



August 2021 Newsletter
Magazine Section

*Friendship, Fellowship and
Fun*

WATTLE DAY - 1 AUGUST

On 19 April 1984 the Governor-General proclaimed Australia's national colours to be green and gold.

On 1 September 1988, Golden Wattle was declared officially as Australia's national floral emblem

*National floral emblem
Golden Wattle
(Acacia pycnantha)*



While Golden Wattle had long enjoyed that status informally (note its prominent place within the Commonwealth Coat of Arms dating from 1912 and on the insignia of the Order of Australia) it had taken strong supporters of the emblem, notably Maria Hitchcock and also the Society for Growing Australian Plants (SGAP), to persuade the Federal Government to grant official recognition in the Bicentennial Year.

Although wattle was associated with Australia from very early days, its significance increased around the time of Federation. The first celebration of Wattle Day was held on 1 September 1910 in Sydney, Melbourne and Adelaide.

Plans in 1913 to proclaim the wattle a national emblem and celebrate Wattle Day nationally were interrupted by World War I, but wattle remained a strong symbol of patriotism during the war years. Sprigs of wattle and colourful badges were sold on Wattle Day to raise money for the Red Cross.

NSW changed the date to 1 August in 1916 because that allowed the Red Cross to use the earlier flowering and more familiar Cootamundra Wattle rather than Golden Wattle. Wattle was sent overseas in letters during the war and was presented to homecoming service men and women at what must have been an emotional moment.

In the 1920s and 1930s, Wattle Day continued to be celebrated, still associated with raising money for charity but also featuring special activities for children and ceremonies to mark the occasion.

Unfortunately, the tradition was virtually lost after World War II. It was only in the 1980s, in prospect of the Bicentennial and in sympathy with rising national concern for Australian flora and the environment generally did a suggestion to revive Wattle Day receive attention. It has been fortuitous that, just when the revival of Wattle Day seemed to be losing its way, the ACT Division of the Red Cross decided to take it on for fundraising purposes. The initial ACT Red Cross Wattle Day campaign launch was in 1994.

Taken from the Parliament of Australia website



THIS REALLY IS GETTING BEYOND A JOKE!!

BREAKING NEWS!!!!!!

PM Scott Morison has announced that due to the new Indian Covid variant, vindaflu, people will now be offered the Pun Jab

Please start taking this Indian Covid variant seriously guys!!

My neighbour caught it and has been in a korma for a week, and he's only just buried his naan who apparently had a dodgy tikka.

NEWSLETTER

If you come across something of particular interest, please consider sharing it with our club members. Email the information to me and I will include it in the newsletter. Many thanks to those who have submitted articles for this newsletter.

Take care.

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Jenny Jones - Newsletter Editor

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SISTER KENNY



Elizabeth Kenny (1880-1952), nurse, was born on 20 September 1880 at Warialda, New South Wales, daughter of Michael Kenny, farmer from Ireland, and his native-born wife Mary, née Moore. She received limited education at small primary schools in New South Wales and Queensland.

There is no official record of formal training or registration as a nurse. She probably learned by voluntary assistance at a small maternity hospital at Guyra, New South Wales.

About 1910 She was a self-appointed nurse, working from the family home at Nobby on the Darling Downs, riding on horseback to give her services, without pay, to any who called her.

In 1911 she used hot cloth fomentations on the advice of Dr Aeneas McDonnell, a Toowoomba surgeon, to treat symptomatically puzzling new cases, diagnosed by him telegraphically as infantile paralysis (poliomyelitis). The patients recovered. Elizabeth Kenny then opened a cottage hospital at Clifton.

During World War I, using a letter from Dr McDonnell as evidence of nursing experience, she enlisted on 30 May 1915 and was appointed staff nurse in the Australian Army Nursing Service, serving on troopships bringing wounded home to Australia.

On 1 November 1917 she was promoted Sister, a title she used for the rest of her life. Her army service ended in March 1919.

After the war she resumed her home nursing and became the first president of the Nobby chapter of the Country Women's Association.

In 1927 she patented the 'Sylvia' ambulance stretcher designed to reduce shock in the transport of injured patients.

