

BUSH BOYS

Autumn 2006

Explorers

A Quarterly Publication

The Official Magazine of Father James Tierney's Bush Boys Books

From Monk To Volunteer

The last time you went to an agricultural show or an outside concert or a large sporting event, did you notice the St John Ambulance volunteers? Dressed in their black and white uniforms, these men and women attend any event where large numbers of people may be present. With their first-aid skills, they are ready to help anyone who has an accident or medical problem while out enjoying their day. Their high level of training enables them to deal with many problems. They will know when they need to direct a patient towards a doctor or other medical professional.



Father James Tierney
-
before he needed
spectacles

Did you know that the St John Ambulance has its roots in the Catholic Church? Jerusalem is a city considered holy not only by Christians but by Jews and Muslims as well. It has been fought over many times. In 1066, the Christians of the First Crusade captured Jerusalem from the Muslims. With the city in Christian hands, more pilgrims were encouraged to make the journey to the Holy City. It was a long and difficult journey and many pilgrims arrived

weak and ill. The monks from the local Benedictine

**"Prevention is better than cure"
Safety First & First Aid**

Abbey of St Mary set up a hospital close to the Church of the Holy Sepulchre, to care for these pilgrims. As the work of the monks became better known, the hospital received many gifts of money and land. Both this wealth and their special nursing role moved the monks away from their Benedictine origins. In 1113 a new order, the Order of the Hospital of St John of Jerusalem, was confirmed by the Pope. Brothers and sisters of this order were known as Hospitallers. They took vows of poverty, chastity and obedience and their special mission was to care for the sick. They were also called upon to defend pilgrims from the Muslims who were determined to win back the Holy Land. These Hospitallers were the fore-runners of today's St John Ambulance volunteers.

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Greg looked serious. "Most of the pools are not deep. Dad has strict rules for our bush swimming safety: we must not go into water deeper than our shoulders, and we must never dive in, or bomb on top of anyone."

From **Bush Boys** Chapter 5: The Hills of Home



Join your local St John Ambulance Group
Juniors 8-10 years
Cadets 11-18 years

Father James Tierney — retired Parish Priest,
Catechetics Consultant and Author.

The Books by Father James Tierney

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Alien Invaders

Over the past two centuries, hundreds of plant and animal species from around the world have been deliberately or accidentally introduced into Australia. These introduced species have become very successful having few natural predators to keep their numbers in check. They threaten many native Australian species, and cause massive damage to the Australian environment as well as the farming community. Examples of introduced animals are rabbits, foxes, pigs, camels, cats, mice and cane toads. Plant pests include lantana, prickly pear, blackberries and Paterson's curse.

THE FOX

The Impact of the Fox

The fox was introduced in southern Victoria in 1855 for fox hunting. It didn't take long for this species to spread all across Australia. Now the fox is one of Australia's most widely spread feral animals. Only tropical Australia and Tasmania are fox-free. The fox has affected the numbers of certain Australian native animals. These natives, having no strategies for protecting themselves, are easy prey for the fox. Smaller ground dwelling mammals, that have had their habitat reduced by land clearing, are particularly at risk from the fox. Foxes cause economic losses to farmers because they hunt lambs. The fox is a potential carrier of the disease rabies. This disease can be passed on to humans and both farm and native animals. Once established, rabies is difficult to control.

The Control of the Fox

Foxes are usually controlled by shooting, trapping and poisoning. In the past, a bounty system was in place for fox control: money was paid for each fox killed. Research is being conducted into biological controls.

Facts about the fox

- It has big ears
- Its bushy tail has a distinctive tip which is usually white but can be black or dark red
- Its coat is reddish-brown above, with a white chin, throat, chest and belly
- It is usually nocturnal
- It can live in many habitats including desert, woodlands and towns
- It is mainly a meat eater. In summer, its diet will include wild fruits and insects and in winter, it will prey on small mammals. It will hunt farm livestock such as lambs.
- Females breed once a year and usually there are more than four cubs per litter. Cubs are born in August and September.

Find out more about other feral pests

Bernie woke first on Thursday morning...

He decided to get up and make the fire. That would give Greg a surprise. He sat up and said his Morning Offering prayer. Slowly he wriggled out of his sleeping bag, so as not to awaken the others.

He peeped out through the flaps.
"Wow!" he said to himself. "It must be a fox!"

He woke the others by shaking their legs. There were conspiratorial whisperings: "Wake up! There's a fox outside."

