

What to do when you're firing from both ends...

Vomiting and diarrhoea are often symptoms of gastroenteritis or 'gastro', which is an infection in the gastrointestinal tract. Essentially, it is our body's way of getting rid of infectious material. Other symptoms that may accompany a bout of gastro include nausea, poor appetite, abdominal pain, fever and tiredness. These will typically last for 24-48 hrs but it can go on for longer in more severe cases.

Causes When we talk about what causes gastro it usually comes down to either a viral (e.g., rotavirus) or bacterial (e.g., salmonella) cause. Other types of infections, some medical conditions (e.g. irritable bowel) and some medicines (e.g. antibiotics) may also be responsible.

Treatment One of the most significant risks with gastro is dehydration, particularly in children and in the elderly. This is why rehydration is considered to be the most essential component of treatment. At the very least, water should be used to replace fluid that has been lost, however specially formulated rehydration solution will not only help to replace fluid but also electrolytes. When drinking liquid, it is best to sip small amounts frequently with the aim to keep your urine 'light-coloured'. Gradually reintroduce normal diet if you are feeling hungry but try and avoid sweet, fatty and spicy foods.

You can also get medicines to control diarrhoea and to relieve nausea and vomiting. If the cause is bacterial, antibiotics may help.

Preventing 'gastro' To help protect against infection:

- Wash hands after going to the toilet, changing nappies, gardening or handling animals, and before touching food.
- Use clean surfaces and equipment to prepare and serve food
- Do not drink or swim in contaminated water.

Seeking Medical Advice It is important to seek medical advice if: the patient is an infant or is elderly, there are signs of dehydration, there has been vomiting for more than 24hrs and/or diarrhoea for more than a few days, there is severe abdominal pain, a high fever (over 38°C), or if the patient has an underlying medical condition.

By Nick Knowles
M Pharm
Robertson Village
Pharmacy



ROBERTSON VILLAGE PHARMACY

Due to increased demand, we have decided to extend our opening hours to 5.30PM on weekdays. Saturday remains the same for now.

Open Mon to Fri: 9-5.30 and on Sat: 9-12
Phone/Fax: 4885 2936

Contribution Guidelines

Community Service Announcements, articles and diary submissions are free of charge. All items must be submitted by deadline dates and may be modified at the editors discretion. To avoid extensive editing please limit announcements to 25 words, and articles to a maximum 300 words. It is preferable that submissions be typed or emailed. Thank you.

Advertising

A single insertion is \$35. (Discount of \$5 for members of Robertson Chamber of Commerce) Each insertion is limited to a maximum 85 x 55 mm. Advertisers are responsible for meeting submission deadlines. Any copy received after the deadline is unlikely to be included. All advertising is payable in advance. All advertisements to Dorothy Baker at the OPSGallery now at the Robertson Cheese Factory ph/fax 4885 2400 or POBox 3005 Robertson 2577. Thank you for your support.

Deadline

The next issue will be distributed in the first weeks of June. All advertising & submissions must be received by **15th May 2012**. Forward correspondence to: **Robertson Newsletter, 64 Hoddle St, Robertson 2577, or Email: bjlee@dodo.com.au.** (Submissions are best supplied by email or on disk. Avoid formatting text as much as possible. Hard copy must be typed) Enquiries - 4885 1210

Disclaimer

This newsletter is an independent publication under the auspices of The Robertson Chamber of Commerce. The ideas presented are not necessarily those of the editors nor of the Chamber. The statement and opinions expressed in this publication are made in good faith, and the editors, volunteers and contributors do not take any responsibility for those statements and opinions, any inferences that may be drawn from them, or actions or charges which may result from them. The Editor reserves the right not to print any item that is defamatory to any person or organisation, or that is anonymously sent, and to edit any contributions as required.

Editor : Barry Lee

Anglican

St John's Robertson

8.00am Traditional Services
1st Sunday- Communion
4th Sunday- Morning Prayer

9.30am Family Service/Sunday School
Every Sunday

St David's Burrawang

5.00pm - 3rd Sunday

Roman Catholic

Burrawang

1st, 3rd, 5th Sundays — 8.00am
2nd & 4th Sundays — 5.00pm



Sunday Youth Night Church

1st Sunday of the Month

It's for everyone around high school age, starting at 6:30pm. We finish around 7:30 and then have some food till about 8pm.

