

February 2019



# COLO VALE *News*

[www.colovalecommunity.org.au](http://www.colovalecommunity.org.au)

## Australiana Market



Saturday  
February 2  
8.30am - 1.30pm



Well by now the flurry of the Christmas season and New Year has passed and everyone is back to work.

The December 1st Christmas Market had all the joy of the festive season with carols by the Robertson Songsters. The classic fire truck raised considerable interest and the Yuletide food was on everyone's list.

Visitors came from far and wide, from Thirroul, Moss Vale and a family all the way from Bronte who had heard about our friendly little market and were looking for that inimitable gift for a friend.

Come to the **February 2nd Australiana Market** day where typical Australian fare on offer will include Pies, Sausage Rolls, the BBQ tucker as well as Hamburgers, Queensland Cake, Pavlova, Devonshire Teas, and The Berrima District Historic Auto Club will have cars on display.

You can stock up on fresh local produce, jams, eggs, honey, vegies, grab something unique from the talented stallholders, checkout the Men's Shed craft, or you might get lucky with the meat raffles.

Life's too short to stay at home.

## From My Desk Ian Scandrett



Folks,

The big news is the announcement Saturday 12th January by Liberal Candidate for Wollondilly Nathaniel Smith at Colo Vale Station of his support for the restoration of the loop line for use by Heritage Trains from Thirlmere.

The plan, one we have all been waiting for, and I have been working on for 6 years includes the rail-side walking and cycling trail component as well, all on the existing rail corridor controlled by NSW Heritage Rail which includes Thirlmere Rail Museum.

Nat's vision is 2 stages:

**Stage 1** is get the trail and rail working from Thirlmere to Colo Vale (with electrification & signalling to be extended on the main line from Campbelltown to Thirlmere so as to connect it to metro lines for those commuters and visitors) allowing groups especially schools from Sydney to directly access the Museum and our rail-side trail.

**Stage 2** is the restoration of the truss bridges and the line from Colo Vale to



Mittagong safely connecting our villages to town. Won't it be fantastic to walk or cycle to Mittagong, especially for our younger folk!

The next step is a commitment for funding (about \$18m) to be granted to the Museum to deliver the project and operate the line. Thus there is no involvement by the Councils.

Nathaniel has put a petition out also online (see his Facebook page) to support this funding request.

I am very heartened by this announcement and other candidate's interest in the project but this is a very good start.

Tourism jobs that could flow to the villages might include nature tours, cycling hire, e-bike hire, heritage train rides, tea rooms at your station, accommodation – all sustainable and low impact. Put your thinking caps on.

Your association is in discussion with Nat about how to promote this initiative – more to come on that.

Always happy to be contacted and look forward to your emails.

Councillor Ian Scandrett

Email: [ian.scandrett@wsc.nsw.gov.au](mailto:ian.scandrett@wsc.nsw.gov.au)

Facebook: Ian Scandrett



# CHILDREN'S XMAS PARTY

SUNDAY, 25th NOVEMBER 2018



Seventy children attended this years Colo Vale Community Association Children's Christmas Party and there were lots of smiling faces with face painting, jumping castles and games to enjoy, with bags of lollies, slushies, drinks and food.

Giggles and laughter could be heard from inside the hall as Shayne, the Magic Jester, Australia's funniest magician, with his colleague Lunch the Rabbit, amazed and amused both adults and children.

With the arrival of Santa in his special vehicle with lights flashing and horn blowing came the excitement as children lined up to tell him of their wish list and the opportunity for a photo shoot. Santa was accompanied by his helpers, Harry and Daisy, and Mrs. Clause too.

Little Kay Santa's elf all the while kept the party alive with her "quirky" commentary over the loud speaker.

Thanks to all the volunteers and to Action Hire Limited, Braemar for their sponsorship.



# CHRISTMAS LIGHTS *Competition*

So many enthusiastic home-owners delighted the local tourists who came to our village to see the Christmas lights adorn the houses. I recall on a Saturday night driving around that there was a traffic jam on Wattle Street as each car vied for a better look.

We are pleased to announce that the winner was Earl Herber from 26 Wattle Street. Earl's home looked a wonderous sight with each window displaying a different array, and especially with Santa in a jeep on the garage.

2nd place went to David and Tamia Murray, 53 Wattle Street, with their hedge all aglow and the blowups, the one that caught my eye was Santa sitting in the out-house.



