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2508

JUNE 2021

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District news



Zoe Bell

Meet the Helensburgh founder
of a refugee aid group

Waterfall / Helensburgh / Otford / Darkes Forest / Stanwell Tops / Stanwell Park / Coalcliff

Meet Our Contributors



Duncan Leadbitter is a director of fisheries and natural resource consulting company, Fish Matter, which advises industry, government and NGOs on the sustainable use of fish. Most of Duncan's work is in based in Asia. He is a Visiting Fellow at the Australian Centre for Ocean Resources and Security at the University of Wollongong. A keen scuba diver, snorkeller, spearfisherman and photographer, Duncan has lived in Stanwell Park for 20 years.



Courtney Rudd is a clinical psychologist who specialises in supporting young people with a range of mental health issues. She has a particular interest in adolescent eating disorders. Courtney provides youth mental health services to the Northern Illawarra through Equilibrium Healthcare in Helensburgh. Courtney is a keen runner and swimmer who loves reading and live music.



Dr Lorraine Jones came to NSW after an internship in the Royal Brisbane Hospital. She worked at the Prince Henry Hospital before going into general practice in Regents Park in Sydney. Lorraine moved to Stanwell Park in 1970. After retiring, she joined the Helensburgh and District Historical Society and has published a number of booklets, including one on the 1919 influenza epidemic.

2508

NEXT DEADLINE
June 18
for the July edition

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NEXT DEADLINE June 18

COVER Zoe Bell, co-chair of Amiculus.

Photo: Anthony Warry Photography

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Can a change of clothes change a future?

Holy Cross Primary School is sending sports uniforms to Zimbabwe, along with the hope of bringing pride to disadvantaged children, writes Lorraine Ashley

School uniforms. Most Aussie kids wear them.

For some children the buttons can be fiddly, others find the fabric unbearably itchy and the tucking in frustrating! Love them or loathe them, school uniforms have been worn in Australia since the late 19th century. Wearing a uniform is thought to help remove economic barriers, allowing students to take pride in their appearance, and build feelings of community and belonging.

Holy Cross Primary School's recent upgrade of their school sports uniform has shone a light on the impact of wearing a uniform to foster school spirit and student pride.

With an abundance of leftover uniforms, the School's P&F arranged a courier to transport the superseded uniform to Aussie Books for Zim, a charity supporting literacy and community development in Africa. More than 50 large bags containing the uniform pieces are now destined for delivery to disadvantaged parts of rural Zimbabwe. Being sent with the uniforms is the school community's hope of instilling pride and self-confidence in local children.

Aussie Books for Zim, a charity based in Canberra, has been working tirelessly to improve literacy in disadvantaged communities, and to empower children with the knowledge and confidence to help shape the world they live in. This team of passionate volunteers works to raise

funds to transport used donated books, destined for Australian landfill, to rural Zimbabwean communities. To date, they have established nine libraries and shipped 90,000 books and stationery items to children living in the most remote Zimbabwean communities.

Dr Alfred Chidembo, founder of Aussie Books for Zim, is confident that the addition of school uniforms to a community can bring about a change. "It is so humbling when communities and schools in Australia rally together to support those in need on the other side of the world. Sometimes we do not realise that what we may consider trash here in Australia may be a treasure for a child in rural Zimbabwe, setting them up for life in a way we may never imagine."

Dr. Chidembo knows first-hand the life-changing power of education. He grew up in one of Zimbabwe's poorest regions, walking to school barefoot as a six-year-old. An opportunity to move to the city and spend time in the local library saw him develop a love of reading and learning. He went on to further education, including completing a doctorate in electrochemistry, escaping the cycle of poverty. **2508**

If you are interested in following the journey of Aussie Books for Zim, you can follow them on Facebook or read more on their website, www.aussiebooksforzim.org

Raine & Horne

Julie York

0405 128 070

julie.york@helensburgh.rh.com.au



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Investing in my knowledge achieves the best results

14 Frances St, Helensburgh sold for \$1,450,000

New Youth Centre opens with 'X-Factor 2508' talent show

By Youth Mentor PJ Bedwell of Hope Church 2508



Photo: PJ Bedwell

An excited group of talented young people are ready to showcase their talent at X-Factor 2508, bouncing back after a difficult period including Covid-19 restrictions and the closure of the Helensburgh Community Youth Centre.

On August 6, the new purpose-built Hope Youth Centre will hold its Grand Opening. X-Factor 2508 will showcase local performers in three categories – Performance, Half-court Basketball and Lego Block Masters.

Competitors will have the chance to show off their skills, compete against their friends and have a chance at winning thousands of dollars worth of cash vouchers and prizes, donated by local businesses! The event will see finalists battle it out for the chance to be declared X-Factor 2508 winners.

There's a lot of bad news out there but at Hope Church 2508 we focus on the positive and amazing stuff our youth are doing. We see so much talent and potential in the young people of our town and really try to stay focused on inspiring them and helping them to get active in whatever they love doing, and being part of this great community!