Come and check it out - we are in the new building on Meryla Street Robertson, behind the old church building.

More info?

Call Jon Bracht on 4886-4326



Robertson News

April 2012

www.robertson.nsw.au

Edition 88

'Southern Highlands Regional Art Gallery'

Ben Quilty, one of Robertson's well known artists called a meeting early in February to discuss the need for a 'Regional Art Gallery' somewhere in the Southern Highlands.

Representatives from many of the Highlands art galleries, Carlos Barrios and other artists, plus councilors and staff from the WSC & many involved in the local arts community joined Ben in his studio.

The need for a regional art gallery is wide ranging and diverse. It would be a not-for-profit cultural facility owned by local government and managed by qualified and experienced staff and be open 7 days with free entry.

"The Southern Highlands is a huge catchment of people interested, working in and collecting art. To my mind the one thing missing from the Highlands is a proper regional gallery....." says Ben Quilty who is the 2011 Archibald Prize Winner and lives and works in Robertson.

One site option that has been seriously considered and a feasibility study commissioned is the former Mittagong Bowling Club on Alexandra Square.

The idea that the Southern Highlands community needs a public art gallery has evolved over time. There has been a growing need for a venue to display touring exhibitions from other galleries as well as showcase a permanent art collection and promote educational programs for all ages in art appreciation. The site would also include meeting rooms, media facilities & a café.

The meeting discussed the need to set up a trust in order to attract tax deductible donations. All those present agreed that raising local awareness and support for the project is vital.

Please voice your support.

"For more information, the Council contact for the project is Jenny Kena, Cultural Development Officer 4868 0855".

By Dorothy Baker
Green Heart Gallery
Robertson



Letters to the Editor.

Congratulations to the ROBERTSON SHOW. Under very difficult circumstances they pulled off the unexpected: a fantastic show that was not under water. The wet weather conditions may have caused the cancellation of events but the show went on and was great fun. Well done to all on the hard working team.
Dorothy Baker RCoC

New Web site for Robertson

www.robertson.nsw.au

This is the new look website for the Village of Robertson - check it out Look at 'Living in Robertson' 'Visiting Robertson' then explore all the other pages.

This revamped website has been set up by the Community Technology Centre with great enthusiasm and with Robertson Chamber of Commerce funds. It will grow and change with local input.

Robertson Chamber of Commerce

BRAND NEW ROBERTSON WEB SITE:

Attention businesses, community groups and anyone else who wants to participate -- we are about to go live with the updated, hugely expanded site and need your ideas/comments and to know whether you want us to LINK to you.

Please email info@robertsonctc.org.au for more information with the subject line: **Robbo Website**

Robertson on display at Royal Easter Show

Look out for Katherine Wood's fabulous coat at the Royal Easter Show this year.

The coat is 100% wool, all from her sheep in Burrawang, knitted by Ann Westren and designed by Jane Slicer. Also displayed is Katherine's hand woven blanket and a Mobius shawl designed and executed by Debbie McGuire. These three exhibitors have been selected to proudly represent the Robertson Show Society in the State-wide Wool Garment Competition.



Congratulations Southern Rise Bakery

15 Years Trading in Robertson



Long time employee, Margaret Norman, distributing balloons during the celebrations.

Employee, Cathy Hart, helping "Petey Pie" (Josh) who arrived on Saturday to help with the celebrations.



COMMUNITY NOTICES

31st ANNUAL ROBERTSON WOOL FESTIVAL 2012

Saturday 5th May 2012
School of Arts
Illawarra Highway Robertson
10am - 2.30pm

Local Top Quality Coloured & White Fleece For Sale Brought to you by the South Coast Southern tablelands Region Black and Coloured sheep Association NSW Inc.

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02 46842085
kotarb@bigpond.com

Wendy Norris
02 44651601
kvspinning@shoal.net.au

A VISIT TO NEW ZEALAND'S REMOTE KERMADEC ISLANDS

Talk by Kevin Mills

The Kermadec Islands, politically the most northern part of New Zealand, are located 960 km north of the North Island, 1700 km south of New Caledonia and 2,500 km east of Australia. The islands, a dedicated conservation reserve with restricted access, are seldom visited. The talk will be centred on the plants of the islands and how these compare with the species on the surrounding land masses, particularly Norfolk Island, another remote Pacific island.

