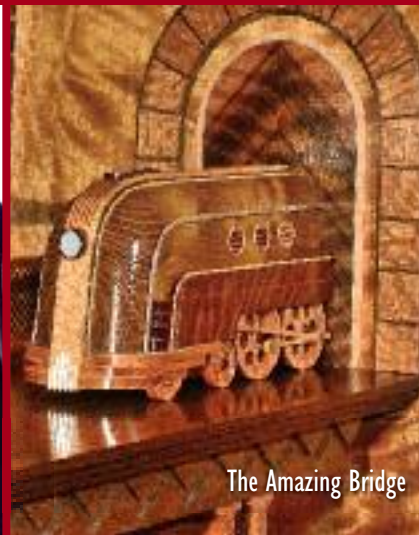




- Strike for the future • Preserving the past • A bridge too far? • Having a small vision
- Timeline of our land • Ist Braidwood powers along • Don't mention the 'B' word



Margaret and Victoria Royds



The Amazing Bridge



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Long Timelines

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Erika Mordek

Let's do the maths. 24.6 million people



live in Australia. Let's say that a quarter of those are children. We don't charge children because we are doing it for them. That leaves 18.45 million people to pay out \$1 a week. That's 221.4 million a quarter for air tax. This money, and all of it, not some taken for admin, is given to Brazil and Indonesia and other countries that have forests, on the proviso that no more burning

This is a terrific idea. However, I can already hear the nay sayers. But think about it for a minute; our lifestyle is not that great.

We are introducing plastic beads and bags into the sea, killing our food supply.

This plan is something that unites us all. Why don't we start it in Braidwood?

Chris Nelson

You don't have to pay for your tele-

CHRIS AND KAREN AT MALANDA 2010.



We'd sit around and discuss what the town needed from a police perspective. We need more lights down at the park. So I'd write that down, and when I was

It's an easy way of policing. It's an old-fashioned way of policing. But it's also the modern way of policing.

Buy a house in town and turn it into a miniature police station.

We didn't need a \$5 million police station. I don't understand what they're going to do with that. I don't know why Braidwood needs it. ■

WHAT ERIKA MORDEK THINKS

WHAT CHRIS NELSON THINKS

YOUNG PEOPLE HAVE THEIR SAY IN RYRIE PARK

AN INCREDIBLE RESULT FROM A LIFE-LONG PASSION

WE'VE CHANGED THE LAND A LOT IN THE LAST FIVE MINUTES

TENNANT CREEK PREFERS GREEN HYDROGEN TO FRACKING

INDUSTRY FORGES AHEAD AS THE GOVERNMENT DRAGS ITS KNUCKLES

THE SCOUTING MOVEMENT IS LOOKING GOOD

IT WAS LOST, THEN FOUND — NOW TO BE RAFFLED

NOW THERE ARE TWO 'B' WORDS

COOL IMAGES OF PEOPLE AROUND TOWN

PROTECTING THE TOWN FROM BULLDOZER BUREAUCRACY

COUNTING THE COST OF CONTINUOUS CONSUMPTION

FROM BIG THINGS LITTLE THINGS GROW

DIFFERENT FOLKS FOR DIFFERENT STROKES

BUSH FOOD IN THE BIG HOUSE

Don't let hearing loss slow you Down — 36

Barking Dogs — 38

Recipes with Iyn Cram = 40

YUMMY THINGS TO MAKE IN SPRING

Time&Energy — 43

THE EDITOR HAS HIS SAY AS USUAL

Anyway, back to magazines. All the ingredients are here, mixed and baked for your reading pleasure. Allow to cool, serves the whole family.

Paul



Printed by: Trendsetting, Fyshwick ACT



*Author's note: Owen Baylis, 7, is a student at Braidwood Central School, as well as being my son. He asked if he could contribute to this article, and given that it addresses the concerns of students, I said yes.

and less habitat for native animals. Their concerns were taken up later by community members, who urged those in attendance to consider planting and propagating native trees, especially acacias.

Owen: I talked about how plastic can harm the ecosystem. I wanted to talk because I care about the environment, and I think every one else should. If we didn't do that, we wouldn't survive. So it's very important to let everyone know that they shouldn't harm the planet.

Braidwood's kids support School Strike 4 Climate

Jessica Friedmann and Owen Baylis*

On Friday, 20 September, at 1pm, around 120 students, parents, carers, grandparents, babies, dogs, and community members gathered in Ryrie Park, to take part in the Braidwood School Strike 4 Climate.

The weather was in the low 20s, though three days beforehand it had snowed. Walking through the park, it was clear which plants had responded to the sudden increase in moisture, perking up after a long dry winter.

Though many older students had commuted to Canberra to join the large rally there, around 40-50 students who attended home school, St Bede's Primary School, and Braidwood Central School converged at the park, with homemade placards, banners and signs.

Owen: Everybody there cared about the environment and even some people got on stage so I showed how to do it [speak into the microphone].

The 'stage' was a set of outdoor chairs,

arranged in front of Dhurga Rock. Given that the anticipated crowd was primary students, we felt that asking students to stand up and give a speech might be a bit overwhelming. Instead, I invited students to come sit and chat, and answer a few questions about themselves and the environment. Local musician Michael Simic had organised for two microphones and set up a PA system, so that the crowd could hear even the softest speakers.

Owen: Some people from my class were there so I was happy to see them. They were Frankie, Kai, Oscar, Reuben, and some others. Some talked, some did not.

To the crowd's delight, a line of primary students immediately formed, with protesters keen to share their thoughts. For many of the younger students, the most pressing and visible issues were littering and environmental pollution, as well as deforestation.

These students were concerned that fewer trees would mean less oxygen,

While younger students raised awareness, older students expressed a mix of frustration, anger, and hope against the odds.

Tara, from BCS, got up from the crowd and spoke passionately about the need for systemic change. I wish that I had recorded her speech so that I could quote it here; perhaps she, and the other students who spoke, would consider submitting their thoughts as letters to the editor.

Jack, also from BCS, spoke of his disillusionment with government, suggesting that politicians had no incentive to change policy when the effects of coal, oil and gas were unlikely to become catastrophic in their lifetime, and cosy relationships with industry kept them comfortable.

What was common to all protesters was that they felt that climate change would be the issue of their generation. More than jobs, or housing, or access to education or healthcare, they were striking for the right to a clean and habitable environment.



Owen: If someone said I should be in school, I would say, "No, the ecosystem is more important." We have to tell the government we shouldn't have much pollution. If there was too much pollution, we wouldn't be able to breathe.

After all the students who wanted to speak had a chance to, members of the broader community were invited to address the crowd. Some got up to voice their support for students; one speaker suggested that climate fears were overblown, and urged students not to panic. Though there was a bit of kerfuffle from the crowd in response, the atmosphere remained broadly warm and supportive.

Michael Simic closed the event with two new original songs, and BCS student Harry stayed to play guitar as the crowd drifted off. Staying on to chat,

many older people mentioned that they were reminded of the 60s and 70s, when visible student protests helped change the legal status of Aboriginal and Torres Strait Islander people, gain an equal wage for woman, and bring about a close to the Vietnam War.

They were aware, as older students no doubt had been, that there had been division within the community over the issue of the climate strike. What had been intended as a small alternative to events in Canberra and Goulburn, predominantly for younger children, became the topic of an astonishing number of online conversations, some of which did not treat students and their fears with much respect.

Much of the criticism came from those who felt that students shouldn't miss school to take part in political action. Both sides of the climate 'debate' were



aired, but at Ryrie Park the message was loud and clear; with a 97% scientific consensus, the question was not 'if', but 'when'.

Owen: If somebody said, "You have to wait until you're grown up to speak about the environment", I would say, "That's silly. I may be small, but I can do a lot."

Young people want the right to grow up without anxiety over shifting weather patterns; they want the adults in charge to take their future seriously. And those of us collectively fighting for the health of the planet couldn't be more proud.

If you're interested in keeping the conversation going, find us on the 'Sustainable Braidwood' Facebook page. Thanks to Michael Simic, Rose Ricketson, Ana Ciolomic and Bec Hamilton for their volunteer contributions on the day.



A bridge to retirement



Michael Gill gets across his lifetime's work
and Christine Payne has been there all the way

In about 1985 the people who ran the woodworkers group of New South Wales, all bearded blokes, were just sitting around. It was a really weird scene. We were lamenting on how hard it was to be a woodworker and a furniture maker in 1980 because everything was being imported from overseas.

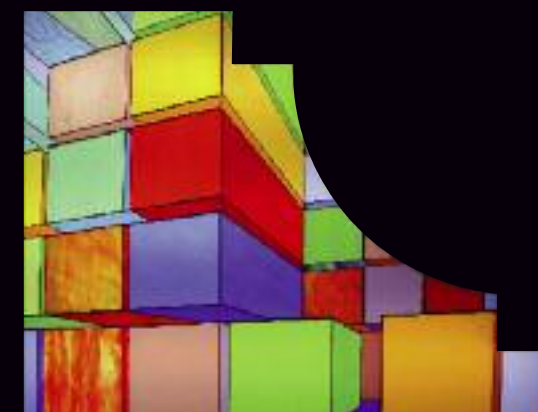
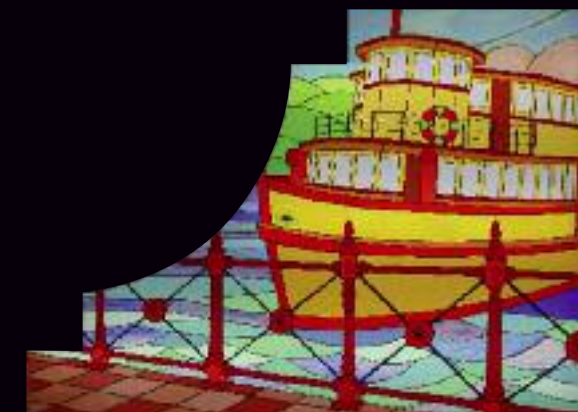
We weren't getting work. We had to pay rent, we had to buy fuel and food here, not in China or Taiwan or from wherever furniture was being imported. It was all whingeing. The whole evening was a lot of young bearded blokes going on about how horrible it is to try and make a living as a woodworker. When I got home and I said to Chris,

"this has got to stop. I'm sick of this." We had found a way to make a living by teaching. We used to teach woodcarving to adults in our workshop nearly every night, we had five classes a week.