After August 6, the Youth Centre will open from 3.30-5.30pm every Tuesday to Friday during the school term and offer a range of activities, including basketball, pool, air hockey, a quiet study area, music area, dance, Lego and Nerf-gun battles.

All are welcome – the centre will be non-religious and open to all young people in the district.

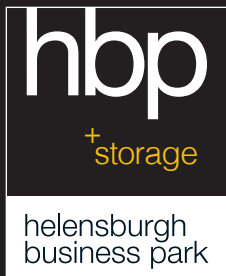
Pastor Lionel Rattenbury from Hope Church 2508 says: "We love our community and are excited to be providing the Hope Youth Centre, which is a free youth drop-in centre opening on school afternoons to provide a safe place for young people to hang out, develop healthy friendship in a safe environment, and get active in all sorts of ways.

"The goal is to start off by providing a safe place for young people to hang out and have fun together, with supervision of course, but the dream is to expand into providing the youth with skills that will help them as they grow up. We are looking to start a barista training course to get the older youth ready for getting a job, and we want to partner with the community wherever we can, to provide skills and training for young people."

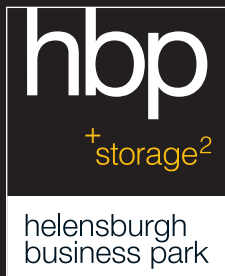
X-Factor 2508 heats will be held soon, so check out the terms and conditions of entry and details for the Grand Opening at www.hopechurch2508.org.au/X-Factor-2508.

Everyone is invited to the Grand Opening to celebrate the wonderful youth of our area and take a stand against the issues that affect young people by helping point them towards the positive things in our community. **2508**

Visit www.hopechurch2508.org.au/X-Factor-2508



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NINA thanks volunteers

By Sharon Gissane, of Northern Illawarra Neighbour Aid Inc

May 17-22 was National Volunteers Week. NINA chose to celebrate with a beautiful lunch for our community volunteers at the lovely St George Motorboat Club.

Nina has a group of 40 volunteers from Helensburgh to Thirroul (and a few that live outside those areas as well). We service more than 300 clients with various support needs in the Northern Illawarra.

Volunteers graciously drive hundreds of kilometres to ensure the elderly, disabled and those considered to be transport challenged are able to make important medical appointments, can independently do their own weekly shopping, or just spend time with family or friends.

We have volunteers who happily go into the homes of isolated people and give them comfort and companionship for a couple of hours each

week. Many older people who live alone and aren't close to family depend on a volunteer who comes and has a cuppa and a chat once a week.

Lastly, we have a special group of volunteers who facilitate activities and events for the elderly to be part of. All of this equates to more than 500 hours of time a month.

This year we celebrated the efforts of volunteers who have been with us from three weeks to an amazing 31 years of service. Chances are you know someone who uses the NINA service, or you know a volunteer. Take a minute to say thank you.

NINA clients showed their appreciation by sending volunteers a thank you Telegram. Come into the office and see what they had to say! **2508**

**Visit NINA at 18 Walker St, Helensburgh
or phone 4294 1900.**



Helensburgh View Club needs new members

By Barb Kitson, Publicity Officer

Hello winter.

With the cold season upon us, I'm thinking of the displaced and disadvantaged people who don't have warm clothes and a nice home to go to. All charitable societies are instigating their Winter Appeals, if you can help then don't leave it too late – contact them to see how you can help.

View Club supports The Smith Family and its Learning for Life program. We are asking for new members who can help us attain our goals, we do not ask you to contribute financially, except each meeting we have a \$3-per-person donation to the Learning for Life program. There are other ways to

help apart from being a View member: you could be a part sponsor, which is around \$700 a year (a monthly direct debt of approximately \$58) and that goes directly to The Smith Family Learning for Life and it is fully tax deductible.

For more details, visit www.view.org.au or email View@thesmithfamily.com.au.

This year View Clubs of Australia is delighted to announce her Excellency Mrs Linda Hurley as the organisation's first Patron. Mrs Hurley and her husband, the Governor General, His Excellency General the Honourable David John Hurley AC DSC (Retired), have been involved in View's activities for many years.

We invite all women to come to our meetings on the third Tuesday of the month, from 10am at Tradies Helensburgh. Call Lyn on 4294 1815 if you wish to join us. **2508**

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"Mattias was very professional and showed a great deal of care and attention to our needs. I will be recommending his services to our friends and family. I think we found an agent for life."

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Discover how to extend vouchers

By Kevin Fallon at Symbio Wildlife Park



Our kangaroos don't hibernate in winter but we'd understand if you would like to.

So Symbio Wildlife Park is offering all animal lovers the chance to spend their Discover NSW vouchers with us and effectively extend their lifespan by 36 months – without leaving the comfort of your couch.

Here's the process:

Step 1: Panic. The NSW Government's Discover NSW vouchers are only valid until June 30. That's soon!

Step 2: Relax. You can spend your vouchers online and do the actual discovering later.

