

# Robertson News

October 2014

www.robertson.nsw.au

Edition 103

## Chef Thee adds spice to Robertson

By Naomi Janzen

When Chef Thee answered the small online ad for a restaurant business opportunity in the Robertson Bowling Club last year, he had never heard of Robertson and had no way of knowing how the community would respond to the Asian flavours of his cooking. Luckily, for Robertson, they decided to take a chance and moved here with their two kids, now aged 11 and 15.

Taking a break from cooking Sunday lunch, Thee sat down with me to chat about what he likes best about Robertson (how green it is and how safe it feels for his kids), its people (so friendly and so many have become regulars) and, of course, food.

Trained in a big hotel in Adelaide, Chef Thee feels lucky to have met, worked with and learned from some top level chefs from around the world. Notable were a French chef and an Indian chef from whom he learned the proper way to cook everything from sauces to brulees to real vindaloo curries. He's quick to point out that he never uses sauces "out of the bottle", preferring to make his own from fresh, locally sourced ingredients.

Though at first there was some trepidation amongst customers, perhaps a bit scared to try food from a

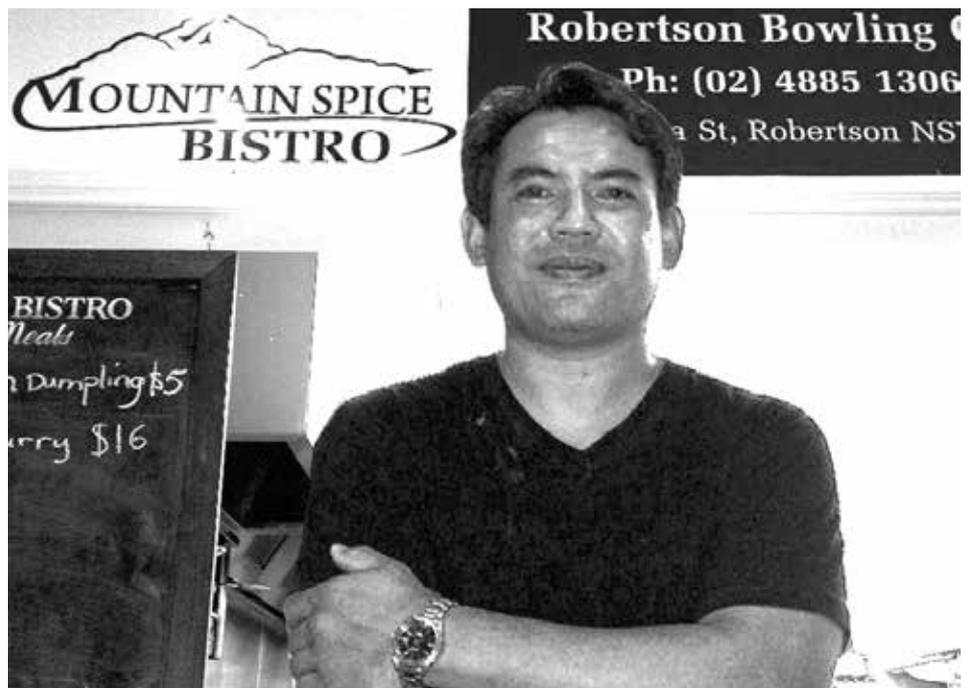
restaurant with the word "spice" in its name, that quickly changed and now the most popular dishes are Drunken Noodles and Peanut Stir Fry - and his specials like Ginger Duck, Pork Belly and Butter Chicken often sell out on the first night.

Mountain Spice Thai Bistro still does Aussie classics, but Thee brings his passion for freshness and authenticity to these dishes, too. The Chicken Schnitzel is made to order from the freshest chicken breast and he uses only the best quality meats for his burgers and steaks.

When the food and the prices are

good, word spreads. Thee has seen his business grow in his first year at the Club, with people coming from all over the Highlands. "I like seeing people happy, eating my food, coming back", he says, adding that it is nice to serve tourists but that he is very glad that the majority of his customers are locals.

When I asked Chef Thee what the future holds for his family and Mountain Spice Thai Bistro, he grins broadly and, without hesitation, says, "Fresh oysters - but I have to work up slowly to that one, I think". Maybe, but I think he might be surprised...



## Fairer Taxi Fares

for Robertson/Burrawang/Wildes Meadow/Kangaloon areas!

To reduce drink driving & to make taxis more accessible, fares have been dramatically reduced for a trial period until the end of this year.

