

## **CRAFT SHOW**

Enquiries: Colleen Ellis - 4844 5207

### **Section A - Knitting & Crochet**

1. Lady's or Gent's pullover or cardigan
2. Any other article knitted or crocheted (not a rug)
3. Child or baby item
4. Fancy doily
5. Knitted or crocheted rug
6. Homespun or hand woven article

### **Section B - Sewing**

1. Any embroidered article
2. Machine sewn article
3. Any hand quilted or patchwork item
4. Any machine quilted or patchwork item

### **Section C - Craft Open**

1. Hand painted or appliqued article
2. Long stitch tapestry
3. Cross stitch tapestry
4. Machine or handmade toy/teddy bear or doll
5. Dressed teddy (Clothing only judged)
6. Dressed doll (Clothing only judged)
7. Fancy coat hanger
8. Any cushion
9. Any beaded item

### **Section D - Craft Open**

1. Folk art (Decorative)
2. Folk art (Novice)
3. Craft from wood or metal
4. Art painting or drawing - any subject
5. Best greeting card
6. Page of scrap booking
7. Any craft not mentioned

### **Section E - Children**

1. Under 12 & over 8 - painting, drawing or computer art
2. Under 12 & over 8 - any other item
3. Under 8 & over 5 - painting, drawing or computer art
4. Under 8 & over 5 - any other item
5. Under 5 years - painting or drawing
6. Under 5 years - any over item

All entries must be removed from the Hall between 3.00pm and 3.30pm on Saturday. Entry forms must be produced before items can be collected.

Note to exhibitors: \*Photographs to be 10cm x 15cm, mounted on stiff card, no thicker than 1mm with a max of 2cm border all round. (No Frames). \*\*Set of prints (class4) to be all one size. \*\*\*No exhibits will be considered that do not comply with hanging systems employed. \*\*\*\* Each entry to have entrant's name & class on back. \*\*\*\*\*Any entry that has won 1<sup>st</sup> prize at a previous Windellama Country Fair is ineligible for entry.

## **COOKING**

Enquiries: Jan McCarthy - 4844 5033

### **Section A**

1. Fruit cake
2. Boiled fruit cake
3. 6 patty cakes - no icing (no paper cases)
4. 6 plain scones
5. Apple pie
6. 6 pikelets
7. Chocolate cake - no icing

### **Children's Cooking**

8 Years & Under

1. Decorated Arrowroot biscuit

12 Years & Under

1. Decorated Arrowroot biscuit

### **Jams & Pickles**

All jams & pickles must be in a clean 12.5 high Screw top jar. (No commercials on lids or jars)

### **Section A**

1. Plum jam
2. Two fruits jam
3. Fruit jelly
4. Marmalade jam - any flavour
5. Lemon butter (in a 10cm jar)

### **Section B**

1. Green tomato pickles
2. Mustard pickles
3. Tomato Relish
4. Tomato Sauce

## **PHOTOGRAPHY**

Enquiries: Pam Williams - 4844 5194

### **Section A**

1. Plant study
2. Relic of the past
3. People study
4. Three prints on one mount (local subject from Windellama Fire Brigade area)
5. Portrait
6. Landscape
7. Animal
8. Most humorous photo
9. Country life
10. Digital mischief

### **Section B - Children 16 & Under**

1. Any subject

\*NB: please refer to conditions below\*

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Our Toy exhibit will remain for the next market day as there has been more interesting items on display, so if you haven't had a chance to visit the museum before, make a point in visiting the exhibition this market day December 20<sup>th</sup>, this exhibit is very interesting, attracting lots of comments on the easy toys that keep kids amused for hours on end.

The toys will be on show for a limited time, so visit soon - don't miss out!

The museum is open on Market Days – the third Sunday of each month, from 10am.

## ***Next Meeting (AGM) will be held at the Museum Friday 4<sup>th</sup> December***

There is a selection of Windellama local history books by Tom Bryant and books by a local poet, Rex Hockey, for sale in the museum as well as bookmarks and postcards with images of early Windellama.

