

# IRONBARK NEWS

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**February 2012**

## **COMMUNITY CALENDAR**



### **Stuart Town RTC**

Open Wednesday, Thursday & Friday  
10:00am- 4:00pm  
Hope to see you there.  
If you would like a special luncheon please  
contact us and  
02 68 468359

### **Next Meeting of RTC**

**Thursday 9<sup>th</sup> February 2012 6:00pm**

**Agenda:** Ball 3<sup>rd</sup> March

**Next STAA Meeting Wednesday 15<sup>th</sup> Feb  
6:00pm**

Agenda: Position of Secretary  
Garage  
Heritage plaques and seat  
Festival

**. Please come along and have your say**

## **CHURCH SERVICES**

### **Catholic Church**

Mass each Saturday morning at 8.30  
@ St. John the Baptist, Stuart Town.

Fr Tony wishes all a Happy & Holy New Year  
and best wishes for 2012. Bookings for  
Weddings, Baptisms & Special Events e.g.  
Masses for Family

Reunions etc are invited and need to be  
organized soon.

Parish phone no ..... (02) 68452061

Confirmation in Wellington Parish in 2012 will  
be on Saturday 9<sup>th</sup>/10<sup>th</sup> June by Bishop  
Michael McKenna.

### **Anglican**

Stuart Town Anglican and non-  
denominational

Sunday 5<sup>th</sup> 6:00pm Holy Communion to be  
followed by a picnic tea.

All welcome

Sunday 19<sup>th</sup> 10:30 am at Mumbil  
Morning Prayer and Children's Ministry  
Wednesdat 22<sup>nd</sup>: Ash Wednesday- to be  
advised

Lenten gatherings- also to be advised

Home communion on request contact Clare  
68468308

### **From the Bible**

Your Father knows what you need before you  
ask Him

Mathew 6.8

### **A Thought to ponder.**

A moment's insight is sometimes worth a  
life's experience.

Oliver Wendell Holmes

***Check out our new homepage at  
[www.stuarttown.com.au](http://www.stuarttown.com.au)***

***Thank you Tony***

**Remember that you can contact us at**

stuarttownrtc@hotmail.com

## HAPPY ANNIVERSARY.

24<sup>th</sup> Dot & Jim Fitzsimmons

## BIRTHDAY WISHES

1<sup>st</sup> Frances Frappell  
2<sup>nd</sup> Maureen Wilkie  
5<sup>th</sup> Shannon Clark  
6<sup>th</sup> Dianne Fowler  
7<sup>th</sup> Daniel Flett  
9<sup>th</sup> Jill Stanton  
12<sup>th</sup> Elaine Flett, Jenna Hurst, Aaron Pulbrook, Charlotte Bowman  
13<sup>th</sup> Barbara Eade  
16<sup>th</sup> Laurie Douglas  
18<sup>th</sup> Kellie Douglas, Keagan Midson, Shane Pope  
19<sup>th</sup> Liam Frappell  
20<sup>th</sup> Lesley Rodgers, Luke Frappell  
21<sup>st</sup> Julie Francis, Todd Trudgett  
22<sup>nd</sup> Poul Jenson  
23<sup>rd</sup> Neil Hurst, Carl Reid, Isabelle Drady

### **Congratulations**

Congratulations to Jamie Howard and Sherrie Roberson on the birth of their baby daughter. Lily Grace was born on the 11<sup>th</sup> January and is the first grandchild for Melba and John. She is also a great granddaughter to Noleen Bayliss



### *Congratulations*

*Congratulations to Shannon Clarke and Marcus Hanney on their engagement. We wish them great happiness in the future.*

*Congratulations to Skye-Louise Evans (grand-daughter of Dawn Fleming) who has become engaged to Nic Eagleston.*

*Congratulations to Kate Allan and Steve Wilson. Who after 25 years together they have decided to marry. We wish them many more happy years together.*



**There must be something in the air with all these nuptials in Stuart Town.**

### More Congratulations

**To Kath and Les Frappell on their 65<sup>th</sup> Wedding Anniversary**

What a wonderful example you set for us all.

### And More Congratulations

*To Richard Eade on his Australia Day Senior Citizen Award  
Well done!*

### **Get Well**

Charles Sheridan has returned home after receiving his first treatment in Sydney. We wish him all the best for a speedy recovery.

### 80<sup>th</sup> BIRTHDAY

Family and friends gathered at the Stuart Town Hall on Sunday 18<sup>th</sup> December to celebrate Margaret Pope's 80<sup>th</sup> birthday. It was great catching up with everyone. The grandchildren had of course grown up. They were quite intrigued that the locals knew them all, in their younger years. There was quite a lot of reminiscing on days gone by.

## GRADUATION



Laurie and Ruth Pope's granddaughter (Sue's daughter) Sarah Calabro graduated from Sydney University on 16<sup>th</sup> December last, gaining her PHD. She will work out of Newcastle University continuing her research into liver disease (immunology).