Simply go to our home page at symbiozoo.com.au and click on the orange text that says, "Click here to redeem your NSW Discover voucher." Redeem your voucher for a \$25 Symbio Gift Card, which is valid for 36 months.

This gift card can be used on any purchases at Symbio – the same way you'd use a normal debit card. Use it at the gift shop, kiosk or as a discount on a Close Encounter with a monkey, meerkat or red panda. Or invest in some quality time with our kangaroos and put it towards a Season Pass, so you can pop in and feed them any time. Winter or summer, they'll be ready to welcome you. **2508**

How to tell if your teen is struggling

By speech pathologist Sarah Nash

As a psychologist specialising in adolescent mental health, I spend all day inside the brains of teenagers. One common question parents or carers ask is: "What's the difference between normal adolescent behaviour and mental ill health? How do I know when to call for help?"

It's a hard one to answer because, as most parents would know, adolescent angst comes in many different and rapidly changing forms. The truth is, puberty and mental health issues do overlap, so sometimes it's both. But there are some markers that help us identify what's what. The good news is parents are experts on their own children, so it's likely you already know the answers.

• **Is there a marked difference in behaviour from their normal?** Does the concerning behaviour show a definite change, sustained over time? Is there a change in general disposition? For example, were they extroverted, but now slow-to-warm?

• **Is the behaviour happening across contexts?** For example, they might not want to hang out with parents as much anymore (parents are lame!), but



do they also not want to see their friends? Do they not want to play the sport they always loved?

• **Are there sudden changes in the basics (sleep, appetite, weight)?** Adolescence is a time of rapid growth – they should be craving sleep/hard to wake, eating you out of house and home, and gaining weight as they grow. Think of the growth chart in their blue book, they should be following their growth curves.

• **Are you seeing expressions of distress or behaviours that appear out of proportion relative to other teenagers?** Most parents fall into the trap of comparing against an adult norm. Instead, think of older siblings, were they doing this when they were 14? Would they have reacted the same way to a similar situation?

If you're coming up with some yes answers to these questions, then it might be time to check in with your teenager. Have a chat with your GP about your concerns and, if warranted, they can direct you to the help your child needs. **2508**



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Influenza is Still a Killer

Right now everyone is thinking about COVID-19 vaccinations, and rightfully so, but influenza is still a serious illness and immunisation remains important and recommended for everyone over 6 months of age. It is especially important for those under 5yrs, over 65yrs and those who are pregnant or have chronic medical conditions.

We are vaccinating for both COVID-19 and influenza, which are recommended to be given at least 2 weeks apart.

Stay well this winter and book in to one of our regular Influenza or COVID-19 vaccination clinics. Or book in for a consultation.

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Scouts abseil at RockSchool

By Scout Leader Bruce Crawley

The start of May was a big weekend for our group. Both Cubs and Scouts enjoyed big weekends of big fun. The Scouts visited RockSchool in Engadine for a day of abseiling and adventure starting off with a 4m drop and working their way up to a 15m monster. While this was happening, the Cubs were enjoying a weekend of camping, learning new skills and taking care of themselves.

May then finished up with the Scouts going on their own Scout Camp down the road at Waterfall just as the weather was cooling.

As we near the end of term 2 we will be wrapping up with a few activity nights at the hall after which Scouts will be attending an environment-based learning camp during the school holidays.

We are always keeping ourselves busy and trying out new adventures. If you would like to be a part of Scouts, please contact us via email at scouts@helensburghscouts.org.au **2508**



Guides make their promise

By publicity officer Sophie Miller



Roll up, roll up to the greatest guiding spectacle on earth: the 2021 Helensburgh Girl Guides AGM and Circus Promise ceremony.

On May 22, our seven newest members and Raven (aka Kinya), our leader-in-training, made their promise “to do their best” and officially became the newest members of Helensburgh Girl Guides.

Whilst there was some ‘clowning around’ in their circus-themed ceremony, the girls learnt that being a Guide takes courage and strength as they tamed a ferocious lion; teamwork and trust as,

blindfolded, they held hands and walked the tightrope of doom; and a willingness to challenge themselves, as they made their final leap through the hula-hoop of fire and promised to “do their best”.

The evening also saw the election of our new parent support group. A huge thank you to all of our Support Group, but especially to Ennette Talbot, our outgoing Support Group President. The guides and the leaders wish you all the best for your future and appreciate all of your hard work during your term as President. **2508**

Heathcote Community Update

A letter from Lee Evans – your State MP



Concerns about increasing anti-social behaviour during the wee small hours along Lawrence Hargrave Drive have escalated recently. Residents' sleep being disturbed by burnouts, racing and general criminal behaviours have been brought to my attention more and more.

Again I have consulted with Wollongong Police about possible measures to address these issues. You will have noticed Wollongong Highway Patrol stepping up patrols along Lawrence Hargrave Drive. However, it's vital the community continue to report any activity that is disturbing the amenity of our peaceful community.