In 1932 Sister Kenny established a backyard clinic at Townsville to treat long-term poliomyelitis victims and cerebral palsy patients with hot baths, fomentations, passive movements, discarding of braces and callipers, and encouraging of active movements.

At a government sponsored demonstration of her method in Brisbane doctors and masseurs ridiculed her, mainly because they considered her explanations of the lesions at the site of the paralysis were bizarre. Thus, began a long controversy at a time when there was no vaccination for poliomyelitis.

The strong-willed Kenny, with an obsessional belief in her theory and methods, was opposed by a conservative medical profession whom she mercilessly slated, and who considered her recommendation to discard immobilization to be criminal.

Despite almost total medical opposition, parental and political pressure with some medical backing resulted in action by the Queensland government. In 1934 clinics to treat long-term poliomyelitis cases were established in Townsville and later in Brisbane. The Brisbane clinic immediately attracted interstate and overseas patients. Kenny clinics in other Queensland cities and interstate followed.

In 1937 she published in Sydney *Infantile Paralysis and Cerebral Diplegia*, with a foreword by Herbert Wilkinson, professor of anatomy at the University of Queensland. Grateful parents paid her fare to England, where she was given two wards at Queen Mary's Hospital at Carshalton, Surrey.

She shocked English doctors with her recommendations to discard splinting used to prevent deformities and her condemnation of the orthodox treatment of poliomyelitis cases.

While she was in England a Royal Commission was organised by leading Queensland doctors to investigate her methods of treatment. She was not called before the commission nor were patients nor the parents of patients. The male doctors would not accept that a nurse may know more about patient care than them. (Some of our members who are nurses may understand this).

Returning to Australia, she was greeted with the report of the royal commission which damned her methods without actually investigating them

However, she was given a ward at the Brisbane General Hospital and early cases of the disease to treat. Aubrey Pye, medical superintendent, stated that her patients recovered more quickly and that their limbs were more supple than those treated by the orthodox method. But the medical profession largely ignored her.

In 1940, armed with an introduction to the Mayo Clinic, Rochester, Minnesota, signed by six Brisbane doctors and her fare paid by the Queensland government, she arrived in the United States of America. At first most doctors rejected her theories of 'spasm', 'mental alienation', and 'incoordination' by which she explained the disability caused by poliomyelitis. However, orthopaedists Miland Knapp, John Pohl and Wallace Cole arranged for her to be given beds in the Minneapolis General Hospital. Her methods became widely accepted. She began courses for doctors and physiotherapists from many parts of the world. The Sister Kenny Institute

was built in Minneapolis in 1942 and other Kenny clinics were established.

Kenny became a heroine in America and was awarded many honours. She accepted numerous invitations to lecture in other countries and received honorary degrees. Her autobiography, *And They Shall Walk*, written in collaboration with Martha Ostenso, was published in New York in 1943. In 1946 she was eulogized in the film, *Sister Kenny starring Rosalind Russell who won an oscar for her portrayal*.

Abraham Fryberg, Queensland director-general of health and medical services, and Thomas Stubbs Brown, orthopaedic specialist, after an overseas visit where they studied her methods, recommended in 1947 that treatment based on the Kenny method be used in the early stages of poliomyelitis.

They argued, however, that her concept that the disabilities in poliomyelitis were caused by the virus invading peripheral tissues, and not the central nervous system as traditionally taught, was not proven.

In 1950 Congress gave her the rare honour of free access to the United States without entry formalities. Despite this success, she remained the centre of bitter controversy, partly because of her intolerance of opposition, and returned to Australia several times with little acclaim.

A big woman, with white hair which she often covered with large hats, Elizabeth Kenny was an imposing figure. She could speak gently to a patient one minute and harshly criticize

a doctor the next. She gained basic knowledge as she progressed and, at times, submitted other people's ideas as though they were her own.

Although her views on the pathology of the disease were generally not accepted, she made a significant contribution towards the treatment of poliomyelitis and stimulated fresh thinking.

