

Robertson News

www.robertson.nsw.au

October 2017

Edition 121

Robertson Open Gardens

Saturday 7th & Sunday 8th October

by Colin Hancock, Garden Club President

The Robertson Garden Club organises and runs the Open Garden Weekend. This event brings visitors to Robertson from all over the Sydney, Illawarra, South Coast and Highland Districts to experience and enjoy the private gardens in Robertson, which are generously opened by the owners. This year 7 gardens are opening to the public, many for the first time. All proceeds of the Open Gardens are put back into the Robertson Community with such organisations as the Robertson Rural Fire Brigade, the CTC, the School of Arts and the Robertson Show Society being some of the previous beneficiaries.

This year the Open Gardens committee supported by the Garden Club has chosen to support the Robertson Primary School, The Show Society Ladies Auxiliary and the CTC. We would also like to hear from like minded community groups and local schools who have specific programs that the Garden Club may be able to assist. (Applications would need to be approved by the members).

If you would like to be a part of this traditional event, whether it be to assist this year or next, or if you would like to include your garden in future events, please contact Colin on 0421 061 651.



**ROBERTSON
SPRING
FESTIVAL**

Saturday 7th & Sunday 8th October 2017 10.00-4.00pm

OPEN GARDEN INFORMATION

\$5 single garden **\$20 Ticket for all gardens** valid all weekend

Fabulous Plant Stall & Arts and Craft Exhibition at CTC by local artists Regina Brewster and Sonia O'Shea

- Antique Shops and Collectables
- Sunday Markets School of Arts
- Fettler Shed Art Exhibition
- Station Waratah Garden
- Local Cafes & Pubs
- Refreshments

Enjoy Village Hospitality

Proceeds to Robertson Community Groups

Also in this edition.....

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ROBERTSON BOWLING CLUB

Open 7 days a week

Every Monday - Social Carpet Bowls 11am - new players welcome
Every Wednesday—Social Lawn Bowls (\$10 per player) - new bowlers welcome
Every Thursday - Soccer Club Joker Jackpot and Pool Comp from 6.30pm
Every Friday - Free Trivia - Joker Jackpot and Lucky Member draw from 7pm
Every Sunday - Prize Tombola - Members Draw from 6.30pm

The Club welcomes new members with membership starting at \$10 per year. The Club is a major sponsor of Robertson's Soccer, Cricket and Hockey clubs. For further information call the Club on 4885 1306.



Ally's Bistro - open Mon lunch and dinner 12 noon to 2pm, 6pm-8pm and Tues dinner only 6pm-8pm
Mountain Spice Bistro - open Wed to Sun lunch and dinner. Authentic Thai, Chinese and Australian favourite dishes.

Remembering Arthur Jackson

Arthur Jackson was a Robertson resident for over 20 years. Apart from being an active member of the Robertson Guild, the Burrawang School of Arts, and the



Robertson CTC, he was a familiar sight on his regular daily walks, whistling or singing merrily, walking stick in hand. He will be remembered as cheerful and outgoing and kind, always ready to stop for a warm and friendly chat with anyone. For the past three years Arthur was being very well cared for at Abbey House Nursing Home, Mittagong. He passed away on 4th August 2017.

Since retiring and moving to Robertson, Arthur was able to devote his time to writing poetry for which he had a very real talent. His wife Janet would like to share with you one of the last poems Arthur wrote. It is called *Old Man Shopping* and will strike a familiar chord in all who are in their senior years.

In his own words, Arthur wrote: *"I have to admit that this poem is completely autobiographical. Very often I feel sad that each of us is occasionally guilty of regarding older people precisely as they are today, and fail to reflect upon how they were in more youthful times."*

Old Man Shopping

by Arthur Jackson

*See that old man over there?
The one with white and thinning hair.
See the way he almost stumbles.
Delays the check out as he fumbles.
Drops some coins. Upsets his purse.
Arthritic anger. Silent curse.
As, clinging firmly to his trolley,
He bravely bears life's old age folly
While often wondering to himself
Why some regard him on the shelf.
Dated.*

*Full five and fifty years ago,
Mid roaring seas round Scapa Flow,
He rode the decks of proud Home
Fleet
On sturdy hips and nimble feet.
A child in wartime London town,
He braved the bombs which blew it
down.
Then, later, all throughout his life,
For home, survival, children, wife,
He toiled and did his level best
To win, but not to cheat the rest.
And win he did. Now here he stands
All white hair of wispy strands,
But see him as he once stood tall.
Not this leaf midst Autumn's fall.
Fated.*

Contribution Guidelines

The submission deadline for the December 2017 edition is November 15 2017. Please submit all articles and event notices to editor@robertsonctc.org.au.

All submissions, advertising and payments must be received by this date to ensure inclusion. Any material received after this date will be held over for the next issue. Submissions may be modified at the editor's discretion.

