

DISCOVER MARULAN

150 EAST

MAY 2016

Marulan | Tallong | Bungonia | Towrang

Some highlights from this issue:



After the latest gossip and info from our friends at the Marulan CWA, STRUG and Chamber of Commerce? Head on over to the local news pages.



Catch up on local and regional news, views and "so true's" in our regular Local News and Regional News sections.



The Travelling Gourmet: Take a culinary trip with our incognito local gourmand as she (or he) searches for the ultimate regional hamburger.



Who, what, where and when: Keep up to date with the latest events, news and "to do's" with our town's and region's Calendar of Events.

Discover Marulan is an initiative of the Marulan Region Chamber of Commerce Inc. It is a free service provided to members of our regional community to help discover news, events and items of interest. It is published every month.

You can contact the Editor of Discover Marulan via email at editor@discovermarulan.com.au. You can also keep up to date with news and events between issues by visiting our website at www.discovermarulan.com.au.

Disclaimer: Information provided in this publication is of a general nature only. Information is often provided to us by third parties and hence no representation is made as to its accuracy or timeliness. All liability is waived. Please note that dates and particulars of events can change between publication dates and this is out of our control. Various items in the publication are paid advertisements. Contents do not necessarily represent the views of the Marulan Region Chamber of Commerce Inc, its Executive or its members.



A message from the Mayor.

Tallong Apple Festival

By the time you read this the fantastic Tallong Apple Festival will have come and gone, however I did want to put a note in to say that this is one of my favourite events on the calendar for our region each year. Huge congratulations must go to all the volunteers involved in making the day happen!

Update on Council issues

Throughout April discussion has centred on the Performing Arts Centre, and the management of the Aquatic Centre in Goulburn.

A working party is now being established to investigate the Performing Arts Centre; the McDermott Centre has been resolved as the preferred site option for the project. The working party will include representatives from local groups such as the Lieder Theatre, the Eisteddfod Society and Goulburn Conservatorium as well as Councillors and Community representatives.

If you are interested in becoming involved in the working party please contact Council on 4823 4444. Two local architects and two regional architects have been invited to prepare concept designs for the project and a joint decision is to be made between Council and the Performing Arts Centre Working Party.

The other major decision affecting our community was the Aquatic Centre Operations Review. Council resolved to resume daily operating and maintenance responsibilities at the Aquatic Centre from October 2016. This has come after extensive community consultation; the centre is an important community asset and we feel it is important for Council to again have direct involvement in management. With huge upgrades and extensions planned for the coming years during the redevelopment, I am very excited for the future of the Aquatic Centre!

Marulan Markets

These are turning into a fantastic monthly event – I've been to a few of them for a look myself and I was impressed. A quick reminder that they are on the second Saturday of each month; this month it falls on Saturday the 14th of May from 9am at the Memorial Hall.

Mobile Library

Membership and information drives have been held for 'The Big READ Bus' – which was in Marulan at the Brewer Centre on the 21st of April. The bus is a mobile library service funded by the Library Council of NSW and Goulburn Mulwaree Council – we are hoping the bus will be operational by July 2016. It will allow residents in Marulan to borrow books, magazines and much more.

Goulburn Art Gallery – The Art of Wool

This fantastic exhibition combines art from the permanent collections from the New England Regional Art Museum with fashions from the International Woolmark Prize archive. The focus is on the themes of Production, Romance, Pattern, Texture, Drape and Artistry. It's a great exhibition and I would encourage everyone to take the time to have a look; it closes on Saturday the 21st of May.



THE MARULAN BOOK EXCHANGE

The next Marulan Book Exchange is on Saturday 14th May 2016 between 9am and 1pm at the Marulan Memorial Hall.

www.facebook.com/discovermarulan

Marulan Region Chamber of Commerce Inc.



Discover Marulan Newsletter

This is the fourth Chamber Bulletin in the new "Discover Marulan" Newsletter that is continuing to be a great success and continues to expand with the inclusion of Tallong Twitters and Bungonia Events Update to inform the readership of happenings in their areas.

Discover Marulan Markets

The new Saturday markets were held again in April at the Marulan Community Hall and Tony Onions Park.

The markets are a permanent fixture of Marulan events and are held on the 2nd Saturday of each month. Next markets will be held on Saturday 14th May 2016.

They are proving to be very popular and it is noticeable the number of visitors wandering the main street visiting our stores after spending time at the markets. So if you have a product to sell or produce to display, join the markets.

For further information please contact Linda on 0400 547 939 or you can email: marulanmarkets@gmail.com.