Community reporting enables Police to build a matrix and determine if there are any particular nights or times these activities occur to further target responses. Wollongong Highway Patrol, Police and EPA need this solid data in order to mount coordinated operations to support our community.

Call Crime Stoppers on 1800 333 000 or Wollongong Police on 4226 7899.

Additionally, I will be hosting a community meeting on this issue, please contact my office for details on 9548 0144.

Lee Evans,
Member for Heathcote

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Coledale Primary School
Stanwell Park Public School
Otford Primary School
Holy Cross School
Helensburgh Tigers Football Club
Helensburgh Thistles Soccer Club
Helensburgh Cricket Club

From one family Supporting another

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The car was alive with *The Sound of Music*

Months of rehearsing paid off and SPAT's show was a fun-filled family affair. Liv Casben, who acted for the first time alongside her daughter, reports.



When I heard Stanwell Park Arts Theatre (SPAT) was putting on *The Sound of Music* I thought it would be fun for my daughter Winnie, 9, and me to be involved. Neither of us had acted and I thought a little production together would be great.

Little did I know there was nothing “little” about it. This was a big production for SPAT and ambitious, made bigger by the decision to have two casts of younger children, so they could rest between performances. Not to mention rehearsals and productions during Covid.

Friends Tamlyn, Ashley and Erin first took *The Sound of Music* idea to the SPAT committee, and, in the words of director Rod Lander, “the committee was crazy enough to agree”.



I soon found myself questioning my own sanity.

I would play The Baroness, while Winnie was cast as one of the two Martas. We had auditioned in November, but the musical wasn't until April. In between were months of rehearsals, including long car rides where my husband would have to suffer hours of Winnie and I singing and practising lines.

As Nathalie Fritzen, who played Frau Schmidt, told me: “It was impressive to see how, through Rod's guidance, the kids were straight away improving.”

It wasn't just the children.

Rehearsals were every Tuesday and Sunday, and week nights could be tough for those working in the city, racing back to juggle family and rehearsals. Tiring too for the younger cast with school the next day. The youngest, eight-year-old Ella Szoboszlai, had turned up with dad Attila, neither had been in a production before either. Attila ended up playing Franz and was also one of the main stage crew.

“I thought if I am going to be at the rehearsals, I may as well help out. It was a great chance to perform with my daughter,” he told me. Attila's enthusiasm was contagious. He also convinced his neighbour, Chris Jones, to get involved.

It soon became obvious the production relied on everybody. Not just the cast, but the extraordinary musicians – Catherine, Wolfgang and Rhiannon – and the SPAT singers, who made the perfect nun choir. From David Mitsak, who would feed and

entertain us, to stage manager Isabella Franklin, who helped with cues, costumes and everything else. Parents of *The Sound of Music* cast too.

A few weeks out from opening, a nervous Rod told us we should be nervous too. Some of us didn't know our lines. It kicked everyone into gear. Opening night came, and what a buzz. One couple with no connections to Stanny had travelled from Sydney for the production, just because they loved *The Sound of Music*. Their review: "Fantastic."

Remarkably, we had pulled it off. A few nights out from opening we were asked to put on two extra shows, somehow we quickly co-ordinated the diaries of 53 cast and crew.

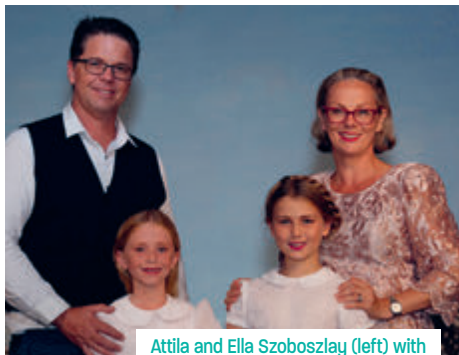
The shows sold out overnight, and SPAT history was made – it was the first time SPAT had sold out an eight-show run.

I recently asked Winnie if she had enjoyed it. She "loved it", it was a chance to make new friends. Weeks later she is still singing *Maria*, she and my six-year-old seemed to have learnt the lyrics to every song. While our car rides are a little less animated now, each song calls up a nice memory.

Asked if he'd be involved in another production, Attila told me "absolutely" then paused and said: "Maybe in a few years."

It may take that long for some of us to recover.

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Attila and Ella Szoboszlay (left) with Liv Casben and Winnie. Below: mum and daughter share the stage.



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Govinda Valley will host a weekend of special events on 19 and 20 June.

Govinda to mark Yoga Day

Heart and Soul Care director Wendy Saunders reports on events at Otford's Govinda Valley.

On 21 June, yogis around the world will celebrate the International Day of Yoga. To mark the day, Govinda Valley will host a weekend of special events on 19 and 20 June, and raise funds for the charity Heart and Soul Care in support of domestic violence survivors.

Anyone interested in yoga, wellness, meeting your yoga community, colleagues, supporting local holistic businesses and supporting domestic violence survivors is welcome to attend.