Chris is a very good woodcarver as well. She worked as a botanical illustrator at the Royal Botanic Gardens all day, I made furniture all day and then at night we'd teach woodcarving. We were doing all right financially, but only just. If you're making beautiful things,

you want people to notice and pay for the bloody things, and take them home.

So after our bearded blokes night of whingeing I said to Chris, "I think we're doing things the wrong way."





"We're building what we think is beautiful, putting it into exhibitions, not selling it and then complaining about it."

I said, "I think I would like to begin on a major piece, an enormous piece of major Australian furniture that will make my name but also bloody sell."

"Who's got the money? Let's approach it from the money side. Who has the money in society and spends it freely?"

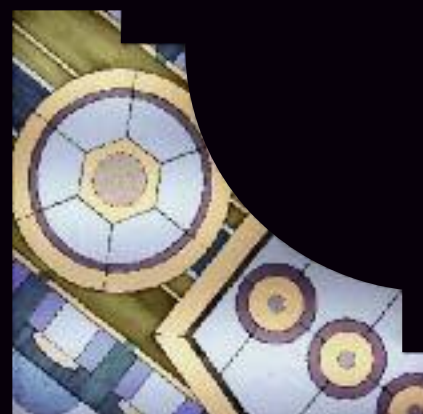
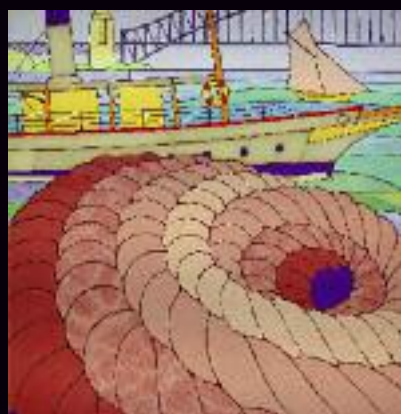
It was the casino operators; the Crown Casino and the casino at Darling Harbour were in the news. We thought they're the ones that have money and they spend millions every year rejuvenating and renovating their casinos and huge hotels that are associated. Let's make something that a casino or a major international hotel would want. What would the region want? We de-

cided probably where they make most of their money is in the hotel, in the restaurant and in the bar. "Well, let's make a cocktail bar."

"An enormous thing that will draw people in. A cocktail bar that's like nobody else's cocktail bar."

I thought, "What are the things that I love the most in this world?" One of them was the harbour bridge. I was being nuts about the damn thing. I said, "all right, let's just steal the design and build a cocktail cabinet in that iconic shape."

That's why she was born — that's why she's here. But it took 32 years. We are pensioners now and really we have nothing in this world except this. It'll be our superannuation, really. It'll mean we can survive and travel again after all these years. ■



JULIA GREEN WITH THE TIMELINE ...



... AND UNCLE MAX DULUMUNMUN.

In the Braidwood Museum:

The Newest Exhibition of the Oldest History

"From the moment of first contact, settler history became part of Indigenous history and Indigenous history became part of settler history"

Mark McKenna, historian *From The Edge, Australia's Lost Histories* Miegunya Press 2016, xvii

"All the riches of the oldest human culture on earth is available to Australians; very little of it is prohibited to the uninitiated or those of a different race"

Bruce Pascoe, Indigenous writer and historian
2016 Lin Onus Oration

"You aren't going to lose 250 years of history, you will gain 65,000 years of history"

Recent Indigenous quote, unknown source

In April 2016 a small sub-committee of Braidwood and District Historical Society members, Richard Green, Janene Collins and Julia Green formed to discuss ways of respectfully highlighting the long and rich Aboriginal history of the Braidwood area. We developed an initial plan for an exhibition with three elements: a timeline from 60,000 years ago to the present, displays of artefacts already held in the Museum, and screens with relevant images and audiovisuals.

We researched, and consulted widely during the following months and years. We (as non-Indigenous people) were particularly keen to engage with Aboriginal people with family links to this region, many of whom have reconnected with Braidwood through the biennial Two Fires Festivals. Budawang Elder Noel Butler advised us on identification and likely provenance of the artefacts that had been donated by

the Ellis Family many years ago. Netta and Nevin Ellis travelled extensively in Australia and the precise origins of their collection are largely unknown. Walbunga Elder Uncle Max Dulumunmun Harrison was consulted early in the planning, and many others provided us with the quotes that form part of the exhibition.

Bruce Pascoe, Indigenous writer with Yuin connections, challenges us all to be proud that bread was first made in our country some 15,000 years before anywhere else on earth. The Museum Timeline includes this and other amazing dates and events.

The Exhibition slide show takes us evocatively from the earliest photos of local Aborigines, to their present presence, depicting the enormous changes they experienced since early white settlement.

In April 2019 when the exhibition was ready, its earliest visitors were Indigenous people and others attending the 2019 Two Fires Festival. Their feedback was good, they were engaged and impressed. Uncle Max spent a lot of time showing younger Aboriginal men the stone axes and teaching them how they were made and used.

What we have created is regarded as the beginning stage of an evolving exhibition. Certainly it is important to include more Aboriginal voices, and we are in touch with families who have expressed interest in researching and sharing stories about their ancestral links with Country here. Also, contributions from local Braidwoodians with stories they are willing to share about early contact with the First People in the Braidwood area would add significantly to our understanding of place and to our historical records.

Visit the Museum to have a look, and be in touch if you would like to discuss or help develop this project in any way. ■

Julia Green
September 2019





Desert solar is a gas

The electorate of Barkly in the Northern Territory is twice the area of Victoria. Local Member Gerry McCarthy sees his patch as the site for an energy revolution

We've got, in the Barkly, traditional landholders with significant land trust areas. In my time as a Minister in the Northern Territory government, we have overseen many solar set up programs. Through our solar diesel hybrid projects we've reduced diesel consumption by 90,000 litres a year.

As I have travelled with these projects, traditional owners have really picked up on this narrative. They were translating it back into traditional values and traditional stories about the sun, about energy, about ecology and about sustainability. They really picked up on this.

So I think the relationship between traditional owners and solar PV is going to be a good one. It will provide many economic benefits.

People sometimes say, "You see heaps of jobs in a construction phase, but then you don't see any jobs in the production phase". I tell my constituents that if a company is investing in one third of an energy supply for an island

ABOVE: MEMBER FOR BARKLY GERRY MCCARTHY IN HIS ELECTORATE OFFICE WITH HIS SCIENCE ADVISOR GARY SULLIBHANE.

RIGHT: A PORTABLE, PREFABRICATED SOLAR ARRAY FROM STATE-OF-THE ART PRODUCTION FACILITY 5B IN SYDNEY'S ALEXANDRIA.

nation like Singapore, I don't think they are going to build it and then leave it to sit out there and turn to scrap. There's going to be a lot of ongoing security, technical and maintenance jobs.

That's our challenge: to be part of, and benefit from, this energy revolution.

If we run with the concept that the Northern Territory will become a major energy exporter, intrastate, interstate and international, then they're the jobs of the future.

What we need to get across to the rest



of Australia is that we have the cheapest energy available; we have natural resources needed to provide a viable downstream industry.

At the moment, the Northern Territory electricity grid comprises an isolated Alice Springs grid, an isolated Tennant Creek grid and the Katherine Darwin grid. The link between them is the natural gas pipeline.

If we replace natural gas with hydrogen, all we essentially have to do for the Northern Territory's electricity production is to convert the existing gas engines to run on hydrogen. We could then deliver 100% green hydrogen in terms of the Northern Territory's electricity production, using existing infrastructure. And when we talk about existing infrastructure, the poles and the wires.

This provides a better outcome than continuing to go down the mainstream solar technology pathway, where we incur considerable investment into grid stabilisation — that is, batteries and other stabilisation technologies.

The Wiso Basin is possibly the biggest recharging aquifer in the Northern Territory. We've done the scientific research and modelling on it and that is what gives Tennant Creek and the Barkly the edge over these other regions that are starting to explore the production of hydrogen. Because not only are we in the best scientifically defined corridor for solar penetration and cloud free days, but we also have a significant aquifer with water sources of high quality.

We can re-power the Northern Territory and use existing infrastructure with hydrogen. It would then be 100% renewable green hydrogen and we could reduce the cost of electricity significantly. This will attract downstream industries to the Northern Territory, which is one of our major economic diversification plans.

Just by swapping the fuel source. ■

The bad news

"This is coal, don't be scared, don't be afraid."



Prime Minister Scott Morrison mocks the Opposition as he hands a lump of coal around the government front-bench in Parliament. Obviously he accepts that excess CO₂ is harmful to the atmosphere or he wouldn't support any reduction target at all.



"Weak as piss ...
... a bunch of bedwetters."

Minister for Resources and Northern Australia Senator Matthew Canavan gives his opinion on companies that make a commercial decision not to support the Adani mine. Are the waterholes in the background for irony?

"We are going to stand by our tradies and we are going to save their utes."



Minister for Employment, Skills, Small and Family Business Senator Michaelia Cash pouring scorn on the Opposition for supporting the uptake of electric vehicles.



... and of course this lot who couldn't contain their glee at successfully repealing the carbon tax. CO₂ emissions have risen steadily ever since and industry is crying out for some pricing mechanism around which to base its investment decisions.

The good news



"... completely batshit insane project ... but the engineering checks out."

Atlassian co-founder and billionaire Mike Cannon-Brookes comments on his potential investment in the plan to provide one fifth of Singapore's electricity from a solar farm near Tennant Creek in the Northern Territory.