The speaker is an ecologist with special interests in rainforest, coastal vegetation and island ecology. He is an authority on the flora of Norfolk Island and visited the Kermadecs in 2011.

Reps Meeting
April 13th 7.30 pm
at the

Robertson Community Centre
Caalang Sreet

ANZAC DAY SERVICES:
ROBERTSON/BURRAWANG
Wednesday 25TH APRIL, 2012

ROBERTSON WAR MEMORIAL
10.15 am
Wreath laying service

BURRAWANG WAR MEMORIAL
11.00 am

Wreath laying followed by
Commemorative Service in
the School of Arts

Everyone welcome

iMovie Workshop

On Saturday the 31st of March the CTC will be hosting an iMovie one-day workshop. Learn how to create a family video library, produce your own **tropfest** film, make videos for you sporting/social club or just enjoy developing the capacity to make great videos.

The workshop will cover basic operation of the iMovie application which will include:

- Importing footage and images from video/still cameras, phones, external hard drives, USB drives etc
- Learning about the editing software and basic tools for editing video
- Manipulating video
- Including audio, both soundtrack and voice over.
- Including transitions and titles to your project
- How to export the video files to any format
- How to burn your project to DVD for playback on any DVD player etc
- Advanced editing tools

Location: CTC Robertson

58-60 Hoddle Street, Robertson
(opp. Murray Tractor Importers)
Time: 9:30am - 3:00pm

Date **Saturday the 31st of March**
Facilitator: Don Perna

20 years experience as an educator
Cost: \$120 afternoon tea provided

Contact: ph 0404 488 245

email don.perna@dow.catholic.edu.au

Gas & Hardware

The Village Woodworks is now supplying Kleenheat bottled gas in the Robertson area and after Easter is hoping to carry a range of basic hardware to complement what is held by the CRT store. Let them know what sort of things they should stock.

ADVERTISEMENT



Gareth Ward MP
Member for Kiama
Working for Robertson

Get in touch with Gareth:
Phone 4232 1082 | Fax 4232 3577
Email kiama@parliament.nsw.gov.au
Authorised by Gareth Ward MP, 125 Terralong Street, Kiama NSW 2533.



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Referrals for both services are
required.
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appointments

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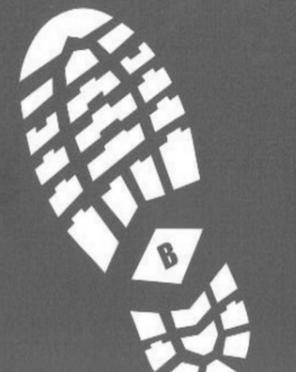
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4885 2379



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**VINTAGE & CLASSIC CAR DAY
HISTORIC WORKING MACHINERY
ART EXHIBITION**

Sunday, 15 April 2012, commencing at 11.00am



► **Vintage &**
We will be
Classic Car Day
classical and
makes and
'People's Choice'

Show', best British, American, Australian, European classic cars 30 years and over, commercial/pickups plus special prizes for the most original unrestored vehicle.

**Venue: Robertson Heritage Railway Station,
Yarranga Street, Robertson**

(The Station and Grounds will be open from 9.30am for entrants)

Open to all clubs and to individual car owners, it is free general admission for all cars but a small fee of \$10 applies for entry into the competition. For further information please contact Steve Carey, President, on 02 4885 2393 or e-mail: steve@accn.com.au

► **"Cockatoo Run" Heritage Diesel locomotive** - The Station will be selling tickets for the loop train return trip of Robertson to Moss Vale which is part of the overall "Cockatoo Run" journey from Sydney to the highlands. Enjoy a pleasant train ride through the lush green rural countryside - approx. 12.30pm departure/return approx. 3.30pm - 'Loop train' tickets available on the day - Robertson/Moss Vale return - \$10 adults, \$5 concession, \$25 family

► **Historic Working Machinery** -

There will be a very popular and interesting display of restored and functioning vintage working machinery in the "Robertson Common" grounds.