The four of them crowded round the flaps, and their good intentions to be silent, were rewarded. It must have been a very deaf old fox not to have taken alarm at once. There he was, ten metres away, and looking alert, his head up and tail out. It was a precious moment, stamped on their memories.



From **Bush Boys** Chapter 24: Commando Raid

High Places

My heart turns to the mountains
That I so long have missed,
The blue hills on the sky-line,
Bird-haunted, sunshine-kissed;
For in my soul I see them,
The gullies golden green
Where from the hop-vine tangle
The bellbird chimes unseen.

And higher yet and higher
I want to climb, until
The trees give place to bushes
Wind-shorn and struggling still
For foothold on the corries
Steep-sloping to the sky,
I want to reach the summit
And watch the clouds race by.

The clouds that go so quickly
The whole hill seems to lean
I want to breathe in deeply
The cool air, thin and keen.
My heart turns to high places
All men have long adored –
The proud and lonely mountains,
The Altars of the Lord.

Dorothea Mackellar

Find out more about Dorothea Mackellar



The all-round view of the sleeping bush was strange in the moonlight. The sleeping bush – yet full of creatures wide awake and about their nightly business. In daylight, the view would be stupendous – better than from the saddle...

With their backs to the fire, which they tended from time to time, they faced the east, where the action was. Now there was a gentle red glow in the eastern sky, another fire far off on the edge of the world. The sun was coming, ready or not.

The red glow grew in the east, and was surmounted by a delicate yellow, fading off above into the palest egg-shell blue, then indigo, with a black background all about, in which the brightest stars still glimmered weakly.

As the delicate rays of light shot upwards, John whispered to himself a half-forgotten line from the old pagan poet – “Dawn the rosy fingered.” The majestic moment of the dawn was upon the world – had come again to the bush.

Earlier on, the small noises of the night had passed unnoticed. But the new stillness reminded the boys that they had ceased. There was an expectant hush, an almost sacred silence...

They scampered over the rocks and trotted through the trees, where they were reminded more than ever that they were cold, for here they were entering those shadows of the world which the sun had yet to penetrate. It was twenty to six, and they were very hungry.

From **Bush Boys** Chapter 19: Daybreak on Mount Mighty



You could use watercolour pencils or paints to illustrate this extract.

Biblical Mountains

There are many mountains mentioned in the Bible. Many significant events are associated with these mountains. Here are just a few:

Mt. Sinai: The Israelites, after leaving Egypt, travelled for three months before reaching this mountain. Here they stayed for nearly a year. On top of Mt Sinai, God revealed himself to Moses and gave him the Ten Commandments.

Mt Ararat: Here Noah's ark came to rest.

Mt Olivet or the Mount of Olives: This is the scene of David's flight from Absalom. Jesus went up this mountain to weep over Jerusalem and it was from here that He ascended into Heaven.

Mt Moriah: The site of Abraham's intended sacrifice. Here the Temple of Jerusalem was built.

Find out about other Biblical mountains such as Mt Carmel, Mt Tabor and Mt Zion

Damper

Damper is a characteristically Australian simple handmade bread. In the 19th century and even later, Australia's isolated rural populations relied on a very few staples for their diet: flour, tea, sugar and whatever fresh meats were available. With no access to established bakeries, pioneers made their own version of bread which they cooked on an open fire. Flour was mixed with a raising agent (baking powder) and water to produce a stiff dough that was cooked in the ashes of a wood fire. This bread was given the name damper perhaps because the fire was 'damped' down to a moderate heat for this particular purpose.

Recipe for Damper

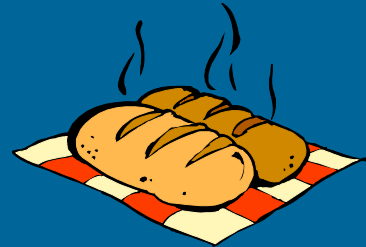
A simple damper can be made using only self raising flour and water or other ingredients, such as sugar, salt and milk, can be added:

2 cups self raising flour
½ teaspoon salt
1½ cups milk
1 teaspoon sugar
1 teaspoon butter
optional: add sultanas, or cheese

Method:

Place flour, sugar and salt into a bowl. Add butter and enough milk to make a manageable dough. Shape into a flat ball.

Bake at 220° C for 25 – 30 minutes. Baste with milk during cooking.



Try cooking your damper on an open fire. See *How to Make a Damper*, page 165, *Bush Boys and Bush Rangers*, for details.