Disclaimer: This newsletter is an independent publication under the auspices of the Robertson CTC. The ideas presented are not necessarily those of the editors or the Robertson CTC. Statements and opinions presented in the publication are made in good faith and the editor and CTC@Robertson do not take any responsibility for those statements and opinions, any inferences drawn from them or actions and charges that may result from them. The editor reserves the right to not print any item that is defamatory to any person or organisation or that is anonymously sent.

All of the production and distribution of the Robertson News is done by volunteers.

CTC@Robertson is managed by the Robertson Shed Inc. PO Box 3069, Robertson NSW 2577. Ph: 02 4885 2665 info@robertsonctc.org.au

Advertise in Robertson News

Every two months, reach over 800 residents and visitors to Robertson *plus many more online.*

Advertising Rates (per bi-monthly edition)

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Robertson's Hidden Treasures

by Michael D. Breen



Want better health, want to feel more alive? How much will it cost? Free! Sounds too good to be true. Sure it does. If you Google 'Benefits of walking' it is all there. In fact there is so much evidence for the benefits of walking you have to wonder why more of us are not out there for half an hour three times a week. Still it is currently the most popular form of exercise in the world.

Benefits include improved cardio vascular (heart) health, diabetes management, or prevention, lower stress levels, improved balance and coordination, immune system boost, strengthening bones and increased productivity and creativity. The claims for better living are growing and are proven more and more by reliable research worldwide.

Creative people, Beethoven, Dickens, Goethe, Tchaikovsky and Steve Jobs walked regularly. Our ancestors walked more than we do. These days cars, T.V. and computers mean we sit more and walk less, to the detriment of our health.

So what has this to do with Robertson? Just this, we have some of the best walking opportunities in the State. We know people are more likely to get out and walk when they can do so in beautiful surroundings. We are more fortunate than a lot of people when it comes to surroundings. Our landscape and vistas are delightfully attractive.

However our walking opportunities could be much greater. More varied and more attractive to locals and tourists. How so?

Early state surveyors marked out more roads than you see today. That is unless you look at a good survey map. There they are and you have as much right to walk them as you do George Street Sydney.

They are called Crown Roads or Paper Roads because they exist on paper but have not been tarred or graded. They belong to the community. It is encouraging that the Council in the Robertson Community Action Plan Objective 4 page 8 intends investigating and improving walking tracks around and between villages.

So the opportunities are there, maybe overgrown or needing some negotiation with neighbours and some folk willing to maintain tracks and trails for all to enjoy. Council is committed to enrich these village amenities. Some people are already lining up to help. You might want to join in on the Wingecarribee Tracks and Trails site on Facebook.

In conclusion, the benefits are enormous for us and for tourism. The paths are an under utilized asset. A few of us can provide a healthy, life giving asset for now and for future generations who will bless our efforts.

If you would like to be part of the small group to progress the work there will be a meeting on October 3rd at 9.30. Call 48852180 to find out where we shall meet which will be decided when we know the numbers.



NOTICE OF ROBERTSON BURRAWANG ROVERS SOCCER CLUB AGM

The Robertson Burrawang Rovers Soccer Club will hold their 2017 Annual General Meeting on **Sunday 8 October 2017** at the **Robertson Bowling Club** commencing at **3pm**. All welcome. If you are interested in a committee position or require further information, please do not hesitate to contact the Secretary, Miranda Wood, on 0439907090

Robertson Burrawang Cricket Club Is Now Taking Registrations for the upcoming summer of cricket. We are a fun and family-oriented club and are hoping to field teams in all age groups - Milo Cricket for 5-8 year olds, T20 blast for 9 and 10 year olds, and primary, junior and open age school children aged 11-16. New rule changes this summer also mean a shortened and more exciting match day experience. Boys and girls, new players or returning players all are welcome!

We also welcome cricketers for our senior teams of any ability - 1st, 2nd and 3rd Grade teams have a great time playing for our club on Saturday afternoons. Our registration fees are amongst the lowest in the district. For more information please contact Aaron on 0421 452 167 or aaronazz@hotmail.com, or register now at playcricket.com.

Life's Experiences

By Graham Thomas



For better or worse, for richer or poorer, I've found myself watching a bit of *The Bachelor*. Please don't judge me!

I find it incredible that these people would put themselves through such a public ordeal to find love... or fame, either will do. However, what I've found most interesting is reading the comments of the ladies (or contestants!) after being kicked out of the mansion. Some are bitter but most have been quite 'matter of fact' about it all, which is probably quite good really. But others let rip on the whole process, sharing the show's secrets about filming and what producers ask them to do to set the scene and create the drama. It's fascinating stuff. They call it reality TV but it seems quite far from that. So much is staged and scripted, if the reports are true.