3rd place to Lance and Jackie Bailey, 22 Elm Street. Their home on a corner had both the front and side walls with blinking coloured lights, lit-up figurines, reindeers in the garden and lolly pop sticks twinkling.

All received a Certificate of Recognition for their wonderful displays, with the winner also receiving the \$50 Fuel Voucher compliments of the Colo Vale Village Store, and the 2nd and 3rd place-getters received a bottle of bubbly.

There were considerably more homes with Christmas lights this year, and we would like to sincerely thank you all for your devotion to the "spirit" of Christmas, and commending you on the arduous work involved.



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E. stupendouslyfit@outlook.com.au • www.stupendouslyfit.com.au

**\$10 per session**

**\$45 - 5 sessions**

**\$85 - 10 sessions**



# MONSTER GARAGE SALE

COLO VALE VILLAGE  
SATURDAY  
MARCH 16, 2019  
8am - 1pm



The **Colo Vale Community Association** is once again organising a village garage sale. Free maps showing locations of garage sellers will be available from the Community Hall at 28 Railway Parade from 8:00am - 1:00pm. Balloons will be displayed at the front fence of all sellers making it easy to locate them.

A BBQ breakfast or lunch of bacon, sausage, egg and onion on buttered bread will be available at the Community Hall.

If you would like to register as a potential seller the fee is \$10 to assist the Association with the advertising costs. **Registrations close Wednesday, March 13th.**

Phone **0414 633 077**



**HAPPY HOUNDS Grooming Cottage**  
6 Beech Street, Colo Vale NSW 2575



**Debbie McClelland**  
Dog Groomer

**0407 783 298**

## GARDEN TIPS with George

It was a cold and cloudy spring this year and it put back the growth and subsequent transplanting of most of my summer vegies. The tomatoes, capsicums, eggplant and zucchini are all slow this year and the dry conditions didn't help, but, and there is always a but, the spring flowers lasted for much longer and I planted Iceland Poppies and Livingstone Daisies which are still blooming into summer although weeding is a problem. To overcome this I cleared the flower beds and started again with summer and autumn flowering plants such as Zinnias which only take 3 months from planting seed to flowering and Snapdragons which take about 4 months. But seedlings which you can purchase from the local nursery will usually flower in only a couple of weeks.

Pre-planting should commence a week or two before planting your seedlings and consist of enriching the soil with compost and general fertilizer, adjusting the Ph with lime and digging the garden bed to loosen and aerate the soil.

When opening bags of organic fertilizer or compost it is advisable to wear a mask to prevent inhaling the fungal pathogen which is often present in either bagged or bulk garden improving products. Pneumonia or Legionnaires disease and hospitalization are often the result.

May 2019 be healthy and prosperous for you, your family and your garden.

Happy gardening everyone, George.

## THANK YOU

While George was very unwell and in hospital I would like to say how grateful we were of the wonderful support you gave to both myself and George. Thank you so much Kerry what an angel you are, Deb and Wayne we could not wish for better neighbours, and to Julie, Michelle, John and Kay for your phone calls, your friendship and kindness means so much to us.

Lori and George

# Health Benefits of APPLES

Apples are an exceptionally healthy fruit with many research-backed benefits.

## 1. Apples Are Nutritious

One medium apple offers these nutrients:

- Calories: 95
- Carbs: 25 grams
- Fiber: 4 grams
- Vitamin C: 14% of the Reference Daily Intake (RDI)
- Potassium: 6% of the RDI
- Vitamin K: 5% of the RDI

What's more, the same serving provides 2–4% of the RDI for manganese, copper, and the vitamins A, E, B1, B2 and B6.

Apples are a rich source of polyphenols, not listed on nutrition labels they are responsible for many of the health benefits.

Leave the skin on as it contains half of the fiber and many of the polyphenols.

## 2. Apples Are Good for Your Heart

The polyphenols in apples have antioxidant effects and one of these is the flavonoid epicatechin, which lowers blood pressure. Flavonoids help prevent heart disease by reducing "bad" LDL oxidation.

## 3. They're Linked to a Lower Risk of Diabetes

Eating an apple a day was linked to a 28% lower risk of type 2 diabetes. The

polyphenols help prevent tissue damage to beta cells in your pancreas. Beta cells produce insulin in your body and are often damaged in people with type 2 diabetes.

## 4. They May Have Prebiotic Effects and Promote Good Gut Bacteria

Apples contain pectin, a type of fiber that acts as a prebiotic. This means it feeds the good bacteria in your gut.