The weekend will start on Saturday morning with the traditional 108 Sun Salutations, followed by a vegan breakfast. Guest speakers include Abi Poulton, Trauma Informed Yoga teacher, will speak about her experience facilitating and teaching with the Heart & Soul Care Trauma Retreats.

Author Maggie Hamilton will speak on "A New Way Forward for Men and Boys".

A panel discussion will discuss "Ending Domestic Violence – What Needs to Change".

Clinical Psychologist and Trauma Informed Yoga teacher, Ro Simmons, will provide a Trauma Informed Yoga class. Ro's work is a specialised holistic approach to support mental health, based upon neuroscience research, psychology principles and philosophies of yoga and mindfulness.

At 2pm there will be a Vedic Astrology workshop. A Community Kirtan (call and response chanting set to music) will end the day at 4pm.

Throughout the weekend there will be a mini Yoga Expo, with yoga, wellness, holistic local and regional businesses sharing products and services.

To raise funds for supporting victims of abuse we will be holding a Silent Auction with all proceeds supporting domestic violence survivors.

If you would like to offer a voucher for goods or services, or if you'd like to become an event sponsor, your support would be gratefully received.

The donation for Saturday, 10 June is \$95 (7am-5pm). This will include early-morning yoga, breakfast, lunch, yoga talks, workshops, kirtan and a yoga expo.

The donation for Sunday, 20 June is \$45 (10am-2pm). A special Community Forum/Luncheon focusing on domestic violence in the community and recovery from trauma.

Guest speakers include Lisa Tilsed, founder of Wondering Women. Lisa will speak on her experience of domestic violence and her own transformation. Paul Glissan, criminal law barrister for Legal Aid NSW, will speak on:

- Some domestic violence statistics
- The Government's "It stops here" program
- The Police's role
- The courts' role
- Legal Aid's Women's Domestic Violence Court Advocacy Service
- The Safer Pathway program
- Support agencies' roles

At 11.30am there will be a Community Forum Discussion, followed by a Vegan Buffet lunch.

If you would like to attend either Saturday 19th or Sunday 20th, or reserve your space for the Yoga Expo, please contact Wendy on 0412 614 684 or email wendyhsccare@gmail.com **2508**

To find out more about Heart and Soul's regular healing retreats for domestic violence survivors, visit www.heartandsoulcare.org.au

Be Weed Wise

With horticulturalist Marilyn House

Remove it: Canna lily

(*Canna indica*, *Canna x generalis*)

Canna lily is native to tropical America. It is considered an environmental weed in many areas of eastern and south-eastern Australia. It is also a problem on many Pacific islands, New Zealand and southern USA. It forms large dense clumps, particularly along waterways, and replaces native aquatic and wetland species.

It is a large, long-lived, herbaceous plant growing up to 2m tall and spreading laterally by means of fleshy underground stems (i.e. rhizomes).



Canna lily can flower from spring to autumn. Flowers are orange, yellow or red.

Dispersal: Seed and rhizomes spread by water, humans, contaminated soil (earthmoving equipment, car tyres etc) and garden refuse dumping.

Control option: Dig out clumps ensuring all the rhizomes are removed. If you wish to grow this plant in your garden, please remove spent flowers before seeds form and do not dump seeds or rhizomes in local bushland.

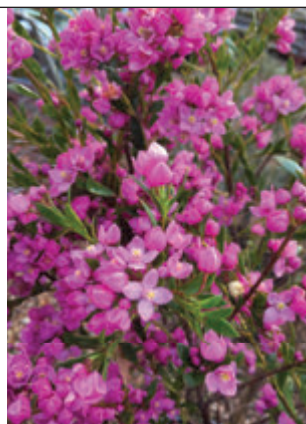
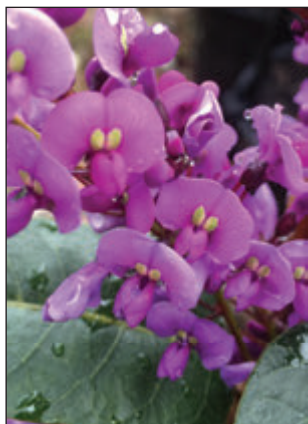
Grow Me Instead

Gymea lily – *Doryanthes excelsa*. A local native plant that thrives in poor sandy soils and full sun or partial shade. The red trumpet-like flowers are borne in a terminal head 300mm in diameter on a leafy flowering stem 2–4m high.

Swamp lily – *Crinum pedunculatum*. This Australian native plant has rosettes of broad leaves and clusters of white, highly fragrant flowers on 1m stems. Suits any soil, full sun or dappled shade and is mildly frost tolerant, it also grows well near ponds.