The *Australian Financial Review* reports that, 'the project would involve 15,000 hectares of solar panels integrated with a large storage plant and transmission that would carry the power north to Darwin and then Singapore.'

'The 10 gigawatt capacity would be supported by 20-30 gigawatt-hours of storage. Start-up is targeted for 2027.'



AN ELECTRIC VEHICLE CHARGING STATION IN ALBURY-WODONGA MADE BY THE MODULAR PANEL MANUFACTURING COMPANY 5B. THE COMPANY SAYS ON ITS WEBSITE THAT THE INSTALLATION TOOK A MORNING'S WORK BY A TEAM OF TWO.

A price on carbon

'The new report, backed by CSIRO, says adopting an emissions intensity scheme is the least costly way of reducing emissions, and could actually save customers \$200 a year by 2030.'

'Big business and oil and gas companies have hit back at Resources Minister Matt Canavan for suggesting they should give up on a carbon price, saying climate change is not going away and they will still factor it into their business plans.'

'While the Morrison government has used the recent election victory as justification for its minimalist climate policies, business leaders said they had a duty to their shareholders to prepare for the financial risks associated with climate change.'

'Santos chief executive Kevin Gallagher said many in the industry kept calling for a carbon price because they felt it was inevitable in Australia, despite the policy inaction of the past decade.'

"What I want is carbon policy certainty, whatever that is," Mr Gallagher said at the APPEA conference.'

Source: *Australian Financial Review* May 30 2019



1st Braidwood

Malcolm Campbell tells the story

When I moved here from Bungendore where I was a Leader with 1st Bungendore Scouts, a catch up with 1st Braidwood's Laurie Joyce started the ball rolling about transferring from Bungendore Scouts to Braidwood Scouts. I knew the group was in recess and in order to restart the group more Leaders were required.

Having already been a Leader in the Joey, Cub and Scout sections with my two children, I was looking to continue our Scouting adventure in the Braidwood area.

When the Braidwood Group restarted in January 2016 the Scout section had two Scouts, two Leaders and Laurie Joyce as Group Leader, but it didn't take long before word got around about Braidwood Scouts once again providing more opportunities for the youth in our community.

It is fantastic to see the growth over the last few years. Today we have 6 Leaders covering all age groups, along with

10 Joeys, 10 Cubs, 5 Scouts, and 4 Venturers. The biggest growth we have seen is in the Joey Mob this year, which should see the Group continue to prosper and grow. Joeys become Cubs, Cubs become Scouts, Scouts become Venturers and Venturers become the Leaders of the future.

Scouts NSW provides youth aged 5 to 25 with fun and challenging opportunities to grow through adventure.

A sense of community is a big part of it — and adventure; all the outdoor activities that we do. We have a lot of programs to keep our youth interested with a focus on exploring the outdoors and living an active lifestyle in a safe and friendly environment.

Every Thursday night we run an inte-

grated pack. We start with Joeys in the late afternoon and run through to Venturers in the evening.

To provide a complete and challenging program for our youth we need more Leaders. I think it's a misnomer that you have to have children in the Scouts to be a Leader. You don't — you just need to have a good sense of adventure, the willingness to learn and the enthusiasm to teach and lead by example. Scouts NSW provides ongoing leadership training, which is a nationally VET accredited qualification in leadership and management. Adventurous training can include abseiling, canoeing, rock climbing and caving.

We regularly contribute articles in the *Braidwood Times* and have a strong presence on social media sites like Facebook.

If you would like to contact the Group about Scouts in Braidwood or becoming a Leader, please contact us via email: braidwoodscouts@gmail.com ■

GETTING OUT AND ABOUT



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The quilt

The whole lot of them tried to tell the story

Maia: The center of our raffle quilt was donated to Braidwood Quilters by Christine Piper. Earlier in the year while we were starting to think about what to do for a raffle quilt for this year's 25th quilt event, we came across the center that, in the shuffle of everyday life, had been put to one side.

Gai had a number of pieces of fabric that very closely



LEFT TO RIGHT: LESLEY, NOLA, DIANNE, LOIS, AMANDA, MAIA AND GAI DISCUSS THE MORNING'S PROJECTS.

worked with Christine's centrepiece. Gai discussed each additional row that she was doing with our president, Lesley, and with our secretary, Dianne, until eventually the whole quilt top was done.

The job then went to Dianne, who had to do the quilting and also the binding — and now we have our finished quilt top. I would guess that originally it was going to be a medallion quilt, which is what that's called, because it's got a medallion in the center. And that's as far as they got. That is not unusual.

Lesley: We're all hoarders. You have to be a hoarder.

Maia: I'm a curator of an extensive fabric collection. Stash Accumulated Beyond Life Expectancy equals SABLE syndrome, from which all quilters end up suffering.

Lesley: The quilt will be displayed possibly in the Braidwood Community Bank. It will also be on show everywhere we can get it to sell some raffle tickets for it. The winner will be drawn on the Sunday afternoon of the quilt event, which is the 24th of November at 3:00 and the winner notified.

I'd also like to talk about the 25th Airing of the Quilts, because it's pretty much a milestone. It's becoming more difficult to organise things, because there are so many more organizations, and everybody is busy. It's hard to put a group together that can cope with all the management stuff that's required to get the quilt event up and going. We're going to manage it this year with a lot of help, and we're still asking for help. I'm amazed at the number of people that come up to me in the street and say, "You need some help with the quilt event?" And yes, it's alive and well.

We're always looking for new members. This is an open show. Any quilter anywhere is eligible to attend, to compete, or just display their quilts. It's a good place to display their quilts and sell them if they wish. Because it's an open show, we have quite a lot of top quality quilters from New South Wales and even outside New South Wales. We get top quality quilts from all over.

Contact Lesley Horn on 04 0305 6379 for more info. ■

Don't mention the 'B word'

but John Tuckwell is going to say it anyway

Brexit has more than dominated the political situation in the UK since it voted to leave the European Union - it has paralysed the UK. The result is that there have been virtually no other domestic policy initiatives since the vote, and most people are fed up to the back teeth with Brexit, and it has become even more divisive under PM Boris Johnson.

To recap, on 23 June 2016, some 51.7% of those voting in the referendum voted to leave the EU, with a turnout of 72.2% of eligible voters. Voters in England and Wales voted in favour of Brexit (with counties within England and Wales divided), while Scotland and Northern Ireland voted to remain.

Looking at the referendum from an Australian perspective, just 2 out of the 4 countries in the UK voted to leave the EU (in Australia 4 out of 6 states must vote in favour for a referendum to pass); while just 37.4% of those able to vote expressed the view that they wanted to leave the EU (with compulsory voting, 50% is effectively required). In other words, if such a referendum was held in Australia, it would have clearly failed.

The referendum has not only split the UK geographically, it also split it between old and young (old voted to leave, young voted to remain); and between those engaged in the globalised economy and those left behind.

Essentially, as we have seen elsewhere, the Brexit vote was a cry-out against, and rejection of, the political establishment and political and economic orthodoxy.

Theresa May inherited a poisoned chalice and endeavoured to get an orderly Brexit, while minimising the pain. She of course failed, with Parliament paralysed, and in the end she had to fall on her sword.

During a trip to England in July to visit family and friends it was clear that few wanted to discuss Brexit, and most just wanted it all over and done with and move on. However, they knew they couldn't get away that lightly with me.



As someone who had worked for the European Union and its previous incarnations, in its Diplomatic Mission in Canberra (yes there is one) for 25 years and also someone who went to school with Theresa May for years 11 and 12 (we did the same A levels), I wanted real answers.

Here are some anecdotal observations from those we had substantive discussions with:

The first friends we stayed with were a classic example of this and refused to speak about the "B word" as Brexit is commonly known. However, a following weekend with other university friends it turns out that our mild-mannered friend had had a stand-up shouting argument with other friends living in France after they announced that, despite enjoying all the benefits of the EU, they had voted in favour of Brexit. Another friend in that same group of six couples was an ardent remainer and

very active in the ongoing remain campaign, having formed and is coordinating an independent Mid Sussex Remain in the EU group, which has booths in shopping centres, knocks on doors to raise awareness and argues for a second referendum. His motivations being that he could not forgive himself if he just stood idle and let Brexit happen through apathy. He even gave all the other couples a 'Mid Sussex for a people's vote' coffee mug. After all this, no-one else was brave enough to say whether they were in favour of Brexit, although I suspect that they were all remainers.

This is not to say this was the case with all our friends. Two couples we caught up with on different occasions voted for Brexit and are still strongly in favour of it. Their justification appeared to be more about concerns over immigration, which will still be there in the future regardless of the final outcome.

My middle brother was a strong remainer before the referendum, but his attitude was that the people had spoken and that the government should ensure the UK leaves the European Union ASAP.

My oldest brother, a farmer, had always been a bit coy about his views, although expressed his concerns about the impact of Brexit on British farmers. Some think that UK agriculture can take on the world, while others are not so sure. He was not happy to hear that Australia would be seeking significant agricultural access as part of any Free Trade Agreement with the UK to make up

for the raw deal it received when the UK joined the EEC back in 1973. He was also unhappy to be informed that Australia has a very experienced team of trade negotiators, while the UK team is extremely inexperienced, since currently all British trade negotiators work for the European Commission (which is responsible for all EU trade agreements) and are highly unlikely to return to the UK to work for the British government.

My little sister and her husband live in Scotland and are also remainers. However, my brother-in-law was not forthcoming about a possible split of Scotland from the rest of the UK in the future to join the EU as a separate country. Previously though, he was a vocal advocate for Scotland remaining part of the UK.

Another friend, a small businessman, was of the view that it would be tough, but that after around 5 years the UK economy would be even stronger. There was no justification given for

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INTO THE FUTURE BACKWARDS

this, just a trust in the resilience of the UK — a “Churchillian” view of the world.