Kate got out a bag of self raising flour and emptied it onto a small sheet of plastic. Judy fetched a mug of water from the top of the slide and let it trickle into the flour as Kate kneaded the flour and water into a dough.

This took ten minutes, and during it Jenny helped Tess to dry and dress. Then she mixed powdered milk and sugar in four mugs, just as Pete had told her.

While Jenny was dressing herself, Kate and Judy had wrapped the flattened dough in aluminium foil and set it in the hot ashes. With a stick they scraped more ashes over it. Then they, too, dried and dressed themselves. Finally, all four girls shook the sand from their socks, took off their shoes, shook them out, put on their socks and slipped dry feet and socks back into slightly damp shoes.

Kate said, "What's the time?" and Jenny told her five to four. They gave the damper a bit longer to make it twenty five minutes, and then Jenny eased it out of the fire with a stick. While Kate was unwrapping the foil, Jenny threw a fistful of tea into the simmering billy and lifted it off the fire.

The damper was a bit on the soggy side but would be okay with butter and honey. Jenny poured the tea from the billy into the mugs in the approved fashion, pouring over the handle. They grinned in delight at having made both tea and damper.

What is Baking Powder?

Baking powder contains baking soda which is a base and cream of tartar which is an acid. In the presence of heat or moisture, the baking soda reacts with the acid to produce carbon dioxide bubbles. When baking powder is used in cake or bread making, these bubbles cause the baked food to rise. Self raising flour is a mixture of flour and baking powder. Yeast can also be used as a raising agent. Yeast is a live organism which also produces carbon dioxide bubbles. Breads made with baking powder are quicker to make than those made with yeast.

The perfect accompaniment to damper is a mug of tea brewed in the billy.

Tea Facts

- Tea is the world's favourite drink after water.
- Tea is made from the tea plant *Camellia sinensis*.
- The Chinese were the first people to discover that a drink could be made from the dried leaves of the tea plant.
- Tea was brought to England from China in the middle of the 17th century.
- Tea, compressed into hard cakes, is still used as money in some parts of China and Tibet.
- It is mainly the method of processing the leaves which produces the characteristics of each tea.
- In 1904, Thomas Sullivan, New York City, used tea bags to send samples to his customers so he wouldn't have to use more expensive tins.
- In Australia, 22 million cups of tea are consumed each day.
- 80% of all cups of tea are brewed from tea bags.
- 68% of people take their tea with milk but only 38% take sugar in tea.
- 1600 tonnes of tea are produced annually in Australia.



Things to do with your teabags

- Use to stain fabric. Use 1 bag for each cup of boiling water. After brewing, remove bags before adding fabric.
- Use cooled green tea bags as a compress for swollen puffy eyes.
- Water pot plants with cooled left-over tea.
- Recycle tea bags in the garden.

Find out more about the history of tea or the cultivation and processing of tea. Make a homemade billy can. See *Bush Boys*, Chapter 9: Into the Wild Bush

Tea Trees

One type of small tree or shrub you might find in the Australian bush is the tea tree. There are about forty species native to Australia. They were given the name tea trees because the leaves of some of the species were used as a tea substitute by early settlers. The tea trees were among the first native plants to be cultivated. They are still popular garden plants because they make excellent hedges and windbreaks. Tea trees flower profusely over many months. Their flowers are white or pink and have five open petals.

Tea related sayings

- Tea for two and two for tea
- A tempest in a teapot
- A storm in a tea cup
- As useless as a chocolate teapot
- Not for all the tea in China
- Not my cup of tea



Can you think of any more tea related sayings?

Archimedes and the Pulley

Have you heard of the great scientist and mathematician, Archimedes? He was born in 287 B.C., a citizen of Greece, in a city called Syracuse on the island of Sicily. Here is an extract from a book called, *Archimedes and the Door of Science* by Jeanne Bendick:

"One day, when Archimedes and Hiero were having their favourite argument, Archimedes said that it was quite easy to apply mathematics to real things.

'In fact,' he said firmly, 'I have figured it out carefully, and there is no weight anywhere, that could not be moved if enough force were applied.'

He waved his arm grandly under King Hiero's nose. 'Had I but another earth on which to stand, my friend,' he said, "I could move this earth itself.'"

Not having another earth on which to stand, Archimedes asked Hiero to give him some other great weight which he assured him, he would move with no help from any other man. After some thought, Hiero challenged Archimedes to move his new ship. So far, the strength of all his slaves had failed to move it from the slip. Before long, Archimedes was ready and a great crowd gathered to see if he could really move the huge ship by himself. Hiero and all the citizens of Syracuse were astonished when, with one hand, Archimedes moved the ship. How did he do it? He used a particular kind of machine called a pulley. Similarly, in *Bush Boys* a pulley was used to hoist Jason up the side of the cliff. (See quote page 7)

How do pulleys work?