New Business

As reported last month, George Street is host to a new business in the Old Post Office residence. This month we welcome another new business in the Old Post office site itself and we wish Sarah all the best with her new venture.

New Tourist Information Centre

And in more good news, Marulan is to have a Tourist Information Centre. The Information Centre will be agency of the Goulburn Visitor Centre and will be situated in the Marulan General Store. This will be a welcome addition to help the ever increasing number of visitors to our Village.

Maintenance Update for Marulan

The Chamber sat down with the head of Council's Parks, Recreation and Maintenance Department, Rob Hughes and Andrew Cartwright and went through a list of items that the Chamber felt needed attention in Marulan.

A schedule has been agreed upon to progressing these matters and following a list of things that will be happening in Marulan. We thank the Council and its officers for the speedy attention to these items as when completed they will only enhance our Village.

All trees to be lifted and mulched; 60 Pear trees to be planted down Goulburn St, Austin St and Richard St with completion by mid June; the roundabout to be cleared, re-soiled and planted out by mid May; Tidy up of street gardens and mulched gardens; Repair work to be undertaken in Tony Onions Park plus a garden to be added at the rear of the toilet block; The bent guard rail on George St to be replaced and a large entry sign to the village centre to be erected. This is work our volunteers are unable to do as they are fully employed with street tidying and edging etc.

David Humphreys

President

Marulan Region Chamber of Commerce Inc.

Country Women's Association Marulan.



The Ladies from the CWA Marulan have fun at each meeting, not only because of planning our next events, chatting about our achievements or having a tasty lunch; we also have interesting and enjoyable activities. For example last meeting we dyed silk scarfs. It was fun and interesting. Everybody enjoyed experimenting with colors and dying scarves outside in the sun. The meeting was a really great day out!

We warmly welcome our new member Joy Arts! We are very pleased that you have joined the CWA Marulan Branch!

All of the local CWA events benefit our community and promote a wonderful camaraderie among our group members

On ANZAC Day after the 11am ceremony there is going to be a Morning Tea hosted by the CWA Ladies in the Marulan Community Hall. Please feel free to visit us for a cup of tea and some tasty scones.

All of the local CWA events benefit our community and promote a wonderful camaraderie among our group members. On ANZAC Day after the 11am ceremony there is going to be a Morning Tea hosted by the CWA Ladies in the Marulan Hall. Please feel free to visit us for a cup of tea and some tasty scones.

There will also be a Devonshire Tea on the 1st of May hosted by CWA for Tallong Apple Day. Tallong Apple Day is a really nice local event to visit with lots of entertainment, activities, food and exhibits within the Tallong Memorial Hall. We are also sponsoring the "Bake-Off" Competition. There is still time to take part in the competition and have a chance to win great prizes. You can obtain an entry form at <http://www.tallong.com.au> or phone 0418648610.

Our next meeting will be held on Wednesday the 18th of May, 2016 and new members are always welcome.

Meanwhile, should you have a function coming up and would you like some help with catering, we would be happy to provide for your function with finger food, cakes and drinks. You can contact Sue Montgomery via phone at 0248410288, please allow one week's notice as a guide.

Also, please feel free to like our page "CWA Marulan Branch" on Facebook or visit the web site cwamarulan.org

Thought of the month: "The beauty of a woman is not in a facial mole, but true beauty in a Woman is reflected in her soul. It is the caring that she lovingly gives, the passion that she knows." — Audrey Hepburn

CWA Marulan Publicity Officer, Mila Montgomery





Marulan Public School

Athletics Field Events

From last terms announcements, we have students attending the district athletics carnival which will be held at Hudson Park in Goulburn on Monday May 2, 2016. Best of luck for this event. MPS will be holding the cross country carnival on Friday May 6, 2016.

Canteen

The local CWA has offered to start a canteen in our school as soon as the building work on our project room has finished. Early next term, they will begin by offering several meal deals each Friday and see how the canteen progresses from there. We will let you know as soon as the canteen is ready to commence operation. This is a very exciting development for our school!

Welcome back to our students, whom all should now be rested and rejuvenated for term 2. Remember upon our return on Wednesday 27 April, when we will hold our school Anzac Day ceremony at 10am. All parents and community members are welcome to join us.

Interested in bees and beekeeping?
(Who wouldn't bee?)



Goulburn District Beekeeper's Club

'Sharing beekeeping knowledge and skills'

Meets on the third Tuesday of the month

New members welcome!

For more details and
information on meeting go to
our website at:

www.goulburnbeekeepers.asn.au

or

E-mail: info@goulburnbeekeepers.asn.au
Mail: P. O. Box 1120, Goulburn. NSW 2580.

