



# GDAS NEWS

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## Next Meeting

**TBA**

### NOT IN THE NEAR FUTURE

at the Art Studio  
Cnr Combermere & Bourke Sts  
Goulburn

### GOULBURN & DISTRICT ART SOCIETY INC.

PO Box 71, Goulburn Nsw 2580

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Trish McNamara, Greta Fennamore,  
Bryce Ronning, Kim Warwick



Guess which member this is? You'll find out when you read the story behind the photo on page 3.

## PRESIDENT WRITES

Hello Everyone, hope you are all well and staying at home. This is an excellent opportunity for all of us to get creative and paint, draw or experiment with different ideas while we are at home.

The newsletter is a great way to keep in contact so please send Alex photos of what you have been doing - it is good to see them so we feel connected.

A very big thank you to Katya and Alex for putting the newsletter together each month and keeping everyone informed, thank you both. Keep safe, stay home and paint.

*Helen*

## THE 2020 GOULBURN WORKERS CLUB ANNUAL ART PRIZE CANCELLED

The GDAS executive, in phone discussions, regretfully decided to cancel our major event - the 2020 Annual Art Prize.

Because of the long term planning involved by the committee and the entrants, the impossibility of holding satisfactory planning meetings along with the risk of the Covid-19 virus still preventing large numbers gathering, we could see no other alternative than to cancel this event that we and so many exhibitors and visitors look forward to and enjoy each year.

## FROM THE EDITOR

Thanks ever so much to each of you who have submitted items for this edition of "GDAS News". Without such an input from members there wouldn't be much for me to report unless I do a lot of research to find art items. So members' inputs save a lot of effort on my part. It was so interesting to read about Julia Laybut's great achievement in being the first woman to swim across Lake George all those years ago. I wonder if any other members have done something big or small they could share with us? I'm really looking forward to seeing more submissions about members' art and other activities from other members for the next issue of "GDAS News" and of

course I hope to see some responses to Julia's item, "Good enough for Masters, so..."

One day in the future we'll again be able to meet at our Art Studio, but I envisage that until Council gives us the go ahead to construct the wall to cut us off from the neighbouring section of the building and we can get air conditioning to heat our studio it will be very difficult to be there as the space is so cold on a cold winter day and the office, which we can heat, is too small to allow for social distancing.

Until we meet again, take care, keep safe and stay well.

Alex



Photos by Julia Laybut. (Julia apologised for not noting the titles and artists' names.)

## GOOD ENOUGH FOR THE MASTERS, SO...

I would like to start a conversation in the newsletter. I went to the modern masters exhibition when it was on at the NSW gallery in Sydney. It was great. While I was there I took a few photos of the paintings. I often look at them on my phone. The thing that gets me is that some of them have features that I am told I should never do. Like horizon through the centre and main feature in the centre and trees framing both sides. If those things are ok for masters then why not for us now. Who made those rules?

Julia Laybut

How about sending in your opinions on this? It would be interesting to know members' thoughts. I'll give mine in the next issue. It would be wonderful to see "conversations" about art in GDAS News. (Editor)

### DURING THE COVID-19 CRISIS

**OUR ART SOCIETY  
WILL NOT HOLD ANY ACTIVITIES  
AT THE ART STUDIO**

**WE WILL BE HOLDING EXECUTIVE  
MEETINGS BY PHONE & EMAILS TO  
MAKE ANY NECESSARY DECISIONS**

**WE WILL CONTINUE WITH OUR  
MONTHLY NEWSLETTER &  
WE NEED YOUR SUPPORT FOR THIS**

### STAY CONNECTED



**PAINT YOUR PICTURE AND POST IT  
ON FACEBOOK OR INSTAGRAM  
THAT OTHERS MAY SEE!**

**WE STILL CAN COMMUNICATE  
WITH EACH OTHER BY EMAIL OR  
PHONE:)**

**PAINTINGS ARE OUR ESCAPE IN  
THESE HARD TIMES, SO DON'T STOP  
PAINTING!**

## OUR CHAMPION - JULIA LAYBUT

Our GDAS member, Julia Laybut (nee Lamrock), surprises us from time to time when events from her past are revealed.

In this instance, Tim the Yowie Man, interviewed and photographed Julia on location at the race finish site at Lake George to write the article, "The day I swam across Lake George" for the Canberra Times.

Julia, a mere 17 year old "member of the Goulburn Amateur Swimming Club, had put forward the swim as a novel way to raise funds for the construction of a 50 metre pool in Goulburn" and was widely opposed mainly because 10 people had drowned in the lake in the previous 5 years.