## Surprise 60<sup>th</sup> Birthday Party

On Saturday 14<sup>th</sup> January a surprise Birthday Party was held for new resident Phil Eade at his shed. Family and friends decorated and prepared a feast for Phil's arrival that day. He was surprised to see many friends and family who had travelled from Port Macquarie, Adaminaby, Cooma, Wollongong and the local area to help him celebrate this milestone.

Congratulations Phil, we wish you many happy returns.

## School News

With the 2012 school year in full swing Stuart Town Primary School is not only welcoming new students to its classrooms but is also delighted to welcome a new principal, Mr Chris Grossett.

Mrs Joy Wyner who has been the principal of Stuart Town Primary School for the past 7 years, is taking a leave of absence from her position. While Mrs Wyner is saddened by her departure from the school, she is pleased to be handing over the reins to such a competent and highly skilled colleague. Mr Grossett has been teaching Special Education and Opportunity Classes at Wellington Primary school for the last 9 years. His extensive knowledge in teaching and engaging ideas will provide the students with the opportunities needed in finding the right key that will unlock their personal potential.

Mr Grossett's is well known throughout the Education Department for his moralistic views and "think outside the square" creativity which in the past has assisted his students with creating goals and has given them the tools needed to inspire towards their future. Mr Grossett made reference to the importance of working with not only the parents of students but with the community as a whole, and welcomes residents of Stuart Town to put forward any thoughts or feedback they may have in order to ensure that the path of success for Stuart Town Primary School continues.

The community of Stuart Town would also like to take this opportunity to wish Mrs Wyner the best of luck on her future endeavors.

## **Yoga**

The classical techniques of yoga date back more than 5,000 years. The practice of yoga encourages effort, intelligence, accuracy, thoroughness, commitment and dedication.

The word yoga means 'to join or yoke together'. It brings the body and mind together and is built on three main structures – exercise, breathing and meditation.

The exercises of yoga are designed to put pressure on the glandular systems of the body, thereby increasing its efficiency and total health.

Breathing techniques performed during yoga increase breath control to improve the health and function of body and mind. The two systems of exercise and breathing prepare the body and mind for meditation, with an approach to a quiet mind that allows silence and healing from everyday stress. When practiced regularly, yoga can become a powerful and sophisticated discipline for achieving physical, mental and emotional wellbeing.

There are many various forms of yoga, each with its own emphasis. The most popular forms of yoga are Ananda (Hatha), Bikram, Iyengar and Sivananda.

## **Yoga health benefits**

The practice of yoga asanas (postures) develops strength and flexibility, while soothing the nerves and calming the mind.. asanas affect the muscles, joints and skin, and the whole human body – glands, nerves, internal organs, bones, respiration and the brain. The benefits of yoga include:

- Improved muscular and postural strength
- Increased flexibility of the muscles and joints
- Reduced fatigue
- Reduced pain and muscle stiffness
- Enhanced ability to concentrate
- Improved energy levels and ability to cope with stress.

## **Yoga practice sessions will be held at the RTC on Thursday evenings at 5:00pm.**

Classes generally last for an hour and a half. Please remember that we do not have a trained teacher and these sessions are for personal practice only. Please wear loose clothing and bring a mat.

It may be a good idea to see your doctor for a check-up to assess your fitness level prior to commencing yoga.



## **The Cupboards are Over-flowing**

Over the years the hall has accumulated a lot of plates, trays, dishes etc that have been left after functions. Please call in on Wednesday, Thursday or Friday to collect any items you may have left here or forgotten about.

Any items remaining after February will be donated to charity.

## **Stuart Town Ball**

**Remember to put the Stuart Town Ball into your diaries. This is an annual event and brings the wider community together. Why not get a table together, dust off your dancing shoes and come along.**



## **The Man From Ironbark Festival 7<sup>th</sup> April Easter Saturday**

Plans are well underway again for the third Stuart Town festival.

This year we will be highlighting our Celtic heritage with pipers and Scottish dancers. There will be a variety of stalls as well as a jumping castle for the children. There will be an Easter egg hunt and chalk drawing on the pavement.

The RTC will be providing morning teas as well as light meals.

This year more activities will move to the hall.  
The art exhibition will be in the hall as well as  
the poetry.

This year as well as the Billy Boiling  
competition there will be a Shaving  
competition to remind us of the famous poem.  
And there will be a mass reciting of "The Man  
from Ironbark" so start practising.

We hope that lots of people will take part in  
the parade as this is chance for everyone to  
get involved.



## THE MAN FROM IRONBARK by A.B. "Banjo" Paterson

It was the man from Ironbark who struck the Sydney town,  
He wandered over street and park, he wandered up and  
down.

He loitered here, he loitered there, till he was like to drop,  
Until at last in sheer despair he sought a barber's shop.

"Ere! shave my beard and whiskers off, I'll be a man of  
mark,  
I'll go and do the Sydney toff up home in Ironbark."