The Marulan Region Business Directory 2016 – 2018: TIME IS FAST RUNNING OUT!

The Marulan Region Chamber of Commerce Inc. has been publishing a Directory of local and regional businesses for the past six years. We are due to publish an updated Directory for the period 2016 – 2018 and would like to offer members of our Chamber the first opportunity to be included in the upcoming edition.

The Directory is printed in full colour gloss on good quality A5 stock and is circulated to over 1,500 businesses and individuals across the region. Even more is distributed in softcopy, making our total circulation significant.

Fees for advertising in the Directory for a two year period are as follows, based on an A5 sized format:

Business card size: \$100 (pre discount)
1/2 page: \$260 (pre discount)

1/3 page: \$180 (pre discount)
Full page: \$500 (pre discount)

Chamber members are entitled to a 10% discount on the above fees. To find out more, or to receive an application form, contact the Chamber's Secretary via email at secretarymarulanchamber@gmail.com.

goulburn.art

REGIONAL GALLERY

GOULBURN ART AWARD 2016

7 July– 23 July

Opening Thursday 7 July 6pm

**Open to artists living within 120km radius of Goulburn
in any media**



2016 Judge : Susi Muddiman OAM

Director of Tweed Regional Gallery & Margaret Olley Art Centre

Goulburn Art Award 2016

1st Prize Gallery Exhibition in 2017 + \$500 to exhibition costs

2nd Prize \$600

3rd Prize \$400

Sponsored By [topshot](#) Photographics and Prints

Secondary School Art Award 2016

Winner \$500

Sponsored By [topshot](#) Photographics and Prints

People's Choice Award 2016

Winner \$300



Bungonia Buzz

Discover Bungonia Village, Bungonia National Park and historic surrounds. Pack a bottle or two of something good and come out, enjoy and linger, well worth a trip.

Dinner In Honour of Mothers

Give your Mother and Friends a fun night out on Saturday May 7 at Bungonia Hall from 6 pm for 6.30 pm start. Starring Elizabeth Burness with her "Show and Tell" vintage clothing and ephemera, showing "History with a Difference".

Enjoy a taste filled three-course dinner (BYO drinks), tea and coffee provided. Experience Music, tales and bush poetry recitations by Keith Brown.

Hall is heated and has disabled access. Tickets: \$30 per person, Children under 12: \$10 per person. Bookings essential for catering purposes. Ring Cal on 4844 7273. Payment: Cash on the night or by bank transfer to Bungonia Progress Association, BSB: 062 545, Account No.: 10399023. Please reference code: Your Name.

goulburn.art
REGIONAL ART GALLERY
"CERAMICS"

With local Ceramicist, Kate McKay

This class will offer a relax environment in which you will be able to learn simple ceramics techniques or expand on your already existing experience.

When: 4th May 10 am – 1pm, 11th May 10 am – 12 noon and 18th May 10 am – 11 am

Cost: \$50 for the 3 weeks (includes materials). Bookings essential

Phone Goulburn Regional Art Gallery on 4823 4442

MARULAN VOLUNTEERS

Who are we? We are a group of local residents trying to improve the appearance of our town.

Why do we do this? If our town looks appealing and cared for, this will attract visitors who will support our local businesses. It also makes it a better environment for us to live in as locals.

What do we do? Local council mows the town's parks and some of its nature strips, but doesn't have the resources to do much more than this. The volunteers supplement the work of council by regularly cutting the edges and whipper snipping the main street and parks. We also weed the gardens in the parks, and collect litter in areas around town. Other less frequent and one-off activities have included: refurbishing the grounds at the Brewer Centre; mulching the gardens in Meridian Park; repairing and painting roadside fences in the main street; and repairing and painting the fence & rotunda in Tony Onions Park.

How often do we do it? Generally speaking, the volunteers work for 2-3 hours on the first and third Monday (starting approximately 9.30am) of each month.

How can you help? If you have spare time and are available on Mondays, then we'd love you to join us. If this time isn't suitable but you'd like to help, then please contact: David Blissett: 0400 119 016; Ellie Eggerking 0406 376 717; John Redhead: 0439 411 922.

Volunteers receive a free cup of coffee on "Volunteer Mondays" at The Marulan General Store (facebook.com/marulangeneralstore).

Tallong Twitterings



The Big Apple has been Re-juiced...

In fact, Tallong's Big Apple has been rejuvenated and was a highlight at this year's Apple Day Festival with its fresh coat of paint. Our well-known landmark has been missing in action for a while... but no longer. Its glorious freshly-painted reappearance has given it a new lease of life.