Apparently she won the day, for the marathon swim was organised and certain safety measures were to be implemented, chiefly "a brick dragging out the back of a powerboat to ensure the course wouldn't cross over any submerged fences high enough... to be entangled in, recalls Julia... and each swimmer accompanied by a support boat."

The afternoon of March 12, 1961 was windy and cold and too windy for the scheduled canoe race but the swim went ahead as "nothing would stop them."

### JULIA'S SECRET WEAPON

To combat the cold as the water temperature was down to 10C in parts, some competitors "lathered themselves in axle grease, others in olive oil" but Julia believes that for long distance swimming she "may have been the first person in the world" to use the secret weapon that her family doctor recommended. Sheep, he believed, keep warm because of the lanolin in their wool, so Julia was coated in lanolin. It seems that her weapon paid off for "while several contestants succumbed to the cold... Julia's secret weapon of lanolin proved a wonder stroke as she ploughed through the increasingly choppy waves, using a combination of freestyle and backstroke, for which she was club champion."

Having started the race at 1.10pm at Rocky Point on the eastern side, and battled through the cold water with its increasingly steep choppy waves, over 3 ½ hours later Julia reached the western side near the poplar trees adjacent to the Federal Highway below Gearys Gap. "...to the raucous cheers of over 2000 spectators and the honking horns of over 1000 cars... she hauled her exhausted body out of the water to become the first woman to successfully swim across Lake George" a very difficult 8 km swim especially with the low water temperatures and the steep, choppy conditions.



Julia on dry lake bed with the towel that she had on the swim day. 2020.



Julia with her trophy. Lake George.

Congratulations, Julia on your wonderful achievement back in 1961!

The photographs and quotes are by courtesy of Tim the Yowie Man and the Canberra Times. You can see the full article in the Canberra Times 4th April, 2020.

Racing on Lake George.  
Seen from Gearys Gap.

## COVID-19

Given that a large proportion of our members are no longer spring chickens, I thought the following article a useful addition to this edition. For me, in addition to age there are at least 3 of the 10 comorbidity factors so it gives good reason to be very careful. It's well worthwhile considering the factors that you may have. I sourced the article from Life Choices. Alex

<https://www.yourlifechoices.com.au/health/covid19/older-aussies-with-higher-risk-of-death> 8th May, 2020

### Around two million older Aussies at higher risk of COVID-19 death

#### Top 10 comorbidities identified by Australian and overseas authorities.

Almost two million older Australians have a much higher chance of dying than other people in their age group, according to research from Roy Morgan.

Around 1.8 million Australians aged 70-plus have a 'comorbidity' condition that puts them at higher risk from COVID-19, with more than 65 per cent of this age group having a pre-existing condition that puts them at higher risk of dying if they were to contract the COVID-19 coronavirus.

Analysis of the top 10 comorbidities identified by authorities including the Australian Government and the New York Department of Health revealed that high blood pressure, cancer and diabetes are the leading comorbidities for older Australians

One million people aged 70-plus suffer from the most common comorbid condition suffered by older Australians – hypertension (high blood pressure) – representing a third of people in this age group.

Around a quarter of this age group (710,000) have some form of cancer, making it the second most common comorbidity for older Australians.

Findings from the latest Roy Morgan health and wellbeing data conducted in the 12 months to March 2020 show that older Australians are at risk of other common comorbid conditions including diabetes (435,000 – 15 per cent), high cholesterol/cholesterol



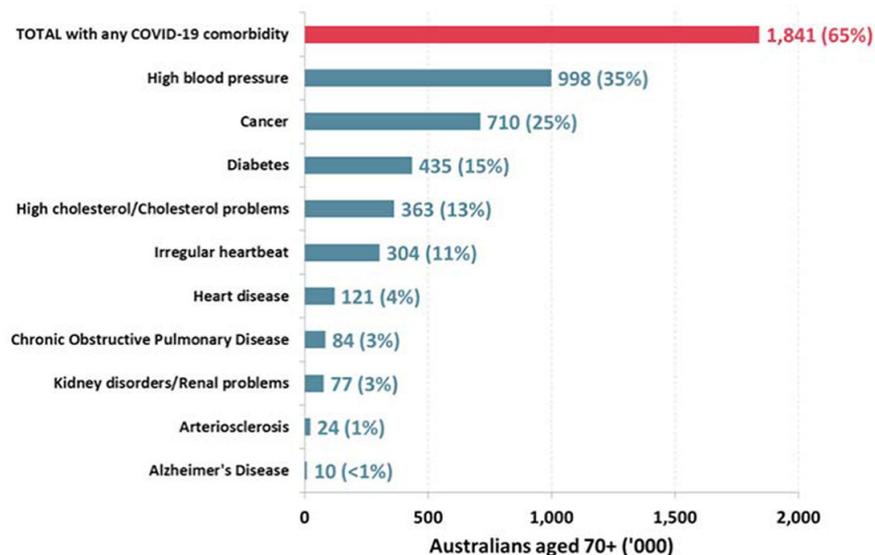
problems (363,000 – 13 per cent) and an irregular heartbeat (121,000 – per cent).