**We have removed the "call out" fee to these areas for local travel, instead we will charge a minimum fare of \$30.00.**

The driver will start the meter & if it is less than \$30.00 then you pay \$30.00. If it is more than \$30.00 then you pay the metered fare. You will not have to pay the metered fare plus the call out fee on fares under \$30.00! This applies anywhere

within the areas described above.

Additionally we now have **set fares from Burrawang to Moss Vale of \$35.00 or to Bowral \$45.00. From Robertson (this side of Pie Shop) to Moss Vale \$50.00 & to Bowral \$60.00.** No after-hours penalty will apply to these fares. Maxi Cabs with up to 11 seats at 1.5 times the above fares.



*Fare's Fair*  
**24/7**  
EACH WEEK

**SOUTHERN HIGHLANDS TAXI, HIRE CARS & COACHES**

**4872 4800**

21 Lyell St, Mittagong 2575

e:bookings@southernhighlandstaxis.com.au  
www.southernhighlandstaxis.com.au

# From the Editor

In this edition of the Robertson News, you will discover how a local invention has become a favourite of farmers, internationally. Naomi discovers the joys of Thai cuisine with her piece on the creator of the Mountain Spice Bistro, Chef Thee; Emma gives us part two of her essay on animal communication and just so you all know, your editor is still, at large, in New York City.

Last weekend, NYC saw a huge gathering of people marching for climate change. This march was led by the concerned and caring people of New York, out-of-towners, politicians and celebrities. It was four miles in length and the disruption to traffic was, well, you can imagine. This march coincided with the General

Meeting of United Nations delegates that arrived during the week. The mid-town area is in a state of siege. Road blocks, parked black Escalades and a heavier than usual police presence. It is abuzz with energy and goings-on.

On a lighter note, NYC is also the home of some impressive community gardens. These sites are owned by the city but are operated and maintained by volunteers. Such a lovely way to while away time in peace amongst nature.

I hear the weather has improved at home, enjoy the sunshine in Robertson.

*All the best,  
Vicki*



Green Oasis Garden, East Village, New York.

# Contribution Guidelines

Please submit all article and event notices to [editor@robertsonctc.org.au](mailto:editor@robertsonctc.org.au)

**The submission deadline for the October issue is November 20, 2014.**

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.

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

## Disclaimer

This newsletter is an independent publication under the auspices of the Robertson CTC. The ideas presented are not necessarily those of the editors nor 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.

## Advertise in Robertson News

Every two months, reach over 800 residents and visitors to Robertson.

Advertising Rates (per bi-monthly edition, incl. GST)

Front Page Banner	190 x 60mm	\$165.00
Back Page Banner	190 x 60mm	\$137.50
Inside Pages	90 x 60mm	\$55.00

All advertising inquiries to [jennykena@robertsonctc.org.au](mailto:jennykena@robertsonctc.org.au)

## Books, books, books



...new, old, fact, fiction, music, military, cars, cooking, history, horticulture, art, architecture...

...indeed books on every subject under the sun –

– plus much more,

at Robertson Recollections

26 Hoddle St Robertson Open 6 days 10 – 5 (closed Wed)

# Southern Highlands Art Studio Trail

1-2 and 8-9 November, 2014

The Southern Highlands Art Studio Trail is a once a year opportunity to see beyond the studio door of some of our local artists. It is the main event of the month-long Southern Highlands Arts Festival and features exhibitions, workshops and performances and runs over the first two weekends of November.

The Art Studio Trail allows a sneak peek into the creative processes of some of the region's brightest artists and studio doors are open from 10am until 5pm.

Twenty six studios featuring the works of more than 50 artists will be opening their doors as part of the Trail. All studio venues are easily accessible.

The Robertson district will have six

studios open (Studio 21-26) including 'The Kaya' at Wildes Meadow, 'The Old Post Office' Burrawang, and The Robertson Village Woodworks as you have never seen it before, displaying furniture and artworks by five artists.

In Kangaloon, Max Miller and Janie Bligh's renowned studio will again cast a spell on you as you become immersed in the delights of both the property and art techniques. Two new venues join the Trail, the 'Raw Craft Studio' on Hoddle Street in Robertson, with works by three inventive artist/makers and emerging artist George Thirlwall's fascinating studio in East Kangaloon.

According to the Council's Cultural Development Officer, Celeste Coucke, "The beauty of the area provides perfect conditions for inspiration and creativity. Guests

from previous years have remarked that the Trail provides a fantastic insight when they visit the artists and spaces where the art works are made".