Day lilies – *Hemerocallis* species and hybrids. Day lilies have generous clumps of strappy leaves, and tall flower stems with double or single flowers in a wide range of colours. **2508**

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FOR THE LARGEST RANGE OF AUSTRALIAN NATIVE PLANTS

Neighbourhood Forum 1 report

By NFI convenor Warwick Erwin

Delivery Program 2018-2022 and Draft Operational Plan 2021-2022

NF1 meeting discussed the items listed for the 2508 area and found missing and disappeared projects. Disappeared projects include the footpath on the eastern side of Walker St between Short St and Whitty Rd. (This project disappeared after businesses were told their entry would be blocked for days and the heritage stone curb was pointed out to Council. Council has been asked for details and why.) Council's interactive Infrastructure Delivery Program mapping is still available to view. Search for Wollongong City Council Infrastructure Delivery Program Interactive map. NF1 has sent a submission to Council.

Hacking River crossing at Otford – Otford Rd

Now listed in operation plan as being constructed in 2022-23 – no details available yet. This was to be a higher level crossing a few years ago but is another project that just “washed down the river”.

New Helensburgh Library and Community Centre

No details regarding a location for the new Helensburgh Library and Community Centre has been forthcoming from Council Staff or Councillors, but it is listed for “Procurement” in 2022/23. The community very strongly stated that the 2508 area wanted a completed new Library and Community Centre with modern facilities, like Thirroul's centre. Council staff have indicated that a new round of community consultation for the combined centre should commence in July of this year; construction will not start until 2025. Community consultation previously was for a library only. To Helensburgh Library staff, who go beyond the call of duty while being forced to use a temporary building that is long past its use-by date, the community says a big Thank You.

Helensburgh Town Centre update

Work is due to be completed on the Parkes St activities by the end of June. Lighting for the new pedestrian crossing and line-marking will be the last items completed. We are still waiting on the plans for Walker St, but work is to include the roundabout at Lilyvale St, work in the Plaza area between Lane 10 and Parkes St, new path at road level on the western side of Walker St between Short and Lilyvale streets, and landscaping around existing trees and access paths from shops to the road. Work is due to start in the 2021/22 financial year. NF1 has asked for the detailed plans.

Proposed Footpath Works at Junction St, Helensburgh

Council has prepared design for 1.5m wide footpath on Junction St with a concrete path between Parkes and High streets and asphalt path between High and Fletcher streets. Project to be done during the next 12 months.

Proposed line-marking at The Crescent and Postmans Track

Council proposes line-marking to help with issues of pedestrian and driver safety at the intersection with the addition of a new future footpath on The Crescent between Maidstone and Postmans Track. Residents have asked for additional bollards / barriers and a safe dedicated crossing for pedestrians – school children and parents.

Stanwell Park Beach Reserve Kiosk

A new operator is expected to be approved by Council at its next Council meeting.

Walk to Helensburgh station

Council has been asked for an additional sign directing pedestrians down Parkes St to the car park steps as the safe route to the railway station, instead of down Tunnel Rd where there is no safe pedestrian access. Numerous non-locals have been seen walking along Tunnel Rd after following current signs and this is seen as dangerous due to drivers' poor line-of-sight on blind corners.

Council's Draft Community Engagement Policy

This is out for comment via Council's website with feedback due by 11 June 2021.

Coles Carpark issues

Issues with Coles carpark have been referred to the Community Safety Committee via the Lord Mayor.

Council Election is scheduled for September 2021

We have four Ward 1 Councillors elected by Ward 1 residents and registered business owners and a Lord Mayor that is elected by all Wollongong residents and registered business owners. Current Ward 1 Councillors – Cr Leigh Colacino (Lib), Cr Janice Kershaw (Labor), Cr Jenelle Rimmer (Labor) and Cr Mithra Cox (Greens). Lord Mayor is Cr Gordon Bradbery AM. **2508**

NFI meets at 7pm on the second Wednesday of each month, except December and January, at the old Community Centre on Walker St.



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A man in a grey long-sleeved shirt and khaki pants walks along a sandy beach. He is holding a black surfboard under his left arm and a pair of binoculars in his right hand. The ocean is visible in the background under a clear sky.

Reasons to celebrate on **World Ocean Day**

By our 'Hello Fish' columnist
Duncan Leadbitter

Our part of the world is very connected to the sea. We surf, dive, fish, kayak, watch and talk about the sea. As we drive along Lawrence Hargrave Drive it's hard to avoid the sea and it's in our subconscious, even if our minds are on something else. Is it windy? Are the waves big? There were lots of boardriders at Sharkeys. Do I really need to go to work right now?

If we tune into the internet or read a newspaper or listen to the radio it would be easy to gain the impression that all the world's oceans are in terrible trouble and the only way of fixing things is to stop doing everything we do now.

How does this square with what we see? We see increasing numbers of whales and seals. Some species of fish are doing well. The biomass of lobsters along the NSW coast is the largest it's been since the 1960s. Some people are complaining about too many sharks!

The amount of plastic I see on the beach is negligible compared to what I have seen in some other countries. The volume of sewage pollution entering the sea off our coast has declined

significantly over the past couple of decades. The Bellambi wastewater treatment works now only discharges during periods of high rainfall as most of the sewage is piped to the steelworks for re-use. So too for the Port Kembla plant, which only receives a flow during storm events as most sewage is re-used after treatment.