"Australians aged 70 and over are at increased risk of death should they contract the COVID-19 coronavirus, which is why it was so important Australia took extensive measures to flatten the curve" said Roy Morgan chief Michelle Levine.

"Extensive tracking of those who have succumbed to the virus in New York State – where over 300,000 have contracted COVID-19 and over 20,000 have died during the pandemic – shows several underlying health conditions significantly increase one's risk of dying from COVID-19.

"The fact that nearly two-thirds of all Australians aged 70-plus suffer from one of the top 10 conditions shows how dangerous an uncontrolled outbreak of COVID-19 could be.

"So far just over 80 Australians have died with a COVID-19 infection during March and April. Of those to have died, over 80 per cent have been aged at least 70 years of age or older.



"Although Australia has done well to reduce the spread of infection in recent weeks, it appears the 'new normal' will require social distancing measures and a ban on large gatherings for some time to prevent a renewed outbreak of the disease that could put at risk the lives of millions of the more vulnerable Australians at risk."

Do you have one of these health conditions? How do you feel about the potential lifting of social distancing restrictions?

Source: Roy Morgan Single Source (Australia), April 2019–March 2020.

## Our Sponsors

The GDAS has numerous sponsors who give us a variety of forms of sponsorship that is of great assistance to the running of our organisation. We thank them all.



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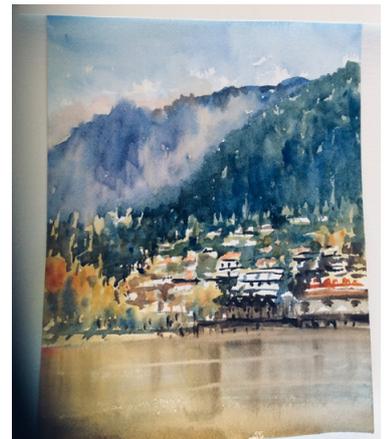
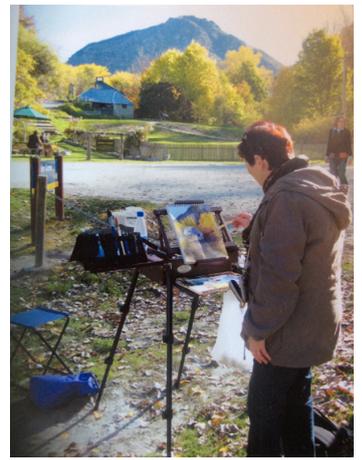
## HELEN WENT TO NZ - BEFORE THE CORONA VIRUS DAYS

In 2012 I had the opportunity to go to Queenstown NZ to paint with a wonderful watercolour artist, Ev Hales, from Victoria. I went with 2 other art society members at the time, Liz and Colette, I shared a room with Colette at the Novotel Lakeside, located on the shores of Lake Wakatipu. The lake has a spectacular mountain backdrop of the Remarkables. We could walk down to the lake with our art gear and paint on the beach. Each day we went to different locations around Queenstown, Arrowtown and Wanaka and then return to our hotel room with our painting and had a very constructive critic by Ev.

It was a wonderful 5 days painting with Ev Hales who is a fantastic teacher, it is also a very beautiful and scenic part of New Zealand. Writing this has brought back some wonderful memories of the fantastic experience.

These are some of the paintings I did, also one of me painting in Arrowtown.

*Helen*



## SOCIAL DISTANCING ARTWORKS



Bryce Ronning. *No parking*. Acrylic on canvas, 60 x 50cm.



Bryce Ronning. *Fuel depot*. Acrylic on canvas, 60 x 50cm.

## SOCIAL DISTANCING ARTWORKS

Amanda Zurek submitted two soft pastel landscape studies she is working on.



Kimcherrie Summers sent us two paintings she has done.

**MEMBERS AND READERS -  
HELP KEEP THE NEWSLETTER  
INTERESTING. SEND IN SOME  
PHOTOS AND A FEW WORDS  
OR MORE ABOUT YOUR NEW  
ARTWORKS AND THINGS YOU  
HAVE DONE.  
EMAIL TO ALEX  
alexgamort@gmail.com**

Helen De Jonge's Painting: a small watercolour of a baby echidna.



Alex Mortensen. *Above the clouds*. Acrylics, 101 x 76cm. (I promised to finish it and I have.)