Mediums on display will include both traditional and contemporary painting, ceramics, jewellery, woodwork, fine furniture, textiles, painted tiles, printmaking, fibre art, photography, Aboriginal art, sculpture, botanical art and mosaics. Visitors will be able to purchase artworks directly from the studio. Entry to all participating studios is free.

For more information, including a full program and Southern Highlands Art Studio Trail map, visit: [www.shaf.com.au](http://www.shaf.com.au) or contact the Southern Highlands Information Centre in Mittagong on 1300 657 559.



Robertson Electrical Services  
**ROBERT HANDLEY**  
mobile: 0419 243 520

*Serving Robertson & District since 1999*  
lic No. 110210C

- Underground power •Smoke Alarms
- Stoves •Safety switches •Hot Water
- Emergency work



**48 851 799**

**\$20 Pasta Meal\***

Wednesday & Thursday Nights

Dine in and choose from five pasta dishes and six wines

\*includes one glass of wine and complimentary sourdough

Thomas & Belinda Borbely:  
**Celebrating 15 Years  
of Ownership**

 pizzasinthemist

# DIGGERS MC Legacy Ride

By Frank Cacchione

The day started just like any other day, actually no it didn't, it was a Saturday so it started with a smile, knowing that in a few hours we would be riding with a group of like minded people raising funds for Legacy. The night before we all prayed to the Motorcycle God for a rain free day. The morning did not start the way we wanted. We looked up to the heavens and said "you have got to be kidding" he wasn't, but to the big mans credit, it was just a little drizzle and it stopped as quickly as it started.

We met at Uncle Leo's Road House, located at Campbelltown Road, Glenfield, (near the Cross-roads), hopeful that the little rain that had fallen was not going to deter riders attending the 5th annual DIGGERS Military MC Ride for LEGACY 2014.

The ride was due to leave at 11:00 am. Slowly but surely, riders started to arrive and by the time we were ready to leave we had 63 riders registered. Our National President, Roadblock led the ride. We left Uncle Leo's and headed for the George IV Inn at Picton where our lady friends sourced donations from the patrons. Our next stop was the Scottish Arms at East Bowral, again both riders and Arms patrons were relieved of some loose cash on behalf of Legacy.

We then started the ride towards

home, where our next stop was the Robertson Inn. As we made our way over the railway crossing we noticed that our lovely town was covered by mist and we knew that we were home. As soon as we arrived at the Robertson Inn, the cold weather clothing that we had not worn on the ride was now suddenly needed to keep the body warm. We jokingly said that we may need to change our club name to "DIGGERS in the MIST". As always both the management and staff at the Robertson Inn made all the riders feel at home.

As one of Australia's most iconic charities, Legacy grew out of the ashes of the Great War and 90 years on still supports around 90,000 families of Defence personnel who have given their lives or their health for their country.

As serving and ex serving members of the three services of the Australian Defence Force, the DIGGERS Military MC is proud to have raised \$5000 for Legacy this year. In the past 5 years we have raised approximately \$25,000 in support to Legacy.

We would like to take the opportunity to thank the community of Robertson for both their support and acceptance. Our aim will always be to be part of the Robertson community and where possible provide support.

**Diggers Forever, Forever Diggers**



## Waratah Open Garden

See a beautiful display of waratah flowers in bloom throughout the grounds of the Robertson Heritage Railway in Yarranga Street from October 4 to 12. Plants and seeds will be available for sale. Open 11am to 3pm with the Fettle's Shed Café open on weekends.

Also remember the Open Gardens Weekend is the 11-12 of October. Tickets and garden descriptions will be available at the CTC.

[robertsonopengardens.weebly.com](http://robertsonopengardens.weebly.com)

## Raising Resilient Kids

Speaker: Colleen Hirst. Colleen has a BA in Behavioural Sciences and an MA in Psychology (Family Therapy) She is a clinical psychologist with 30 years experience, and is the Director of Merrylands Counselling at Colleen Hirst and Associates. Colleen is married and has 5 children.

Saturday 11th October at 7:00 pm  
St John's Church Centre, Meryla St  
\$25 per person /\$40 per couple

*Children's programme available*

Registration Essential

Ph: Rod McDonald 0466492145

Email: [rodmcdonald@gmail.com](mailto:rodmcdonald@gmail.com)

[bjlee@dodo.com.au](mailto:bjlee@dodo.com.au)

## Mountain Ride

Calling all local motorbike riders! St John's Robertson, in association with Brotherhood Motorbike Club, is organising a motorbike ride on 1 November. The ride will leave the Church Centre in Meryla St, travel down through Kangaroo Valley to Nowra and then back through Berry and Macquarie Pass to the Church, concluding with a free Sausage Sizzle. The ride will begin with a briefing at 2.00pm and finish around 6.00pm. We are expecting the ride to be filmed for the "Temporary Australians" motorcycle TV show. The ride is part of the church's "Jesus Brings - Life to the Full" programme. For more information contact Barry Lee on 4885-1210 or [bjlee@dodo.com.au](mailto:bjlee@dodo.com.au).