A special thanks to the people & community for your donations & items on loan throughout the year to make the exhibits at our museum interesting, thank you

## ***NEW MEMBERS ARE ALWAYS WELCOME***

For any enquiries please contact:

Joanna Croker 4844 5125

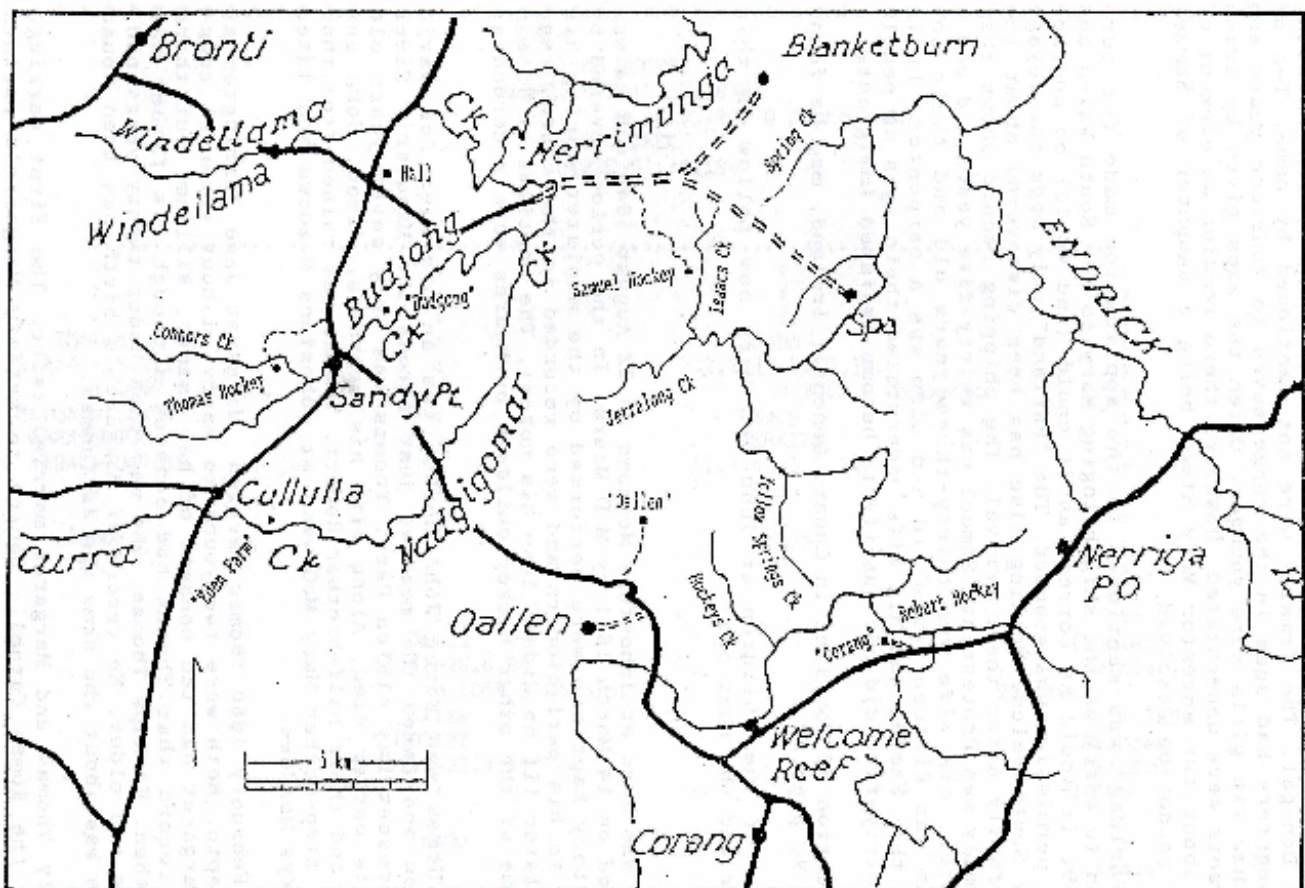
Cynthia Hudson 4844 5005

Firstly, I must make a correction to the last article, Thomas Hockey's wife was Margaret nee Warrington, not Knowland as was stated.

Briefly, so that the attached 'Hockey Land Holdings Map' makes sense go into a little history. The Hockey who started us off was John Hockey, who recieved '14 yrs Transportation' for the crime of chicken theft. At the time he was married to Mary Lovell and his eldest child was Samuel. Upon his release after 7 years his wife had died and he subsequently married Mary Steel, and from this marriage Thomas was born (plus others), unfortunately Mary lost her life during or just after the birth of her last child. John apparently had a thing about Marys and married Mary McGowan. The only child from

this marriage was Robert. Samuel moved to Australia and joined his father after John's release and Thomas (Samuel's second cousin once removed) moved with him and also ended up down the Spa Rd.

