

Village Voice



June 2015

A newsletter published by the Balmoral Village Association Inc.

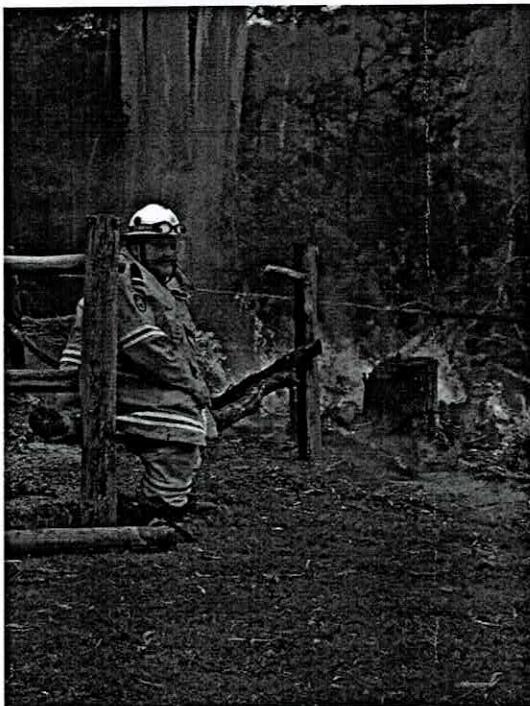
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Village News

Many thanks to those great people who helped at such short notice with the Sausage Sizzle at Bunnings. It was a cancellation so we didn't get much notice and some of our ever faithful workers were unable to help as they had already made other arrangements but it was great to see some new faces helping and having fun. Thank you one and all, these are the things that help to pay the bills and we are very grateful to you all.

There will be no meeting of the Association June as it is very cold and not a lot is happening, so the next meeting will be on the second Tuesday that is the 14th of July at 7.30pm when we will organize our next AGM probably in August. Everyone is welcome at these meetings and some new ideas would be more than welcome so give it some consideration and come along if you can and be part of the community. We would love to see you

Vale Trevor Peddle (Big Fella)



Eulogy from his local newspaper.

Long time Rural Fire Service volunteer Trevor Peddle passed away on March 14th from a blood disorder and his funeral was held at Broulee Crematorium on Tuesday March 21.

Trevor (17/4/46-14/4/15) was a member of the Rural Fire Service for 27 years after joining the Balmoral Village Southern Highlands Brigade on December 1, 1988

He moved to Dalmeny Brigade on January 1, 2008 where he worked his way through the ranks starting as a member before moving on

to become deputy Captain, Senior Deputy Captain and Dalmeny Brigade President.

Group Officer, Mick Anderson said Trev had an aura, a presence that drew you in.

"You just wanted to talk to him, the subject didn't matter, which was probably just as well, a conversation with Trev could lead just about anywhere. His quick wit and sense of humour enabled him to take the tension out of a situation that should otherwise have left people brooding. He was truly a mediator providing wisdom and the voice of reason" Mick said.

Trevor also played the part of mentor to new members and also some of the old hands. He showed patience and guidance while never being judgmental" Commander Mick Anderson said "Nothing was too much trouble".

"Whenever there were things to be done he was there, he was a great logistics guy. He kept us fed and he did all the preparation work for our fundraising barbeques and then he would man the Barbie. He was an active firie attending incidents and was always there when we were conducting hazard reduction burns. His contribution to the RFS was invaluable-he loved the service and it showed.

Trevor leaves behind his wife Sonya who also volunteers for the RFS in a support role and a Treasurer of Dalmeny Brigade, his Mother, Thelma Peddle of Tuross Head, his children Simon and Michelle and a hoard of grandchildren.

Dalmeny Fire Brigade Captain Greg Hill said that Trevor was a true larrikin but when needed he commanded respect. "There wasn't a situation that he couldn't rise to and he had the respect of all the

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Dalmeny Fire Brigade Captain Greg Hill said that Trevor was a true larrikin but when needed he commanded respect. "There wasn't a situation that he couldn't rise to and he had the respect of all the

members" he said "It's hard to sum up a champion in just a few words. Trev was a real quiet achiever." Greg said.