# Communing With The Animals

By Emma Paloff

In the last newsletter I wrote about talking with our animal friends. This time I would like to turn our attention to listening to the creatures around us. It is only in relatively recent history that humankind has twisted the natural laws in order to attempt to command nature. For millennia before that, people took their cues from the world around them, listening to the elements, reading the skies and being guided by animal messengers. But how do we receive these 'messages'? The first and most important step is to tune ourselves to 'receptive mode'.

We are so well practiced in telling and talking, it can be quite a shift to realise that we haven't really been listening in return. So create space in your busy mind. Send out a query or request for insight from your 3rd eye (positioned slightly above and between your eyebrows) and then imagine two large cones opening behind your ears, expanding your potential for hearing the subtle whispers of nature. Be ready for answers, signs & symbols to come in any shape or form, as not all of life communicates in English!

Every animal carries its own message or 'dreaming', and becoming attuned to them is a beautiful way we

can receive guidance from the world around us.

Here are some examples of the messengers around us;

Snake: represents transmutation of old life, bringing rebirth/fertility and creation. Cow is a symbol of our relationship to our Mother/Earth mother – is healing required? Eagle encourages bravery and reminds us of spirits' presence. Spider reminds us to weave a web strong enough to support our dreams, and empowers us to change direction whenever the need arises.

It is a world of absolute wonder... just waiting for us to open our ears & participate!

## A Story of Children and Film plus "The Cutting Room Floor"



Tony Williams introduces a unique feature documentary compilation made by film critic Mark Cousins. *A Story of Children and Film* is the world's first movie about children in global cinema.

It is a passionate, poetic portrait of the adventure of childhood as seen through 53 great films from 25 countries. Rated PG. Short 10 min introduction, film duration 1 hr 46 mins.

*"Mark Cousins' A Story of Children and Film is a glorious celebration of children on celluloid"*

- Emma Thrower  
*The Hollywood News*

Sunday 26th October at 2pm

A bit of fun to end the year. Extended interviews, bloopers, and bits that didn't make the original edit of *A Place Called Robertson*.

**Homework:** You must have seen the original film to make sense of these outtakes! Film duration 55 mins.

Anticipating extra demand there will be two screenings:  
Friday 28 November at 7.30pm  
Sunday 30 November at 2pm

For all screenings:

CTC@Robertson, 58-60 Hoddle St  
Adults \$10 (CTC fundraiser)

Bookings recommended.

Café with tea & coffee available.

info@robertsonctc.org.au

Ph: 4885 2665

# ISY BAZAAR...

inside story now selling homewares...AGAIN!  
call in - Caravel glasses back in stock  
and lots more gift ideas.  
97 hoddle street, robertson

## rockabellas



### OPEN FOR DINNER

THURSDAY FRIDAY SATURDAY SUNDAY  
NIGHTS FROM 5:30PM

THE ONLY AUTHENTIC TEX-MEX  
IN THE SOUTHERN HIGHLANDS

1/74 HODDLE LN  
ROBERTSON

48 851 889

f rockabellasroadsidediner

Breakfast & Lunch: Wed to Sun 8am to 5:30pm

# UPSI-DAISY helps dairy farmers lift their game

By Naomi Janzen

We're all getting used to hearing about the world-class artists living and working in Robertson but not many of us know the art of invention is as alive and well here, too.

Larry Osterhaus may not be in the business of saving marriages but he has helped keep things harmonious between dairy farming spouses on both sides of the Pacific by inventing a device that puts an end to needless animal cruelty and financial waste.

Called the UpsiDaisy Cow Lifter, this simple invention of steel-tubing and fabric straps solves a problem I didn't know existed - the problem of cows that cannot get up off the ground.

A variety of things can put a cow in this position, milk fever, a sprained leg, calving paralysis or getting bogged down in a paddock soaked from days of rain. And once down, a cow is often down for good - unless it gets a helping hand.

Created in Robertson in 1992, the UpsiDaisy has revolutionised the way cows are put upright, worldwide. It replaces the two existing, lesser options: the hip-lifter and the sling-style lifter.