Lifting a heavy load is much easier if you attach the load to one end of a rope and then place the other end of the rope over a wheel fixed to a high beam. By pulling on the free end of the rope, you can raise the load. This arrangement is called a single pulley. The amount of force needed to raise the load is equal to the weight of the load. By using a single pulley we haven't changed the effort needed to pull the load but we have changed the direction of the applied force. As we pull downwards, the load moves upwards. By using more than one pulley we can raise the load with less effort. A two pulley system requires half the effort but the rope has to be pulled twice the distance. A three pulley system requires a third of the effort....Archimedes would have needed a compound pulley system to reduce the effort needed to his own strength and he would have had to draw in many, many kilometres of rope!

Read more about Archimedes and his work in *Archimedes and the Door of Science* by Jeanne Bendick, see catalogue, www.cardinalnewman.com.au

Read *Pulleys, Levers and Cog Wheels* page 209 *Bush Boys and Bush Rangers*

A Symbol of Australia

A pulley is used to hoist a flag up a flag pole. The flag we are most familiar with is the red, white and blue Australian flag. Do you know what all the symbols on this flag mean?

The Southern Cross: This group of stars helped many early sailors find their way to Australia. The stars of the Southern Cross— Alpha, Beta, Gamma, Delta and Epsilon Crucis—are named after the first five letters of the Greek alphabet. Alpha Crucis is really two stars which can be seen apart with a small telescope on a dark night. This, the brightest star, is at the bottom. Gamma Crucis is the next brightest and is at the top. It is a "red giant" which looks white.

The Union Jack: This symbol of Britain reflects Australia's British heritage. It combines the red cross of St George (England) on a white background, the white diagonal cross of St Andrew (Scotland) on a dark blue background and the red diagonal cross of St Patrick (Ireland).



The Commonwealth Star: This is also known as the Federation Star and symbolizes Australia's federal system of government. The seven points of the star symbolize the six Australian states with the seventh point representing Australia's territories.

See *Bush Boys* Chapter 19 to find out how to find true south using the Southern Cross

Ropes To The Rescue

The Ranger was talking to Jason. He said, "Jason, we want you to relax and take it easy. You put all your efforts into resting. Don't even try to sit up. We'll hoist you up, easily and safely." Jason grunted. He was past caring.

Mr Cumberland shinned up the rope, followed by Greg.

"Jack!" Mr Cumberland called down to the Ranger. "I'll anchor our rope to the foot of this tree back from the edge. Then it'll run over the fork on the one we're using now." He pointed to the fork, two metres up the sapling on the edge.

While he was passing an end over, Greg was already belaying the other end to the foot of the tree his father had chosen – with a round turn and two half hitches.

In the mean time, Mr Baldwin, helped by Peter, was making slings, one at each end of the stretcher. He cast on two sets of clove hitches to the hook of one of the blocks. "That's to stop the stretcher slipping from the level," he told Peter, "but we'll tie Jason in, anyway."

Then Mr Cumberland dropped his loose end over, and Mr Baldwin got Peter to feed it through the block. Peter coiled what was left, and threw it back up to Mr Cumberland. Mr Baldwin called on Greg to cast off their original rope. "We'll want it at the ends of the stretcher, as stabilisers," he said. "I'm using the other rope for slings and to tie Jason into his stretcher" – he did so as he spoke.

Peter was impressed at the way the two men worked as a team. Each seemed to know what the other would do next or what was needed. It was the way Greg and he had come to work together.

Then Mr Baldwin came up the rope – the one over the branch – "Just testing it," he said. Then he called down to Herb and Humpy. "Take the stabilising ropes," he said, "and stand well out from the cliff. Pay out your ropes as Jason comes up, but don't let him tip, and try and keep the stretcher off the cliff."

For his part, Mr Baldwin pushed the hoisting rope out from the tree, while Mr Cumberland hauled up the load. The pulley meant he had only to pull half Jason's weight.

It all took far less time than it takes to tell. When Mr Cumberland could pull no more,

because his rope was chock-a-block, he and Mr Baldwin took an end each and swung Jason's stretcher safely onto the ledge. Greg freed the main rope from the block, and dropped it to Peter, Bernie and John, who, wearing their knapsacks with the rest of the gear in them, romped up in style, trying not to show off to Herb and Humpy.