The attached map is taken from Max Laidley's Hockey Family History Book.



Map 6 - Windellama, showing where Hockeys lived



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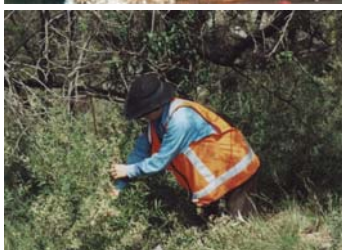
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## Primary Industries & Natural Resources Goulburn, Moss Vale, Queanbeyan, Yass & Cooma Study Flexibly/Distance in 2010

\*These courses can be studied flexibly/distance.

### Equine Studies

Contact: Jillian Atkinson 4823 1878

- \*Horse Industry Management Diploma. (7300) Goulburn
- \*Horse Industry Practice Certificate III (7280) Goulburn
- \*Horse Industry Operations Certificate II (7276) Goulburn, Cooma
- \*Horse Industry Studies SOA (7270) Goulburn, Queanbeyan
- \*Racing Industry Studies - Harness (260) Goulburn

### Conservation & Land Management

Contact: Brian Faulkner 4823 1851 Goulburn,  
Glen Whitbread 4868 0153 Moss Vale

- \*Conservation and Land Management Diploma (8990) Goulburn
- \*Conservation and Land Management (General) CIII (8770) Goulburn
- Conservation & Land Management (General) CII (1254) Cooma, Yass
- Conservation and Land Management Studies (6414) Moss Vale

### Agriculture

Contact: Jillian Atkinson 4823 1878 or Brian Faulkner 4823 1851  
Glen Whitbread Moss Vale 4868 0153

- Agriculture Diploma (2195) Goulburn
- \*Organic Farming Diploma (900) Goulburn
- Organic Farming Certificate IV (884) Goulburn
- Wool Classing Certificate IV (1011) Goulburn, Yass
- \*Agriculture Certificate III (0797) Goulburn, Moss Vale
- Permaculture Certificate III (9371) Goulburn
- Rural Production Studies – Sustainable Landuse (946) Moss Vale

### Animal Studies

Contact: Jillian Atkinson 4823 1878

- \*Companion Animal Services Certificate III (4289) Goulburn
- \*Animal Studies Certificate II (1045) Goulburn, Moss Vale, Cooma

### Horticulture

Contact: Brian Faulkner 4823 1851  
Horticulture Certificate III (1586) Goulburn  
Horticulture Certificate II (1514) Goulburn, Moss Vale, Cooma

## Enrolments: January 29 & February 1, 2010

Goulburn TAFE Campus, Cnr Verner & View St, 02 4823 1800

Moss Vale TAFE Campus, Kirkham St, 02 4868 0111

Queanbeyan TAFE Campus, Cnr Macquoid & Buttle St, 02 6299 1377

Yass TAFE Campus, Church St, 02 6226 1556

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Brigade website [www.windellamarfs.com.au](http://www.windellamarfs.com.au)

Captain - Jim Meehan 4844 5554

Snr Deputy – Lynton Roberts 4844 5118

## BUSH FIRE DANGER PERIOD COMMENCED 1ST OCTOBER 2009

### SOUTHERN TABLELANDS ZONE

**During a Total Fire Ban however, no fires of any kind may be lit even if you hold a permit.**

Above average temperatures already with us we ask people to be extremely careful when working outside or using a campfire. With current conditions at the moment fires are more likely to develop into bush fires, threaten life, property and the environment.

**Check the Brigade website regularly for up-to-date warnings and information**

[www.windellamarfs.com.au](http://www.windellamarfs.com.au)

## During The Fire Season

Where possible the use of movers should be restricted, avoid using mower during the heat of day. There are a number of precautions, which must be taken during the fire season, in particular when there is an extreme fire danger or total fire ban. The following should be avoided:-

Driving vehicles in long dry grass – because of hot exhaust systems.

Do not park vehicles in long dry grass– because of hot exhaust systems.