Larry explained that the traditional hip-lifter damages the cow by causing it severe soft tissue damage. The alternative sling-style lifter, has been known to damage the farmer as getting it misaligned can result in the

farmer getting an arm or leg pinned under a cow and, as Larry says, "once it rolls on top of you, there's no way out".

The idea came to Osterhaus in the middle of the night as he lay worrying about a cow on which he had to use the standard hip-lifter that day. He decided to stop putting his animals through the pain, especially knowing it was disabling them.

Though he had never invented anything before, his experience growing up on a dairy farm in Iowa and later working in a spinal cord rehab hospital in Denver, Colorado, came in handy. He literally got out of bed in the middle of the night with an idea and went down to the shed.

By first light, he had the prototype for the Upsi Daisy. The design was so good that it did not require much modification.

After using the device successfully on their own cows for two years, a neighbour asked Larry and Penny to make him one. From that point on, Larry started recreating his invention for sale. Selling them has not been easy and to do that, Larry travels extensively both interstate and overseas, taking his invention to dairy shows, vet shows, Farm Safety and Ag Health conventions. More recently, animal welfare expert, Dr. Temple Grandin gave the Upsi-Daisy her stamp of approval. Dr Grandin was very impressed with the lifter, declaring it a simple, easy to use piece



Larry Osterhaus

of equipment that will definitely improve cow welfare.

There has been a wider acceptance of the Upsi Daisy in the United States, though sales are beginning to catch up here, too, with over three hundred currently in use on farms around the country. Australian farmers have begun to understand that, animal welfare issues aside, using the device is just smarter from a business standpoint - a cow left on the ground to die is a financial loss - but so is a cow lifted with a hip lifter, because a cow that is crippled from just one lift is that much more likely to go down again. It is not surprising, Larry observes, the more successful farmers understand and appreciate the benefits of using the Upsi Daisy. Larry showed me the same video he sent to Temple Grandin (which you can see at [www.upsidaisycowlifter.com](http://www.upsidaisycowlifter.com)). In it, the chair-like device is slid easily under a cow, with room for the udder to hang down. It is then hoisted with the farmer's own tractor. This device is so comfortable and safe that it can be used not only to lift the cow but to move her and support her while she regains bloodflow to the limbs she had been lying on, Larry explains. His manner is understated, but it is easy to see he is rightfully proud of this very necessary invention.



# RFS Guidelines for burning

By Brendan Waters,  
Robertson RFS Captain

This is the time of year that many residents take the time to spring clean. Cleaning in and around properties can sometimes involve putting together a pile of vegetation that has built up on your property over the previous 12 months. Whilst the RFS encourages land holders to be proactive in keeping the build up of dead and dry vegetation to a minimum on their property, there are Government regulations that need to be adhered to.

Council's General Approvals are for the burning of dead and dry vegetation relate to normal property/garden maintenance.

They do not extend to the burning of green vegetation or vegetation resulting from land clearance. Vegetation arising from land clearance for any purpose other than agricultural operations can only be burnt in exceptional circumstances. Written approval must be obtained from Council for the burning of vegetation cleared for land sale, building construction, commercial development such as subdivision, or major landscaping works. Council does not approve the burning of vegetation cleared for these purposes where it has been pushed up into heaps (i.e. windrows).

Wingecarribee Shire Council Publish the Clean Air Act "Notice of Approval" with standard condi-

tions in the Local paper usually once a year. A copy of the approval can be obtained from Council on 02 4868-0888, or on the Internet at [www.wsc.nsw.gov.au/backyard-burning](http://www.wsc.nsw.gov.au/backyard-burning)

## Exceptions to the Regulations

Provided that the general obligation to prevent or minimise air pollution is observed it is not an offence to:

- Cook or barbecue in the open
- Conduct a fire for recreational purposes such as camping, picnicking, scouting or other similar outdoor activities
- Burn vegetation cleared for commercial agriculture (note: The burning of vegetation pushed into windrows does not normally meet the general obligation to prevent or minimise air pollution)
- Burn stubble, orchard prunings, diseased crops, weeds or pest animal habitats on farms
- Burn anything for fire fighting instruction by an appropriate person

During the bushfire season there is the added requirement to obtain a Fire Permit from the RFS. Fire Permits are usually issued by the local fire captain or other approved Fire Permit officers. For more information please contact our local Fire Control Centre in Mittagong on 02 4868-5500

From 1 October to 31 March, being the official bushfire season, the following points are important:

- **DO NOT** burn on a day declared as a Total Fire Ban by the RFS
- **DO NOT** burn on a no burn day as declared by the Department of Environment and Conservation
- **DO NOT** burn unless you have the necessary approval
- **DO NOT** burn unless you have notified your neighbours and the relevant fire authority

For more information, please go to: <http://www.rfs.nsw.gov.au/plan-and-prepare/know-your-risk/Bush-fire-hazards-and-your-property> or contact our local Fire Control Centre in Mittagong on 02 48685500

## Community Workshop

Wingecarribee Shire Council invites you to attend the Our Village Our Future workshop.