For some years, the Big Apple stood majestically outside the Watling apple shed on Caoura Road, but since the death of Jim Watling it has been waiting for a new home. It has just spent the last while in the workshop of Tallong graphic and sign artist Alan Weston for a spray repaint.

The history of the Big Apple goes back to the 1970s when it was crafted in fibre glass by local artist Karl Zeschke as a tribute to Tallong's apple tradition, which dates back more than a century.

In 1917, the apple crop for Tallong alone was estimated at 10,000 cases! But the terrible 1965 bushfires devastated most of the orchards of the district. The Watling orchard was one of the few to survive and the Big Apple is testament to that.



Image 1 - The Big Apple Re-Juiced and repainted looking resplendent outside the Tallong General Store

Now it's taken its place of honour in Tallong to remind everybody of the glory days of apple and pear orchards in the district. A big thank you to everybody who supported this year's Apple Day Festival, the crowds of visitors, the stallholders, the performers, the generous sponsors... Everybody contributed to a real community event. And we'll do it all again next year!

Endurance Rides in the Wingello forest...

The eighth annual Wingello Forest Endurance Ride will be held on the weekend of 21st to 22nd May 2016. There will be a repeat of the popular new-comers format – providing another great opportunity to give endurance riding a go.

There will be introductory ride distances on both Saturday and Sunday with the endurance ride of 80km starting from 7 am on Sunday. Residents are asked to watch out for horses on Bumballa Road on Sunday between 7am and 5pm.

The ride raises funds for the Tallong Rural Fire Service, and is generously supported by Wingello Village Store. Spectators are welcome. There will be caterers and trade stalls at the ride base throughout the weekend.

For entry details and other information, visit the website www.highlandsendurance.com, find us on Facebook 'Wingello Forest Endurance Ride' www.facebook.com/wingelloforestenduranceride or contact Bec Hogan on 0412 600 173.

ANZAC WWII veterans on parade...

At the ANZAC commemorative ceremony in Tallong, we were delighted to welcome so many descendants of World War II Tallong families who served with various Australian units in many theatres of war.

A highlight of the ceremony was the exhibition curated by local historian Janet Black that remembered the families. And there was much praise for the newly-dedicated war memorial and garden which has had a makeover with new plaques and stonework.

The Garden Guru

May brings in crisp cool days and bright autumn foliage on deciduous trees and shrubs to brighten up your day. The weather is still pleasant enough to work outside in the garden. Collect and recycle the fallen leaves to add to your compost bin or for rich mulch around the garden. Now is the time to plant trees, shrubs and climbers.

This is also the last chance to get bulbs and lilliums planted to ensure good growth and flowering in spring. Place your order for roses at your garden centre. Lemon trees are a treasure in any garden as the fruit is so versatile. They need plenty of sun but should not be exposed to drafts. Prepare the ground well before planting. Dahlias can be trimmed and left in the ground or lifted out with plenty of soil attached and stored over winter.

Keep up snail and slug bait and watch for aphids on young growth. They seem to like pansies. Gentle squash with your fingers or use soapy water. You can buy non-toxic sprays for this which are readily available.

Be prepared for frosts by providing shelter for those frost tender plants. At risk plants can be covered with a bit of shade cloth or even some newspaper for the smaller ones. This can be easily removed the next morning. Always leave frost-damaged growth on the plant until the end of winter. Then prune off to make way for spring growth.

Enjoy your autumn gardening.

The Creative Cook

Mini Brekkie Quiches

Mini Brekkie Quiches are packed with ham, fresh asparagus and tasty cheddar cheese. Great for an easy brekkie or for including in kids' lunches.

Ingredients:

1 cup flour
2 tablespoons butter
4-6 tablespoons ice water
6 eggs
½ cup ricotta cheese
½ cup ham
½ cup chopped asparagus
½ cup shredded cheddar

Method:

- Preheat oven to 150C
- Spray a 12 hole muffin tin with cooking spray.
- Combine the flour and butter until the butter breaks down into small pieces.
- When the butter is completely combined add one tablespoon ice cold water at a time as you keep combining until a smooth dough forms.
- Lightly press the dough into the muffin tin and up the sides.
- Whisk the eggs and ricotta until smooth, set aside.
- Add the chopped ham, asparagus and cheese to the muffin tins and pour egg mixture over until it is ¾ full.
- Bake for 20 minutes.

goulburn.art
REGIONAL ART GALLERY
“OLDER BEGINNINGS”

An introduction to appreciating art for the Older Adults with Susie Welsh-Wecker
Would you like to have fun, meet new people, enjoy a break from every day routine?

