



**INSIDE THIS ISSUE:**

Gail Force!!	2
Holiday Clinic Success	3
New Brochure	3
New Rates	3
Twitcher Report	4
TBYB...it's Back	4
Paddy the Wonder Horse	5
HV & Sydney Uni	6

## Camp Oven Campfire Cook Off

If you're coming to **Western Day @ Hidden Valley this weekend** make sure you set Saturday night aside for a communal camp oven dinner around the campfire.



**All you have to do is:**

1. **Fill a camp oven with ingredients that tickle your fancy,**
2. **Pop them on the fire,**
3. **Chat to everyone while the contents cook,**
4. **Then open the lid and share your spoils with other participating members.**

We have several camp ovens in the tool shed which will be cleaned and prepared for you to fill but if you have your own, by all means bring it along.

Here are a few ideas for easy camp oven meals to get those creative juices flowing:

### Plain Damper

Ingredients:  
Two cups self-raising flour  
Two teaspoons baking powder  
Pinch salt  
Milk

#### Method

Combine flour, baking powder and salt in a bowl. Mix in enough milk to make a soft dough. Form into a round shape and place on a well-greased and floured tray. Place in the preheated camp oven and cook for about 30 minutes.

Note: This is a basic recipe for 2 cups of flour. If you want a larger damper then for every cup of flour add one teaspoon of baking powder, e.g. 5 cups of flour and five teaspoons of baking powder. There is no need to knead this recipe. Simply mix it till combined.

### Lamb Shanks in Red Wine

Ingredients:  
14 Lamb Shanks  
Bottle of Red Wine  
2 Jars Tomato Paste  
2 Chopped Onions  
2 Diced Potatoes

#### Method:

Place lamb shanks in camp oven with a bottle of red wine and add 2 jars tomato paste. Top up with water to cover the shanks add chopped onions and diced potato put on lid and place on fire to simmer for approximately one and a half hours.

Red Wine Sauce - Pour 1/2 bottle red wine into a saucepan add a generous amount of butter bring to the boil and reduce. Pour over lamb shanks.

When served on a bed of wild rice this serves 5 adults and 4 kids

### Simple Chili

Ingredients:  
2 cans kidney beans, dark red  
1/2 green pepper, chopped  
3 cans tomatoes, crushed  
1 onion, diced  
3 tbsp chili powder  
1 tbsp olive oil  
1 tbsp sugar  
1 tsp salt

Start by preheating the dutch oven to 325 degrees. Add the oil in and then put in the pepper and onions, and sauté for about 5 to 7 minutes. Add in the rest of the ingredients and let it come to a boil then, lowering the heat to 275 degrees, cover and cook for about an hour.

Long term members of Hidden Valley have enjoyed many delights from the camp oven over the years and will have tried and true recipes to share.

So bring your ingredients and collect a camp oven and we'll see you around the campfire on Saturday night.



# Gail Force!

Nell Rollinson

Along with husband John and daughter Erin, Gail Beverley is one of Hidden Valley's longest serving members.

over Brawn.) Not only that she also swims and foregoes the delights of a good glass of red. She calls herself 'competitive', I call her an inspiration!

As a new member, I met Gail and her horse Sundance (pictured right) about 3 years ago and I have been in awe of her indomitable spirit ever since. At a time when I was feeling the limitations of my age and wondering if I was a fool to pursue my horsey endeavors Gail was living proof that age is irrelevant. You want it, go get it!

Gail Beverley is definitely a force to be reckoned with, and I look forward to following her progress in the Masters Games as I am sure all Hidden Valley members will also.



So I suppose it is no surprise to learn that for the last 6 months Gail has been training to enter the Olympics for the mature, the 2009 World Masters Games in October competing in squash!

Not content to just work out in the gym, Gail's weekly preparation program has included regular competitions – not against fellow veterans, not even against young women but against 25 year old blokes (who she admits she beats by using Brain

# Holiday Clinic Success

Nell Rollinson

Once again our Social Committee organised a fabulous fun filled agenda of activities over the school holidays.

Not only did Vicki manage to efficiently wrangle all events to schedule she also managed to wrangle perfect weather for the week.

Kicking off with **Christmas in July** over 70 members enjoyed a meal of succulent turkey and chicken accompanied by a power house of roast vegetables – including brussel sprouts! How to top that?.... Bread and butter pudding with genuine 40 Acre Orange Marmalade! Three weeks later and I'm still salivating!



With hats, lollies, Anzacs and even a visit from Santa (who looked a lot like Billy Good), a great night was had by all members!