God talks a lot about love in the Bible. But one thing you wouldn't say about the love we read in the bible is that it's fake or staged. In the Bible love is messy, hard work, costly, it's real life. There's no "rose ceremonies" in the Bible when it comes to God showing his love for us. Instead it's sacrificial, selfless and serving and the most famous example of this love of God is his only Son's sacrificial death on the cross for our selfishness, our rejection of God's ways or what the bible calls our sin. In his love for us Jesus chose to die for us, taking our sin and its consequences on himself and forgiving us. He didn't need to love, but he chose to.

1 Corinthians 13 is a pretty well known part of the Bible. It's often read out at weddings and for good reason. It describes the type of real love that makes a marriage work and that Jesus showed us and that we can show each other. It's not fake or scripted or staged, it's real, lasting and takes a bit of work.

Here's a small section of the chapter.

⁴ Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres (1 Cor 13:4-8).

Our Sunday meetings at Robertson are:
8am traditional (1st and 4th of the month), 10am Family with kids program, 6pm Youth
Our youth group meets on Friday nights from 6.30-8.30pm. Hope to see you there.

Graham Thomas, Minister
Robertson / Burrawang Anglican Church
robertsonanglican.org.au 4885 1210

PET SITTING

Perfumer about town, Sheila Massetti is taking some time off and would love to look after your Pets while you are away. She provides security as your house will not be empty.

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Robertson Men's Shed

By Nigel Walker



The Robertson Men's Shed Inc(RMSI) is now established with quite a few members and at our last meeting on the 9th of September at the CTC we had a good roll-up with a special welcome to guests Ian Scandrett the Deputy Mayor of Wingecarribee Shire Council and Alan Hunt the founder of the Moss Vale Men's Shed as well as Don Dyer the secretary of the Robertson Community Information Centre project.

John Kennis the President of the RMSI guided us through a big agenda. The RMSI is forging ahead with plans for a Men's Shed behind the CTC and



President of the RMSI John Kennis loading up with donated tools and equipment.

the RMSI is working closely with the CTC for our mutual benefit.

Deputy Mayor Ian spoke about the various ways Council may be able to help and support us. Alan hunt talked about Men's Sheds and how they can help us and Don Dyer as the Secretary of the

Robertson Community Information Centre project gave a talk about that project and we looked at the drawings for it. When the construction starts the RMSI have decided to provide volunteers to help out as we can.

The RMSI now has a Facebook page:

www.facebook.com/RobertsonmensshedInc/

also a Website: robertsonmensshed.wixsite.com/website and an email address:

robertsonmensshed@gmail.com

The RMSI are in contact with other Men's Sheds and the Menai Men's Shed recently donated to us a swag of tools and equipment. We were also given a useful saw bench by the Moss Vale Men's Shed. We also received a donation of tools from a chap in Robertson who was moving away from our area. A great start and the RMSI are happy to receive all donations of tools and equipment.

Watch out for upcoming news for the start of the Robertson Men's Shed regular meetings. For more information please contact the Secretary Nigel Walker on 0467316070 or email:

cedarmist@bigpond.com

MOSS VALE GIRL GUIDES

Tuesday 4:30 - 6:30pm during School Term

Guides is a world wide organisation and gives girls such huge opportunities - Camping at unit District, Regional State and International Levels, Archery, Compass work, self motivation, cooking, craft and much more many achievements can be gained by joining - come see and try.

ph Anne 0415 909 913 pbarcicki@bigpond.net.au or Judy 48851329 rjmackeyre@gmail.com or Lauren 0424 507 831

MACKEY FAMILY GET TOGETHER

Wednesday 7th March, 2018 @ Robertson Bowling Club from 11am

A gathering of the Mackey's, to share photos, stories, newspaper clippings photos and memorabilia

All Welcome. Everyone pays for their own lunch at the Bistro

RSVP Frances Bailey nee Mackey

ph 0248851329 or rjmackeyre@bigpond.com

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Illicit Moonshine in Robertson

by Quentin Waters

When the Robertson district was first settled in the 1860's, the new settlers grew an abundance of produce in these rich soils, particularly, of course, potatoes. However, these Irish farmers were also fond of another, slightly less legal "produce". These are some of Mrs. McBarron's memories on Robertson's illicit moonshine.

For many years before the 1920's there were a number of illicit stills on the Illawarra Escarpment, from Darkes Forest to Kangaroo Valley, around Gondarin Creek, the upper reaches of the Cordeaux River, around Macquarie Pass, to Mount Murray, Belmore Falls, and towards Yeola, or Underhill as it was then known. There were a lot of other beverages made, such as Blackberry Wine, Horehound Beer, Hop Beer, Honey Mead, and Sarsaparilla Cordial, made from various herbs that grew abundantly, with the exception of hops. But the principle and most lucrative of them was Mountain Dew, brewed from raw sugar water made into a syrup, when cooled hops, peeled potatoes, and sometimes corn was added and left to ferment. It was not until the persistent reports of these activities being reported to the authorities over a period of some 40 to 50 years that any action was taken, and the Excise Department began to investigate.

