now.

We do a lot more hay now than what

we used to because we've changed the orchards over to lucerne and paddocks. We still do sheep and cattle as we've always done. We've got more sheep now than we used to.

I hope that farmers markets thrive, not only for our sake, because we deal with three markets. We do Capital Region Farmers Market in Canberra, the Southside Farmers Market in Canberra, and the Braidwood Farmers Market.

We still work hard though. You've got to be there at six o'clock in the morning setting up. You're picking it to go to the farmers market, as well as you're getting it ready. And then you've got to control it all — that's the biggest problem.

At the markets I do the stone fruit and Troy's doing the vegies. We help him out and he helps us out, and it all works out together. Our stone fruit goes

## Harrison & Sons

Generations of Harrisons have farmed at Araluen

November/December, and just into the first week in January, usually. We stop then but we do lucerne whenever it's ready. So if it's ready at the same time as the fruit is, you've got to do it all.

When the jobs are there, you just have to do them. You just have to go a bit harder and work a bit longer to get through them. That's just how it happens.

Troy: We start planting in September. It's mainly seedlings, but some things we direct-seed into the ground. We do cucumbers, capsicum, eggplant, tomatoes, pumpkins, potatoes, sweet corn, broccoli, cauliflowers, cabbages and probably some I've missed.

I do farmers markets all year round. That's the first and third Saturdays in Braidwood and then January through to April I also do two farmers markets in Canberra. That's enough for me because otherwise it spreads you a bit thin — farmers markets being on the weekends. If I do Braidwood that means I'm not in Canberra and that means I have to rely on family members.

I'm at the stage now where I probably can't put any more in without employing someone.

They're pretty strict at some markets about the seller being the actual grower. And that's good — I'd rather that than someone's neighbour getting a heap of tomatoes, going over there and selling them.

Once people come to the farmers market and try our produce, they come back and say, "so that's what stone fruit's meant to taste like" or, "that's what corn's meant to taste like. How come the supermarket stuff doesn't taste like that?"

But it's getting them there in the first place — whether we're competitive enough. On most things we are, but when the supermarkets does a special on, say, broccoli or something, and they do it at \$2.50 a kilo, you just can't compete with that. But once they come to the farmers market they're more on board, I think, once they've tasted the produce and know how good it is.

We know our food is better, it's just convincing everybody else to come and try it and find out. ■

TROY AND 5TH GENERATION HARRISON, ISABELLE.







## Con's corner

Conrad Kindrachuk is the man on the street while Carol keeps the books. They both grow the food. Carol starts their story ...

Conrad and I met in 1978. I'd been living at Pidgeon Gully down the river, and before we got together Conrad was thinking of buying a property up near Captain's Flat. Then this property came up for sale and we really liked it.

I contacted the owner who was a friend and he said, "I'm selling it this week. Come and see me." So we bought it.

Conrad: I'd been living in Captains Flat working for the Soil Conservation Service helping to restore the old mine site there. It was leaching contaminants into the Molonglo River. My job was to re-vegetate it by ploughing, planting and irrigating.

My mum and dad were Canadian. They were both schoolteachers. My dad died when I was really young and my mum remarried when I was about six.

In 1967 my stepdad got a scholarship from the ANU to come to Australia to do a doctorate in sociology, so we moved from Canada to Canberra.

I was still in high school and they taught me to speak Australian and all about the Australian way of life. The people were just so friendly.

Carol: I was born in England and we moved to Northern Ireland when I was nine. Mum was Irish, dad was English. I worked in the Ministry of Agriculture

Accounts Dept. for eight years. In 1971 it was getting really nasty in Belfast and, when they started taping up the windows at work in case of bombs, I decided to go travelling.

I ended up going to Spain, South Africa, Madagascar, Mauritius and eventually Australia. I only knew one person here and he was in Canberra so I started there. Then I was brought down here to the Araluen valley, and just fell in love with the Deua River area. I was thinking of buying into a commune but it didn't really suit me

*Ploughing the early days with Arthur the donkey.*



### LOCAL FOODIES

though I made some wonderful friends there. I met Conrad, we got together, moved here with our baby son and later our daughter and started organic growing and slowly fixing our old house.

Conrad: My mum's father was a farmer in Saskatchewan. He grew wheat, barley and oats. He always had a big veggie garden and started my love of gardening. I went back there four months ago and my uncle still has that same farm. It's been in the family for over a hundred years and at 85 he still has a big garden.

We had corn on the cob every day for lunch and we'd pick tractor buckets full of pumpkins, carrots and potatoes. It was really emotional to go back there and see where I grew up and to help my uncle do some of his gardening like I used to help my grandfather.

My birth father's side were good farmers too and my Ukrainian grandmother always had potatoes, beans, corn and cucumbers.

Everyone had good gardens in the old days before supermarkets.

Carol: I was born a year after the end of WW2 and we had rationing 'til I was nine. In those days you had lemonade twice a year, on your birthday and at Christmas! We lived on the outskirts of Belfast and everyone had gardens. My great-aunt and uncle had a farm and I went up there often. I loved it. There were also allotments where people could hire a portion of land and grow their vegies. We always bought the things we didn't grow ourselves from those people.

Conrad: It was about 1981 when we

### ARE YOU RIGHT FOR ZUCCHINIS?

had our first saleable organic produce. I've been on the Duncan Street corner for around 15 years but at the start I used to go around door-to-door — to all the people who were never home, they were always down at the newsagent or at the bakery. So I parked opposite Torpeas when the health food shop was down there.

I started to park and sell out of the van at Duncan Street. One day someone parked for the day in my usual spot so I set up on the corner under the verandah of the then Vietnamese restaurant, now Concept Cafe. The residents of the building have always been very friendly and helpful to us and it is a lot safer and more comfortable for me and the customers.

I knew that you weren't allowed to sell within a hundred metres of a shop that sold the same things so I didn't ever park on the main street.

Those nice shady trees really afford me a good place because it's cool, I love it there now and everyone knows I'm there, so I don't have to go anywhere.

I just set up and stay there all day until I sell everything. Years ago, when I still had stuff left, I'd go to all the pubs and try to get the fellas to maybe buy their wife a bunch of flowers or get a few vegies to take home. I sometimes get in



*CONRAD AT THE OLD BUS DEPOT MARKETS, KINGSTON IN 2002.*

trouble for shouting out across the street! Calling people over, "Come and buy" or telling what I've got today. But I've got to know a lot of people.

Thursdays we pick the vegetables and pack them up ready. On Friday morning, I might go to the local orchardists

to get a few boxes of peaches, nectarines or persimmons from them when in season and then I'll drive up to Braidwood.

I try to arrive in Braidwood about 8:00 and set up my stall ready for the first customers to come along. It gets really

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CAROL AND CONRAD. A PETER HERBST PORTRAIT, 1988.

busy about lunchtime, slows down in the afternoon, then picks up again when the mums and dads go and pick their kids up from school. When they come past I'll offer them a free cucumber, beans or something else to munch on. We loved raw vegies when we were kids.

When the farmers market started on Saturdays at the National Theatre they invited us to come along and join them, but we regretfully declined because Friday is our day and we couldn't do both. Also I thought, well, leave Saturday to other growers.

**Carol:** We can't sell wholesale to big markets. It just doesn't work, we don't get enough to make a living. With some of the big city supermarkets, the farmers aren't getting enough to cover their costs. It's very hard for them.

Staying local and small meant we didn't have to go into big debt which, now that we're older, is a great relief.

There are many more farmers markets these days.

**Conrad:** We're lucky with the climate variation between Braidwood and Araluen. We have an extended season either side of other growers so often we have what they don't have or vice versa.

**Carol:** We like getting to know them. It's our social thing, so it's really nice to get to know new people and see our long time friends.

Sales wise one difference is that back in the early days ladies used to make heaps and heaps of sauce and bottle it, so they'd buy big boxes of tomatoes! People don't do that in those quantities so much now. However, other produce such as garlic ropes, coriander and basil etc are more popular now.

This year I've been saying, "Oh, I'm going to retire next year," but I probably won't. We bought a couple of little machines to make the weeding easier and we now work out what is easier for us to grow and what is very labour intensive as far as physical work goes. We have to be aware, pare down and rest when we need to.

But we love living here and we love the lifestyle.

**Conrad:** Many thanks to all the lovely people who have supported us as customers and friends over the last nearly 40 years. It's a great community. ■

## GOODNESS

CHRISTINA AND KAILISH TENDING THE VEGIES WHILE JOHN [BELOW] FINDS A HARD ROW TO HOE.

Christina and I met in a yoga ashram in 2012. I was running the vegetable garden there (Mangrove Mountain) and Christina was leading the yoga courses and retreats. After a few years we left to live at Christina's home town on the Mornington Peninsula.

In 2015 we found this property in Monga that ticked all the boxes. We were looking for acreage, a main road, easy access to a major city and a great community. We bought a kit home, built it then started our market garden.

On the Peninsula we had grown vegetables in the very small backyard of our unit. We were selling tomato plants and Christina's interest in skin products without chemicals was ignited. The creation of Prana Produce began.

We started with products we couldn't buy. I wanted muesli that wasn't heavily processed and didn't have stacks of sugar in it and Christina wanted soap and moisturiser without the garbage. Before long we saw the demand and started selling our products.

I've spent 22 years as a chef working kitchens. In that time I've noticed that to evolve as a society we need to regress. To explain this I will tell you a story.

I was working at a restaurant in London. We ordered ten boxes of green beans. They came from Kenya and were perfectly packaged. When I opened the box the beans had some dots on them and the head chef turned around and said, "Send them back." So I rang up the fruit-and-veg shop, said "These green beans are marked. Can I get 10 more boxes please?"

I asked, "By the way, what happens to these beans?" He said, "We just throw them in the bin."

This highlighted how crazy the system is. We are shipping in from other countries, then throwing it away if it's not perfect. So much food is wasted. I want to grow great food that is used and enjoyed with minimal food miles. My intention is for the vegetables, produce and products to be filled with as many nutrients and prana (life force) as possible.

**Christina:** At the end of the day we have this body for our whole lives. It



## Prana

Christina Jagusiak and John Carroll are the energy behind the field force

makes sense to give the body the very best you can give it. We want our family, friends and community to have the opportunity to eat, use and nourish with produce that's wholesome.

Our skin is the largest organ in the body, and many commercial products contain plastics and chemicals in them, the skin then absorbs that. I don't want to use moisturiser or shampoo that I can't even pronounce the ingredients that are in it. Creating products without additives, products that work, and are good for you, that's a passion of mine.

**John:** We're also working on reducing the impact of disposable packaging.

**Christina:** Yeah. So our beeswax wraps — the replacement of cling wrap, you just keep reusing them. All the local businesses that buy our products, like our chai, bliss balls or bulk muesli, have been given reusable jars and containers, we simply exchange them to limit the cardboard and plastic.

While being small we can do this. This is why we want to stay small. We don't want to need machines to do everything, my experience with machines is you can lose touch with what you're doing.