Running to a strict 'Vicki Collins' schedule, the **Tuesday and Wednesday Horse Camp** was a great success. With tuition from Emma Mason and Nicole Chipperfield, the Dressage ring, Western Arena and Flats were abuzz with jumping, bending and controlled canter..... most of the time.



New TBVB member, **Sharon La Dan** was so happy with the weeks events she has asked me to post her thanks (*see right*) to the Social Committee and to the general members for their efforts.

**Thank You and You and You**  
from Zara, Natalie, Sharon and Ross

We would like to thank everyone for helping make us feel so at home in our new home-away-from-home at Hidden Valley.

We really appreciate all the time everyone has given helping show us the ropes and including us so warmly in HV life.

Particular thanks too to Adam, Duty Managers and others who have given special attention to us and our guests during our steep learning curve over recent months.

**Thank You Thank You**



### Duty Managers

The current updated Duty Managers Manual will be available to all members via our website on:

<http://www.hiddenvalley.com.au/membership-collateral>

This manual is also available in 6 hard copy versions held at the Office.

**Remember:  
Wranglers Training  
is on the  
29th and 30th of  
August, 2009**



### Family Member Registration Info. Update

As previously mentioned in Campfire, the Board have agreed to extend the definition of 'Family' to include family members not necessarily living under the same roof as eligible to leverage 'membership' accommodation rates and privileges.

The new By-Laws have been posted on the website for your information.

If this new amendment affects you, please make sure you register relevant members on your membership details at the office.

**Family members not included on your registration will not be eligible for the concession.**

## New Brochure



Thanks to Chris and Kathy Hunter, this new brochure has been produced for promoting Hidden Valley. The brochure has been designed in black and white for easy and cost efficient access. A link to this brochure is currently on our website, <http://www.hiddenvalley.com.au/membership-collateral>. If you need copies of the brochure for a promotional opportunity within your community, a limited amount will be kept in stock at the office. If you need more than 50, please let me know ([nell@blackbetty.com.au](mailto:nell@blackbetty.com.au)) and I will arrange for them to be printed off and held for you at the office or sent to a destination of your choice.

## New Rates

	Current	Proposed	Comments
<b>Accommodation</b>			
<b>Weekend</b>			
Member	36	44	Check in Friday, out Sunday
Guest	99	119	Check in Friday, out Sunday
<b>Public Holiday Long Weekend</b>			
Member	66	80	Check in Friday, out Monday
Guest	198	235	Check in Friday, out Monday
<b>Weekday per night</b>			
Member	22	27	
Guest	44	53	
<b>School Holidays per night</b>			
Member	22	27	
Guest	66	80	
<b>Trail Rides</b>			
Member	0	0	
Guest	44	66	

Above are the new rates as approved by the Board in the last meeting. Hidden Valley has managed to keep these rates and charges unchanged for over 4 years, and while every effort has been made to keep them as low as possible, it was necessary to apply a modest increase of approximately 3% across the board.

## Eastern Whipbird (Whipbird, Stockwhipbird) David Simmonds

The Whipbird is a medium sized bird, (300mm), the male (if you ever get to see one) is a blackish crested bird with a longish white-tipped fan-tail. The female (same degree of difficulty to see) is smaller; similar to the male her throat is a mottled whitish colour. The Whipbird is found from north and east of Melbourne, up along the eastern side of the dividing range, up as far north as Rockhampton in Queensland - it has a large range.

I've see this fellow at Hidden Valley standing between Gail & John's caravan and Kirsten's Caravan - looking towards the bush. They like to live in dense habitats, near the ground. They like lantana, wetter eucalyptus forest, undergrowth and the floor of rainforests – they are looking for insects to eat. Hidden Valley is ideal for them.

You have probably *heard* this bird many times. The well known very loud whip crack call varies geographically. The male long drawn out whip crack is immediately answered by the female “choo, choo” or similar, that's the part that varies.

The nest looks like a well constructed flattish cup built 1 – 2 m off the ground. The hen will lay 2 – 3 eggs, blue-white or blue-green, with darker patterned markings.

When I lived at Esperance in Western Australia I used

to see the *Western Whipbird* – it didn't have a whip crack sound. It just *looked* similar to the *Eastern Whipbird*. The Western version was a funny fellow; if it saw you they would go quiet for hours making them hard to spot. Fortunately our Eastern Whipbird is more gregarious.

I found this link to their sound on the web. Have a listen and you will get the two birds sound.

<http://home.iprimus.com.au/punkclown/Punkclown/Whipbird.htm>



## TBYB is Back!!!!

Due to the success of our Try Before You Buy program, it was agreed by the Board to continue the introductory offer in this new financial year.