A Lucky Dip

Various families were under scrutiny, and a watch was made by "spies" camping at the Showground, watching with binoculars, while others of the squad acted as surveyors, claiming attachment to the N.S.W. Government Railways or Electricity Commission. Nobody took much notice, as the electricity lines and railway from Unanderra were then under construction. One house was raided, and the old lady was in the yard splitting wood. On being asked where her two sons were, she said they were very tired and in bed, which they were. On further remarks from the two investigators about her having to cut wood, she said somebody had to do it, as the boys were "too ould" in her very Irish accent, she being 99 and the boys then about 70 and 60 respectively. While they looked about for a while, they asked for a cup of water. There were no

taps or running water, so she handed them a tin mug, which hung in a handy place outside above the bench, on which the bucket of water sat after being hauled from the well. They dipped in and had a drink, luckily from the full bucket. That's the one that actually had water in it; the other two were 2/3 full of whiskey. She used to say with a smile that it was a very "lucky dip" indeed.

Round Two

Late in 1929 a mystery message was conveyed by telephone to Moss Vale police to bring their entire strength of the station in plain clothes and with full appointments. On 24 December 1929 a contingent of police led by the chief from Moss Vale hurried towards Belmore Falls into a deep gully near Yeola, or Underhill as it was then known. Down a set of ladders and into a cave behind a waterfall, they caught the two old men in the act of distilling spirits. When asked if it was their gear etc. they answered, "Yes Worse Luck, we own it, but we only make it for our own use, and if you overlook this, we'll throw everything out and the gear over the cliffs". They also carried a gun, and when questioned, answered, "to shoot snakes". They were promptly arrested.

The next month, the eagerly awaited Court case was held at the Robertson Police Station, where there was standing room only. The Magistrate took his place on the bench, and addressed the Court and the men, who had never been in court before. On hearing that they "only kept it for themselves", the Magistrate wryly observed that they were "going to have a pretty good beano then". The Customs Inspector described the up to date plant, brick fire place coffins and demijohns scattered about, and went on to say that an analyst had determined the fluid to be 65.5% over proof. The Magistrate heard the evidence and concluded by saying to the accused men, "Do you realise that the charged levelled against you amounts to £3,000. Fines being for: being in possession of illicit spirits, namely rum; having in possession of an illicit still; and, making illicit spirits. I will fine you £50 each on each amount, £150 to be paid by each of you by tomorrow, in default 3 months gaol."

Their defending solicitor said the accused men could pay £100 immediately with the balance tomorrow. The Magistrate was not very impressed by the collection of £108-15-0 from each, and instructed that the balance be paid the next day, which was duly done. So ended a case, perhaps unprecedented in the crimes list throughout the country districts of N.S.W. It's certainly the most well known of the local moonshine stories, being reported across Sydney in the Daily Telegraph in 1930.

Contd page 7.....

The gear and distilling equipment was not confiscated in the end, and not long after the residents of Robertson learned who the informant was. He got the cold shoulder, and soon left the district one night. It's said an unfortunate side effect was the old lady's death. The Saturday after the court case she, said to one of her neighbours, "Billy, something terrible has happened – the boys have been caught, and I've only got enough stuff to last for two more years..." And so it did.

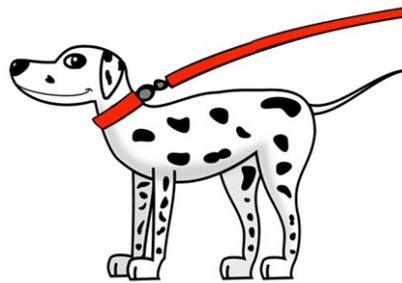
Two years later, at the age of 103, she died not long after undergoing an operation. However, on the other hand, her descendants have always believed that she was a teetotaler! We'll never know her centenarian secret.

Complicit Cows

In another case, one roadside small store or stall was investigated. A search was made of the premises, a dwelling, even lifting up the floorboards in the outside laundry. But in the bedroom corner, a full scale still stood, awaiting transport to the plumber for repair. It also happened to be covered by a possum skin rug comprising about 24 skins, which was prohibited property. 2 bags of raw sugar were found, and the investigators were very interested in the use of the sugar, asking whatever was it used for. On being told it was for the cow, they didn't believe the lady, so she said, "Here, take a handful and see for yourself." So she called the house cow, and they stood like disbelieving city slickers as the cow came at a gallop, nearly trampling them both, and licked every last grain of sugar from their hands! At the same time a consignment of "dew" was on the floor. The lady kept talking to the two men and wiping the bottles and putting them on the shelves along with other items of groceries, which had just been delivered from the warehouse in Wollongong, 2 bottles of "dew" and 1 of vinegar. The investigators went away not finding any evidence of any illicit grog and firmly convinced that "cows like sugar".