The most surprising were the unsolicited views of an entrepreneur from northern England we briefly met in France. Following some initial exchanges he went on a rant about Brexit. He was damning of the process and the vested interests and greed of the political elite in the UK. A major argument he put forward was that the views of those in the government in favour of Brexit were based purely on them having significant fortunes in offshore tax havens and that the EU was moving to stop such tax avoidance.

What about Boris Johnson and a hard Brexit on 31 October? We left the UK before he became Prime Minister, but it was clear he would be PM. Family and friends, with one exception, were not prepared to engage in any substantive discussion about Boris, although their body language spoke volumes and it was not complementary. The only person who did, laid the options of an enforced general election, another referendum and a crash through approach.

The machinations under PM Johnson have been even more bizarre than anyone predicated. There was the ‘prorogation’ announcement, which closed down Parliament for 5 weeks during the height of the Brexit crisis, but the supreme court subsequently ruled unanimously that this was “unlawful, void and of no effect” so Parliament sat again. During all this, he lost control of Parliament as 21 Conservatives, including his own brother, voted against him. Parliament then passed a bill (Benn Act) intended to prevent a no-deal Brexit on 31 October and obliges the prime minister to seek an extension from Brussels if a new deal has not been agreed by 19 October (there is an EU summit on 17-18 October). The Parliament has also refused an early snap election requested by Johnson.

Some have described PM Johnson dilemma as three-dimensional chess, with multiple boards being played simultaneously. He faces a stark choice: break the law; request an extension from the EU he has vowed never to request; resign; or attempt to secure a Brexit deal. In getting a deal he not only needs to come up with a plan that is acceptable to the EU, but one that commands majority support in parliament. The main sticking point on the EU side relates to the so called ‘backstop’ which is intended to keep the island of Ireland as a single market.

At its worse, a hard Brexit would mean significant short-term disruptions to trade and commerce. For example, it could mean that planes do not fly to many destinations until new international Treaties to allow flights are concluded. Whilst this may be at the extreme, the new paperwork and other conditions to be met will significantly impede trade in the short to medium term. Certainly, I have thought for nearly a year now that a hard Brexit is the most likely outcome. This is mainly because of the inability of the UK Parliament to come to agreement on anything else and at some time the clock will run out.

What will actually happen is anyone’s guess, but one thing for sure is that the ramifications of Brexit will run and run. This is because leaving the EU (assuming the UK actually does!) by whatever means is only just one step in the process. It will take years to work out the details of its new relationship with the EU and also to formulate new legal relationships with other international partners like Australia.

Stop Press: PM Johnson released his proposals for a “bilateral lock” on post-Brexit arrangements on the Ireland on 2 October. This fall short of what Ireland wants, but will it be enough to entice other EU countries? Stay tuned ... ■



SEAN



CLAIRE

AGUIRRE



**Jarrah's
Braidwood**



TARA



LUCY





MORGAN

LAYNEE



GEORGIA



GUS



GEORGIA

ELA



ELANOR

SARAH



Jarrah Knowles Parsons is a photographer extraordinaire. Equally relaxed with modern digital or old-style emulsion film, you'll see her capturing life around Braidwood.
She received the 2019 Braidwood Community Bank scholarship to study at TAFE.
Stay tuned for further developments ...



GEORGIE and MAHLEE

KIAH

LILY



MEAGAN

OLIVIA



HARRY





The Mill Centre

Dec 1971

MARGARET ROYDS

Saving the Old Mill

Margaret and Victoria Royds remember the fight. Margaret leads off ...

Roger and I had spent three years in Sydney doing up old places. We came back to Braidwood in 1970 for the Ned Kelly film to discover that everybody was demolishing everything. We thought we'd better do something about it.

So I bought the Old Stone Mill and then I thought, "Now, what am I going to do with it?"

Victoria: Mum had wanted to open a little craft shop for local women so that they could sell their wares and be a little bit independent. There was nowhere in town where they could do that, so she was just looking for a little shop — and she ended up with this massive complex. It was like, "now what do we do?"

Margaret: It had no plumbing and no electricity. We bought it and started restoring it. It had the old garage and I had to think what I could do with it, so I started a coffee shop and handcraft gallery. And then next door, I thought, "What can I do with this?" So I had a youth club there and on the corner, Roger had his antiques.

Victoria: Our café was basically the first coffee shop in Braidwood. There were a couple of cafés, but they weren't really like now. There was no coffee shop in town, so Mum decided she'd open one. It was the first Drip-O-Lator, hot coffee in town with homemade scones and cakes. Mrs Blomstrom, being Swedish, made beautiful almond cakes and things.

I was in my second year of high school and I was so excited that we were going to have this café. So I said, "Can we open it," before I went back to school. Oh, that was a mistake. On opening day we weren't really quite ready and mum said, "I better go down and get a few more provisions from the shop." Mrs Blomstrom decided she'd leave too and that left just Martin, who's three years younger, and me.

I'd never worked in a café and these people are coming through from Canberra and they're pulling up and looking in and I'm going, "No, no, no."

Eventually this one couple did get out and they came into the shop and I'm saying, "I don't know how much anything is. My mother will be back soon." Anyway, I gave them coffee and cake. The man ended up being a professor at ANU or something. We called him the professor because he had big woolly hair. They became regulars for years and years and years. They would come back and say, "We were your first people."

Margaret: A couple of years later the Department of Education decided to resume the whole corner to put the high school there.

Victoria: We were told that the building was dangerous because it had a big crack in it, so Dad and I plastered up the cracks. There was a lot of plaster left over, so we chipped them into all these animal shapes. We had great fun doing that — that was my first relief sculpture.

Margaret: But the Department of Education still wanted to resume the whole block because the Minister said it was dangerous.

Then one day somebody at the school asked me, "Have you seen the plans for the new high school because it's on your block of land?" That was the first I'd heard of it.

First they knocked down the two little stone buildings that were in McKellar Street on the western side of the old mill. They pushed all the rubble up against the mill wall. I took out an injunction against the Department of Education for doing that and took them to court.

Victoria: That gave us time to make the building look respectable. So then it was all hands, everybody. Hugo Blomstrom put the windows in. I organised a huge exhibition in the Mill and Jeff Bates and Dame Zara came up to open it. We had many artists producing work for the exhibition.

Jeff Bates and Dame Zara were a great attraction. We had 400 people turn up with all those artists.

Eventually the Department backed down and were allowed to keep our buildings.

Margaret: When we had the Mill it was about the only place in town where you could have a big exhibition. Now that the National Theatre is there, one can have exhibitions and dinners there. Before that there was only the show-ground.

Victoria: The Mill Centre had a youth club that ran for ages. Mum used to run dances for the local kids because they didn't have anywhere to go. She was often the only responsible adult there keeping an eye on things. We had dance activities, we had a pool table and a jukebox.



MARGARET AND ROGER ROYDS IN THE CAFÉ WITH MRS BLOMSTROM BEHIND THE COUNTER.

Where Greg and Mary's shop was many years later, that was the youth club for many years until it got a bit smashed up and then dad decided he'd had enough of them smashing things up and boarded it up.

Margaret: Kenny Corey was the first president. I made them have their own committee and run it. We had a doorman and they all had to pay 20 cents to come in. Jeff Smith was



ABOVE: ADRIAN KEENAN'S GROUP CONCERT AT THE MILL, 'MUSICA DA CAMERA'. BELOW: CHECK THE HAIR — MARTIN ROYDS IN CONVERSATION WITH BODO MORDEK.





MARGARET IN 1972.

the doorman to stop any of them coming in drunk and if they did arrive drunk, they had to come and sit with me up in the coffee shop and drink coffee, same with the ones who started a fight.

Victoria: We had big concerts in the Mill. I had my 21st there. It was a great party place and we had some great concerts.

I had my first exhibition there with Peter Crisp in 1985. Until Kirsty and Kristoff Altenburg opened a gallery in town, there wasn't really anywhere else. People who'd been dri-



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MILLING ABOUT

ving through Braidwood for years and years suddenly went, "Oh, there's a town here," and they started to stop.

The Mill Centre café changed the face of Braidwood. A lot of the shops were closing down and there was nothing in them and then suddenly it started to come to life again. People noticed Braidwood and they started stopping.

We used to have queues going out the door. I don't know why Mum opened a café because she didn't like cooking, but anyway, we went from being a coffee shop to serving meals. My grandmother would come and do the flowers on the tables every week or twice a week. And she made soup.

I worked every holiday in the café. We thought we were slow. We weren't a takeaway place. My grandmother used to go around with a magazine and just before people were about to sit down, she'd put one on their chair so they'd have to pick it up. That was her ploy to make the customers think the food wasn't taking so long. It actually wasn't that bad — we were quite fast.

Margaret: Well, we were. I became a lightning chef — but we didn't have a microwave and we were cooking fresh.

Victoria: In the summer, we'd have queues out the door. There were literally people queuing out the door into the street.

It'd get so busy that some customers would help when they noticed we were frantic.

Granddad would be at the washing up and Sonia would be on a box next to the washing up because she wasn't tall enough. I don't know where the boys were.

People would offer to help. They'd help clean up and put everything away. One day a family arrived at a particularly busy time. The husband and his wife washed up while their two daughters cleared tables. Afterwards we all sat down and had lunch together. My mother asked, "Where do you come from? What do you do?"

"I'm the British High Commissioner to Australia actually," the man replied. It was really fun.

Margaret: You can't imagine that sort of thing happening now.

I think my desire to do things started with my education at school. Our headmistress there said you went out into the world and you did things. You saw something that needed doing, you went out and you did it. When I told her that I'd gone to this terrible place called Braidwood, which had all its shops shut with there was nothing here, no younger people and all the old people retired down the coast, she said, "Well, just go back there Margaret and do something about it." So here we are. ■



CAPITALISM RAW IS UNPALATABLE

Considering sustainability

Bronwyn Richards leaves the veggie patch this issue to address a serious policy shortcoming

It is great to see and hear an increasing number of people thinking and talking about sustainability.