Tuesdays: 10.30 am – 12 noon, 31 May through to 21 June 2016
Cost: \$20 per term (to cover costs of morning tea). Bookings essential
Phone Sally at Goulburn Regional Art Gallery on 4823 4442

Regional News



Southern Tablelands Rail Users' Group (STRUG)

After our meeting with Angus Taylor back in February where we agreed to send him our forward estimates for the electrification costs of the Sydney-Canberra line we have finally been able to deliver them to Angus. The delay was caused by a computer glitch which meant that a large portion had to be rewritten, which of course takes time when it is all voluntary.

While visiting Pru's electoral office to see if there was any news about a meeting with Andrew Constance we were told that Pru has a meeting with Rob Mason scheduled. She pushed for STRUG representatives to be present but the Transport Minister wants her to meet Mason alone. I stressed that Pru should get all the reasons for Mason saying our timetable would not work. The Ministers office said they could organise a meeting after Pru meets Mason.

We have received correspondence from Jai Rowell's office with a letter from Constance in regard to Jai's representations over electrification. Constance advised that the ARTC would have to pay for it. The Transport Minister addressed a meeting of would be contractors in Sydney last week and significantly the journalist reported that there was no budget or plans for presentation to the would be contractors.

Cheers, Greg Price, President STRUG

Goulburn Mulwaree Council

GMC has successfully received funding to hold Girl Force, a fantastic program aimed at empowering and supporting young women aged between 12-18 years in the Goulburn community. This program commences in Term 2.

The McDermott Centre in Auburn Street has been identified as the preferred site option for a Performing Arts Centre. Council is calling for written expression of interest from community members who wish to be involved in the working party. Further information can be obtained by visiting the GMC website www.goulburn.gov.nsw.au or by phoning 4823 4444.

Digging into Marulan's History at Holcim – contributed by James Caulfield, Goulburn High School

In March 2016 I was fortunate enough to spend a week working alongside the community and environment team at Holcim's Lynwood Quarry. For a year 10 student from Goulburn High with a huge interest in history, this was a dream work experience placement.

For five days I got to see how the company manages and preserves the artefacts found on the quarry site. I gained hands-on experience with artefacts – from cups and plates to old padlocks and coins.

I was encouraged to put forward my own ideas about the company's heritage management strategies. Two of my suggestions were accepted and I spent the remainder of the week working on the development of a public-friendly online catalogue and developing information cards for display items.

The team at Holcim was friendly and made me feel very welcome. I never felt as though I was a burden on their time, and everyone was always willing to answer my questions or help out when my supervisor was unavailable. Even better, at the conclusion of my placement, I was invited to come back and participate in future history activities later this year. Right now, I'd rate the week at Lynwood as one of my best school experiences, and it has only reinforced my desire to work as a historian.

Heritage and Sustainable Parks Project (HASP)

NEWSLETTER 4

March 2016



2016 looks to be an exciting year for HASP and the development of the Regional Heritage trail from Tallong, through Marulan, Bungonia, Towrang and into Goulburn.

We have a concept plan for the development of the parklands adjacent to the Hume Highway at Marulan. A very big thank you to Chris and Ben, graduates from Canberra University for their work on the landscaping of the park. We couldn't have gotten to this point without their involvement.



This will be on display at the Tallong Apple day Festival on the 1st May so come and visit and see what is planned.

Initial estimates for the first stage of the earthworks are being sorted with an aim to then seek the funding both in kind and dollars through various avenues.

A committed sub committee of HASP are developing a number of fundraising ideas to raise awareness and support the development of the project. Watch this space for some upcoming events.

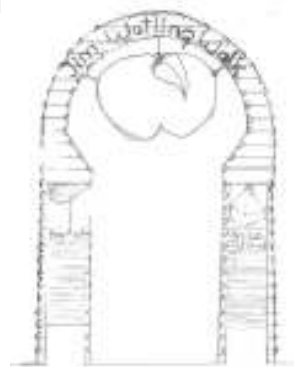
but we have to start somewhere.

Work continues in the villages with a focus on community and heritage to encourage travellers to follow the trail.

Bungonia, are continuing their planning on erosion control works in Woodward's creek and the building of a Columbarium and

Memorial wall for Bungonia's Historic Cemetery. The memorial wall will capture the names of the approximately 200 people in this historic cemetery whose details are not recorded as well as the convicts and First Fleeters that are in the cemetery.

Tallong are moving ahead with the development of the Memorial Park with additional car parking and rehabilitation works of the woodland to the east. The Big Apple has also been removed for some much loved TLC and will reappear in the new future as a gateway feature to the Memorial park.