This follows the recent resident survey. Over 70 community surveys have been returned so far.

The workshop is the next step in creating a vision and action plan for future improvements in Robertson. Come along to hear all about it and have your say!

*Thursday, 30th October 6.00pm  
at the Robertson Community Centre,  
Caalong Street, Robertson.*

You can still participate online at: [www.surveymonkey.com/s/robertsonOVOfG](http://www.surveymonkey.com/s/robertsonOVOfG)



CHRISTMAS IS COMING  
at:

**THE PERFUME & SKINCARE CO.**

Home Fragrance Diffusers, Soy Wax Candles  
Perfumes & Perfumed Body Products  
Mens Colognes, Aftershave and much more

**GIFT WRAPPING**

72-74 Hoddle Street (next to the Big Potato)  
4885 1377

# Looking for a venue in Robertson?

By Jenny Kena

With our wide range of halls, community centres and function centres, all offering something unique, there is a place for just about any type of event in Robertson. Venues were recently asked to complete a survey of what they offer and here are the results. For pricing information, contact the individual venues. Have I missed any? Email me at [info@robertsonctc.org.au](mailto:info@robertsonctc.org.au)



## CTC@Robertson (Community Technology Centre)

Managed by the Robertson Shed Inc, a not-for-profit community organisation

Location	58-60 Hoddle Street, Robertson
Website	<a href="http://www.robertsonctc.org.au">www.robertsonctc.org.au</a>
Bookings	4885 2665 <a href="mailto:info@robertsonctc.org.au">info@robertsonctc.org.au</a>
Capacity	60 in the café area seated in rows or standing, approx. 30 seated at tables

Suitable for meetings, workshops, exhibitions, small functions, training, business events, lectures, discussion groups and community get togethers. Especially suitable for arts and IT related workshops and events. Coffee machine sponsored by Vittoria Coffee and operated by trained volunteers. Small kitchenette with microwave. A beautiful light space with outdoor areas. Equipment available includes data projector, PA, sound system, WIFI, whiteboard, barbecue and piano. Office services to support events – photocopying, printing, and laminating, binding, and computer services.

## Fettlers Shed

Managed by Robertson Heritage Railway Station Inc

Location	Robertson Railway Station, Yarranga Street, Robertson
Website	<a href="http://www.robertsonrailway.com.au">www.robertsonrailway.com.au</a>

Bookings	Anne Wilson Ph 4885 1598 <a href="mailto:annejw@bigpond.net.au">annejw@bigpond.net.au</a>
Capacity	Seated at tables, 48 people in gallery space

Suitable for small exhibitions, workshops, meetings, social gatherings/functions. Adjacent to station (available for parties arriving via train), large common area and gardens attached for outdoor activities (facilities available for hire for bus trip picnic/stopover). Kitchen (sink/fridge/pie oven/microwave/hotplates/urn/cutlery & crockery for 50), toilets M/F/disabled, 6 tables, 50+ chairs, gallery tracking and spotlights installed, some display plinths. Ample parking, picnic shelters, gardens, grassed common, disabled access and off-road site.

## Robertson Bowling Club

Owned by club members and run by a board of directors to assist the Robertson community

Location	Yarranga Street, Robertson
Bookings	4885 1306 <a href="mailto:rbclub@bigpond.com">rbclub@bigpond.com</a>
Capacity	200

Perfect for weddings, birthdays, sporting presentations or whatever can be catered for by the Club's experienced and obliging staff. One of the Club's major attractions is its immensely popular Mountain Spice Restaurant. Master chef Thee Boonrod is experienced in all areas of Asian cuisine and prepares a tantalising menu.

## Robertson Community Centre

Council owned but managed by a Section 355 Residents Committee

Location	Caalong Street, Robertson
----------	---------------------------

Bookings	Bob Payne 4885 1599 <a href="mailto:bob.pam@southernphone.com.au">bob.pam@southernphone.com.au</a>
Capacity	70

Venue is carpeted and can be used for meetings and social and recreational activities. Data projector, air conditioned, kitchen with crockery, cutlery and cooking equipment, commercial range, instant hot water, chairs and tables to seat 50 people. Leather executive chairs for meetings and extra chairs for larger meetings. Off street parking, large rear outside area with sailcloth sun protection, access ramps front and rear, separate male, female and disabled toilets. Community group yearly hire rates extremely competitive.