PRANA (continued)

**Christina:** As we are, we're comfortable and happy. Grow smarter, not larger is our philosophy.

**John:** A market garden is a business. It's not just a lifestyle choice. I don't get to choose whether or not I do things, the farm is ruled by nature and it forces you to follow its rules. In springtime you are crazily busy, there's lots happening. Then it might slow down a little bit, but when it's time to weed, you have to weed. When it's time to harvest, you have to harvest. It's the same as when you turn up to work for somebody and they say, "you've gotta get this or that done."

**Christina:** In saying this, we love it though. We enjoy what we do. We produce vegetables and herbs for many local cafes/restaurants and supply two box schemes in Canberra. Then we have some families who receive our weekly produce boxes. Our pantry goods and skin products are supplied from Moruya to Woden and the feedback is heartwarming.

**John:** Definitely. It's a rewarding business. My advice for anyone that would like to start market gardening is to go work for a farm, offer your services one day a week for free or, if you can, get yourself an apprenticeship on a working farm. Getting this form of education is priceless. You don't need a lot of space to grow. We don't have acres under cultivation, like Christina said, our motto is grow smarter, not larger. That principle of growing vegetables, not weeds. We work hard to keep our weeds down, as a result the vegies grow freely. If we had acres we couldn't manage weed problems, and the vegetables would be in constant competition.

**Christina:** We all know what looks good, tastes good and feels good. Producing that is the purpose of Prana Produce and what we are all about. ■

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## A passion for wine

Jill Bynon tells the story

**C**orang Estate is borne of a love of nature and the outdoors, combined with a passion for great wine. With my husband, Michael Bynon, we launched Corang Estate wines in early 2018. Our property borders the Corang River, near the village of Nerriga.

The essence of Corang Estate is about celebrating the unique wine flavours and cool climate styles of the NSW Southern Tablelands. Our regional selection showcases fine examples of the wines this area has to offer, which in time will be complemented by our own estate-grown Shiraz and Tempranillo.

In our first year of operation we achieved quite a medal haul at the region's wine shows, together with some terrific reviews from the wine media. Most notably, our 2017 Hilltops Shiraz won Best Shiraz of show at the Australian Highlands Wine Show.

Our premium range of wines have all achieved scores of above 90/100 from key wine journalists. Most recently our 2017 Tempranillo was included in James Halliday's Top Value Wines for 2019.

We regularly attend farmers markets and events in the Southern Tablelands, including the Braidwood Farmers' Market plus other special events in the town such as the Braidwood Show and Festival of Braidwood. ■



## Bee happy

Scott Williams buzzes

**B**ees R Us, established in 2005, is a team of me and my wife Armande. We supply a wide range of products to not only Braidwood, South Coast, Canberra, Goulburn, and Sydney, but mail orders country wide.

Our products range from pure honey, creamed honey, hand cream, face wash, lip balm, candles, furniture polish, leather conditioner and more.

All of these products we make ourselves and keep the ingredients as natural as possible.

Our honey is cold extracted and **not** heated in any way; we do coarse filter the honey just to remove any big pieces of wax and bees, but pollen and propolis can still remain which is what the consumer wants.

Colour, flavour and viscosity changes throughout the year depending on what the bees have been foraging on. All pure honey candies in the cold weather, some quicker than others.

To de-candy honey it needs to be gently warmed over days; use a pot of warm water, or if you have a wood heater keep it in the same room. Do not heat it rapidly. Microwaving is a definite **no-no**; honey cannot be heated over 43 degrees because doing so will kill the enzymes in the honey. ■



WINDROWS AT THE FARM.

## Hazelwood

Sarah Merriman explains ...

**O**ur focus has been to increase the biodiversity of the farm by planting a large mixture of natives and exotics and fencing off these areas.

Another major project has been the development of the hazelnut orchard and windbreaks were also planted to protect the orchard, prevent soil moisture loss and encourage microbiotic growth. An additional benefit has been the increase in bird and wildlife. A mixture of native and exotic plants have been placed around the house site to provide further habitat and shelter for birds and wildlife.



**Wayne:** Our farm has a focus on soil improvement including mushroom compost, on-farm compost and worm wee, sifted ash from the fire, seaweed and a home-made 'organic' fertiliser. However, we will never be able to make enough compost or worm wee to improve all our open pasture.

We irrigate through an

inline drip irrigation system directly targeting the plants roots system so that there is very little nutrient and evaporation loss. Most of our farm practices have come about through trial and error. It has been and still is very labour intensive.

We specialise in cold-climate vegetables, rhubarb, berries and apples. We provide rhubarb to Sully's Cider for their rhubarb and ginger beer.

The name Hazelwood is a word play on 'hazel' from hazelnuts and 'wood' from Braidwood. Our main goal for the future is to not only improve our patch of land and food production but to do it in a way that is both environmentally and economically sustainable. ■

## BRAIDWOOD OUTDOORS

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# Cider insider

Gary Watkins-Sully gets to the core

Our family is originally from South Wales on the Wye Valley on the border with Gloucestershire. It's a big cider area. I've always made my own cider and we've always drank cider.

My dad was the first to come out. He came out in 1986 — he was a builder. He was brought out to build high-rise in Sydney and emigrated with my mother Margaret and younger brother Scott. Then he worked in Thailand, Philippines, Vietnam and then came back to Sydney. At that time I was in Sydney, and so was my sister Gina who came to Australia a little later. We all got together and decided that Sydney was a bit busy — basically, we came from a rural area and decided to look for a rural business that we could all work in. We found and bought the Braidwood Deli and we ran that for six years, but the workflow was getting more and more and more, and it was getting harder to control because we needed more staff. We really always wanted to do this type of industry and the deli was just a stepping stone really. When the Old Cheese Factory came up it looked ideal. So, we bought it and we spent a year converting it. It's been good fun.

We make cider traditionally out of cider apples which is very different from commercial cider. Commercial cider is

mostly made using concentrated juice that comes in from China, that's fermented at 14.5 per cent and then watered down to about 4.5 per cent. You are only getting about 25 per cent juice in a commercial cider. It's really just a cheap way to make alcohol.

But the way we do it is on a vintage. We use apples that are specifically grown for making cider.

There are about 30 known cider apples in Australia. We grow all 30 of those. 15 French, 15 English. We've gone round the district and rediscovered the cider industry from the 1840s on. (We have been grafting the old trees onto new stock and growing them on.)

We now have around another dozen varieties that are not known in Australia and probably about three that are extinct in Europe.

So they're all very good apples and they make very good cider.

Our ciders have much more flavour and much stronger alcohol because we use the sugars in the apple. These usually come out around eight percent,

## LOCAL FOODIES

whereas most commercial cider is watered down to four and a half.

We found some interesting apples when we were looking around. There's a cider factory at Majors Creek where we found three different apples. One was a Five Crown Pippin. An apple that is commonly grown in Australia — not so rare, there's quite a few of those around. But the third one was a Fox Whelp, which turns out to be from the same valley in Wales that we came from. So, it's from the Wye valley and historically a very important cider apple.

The Fox Whelp helped to change the face of cider around the 1750s, from what they called an agricultural type drink to a more refined drink.

A barrel of Fox Whelp cider in the late 1700s would have fetched more than a best French wine.

It was very popular in those times. Rural cider drinkers described this new style of cider as an effeminate cider, because it was much more delicate, much more refined.

So, that's a very important apple, believed to be extinct in Europe. Some people say they have some, but it's very rare. Another one we found was a Morgan Sweet, which is also not believed to be in Australia. The way we found it was we did a bit of history. Bit of research. So, we kind of found out when the guys came from Somerset to Majors Creek, and then we looked at the popular apples grown in that area, at that time. In that way you can cut down the volume of varieties that you have to search through. Then we work backwards from that selection and hopefully identify the fruit.

Apples are exotics. The European settlers would have brought over seeds, and then planted their root stock. Then later on, they'd have brought over bud wood because you can't actually grow a variety from a seed. You have to propagate vegetatively.

You need to bud it or graft it. So, they brought over their bud wood stuffed in a turnip to keep them wet. Then when it got here to the southern hemisphere it was six months out of whack. So they had to bury them in sand up to the top, then paint the top with grass tree gum. This keeps it all moist.

When they came back into sync with our season, they were grafted onto the root stock. When you look around a place like Reidsdale you can see that

## TEACHER FOR THE APPLE



only a handful of grafters came over because you can still see their styles. You can see areas that have been grafted by one person. They might have moved between properties but you can see their styles where they grafted.

**BWD:** Was this area found to be particularly favourable to apples?

It grew a lot of apples yeah. I've seen reports of exports to the UK in wooden barrels and that type of stuff. So, it was a big market garden area, obviously because of gold rush. Each guy would've brought their favourite apple out, and develop different styles. Also, cider, we found a lot of cider making from around 1840 on. Doctor Bell had a cider orchard in Bendoura, it was the Wiltons at Majors Creek, and I think Wilson might of have been growing cider, because I found some cider apples near his house.

My theory is that cider was quite popular at the time, because many of the early settlers around this district were ex-naval officers and the Navy at the time was experimenting quite heavily in using cider onboard ships for scurvy.

Most of the fleet come out of the west country, which is where all the cider was made, where the cider apples were grown. So cider was well known to them. So, when they came out, they obviously tried to start new cider mills. It died out, and then there was another attempt at a cider industry maybe in the 1920s, 30s. But they were mostly using apples that were left over from the eating fruit industry.

Our main produce is traditional cider but we make other products as well. We make soft drinks like rhubarb and ginger beer in the old fashioned way. We make jams and chutneys too, but our ciders are the base of it.

We have a still cider, like a wine. Then we have sparkling cider, which is bottled conditioned, it's still got the yeast in it. We also have a méthode traditional cider. Years ago, we used to call it champagne cider, but its not allowed now. We put sugar and yeast in the bottle for a secondary fermentation, then the bottles are stored upside down for six months, each bottle gets a quarter of a turn each day until the yeast is riddled to the neck. We then freeze the neck to minus 20 and pop the yeast out, then we top up usually with a bit of apple brandy. You get a very clear sparkling cider with this method. It's probably our prime cider. Exactly the way champagne is made in France, but we do it with apples instead.



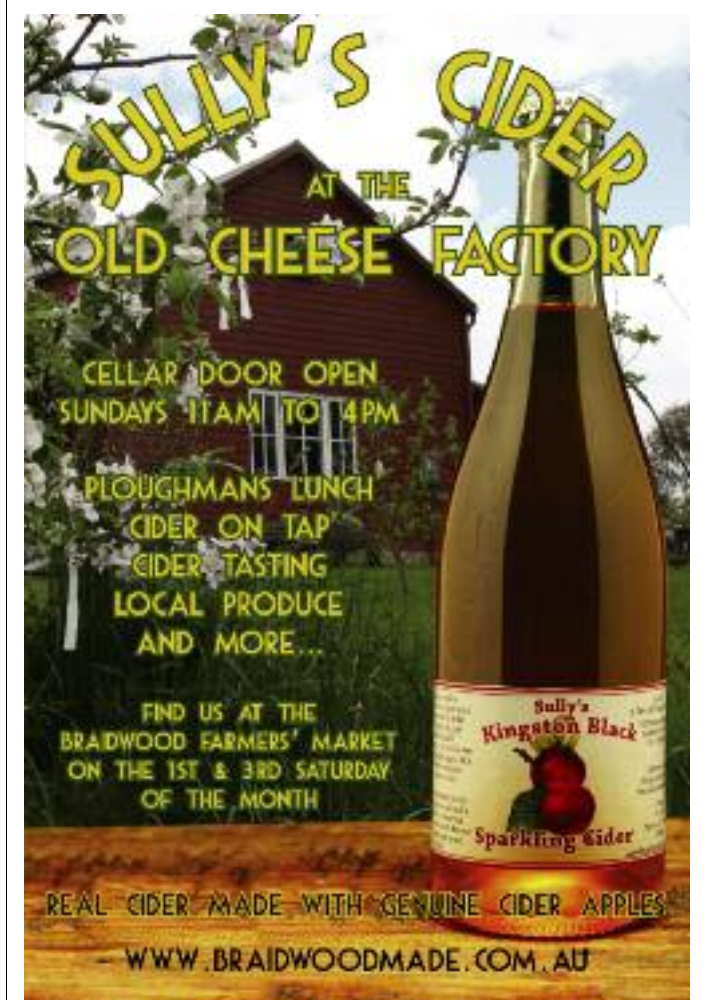
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## Pepper in the mountains

Meraiah Foley and Tim Wimborne made a serendipitous discovery. Meraiah explains ...