► **2012 Annual Fettle's Heritage Art Prize Exhibition**, in the Fettle's Shed Art Gallery from Sat 3 March 11am (continues Weekends: March and April 10.30am - 3.30pm)

Celebrate 80 years of Robertson Railway History and involvement with the Unanderra-Moss Vale link line by visiting this fantastic art exhibition where paintings, sculpture, ceramics and other artworks are inspired by Robertson and surrounding villages, the varied subject matter executed by talented artists from Wingecarribee Shire and surrounds. Free entry but gold coin donation would be welcomed. All support for this exhibition, donations from raffles or product purchase help to maintain Robertson Heritage Railway Station and gardens. For more details **Website:** <http://www.robertsonrailway.com.au/fettle's-shed-gallery> / **Ph 4885 1598 M: 0408 610 714.**

This exhibition is sponsored by local Robertson business and Robertson Art Galleries as well as Arthead of Moss Vale.

- The Station also has an interesting history display showing the history of the railway in this area.
- There will also be a kiosk selling food and drink, great coffee, and railway museum and souvenirs.

This promises to be a very interesting and enjoyable day with free entry to the public so come along to the Robertson Railway Common and join in to make the day a great success!

Classic Cars -

hosting a Vintage and including pre-war to collectable cars of all models. There will be trophies for 'Best in

The 3ESTACIONES

On Thursday 16th February we were privileged to have 3 talented girls from Spain perform at the Robertson School of Arts. A spur of the moment decision, a venue was found on Sunday afternoon with the kind help of Edna Casey who manages the School of Arts.

A little word of mouth advertising, a mention in the Robertson e-news, the Wingecarribee Arts & Culture News, the Robertson Chamber of Commerce email, posters and insurance from the Robertson Village Network and hey presto a show was born.

What an amazing night of entertainment. The storyline was minimal and kept the audience on their toes through the whole performance. You see, it started at the end, from old age to girlhood. We moved back along the timeline of the lives of our two friends to find out how their lifelong friendship came about.....and out of that comes the name of this piece "You Got To Live With It". Brilliant acting with little dialogue, the actors use their faces and bodies to show emotions and take you on a journey through the lives of two women bonded by an event in their childhood.

Hopefully this talented trio are now on their way to the Adelaide Fringe Festival and beyond. They received warm applause from their Robertson audience.

If you would like to find out more about the show visit www.facebook.com/3ESTACIONES

To join the CTC's Robertson e-news visit our website for full instructions www.robertsonctc.org.au

Monica Engel

Fettle's Heritage Art Prize Winners

The opening and prize presentation was a great day on Sat 3rd, and lots of fun, even though the weather was very miserable. The crowd and visitors that passed through the Fettle's Shed quickly warmed the gallery up with noise and appreciative words. There were more entries than could be hung comfortably this year, so there are a number of the prize and award winners hanging in the Light Horse Gallery, just to wet your appetite!!! But don't forget the main show is on at The Fettle's Shed, where you can place your vote for the Viewers Choice, the honoured artist winning a \$100 basket of 'Nude by Nature', donated by Robertson Pharmacy.

Fabulous paintings and lots of railway product, local produce and a raffle for sale, proceeds of which will enable the continuation of the wonderful work of RHRSI in maintaining and running the Robertson station, celebrating 80 yrs of Unanderra to Moss Vale rail link this year.

Cockatoo trains visiting over the next couple of months - check out the website for more details www.robertsonrailway.com.au Exhibition continues Yarranga St Robertson every weekend throughout March and April - also open Robo Show days on 9 & 10 March



Peter Ward - WINNER: \$100 Robertson Chamber of Commerce Prize, Gina Brewster - WINNER: \$400 Combined Robertson Gallery Prize,
Jill Zietara - WINNER: \$150 Robertson Recollections Prize, James Harper - commended BE, Brett McGrath - WINNER: \$200 Arthead Moss Vale Prize,
Judge -Kit Bullivant, Opening Speaker- David Burke
2nd row: Anne Wilson - commended, Lucinda McDonald - WINNER: \$100 Teknemos Built Environment Prize & highly commended BE, Amber Giles - highly commended, Enrique de Val - WINNER : \$400 RHRSI 1st Prize, and Enrique's daughter (Not present Susan Palmer-Ward - commended, Judge -Anika Ekholm)




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