The barber man was small and flash, as barbers mostly are,  
He wore a strike-your-fancy sash, he smoked a huge cigar;  
He was a humorist of note and keen at repartee,  
He laid the odds and kept a "tote", whatever that may be,  
And when he saw our friend arrive, he whispered, "Here's a  
lark!

Just watch me catch him all alive, this man from Ironbark."

There were some gilded youths that sat along the barber's  
wall.

Their eyes were dull, their heads were flat, they had no  
brains at all;

To them the barber passed the wink, his dexter eyelid shut,  
"I'll make this bloomin' yokel think his bloomin' throat is  
cut."

And as he soaped and rubbed it in he made a rude remark:  
"I s'pose the flats is pretty green up there in Ironbark."

A grunt was all reply he got; he shaved the bushman's chin,

Then made the water boiling hot and dipped the razor in.  
He raised his hand, his brow grew black, he paused awhile  
to gloat,  
Then slashed the red-hot razor-back across his victim's  
throat:  
Upon the newly-shaven skin it made a livid mark -  
No doubt it fairly took him in - the man from Ironbark.

He fetched a wild up-country yell might wake the dead to  
hear,  
And though his throat, he knew full well, was cut from ear  
to ear,  
He struggled gamely to his feet, and faced the murd'rous  
foe:

"You've done for me! you dog, I'm beat! one hit before I go!  
I only wish I had a knife, you blessed murdering shark!  
But you'll remember all your life the man from Ironbark."

He lifted up his hairy paw, with one tremendous clout  
He landed on the barber's jaw, and knocked the barber out.  
He set to work with nail and tooth, he made the place a  
wreck;

He grabbed the nearest gilded youth, and tried to break his  
neck.

And all the while his throat he held to save his vital spark,  
And "Murder! Bloody murder!" yelled the man from  
Ironbark.

A peeler man who heard the din came in to see the show;  
He tried to run the bushman in, but he refused to go.  
And when at last the barber spoke, and said "'Twas all in  
fun—

"Twas just a little harmless joke, a trifle overdone."

"A joke!" he cried, "By George, that's fine; a lively sort of  
lark;

I'd like to catch that murdering swine some night in  
Ironbark."

And now while round the shearing floor the list'ning  
shearers gape,

He tells the story o'er and o'er, and brags of his escape.

"Them barber chaps what keeps a tote, By George, I've had  
enough,

One tried to cut my bloomin' throat, but thank the Lord it's  
tough."

And whether he's believed or no, there's one thing to remark,  
That flowing beards are all the go way up in Ironbark.

*The Bulletin*, 17 December 1892.

### My Trip to Bali

We stayed in a beautiful complex with our son,  
Steven daughter in law Fiona and their children  
Henry and Mollie. The apartments were  
absolutely outstanding. Some of the food was  
great but some wasn't.

Unfortunately we picked the wet season to visit  
which meant it rained every day.

We went to Ubud, a village in the mountains with a taxi driver who took us around the area. We found some women hand weaving and a silver smith.

Another day we hired another driver and we went up to the volcano. We saw all the rice paddies built on the side of the mountain with the ducks who eat the left over rice and worms. We travelled all the way to the top of the volcano where there was a restaurant and from there we could see all the lava. This was collected by the locals and taken to Kuta Beach where they use it to build their houses.

All the adults had a romantic relaxing two hour massage. Len and Steven fell sound asleep but Fiona and I thoroughly enjoyed it.

Although we were staying in a wonderful place we could see the poverty all around us. The waiter at our hotel earned \$5 a day.

Shopping is wonderful but the bartering really wears you down. I bought a dress for my granddaughter and clothes for all of my children and the grand kids. And a beautiful hand crafted silver pendant for me.

Margaret Patterson

## barbecued thai chicken legs

### method

*A delicious chicken dish, marinated with Thai flavours and crisped up on the barbecue.*

Slash the chicken legs all over with a knife. Pick the coriander leaves and put them to one side. Add the stalks to a food processor with the rest of the ingredients and whizz to make a paste.

Rub the paste into the slashes and all over the chicken legs.

Place in a snug-fitting tin to marinate and light the barbecue. Place the roasting tin on the edge of the barbie so the chicken starts to cook gently without starting to colour too much.

When the legs are about half cooked, take them out of the tray and place them directly on the barbecue. Grill, turning now and then, until cooked through and crispy brown on the outside. Sprinkle the coriander leaves over to serve.

Tip: Grill the chicken on the medium-hot bit of the barbie, so it has a chance to cook before it crisps up.

### ingredients

- 4 chicken legs, preferably higher welfare
- a bunch of fresh coriander
- 2 sticks of lemon grass
- zest and juice of 2 limes
- 1 green chilli, deseeded
- 2 tablespoons sunflower oil
- a thumb-sized piece of ginger, grated
- 3 cloves of garlic, peeled

## Citizen of the Month



Richard Eade with Mayor Anne Jones at Wellington Australia Day Awards