In 2015 we had an ecologist do a survey on the property and she casually mentioned we have a lot of native pepper here. We were neither ecologists nor farmers. It was our lifestyle block and we said, "What's that".

We had owned the property for almost 20 years without even knowing it was there. We found 2,000 *Tasmannia Lanceolata* plants growing on our 40-acre property on the edge of Budawang National Park.

Tim: Mountain pepper needs specific

soil, a specific climate and rainfall, a specific type of forest and other trees it grows near. Our property just happens to be a nexus of all the things that it likes, and if you move less than a kilometre from our place — it won't grow.

It has been a very steep learning curve. Our main produce is native mountain pepper berries and leaf, hand-crafted, artisan style, pepper flavoured foods produced in Braidwood including fresh and shelf stable pasta, pepper salt and flatbreads. ■

### LOCAL FOODIES



DOG ON DUTY. PHOTO: PHOEBE TULKS.

## Mulloon Creek Natural Farms

Kelly Thorburn

At Mulloon Creek Natural Farms we are best known for our high quality, certified organic, pasture-raised eggs laid by free-ranging hens. We pride ourselves on our biodynamic pastures and strive to produce nutrient dense food that is free from synthetic chemicals.

We follow nature's example to help us manage our soils, creeks, pastures and animals, by building natural capital on our farm and giving our animals a natural and healthy life outdoors.

We are accredited as 'True Free Range' with Humane Choice and Certified Organic and Biodynamic with Australian Certified Organic. MCNF was established in 2004.

All profits from our egg sales are donated to fund The Mulloon Institute's important research into landscape repair and rehydration in Australia. ■

### GET SET, GO!

My involvement started when I attended a parkrun, by chance actually, in Dubbo. I loved the atmosphere and the feel of it; how everyone supported and encouraged each other. It was a real community event. Everyone came out, had a great time and then went for a coffee afterwards.

It brought lots of people together, it was healthy and active, and I just I loved it. I started looking into the possibility of a Braidwood parkrun at the end of 2017, started the ball rolling and we launched in September last year.

All you need do is turn up at the showground at 7:45, for an 8 o'clock start, every Saturday morning, unless otherwise notified — check the website if in doubt.

It doesn't matter who you are, how old you are, how fit or unfit. We get people that walk, run; you can walk your dog, walk with friends, push a pram, anything.

Just come and give it a go. You don't even have to finish the course. It's a five kilometre run or walk. It's the same five kilometres every Saturday, so everyone gets to know the course really well.

You register online and you get your own personal barcode — that means you can then attend a parkrun anywhere in the world. It doesn't matter where you go, that's your parkrun barcode.

It's for everyone and anyone. My four year old, Eden, has done it. Sometimes she might just do one lap and then she's had enough. My 80 year old mother-in-law does it — she gets to-



## parkrun

Kelly Bunn is Event Director for Braidwood Showground parkrun

She ran off this story ...

gether with some friends and walks it. There is a guy who is 97 and has done over one hundred parkruns.

Since I started I've quite often travelled to Queanbeyan to participate in their parkrun. I've also completed parkruns at Batemans Bay, Lake Macquarie and Huskisson. Once registered, you can join in a parkrun anywhere.

I've witnessed first-hand the positive effects of parkrun, not only as exercise, but also the benefits this type of community activity has on people.

Another tangible benefit is in tourism by bringing other parkrunners to the area — parkrun tourism is big. Many parkrunners travel great distances (including international trips for overseas parkrunners) in order to complete different events.

If you'd like to be a parkrun volunteer

that would be great. We have to have volunteers otherwise we can't run it. Volunteering is really rewarding. We have a timekeeper, and a barcode scanner, so they're easy jobs. We have a marshall out on the course, to guide people and make sure everyone's okay, and we have a tail walker.

No one ever comes last in parkrun. Our tail walker volunteer is always the last person to cross the line, and they make sure everyone has finished, and that everyone is okay.

Turn up at the south gate at the showground and you'll see cars there every Saturday morning. It is free to register and free to run.

For further information or if you would like to volunteer, you can contact me on 0403 326 747 or visit the parkrun website: [www.parkrun.com.au](http://www.parkrun.com.au) to register. ■

## END OF Braidwood area local food producers PART ONE

If you didn't read it before, the editorial on page 7 explains what happened to all the others.



Still to come (and many more)







### My Dad Drives by Zoe Cargill

My dad drives  
As if it is for his life  
Through the backyard  
Where he does stock work.

I see him through the kitchen window  
Animal smells wafting in and  
Somewhere cows mooing are making their way back  
Through the bush.

My dad drives as if to make your eyes  
Widen from your head.  
When my dad drives there is no music, no  
stopping him.  
He drives as if to the moon and back  
Foot pressed to the accelerator  
So you feel you are flying  
And your sweat sucks into your lungs  
As you inhale.

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## Paddock preparation

Madi Guan, agronomist at Braidwood Rural

**W**ith below average rainfall in both 2017 and 2018, it is easy to understand why many farmers and primary producers in the Braidwood region are tentative, as we move into 2019. Many properties are now carrying well below their normal stocking rates, and are hoping for a more prosperous 2019 to allow them to begin rebuilding their sheep flocks and cattle herds.

A large aspect of drought recovery is preparing the land to be as responsive as possible for when we do finally receive decent rain. This is likely to be a challenging task, as large amounts of time, money and willpower have already been drained on feeding to keep stock alive. However, producers are remaining optimistic, and are planning autumn sowing to provide feed for their livestock coming in to winter.

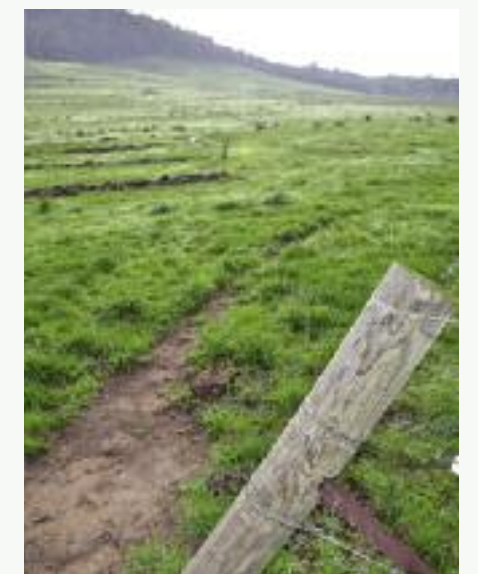
Oats are still a very popular choice, providing a sturdy feed base, despite

the recent price rise due to lack of supply as a consequence of the previous two seasons. Ryegrass is also in high demand, with many producers looking at annual or Italian options to provide quick, quality feed. Other producers are looking at putting in long term options, hoping that we will receive generous autumn rains to give their perennial pastures a good start.

The planning and preparation that goes into sowing one paddock should not be underestimated. Producers begin planning months in advance, anticipating when they will need to have feed under foot to support lambing and calving, and later weaning. Carefully considering how many paddocks will be sown to a high energy and protein "finishing" paddock that will ready the stock for market. Putting in place weed control programs to clean up the land and give the desired crops and pastures the best chance to thrive. Soil testing to gain an

understanding of soil nutrient levels, and then amending the soil with lime and fertiliser to support plant growth, and consequently, animal growth. Even then, the most carefully thought out plans can be thrown out the window when Mother Nature gets involved.

Food production is a tricky business – we are just lucky that we have some of the most resilient, hardworking and dedicated producers at the helm of the farming ship. Fingers crossed for a successful 2019!



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## There's more to do together

John Barilaro MP, Member for Monaro, Deputy Premier

Over the past eight years I've been lucky enough to work with many worthwhile individuals and organisations who call the Braidwood region home. For me, the past two terms of Government have been about more than just the dollar figure of delivery. The best moments have been celebrating with the Redbacks after their first night time home game, turning on the Gundillion Telstra Tower with residents of the area, and visiting the Braidwood National Theatre after its full theatre facelift, just to name a few.

There are so many talented people that are working hard to better the lives of each and every person in this town. Together, we have achieved so much for Braidwood and the surrounding region, but there is still more we need to get done. That's why I won't rest until the job is finished.

To date, we have sealed a large part of Nerriga Road, with work underway to seal it all. We are re-developing the Braidwood MPS to ensure that health facilities for our ever growing region are first class now and into the future. We



have invested \$1.3m to revitalise Braidwood's Recreation Ground, giving locals access to proper sports facilities in their own backyard. We are funding \$9m worth of upgrades at Braidwood Central School in an effort to give every student and staff member the resources they need to succeed at school.

Mobile phones are finally ringing and data is flowing at Gundillion after the installation of a new mobile tower, and work is underway on the new tower at Majors Creek. This means that parents can call their kids after school, a small business can operate properly without fear of disconnection, and our residents across Braidwood's surrounding properties know help is only a phone call away.

I've been privileged to serve as the Member for Monaro. Joining local CWA members for morning tea, visiting the kids at Braidwood Central School, celebrating Braidwood's milestones and joining community groups have been some of the best moments.

As well as these celebrations and deliveries, I have enjoyed working with the community on the tough things too.

The campaigns to have roads sealed, the plights for funding for important community projects and the moments I have spent with individuals who need a life-impacting problem solved have been some of my most privileged experiences.

I love the Braidwood community and as the Member for Monaro I am honoured to serve this region day after day. There's more to do together and I'm ready to keep working with each and every person for the benefit of our community. ■

ADVERTISEMENT

# John Barilaro MP

## MEMBER FOR MONARO

I'm proud to be your local member of Parliament, and I've spent the past eight years fighting for you.

- ✓ Sealing Nerriga Road
- ✓ Upgrading Braidwood MPS
- ✓ \$9 million upgrade of Braidwood Central School
- ✓ Upgrading Braidwood Police Station

There's still a lot to do, which is why I'll need your support on March 23.

# More to do together

Authorised by J. McCannack 130 Shop St., Cooma NSW 2630

## There's no such thing as the perfect diet

Rhythm of Life : a map for Self Crafting  
Hollie Bakerboljkovac charts the course

With so many dietary protocols on offer to our modern culture, many people are left feeling confused and overwhelmed when choosing the perfect diet for good health and longevity.