So what does this term actually mean? In 1987 the United Nations Brundtland Commission defined sustainability as meeting the needs of the present without compromising the ability of future generations to meet their own needs. The three key pillars were determined as economic, environmental and social; or people, planet and profits.

"Sustainable development means balancing local and global efforts to meet basic humans need with the need to preserve the natural environment from degradation and destruction. It means meeting our current needs without compromising the ability of future generations to meet theirs."

Environmental sustainability involves keeping the planets ecosystems diverse and productive through good resource management; social sustainability focuses on social equity, health equity, community development, human rights, labour rights and social justice. Economic sustainability relates to the social and ecological consequences of economic activity."

World Wildlife Fund

As an aside, I am not surprised that Greta Thunberg was emotional when she addressed the United Nations Climate Action Summit recently. Since 1987 the United Nations has made clear the need for significant change in how we manage resources, economies and the environment — however, with very little impact.

It took until December 2015 for the majority of countries in the world to reach agreement on dealing with green house emissions with the goal of keeping global temperature increases to 1.5°C by 2030. Australia's current temperature increase since industrialisation is officially already at 1°, while the government's Annual Climate Statement 2018 states that:

"the 11-year mean temperature for

WYNLEN'S GARDEN IN



SPRING '19

2008–2018 was the highest on record at 0.77 °C above average"

http://www.bom.gov.au/climate/current/annual/aus/

While Australia looks like it will bust the 2030 1.5°C increase well before the target date:

"the Australian government has turned its back on global climate action dismissing the findings of the IPCC Special Report on Global Warming ... and is no longer providing funds to the Green Climate Fund (GCF); It is continuing to subsidise fossil fuel extraction and export, against the need to phase out fossil fuels, in particular coal, globally; Australia's emissions from fossil fuels and industry continue to rise, and are now 7% above 2005 levels. These emissions have increased by around 1% per year on average since 2014, the year in which Australia's national carbon pricing scheme was repealed. Under current policies,

these emissions are headed for an increase of 8% above 2005 levels by 2030, rather than the 14-17% decrease in these emissions required to meet Australia's Paris Agreement target."

<https://climateactiontracker.org/countries/australia/>

For us to really achieve sustainable development and to not compromise the ability of younger generations to meet their needs will require not only astute political leadership but also global corporations to significantly change their economic thinking.

We can no longer operate from an ethos of bigger is better and that excessive profitability is the only measure of success.

We need to recognise that free market capitalism where small government is lauded; where social and economic responsibility is considered a minor issue; where individual wealth and user pays outweighs social justice, social equity and social capital — it is then manifestly at odds with sustainable development goals.

"We need to integrate economic and ecological considerations in decision making and this will require a change in attitudes and objectives and in institutional arrangements at every level."

United Nations
Brundtland Commission

A step in the right direction would be to consider alternative capitalist ideology such as a social market economy:

https://en.wikipedia.org/wiki/Social_market_economy)

Or for a greater impact, consider alternative economic philosophies. Yes, there are other economic philosophies besides capitalism.

See *Small Is Beautiful: A Study of Economics As If People Mattered* by German born British economist E. F. Schumacher.

What is clear is that we have to make change at both the personal and the structural level. It means that everyone of us must be prepared to need less, seek less and want less and that structural change can only occur when we stop voting for political leaders who mislead, misrepresent and promote self interest and the interests of the super-wealthy rather than the common good.



Looking small

Chris Nelson needs tweezers for this one

Poppies is a really pretty shop. So I thought I'd love to make a model of it, just to see what it looked like. I made it to scale and it came out really well.

I had to carve the wooden panels out the front, because they've got to be carved, otherwise they don't look right. It took me about four or five goes, and I had to scale the little peaks and the little hollows to fit, otherwise it just doesn't look right.

The scale works out around 1:12, pretty much the same size as a traditional doll's house. I took a photograph of the fireplace, and made a model around it, and I put the little silver fan on top of the heater; that's there just to let you know that's the fireplace.

I got a really good camera. So, I took a photograph of Georgia and Julie, and it's stuck to the back wall of the model, but when you look in the front door, it looks 3D — it looks like they're actually in there.

I find model making really relaxing to do. It's all about measuring. You've got to measure four or five times, and then cut once. You're down to the millimetre. Modern large-scale tools will do the job, you've just got to be careful.

I can envision what it's going to look like when it's finished, in my head, and I've got to try and get the actual building of it to that scale. We met a lovely lady, who's an artist by profession, and she's a miniaturist. She paints miniature



LEFT: POPPIES OUTSIDE AND IN. ABOVE: A SHOP FROM A CHILDHOOD MEMORY. BELOW: AT WORK IN THE SHED.

paintings, but she also makes loaves of bread that look absolutely real, even close up. You can take a photograph of that miniature loaf, and then put it beside a real one, you can't tell the difference. So, she sort of got me really interested in that side of things.

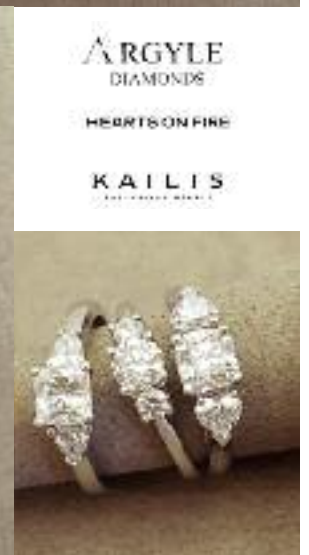
Making things keeps your brain active too, I think, and it keeps your hands active, and it makes use of your shed, you know? But yeah, I enjoy it. It's good fun.



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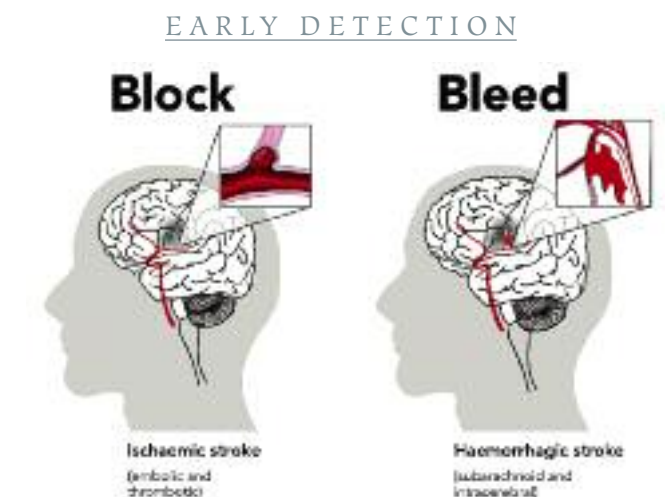
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Stroke

A stroke is always a medical emergency. The longer a stroke remains untreated, the greater the risk of stroke-related brain damage. Emergency medical treatment soon after symptoms begin improves the chances of survival and successful rehabilitation.

So what is a stroke?

A stroke happens when the blood supply carrying oxygen and nutrients to the brain is interrupted. When the brain cells do not get enough blood they die at a rapid rate. Hence a stroke is a medical emergency as the blockage needs to be removed as fast as possible to avoid damage to the brain cells.

Stroke can affect people in many ways, both physically and emotionally as well as the way they think. It can range from muscle weakness and speech difficulties through to memory, hearing, or vision loss.

Every stroke is different. The effect of the stroke depends on where in the brain it occurs and how severe it is.

There are two main types of stroke:

Ischaemic stroke (Block):

A stroke caused by a blood clot is called an ischaemic stroke. This kind of stroke accounts for about 80% of strokes. There are two types of ischaemic stroke:

Embolic stroke

If a blood clots forms somewhere in the body, it can travel through the bloodstream to the brain. Once in the brain, the clot travels to a blood vessel that's too small for it to pass through and it gets stuck there and stops blood from getting through.



IS VITAL

Thrombotic stroke

As the blood flows through the arteries, it may leave behind cholesterol-laden plaques that stick to the inner wall of the artery. Over time, these plaques can increase in size and narrow or block the artery and stop blood getting through.

Haemorrhagic stroke (Bleed in the brain):

A stroke caused by a break in the wall of a blood vessel in the brain is called a haemorrhagic stroke. The break causes blood to leak into the brain, stopping the delivery of oxygen and nutrients.

Haemorrhagic stroke can be caused by a number of disorders which affect the blood vessels, including long-standing high blood pressure and cerebral aneurysms.

Transient Ischaemic Attack (TIA):

A transient ischaemic attack (TIA) is sometimes known as a "mini-stroke". A TIA happens when the blood supply to your brain is blocked temporarily. The signs are the same as those of a stroke, but unlike stroke, they only last a short time. The signs may disappear in a few minutes and last no longer than 24 hours. After a TIA, your risk of stroke is higher. Stroke can lead to death or disability. A TIA is a warning that you may be at risk of a stroke and provides an opportunity to prevent this from happening. With investigation and treatment, the risk of stroke following a TIA can be reduced by up to 80 percent.

To recognise a stroke think F.A.S.T.

Face – Check their face. Has their mouth drooped?

Arms – Can they lift both arms?

Speech – Is their speech slurred? Do they understand you?

Time – Time is critical. If you see any of these signs, call 000 right away.

What can you do to prevent a stroke?

The things you cannot change:

- Age – the older you get, the greater your risk of stroke.
- Gender – stroke is more common in men.
- A family history of stroke — having a parent or sibling who has had a stroke.
- If you've had a previous stroke or transient ischaemic attack (TIA).