Avoid the use of slashers/ mowers, angle grinders, welding equipment etc.

Don't drop or throw down any lit cigarette, match or anything burning.

No barbecues or campfires during a total fire ban.

## Total Fire Bans

Total Fire Bans are declared during the Bush Fire Danger Period and are notified to the public on radio and television. This means that no fire can be lit during this period. Remember if you fail to comply with the fire regulations, hefty fines can apply.

## Lighting Strikes

Remember as mentioned in last months article lighting strikes cause many problems in our area, so once again please be on the lookout for smoke rising after the storm has passed. Fire can still start days after the storm. If you notice smoke give us a call.

It is an offence to allow a fire to escape from your property and it is your responsibility to ensure that fires are not left unattended. If the fire does escape, it is essential that the landowner call Triple Zero (000) immediately so that emergency services can respond accordingly and minimise the damage.

### Training

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

**General Meeting** 28th November 2009 7:00pm

**December no meeting**

23rd January 2010 7:00pm

**Training** 28th November 2009 2:30pm Multi-scene scenario

**December no training**

23rd January 2010 2:30pm Running grass fire and convoy

Please take care over the Christmas season, we wish everyone a safe and happy Christmas and New Year. We would also like to thank everyone for their wonderful help and assistance over the previous year. See you at the next training and meeting. **All welcome.**

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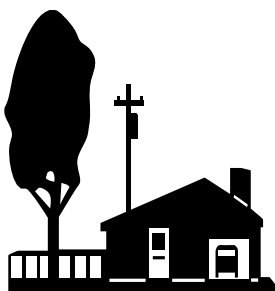
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- Weight Management Program
- Stop Smoking Program
- Addiction Management Program
- Stress Management Program
- Counselling
- Conflict Resolution/Mediation
- Family Dispute Resolution
- Employment Assistance Program

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Pain management

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Sleeping difficulties

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## **Weight Management Program (No stress, no drugs and no pain)**

### **Affects on Health**

People who are overweight or obese are at increased risk of health problems, ranging from the psychological to the physical. Immediate problems include:

- low self-esteem
- social isolation
- depression
- eat intolerance
- breathlessness on exertion
- tiredness.

### **Other health consequences of excessive body fat include:**

- type 2 diabetes
- gall bladder disease
- sleep disorders
- high blood pressure
- coronary heart disease
- stroke
- some cancers
- osteoarthritis
- back problems
- reproductive abnormalities.

### **Some Vital Facts**

Overweight and obesity are serious, chronic medical conditions that are associated with a range of debilitating and life-threatening conditions. They are also among the most complex and difficult problems to treat. Diseases and conditions associated with overweight and obesity impose huge financial burdens on healthcare systems and the community. Studies have estimated that the health care costs of excess body weight in Australia today are about \$1.2 billion.

#### **Virtual Reality Therapy**

Is a NEW non-invasive technique in the emerging field of mind-body medicine, which can be used to help you manage your weight. Virtual Reality Therapy is administered by computer generated audiovisual systems developed by scientists, Therapists and IT/media specialists at Virtual Medicine Pty Ltd (Australia).

#### **State of the Art Technology**

The Virtual Reality Therapy system consists of three key state of the art components to help induce a deep relaxed state:

- An audiovisual headset delivers crystal clear sound and vision while removing all external stimuli.
- The headset is compact and unencumbering, allowing for use in any environment.
- A compact on-board computer equipped with an in-built screen and speaker allows the therapist to monitor the progress of the program while in use.

### **Mind & Body**

Mind body connection therapies, guided imagery and meditation are a mechanism for influential communication, which can be used to focus the mind's inner unconscious resources to activate or inhibit psychological or physiological responses. This therapy is particularly effective for people who are experiencing difficulty in managing their weight.

Creating a mind-body connection through the process of Virtual Reality Therapy is a refreshing and relaxing experience. Many patients report feeling invigorated, recharged and ready to tackle the challenge of building their new lives

### **Begin your journey to a healthier, happier and longer life.**

The only thing you have to lose is your excess weight.

Each session runs for about 1.5 hour, including pre and post counselling to monitor and coach you through progress.

There are 9 sessions in total with each session building on the progress made in the previous visit. Once the program is completed, your therapist is available for ongoing support whenever you need it.

#### **Do it now!**

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