Amidst the science of nutrition, we are also bombarded with ideological nonsense from every direction. We are spoiled for choice at a time when you can have super foods from Peru and Finland in the same meal, yet as a species we are more removed from our food production than ever before. Choosing what to eat and when is fraught with questions of health, ethics and financial integrity ... we've come a long way from the way our great-grandparents ate food.

Humans are supreme obligate omnivores. All over the world people eat animal proteins and essential fats (they're called essential because we can't live without them) in the form of hunted game, domestically raised and grazed animals, as well as fish, reptiles and insects. We've been doing it for as long as humans have been humans, from a time when sustainable was not a catchphrase, but a way of life.

Reports of human groups who have lived primarily on animal protein are rare, and a variety of whole plant foods appears in every traditional dietary protocol — even in Alaska where the ground is frozen most of the year. Ancestral people eat a diverse range of food over the course of a seasonal year: a minimum of 100 species per year. Modern humans are lucky to reach 30.

### Self Crafted Wellness Principle #3: Perfect is the Enemy of Good

Good is a balance which addresses the cyclical nature of life — the changes that occur due to ongoing shifts in your life and in the natural world. Perfect requires a stagnant focus. Perfect assumes things are always the same, appropriately balanced just so, with no room for change.

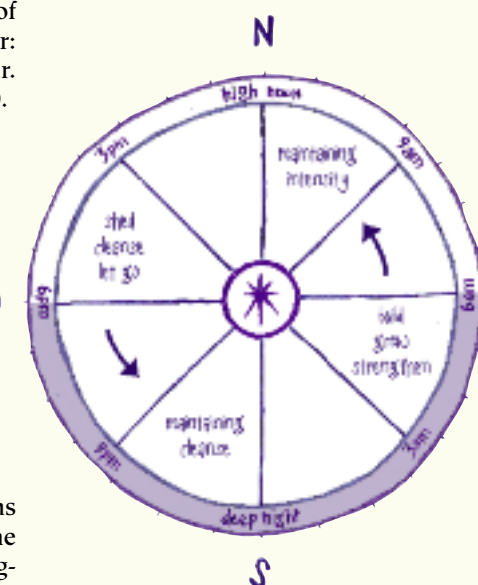
Nature doesn't do perfect: the seasons change. Mixed up by the sun and the rains and wind; nature is never stagnant. In nature, different foods are

available at different times of the year, and we see that it is Good. Our wild ancestors evolved in a constantly changing environment and modern humans still run on the same program, even though we've created ways to junk it up.

There's no such thing as the perfect diet. There are times in your life where you will need to clear out your digestive pathways; to strip away unneeded debris, drop excess weight and fluid, and generally clean your internal system. There are also times when you will need to rebuild yourself; where you may need to bulk up a little for strength or immunity, or perhaps you will need to become more robust to deal with life's unending challenges. In between the times of clearing and building, you require a process of maintenance — keeping up or keeping clear whatever your needs are for this phase of life.

Your digestive needs may be mapped on what I call the Rhythm of Life : a map for Self Crafting. This map details the pathway of living well, in attunement with both nature and your own physical body.

Many filters may be placed over this map, depending what your focus is on. There's a lunar filter, a seasonal filter, a circadian filter, time of day, physical matter, energetic matter, wellness ... the list goes on and on.



Of course, like any map it has compass directions. Each compass point directs you to further information on the map, for example, in the east, where the morning sun rises each day, is the region of clarity and the beginning stages of building anew.

Opposite, in the west where the sun disappears and down-regulation occurs at the end of the day, is the region for shedding, letting go, clearing away. In the north, where the sun is most intense, the region is for peaking, an apex of the built and spent, before it flows into the inevitable down shift of the west.

In the south, the sun does not appear and so the region is one of quiet repose. This is the region of gentleness, silence, all the light that could happen has happened and preparation for new light occurs.

When we look at this map through the filter of diet and digestion, the same principles apply. In the east are the types of foods/diets that can build and strengthen your body. Typically this could look like high protein and complex carbohydrates that allow you to strengthen and build your physical body.

The north is about deeply nourishing, maintaining foods that keep your strength up. This might look like clean marine-based protein and well cooked vegetables, as well as beneficial fats. In the west are the foods that help you cleanse and peel away : juice fasting, raw foods, or restrictive diets are all examples of this region.

The south is where you will find diets that maintain the cleanse for a period of time — most commonly, vegetarian and plant based.

You see, just like the seasons, our physical needs change throughout our life. So the diet that's good for you may not be made up of the same foods as it was ten years ago. People find themselves at odds with their physical body when ideology takes the place of nourishment. Food is for self care. We eat so that our body is supported to do whatever endeavour you're asking of it. Feed it what it most needs to get the job done.

Digestion and dietary needs are ever changing, dependant on your age, stage of life and what you actually wish to do with your body. A vegan lifestyle in your 20s has a very different affect than in your 50s. The physical body of a man who builds houses all day will require a different amount of protein than a female university student who spends her days trolling meat-eaters on the internet.



Ethical and environmental issues concerning what you eat ARE more important than ever before. We know we can't go on with food production the way humans have been going for the last 50 years. But seriously, get properly educated about it before you jump on a particular soap box.

Take a look at what humans have done for the longest time, and compare that to what we are doing now.

Look at your own ancestors. And remember we all come from a long line of wild humans who evolved with nature. Nature has diversity and variability and seasonal change. So too does your body, and (hopefully) your ideological mind.

The perfect diet is not any one ideology. It doesn't have a name (although my current favourite term is Nutrivore - referring to people who eat nutrient-dense food) or a particular documentary/book to back it up. A dietary protocol that helps you feel Good and live well will be perfect for you — at this time. Flexible change, self responsibility and a commitment to variability to the ongoing needs of your life are necessary to eat Well.

## Five things everyone can do

### to eat well:

#### Choose variety

Hunter gatherers eat 100 species a day, yet modern humans rarely reach 30. Get creative and adventurous with your meals. A simple way to add more species is to experiment with herbs and spices. Mix it up!

#### Eat fresh

Choose food that doesn't come in a packet. Shop around the outside edge of the supermarket. Items that easily expire include dairy, fruit and vegetables, meat and eggs. Food in packets often have added preservatives, flavours and unnecessary ingredients. Cut out the factory and eat food as it came from the field/forest/farm.

#### Eat seasonally

Nature knows how to ensure an ever changing shopping list. Follow her lead and eat what's in season, when it's available. Following the food seasons also means you will better reflect the cyclical changing needs of your body.

#### Eat local

Address the ethics and environmental issues by getting to know the people who grow your food. Ask the questions you want answered, visit farms, get to know your producers.

#### Avoid chemicals

People have been growing food without the use of chemicals for 300,000 years of hominid evolution ... until the end of WW2. Food can still be grown without chemicals, it just takes a little more attention. Avoiding chemicals also addresses many ethical and environmental concerns around food production. Support producers who don't use chemicals — or simply grow your own.

Hollie Bakerboljkovac is an Integrative Therapist, providing Real Food education, Natural Movement, Counselling and Wellness therapy at Braidwood Holistic Therapies.

She is the author of the *Self Crafted Wellness Journal*, a workbook for living Well. With her husband Bolj, they produce the Self Crafted Wellness Radio show, aimed at sharing simple, practical steps for every-body to be more Well.

Hollie facilitates group sessions and offers individual assessments for people who desire to Think Well, Move Well, Eat Well, Do Well and Live Well.

# Bags and swags

## Victoria Thivy runs off her troubles

In May this year we are doing a 100 km walk through the Larapinta Trail, so that's through Alice Springs following the Western MacDonnell Ranges. We're doing the walk to raise funds and awareness for multiple sclerosis. I set a target of \$6000 and we've managed to raise \$13,000 already, which is fantastic.

There's 18 people on the walk altogether but I have a little special group, just me and my best friend. We've raised the \$13,000 between the two of us.

We are planning to leave Alice Springs and then there are seven different parts of the trek through the Larapinta Trail, so there isn't exactly a start and a finish. But it's 100 km in total though with our backpacks on our back.

Each night we light a fire and hop into our swags. We will be roughing it for the whole seven nights that we're out.

There will be a support crew that moves us each afternoon after we've done our designated kilometres and we'll return to a base camp. Our base camps change throughout the week but we get returned to our base camp each evening so that we can do the different trails that way and then come back to our base.

It starts on May 25 for seven nights. We have a donation page on the net. We've been doing fund raising already and that's where the \$13,000 has come from.

We've done school discos and Zumba classes to raise funds but most of our donations have just come from people who want to lend a hand — which has been great.

VICTORIA AND HER RUNNING MATE JANE.



Six years ago I got diagnosed with Crohn's disease. I was very unwell and so about four years ago I had to have a full proctocolectomy.

Crohn's is a bowel disease and I have an autoimmune problem as well. It's where your body fights against itself. It affected my large intestine and it made the tissue so delicate that it fractured itself constantly and that's why I had to have so much taken out.

I went through a really rough time. My small intestine ruptured which put me in intensive care for four months. I was fed through my neck and I was heavily sedated for all that time.

I had the whole of my stomach, the large intestine, the rectum and the anus removed.

I also had cancerous cells in the vaginal wall, so they took that away at the same time. For the whole time they kept me heavily sedated because of the wounds.

Occasionally the sedation would wear off and I recall parts of it but very, very little of those four months.

When they took away the large intestine, they took away the rectum and the anus and so that left a 12 cm gap at the back end. Obviously then you can't move your legs and so my legs were bandaged together and I had to lay flat. When the stomach incision goes from top to bottom, you've got to keep so flat and still that you end up being totally immobilised.

After that, I had to learn to walk again. I went down to, I think it was, 43 kilos, so as well as learning to walk there was a real lot of rehab.

I also took a big knock in the week I got out of intensive care. I didn't know that my mum had been sick. She passed away two weeks later with cancer and because I had been asleep for so long I didn't know how sick she was.

I was still in a wheelchair at the time of her funeral and we had to put the funeral back by four weeks. We had to wait to bury mum because my dad wanted me to be able to attend — so it was a lot of stress on the rest of the family at the time as well.

Now I have a permanent colostomy bag so I have had my daily challenges but I'm back able to work full time. There is definitely life after having a colostomy though it is a bit scary for a young female to go through.

I have ongoing endoscopies every 12 weeks just to make sure that nothing is growing or going pear shaped in my oesophagus, but I'm off medicine at the moment.

I am into clean eating, living a healthy lifestyle and trying to get myself fit, but I'm not on any medicine now, which is fantastic.

I've come a long way and it's time to pay it forward — that's what has motivated me to raise funds for MS.

To donate to Victoria's MS fundraising go to: [www.doitforms.org.au/team/victoria-and-jane](http://www.doitforms.org.au/team/victoria-and-jane)



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# MAJORS CREEK MINE UPDATE



THE MODEL [ABOVE] REPRESENTS THE PROPOSED TUNELLING. THE DISTANCE DOWN IS ABOUT THE SAME AS FROM THE COUNCIL CHAMBERS TO THE BWD OFFICE NEXT DOOR TO BRAG.