The new rate for the TBYB program will incorporate the increase in rates as applied to our full membership, but the formula of the offer remains the same, that is:

½ the cost of a full membership excluding accommodation credits -	\$1,675
plus ½ full accommodation credits	\$ 600
<b>Total 09/10 TBYB Rate</b>	<b><u>\$2,275</u></b>

Since introducing this program 12 months ago we have introduced 4 new families to Hidden Valley and we look forward to welcoming them to the Valley as full

members once their introductory offer expires.

If you know someone who is looking for a place like ours, make sure you let them know that our TBYB program is available again.



**Got something to say?**

**Got something to sell?**

**Got something to see?**

Please forward any contributions you have for **Campfire** to [nell@blackbetty.com.au](mailto:nell@blackbetty.com.au)

Hopeful.....  
**August  
Campfire  
Deadlines**

Contributions: August 21

Publish Date: August 28

### Katie's Handywork!!



## Meet Paddy the Wonder Horse



**Not just a big head..... big heart as well...**

***Many of you will be familiar with the story of this horse, but every time I read it I am moved so I thought it was worth putting in our Campfire.... Imagine having a horse like Paddy!***

"A Clydesdale drum horse named Paddy has been nominated for a bravery award for his work during the Victorian bushfires.

Paddy is a retired police horse, and he's served in Gendarme parades at police graduations and major events across Australia.

Since his retirement Paddy has lived at Happy Valley near Myrtleford, with his owner Mike Salmon.

During their years serving in the police, Paddy and Mike developed a bond that would be envied by most horse riders, and they seem to know each other like old friends.

But on the eve of Black Saturday, Happy Valley wasn't a very happy place to be.

Mike says the grass around his home was like "talcum powder" and he knew it was going to be "a cow of a day."

At around 6:30 on the Sunday night, he saw the bushfire roaring up the valley towards his house.

Mike began to put his bushfire plans into place, patrolling for embers and hosing his house with water.

But the fire soon surrounded his house.

"It jumped the road and exploded up beside the other side of the house," he says.

"Then it joined behind the house and started to come back down."

With the fences around his property on fire, Mike was worried that Paddy, four sheep, and two goats would be burnt alive.

He let the sheep and goats out of their pens, knowing that they might flee into the path of the fire.

But when Mike came back from patrolling the house, he found that Paddy had rounded up the animals and they were sheltering under his huge frame.

Mike says returned to check on Paddy every half hour during the bushfire.

He ran water over the horse's flanks and gave him instructions to stay calm and look after the other animals.

But he says Paddy never moved despite the embers falling from the sky and the wind roaring up the valley.

"He was quite calm and serene but he knew what was going on.

If the sheep moved Paddy rounded them up and brought them back to the corner where they waited under him," Mike says.

In the wake of the bushfires, Paddy has been nominated for a bravery award with the RSPCA.

But Mike says it's funny, because Paddy doesn't normally even like the animals he worked so hard to protect.

"He's a bit superior to them. He doesn't like them. They're just sheep and goats and he doesn't have much to do with them."

A small burn on his nose is the only reminder of the work Paddy did in the fires, but Mike says he'll never forget how brave his horse was when he needed it most.

"He stood there and did what I asked him. If you can have that sort of communication, all the big parades and the big accolades we've had as gendarme can't compare to that because that was when the chips were really down. I asked him to do something and he said, righto, I'll do that. And that's what he did."



## Valley working with University of Sydney

by Adam Little

As of the 2<sup>nd</sup> of August, 2009, Hidden Valley is working with the University of Sydney in a new study into the effects of Equine Flu in an isolated environment. The study investigates the measures taken to control the spread of the Equine Flu, the veterinary treatments administered to our horses and the after effects of the Equine flu on our horses.

At the time of the Equine flu, Hidden Valley gathered a substantial amount of data relating to the Equine flu and we probably have the most complete set of records of horse temperatures in N.S.W. for such a large number of horses in an isolated position. The records are accurate and very relevant to the study being undertaken by the University.

We have happily provided Sydney University all the temperature data, written records, legal documents and maps relating to the Equine flu and its spread through out the property.

All of the information will be used to better understand Equine flu in Australia and how we can better manage the virus if it ever returns to our shores.

All of the information will be used to better understand Equine flu in Australia and how we can better manage the Equine flu if it ever returns to our shores. We will be provided with the final outcomes of the study which may help us in the future, while we may help others in understanding how to deal with such an outbreak on a large scale operation

## What do you mean, “Nothing to Do?”

“Where are the kids honey?”

“I don’t know. Have you looked in the Rec Room?”

Nothing quite like this Rec Room at Hidden Valley!

**Jack Good, Alex Hunter and Liam Olsson** take some time out from bikes and horses to try their hands at something a little different during the school holidays.



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