Extracts from Mrs. McBarron's memories, courtesy of Helen Tranter: and from Hope Waters.

Robertson's Waratah Dog Walk! 10 am, Sunday 8 October 2017 A fantastically fun and truly tail-wagging event!



\$5 per dog / dog family
\$5 per entrant if you are dogless
Three walks – long, medium, short to suit walker and dog abilities
Doggy goodies and fabulous raffles
Dogs must be:

healthy, socialised, non aggressive, under responsible control and kept on a lead at all times
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It's ROBERTSON OPEN GARDEN WEEKEND!
It's ROBERTSON'S WARATAH FESTIVAL!
Waratahs in bloom and for sale – flowers and seeds
Flowers in Art Exhibition in the Fettle's Shed
Model train displays
Vintage farm machinery
Delicious food and refreshments!

Register and information:

www.robertsonrailway.org.au

Arrive no later than 9.30am to pay and prepare for the walk!

Held at Robertson Heritage Railway and Common
Enter via Meryla St before the train line – please follow signs

For information call:

Lyndy Scott: 4885 2805 / 0419 435 916

Wednesday, 27th September 2017 - "Art in Flowers" Exhibition: Entries delivery - 10am - 1pm at the Fettle's Shed Gallery. Contact Anne Wilson Phone **02 4885 1598** or annejw@bigpond.net.au

<http://www.robertsonrailway.org.au/2017-exhibition-374056.html>

Sunday, 8th October 2017 - Robertson Heritage Railway Spring Event. Model Train Displays, "2017 Art in Flowers" BBQ, Sausage Sizzle - Hot & Cold Food, Vintage Farm Machinery, Volunteers needed to assist with BBQ and flower sales, as well as setting up – contact **Anne 4885 1598**.

<http://www.robertsonrailway.org.au/springevent-329273.html>



What is Hatha Yoga?

By Jennifer Robinson



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email jennifer@whitelotusinspiration.com

When new students enquire about the Yoga classes I offer, one of the first questions usually is what style do I teach? My answer is Hatha Yoga? Then I ask “do you know what Hatha Yoga is”?

Yoga is ancient Sanskrit word meaning “union or “oneness” of mind, body and spirit.

The word Yoga refers not only to postures ‘asanas’ which are popular in the West today, Yoga also incorporates meditation, breath techniques (pranayama), self and social discipline, introversion of the senses and concentration of the mind.

According to Yoga Philosophy and Tradition the father of Yoga Lord Shiva through meditation taught the Rishis or seers Yoga which was passed down verbally from Teacher to Student. The first Rishi to document Yoga was the founder of Astanga Yoga, Patanjali.

Later Lord Shiva decided to create a Yoga that was more accessible and comprehensive to most people whatever their physical and mental ability needed. So Hatha Yoga was taught through meditation to Yogi Swatmaram who wrote *Hatha Yoga Pradipika*.

In Sankrit Ha means “sun channel” and Tha means “moon channel” therefore Hatha means balancing the two channels. Both Sun and moon energies are present in our bodies and flow with our natural rhythm of breathing. Hatha Yoga practice allows these energies to stabilise and equalised through our third central channel (sushumna). Once achieved, a higher state of self-consciousness or Samadhi is attained.

In its pure form the practice of Hatha Yoga has a series of steps of development: good social conduct, self-discipline, postures, breath techniques, hand gestures, body locks, restraint, and control of the sense organs, concentration, meditation, sound vibration and attainment of a trance state.

The ultimate purpose of all forms of Yoga is to attain physical, mental and emotional balance and spiritual development. A

persons tends to be drawn to a type of Yoga that best resonates with their character.

Yoga also changes with the times 50 years ago the practice of gentle Hatha Yoga was most popular as it increased the physical, mental and emotional health of a person through moderately paced calming practice. Now day’s people tend to desire more simulating detoxifying and cardiac forms of yoga this is brought by the rising popularity of Hatha yoga variations such as Iyengar, Bikram and Ashtanga Vinyasa.

I have had training in all styles of Yoga. Here in Robertson I choose to offer primarily traditional Hatha Yoga style classes, due to its gentle, powerful, aligning, balancing energies combined with heartness which are all qualities most aligned to me and my current physical age.

I also focus on this style of Yoga as it best suits the land energies and environment in which the people of Robertson live. Yoga is a complete science that unifies relationships, aspects of life and the environment. Hatha Yoga I have observed is the best style of Yoga to meet the softness of the environment in Robertson. I have found it to be a perfect atmosphere for Hatha Yoga and the people drawn to my class during the past year have benefited from the moderate, calming and restorative Yoga offered.

Hatha Yoga means the balance of the sun and moon channels or the balancing of masculine and feminine. Having studied with a Taoist Master I learnt that balancing Yin (feminine) and Yang (masculine) energies lead a practitioner to ultimate health, vitality and ultimately the final attainment of enlightenment. I have witnessed in my own being that balancing Sun and Moon has given me greater vitality, balance and alignment in my life. The softness of the practice allows for heartness that brings great power, strength, self-awareness, goodness and discipline.