Shannon Green, General Manager Dargues Gold Mine brings us up to date

We're approximately 700m from the portal, so that's about 90 metres vertically underground.

The process plant construction kicked off this week. We've also started some work around the sediment dams for the longer term infrastructure. We're also working on infrastructure to support surface works such as office buildings and drainage. But the main work's on the process plant, underground and the sediment erosion controls.

The process plant is scheduled to be completed by the end of this year, with January 2020 the start of some pre-commissioning. By the end of March we should have a fully commissioned plant up and running.

I've been here eight weeks now, I have moved to Braidwood from Bendigo with wife and three kids.

We have currently got a workforce of around thirty people working for the Dargues Gold Mine. The majority of those people are local to the area, so they're either living in Majors Creek, Reidsdale, Araluen or Braidwood.

A lot of our workers are locals but those, such as myself, who moved to the region have faced a challenge find-

ing accommodation, but it is available if you know who to ask and where to look.

As the project goes on and we put on more staff it's going to become more challenging, but for now we've been able to find accommodation for the staff that are here.

In full swing we are looking to have an overall workforce of around a hundred people. So there are still a fair few families to come into the area, and accommodating those people is definitely one of our challenges going forward. But we are well aware of that and have been working on it nearly every day.

PART OF THE PYBAR TEAM.  
SHANNON GREEN, KATIE MCCrackEN, CARA PATTON AND LEN SHARP.



Based on the exploratory drilling that's been done up to now, we have a solid five-year mine plan. Our intention is to explore other areas around the current resource once we get suitable platforms underground. This drilling will test low-confidence resources that are not currently in the mine plan, the aim being to convert them into minable inventory. This is within the current underground footprint, what we can access from where we're working. We're not thinking about exploration outside of that footprint at present.

I am not saying that it might not be considered at some stage, but for now

we are trying to focus on what we are committed to and really improving the confidence of what we know is there.

At present we are only running day shifts, there is no night shift. Each day we will aim to get at least one blast cycle. So that's involves drilling, charging, firing, bogging and then get in and re-support it.

We have more than one heading, or area of work, so these activities are cycling between these headings.

We're working down a one in seven grade, eventually getting to approximately 500 metres deep, so the decline itself will be a good part of three and half kilometres long.

The mining method is based on back-filling the voids that are created from extracting the ore, using predominantly cemented hydraulic fill. Part of the tailings from the process plant will be mixed with cement to create this cemented hydraulic fill.

We can then use this fill as a platform to conduct mining. The mine will be broken up into multiple sections and will basically be mined from the bottom of each section upwards. The backfill process will also use some of the waste rock that is generated with the benefit being that it lessens our footprint on surface.

Once the processing plant is commissioned and producing concentrate then we'll be in position to start exporting it. We've got some reasonably firm plans that it will go to Port Kembla. Exactly how that happens is to be finalised.

There are designated hours to do trucking in our approvals. There are two periods which align with the school bus run at the start and end of the day, where we won't be trucking. It's part of the traffic management plan that we had to have in place to minimise the impact of those logistics.

We actually will never see a gold bar. It's unlikely we'll even see visible gold underground.

It just not that sort of ore body. The gold is tied up with pyrite, and that's why it's amenable to the use of flotation to produce the concentrate. There are no nuggets and the ore looks no different to a lot of the rock we see underground.

The mine will source its power from the grid. Essential Energy have told us that there's a set grid allowance and we are working with them to upgrade the grid, at great expense to ourselves, to make sure that the amount we need is available.

I think it's important to recognise that we know there are options to the grid, in terms of power supply. We are all aware that renewables are growing and we need to see if there are opportunities for us to get involved with that. So we will evaluate that and if the opportunity arises, and it makes sense, it wouldn't surprise me that we will see something there.

We understand that those opportunities exist in terms of looking at what legacy we leave, knowing that the mine is a finite resource.

**Editor's note:** At the end of the interview I told Shannon that some locals are working towards community-owned renewable electricity for Braidwood. The criteria for finding land to put solar panels on are: A, that it's not used for anything else much, and B, it's close to a high-voltage power line. They've got both — and the mine is going to use bulk power, but not for ever. Watch this space.





## A cut above the rest

Monty Crosbie shuns CTRL+V for a more hands-on approach

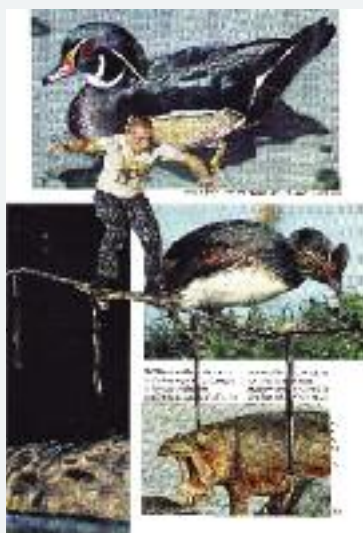


About six months ago I cut up a skateboard magazine that I had in my room and that's how it started. I just cut out a skateboarder and pasted him down onto a backdrop, and added some stuff. Then I just kept doing them. Yeah, collage is a really good media to use.

I use a little X-ACTO knife and I've just started to do more at school, so that's good. I've sold quite a lot of collages through Karuna at the Smokey Horse. Also there's a skate shop in Canberra in Civic, called Church Neighbourhood Goods. They just recently bought a collage from me and they're going to display it in their store.

When I sell an original I email the buyer a scan also to go with it.

Most people use Photoshop these days but I find collage a lot more personal, and I feel like it's more interesting to look at rather than just something that you could do on a computer.



## The hot weather autumn garden

Bronwyn Richards weathers the heat

When autumn is exceptionally warm and dry, as it is predicted to be, and it follows a very hot summer, the stress on your vegetable plants begins to tell. The plants we grow in our cool-climate zone, although hardy, will show the effects of the very hot dry weather by behaving uncharacteristically.

For example Leafy greens bolt to seed, broccoli and broccolini, and other brassica just can't help themselves and join right in. These plants need extra support in the hot weather.

Some of the secrets to supporting your favourite vegetables is about taking steps to manage watering. Watering in the evening is the most efficient as this gives soil time to "absorb" moisture.

Deep watering for maturing plants and hand watering of seedlings is essential for their survival too. Fertilising should also aim to support plant growth. The magnesium and potassium ratio is important to plant robustness, magnesium especially so.

Epsom salts is an easy way to supply magnesium (in the form of magnesium sulphate). It can be applied via watering to leaves and roots. Two tablespoons in a standard watering can will do the trick and act a little like a "plant de-stressor".

Further, using shade cloth over new plantings or tender vegetables, when the edible parts start to sprout, can also be helpful. Just make sure the cloth allows for plenty of airflow around the plant. However, do also recognise that the current extreme heat is challenging and that everyone who is growing anything is finding it tough!

Of course there are other steps that can be taken which will pay off in the longer term. There are approaches to vegetable growing which focus on biodiversity and use that to conserve resources such as water and allow you to grow vegetables more efficiently while building soil health and microbial activity.

It is healthy soil with a proper balance of nutrients and microbial and worm action that is the key to ensuring your vegetables thrive as our weather shows more extremes of moisture and temperature in the coming years. As prin-

### WYNLEN'S GARDEN IN



### AUTUMN '19

cipal gardener of our village farm, I have been applying bio intensive polyculture principles for nearly ten years, and over this time I have also developed specific cold climate plant combinations that are extremely beneficial. This allows Wynlen House to grow over three tonnes of vegetables a year, from a very small market garden, (1000m<sup>2</sup>) in all weathers, while conserving water, building soil health and producing a large range of vegetables.

Wynlen House is teaching this technique for the first time in March and April this year on-farm in Braidwood.

For more information visit:

[www.wynlenhouse.com](http://www.wynlenhouse.com).



### Wynlen House Urban Micro Farm

#### Summer workshops in Braidwood

- All Season Cool Climate Organic Vegetable Growing: 24th February
- How to Grow Organic Garlic (For small commercial growers): 10th February
- Bio Intensive Polyculture (Grow more with Less): March 10th, repeated April 14th
- Raising Table Poultry: 19th May

#### Online short Courses: Enrol anytime

#### Poultry Nutrition:

- Make your own layer ration
- Make your own waterfowl ration
- Make your own turkey ration

For more information call 48421128 or visit

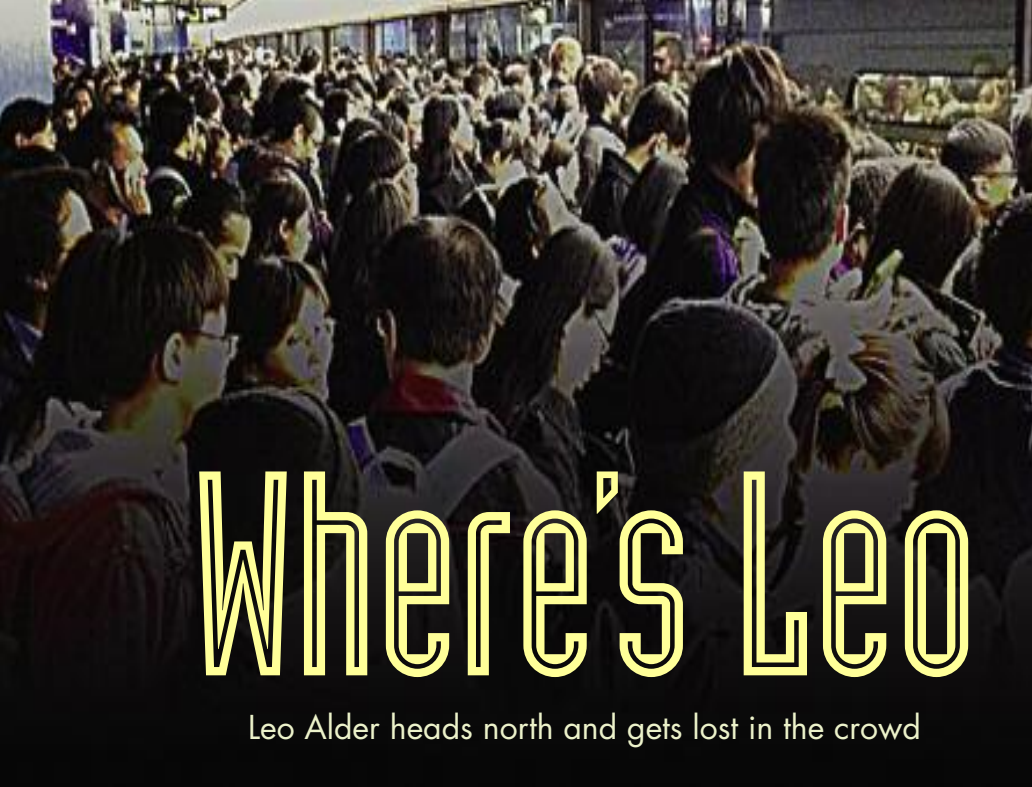
<https://www.wynlenhouse.com/learn-at-wynlen-house.html>



Wynlen House

OPEN DAY,  
10am - 3pm, Sunday  
March 24th





# Where's Leo

Leo Alder heads north and gets lost in the crowd

Two weeks in Hong Kong was an interesting experience. A land of mountains and skyscrapers, malls and subways, everywhere I looked huge, brutalist buildings exploded across the landscape and blanketed the mountains. After a lifetime of living in very small towns, as well as the somewhat larger town of Canberra, the sheer density of buildings and people in Hong Kong was consistently intense. However, this meant that I had ample opportunity to encounter many strange and interesting people during my time there, some of which I will describe for you now.