An upgrade of the war memorial is also planned.

Meanwhile activity continues on the repair and restoration of the Towrang Stockade. The Trust responsible for the care of the stockade have been granted funding for the completion of the restoration of culverts 5 and 6 with further funding granted this year for the repair of Culvert 1.

If you are keen to know more or be part of this exciting project, please come and see us at the Tallong Apple day festival on the 1st May or drop us a line at heritageandsustainability@gmail.com

**FOR FURTHER
INFORMATION GO TO
Marulanchamber.org.au**



Holcim in Marulan update

Holcim Australia

May 2016

Goulburn North Public School Family Fun and Fireworks Night

Holcim is once again proud to be a major sponsor for the raffle at Goulburn North Public School Family Fun and Fireworks night. The raffle raises money for the school and will be drawn on the night. The fun starts at 3:30 pm Saturday 7 May and will include rides, stalls, food, displays and of course – the fireworks!

World Class Quarrying Showcased in Marulan

Holcim hosted members of Cement, Concrete and Aggregates Australia in March. The CCAA is a representative body who informs, supports, develops and educates its members and their markets. The Lynwood team hosted 10 members showing them around the pit and fixed plant facilities

In the same month Lynwood hosted over 60 members of the Institute of Quarries Australia (IQA) as part of a regional tour showcasing the world class quarrying industry developed in Marulan. After a seminar session in Bowral, the group had lunch and a site tour of Holcim's Lynwood Quarry before travelling across the Hume Highway to Boral.

Supporting local work placement

In 2016, Holcim has already supported two work placement students from Goulburn High Schools. Students are offered a placement that targets their learning and development outcomes and are exposed to the raft of employment opportunities at Lynwood Quarry.

Community Investment Fund

Round 2 2016 Open for Applications

Holcim is calling for the second round of Community Investment Fund submissions for 2016. Round 2 opened in May and closes in the beginning of June. Applicants can go to the website <http://www.holcim.com.au/lynwood-cif.html> for the guidelines and the application form.

First customer truck leaves Lynwood Quarry

Lynwood is well and truly open for business with the first customer truck loaded with aggregates leaving site at the beginning of the year. The site primarily delivers product to market using its train load out and dedicated rail spur facility, however, road trucks are fundamental to delivering products to local and specialised markets.



Industry Workforce Development Speed Networking Event a Big Success

Goulburn Mulwaree Council, supported by representatives from Holcim and Goulburn High School, organised a speed networking event introducing schools to industry representatives. Hosted by Divall's Earthmoving & Bulk Haulage, the event resulted in education organisations and industry representatives meeting each other in a forum that was much like speed dating.

The event was designed to facilitate a greater understanding of industry requirements when taking on work experience students as well as the difficulties education facilities have in placing students in the right organisations. The group discussed the raft of opportunities and future projects that will increase the participation of local students in local industries, filling local jobs.

Holcim Australia Pty Limited
PO Box 76
Marulan NSW 2579

Phone 1300 657 051
alana.white@holcim.com
www.holcim.com.au

2016 Wingello Forest Endurance Ride

Newcomer Weekend - A distance for everyone!



Saturday 21st May 2016

Registration & vet checks from 10am
12 noon Start
5km - 10km - 20km

Sunday 22nd May 2016

7am start 80km
(must be member of AERA & qualified)
7.30am start 20km
8am Start 40km - 60km

NEW On-line Entries & Payment through:
www.trybooking.com/KIWJ by 18th May 2016.

Late fees apply to entries made on the day.
Booking links also on the event website.

Overnight camping available Saturday & Sunday nights
Rock & roll singer Dave Newman live around the
central campfire from 5.30pm Saturday night
Catering & trade stalls



Photo:
AnimalFocus

Ride one day ... Watch the next

Become a Wingello Cherished Volunteer
Join the fun!

Come Join Us!

Find us on
facebook

Southern Highlands Endurance Ride Inc
www.highlandsendurance.com

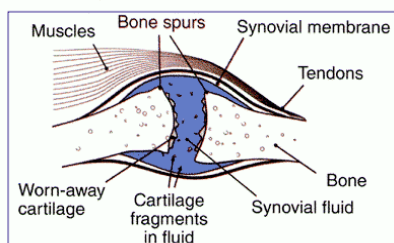
Phone: 4841 1838

Joint Health



As with our joints, our pets' joints begin to creak and crackle with time and misuse. Stiffness, pain and immobility may result from the development of bony arthritis, also called osteoarthritis or degenerative joint disease. Recognizing and treating this disease will have a profound effect on your pets' quality of life.