The things you can change:

- Make time for a health check. A regular check-up with your doctor, particularly once you turn 45, can help detect and manage some of the biggest stroke risks.
 - Ask for a blood pressure check – high blood pressure (or hypertension) is the top risk factor for stroke.
 - Check your cholesterol levels – the main cause of high cholesterol is a diet high in saturated fats (fats from animal foods).
 - Stay on top of type 2 diabetes
 - Get to the heart of it – atrial fibrillation (AF or an irregular heartbeat) can cause clots to form in the heart, which can move to the brain, leading to a stroke.
- Eat well. Having a poor diet can increase your risk of high blood pressure, high blood cholesterol, diabetes, heart disease and stroke.
- Stay active. Being inactive, overweight, or carrying too much body fat can contribute to high blood pressure and high cholesterol. It can also lead to heart disease and type 2 diabetes. Regular physical activity can reduce your risk of stroke.

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- Drink alcohol only in moderation. The health risks from alcohol accumulate over your lifetime. This means the more you drink, the greater the risk. Responsible drinking is about balancing your enjoyment of alcohol with the potential risks that may arise from drinking.
- Be smoke free. Smoking has so many negative impacts on the body. It increases stroke risk by increasing blood pressure and reducing the oxygen to the brain.

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Facing North

Sarah Hickey flew south and serves us the words



Facing North has been running for three years now at Parliament House in Canberra. It is run by the Karen Sheldon Group in close partnership with Saltbush Social Enterprises.

It's organised by a business group in Darwin called Darwin Major Business Group — they're approximately the top 18 or 20 (by revenue) businesses in the Northern Territory. They established a group three years ago to represent their interests to politicians.

Our business vision is to create as many opportunities for Indigenous employment as we can. And in the past year and a half, we've been running an Aboriginal apprentice cooks program. It's a certificate level three commercial cookery. It's part funded by the NT Government and we've funded the rest.



It's seen ten indigenous apprentice cooks come through and graduate to their second year as apprentice cooks. This year we took eleven Aboriginal staff to Canberra with us, four of them from our 'Accelerated Aboriginal Cooks of Excellence' program. It was a great opportunity for them to see how things work in the big house. They'd previously done their apprentice training in Parliament House in Darwin because that's where we're based.



We're the resident caterers at Parliament House in Darwin and have been for the past six years.

Two of the group are employees of our supported bail accommodation. So our partner organisations help with social enterprises and youth diversion projects.

We also run a Future Stars pre-employment training course — our own-designed four to six week pre-employment course. And a lot of that is soft skills and it's based around cooking lunch every day. And then we sit down, cook the lunch and then they sit down to eat and they can take any leftovers home.

The Facing North menu this year showcased Territory produce and also Territory bush foods that are harvested by Aboriginal people on country. I think my favourite was the magpie goose dumplings just because it was like a twist on how you would traditionally see magpie goose. ■

LEFT: ALAN (ALSO A CHEF WHO CAME SOUTH TO HELP), MAGGIE AND SARAH HICKEY; LEFT BELOW: WARREN SNOWDON, MEMBER FOR LINGIARI NT WITH THE BARRAMUNDI; RIGHT: CHIEF MINISTER MICHAEL GUNNER WITH RICHARD DODD FROM TENNANT CREEK AT THE "CHEEKY DOG" MERCHANDISE STALL.



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BULLYING

TAKE CONTROL

In an emergency, if you are being physically threatened and don't know what to do, escape! Do not turn and run, keep an eye on them as you leave. If they try to stop you leaving, break away and leave anyway.

Go to a safe place where allies can protect you. If you can't get away, minimise damage by moving and shielding your important features. Do not expect strangers or acquaintances to help you.

To avoid physical assault by a bully, it's better to train in advance. The irony is that after training, you will not likely need to physically defend yourself. Bullies want to feel powerful by hurting other people and this can't happen if you know how to neutralise it. Luckily the training will have made you fitter, stronger, wiser and is fun, so the time spent is not wasted.

You will be chosen by the bully because they think they can cause damage, without you being able to retaliate. They will probably have physical size on their side, or be in a group, and you are alone.

Emotional and intellectual bullying is different. You are not going to sustain irreparable damage to your body from abusive comments. But bodies may heal faster than souls. Verbal bullying can be harder to see.

Getting help is a good strategy. Working with your peers is also very good. But learning how to handle a bully on your own is a decisive moment in your life. And help is not always at hand.

Who is the bully? They seem so scary when you are on the receiving end, but they are human. Why they bully is they need something. And they are trying to get it from the interaction with you.

Most bullies are victims themselves. Someone took their happiness and they are trying to get it back by taking yours. Healthy happy people do not destroy other people for some small satisfaction. Bullies have poor relationship skills and fighting with someone is better than being alone.

When the bullying comes, whether it

is verbal or physical, being calm and relaxed is important. If you tense up you are telling the bully that you are bracing for impact. Tension tells them that you do not know any escape moves or how to retaliate.

If you can stand your ground, choose a safe distance, control your breathing, control time, control your reactions and thoughts, you are already too much for most bullies. Observing their lack of skill and feeling pity for them is more constructive than focussing on your fear.

Just ignoring abusive comments might work. But remember the bully might be lonely or seeking recognition and so this moving away will aggravate them.

A bully will keep probing and targeting your weak spots until they find somewhere you react.

Let them get tired first. It's ideal to resolve the situation permanently, but deferring the solution by another day is still a good outcome.

By agreeing with abusive comments you can destabilise a bully. You are supposed to defend yourself. This way you are playing a game with them. Not exactly the one they wanted to play but they get to be 'right'. This is easier if they are targeting 'the person they think you are' and not the real you.

When they start getting really personal and really accurate, it gets harder to play this game. It is important not to take too much offence. Try and conceal any hits that you take. When they hear a solid thwack of a hit, they know they are on target and they will 'fire for effect'. The folklore of the redcoats was you can't see blood stains on a red tunic so no one knows you are wounded. If they land a good one and you are angry, you are likely to overreact and lash out. Then you become the bully.

Matthew Hulse suggests some steps you could take

TO ESCAPE UNSCATHED

Changing the subject is another good skill. Someone says some vile insult and you ask them the time. Don't address the abusive comments directly. If they are making unnecessary comments you can respond with equally silly responses. Be careful not to resort to insults. Instead of silly comments, remembering the reason why you are in proximity can be another focus. "I'd love to stay and talk, but I'm going to eat my lunch and get my sports gear ready/get back to work/do my jobs around the house".

Being able to 'name the game' is powerful. You may get a flash of insight or need to research this. It can be hard as the truth might be as uncomfortable for you as it is for them. But if you get it right you are in a better position. For example stating: "You have no friends, so you hassle little kids." You could then ask "is it working for you?" This might be done in one step by asking a really simple, revealing but confronting question. Having their game exposed is devastating. A child can drop a grown man with one question.

We expect people to know that violent and abusive behaviour should not occur. But if they do behave this way, you might need to describe the offensive behaviours and ASK them to stop. If they do not stop, TELL them to stop. Failing this you have to MAKE them

stop. Now, what this means depends on the situation.

There needs to be consequences. I define violence as damage that you don't plan to pay for. Making people pay for their damage will usually make them stop. But only if they can afford the consequences. People with nothing have nothing to lose.

Making them pay. How do you decide the price? It depends on the customer. Pricing theory is a subject in business schools: How much can they afford and what is the value of the product. Prison to some is a holiday, to others it will destroy their world. A \$100 fine is a lot or nothing to different people.

Another way to decide price is by auction. Normally the price starts low and is raised in increments. There is also a Dutch auction where the price starts high and is lowered. Bullies tend to be used to enduring hardships are pretty resilient to this slow raising of 'price'. I find if you start with a high price, the shock value tends to curb any offensive behaviour. If you think this line of thinking is strange, the police even use the word 'charge' when accusing someone of a crime.

A universal reimbursement for committing violence is 'pack exclusion'. This could be studied in much greater detail but I will mention it and you can do your own research. It is a personal favourite of mine because it involves

'doing nothing' and is very serious. In a primitive environment it is a death sentence, so offering a place back in the group is warranted in most circumstances.

When a bully stops behaving badly, be ready to help them, if you want a long term solution. They do not know how to get what they want. Give them a demonstration of what they could do when the violence came to them. Reward good behaviour and keep connection. Destroy your enemy by making them your friend.

You can contact me at Braidwood Aikido Dojo on 0438 648 468. ■



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Don't let a hearing loss slow you down

Hearing loss usually develops almost unnoticeably. Your ability to hear well can gradually worsen until many of the familiar sounds are lost and many situations become too difficult.

Statistics show that 3 million Australians experience some difficulty with their hearing, and after the age of sixty, more than 50% will have some degree of hearing loss.

More often than not, years of effortless conversation

and clear sound are lost, either because we put off getting help we need, or because we simply may not acknowledge our hearing loss. So our world can become quieter as all the softer sounds of life fade.

Without realising it we use more and more energy just to listen. But despite the extra effort, misunderstandings become more frequent.

In the past, many of us would just put up with hearing loss because old-fashioned hearing aids were uncomfortable to use and had annoying side effects. That's no longer the case.

Hearing instruments have come a long way in the past few years. Modern hearing instruments use digital technology — they are smart, sophisticated and comfortable to use and can be individually tuned to suit your personal lifestyle.

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CAPITAL
Sleep and Hearing

Local lawyer

David Gray sums up

Small&Gray Lawyers commenced practice on 1 July 2018 when I took over Helen Small and Associates. Helen Small continues to work for the firm as a consultant. Helen had been practising in Braidwood for 10 years prior to retirement and for 15 years in Canberra prior to that. The name reflects the merger of two practices.

I am the principal of Small&Gray Lawyers. I have been in practice for 25 years. I was born and raised in Sydney's North Shore suburb of St Ives but finished school in New Zealand and completed my law degree and commenced practice in New Zealand in 1993.

I have worked predominantly in country practices since 1994 when I commenced working as a criminal lawyer in Hawke's Bay New Zealand. I worked as a prosecutor for the Department of Labour in Wellington New Zealand for 18 months prior to returning to Australia with my family to work for Gordon Gatling Moffitt lawyers in Young New South Wales in 1998. That firm was founded by James Gordon from Manar and one of his first partners was

a solicitor from Braidwood, Mr E A Scarvell.