Mick Anderson told mourners at the funeral that " Trevor put a smile on the face of everyone he met. He was that sort of bloke and the stories of his exploits will be told and retold for many years to come. He will be deeply missed but dearly remembered by all." he said.

The longer term residents of Balmoral were saddened to learn of the death of Trevor Peddle.. Trev had been ill for some time. He and his wife Sonya lived at Balmoral and he was a very well-known and well-loved resident. Trevor was a big man in every sense of the word. He was the President of the Fire Brigade here, his company Peddle Press Prestige Printing printed our Village Voice for years for free and it was a great loss to the village when he and his family moved down the coast and they were very much missed here.

Rest in Peace Brother Trev.

Don't forget, the hall is for hire day or night for weddings, wakes, birthday parties, christening parties or anything else you can think of. We only ask you to look after the place, leave it clean and intact and take your rubbish home as the Council will not collect it from there.

Contact Ian on 4889 8170. For information and bookings.

KANGAROO MARCH RE-ENACTMENT – THE STORY.

When in 1915 after Gallipoli, the Federal Government put a referendum for conscription to the populace. The proposal failed. Thus, Australia resorted to Recruitment Marches, many of which started late in 1915.

One such was the Kangaroo March which left Wagga Wagga on 7 December 1915 with 88 recruits and was farewelled amidst much fanfare and panoply.

These, some of our forebears, marched through the many towns and villages inspiring more recruits along the way from places like Junee, Cootamundra, Yass, Gunning, Goulburn and Marulan and then along the Highland Way through Wingello, Penrose, Bundanoon, Exeter, Sutton Forest, Moss Vale, Bowral, Mittagong, Braemar, Colo Vale, Hilltop, and Balmoral onwards through Picton thence into the Sydney Basin to Campbelltown, where the recruits took the train into Sydney arriving with a total strength of 222 men.

Why re-enact the Kangaroo March? It's going to be 100 years since these men of rural Australia signed up for what was then known as King, Country ad Empire, to fight in a war that threatened to end the way of life Aussies and others in the British Empire held so very dear. We want to pay due tribute to the Kangaroos.

We want to also remember the sacrifices of the mums, the wives, the sisters, the daughters and fiancées of the Kangaroos, the women who took up their men's roles gathering the hay, drenching sheep, delivering on horse and cart, police duty, these women who waited hoping never to receive but, too often reading the soulless telegram about their 'boy' being Missing or Killed in Action.

The Southern Highlands will remember the Kangaroos of 1915 by being a major part of the Re-enactment of the entire Recruitment March from Wagga Wagga to Campbelltown.

We welcome all local schools, community organisations and individuals in the Southern Highlands as we learn about and recognize the courage and sacrifice of these century ago men and women. Their conception of duty, their bravery, their selflessness, their resolve for a greater cause has shaped us into the nation we are today.

Will you help us commemorate our collective past by participating in part of the March as it comes through the Highlands in the September-October School Holiday?

The Marchers will be having Morning Tea at the Balmoral Village Hall, the original group had lunch here at Truro and dined right royally but this time we have been relegated to Morning Tea.

More of this anon.

Miljana's Health and Beauty.

Hello everyone:

How fast this year has gone, we are at that time again.

We feel tired.

We feel dry.

We feel like we don't want to do anything, just what we must.

So remember, in life everything has a place and time. Now is the time to give some time back to you;

To do the things you need to do for YOURSELF!!!!!!

YES put yourself first!

Remember if you don't, don't expect anyone else to do it for you.

I came across some interesting information and I thought you might enjoy it too.

24 CARROT PROTECTION

Time to get some colour in your diet: alpha carotene – found in orange, yellow and dark green vegetables – may help fend off prostate cancer, found a British Journal of Cancer Study. Men who ate approximately 500 micrograms of the compound a day had a 54 percent lower risk of prostate cancer than men who had only a nibble. The scientists speculate that alpha carotene might reduce inflammation throughout the body, helping curb the formation of cancerous cells. Your best source? One large carrot provides 2,500 micrograms of the stuff.