Classes are a simple Yoga mat class which involves holding of Asanas (postures) with a pause between. Holding the posture is the Sun the pause is the moon. We commence with intention, mantra (divine sound), warm up, dynamic standing postures, seated postures, lying down restorative postures, relaxation and meditation with Mudra (hand postures) and Pranayama (breath techniques) included.

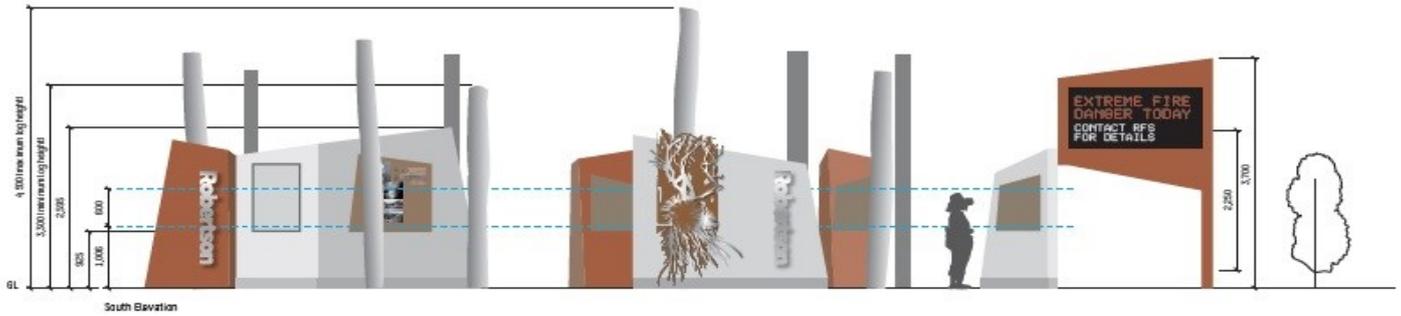
Hatha Yoga classes are held on Monday evening and Thursday mornings at the Robertson Community Centre. I look forward to welcoming you to a class soon. Namaste



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Community Information Centre looking from Hoddle Street

Community Information Centre

by Don Dyer

Soon you will see some activity on the Community Information Centre site. Council has approved our application to construct the CIC on Council owned land- namely the old Lions Park adjacent to the Hampden Park entrance.

Next you will see a safety fence erected around the site boundary and our volunteer project manager (local Builder Ray Foster) getting foundation work underway. One of the first to be on site will be volunteer local electrician Brendhan Waters getting going with cabling and wi-fi work. Volunteer Ross Brumfield will be assisting with the earth works. Another volunteer landscaper Dan Thomas has submitted the garden design plan and Sharron and Marcus Hewitt will be donating specially chosen rock material for the garden.

Financing has moved along and the Committee is comfortable enough to start construction.

The Robertson Environmental Protection society has applied for a grant in order to finance two of the displays covering the Robertson Environment and History. For this we thank Peter Glass and his team.

Four more local business people have each made generous donations – they are Steve Chowdhury (CIC Committee member), Phil Lavers from the Moonacres café, Con Kotis from the Robertson Hotel and Cameron McKillop from McKillops Real Estate.

The newly established Robertson Mens Shed has offered support including assistance with the ongoing maintenance needs of the CIC. The Community Technologies Centre (CTC) will have the overall responsibility for that activity. Finally, we, the CIC Committee offer our thanks to Peter Campbell for his never ending support. Peter won the design competition and was contracted to handle all aspects of the design and approval process. This has been done whilst giving a level of support beyond that of the contract.

The full set of final approved CIC plans can be viewed at <http://www.robertson.nsw.au/information-centre-project.html>.

Mental Health Month

By Pi Wei Lim

The Robertson Doctor has been running our mental health month seminar series and Triple Care Art Exhibition every year since we started in 2009. Over time we (and hopefully you too) have realised it's just a great time to check in with how you are feeling and learn something about the not so physical dimensions of your wellbeing. Our seminar program will run every Tuesday evening during October between 6:30pm to 8pm. Just come along to the surgery and enjoy a cuppa and listen to various members of our practice talks on the subject of mental and emotional health. We haven't firmed up the seminar topics at the time of having to publish this article so just keep an eye out on our public notice board at the surgery, our website, the Robertson Commons Facebook group or our Facebook page.

So remember, at the Robertson Doctor you don't actually need to be sick to come and see us. We have occasional seminars, meditation and yoga classes. Just keep an eye out on social media or our notice board.

Hope to see you there!

STEPHEN JONES MP

If I can help with
Commonwealth
Government matters
please contact me

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Authorised by Stephen Jones MP 2/1 Bong Bong Road Dapto



Triple Care Farm

Since 1992...