Developing Parkinson's disease, she retired to Toowoomba in 1951. On her way there she stopped off in Melbourne to meet privately with internationally respected virologist Sir Macfarlane Burnet. He wrote about the visit in his autobiography.

"She had treated more cases than anyone else in the world – she gave the precise number, 7,828 – and no one else was in the position to speak with her authority. She is now almost forgotten by the world. But there was an air of greatness about her and I shall never forget that meeting"

She died in Toowoomba of cerebrovascular disease on 30 November 1952.

After a service in the Neil Street Methodist Church, she was buried in Nobby cemetery.

Unmarried, she was survived by an adopted daughter. Her estate, valued for probate at £17,117, was left mainly to relatives, but a collection of memorabilia was left to the Kenny Foundation in the United States and a desk and prayer-book, belonging once to Florence Nightingale, were left to the United Nations Organization.

Her book, *My Battle and Victory*, was published posthumously in London in 1955. A bust by L. Randolph is displayed in the Toowoomba City Art Gallery.

The following well known people were treated as children with the Sister Kenny method

- Alan Alda - American actor
- Peg Kehret (née Schulze) - American author
- Marjorie Lawrence - Australian opera singer, who regained only partial use of her legs
- Martin Sheen - American actor
- Dinah Shore - American singer
- Robert Anton Wilson - American writer



*Sister Kenny and
her secretary 1952*

Northern Beaches 2021 Environmental Art & Design Prize Open Category.

Judee Radford, one of our talented artists, has had her entry into the Northern Beaches 2021 Environmental Art & Design Prize Open Category selected.

This is quite an achievement considering there were 700 entries.

The Bushwalkers painting (shown on the next page) will be exhibited at **Manly Art Gallery from 6th August to 22nd August, 10am to 5pm.**

The painting is set in the Kimberley and is taken from an image of Mertens Falls Crossing taken by John Robinson.

The happy snap is shown below the painting and illustrates how a talented artist can 'see' an image, crop it and turn it into an excellent painting.

Well done Judee! Fingers crossed for the winner's prize.

John Robinson



'The Bushwalkers'
Painted from this photograph taken by John Robinson



HOW DO YOU DECIDE WHO TO MARRY ...

Written by Kids

1. HOW DO YOU FIND SOMEONE TO MARRY

You got to find somebody who likes the same stuff.

Like, if you like sports, she should like it that you like sports, and she should keep the chips and dip coming.

-- Alan, age 10

No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with.

-- Kristen, age 10

2. WHAT IS THE RIGHT AGE TO GET MARRIED?

Twenty-three is the best age because you know the person FOREVER by then.

-- Camille, age 10

3. HOW CAN A STRANGER TELL IF TWO PEOPLE ARE MARRIED?

You might have to guess, based on whether they seem to be yelling at the same kids.

-- Derrick, age 8

4. WHAT DO YOU THINK YOUR MOM AND DAD HAVE IN COMMON?

Both don't want any more kids.

-- Lori, age 8

5. WHAT DO MOST PEOPLE DO ON A DATE?

Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough.

-- Lynnette, age 8

On the first date, they just tell each other lies and that usually gets them interested enough to go for a second date.

-- Martin, age 10

6. WHEN IS IT OKAY TO KISS SOMEONE?

When they're rich.

-- Pam, age 7

The law says you have to be eighteen, so I wouldn't want to mess with that.

7. IS IT BETTER TO BE SINGLE OR MARRIED?

It's better for girls to be single but not for boys. Boys need someone to clean up after them.

-- Anita, age 9

8. HOW WOULD THE WORLD BE DIFFERENT IF PEOPLE DIDN'T GET MARRIED?

There sure would be a lot of kids to explain, wouldn't there?

-- Kelvin, age 8

9. HOW WOULD YOU MAKE A MARRIAGE WORK?

Tell your wife that she looks pretty, even if she looks like a dump truck.

-- Ricky, age 10

- - Curt, age 7

The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It's the right thing to do.