Another interesting one is on garlic, we all know the benefits of garlic, and this adds another positive.

GIVE GARLIC A SPROUT OUT

Don't toss garlic that's growing green. Garlic cloves that have sprouted contain more cancer and heart disease fighting flavonoids than fresh garlic. In fact Korean scientists from

Kyungnook National University noted a 20% difference after five days if sprouting. Why? The sprouting process produces unique flavonoid compounds called phytoalexins which protect the plant from pests

and disease. The cloves can be more bitter than fresh ones though, so throw them in the frying pan NOT your home made salad.

And last but not least:

A lovely eye cream for your eyes that is simple cheap and effective.

Ingredients are:

Aloe Vera (gel)

Vitamin E (capsule)

Add equal amounts of each and mix.

And no excuses just use it!

Said Hamlet to Ophelia

"I'll draw a sketch of thee,

What kind of pencil should I use

2B or not 2B?

All the people at Gate three came to a standstill when they looked up and saw the pilot walk off a plane with a Guide Dog! He was even wearing sun glasses. People scattered

They not only tried to change planes, but they were trying to change airlines!

True story.

Kids Korner

Riddle=Me=Re

Thanks Gabrielle

Try your mighty brain power out on these:-

1. Skinny I am fast, fat I am slow, but I'll still delight you
from your eyes top your nose.'

What am I?

2 If you look at the numbers on my face, you won't see
thirteen any place.

What am I?

3 There is a chest without keys nor lid, yet inside golden
treasure is hid.

What am I?

4. What is the bell that does not ring, yet it makes the
Angels sing?

What is it?

5. What is heavier, a ton of feathers or a ton of bricks?

Answers:

1. A candle

2. A clock

3. An egg.

4. A bluebell

Cookery Nook

Peach Mousse

425gr can peaches drained	2 teaspns gelatine
21/2tbspns caster sugar	1 tabspn hot water
1 tbspn lemon juice	1 tub (200ml) non-fat yoghurt
2 egg whites.	

Puree the peaches and turn into a bowl. Mix sugar, lemon juice and yoghurt into peaches. Dissolve gelatine in hot water and stir into peach mixture. Whip egg whites until soft peaks form and fold in.

Transfer to serving bowl if required and chill until set.

Apricot Slice.

Cut to fit a sheet of puffed pastry into a lamington tray (which has been sprayed with non-stick spray)

Heat half a jar of Cotttees apricot jam in the microwave until melted (approx. 1 – 2 minutes on high). Brush the jam over the puffed pastry, Peel and quarter 3 cooking apples, cut each quarter into slices lengthways (to resemble boats) and lay in rows (decoratively) over the jam. Re brush with the remaining jam over the apples and then bake in a moderate oven till golden brown. When cooled cut into squares or rectangles..

In Your Garden

Thanks Naomi

Hello Gardeners,

Winter is upon us again, the gardens looking a little bare now As the deciduous trees have lost their leaves, our roses are finished and the shrubs have slowed down their flowering, it's time to plant some colour and brighten up the garden this winter. Annuals such as Pansies,, Stock, Primula give a bright burst of colour till the summer hits. Flowering perennial shrubs like Camellias, Daphne and Gardenias are all in flower now and will put on a great show of flowers for many weeks. There are so many beautiful Camellias on the market today, varieties to suit all gardeners.

The Sasanqua variety has a small leaf and will tolerate full day sun or part shade. The Japonica variety has a larger leaf and does better in a shaded position. Both varieties are hardy and do very well in the village.

If your garden already has Camellias, Daphne or Gardenias you have another family outside, these three shrubs are all from the same family, so when they all finish flowering they will need the same feeding. Fertilise all with a complete Azalea and Camellia food to ensure you get healthy, robust growth for flowering next autumn.

Come and see Steve and I at Tahmoor Garden Centre where we can help you with all your gardening needs and Sylvie in the Café to fill your hungry bellies with her homemade treats. Until next time. Happy Gardening.