.... Mission Australia has been conducting a specialist youth program at Triple Care Farm. We have been grateful for the support from the Robertson community; being able to work in partnership with a number of local service



providers, business and volunteers in Robertson. Thank you so much for this ongoing support. Over the past few years Triple Care

Farm has achieved some great outcomes –

- Becoming a leader and researcher in youth services

- Obtaining Australian Council of Health Standards accreditation - Out of 16 standards – 15 were found to be extensive achievement and 1 outstanding achievement

- Delivering a Social Return on Investment of 2.9:1 (total social and economic value created; for every dollar invested in TCF, \$2.9 of value is created to society)

2017.....

We are sharing some great news; Mission Australia has been able to build on the services available to young people at Triple Care Farm to include a new youth program David Martin Place (DMP); we can now support even more Robertson services and have created more employment opportunities.



David Martin Place (DMP) was opened on the 2nd of June 2017. Officially opened by Ann Sudmalis (Member for Gilmore), Catherine Yeomans (CEO Mission Australia), Lady Susan Martin (Sir David Martin Foundation) and Gabriella Homes (Program Manager Triple Care Farm & David Martin Place). On Monday 7 August 2017 young people commenced participating in the program. DMP is a new, state-of-the-art, purpose built in-patient withdrawal unit. The program offered is specifically for young people 16 to 24 years of age

and is the first youth detox unit in New South Wales.

DMP aims to help young people to overcome addiction and lead healthy and safe lives. It provides a safe place for them to withdraw from drugs and/or alcohol, focussing on both physical and psychosocial needs to address multiple complex presenting issues and support longer term sustained change. It allows them to access effective treatment earlier including further treatment programs.



Young people are offered support of up to 28 days providing supervised withdrawal and a range of holistic supports and therapies. The initial focus of the program is primarily on comprehensive individual bio-psychosocial assessment, development of an individual treatment plan and management of the physical symptoms of withdrawal. As treatment progresses and physical symptoms are reduced the focus shifts to addressing psychosocial issues.



If you have any questions or referral about the Mission Australia's programs in Robertson please contact us on tcf@missionaustralia.com.au or 4885 1265.

COMPUTER COURSE FOR PEOPLE ON LOW INCOME

During this 6 week workshop you will learn features in Office Programs and Computer Skills -



In conjunction with 

STARTS: Thursday 12th October 2017

TIME: 10.30am - 1.30pm

WHERE: Robertson Community Technology Centre, 58-60 Hoddle Street, Robertson

COST: \$5 each week - total \$30 per person

Contact Megan Mason on 4861 2753 to register your interest

The training block is 6 weeks (1 workshop and 5 classes) for 3 hours per week
Each attendee will be charged \$30 which includes morning tea and training manuals
Argyle Housing is grateful to Wingecarribee Shire Council for providing the funding for these.



Robertson CTC News

by Karen Mewes CTC@Robertson Manager

Thanks to Wingecarribee Shire Council and Clubs NSW we have been able to purchase some new computers, up to date, faster and more reliable.

These are available for anyone to use for a small fee as well as being used for our computer classes and one on one training.

Did you know the CTC can also be hired or used for meetings. There is no charge for community groups who want to meet during our normal opening times.

Got some old slides or negatives? We can scan them, or come to a class and learn how to do these yourself. We can also assist with copying, binding and laminating. If you would like to help keep the CTC open we are needing more volunteers to make coffee and give some assistance with use of our equipment (we will train you).

As well as our normal computer classes and one on one assistance we are pleased to be working with Argyle Housing who have received funding to run a

series of computer classes for people on low incomes or concession cards. See ad on page 10.

Normal opening hours:

Wednesday 10am-1pm –volunteer on duty

Thursday & Friday 10am — 4pm,

Sat 10am — 1pm.

Phone: 4885 2665 - please leave a message if we don't answer.

email: info@robertsonctc.org.au

www.robertsonctc.org.au

facebook.com/CTCRobertson



Unwrapping the new PCs at Robertson CTC

Computer & iPad Classes at CTC@Robertson

All classes are taught by a qualified and experienced trainer. Ph 4885 2665 karenmewes@robertsonctc.org.au
 Cost \$60 (\$50 concession/senior) per 3 hour class, morning coffee and manual included. Discount for Multiple Classes

Friday 20 October	10:30am 1:30pm	Beginners—Windows 10 — Suitable for complete beginners or those finding Windows 10 difficult or too different. Find your way around and internet tips.
Friday 27 October	10:30am 1:30pm	Beginners—Email —getting started with email, can use existing account or set up new free account. Attachments and security tips
Friday 3 November	10:30am 1:30pm	Photos – Putting photos onto computer from phone or camera. Organising, simple edits and sharing via email.
Friday 10 November	10:30am 1:30pm	Scanning — Scanning documents, photos and slides and negative. Simple editing, printing and sharing via email
Friday 17 November	10:30am 1:30pm	Facebook part 1 — Getting started and finding your way around Facebook. Suitable for beginners with or without a current Facebook account.
Friday 27 November	10:30am 1:30pm	Facebook part 2 — Learn more about keeping your account and your information safe. How to stop notifications and stop seeing particular posts.