- - Howard, age 8

MAGNA CARTA

On 15 June 1215, on the banks of the Thames in Runnymede, an embattled King John met the English barons, who had backed his failed war against the French and were seeking to limit his powers. The weakened monarch had little choice but to witness the sealing of what some say is the world's most important document, that, symbolically at least, established a new relationship between the king and his subjects.

Thus the original Magna Carta, 3,500 words in Latin on a calfskin parchment, came into being, its enduring relevance confirmed in the many legal cases in which it is cited today, laying the foundations for modern democracy, the defence of personal liberty and the protection of freedoms around the world. Its most famous passage has been interpreted as laying the foundations of trial by jury "No free man shall be seized or imprisoned, or stripped of his rights or possessions or outlawed or exiled nor will we proceed with force against him, except by the lawful judgment of his equals or by the law of the land"

So, let's imagine the scene. It is a few days past midsummer in the year 1215. The place, the King's Chancery near the Temple in London. In a room bathed in natural light, a dozen scribes are seated at their lecterns, each with 50 sharpened quills at the ready,

fashioned from the largest feathers from the wings of a goose or swan. Right-handed scribes use feathers from the left wing because the sharpened end curves away while left-handers write with those from the right wing. Each wields a small knife (a pen-knife) to cut the nib of the feather or erase any mistakes.

On each lectern is a piece of parchment made from the hide of a sheep. The hair has been removed by liming before being stretched on a frame while wet to produce thin membrane. The parchment has been scraped to create a smooth surface for writing and then whitened by rubbing in a paste of lime, flour, egg whites and milk.

In a pot on a shelf of the lectern is ink made from oak galls produced in the tree's bark as a protective reaction to a wasp laying eggs. The crushed galls create an acidic liquid that is then coloured black by the addition of ashes or soot and bound with gum Arabic.

The scribes have been gathered for the most important project of their lives – to write down from dictation a peace treaty between King John and his rebellious barons, who have had enough of being taxed and pushed around. The document has no title but in time it will come to be known as the Great Charter or Magna Carta.

It stated for the first time, the principle that no one was above the law, not even the king. And its clause that gives all "free men" the right to justice

helps explain why it subsequently inspired constitutional documents such as America's Bill of Rights and the Universal Declaration of Human Rights.

So, who was King John?

The children's poet AA Milne (1927) summed up the traditional interpretation "*King John was not a good man*"

Medieval monks portrayed him as an evil monster but in the Middle Ages the churchmen wrote the histories and John had fallen out with the Church, so all the histories of the time agreed he was dreadful.

"Foul as it is, Hell itself is defiled by the fouler presence of John"

Written by the monk Matthew Paris in 1235.

This reputation stuck. In the 1590's Shakespeare wrote a play about King John portraying him as a weak and murderous man. In the 19th Century the Whig historians portrayed John as a mad tyrant. Hollywood films from *Ivanhoe* (1952) to *Robin Hood* have portrayed King John as a tyrant against whom the English people bravely struggled for their rights and freedoms.

In the 1960's however historians started to say that King John had been misrepresented. They argued that he quarrelled with the barons precisely because he was an energetic, reforming king who tried to increase the power of the monarchy.

Modern historians present John as a mixture of good and bad.

Magna Carta contained 63 promises about what the king could and could not do. It also set up a Council of 25 barons to make sure John kept his promises.

Although the Magna Carta was not the declaration of human rights it was later claimed to be, it was the first time a set of rules had been written down for the king.

In the 17th century British lawyers were to use it to resist Charles I's attempt to increase his power.

Whilst the ideas in Magna Carta are regarded as the foundation of our freedom, you would be disappointed by many of them. Most of the clauses related to the amount of money John had demanded from the barons and the way he abused the justice system. Other demands by the barons were clearly just John's enemies getting a good deal out of the defeated king – for example:

- A 100 Pound limit on the tax barons had to pay to inherit their lands.
- The king could not sell or deny justice to anyone.
- The royal forests were to be reduced in size.
- An heir could not be made to marry someone of a lower social class.
- Foreign knights had to be deported.

- No-one could be arrested on the accusation of a woman.