Straight off the plane, and after a quick train ride, I found myself on a bus without a busman. While we sat and waited for the driver to arrive and manoeuvre the bus to our lodgings, from my elevated window I was able to gaze over the shoulder of a man leaning against a nearby wall, and join him in watching his phone.

He was viewing what seemed to be a street fight compilation — shaky footage of young men pummeling each other as crowds looked on and cheered. The video would end, and he would start it again. He probably watched it about four times before he pocketed his phone, reattached his cap, and climbed into the driver's seat of our bus to pull us away from the station.

Maybe repeated images of violence was the stimulus he needed to successfully motivate the chaotic Hong Kong roadways? Maybe it's just not possible to drive in Hong Kong with a gentle spirit? The Hong Kong roadways were indeed madness, and I was glad to spend most of my transit time smoothly riding the subway instead.

Of course, the subway had its own share of interesting people and when it got truly packed, you really got to know them well. At one point, a man sheepishly approached me and delicately inquired how large my feet were. Baffled by the sudden approach of what surely must have been a foot fetishist with a taste for the exotic, I had barely time to respond before he obviously saw fit to abort the mission, and quickly disappeared off the train as it stopped.

On one of the few times I scored a seat, the man directly next to me was unashamedly undertaking a deep and seemingly meaningful excavation of his nose. I'm certain that he was at least two knuckles deep, and every delight found within himself was treated with much multi-sensory interest.

I worried that if the train jerked suddenly and I bumped into him, that the shock would cause him to instantaneously lobotomise himself as his finger collided with his brain. However, as testament to the smoothness of the Hong Kong subway, this terrible vision did not come to pass, and he lived to pick another day.

While the subway was considerably smoother and quieter than the train systems here, Hong Kong was still a pretty noisy place. At one point a child near where I was waiting made me realise that Australian children seem to really half-ass their screaming, at least compared to what I'd occasionally witnessed over there. The kid I saw was on another level. He sounded like he had seen the face of death, as if he'd beholden the infinite agony of the afterlife and needed to express that terror to the world around him using the only language he knew how. His

## HONKERS

shrieking scream pierced the air and rattled my brain, but seemed to completely bounce off of his shell shocked parents, who were seemingly completely resigned to their fate. Maybe in one of the loudest, densest cities in the world, the kids need to truly hit those high notes just to be heard?

Amid all the noise and bustle, the city was actually pretty densely vegetated. This meant that when the whole thing got too loud, that some solace could be found in the often gigantic parks. Sitting deep within a park one day, a man with a shaved head and monk robes approached a friend and me.

He gestured to his stomach emphatically, and then to his plate of coins. Regardless of what we said, he repeated this action, and stared at us expectantly. I reached into my pocket, and gave him a handful of coins, a move which in Australia would have been an ok haul, but which had failed to account for the comparatively miniscule value of the Hong Kong coin, and our new companion made a great show of offense at this in response.

And so, like a dumb tourist eager to please, I gave him a twenty (about four Australian dollars) and in return he gave me a wooden bead bracelet, branding me with the mark of a sucker.

We read later that dressing up in robes and masquerading as Buddhist monks was a common tourist targeted gift in Hong Kong, but four dollars for some dumb beads, a classic tourist experience, and a lesson learnt wasn't too bad at the end of the day.

I wish I had the luxury of being able to spend more time in Hong Kong, and really meet the locals beyond that of brief encounters, but before I knew it I was touching down in Canberra airport and coming to terms with the comparative barrenness of the place. Of course, being able to walk outside, extend my arms, and rotate in a circle without smacking multiple people in the face is a luxury I never knew I cherished so much.

However, I will miss the sheer quantity of new and interesting faces I saw while over there and am quite keen to see what other wonders the rest of the world has in store.

## POLITICAL COMMENT

# Putting people first

Bryce Wilson, Country Labor candidate for Monaro

My name is Bryce Wilson and I'm the Country Labor candidate for Monaro. My wife and I are raising our daughter in Queanbeyan, and we wouldn't have it any other way.

I'm proud to have grown up in country NSW. When I finished school, I trained as a surveyor at TAFE. I'm passionate about education, so I later retrained as a science high school teacher.

There are many reasons why I want to be your representative but I firmly believe if you want to build a better community, you have to stand up for and be an active in it.

We will put schools and hospitals at the heart of this election.

Country Labor will put the health and education of your family and your community at the front and centre of our priorities. We will address the maintenance

backlog in country schools that has tripled during eight years of National Party neglect. We will ensure every school has air conditioning instead of using public funds to install them in the corporate boxes in Sydney stadiums. A Daley Labor Government will introduce nurse-patient ratios, so our local hospitals will have the same number of nurses for each patient as big city hospitals.

I have seen how John Barilaro and the National Party have treated our region. Privatising rural health services, cutting funding to our local schools, forcibly merging our councils, undermining our national parks while at the same time spruiking a nuclear future for NSW. Under John Barilaro's leadership of the National Party, they caused a man-made disaster that's killed millions of fish across far-western NSW.

Labor will deliver clean affordable energy for half a million households across NSW. There are hundreds of homes across the Monaro from Quean-

beyan to Bombala that could benefit from the program.

Labor's Solar Homes policy will provide a rebate up to \$2,200 for adding solar panels to owner occupied households, where combined household income is under \$180,000. On average, households could expect to save up to \$600 a year off their electricity bills.

The Nationals and Liberals have privatised the electricity grid and overseen a massive jump in power bills, our solar homes policy will provide the help that families need.

Labor takes climate change seriously, and will support renewable energy across NSW.

You can vote for more of the same — more being ignored on what matters to you, more of a government not investing in services, more of the Nationals neglect. Or, you can vote for the values and vision put forward by Country Labor. We will listen. We will stand up for country people and put people first. We will give you the choice — to put our schools, our environment, our hospitals ahead of Sydney stadiums. ■

**Bryce Wilson**

Standing up for our community

**COUNTRY LABOR FOR MONARO**

monarocountrylabor Bryce.Wilson@countrylabor.com.au 0484 139 676

Endorsed by Country Labor, Monaro, 14 Sep 2019





Following on from last issue ...

# Democracy: the early years

Billy Kennedy provides part two

The first part of this article described how democracy began to emerge in Athens at the beginning of the 6th century BC after a crushing debt crisis that reached a head during the previous century. During this period the *demos*, the common people, had become so indebted to a small group of wealthy elite families that they were often compelled to sell members of their own families or even their own persons into slavery to pay their debts.

Around 590 BC Solon 'The Lawgiver' was appointed to calm the crisis and one of his most important acts was to outlaw the enslavement of citizens. The crisis was not laid to rest however and, especially due to the inequity of land distribution between rich and poor, a tyrant named Peisistratos was able to seize control of Athens by pledging to the *demos* that he was on their side and would champion their cause. He instituted a number reforms that would be crucial to fully fledged democracy down the track and he oversaw what was considered a golden age by the rural *demos*.

Peisistratos' sons took power after his death in 527 but were driven out by a coalition of competing elite families in 511. As when a tyrant is evicted today without a clear succession plan (think Iraq or Libya) total chaos ensued in Attica as a range of elite families vied for control of the city and surrounding countryside. Some wanted to go back to the way things were, some wanted to become tyrants themselves, and amidst all this the vast number of politicized free peasants, the *demos*, were also asserting themselves.

Eventually the famous son of a very aristocratic family, a man named Cleisthenes, established himself as the champion of the *demos*. He set about carrying out a wholesale overhaul of all the institutions of the city-state and he put in place a framework for the distribution of power that was avant-garde, highly sophisticated and that gave power to the people in a very real and tangible way. The implementation of the reforms of Cleisthenes is one of the most important events in Western political history.

Cleisthenes did not only want to implement a wholesale transfer of power to the *demos*, he wanted to do so in a way that was carefully calculated, transparent, and with the goal of the proper circulation of power so that everybody got to have a turn at exercising it.

The system had to work both in the present and indefinitely into the future. So he established new political districts

WHEN 51

based around important villages throughout the Attic countryside, and he established ten new tribes and assigned all Athenians to one of them. He established a democratic executive council of 500 that was composed of fifty men drawn from each of the ten tribes with a representative quota system from each sub-district.

Cleisthenes also converted some of the most important official public positions to selection by lot instead of by election. Aristotle says that the most democratic form of selection for public office is by lot.

'By lot' literally means by putting names into a pot. Whoever wanted to stand for office would put their name into a pot and the person whose name was drawn out was the person who then held that office. They even invented a machine, a *kleroterion* to randomise the selection of citizens to office. So selection to office was not a popularity contest. Today we might think 'what if they were not qualified to execute their office properly?' But to the Athenians the fact that they were citizens, their citizenship itself, was all the qualification they needed for the business of steering the ship of state.

The Athenians were able to enshrine in their constitutional state the idea of the political equality of the citizen. Citizenship was defined by the principles of *isonomia* and *isegoria*, 'equal distribution' and 'equal speech'. The Greek *isos* means arithmetic equality (cf. isobar, isometric), so one man was exactly equal to another man. *Isonomia* refers to the equal distribution of power and *isegoria* refers to the equal right to stand up and address the citizen assembly. Anybody who wished to speak could speak by virtue of holding citizen status. This establishment of freedom of speech is another significant moment in the history of the Western political thought.

Now some have questioned how democratic Athens really was because there were people excluded from participation, for example foreigners, slaves, children, and most controversially today, women. However excluding certain people from the *demos*, (i.e. the people who can participate) is a decision that every democracy makes. Excluding certain people did not make the system undemocratic for



A KLEROTERION (RANDOMISATION MACHINE) ATHENIAN AGORA MUSEUM

GIVE 49 A HARD TIME



OX BEING LED TO SACRIFICE DURING THE PANATHENAIA. EVERY CITIZEN RECEIVED AN EQUAL SHARE OF THE BARBEQUED MEAT. PARTHENON FRIEZE, BY PHEIDIAS?, C.440BC, BRITISH MUSEUM

Athens, just as it does not make it undemocratic for Australia. There are plenty of people who live in Australia who do not have access to democratic rights in spite of residing here and this of course includes tourists, foreign students, refugees and many others who fall into various marginal categories.

For example, if it turned out that the only people who are included in the *demos* of Australia are the people who live in Braidwood and surrounds then we would all have citizenship and everybody outside would not have citizenship. As long as every single member of the community had an equal vote to participate in the common deliberations of the group we would have democracy. The fact that everybody else outside the town was completely excluded from power would not make us undemocratic.

What would make us undemocratic would be if there were some in the town who had more of a say than others.

In Athenian democracy every citizen had a political value that was equal to every other citizen irrespective of their economic worth. A man could be financially worth 30 or 40 times more than the man that he was seated next

to in assembly but their political worth was equivalent. Of course we who participate in democracy in Australia have a sense of agreement with that as an ideal.