## 5. Apples Contain Compounds That Can Help Fight Asthma

Antioxidant-rich apples may help protect your lungs from oxidative damage.

A study on 68,000 found that those who ate the most apples had the lowest risk of asthma. Apple skin contains the flavonoid quercetin, which can help regulate the immune system and reduce inflammation.

## 6. Apples May Help Protect Your Brain

Apple juice has benefits for age-related mental decline. The juice may help preserve acetylcholine, a neurotransmitter that can decline with age. Low levels of acetylcholine are linked to Alzheimer's disease.

Whole apples contain the same compounds as apple juice but it is always a healthier choice to eat your fruit whole.

**ARE YOU HAVING  
TROUBLE  
UNDERSTANDING  
HOW YOUR  
COMPUTER  
PROGRAMS  
WORK?**

For more  
information  
Contact  
John Stead  
0414946694

9th  
Feb

This is an  
initiative of  
the Colo Vale  
Community Association

*The Community Association in partnership with the Southern Highlands Computer Users Group are having an Open Day at the Colo Vale Hall on Saturday, 9th February from 9am - 12noon with the view to starting a fortnightly meeting at the Hall to help you better understand your computer and its programs.*

*Members of the Computer Users Group and the Association will be at the Hall to talk to you and explain about their Group and what they can help you with, covering Windows, Apple, Tablets, iPads, Laptops, Mobile Phones, Printers, etc.*

*Morning tea will be available at no cost and providing we have the numbers, we are looking at starting regular fortnightly meeting days on Wednesdays at the Hall from 9am – 12noon.*

## COLO VALE NOTICE BOARD

### Craft & Chatter

Every Thursday 9am to 12noon.  
\$3 donation. Morning Tea provided.  
Ladies bring your craft or just come for a chat. Ring Kath on 4889 4390.

### Indoor Bowls

Every Wednesday evening 7pm.  
\$3 donation. Supper provided. Just turn up at the hall or ring Kay 0413 364 918.

### Hall Bookings

To book the Colo Vale Community Hall for birthdays, weddings, etc. contact mobile 0490 320 179.  
Comprehensive details available, very reasonable rates. For more details see website [www.colovalecommunity.org.au](http://www.colovalecommunity.org.au)

### Liaison Officer

For sympathy cards, flowers or a visit, contact Kay Mackenzie, the Community Association Liaison Officer on her mobile 0413 364 918.

### Village Men's Shed

Tuesday & Thursday 9am to 12noon.  
Members pay \$3 each visit which covers morning tea and the chance to socialize with other men from the area, have a chat, and enjoy doing woodwork, or just relax. Ring Steve 0414 242 667.

### Market Stall Info

Stalls available for \$15 outside and \$25 inside hall. Car boot stalls available for \$15.

Confirm bookings by 12noon Thursday before market. No notification, your stall will be re-allocated.

Contact Kathleen for stall bookings 0400 728 395.

### Meetings

**Next Community Association General Meeting** will be on Tuesday, February 26th, 2019 at 6.00pm, 4th Tuesday of the month.

All welcome. We need your support, ideas and a helping hand. For information contact President Elyse White 0414 633 077.

## Refurbished Mittagong Pool Re-opens

*Free entry, face painting, a petting zoo, inflatable pool toy and live music greeted locals on January 19th with the official re-opening.*

*The pool was initially closed down after a storm in June 2016 resulting in major structural damage. Both the Learn to Swim and the 50 metre pools were replaced with 300mm thick reinforced concrete and anchored to bedrock with concrete piers. Replacement of the entry and exit ladders and tiling was also undertaken.*

*History shows that the site of the pool was used for recreational swimming as early as the mid 1870's before being officially opened in 1931. In 1959 the baths were converted to Olympic size.*

## COLO VALE TENNIS CLUB

Jurd Park – Wattle St, Colo Vale

### Tennis News

### Lights are Back in Action

Warm up and have a hit  
**Day Hire \$12 p.hr**  
**Night Hire \$14 p.hr**

BBQ's, Children's playground, Toilets  
Coffee & Tea making facilities  
Free rackets & balls if needed

**Coaching available with Sergio**  
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### CONTACT US

Ian Cameron

**Mobile: 0418421784**

[ian@cameronsrealestate.com.au](mailto:ian@cameronsrealestate.com.au)

**Ph: 48898555**

Address: PO Box 622 Mittagong NSW 2575

email: [info@camerons.com.au](mailto:info@camerons.com.au)

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