A joint with Osteoarthritis



The development of osteoarthritis depends upon many factors. Joints naturally wear down with age, but factors including injuries, poor nutrition, obesity and inactivity accelerate these processes. These factors increase joint surface erosion, alter the lubricating fluids and compromise the tissues that stabilize the joint. As stability diminishes, the bones respond by creating spurs and bridges. This results in arthritis and a painful, inflamed joint.
(pictures: buypetmedicine.com)

Behavioral changes are generally the earliest indicator of pain and discomfort associated with osteoarthritis. If we wait until our animal is limping or unable to stand, we have already missed many of the warning signs, which include:

- Stiffness, especially after resting and in the morning/in colder weather
- Aggression especially when being lifted
- Toileting accidents
- Decreased grooming
- Increased licking, esp joints
- Decreased jumping, playing or climbing behaviours
- Stretching more after rising
- Increased anxiety or 'clinginess'
- Overall reduction in activity
- Reluctance to use stairs
- Birds may feather pick
- Increased vocalization especially when being handled
- Weight/muscle loss
- Difficulty eating
- Joint swelling/heat
- Increased joint size

Many of these signs can be caused by other diseases, which is why it is important to have your animal examined by a veterinarian. Depending on this examination, further testing may be required in order to rule out serious diseases such as heart failure or bone cancer.

The focus of treatment of arthritis falls into three categories: **pain relief, control of inflammation and improvement of joint health**. Initial treatment options may involve weekly injections, anti-inflammatory medications which are prescribed by your veterinarian, nutraceuticals and physical therapy. A "maintenance" plan using supplements and physical therapy for joint health may also be instituted. The optimal plan is tailored specifically for you and your individual pet.



Are you concerned about your animal's joint health? Please call us on 4841 1838 to make an appointment with us! We are open Monday to Friday from 9am-5pm, and Saturdays from 9am-12pm. We look forward to seeing you and hopefully making your pet feel more comfortable, and pain-free, therefore increasing their quality of life!

DISCOVER MARULAN 150 EAST MARKETS

**SECOND SATURDAY EACH MONTH
MARULAN MEMORIAL HALL**

9 am to 1 pm



LOTS OF INTERESTING STALLS
NEW & RETRO CLOTHING, LUXURIOUS
CANDLES, MADE IN MARULAN, WINES, PLANTS
& PRODUCE, BEAUTIFUL FABRICS,
SWEET LITTLE BIRDS, PET ACCESSORIES,
FABULOUS HANDMADE QUILTS, ANTIQUES &
COLLECTIBLES, SMALL FURNITURE &
LOTS MORE

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The Travelling Gourmet



It's a pleasant drive to Tarago, rolling fields of crops and pastures. The lovely hamlet of Lake Bathurst with its picturesque houses. A short drive later and you reach Tarago a neat, small and quiet village. The railway station is one of the prettiest in southern NSW.

As pleasant as the trip is we still have to traverse North Goulburn and the touch screen wall enclosed inside the yellow arches walls. It is a fear of our generation when we were young, we were constantly told "don't touch, don't touch". These are words not uttered to the present generation.

When the latest record player entered our living room, Dad tuned it. He then placed the records on the turntable and we were told, "don't touch". Our first 21" AWA black and white TV, Dad or Mum, if he wasn't there, were the only ones to change channels or adjust the rabbit ears antenna. "Don't touch" reverberates in my ears. It's a proven fact that you are a product of your upbringing.

So the fear of touching something you know nothing about can strike fear into the older generation. This had happened to me a couple of years ago whilst watching TV, adverts would warn you that at such and such a time in such and such an area analog TV would be turned off and replaced with digital TV. As I was quiet happy with the 6 channels I received on my analog black and white I took no notice.

So of course you know what happened one morning, I switched the TV on and there was nothing. So panic station! As an avid watcher a quick trip to a retailer was imperative. Arriving home with the new digital 64cm colour TV...I'm all smiles. Unpacked, plugged in and turned on, nothing happens! Grabbing the manual which could have been written in ancient sanscript for all I could decipher. In the back of my mind is this incessant "don't touch, don't touch", if I press the wrong thing I'll break it.