Only three of the promises of Magna Carta remain in force today:

- That the English Church shall be free from royal interference
- To respect the rights and freedoms of the City of London and other towns and ports.
- That no freeman shall be arrested or imprisoned without a proper trial.

In the Magna Carta "Free men" in 1215 accounted for less than half the population – the rest were serfs to whom the charter did not apply, and "men" meant men – women, except for widows, merit barely a mention.

The document was annulled by the Pope nine weeks later. It was redrafted in 1216, 1217 and 1225 and confirmed as English law in 1297, but most parts have been repealed.

Much of Magna Carta is impenetrable to modern readers, couched in medieval jargon and concerned with the detail of relations between the king and his most powerful feudal tenants. And the charter's most significant innovation, a "security clause" in which the king was subjected to the oversight of a panel of 25 barons, proved impossible to implement.

But that did not matter. Magna Carta's significance was always symbolic rather than practical. Its arrival marks a "before" and "after" in English history. For the first time,

Magna Carta established publicly the principle that the king was subject to the law. Its most famous clauses forbids the king to sell, deny or delay justice and protects any free man from arbitrary imprisonment “save by the lawful judgement of his peers or by the law of the land”.

It also led indirectly to the development of a new kind of state in which the money to govern the country came from taxation agreed by parliament and prevented the king from extracting money from his subjects in arbitrary ways. Magna Carta laid down that the king could not levy taxes “save by the common counsel of our kingdom” and set out how that counsel was to be obtained. After Magna Carta no king of England ever had unrestricted or “absolute” power again and fifty years later England’s first Parliament was formed.



1225 Charter held in the British Library with the Royal Seal attached.

TRY THIS!

Say the Color of each Word!

(Don't read the word!)

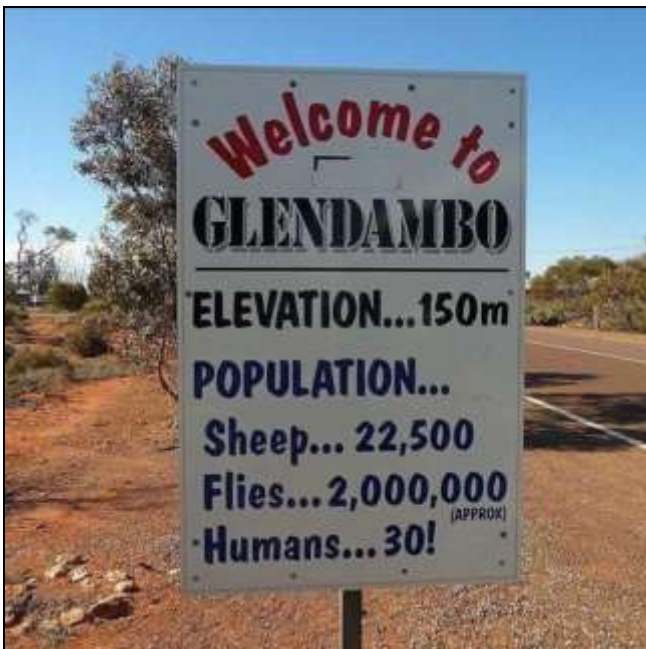
How Fast can you say it?

black white yellow green red blue
 yellow red black green white red
 white green red black yellow green
 black white yellow green red blue
 white green red black yellow green
 yellow red black green white red
 white green red black yellow green

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AUSTRALIAN OUTBACK



WAKEHURST GOLF CLUB

*Probus Breakfast Venue
Tuesday 17th August -
(Cancelled)*

The Wakehurst Golf Club occupies a stunning stretch of ocean-facing bushland in Sydney's north with panoramic views across Manly and the northern beaches region. The location is ideal for urban golfers seeking a retreat from the hustle and bustle without leaving the city. Just a ten-minute drive from cosmopolitan and chic Manly, you would need bionic hearing to detect a road vehicle while walking the course.

Opening in 1971, Wakehurst held the dubious honour of being Sydney's newest golf course for a startling 20 years until Terrey Hills materialised. And it was a chequered first two decades at that. The club's original members tell tall and not-so-tall tales about the rough and rocky nature of the playing surfaces, where balls seemingly destined to find the middle of the fairway would ricochet off a protruding rock and carom into the surrounding bushland, never to be seen again.

