School News Update

Congratulations to the P&C on the very successful Market Day they held at the end of last term. Many thanks to all the community for your support of the Market Day. It was great to have some representatives from Straits Tritton Resources (one of them being ex-student Bryan Perry) come and talk to the students about safety in the mine. Thank you also to the mine for the donation to the Hermidale P&C.

Last term ex-student Elise Campbell stepped in to do the school photos when our usual photography company was unavailable. Everyone was delighted with the photos and we hope to have Elise back next year. Elise is currently studying her Bachelor of Arts at Charles Sturt University Wagga majoring in photography and creative design.

HERMIDALE PUBLIC SCHOOL CONCERT & PRESENTATION NIGHT - Wednesday December 10, 2014 commencing at 6.30pm at the CWA Hall.

Students will soon be practising for the Annual School Concert. This year they are performing a musical called “Happy the Hi-Tech Snowman”. Please join us in what is sure to be an entertaining night.

P & C NEWS
Our recent P&C Market Day was a huge success and on behalf of the P&C I would like to thank:

- the school families who contributed their time and goodies
- the children who competently ran their own stall, well done!
- the community for supporting our P&C and the local school
- Richard Matchett for his gutsy dozer
- the local guys for being such good sports in the Tug-of-War

Also a huge thank you to our generous sponsors: Burnside Anglican Care, Hermidale Hotel and Coolabah Goat Company Kylie Currans, President P & C Association

Leone’s Book Review – ‘Will to Live’ by Matthew and Diane Ames with Kate Ames

This is a remarkable story of an amazing couple. For a couple of weeks, Matthew Ames, a husband and father of four didn’t feel well. In a short time he ended up in Emergency with a severe case of toxic shock syndrome – the common bacteria Strep A had entered his bloodstream and his body had gone into shutdown. Matthew was put into an induced coma and the only way he could be kept alive was to have all his limbs amputated.

The story goes through what happened to Matthew and in turn how it affected his wife Diane, their four children, extended family and community. ‘Will to Live’ is an inspirational story about an inspirational Australian couple.

TANIA’S GARDENING TIPS
Here are my garden tips for the Buzz.

1. Fertilize your garden beds (Dynamic lifter) and pot plants (Seasol).
2. For beautiful blooms, keep an eye on your
roses and spray for thrips/aphids with a product such as Yates Pyrethrum.

3. MULCH, MULCH, MULCH!
4. Don’t plant anything after Melbourne Cup Day.

Happy Gardening!

Tania x

HERMIDALE XMAS TREE – 13th December 2014 at the Tennis Club & Fitness Centre. For enquiries or offers of help please contact President Katie Mudford

HANDY HINTS
- Toothpaste works well on blind pimples!
- Celery keeps much longer and fresher kept wrapped in foil in the fridge. The same goes for cheese.
- Chop the base of the celery off and plant it straight into the garden. Cover it completely and new celery will emerge from it!
- A fabric softener dryer sheet kept in your pocket can help keep mosquitos at bay as they don’t like the scent.

Brown bananas can be frozen and used later for baking in cakes etc. even the really brown ones.

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BEC’S FAVOURITE RECIPES
Honey Mustard Chicken & Mash

A complete chicken and veggie meal to keep the whole family happy!
1 tbsp each of Dijon mustard, wholegrain mustard white vinegar and olive oil
2 tbsp honey
1kg Desiree potatoes (peeled and chopped)
½ cup reduced-fat milk
310g can corn kernels (drained & rinsed)
3 green onions (chopped)
4 small (150g each) chicken breast fillets
200g steamed green beans

Combine mustards, honey and vinegar in a bowl. Cook potato in a saucepan of boiling water for 15min or until tender. Drain. Return to pan. Add milk and mash. Stir in corn and onion. Season with salt & pepper.

Meanwhile, heat oil in a frying pan over a med-high heat. Cook chicken for 7-8 minutes each side or until cooked through, basting with half the mustard mixture for the last 2 min. of cooking.

Place beans, mash & chicken on plates, top with remaining mustard mixture and serve. Yum!

REDUCED-FAT HARVEST HUMMINGBIRD CAKE
2 cups SR Flour
½ tsp bicarb soda
1 tsp mixed spice
1 cup firmly packed brown sugar
2 eggs (lightly beaten)
1 cup mashed banana
¾ cup vegetable oil
1 tsp vanilla extract
440g can crushed pineapple in natural juice (undrained)
½ cup chopped walnuts
2 tbsp flaked coconut

Cream cheese Icing
80g extra-light cream cheese
30g reduced-fat margarine spread
1 tsp vanilla extract
1 cup icing sugar mixture

Preheat oven to 180C/160C Fan forced.
Grease a 6cm deep 22cm (base) round cake pan. Line base and side with baking paper. Sift flour, bicarb soda and mixed spice into a bowl. Add sugar. Using a large metal spoon stir to combine. Stir in eggs, banana, oil, vanilla, pineapple and 2/3 of the walnuts.
Pour batter into prepared pan. Bake for 45 min. or until a skewer inserted in centre comes out clean. Cool in pan for 5 min. Turn onto a wire rack to cool completely.
Make icing using an electric mixer. Beat cream cheese, spread, vanilla and icing sugar mixture until smooth. Spread icing over cake. Sprinkle with coconut and remaining walnuts and serve.

I shook my family tree and a bunch of nuts fell out.
Charles Plumb, a U.S. Naval Academy graduate, was a jet pilot in Vietnam. After 75 combat missions, his plane was destroyed by a surface to air missile. Plumb ejected and parachuted into enemy hands. He was captured and spent 6 years in a Communist Vietnamese prison. He survived the ordeal and now lectures on lessons learned from that experience.