It's true that much remains to be done and significant threats remain, such as climate change, which is already affecting the marine environment off our coast, but World Ocean Day on June 8 provides an opportunity to think about the gains. Whilst the turn-around for whales and seals resulted from a ban on hunting, the turn-around in the number of lobsters is due to a mix of tough decisions and sacrifices by regulators and fishers, supported by good science. This is also true for some other fish species, like bluefin tuna and snapper. As is the case for the reduction in ocean sewage disposal, the gains may take many years but the wins become subsumed by the latest crisis in the media and it seems that there is no progress being made.

When we look at the ocean we turn our backs on the land. A recent streaming program exhorted us to stop eating fish and it supported this advice by focusing on a bunch of problems in the world's oceans, including plastic pollution, overfishing, illegal fishing and mistreatment of workers in the seafood sector. It simplistically assumed that a plant-based diet was a better option without exploring how the same issues we can find in the ocean can also be found on the land.

In Australia, for example, land-clearing is a major source of biodiversity loss and many species and ecological communities on land are listed as threatened or endangered, with agriculture the most common threat.

For some plant communities there is only 5% of the original area left and Australia has the worst record globally for the extinction of small mammals. There have been regular media stories about illegal land-clearing and water theft plus mistreatment of farm workers.

Turning our backs on eating fish and looking to the land may not be a step forward for the planet and simple solutions may have unintended consequences.

The gains for the ocean are testimony to the hard work of all those involved, whether it be conservationists, fishers (commercial and recreational), scientists and/or natural resource managers. A mix of commitment, skillful leadership, goodwill and some funding makes all the difference. In our part of the world we also have some great communicators who can write, paint, film and photograph to help get the messages across. We also have plenty of individuals who pitch in, whether it's taking rubbish home, using biodegradable plastics or buying sustainable seafood.

The solutions may be complex and take time but that's just how it is. It's understandable to want quick solutions and want them imposed everywhere, but spare a thought for those in other countries who have few choices about what to eat and from where to make a living. We affect their lives by how and where we holiday and the food we buy, whether it's seafood or landfood.

On World Ocean Day this year celebrate the gains made in managing our oceans better. It's way more fulfilling to celebrate the successes than focus on the gloom.

Declaration of interest: I photograph fish, catch fish, eat fish, watch fish and work on fisheries. I got married in a pair of octopus socks and goldfish underpants because I couldn't wear a fish tie. 2508

**Pictured: Duncan Leadbitter is a director of Fish Matter consultancy and a Visiting Fellow at the Australian Centre for Ocean Resources and Security at UOW.
Photo: Anthony Warry**

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Developer myths explained

What are developers looking for in a property, and is your property going to sell for more to a developer? This question is often asked by home owners looking to sell their property. I've been dealing with a few development sites recently and talking to a lot of developers. Generally, these types of buyers don't buy in booming markets like this one so, in most cases, a house will sell more as a house than a development site. However, in certain cases, such as properties in zonings allowing units or townhouses, then a premium price may be achieved if marketed as a development site. Also, large street frontages, larger land sizes (over 1000 square metres) and dual street accesses may also attract a developer's interest. If in doubt make sure you seek out a real estate professional with the appropriate experience to advise you.

Love the Princess Marina Walk

By Dr Lorraine Jones, vice-president of Helensburgh and District Historical Society

This walk, off Lawrence Hargrave Drive at Kelly's Falls, near Stanwell Tops, is a rarely explored gem, which you will delight in using.

This walk was developed in the 1930s by Henry Halloran. He was developing Stanwell Tops as a pleasure resort and as a settlement. People would get the train from Sydney to Helensburgh at that time and walk to Stanwell Tops to stay in the camping area. From there they would go on walks and swim in the Pool of Peace.

In the last 50 years the walk had become overgrown and difficult to walk along.

Recently it has been upgraded and is now an easy and pleasant 45-minutes walk from the parking area at Kelly's Falls. There you will see a sign describing the walk.

Beautiful vegetation and fine views can be enjoyed. Along the walk you will see the old 1930s stonework. Some of this stonework has been



Photo: Jo Fahey

fenced off as it is too close to a steep drop.

Give yourself a treat and enjoy this walk in late autumn spot the flannel flowers. **2508**

Starting at the Kelly's Falls parking lot, the track is 850m one-way (about 1 to 1.5 hours return). For more information about its history, search for 'Princess Marina Cliff Walk' at historichelensburgh.org.au

Thank you from Katoke

By Lee King, Katoke Sponsorship Coordinator

The Helensburgh community continues to give!

In April, a donation tin was added to the front counter of the Helensburgh Newsagency, at Therese Sandridge's suggestion.

Within a month the tin was overflowing with \$80 worth of coins, and Therese contacted me to collect and replace the tin! How generous is Helensburgh?

This money will go towards providing welfare help to students at Katoke-Lweru Secondary

School, in an extremely poor rural area of north-western Tanzania.

\$80 may not seem much but every cent counts. The money will purchase items such as mosquito nets, blankets, toothpaste, soap and more!