My wife who is not a TV watcher passes me by in front of a blank screen and shakes her head. But all is not lost this weekend we are to have a visit by the grandchildren, technology whizzes at a tender age. Sunday comes, Rebecca bless her heart, a 16 year old angel sees me sitting in front of the brand new TV. "It won't go they gave me the wrong cables". She shakes her head and starts fiddling. My subconscious screams "don't touch" but I refrain from any utterance. Rebecca attaches the cords, picks up the remote and punches in automatic settings. The TV springs to life, it starts to set its own programs. When this is finished I have 34 channels in digital format. God bless grandchildren who have never heard the words "don't touch, don't touch". All my grandchildren go to the golden arches establishment, as they touch the wall and order their burgers no one says "don't touch, don't touch".

Back to Tarago, supposedly the reason I am writing this report on hamburgers. There is only one place in Tarago to buy food, The Loaded Dog pub. So it arrived at our table, it must have been 7 or 8 inches tall, lettuce, tomato, a large mince patty, beetroot, bacon and egg, along with a slice of pineapple and fried onions. Big enough to feed a refugee camp in the Middle East. Obviously size counts in Tarago it will be hard to give it a mark, maybe I will have to sleep on it and report next time.

Until the next issue of the Discover Marulan Newsletter...The Travelling Gourmet.

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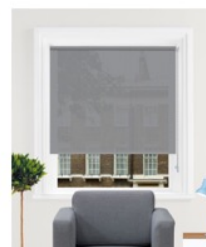
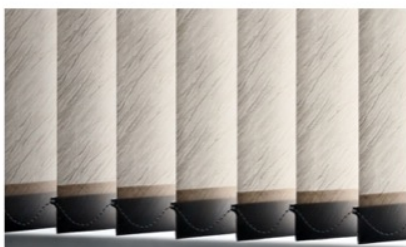
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Calendar of Events.

May 2016

						Sunday 01
						Tallong Apple Festival Collector Village Pumpkin Festival Colour Me Fun Run, Victoria Park, Goulburn
Monday 02	Tuesday 03	Wednesday 04	Thursday 05	Friday 06	Saturday 07	Sunday 08
Marulan Chi Kung Group, 10am, CWA Hall Marulan Volunteers, 9.30 am	Garden Club Meeting Marulan Fire Brigade AGM	Ceramics with Kate McKay, goulburn.Art Regional Gallery, 4-, 11- & 18- May Trivia Night, Terminus Hotel, 7-9pm	Marulan:Regular bin Marulan::Recycling bin	Marulan Public School Play Group, 9.30 am Mothers Day afternoon tea, Goulburn.art Regional Gallery, 3-5 pm	Dinner in Honour of Mothers, Bungonia Hall, 6pm	Mothers Day Catholic Mass, St Patricks, Marulan, 8 am
Monday 09	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14	Sunday 15
Marulan Chi Kung Group, 10am, CWA Hall	EOI's Public Art closing, goulburn.Art, Regional Gallery	Judy's Kitchen Morning Tea – Bungonia Hall, 10.30am Trivia Night, Terminus Hotel, 7-9pm	Marulan:Regular bin Drawing for Beginners, 12th May to 16th June, 10.30 am – 12.30, goulburn.art Regional Gallery Marulan District Historical Society, 1pm	Marulan Public School Play Group, 9.30 am	Discover Marulan Markets , Marulan Hall (9am-1pm) Marulan Book Exchange	Catholic Mass, St Michaels, Bungonia, 11 am Million Paws Walk, Guide Hall, Victoria Park, Goulburn 9.30 am Jump 4 Kids, Jump Inn Tramp Centre, Goulburn, 10 am
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21	Sunday 22
Marulan Chi Kung Group, 10am, CWA Hall Marulan Volunteers, 9.30 am	Beekeepers Associations 7.30 pm, Function Room, Goulburn Workers Club 20t Biennale of Sydney Bus Trip, Goulburn.art Regional Gallery, 8.45 am	CWA Meeting Advertisers' deadline for June's edition of the Discover Marulan Newsletter Trivia Night, Terminus Hotel, 7-9pm	Marulan:Regular bin Marulan::Recycling bin Marulan Region Chamber of Commerce Meeting, Marulan Hall, 6 pm	Marulan Public School Play Group, 9.30 am	Wingello Forrest Endurance Ride	Catholic Mass, St Patricks, Marulan, 8 am Wingello Forrest Endurance Ride Kevin Bloody Wilson, Goulburn Soliders Club, 6.30 pm
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 29
Marulan Chi Kung Group, 10am, CWA Hall		Trivia Night, Terminus Hotel, 7-9pm	Marulan:Regular bin Back to Barra Bee Dee, goulburn.Art	Marulan Public School Play Group, 9.30 am		Marulan Historical Society – Official Opening of Resource Centre
Monday 30	Tuesday 31					
Marulan Chi Kung Group, 10am, CWA Hall						