The Athenians were very concerned, throughout the course of their democracy, with the need to address the problem of citizens who were politically equal in the face of extreme economic disparity. In spite of the fact that Athenian democracy and Australian democracy are two almost incommensurable forms of political belonging, the Athenians were nevertheless confronting the same sorts of crises that we are confronted with as well.

For example, how do we as a democracy deal with the fact that a multi-billionaire is able to exert more political influence than another citizen purely because of wealth? Is that situation right or just? If it is not just, how do we eliminate the greater advantages that are wielded by those who have greater wealth?

This is something rather hard to eliminate but these are the kinds of questions we are confronted by if we wish to have a democracy in reality, rather than just as an ideal. The Athenians were able to divert the hunger for prestige and influence of the most wealthy men into competitive public projects that directed vast wealth towards the common good in a manner that we can only envy from afar.

For Athenian citizens, expressing their

citizenship was a way of life. They did not merely express their citizenship politically once every two or three years at the polling booth. Yet in democratic Athens there were plenty of poor farmers who could not normally afford to leave their farms to go and participate in the common deliberations of citizens.

So the Athenians dealt with this by implementing pay for jury service and pay for holding positions of authority in the state. And when there were public assemblies to make common decisions, they compensated citizens for taking the long trips from the countryside to Athens and they put them up overnight at public expense. In other words they reinvested public surplus back into the community, into the very capacity of the citizens to participate in their own democracy.

For democracy to be real for the Athenians, equality had to be manifested in material reality. Some might read that and think: 'But hold on, equality in Australian democracy is not manifested in material reality. Inequity runs the full spectrum in this country. So does that make it undemocratic?'

That is an interesting question. ■

Billy Kennedy has a PhD in Classics and teaches Greek and Roman Myth and ancient Greek language at the University of Sydney. He resides in Braidwood with his wife Mey and three dogs, and runs a garden maintenance business, **Tree and Leaf**, in his spare time.



# Spotting the difference between a food **intolerance** and a food **allergy**



Physical reactions to certain foods are common, but most are caused by a food intolerance rather than a food allergy. While bothersome, food intolerance is a less serious condition that does not involve the immune system. A food intolerance can cause some of the same signs and symptoms as a food allergy, but it does not cause severe allergic reactions (known as anaphylaxis) and does not show on allergy testing.

So a true food allergy causes an immune system reaction that affects numerous organs in the body due to the release of chemicals (known as immunoglobulin E (IgE)) as a response to specific proteins in the offending food. This response can lead to anaphylaxis. This response does not happen in food intolerance.

The table below shows the main differences between food allergy and food intolerance:

## Examples of food **INTOLERANCES**:

### ■ **Absence of an enzyme needed to fully digest a food.**

Lactose intolerance is a common example where the body produces insufficient quantities of the enzyme lactase reducing the ability to digest lactose, the main sugar in milk products. Lactose intolerance can cause bloating, cramping, diarrhoea and excess gas. (**Note:** milk allergy is **not** the same as lactose intolerance.)

### ■ **Irritable bowel syndrome.**

This chronic condition can cause cramping, constipation and diarrhoea.

### ■ **Sensitivity to food additives.**

Some people have digestive reactions and other symptoms after eating certain food additives. For



example, sulphites used to preserve dried fruit, canned goods and wine can trigger asthma attacks in sensitive people.

### ■ **Sensitivity to natural chemicals found in foods.**

The most common ones to upset people are glutamate, amines and salicylates. Amines naturally occur in pineapples, vegetables, red wine, chocolate, citrus fruit and mature cheese. Salicylates are found in a wide variety of herbs, spices, fruit and vegetables. Glutamate occurs naturally in foods such as tomatoes, soy sauce, mushrooms, and some cheeses.

### ■ **Recurring stress or psychological factors.**

Sometimes the mere thought of a food may make you sick. The reason is not fully understood.

## Celiac disease:

Celiac disease is the in-between condition as it, like a food allergy, involves an immune system response, but it's a unique reaction that's more complex than a simple food allergy. While celiac disease is sometimes referred to as a gluten allergy, it does not result in anaphylaxis.

This chronic digestive condition is triggered by eating gluten, a protein found in bread, pasta, cookies and many other foods containing wheat, barley or rye.

If you have celiac disease and eat foods containing gluten, an immune reaction occurs that causes damage to the surface of your small intestine, leading to an inability to absorb certain nutrients. Hence people with celiac disease must strictly avoid eating any foods containing gluten.

Celiac disease can be screened for by use of a blood test, but a definite diagnosis requires a small bowel biopsy. These tests have to be carried out while eating a diet with gluten in.

'Non-coeliac gluten sensitivity' describes a set of symptoms people attribute to dietary gluten, but the cause and treatment is not well understood. Emerging research indicates it may not be gluten that is the problem and that the malabsorption of fermentable sugars (FODMAPs) may be the culprit in those with Irritable Bowel Syndrome.

	Allergy	Shared symptoms	Intolerance
Symptoms	Rash and/or hives	Nausea	Gas, cramps, bloating
	Itchy skin	Diarrhoea	Heart burn
	Shortness of breath	Vomiting	Headaches
	Chest pain		Irritability
	Sudden drop in blood pressure		Mouth ulcers
	Trouble swallowing		
	<b>IS LIFE THREATENING</b>		<b>IS NOT LIFE THREATENING</b>
Timing of symptoms	Quickly after eating the food (usually within 2 hours)		Can take hours (up to 72 hours)
Frequency of symptoms	Every time the food is eaten		Won't happen every time food is eaten
	Only need to eat a little to have symptoms		May need to eat a lot of it
Foods that commonly cause the problems	Peanuts		Wheat / gluten
	Tree nuts		Milk / dairy (unable to digest lactose)
	Eggs		Corn
	Milk		Eggs
	Fish / shellfish		Sugar



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- Leave of Absence certificates
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## SUMMER / AUTUMN RECIPES WITH LYN CRAM

**BRAIDWOOD BUTCHERY****Greek Saganaki-style Lamb Loin Chops with Grilled Haloumi and Capsicum**

Serves 4

**Ingredients:**

8 lamb loin chops  
1 red & 1 yellow capsicum cut into wedges  
225g Haloumi, cut into 4 slices  
400g punnet cherry tomatoes, halved  
Baby spinach leaves

**Marinade:**

1 tbsp. chopped fresh oregano (plus extra to serve)  
2 tbsp olive oil  
3 crushed cloves garlic  
juice 1 lemon  
Freshly ground black pepper

**Method:**

Combine marinade ingredients in small bowl with pepper. Place chops on large tray.

Place capsicum and haloumi in large bowl, add a little of the marinade and toss to coat evenly.

Brush remaining marinade over lamb.

Heat BBQ to medium hot and grill lamb for 4 mins per side. Remove and allow to rest. Grill haloumi for 1-2 mins per side, grill capsicum wedges till char marks appear. Return haloumi and capsicum to the bowl and squeeze a generous amount of lemon over the lamb and vegetables. Serve with spinach leaves, tomatoes and crusty bread.

**WYNLEN HOUSE FARM****Cooking with Japanese Cucumber**

This season we have been growing these delicious Japanese cucumbers. They are a little dryer and have less seeds than a

European cucumber. They are delicious when cooked. Try the following recipe from Genius kitchen which I have adapted a little to my own taste.

A large Japanese cucumber, 1 chili or more if you like it hot, 5 finely sliced garlic cloves, tablespoon of light soy sauce, teaspoon of rice vinegar, 5 torn basil leaves, teaspoon of sesame oil, canola oil for frying.

Cut the cucumber in half lengthwise and then cut each half into slices about 1/4 inch thick. Heat the wok over a high flame, add the oil and add the cucumber and fry for a few minutes until the slices are a little golden. Add the chili and garlic to the wok and stir-fry adding the soy sauce as you go. Add the vinegar and mix well. Add the herbs and stir a few times, take off the heat and stir in the sesame oil and serve.

**MARJORIE LEMIN****Apple Cake with Maple Syrup**

A rich and very satisfying dessert cake

**Ingredients — for the cake:**

1 Granny Smith apple  
or 1/2 cup apple puree (baby food variety is fine)  
3 large Granny Smith apples, extra  
3 cups self-raising flour  
1 teasp mixed spice  
1/2 tsp nutmeg  
2 cups sugar  
1/2 teasp salt  
1/2 cup (125g) firm butter  
3 large eggs  
1/2 cup peanut oil  
2 teasp vanilla essence  
**Ingredients — for the sauce:**  
1 cup Canadian maple syrup  
1/2 cup thick cream

50 g butter  
Good pinch salt

**Method**

Preheat the oven to 180° C

Generously grease a babka tin (or 20cm round tin with a central funnel). Dust with flour and set aside.

If you are using fresh apple to make the puree — peel, core and chop the apple and simmer with 2 tablesp water until very soft.

Puree or fork mash & set aside

Peel, core and dice the remaining three apples

In a bowl, mix together the flour, mixed spice, nutmeg, sugar & salt  
Rub the butter through with your fingertips until the mixture resembles fine breadcrumbs

In a separate bowl, whisk together the eggs, oil and vanilla until smooth.

Add the pureed apple and mix well.

Using a wooden spoon, combine the flour mixture with the egg mixture, then fold in the diced apple pieces,

Pour the batter into the prepared tin and bake for 45-50 mins or until golden and firm on top

Remove cake from oven and allow to cool in the tin, then gently turn out.

**For the syrup:**

Mix together the maple syrup, cream, butter and salt and bring to the boil. Simmer for 2 minutes then cool slightly. Serve the syrup spooned around the cake with a scoop of vanilla ice-cream or thick cream

(from 'Bake your cake and eat it too!' by Tamara Milstein)

**MARJORIE LEMIN****Apple Slaw**

1/2 cabbage (wombok is fine)  
2 carrots  
2 apples  
1 cup mint

**Slaw:**

Slice all finely & mix together.

(toss sliced apples in lemon juice to stop browning)

**Sauce:**

Mix together:

1 tablesp Dijon mustard

3/4 cup mayonnaise

Juice of 1 lemon

1 tablesp caster sugar

When ready to serve, pour sauce over cabbage mixture.

Toss to mix well

Sprinkle with chopped peanuts.

**ARMONDE from BEES R US****Jackie French's favourite baklava**

1 packet filo pastry

1 cup water

1 cup honey

Juice of 2 lemons

250g melted butter

3 cups finely chopped walnuts or almonds

1 tsp cinnamon

Half cup whole cloves

Mix walnuts with cinnamon. Place 2 sheets of filo on a baking tray.

Brush with butter then scatter on half a cup of walnuts. Repeat until walnuts are used up. Place a final 2 layers

of filo on top. Cut into small squares with a sharp knife. Place a whole clove downwards into each square. Bake at 200° till top is brown, about 30-40 mins.

Take out of oven and pour almost boiling syrup on at once.

Leave to cool then store in a sealed container for up to a fortnight.

**Syrup**

Boil the remaining butter, honey, lemon juice and water for 5 minutes. Pour onto the Baklava straight away, or bring to the boil again before you pour it on.