## Robertson Inn

Publican Adrian Guest

Location	89 Hoddle Street Robertson
Website	<a href="http://www.robertsoninn.com.au">www.robertsoninn.com.au</a>
Bookings	<a href="mailto:info@robertsoninn.com.au">info@robertsoninn.com.au</a>
Capacity	From the tiniest group of less than 10, up to 500 for the whole venue

Selected in the Good Food Guide 2014 and 2015. Award Winning Wine list, Local Produce, Extremely Flexible, Fully Catered, Private rooms, Multiple TV's with multimedia capabilities, Tea and Coffee Facilities, Large selection of beverages.

## Robertson School of Arts

Managed by the School of Arts Committee

Location	59-61 Hoddle Street Robertson
Bookings	J Crowe 4885 1951 or 0417 865 725 J Johnston 0407 004 395

Capacity | 260 Standing  
150 Seated

Good for birthdays, weddings, family celebrations. Kitchen facilities, chairs and tables are available.

### Robertson Showground

Managed by the Robertson Showground Trust

Location | Cnr High Street & Kangaloon Road, Robertson

Website | [www.robertsonshow.org.au](http://www.robertsonshow.org.au)

Bookings | Doug Stratford 0428 963 955  
[robertsonshow@bigpond.com](mailto:robertsonshow@bigpond.com)

Capacity | 200 in the Pavilion

Situated on 10 acres of land there is something for everyone, with large Pavilion Space / Covered Shelter / Bar – Canteen Facilities and plenty of parking. The Showground is available for meetings / equine events / Caravan Clubs / Weddings / Birthday Functions / Workshops. Caterers Kitchen (two ovens / 6 cooktop / Fridges) 100 Chairs, 30 Trestle Tables

### St John's Church Centre

St John's Anglican Church

Location | Meryla Street Robertson

Bookings | Rev Barry Lee 4885 1210  
[bjlee@dodo.com.au](mailto:bjlee@dodo.com.au)

Capacity | Auditorium seats up to 200

Suitable for meetings and concerts but not generally available on Sundays or for parties. Full audio visual equipment, kitchen with dishwasher, airconditioned/heated.

# Free Heart Health Clinic at Robertson Village Pharmacy

By Nick Knowles, Pharmacist  
Robertson Village Pharmacy

Every year, 10,000 Australians die of a heart attack and more than 8,000 die of a stroke. The good news is that heart disease is largely preventable. There is no single cause for heart disease, but there are risk factors that increase your chance of developing it. Some of these include factors that are beyond our control – such as age, ethnicity and gender. However, there are others that we can change, such as our smoking status, our levels of physical activity, diet, blood pressure, diabetes and cholesterol.

Looking at a combination of these types of risk factors shows your overall likelihood of having a heart attack or stroke in the next five years – this is known as your absolute cardiovascular disease (CVD) risk. The more risk factors you have, the greater your chance of suffering a heart attack or stroke.

As a part of our commitment to improving the health of our community, Robertson Village Pharmacy is running a free Heart Health Clinic on Wednesday, 15 October. The aim of this clinic is to help individuals identify their risk factors with the hope of reducing the chances of having a heart attack or stroke.

The clinic will be run by a specially

trained Registered Nurse who will talk to you about your heart health and discuss your personal risk factors. She will also measure your blood pressure and test your cholesterol level using a finger prick test (which is optional) and then analyse and interpret your results. Participants will also be provided with personalised and practical lifestyle and preventative health recommendations.

Our Heart Health Clinic is best suited for those who have perhaps put off going to their GP for a check-up or maybe those who are just curious to see how they are going. However, anyone can register for the clinic. It doesn't matter if you are already taking medication for your heart, blood pressure or cholesterol – you may just want to make sure that you are on the right track.

Attending our clinic does not replace going to your GP, but it will definitely give you some idea of where you are and guiding you towards a better state of cardiovascular health.

To book your place please come and see us in-store or give us a call on 4885 2936.

Look out for our Asthma and Lung Clinic coming up on 26 November!