In February 2008 I moved to Canberra and practiced on my own account until 2012 when I commenced full-time employment with the ACT Government Solicitor's office where I had been a contractor for the prior six months.

By 2017 I decided to move back into private practice in Braidwood and was fortunate to be able to take over from Helen Small who wished to retire from full time responsibility for her practice.

Braidwood is where I live.

My partner Paula and I visited Braidwood in 2012 and decided to purchase 'Amarsham' the old doctor's house next to St Bede's school in Elrington Street. We have been living in Braidwood ever since and it was natural to want to set up business here.

Small&Gray has an office at 78 Wallace Street (next to Luton) or the gun shop depending on your point of view. Helen and I are involved in a number of community activities in Braidwood.



I am involved with Braidwood Community Association, the Braidwood and Villages Business Chamber, the Cantors Choir (from time to time). I have played trumpet in the Jembaicumbene & District Band, at carol nights and ANZAC days. From time to time I have a run in the Old Boys rugby for Braidwood but have mostly been involved with bringing my old clubs (Vikings and ACT Veterans) out to Braidwood to play the Daddy Long Legs.

My partner Paula and I can be seen walking our dogs Pip and Milly around Braidwood and Majors Creek and at Amarsham gardening and kicking kids footballs back over the St Bede's fence before the dogs eat them.

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Barking dogs

Katie Lyons, Veterinary Nurse

Something that we are sure everyone has experienced at one stage or another is the frustrations of the annoying dog from next door that just won't stop barking.

Barking is a form of communication used by dogs when they are excited, frightened, meeting other dogs, feeling threatened or just wanting attention.

Inappropriate barking is a very complex problem, and is not easily fixed by training aids. Some owners trial citronella collars, although a much more effective method is to consider the cause of the barking, and reduce or remove the cause.

Developing appropriate barking should start from day one as a puppy. Puppies do not grow out of barking, so it is important to intervene as soon as barking becomes problematic. This may be through providing distractions, such as chew toys, or food to keep them occupied and distracted such as pigs ears, or regular play time with a neighbouring dog.

One of the biggest mistakes made by owners is to yell "stop" or "no" when a dog barks. This reaction actually provides the dog with attention which may reward its barking. Instead we should focus on providing rewards and praise for being quiet, and try to identify the cause of the barking. This involves considering everything that happens around the dog, including things that they hear but do not see. It is also a good idea to consider if lots of dogs are barking, or just one or two, or if the barking occurs at all day, or only at particular times.

The cause can then be identified, such as the arrival of the postman, a neighbour yelling at them to stop, a possum or bird in the tree, or a neighbour playing music a few houses down.

Once you have identified the cause of barking you can then work on eliminating it or putting distractions in place. ■



Romantic Country Weddings

Spring 2019 issue is out now

Lyn Cram knows a bit about weddings

This year's magazine covered a much larger area than before, so as well as promoting Braidwood, we were able to include stunning wedding venues from Hall (near ACT) Gundaroo, Goulburn, Yass, Gunning and out to Binda (via Crookwell).

We have included great ideas from many brides and grooms in our 'Real Wedding Stories', a gorgeous selection of bridal gowns, as well as celebrants, places to stay, cakes, flowers, jewellery and beauty advice.

Romantic Country Weddings 2019 also features a large selection of stunning

photos from Mel Hill Photography. Look out for the magazine in cafes, tourist spots and hairdressing salons down the South Coast, Kangaroo Valley, Exeter, Sutton Forest, Goulburn, Gunning, Yass, Gundaroo, and throughout the ACT. There are even some out at Crookwell, Boorowa, Cowra and Orange.

This year we featured a competition where you can have the chance to win an overnight stay for two at The Nest BnB or a voucher to spend at Sandalwood Homewares here in Braidwood. So, if you want to 'Embrace the country for your 'Dream Wedding', look out for the magazine. ■

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Treats to cheer you up

Tania's Marshmallow Biscuit Slice

3 Weetbix (crushed)
1 cup coconut
½ cup brown sugar
1 cup SR Flour (sifted)
pinch salt

Mix all of the above with 4oz melted copha. Press into swiss roll tin, or a slice tin lined with baking paper, and bake in moderate oven for 15 mins until golden brown. Set aside to cool.

Meanwhile in a saucepan mix:

1 cup white sugar,
¾ cup cold water,
1 dessert spoon gelatine powder

Boil for 3 minutes only. You can add pink colouring if desired. When cool add tspn vanilla and beat until thick, then cover the cold biscuit slice with this marshmallow mixture, smooth the top. Leave to cool completely. Set on a tray and cut into squares. Enjoy!

**Orange Date Muffins**

In a large bowl, sift together

1 cup wholemeal flour,
1 cup plain flour (white)
½ cup brown sugar

2 teaspoons baking powder
1 teaspoon bicarbonate soda
½ teaspoon salt (optional)

Stir in ½ cup chopped dates,
½ cup chopped walnuts or pecans

In another bowl, combine

½ cup orange juice
⅔ cup buttermilk,
1 tablespoon grated orange rind
1 egg, lightly beaten
¼ cup melted butter

BEAT into flour mixture until just combined (batter will be lumpy, do not overbeat).

DIVIDE into 14 deep muffin pans (greased or lined with paper)

SPRINKLE muffins with a mixture of 2 tablespoons sugar and ¾ teaspoon cinnamon

BAKE at 200°C for 15–20 mins. Let cool in pans for 5 mins.

**Suzette's Zucchini Slice**

2 large carrots)
2 large zucchini) All grated
1 onion)

1 cup grated tasty cheese
5 eggs (lightly beaten with fork)
salt and pepper to taste
½ cup sunflower oil or similar (not olive oil)

1 cup SR flour
3 rashers of bacon – diced and sautéed (omit for vegetarians)

MIX TOGETHER vegetables, cheese and bacon (if using)
ADD oil, salt, pepper, and flour and mix well

ADD eggs and mix well.

POUR MIXTURE into a greased casserole dish

BAKE in moderate oven for up to 1 hour
Serve with a green salad.

Rocket and Goats Cheese Frittata

3 tablespoons olive oil
200g young wild rocket leaves (washed)
salt and pepper to taste
5 eggs
2 tablespoons freshly grated parmesan
1 spring onion, finely sliced diagonally



100g soft goats cheese

HEAT oil in frying pan, ADD rocket, then cover and cook on MEDIUM heat for about 2 minutes.

MEANWHILE break all eggs into a bowl and stir briskly with a fork to mix well. ADD parmesan, salt and pepper and stir to mix well. Set aside.

POUR egg mixture into the frying pan over the rocket.

SPRINKLE the spring onion evenly over the top of the frittata.

CRUMBLE the goats cheese over the top and cook on medium heat until the bottom of the frittata is golden.

COOK the top under a grill or place in a hot oven for about 5 minutes, until lightly golden.

SERVE the frittata with fresh crusty Italian style bread, and a salad of tomato and basil.

**Shirley's Cucumber Pickle**

3lbs apple cucumbers (or use Lebanese cucumbers, zucchini, or chokos)

1lb onion

1lb sugar

2 level dessert spoons salt

1 pint white vinegar

1 teaspoon each mustard, turmeric and curry

3 heaped tablespoons plain flour

WASH vegies and sprinkle with the salt. Let stand for a minimum of 3 hrs or preferably overnight

CHOP onion finely, add to cucumber (or other veg) with ¾ of the vinegar. Boil until vegies are soft (nearly 1 hr). ADD sugar and stir well.

BLEND flour and spices with ¼ pint reserved vinegar and add to saucepan. COOK for 5 minutes stirring constantly.

BOTTLE and seal while hot.

SERVE with cold meats, on a Ploughman's lunch or with Cheesy Muffins.

**Bianca's Blueberry & Apple Slice**

250 grams melted butter

1 ½ cups sugar

1 ½ cups plain flour

1 ½ cups S R flour

2 eggs

MIX all these ingredients together

SPREAD ⅔ on lined baking tray

PUT 1 can pie apples and punnet blueberries on top

CRUMBLE remaining mixture and sprinkle on top of fruit

BAKE in moderate oven for 30 – 40 minutes

SERVE warm with cream or ice-cream

Raelene's Muffins

BASIC RECIPE:

1 ⅞ cups SR flour

½ cup sugar

1 pinch salt

1 cup milk

1 egg beaten

1 tblspn butter, melted

COMBINE dry ingredients, combine milk, egg and butter, and fold into dry ingredients. Mixture should be lumpy.

PLACE in lined muffin tins.

BAKE 20-30 mins in mod-hot oven.

VARIATIONS: ADD stewed or canned apple or pear, and chopped walnuts to mixture, and top with cinnamon sugar or sliced granny smith apple.

Serve with a dollop of vanilla yoghurt.

ADD grated cheese and a tspn cayenne or paprika to dry ingredients and use less sugar.

Top with extra grated cheese. Serve with your favourite soup.

Jessie's Lemon Butter

Juice of 4 small lemons

Grated rind of 2 lemons

2 cups sugar

2 eggs well beaten

2oz butter

BEAT together juice, rind, sugar and beaten eggs until smooth and creamy.

PLACE in a double saucepan with butter, over water, and stir over heat until thickened.

PUT into warm sterilised jars and make airtight. Enjoy with scones or pikelets.



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CLOSED PUBLIC HOLIDAYS

HORRORSCOPE FOR THE SPRING 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.

LIBRA

The cosmos sees everything you do in much the same way as does surveillance central at ASIO. You're a dot on the map; it could be red for danger, orange for concern, green for reliably old-school or white for yet-to-be-categorised. Google and Facebook too have maps, maybe even better ones, that sort us into lists for sales people to use for purely commercial reasons.