Even once the turf settled, the lengthy construction process chopped holes in half in order to retain 18 holes. More often than not throughout the late 1980s and early '90s the uphill par-4 9th hole was sliced into a short par-4 to the club's practice chipping green then a par-3 to the true green.

During this time the top nine holes was rubbish – literally. The club negotiated a deal to accept landfill from the World Square construction site in the city plus some other assorted junk to build up the fairways of the back nine holes, creating a period during which players ambled from hole to hole over and past piles of debris.

But the story has a happy ending. Once complete, Wakehurst blossomed into an excellent layout in a setting few courses in large cities can match

ROCK N ROLL LEGENDS FEATURING THE EVERLEY BROTHERS

*Glen Street Theatre
(Awaiting Glen Street info)*

The Everly Brothers were an American country-influenced rock and roll duo known for steel-string acoustic guitar playing and close harmony singing.

Consisting of Isaac Donald "Don" Everly (born February 1, 1937) and Phillip "Phil" Everly (January 19, 1939 – January 3, 2014), the duo was raised in a musical family, first appearing on radio singing along with their father Ike Everly and mother Margaret Everly as "The Everly Family" in the 1940s. When the brothers were still in high school, they gained the attention of prominent Nashville musicians like Chet Atkins who began to groom them for national attention.

They began writing and recording their own music in 1956, and their first hit song came in 1957, with "Bye Bye Love", written by Felice and Boudleaux Bryant. The song hit No. 1 in the spring of 1957, and additional hits would follow through 1958, many of them written by the Bryants, including "Wake Up Little Susie", "All I Have to Do Is Dream", and "Problems". In 1960, they signed with the major label Warner Bros. Records and recorded "Cathy's Clown", written by the brothers themselves, which was their biggest selling single.

The brothers enlisted in the United States Marine Corps Reserve in 1961, and their output dropped off, though additional hit singles continued through 1962, with "That's Old Fashioned (That's the Way Love Should Be)" being their last top-10 hit.

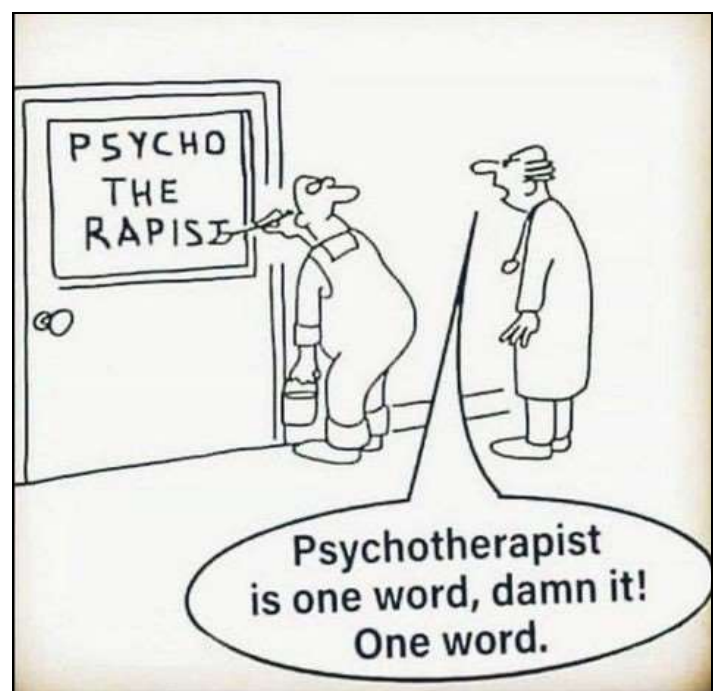
Long-simmering disputes with Wesley Rose who managed the group, a growing drug usage in the 1960s, as well as changing tastes in popular music, led to the group's decline in popularity in its native U.S., though the brothers continued to release hit singles in the U.K. and Canada, and had many highly successful tours throughout the 1960s. In the early 1970s, the brothers began releasing solo recordings, and in 1973 they officially broke up.