- Blood Pressure & Diabetes Checks
- In-store Medication Reviews
- Local Home Delivery • SMS Script Reminders
- Quit Smoking Support • Webster Packs

Nick Knowles, Proprietor  
Shop 2, 101-103 Hoddle St, Robertson

 **Robertson Village  
Pharmacy**

Ph: 4885 2936  
[robvpharm@gmail.com](mailto:robvpharm@gmail.com)

Southern Highlands Heritage | The Green Heart of the Highlands



Proud to have been selected in the Good Food Guide 2014 - *The Dining Bible*. The only pub in the Highlands to be selected

[info@robertsoninn.com.au](mailto:info@robertsoninn.com.au) | [www.robertsoninn.com.au](http://www.robertsoninn.com.au) | 02 4885 1202  
Weddings | Golf Tours | Day Trips | Events

# Burrawang Inaugural DnA Festival - 4th & 5th October, 2014

Centred in the charming village of Burrawang, the DnA Festival will be organised by the Burrawang School of Arts and is a non-profit initiative. It will feature exceptional work from over twenty exhibitors across a range of disciplines: ceramics, weaving, sculpture, jewellery and furniture, all housed inside a space designed by prominent local artist Harriet Goodall.

John Olsen OBE AO, was announced as Festival Patron. The Festival will be held over the October long weekend.

One of the weekend's highlights will be a colourful evening of music and food at the famous Burrawang Hotel. Celebrated Highlands artist, Carlos Barrios, will be painting live in

the pub and one lucky raffle winner will take the painting home at the end of the night. Only 200 raffle tickets (\$50 per ticket) will be going on sale. Raffle tickets and tickets for entry to the pub are available through the festival website – [www.dnafestival.com](http://www.dnafestival.com) (Adults \$30 each, \$15 for children).

Beth Macdonald of lifestyle blog [babymac.com](http://babymac.com) says, "It is an opportunity to be introduced to emerging talent and to see works from established artists. This is a festival celebrating the unique talents of local designers and artisans. It is a creative focal point for the Highlands. It isn't just another date on the market circuit, but a destination event that will place local emerging and estab-

lished creative talents in the spotlight. With support from John Olsen, as well as from so many other Highlanders, we have a vision and goal of turning the festival into one of the premier creative events on the calendar."

The exhibition will take place in the Burrawang School of Arts, October 4th – 5th 2014. Opening hours are 10am – 4pm both days and entry is free.

Workshops include jewellery making, eaving with leather, photography, feltmaking, coiled basketry, drawing with thread plus a Kids workshop.

More details on exhibitors and workshops on the DnA website: [www.dnafestival.com](http://www.dnafestival.com)

## Robertson Event Calendar

### October

4-5	Sat-Sun		Burrawang DNA Festival see above	Burrawang
4-12			Waratah Open Gardens see page 4	Yarranga Street Robertson
10	Friday	7:30pm	REPS Talk - Brian Cooke will on 'Rabbit calicivirus and regeneration'	Robertson Community Centre
11-12	Sat-Sun		Robertson Open Gardens	Tickets @ CTC
11	Sat	7pm	Raising Resilient Kids see page 4	St. Johns Robertson
12	Sun	9am	Robertson Markets	School of Arts
26	Sun	2pm	A Story of Children and Film see page 5	Robertson CTC
30	Wed	6pm	Our Future, Our Village Workshop see page 7	Robertson Community Centre

### November

1-2	Sat-Sun		The Southern Highlands Art Studio Trail see page 3	
1	Sat	2pm	Brotherhood Motorbike Ride see page 5	St. Johns Robertson
7	Fri	7:30pm	REPS Talk - David Mee on his trip to the Northern Territory	Robertson Community Centre
8-9	Sat-Sun		The Southern Highlands Art Studio Trail see page 3	
9	Sun	9am	Robertson Markets	School of Arts
14	Fri	7pm	Old Time Dances presented by the Marshall Mount Merry Makers	School of Arts
26	Wed		Asthma & Lung Clinic see page 9	Robertson Village Pharmacy
28	Fri	7:30pm	A Place Called Robertson "The Cutting Room Floor" see page 5	Robertson CTC
30	Sun	2pm	A Place Called Robertson "The Cutting Room Floor" see page 5	Robertson CTC

### Regular Events

Every Tue	7:30pm	Trivia Night	Robertson Inn
Every Fri	7pm	Live Music	Robertson Inn
Every Fri in Oct	10am	Telstra Tech Savvy Seniors (Bookings essential: 4885 2665)	Robertson CTC
1st Sun, 4th Sun	8am	Communion (1st), Morning Prayer (4th)	St. Johns Robertson
Every Sun	9:30am	Family Service-Sun. Sch.	St. Johns Robertson
1st, 3rd, 5th Sun	8am	Catholic Service	St Peters Burrawang
2nd, 4th Sun	5pm	Catholic Service	St Peters Burrawang