SCORPIO

Are you feeling fragile and dessicated this month? Perhaps you're a wetland in the Sydney Water catchment area. Political indifference and deference to mining companies may see your life essence disappear down a fissure into a long-wall coal mining cavity. You don't need an intricate astrological prediction to see how mining under a water catchment will pan out.

SAGITTARIUS

The sun illuminates your solar fifth house. Oh, sorry; this prediction is only relevant to politicians, high-level bureaucrats and CEOs. Interstellar negative gearing now allows the cost of a space flight to Mars to be offset against a tax liability for terrestrial hospitals, schools and more mundane public transport.

CAPRICORN

Your words are soothing. They flow smooth as satin and emanate from Saturn or maybe the next planet out from the sun. You use these words to gloss over any problems that don't fit the narrative. Go into politics, rise to prime minister, then you can be witty by half.

AQUARIUS

When you're caught in a spiral of despair, don't bottle it up or up the bottle. Tell

someone. You'd be surprised how many people feel fraught at times and need only to be taken seriously without being judged or scorned. Find a way to ask.

PISCES

Jupiter's change of signs is the big news for October. Just like the change of words by the US Department of Energy who now refer to fracked gas as, 'molecules of US freedom'. Atoms around the world were outraged and demanded to know if these electrons were guilty as charged.

ARIES

The full moon pulls the water from the beach and sanity out of reach. Relax, feel the rhythm of life, or if you've bought something on Ebay recently, the algorithm of life. Suddenly your Facebook feed is bombarded with spruiks for stuff it thinks you need. There is no escaping this marketing cyber-cloud as it now knows more about you than you can remember.

TAURUS

The stars in Macquarie Street have once again defined fun in this state. From this month on, anyone caught having a low-range good time will receive an on-the-spot fine that's quite serious. High- and mid-range levity over 0.05% of a fun time may be subject to a slow strip search or a paddle pop stick on the tongue.

**GEMINI**

This must be the month for toilet jokes. After thieves broke into Blenheim Castle, birthplace of Winston Churchill, and ripped out the solid-gold toilet, shocked palace staff issued a statement. "We're just hurt no-one was relieved."

CANCER

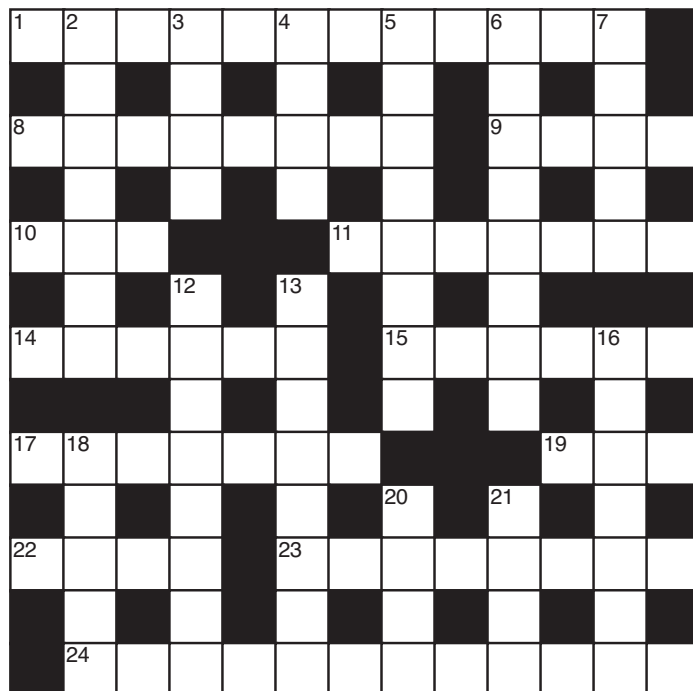
Mars continues to cause mindless activity and this can be thirsty work. Quick, where's my water? Oh oh; 725,000 litres of water are being carted every day by rail to keep Centennial Coal's Charbon and Airlie mines near Lithgow going. Alchemy indeed, turning water into coal.

LEO

A windfall is coming your way. I see a well remunerated career for you in the insurance industry. When everything else turn to shite, fear of loss will prevail. House going to burn down? That's gunna cost you guv'nor. Need a green slip? No worries, they're mandatory so we've got you covered there. Want a slipperypid in the playground, a street parade or a market stall? Sign here, cough up, bewdy — our shareholders are flush with glee.

VIRGO

You might be tempted to succumb to TLTL syndrome this month. That's 'Time Left To Live' and it affects all old people to some extent. Resist the temptation to see an end to everything you hold dear if that timeframe coincides with your life expectancy. It is hard to make sense of life under the stars as a never ending continuous experience when our own flicker of presence is fleeting and ultimately immaterial. George Harrison's take is hard to Beat(le). "Life goes on within you and without you."

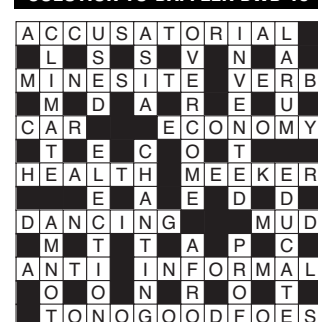
BRAIDWOOD BAFFLER BWD 20**CLUES ACROSS**

- Worldwide protest action by students (6,6)
- Lessen the gravity (8)
- Rip; Shred (4)
- Break in continuity (3)
- Rallying cry for schoolgirl who spearheaded student strikes (2,5)
- Fibre thickness of filaments; climate change sceptic. (6)
- Alteration (6)
- Study and behaviour of natural things (7)
- Some like it ... (3)
- Association dedicated to a particular interest; a weapon (4)
- Of a dark blue colour dye (8)
- This famous British broadcaster, is a critic of Australia's lack of action on climate change. (12)

CLUES DOWN

- Weather conditions prevailing over a long period. (7)
- Leave out. (4)
- Guide; a heavy metal (4)
- "Take charge! Carry ..." (3,5)

- Out of fantasy, — (4,4)
- Praise (5)
- Person who has done harm and has the same thing done to them (5,3)
- Climate protests are gaining this (8)
- Maturing; increasing (7)
- Acknowledgement of one's fault or error "Mea — (5) Latin
- African baby name meaning Righteous. (4)
- Native of South Eastern Nigeria

SOLUTION TO BAFFLER BWD 19

Form 2020

BWD CLIMATE CHANGE SURVEY

This form should be completed in bold biro for Labor and Greens supporters and perhaps delicate pencil for Coalition types. Hanson and Latham supporters will find some crayons in the corner.



Q1. Do you believe in anthropogenic (human-made) climate change?

☐ YES — Go to Q11

☐ NO — Go to Q2

Q2. Why not?

☐ I read *The Australian* and watch Sky News and I believe that Rupert has my best interests at heart.

☐ I'm a conservative voter; I don't like Labor or the Greens and if they're for something, I'm against it.

Q3. Does it concern you that nearly all climate scientists are calling for urgent action?

☐ Not really. They're just crying wolf to protect their cushy research grants.

☐ Nay. God has run the climate for 6000 years and He knows what He's doing.

Q4. But surely you'd trust your doctor's scientific opinion about what is best for your health?

☐ Sort of. She told me ages ago to stop smoking and cut back on my drinking. Nothing bad happened. In fact if you add up my BMI and IQ, the total hasn't changed.

Q5. Is it possible that you do secretly worry about climate change?

☐ Yes, but then I hear my favourite shock-jocks in the media and they reassure me that it's all just a global left-wing conspiracy and that's what I should worry about.

☐ Yes, but I don't want to lose my V8 super-ute.

☐ And I don't want to sound like a commie.

Q6. What would it take for you to accept the need to seriously reduce carbon emissions?

☐ Obviously, if the current government woke up and made it a priority policy I would support them.

☐ If my insurance company declined to insure my property against bush fires and cited climate change as the reason.

Q7. Do you agree with school children taking to the streets to protest about government inaction?

☐ No. they should be taught proper science and to think what I think for themselves ... or not.

☐ They should stick to fact-based learning like six sixes are ... what ever the hell they are; and gravity and stuff like that.

Q8. But what about Galileo, the 'father of modern

physics' who was put under house arrest for daring to suggest, against the wishes of powerful vested interests, that the world is round and orbits the sun.

☐ The world is round? Are you sure? I'll need to hear from Alan or Andrew on this one.

Q9. When the evidence of human-induced climate change finally becomes obvious to everyone, not just those seduced by a world-wide, left-wing conspiracy, what will your attitude be?

☐ I'll probably say that yes, of course I've always seen some problem, but it was important to approach it in a measured, sensible way that risked no harm to our standard of consumption.

☐ La-la-la-la-la-la!

Q10. Has any of this made a difference to your attitude?

☐ Yes? That's great, thanks. — Go to Q11

☐ No? Oh FFS. — Go to Q14

Q11. So what can we do at a local level to reverse this impending plunge into a climate catastrophe?

☐ Vote out the recalcitrant deniers and ditherers and if that means the Coalition then so be it.

Q12. Hang on, hang on, we've only just got a few more conservatives on board, we don't want to lose them so soon do we?

☐ OK, let's look at non-party-political solutions as well, those that will appeal to everyone.

☐ Support for community energy production which has the benefit of cheaper electricity for today and saves the planet for tomorrow as an added bonus.

Q13. Are we willing to work together as a community, putting aside our political differences, to achieve a good outcome for everyone?

☐ Yes, great idea. I'm in. — Go to Q15

☐ Nah, it'll never work. — Go to Q14

Q14. What can we do with you? You're the problem.

☐ Just leave me be.

☐ I'll have a chat to the grandkids and get back to you.

Q15. Will you keep an eye out for local initiatives to address and adapt to climate change?

☐ Too right I will.

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START

1

2

3

4

Collect your surprise

6

7

8

9

10

Collect your surprise

12

13

14

15

16

Collect your surprise

18

19

20

21

22

Collect your surprise

FINISH

Congratulations!

You are now a SUPER SAVER. Keep up the good work.