**Pears in sherry and honey**

Peel 6 pears leaving stalks

Melt 1/2 cup honey

Add one cup of sherry, 1 clove, 1 teaspoon grated orange rind and a small piece of cinnamon stick.

Pour liquid over pears and cook in ovenproof dish with lid on.

Cook slowly until pears are soft and pink and the liquid has thickened slightly.

Serve hot or cold with cream or ice cream.

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**HORRORSCOPE FOR THE AUTUMN MONTHS OF 2019:**

To allow for the vagaries of the universe and interpretive inexactitude, it might pay to read everyone else's stars as well.

**AQUARIUS**

You could do with a bit of support today. It could be financial, emotional or perhaps athletic. Try yogaponics, that's where you use bend and stretch exercises to plant vegetables and pull out weeds. Keep your chakras and chokos apart or you might end up blocked and bland.

**PISCES**

Certainty can be found lurking in the bottom of a beer glass. In fact the more you drink the more certain you become that the whole joint's stuffed and it's some other bastard's fault. The night will start well with you neat and tidy, but by closing time you might be tight and needy.

**ARIES**

You will see dark clouds on the horizon, as we have every second day around these parts just now. The other night we had 'the big bang theory' meets 'ground-hog day'. For hours the universe sounded like it was either starting or ending, only to do it all over again ... and again.

**TAURUS**

Chill out and watch the tele. Switch to current affairs for the latest instalment of 'Britain Fuxit'. If that makes you mad or sad (and you'd be astrologically certifiable if it didn't), you could try the latest stud-meets-babe mockudrama, 'Divorced at First Light'.

**GEMINI**

The old people who drink every day (and that's fine as their drug of choice) seem to think it's reasonable to call young people irresponsible when they save their drug taking for special, social occasions such as music festivals. Of course there would be outrage if they had to risk skulling dangerous moonshine because alcohol was illegal and testing it was banned.

**CANCER**

The full moon finds your new ruler in Pluto. Bad dog! When life becomes chaotic it's time to rule a line under the past and move on. Now where did I put my ...? Oh blast! The new era is off to a sketchy start when you use a table mat to draw a wobblyish delineator between your old self and the new look you.

**LEO**

A message from the prime minister: jobs and growth C jobs and growth O jobs and growth A jobs and growth L jobs and growth I jobs and growth S jobs and growth G jobs and growth O jobs and growth O jobs and growth D jobs and growth N jobs and growth O jobs and growth N jobs and growth E jobs and growth E jobs and growth jobs D and growth T jobs and growth O jobs and growth W jobs and growth O jobs and growth R jobs and growth R jobs and growth Y jobs and growth.

**VIRGO**

Go to the movies or stay at home and watch another relentless episode of 'The Trumpire Strikes Back'. The pasty comb-



over really did say, "I shouldn't be telling you this because the top brass don't want to alert the baddies, but we're pulling out of Syria". What must the dusty frontline troops surrounded by mistrustful villagers think of their Tweeter-in-Chief?

**LIBRA**

Every cloud has a silver lining especially if you're a top public servant. Politicians must keep a gift register so Clive Cappa can't curry furtive favours. But the people who actually run the place day to day can take whatever from whoever and not tell a soul. You can tell this works well by the lack of inexplicably dodgy public works.

**SCORPIO**

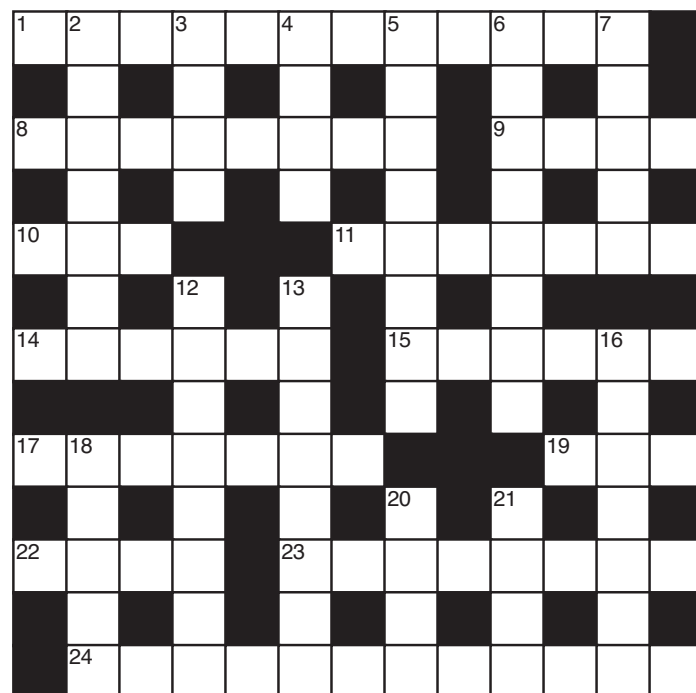
'Hardly Normal "WOW!"' Get on down for more new goodies, no repayments, until it breaks or becomes redundant, and no interest for ever it seems in how to deal with all the old stuff. Braidwoodians will soon be under the influence of a sign that says, 'what it weighs you pays'.

**SAGITTARIUS**

There are multi-dimensions out there. Music festivals can provide transcendental inspiration but if you want to plunge into an out-of-this-world experience, it should be through a portal not a portalo.

**CAPRICORN**

A.A. Milne has some wise words of political comfort in these trying election times: "Halfway down the stairs is a stair where I sit. There isn't any other stair quite like it. I'm not at the bottom, I'm not at the top; so this is the stair where I always stop. "Halfway up the stairs isn't up, and it isn't down. It isn't in the nursery, it isn't in the town. And all sorts of funny thoughts run round in my head. It isn't really anywhere! It's somewhere else instead."

**BRAIDWOOD BAFFLER BWD 18****ACROSS**

1. Workers for a candidate or party. (12)
8. Places to be on the campaign trail. (8)
9. Annoying automated phone call (4) and 22 Across (4)
10. Rock or sediment from which metals can be extracted. (3)
11. Greek drama or election loss? (7)
14. Great White or loan? (1,5)
15. Braidwood's electorate. (6)
17. Braidwood has one of these buildings where items of historic, cultural or religious significance are kept for public display and research. (7)
19. Female former journalist, editor and latterly champion for medical research into arthritis and Alzheimers. (30)
22. See 9 Across.
23. This sort of vote is also called a donkey. (8)
24. Do this and avoid the queues on election day! (5, 7)

**DOWN**

2. Window blinds or shutters with horizontal slats. (7)
3. Larger than a town, smaller than a country. (4)

4. Hostelries (4)
5. Quack medicines (8)
6. Extremely annoying (8)
7. Lost the election? Cheer up! Its not .. (2,3)
12. One who applies pricetags on goods or nametags on clothing? (8)
13. It's been so hot, who can blame anyone for dressing this way? (8)
16. Learn new skills after other employment. (7)
18. Utilization (5)
20. Frizzy hairstyle (4)
21. Spoken, not written (4)

**SOLUTION TO BAFFLER BWD 17**

# Why aren't we getting anywhere?

Drunk on prosperity, with closing time fast approaching, it would appear that we still have no plan B

I bumped into a friend at the supermarket the other day and we got talking about renewable power for Braidwood.

"We've been talking about it for ages," she said. "When are we going to actually do something?" And that's a good question.

I went looking through my *Time & Energy* archive and it was depressing reading. For those of you weren't here at the time, I wrote eighty-five weekly columns under the *T&E* banner for the *Braidwood Times* between June 2007 and August 2011.

Looking back at the writings of twelve years ago does make it look like we've stood stock still on any meaningful



towards the future by Paul Cockram

movement towards renewable energy coming from policy at a government level. Sure, there have been many solar panels put on roofs and a few in larger arrays, but it's mostly been despite government policy rather than as a result. As we head into double election mode, it also enlightening to hear the voices

And just in case you're interested in what seemed like a plausible scenario ten years ago ...

*Braidwood Times* — November 14 2007

## 2019: a vision for the future

I was going to call this story a '2020 vision' which I thought sounded a bit clever but luckily I thought first I'd better look up Google, the columnist's new-found friend.

Every organisation on the planet appears to have a 2020 vision, about 2.2 million of them, so I'll settle for a 2019 vision of which there are fewer than 850,000. So anyway, on with the story: One morning in the year 2019, Tom woke and looked out the window. Hmm, overcast and not much wind, not a good power day, he should've washed his clothes the day before. In the kitchen the power meter was showing in the red zone, meaning fossil fuel was burning to keep up with the current demand so the price was a bit high for using the washing machine.

Not to worry, he put his dirty clothes in the machine anyway, set the usual dials then set the energy timer to start the machine if the power meter went into the green during the day meaning that solar and wind were now online. Of

course he could just bung the machine on like people used to do in the old careless days, but he would pay a hefty price.

Everyone these days had a power meter inside the house that showed how the electricity was being made at any given moment, green for renewable, red for fossil and a black zone meaning imminent outage. It also showed how much was being used, or in some people's cases supplied, at any time by the house's occupants and best of all, a counter in dollars and cents with the amount owing to, or owed by, the electricity supplier.

It looked like toast would cost \$3.50 today so he settled for a bowl of meusli and skipped his cup of tea. He jumped onto his bike and pedalled away down the road to the bus stop.

All the regulars were there – school kids, workers and shoppers. Right on time, up glided the 'DannVan', as it was known locally in honour of the old fella who lived up the road. He had been one of the first voices to point out the all-round benefit of people working collectively.

The light-weight electric bus made easy work of the short run into Braidwood where the Canberra bus was waiting at the interchange. Tom swiped his car-

from the past. Do we remember Michael Costa standing, dancing almost, on stage in front of the NSW State Labor conference telling the rank and file they'd be 'dreaming' if they thought he could be stopped from selling our electricity assets.

How about Martin Ferguson, Labor Resources Minister who reassured us in 2008 that he was, 'finalising the world's first legislative framework for carbon sequestration' as if that was all it took to make a hopeless idea feasible.

Remember how the Greens scuppered Kevin Rudd's Carbon Pollution Reduction Scheme on the flimsy grounds that it didn't go far enough. That they voted in solidarity with Tony Abbott's mob, who at that time didn't even pretend to believe in climate change, was a terrible error of judgement.

It was the making of the self-serving term 'carbon tax' as if we were being unfairly punished for something we didn't do.

Will another decade fly past with little to show? Will this next lot of party politicians serve us any better?

I hope so because the clock is ticking a bit louder every day.

bon card as he got on the big highway cruising bus and headed for a comfy seat in the music section.

The turning point for public transport had been the introduction of the carbon card. Travelling by bus or train clocked up far fewer carbon debits than were imposed at the petrol pump. As more people used public transport, the carbon emission of the nation was reduced and the government soon realised that every dollar spent upgrading public transport was a win for everyone.

Tom really liked the bus. He passed the journey time checking out the latest demo music from the onboard multi-channel music player. Other passengers chatted or read, the business types plugged into the blisteringly fast wireless internet and got straight on with the day's work.

Before the bus arrived in Canberra, because it was now raining, Tom and the other passengers selected their destinations using the console on the seat back in front of them. The route computer at mini-bus central worked it all out and dispatched the appropriate vehicles to meet them at the terminal. Once again, a swipe of the card was all that was required.

It was a good life.





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