From **Bush Boys** Chapter 33: Ropes to the Rescue

You might like to read this passage carefully and draw the rescue of Jason up the cliff. Note the knots used. If you are unfamiliar with them, look them up in the appendix of *Bush Boys* and learn to tie them.

"Give me a fulcrum," said Archimedes, 'and with a lever I will move the world.' He was asking the impossible, and yet this is just what the Saints have been given.



Their fulcrum is none other than Almighty God Himself; their lever, prayer, the prayer which enkindles the fire of love. It is with this lever that they have uplifted the world, and with this lever those who are still fighting in the world will go on raising it until the End of Time."

Therese of Lisieux from ***The Story of a Soul*** Chapter 10

The Little Flower

St Therese of Lisieux was born in 1873. Her greatest desire was to be a Carmelite nun and spend her life loving Jesus alone. She entered the convent when she was fifteen and using her "little way" of obedience, prayer and sacrifice, died a saint at the age of twenty four.

Find out more about St Therese and her 'little way'.

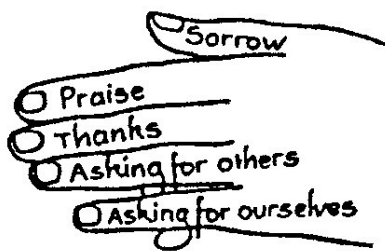
Praying Always

Q. 49. *What is prayer?*

Prayer is raising our minds and hearts to God, especially in a Morning Offering and bedtime thanks and sorrow.

A most important time for prayer is after Holy Communion (remember: A-L-T-A-R: Adore, Love, Thank, Ask, Repent); also before, during and after Mass, and visits to the Blessed Sacrament in the tabernacle:

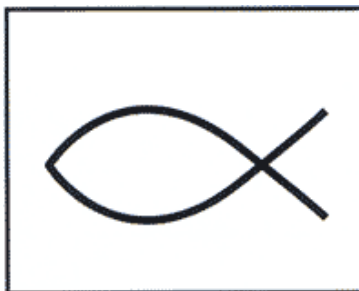
FIVE FINGERS OF PRAYER



From **Catholic Family Catechism Disciples' Edition with 50 Questions and Answers**, pp118-119

The meal was simpler than usual in that meat was replaced by a tin of fish. Greg explained to the others, "It's a Catholic way of keeping all Fridays special, because of Jesus dying for our sins on Good Friday." They nodded seriously. Then he said grace.

And Bernie added jovially, "I'd been hoping to catch some fish for grilling, cos the Apostles were fishermen."



The others smiled at his simple good intentions and regretted their failure.

From **Bush Boys on the Move** Chapter 25: The Missing 'W', page 338

Greg looked at his watch. "Nearly eight o'clock. Let's say some prayers down here."

Pete told Kev and Sam, "We do one prayer each. You'd better do 'lay me down to sleep', Sam". Pete was pretty sure it was the only prayer that Sam knew.

Bernie's contribution to their night prayers was singing what he called 'the Tom Sawyer hymn'. Other people called it the Old Hundredth:

All people that on earth do dwell,
Sing to the Lord with cheerful voice:
Him serve with mirth, His praise forth tell;
Come ye before Him and rejoice.

Sam had never heard it before. Its quaint old English delighted him.

At the doxology, the others joined in:

Praise God from Whom all blessings flow,
Praise Him, all creatures here below;
Praise Him above, ye heav'nly host,
Praise Father, Son and Holy Ghost.

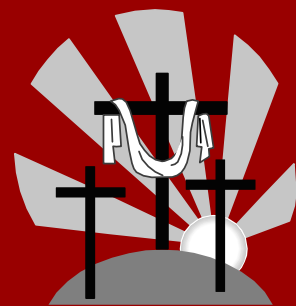
Praying gave Sam a second idea. "Let's get stones to throw in self-defence. There's some the right size up on the timber track, smaller than golf balls, all water-worn and smooth, so they'll throw straight."

"Praise the Lord and pass the ammunition," quoted John. How does he keep it up? wondered Kev.

From **Bush Boys on the Move**, Chapter 11: Attacked at Night

Q.9: *Why did Jesus Christ die in agony on the cross?*

Jesus Christ died in agony on the cross to take away all sins, original and personal.



From **Catholic Family Catechism Disciples' Edition with 50 Questions and Answers**

Read **HANDOUTS No. 20: What am I giving up for Lent? Sin!**

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