One on one classes available by appointment call to book or discuss. Computers, WiFi, business services, scanning, copying, laminating, binding all served with coffee and a smile!
 Please note we are not always able to answer the phone but will pick up messages.

Robertson Events Calendar

October 2017

Every Tuesday	Mental health month seminars 6.30-8pm for Mental Health Month <i>see page 9</i>	Robertson Doctor
Sun 8	Robertson Burrawang Rovers Soccer Club AGM 3pm <i>see page 3</i>	Robertson Bowling Club
Sat 7/Sun 8	Robertson Open Gardens 10am to 4pm Tickets for sale at the CTC <i>see page 1</i>	Tickets CTC
Sun 8	Robertson Heritage Railway Spring Event <i>see page 7</i>	Heritage Railway Station
Sun 8	Waratah Dog Walk 10am. Register 9.30am <i>see page 7</i>	Heritage Railway Station
Sun 8	Robertson Markets 9-2 (2nd Sunday of the month) mob: 0408 238 575 Pat	School of Arts
Wed 11	Robertson Yoga beginners 6:30 - 7:45 pm 8 week course begins http://robertsonyoga.vpweb.com.au/	Robertson Doctor
Thur 12	Robertson Yoga Level 1 6.30-8.30pm 8 week course begins	Robertson Doctor
Thur 12	Computer courses for people on low income —6 week workshop begins <i>see page 10</i>	CTC@Robertson
Sun 15	<i>Bea Cinémathèque</i> Sunday afternoon cinema 2pm— <i>Naked Island</i> (Hadaka no shima) (1960) \$10 Bookings info@robertsonctc.org.au	CTC@Robertson
Fri 20	Beginners— Windows 10 Course <i>see page 11</i>	CTC@Robertson
Fri 27	Beginners— Email course <i>see page 11</i>	CTC@Robertson

November 2017

Fri 3	Photos course <i>see page 11</i>	CTC@Robertson
Fri 10	Scanning course <i>see page 11</i>	CTC@Robertson
Sun 12	Robertson Markets 9-2 (2nd Sunday of the month) mob: 0408 238 575 Pat	School of Arts
Wed 15	Deadline for December edition of Robertson News	CTC@Robertson
Fri 17	Facebook part 1 course — <i>see page 11</i>	CTC@Robertson
Sun 19	<i>Bea Cinémathèque</i> Sunday afternoon cinema 2pm— <i>My piece of Pie</i> (Ma part du gâteau) (2011) \$10 Bookings info@robertsonctc.org.au	CTC@Robertson
Fri 27	Facebook part 2 course — <i>see page 11</i>	CTC@Robertson

Regular Events

Every Mon & Thur during school terms	Yoga (Hatha style) Mondays 6.15pm to 7.45pm & Thursdays 9.15am to 10.45 am Contact Jennifer Robinson 0439 398 777 jennifer@whitelotusinspiration.com	Robertson Community Centre
Every Mon	Social Carpet Bowls at 11am <i>see page 1</i>	Robertson Bowling Club
1st Mon	Robertson Garden Club 1.30pm Colin Hancock mob 0421 061 651	Robertson Community Centre
3rd Mon	Wuka Plukas Ukulele Group mob 0429 826 431 Jenny 7-9pm	CTC@Robertson
Every 2nd Tues	Robertson Community & Seniors Group 11:30am for 12 start. Contact Vinnie Shepherd (after 6pm) 4886 4344	Robertson Inn
Every Tues	Trivia Night 7.30pm	Robertson Inn
Every Tues	Social tennis 1-3pm Contact Lyndy Scott 4885 2805	Robertson Tennis Court
Every Tues	Mindfulness Meditation 3-4pm followed by Buddhist Discussion Group	The Robertson Doctor
Every Wed	Robertson Knitting Group 10.30-12.30	The Cool Room Emporium
Every Fri	Robertson Railway Modellers Group 1.30-4.30pm	The Fettle's Shed
Every Fri	Free Trivia/Joker Jackpot/Prize Tombola <i>see page 1</i>	Robertson Bowling Club
Every Fri	Live Music	Robertson Inn
Every Sat	Crop Swap 9-10am	Outside Rockabellas
1st Sun, 4th Sun	Traditional Service at 8am every 1st and 4th Sundays of the month	St Johns Robertson
Every Sun	Family Service – 10am every Sunday and Youth Service 6pm Sun-days	St Johns Robertson
1st, 3rd, 5th Sun 2nd, 4th Sun	Catholic Service 8am Catholic Service 5pm	St Peter's Burrawang

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