Starting in 1983, the brothers got back together, and would continue to perform periodically until Phil's death in 2014.

The group was highly influential on the music of the generation that followed it.

Many of the top acts of the 1960s were heavily influenced by the close-harmony singing and acoustic guitar playing of the Everly Brothers, including the Beatles, the Beach Boys, the Bee Gees, and Simon & Garfunkel.

In 2015, *Rolling Stone* ranked the Everly Brothers No. 1 on its list of the 20 Greatest Duos of All Time. They were inducted into the Rock and Roll Hall of Fame as part of the inaugural class of 1986, and into the Country Music Hall of Fame in 2001. Don was inducted into the Musicians Hall of Fame and Museum in 2019, earning the organization's first Iconic Riff Award for his distinctive rhythm guitar intro to the Everly's massive 1957 hit "Wake Up Little Susie"



CONFUCIUS

Confucius for oldies: It does not matter how slowly you go as long as you do not stop.

He who learns but does not think, is lost! He who thinks but does not learn is in great danger.

Real knowledge is to know the extent of one's ignorance.

To know what you know and what you do not know, that is true knowledge.

By three methods we may learn wisdom: First by reflection, which is noblest, Second, by imitation, which is easiest and third by experience, which is the bitterest.

Only the wisest and stupidest of men never change.

The strength of a nation derives from the integrity of the home.

Study the past, if you would divine the future.

Everything has beauty, but not everyone sees it.

The man who says he can, and the man who says he can not... Are both correct."

Your life is what your thoughts make it.

Real knowledge is to know the extent of one's ignorance.

The man who asks a question is a fool for a minute, the man who does not ask is a fool for life."

You are what you think.

Looking at small advantages prevents great affairs from being accomplished.

All people are the same; only their habits differ.

Learn avidly. Question it repeatedly. Analyse it carefully. Then put what you have learned into practice intelligently.

We have two lives, and the second begins when we realize we only have one.

If you are the smartest person in the room, then you are in the wrong room.

Act with kindness but do not expect gratitude.

Worry not that no one knows you; seek to be worth knowing.

The man who moves a mountain begins by carrying away small stones.

When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps.

No matter how busy you may think you are you must find time for reading or surrender yourself to self-chosen ignorance.

Think of tomorrow, the past can't be mended.

LIFE IN A COVID WORLD

Medical experts in Melbourne today were asked if it is time to ease the COVID lockdowns.

Allergists were in favour of scratching it, but Dermatologists advised not to make any rash moves.

Gastroenterologists had a sort of a gut feeling about it, but Neurologists thought the government had a lot of nerve.

Obstetricians felt certain everyone was laboring under a misconception, while Ophthalmologists considered the idea short-sighted.

Many Pathologists yelled, "Over my dead body!" while Paediatricians said, "Oh, grow up!" Psychiatrists thought the whole idea was madness, while Radiologists could see right through it.

Surgeons decided to wash their hands of the whole thing and Pharmacists claimed it would be a bitter pill to swallow. Plastic Surgeons opined that this proposal would "put a whole new face on the matter."

Podiatrists thought it was a step forward, but Urologists were pissed off by the whole idea. Anaesthetists thought the whole idea was a gas, and Cardiologists didn't have the heart to say no.

In the end, the Proctologists won out, leaving the entire decision up to the assholes in politics...

The world has turned upside down. Old folks are sneaking out of the house and their kids are yelling at them to stay indoors!

This morning I saw a neighbour talking to her cat. It was obvious she thought her cat understood her. I came to my house and told my dog...We had a good laugh.

I need to practice social distancingfrom the refrigerator!

Never in a million years could I have imagined I would go in a bank with a mask on and ask for money.



When Isaac Newton stayed at home to avoid the 1665 Plague, he discovered the Laws of Gravity, Optics, and he invented Calculus.

While I stayed home during Covid I discovered Chunky Monkey Ice Cream, spicy Cheetos, and Carol Baskin.

WINTERTIME IN THE BUSH

Photos from recent bush walks - Jenny Jones