One day, when Plumb and his wife were sitting in a restaurant, a man at another table came up and said, “You’re Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down!”

“How in the world did you know that?” asked Plumb. “I packed your parachute!” the man replied.

Plumb gasped in surprise, and gratitude. The man pumped his hand, and said, “It sure did. If your chute hadn’t worked, I wouldn’t be here today.”

Plumb couldn’t sleep that night, thinking about that man. Plumb says, “I kept wondering what he might have looked like in a navy uniform. A white hat, a bibi in the back, and bell bottom trousers. I wonder how many times I might have seen him and not even said “good morning, how are you”, or anything, because you see, I was a fighter pilot, and he was just another sailor.”

Plumb thought of the many hours the sailor had spent on a long wooden table in the bowels of the ship, carefully weaving the shrouds and folding the silks of each parachute, holding in his hands each time the fate of someone he didn’t know.

Now, Plumb asks audiences, “Who’s packing your parachute?” Everyone has someone who provides what they need to make it through the day. Plumb also points out that he needed many kinds of parachutes when his plane was shot down over enemy territory – he needed his physical parachute, his mental parachute, his emotional parachute and his spiritual parachute. He called on each one before reaching safety. Sometimes in the daily challenges that life gives us, we miss what is really important. We fail to say hello, please or thank you, congratulate someone on something wonderful that has happened to them, give them a compliment, or just do something nice for no reason. In healthcare, we must work together and we rely heavily on others for their expertise in order for us ultimately to provide the best care we can.

So, as you go through your day ... take time to recognize people... everyone has a key role to play in our organization and in fact, they may pack your parachute!

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HERMIDALE CELEBRITY

**JAMIE**

My Name: Jamie Cassin  Nickname: Casso  
Occupation: Publican  
Other Occupations: Motor Mechanic  
Where were you born? Liverpool  
Fave Sport to watch: NRL  
Fave Team: St George  
Fave Subject at School: Maths  
Favourite Dinner: Seafood  
Favourite drink: Tooheys New  
Favourite TV Show: Mentalist  
Favourite Singer/Musician: Toby Keith A  
Holiday Place I’d love to go to: tour Australia  
A Country I’d Love to Visit: Europe  
A Great Place I’ve been To: Fiji  
When I Was a Kid I wanted to be: a clown  
My Favourite Toy: a football  
I’d Love to Drive: a Formula One car  
Books I Like: Jackie Collins  
Favourite Colour: Red  
Fave Rainy Day Game: Crib  
Fave Dessert: Trifle  
Best Thing about Hermidale: the Hermidale Hotel and country life  
In Hermidale I’d like to see: more beer drinkers!  
A favourite book I’ve read: The Potato Factory by Bryce Courtney  
Movies I Loved: War Horse & The Hangover
HERMIDALE CELEBRITY

Kate

My Name: Kate C
Nickname: none
Occupation: Student
Where were you born?: Dubbo Base Hospital
Fave Sport to watch: NRL
Fave Teams: Cronulla Sharks
What game do you like at school?: Soccer
Fave Subjects at School: Art, Computer and English
Favourite dinner: Spag Bol
Favourite drinks: Creaming Soda and pink lemonade
Favourite TV Show: Saturday Disney
Favourite Musician/Singer: Delta Goodrem
A Holiday Place I’d love to go to: Nelsons Bay
A Country I’d Love to Visit: Canada
A Great Place I’ve Been To: Nelsons Bay
When I Was a Kid I Wanted to be: a doctor
I’d Love to Drive: a pink Limo
What I Like to Read: Andy Griffith and Paul Jennings books
Book I Would Recommend: Anything by Andy Griffith
My favourite toy was: doggie
Favourite Colour: Pink
Fave Rainy Day Game: Monopoly
Fave Dessert: Anything chocolate
Best Thing about Hermidale: School
In Hermidale I’d like to see: Wet & Wild and a movie cinema
A Movie I Loved: Frozen, Home Alone and Tangled

Sue’s album recommendation:
Missy Higgin’s newest cd “Oz” which features covers of Australian songs by Crowded House, Paul Kelly, and The Angels etc. – is very impressive! There’s a great version of Perry Keyes’ song NYE. Even if you’re not a fan, this one just might convert you!

HERMIDALE TENNIS CLUB & FITNESS CENTRE
Memberships will be due again in January 2015. The cost for the year is $100 per member or family and will now include your key. The new lock will be changed in January so please make sure you send in your payment to the Treasurer, Sue Campbell (drop at post office) or via the Hermidale Hotel.

In the event of an emergency i.e. heart attack, electric shock or suspected bone breakage ALWAYS ring the ambulance on 000 before contacting anyone. The Hermidale PS carries an EPIPEN on site in case of anaphylactic emergencies.

A recent news story showed that photoelectric fire alarms were better and safer than the popular ionisation alarms and this is probably something that may be worth looking into. Most importantly, check yours regularly and make sure they are actually on.

HERMIDALE PS FREE COMMUNITY LIBRARY
Call in during school hours or ring the school if you’d like a book sent out on the mail run or dropped off at the post office to borrow ~ Sue

Some recommended titles: Up In the Air, A Week in Winter, The Book Thief, The Girl with The Dragon Tattoo trilogy, Glenn McGrath Line & Strength and many more

Kindly let us know any community news, pics or jokes etc. for the next Buzz by calling the school on 68 330707 or, alternatively, send in by fax or email.

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