Sid and Marilyn Moir, long-term residents of Helensburgh, have returned to the school to take the reins again, to continue to educate, care and help the students there. Without education these children will be locked into poverty for the rest of their lives.

The Moirs are working under the Katoke Trust for Overseas Aid, an Australian Christian Organisation, which is funding and supporting a sustained multi-pronged attack on extreme poverty in Katoke.

The Katoke Trust is a tax-deductible charity. If you would like to give a donation or sponsor a student at the school, simply visit the Katoke Trust for Overseas Aid website.

Thank you, Helensburgh, for your continued support! **2508**

Visit Katoke.com.au



The Invisible Man

By Paul Blanksby,
of Helensburgh Men's Shed

Difficult topic, this month. Please, don't turn off. Please, keep on reading.

Sometimes, a bloke can feel invisible.

Retirement, unemployment, divorce, age, work lost because of ill health, downsizing to a new area, the birth of a child; these things can make a man feel overlooked and ignored, as if he's disappeared. His sphere of influence has gone; he's a nobody. Work, sport, his team, his car defined him.

When these things happen, his inner life can become silent and, yes, invisible. When men hide their vulnerability, rather than talk it through openly, it can come out in other ways: anger, depression, substance abuse or, sadly, suicide.

So, what's to be done? Perhaps you need the chance to be seen and heard, by yourself and by one another. Don't let private, personal and public silence become so common in your life that you never question it. Men, stand up, be seen, be heard. Not in anger, frustration or social media posts. Talk with a mate. Keep active, eat well. Seek professional help. Get back out there, into the community.

Volunteering is one great option to improve our mental health, helping out, caring for others, making your life matter again.

National Volunteer Week was held from May 17-23, celebrating the significant contribution of Australia's almost six million volunteers.

Just in our little village, there's the Lions, Probus, NINA, WAVES, the RSL and RFS, the local churches, surf, golf, mountain bike and footy clubs, Scouts, the Salvo's and the Men's Shed. Places where the Invisible Man can once again be seen, be heard, be appreciated and understood.

My personal involvement in the Men's Shed has given me new friends, new skills, somewhere I have been able to recover from decades of shift work, where I can share my knowledge and expertise to be of service to other men, their families and this wonderful community we call home.

"No man is an island, entire of itself ... Any man's death diminishes me, because I am involved in mankind" (John Donne, 1624). We are each here to help one another. Take heart. Together, all things are possible.

Your Men's Shed, a safe place to be. **2508**

For news and information visit our website;
helensburghmensshed.org.au or info@helensburghmensshed.org.au. 199A Parkes Street
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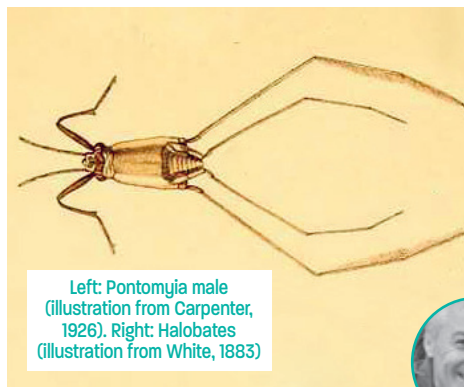
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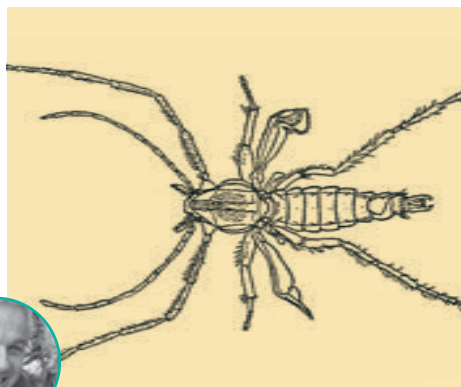
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Left: *Pontomyia* male
(Illustration from Carpenter,
1926). Right: *Halobates*
(Illustration from White, 1883)



Beetling About

With Helensburgh entomologist Dr Chris Reid

My esteemed editor informed me that the 8th of June is World Ocean Day. Initially I thought I'd ignore that, as so few insects live in the ocean, but a bit of reading has shown that some are really interesting animals.

I hope you all realise by now that insects dominate the terrestrial living world (or biome), including freshwater. But for all their success on land they have been a great failure in the sea, with only a few hundred marine insect species known and only five open ocean species (none of which actually live in the water).

Most insects living in the sea do so at the margins, between the tidal limits. For example, worldwide many beetle species burrow in estuarine mud (and are cylindrical) or live under flakes of slaty rock (and are flattened). These species don't seem to occur here in the Illawarra, possibly because we have the wrong rock or the wrong mud.

We do have a pale sand-coloured beetle, *Sartallus*, living along the high tide mark where it feeds on dead things or possibly fly maggots. And a few other strandline insects such as seaweed flies. But these are not really marine.

In our rockpools there are a few insects whose freshwater ancestors have jumped into the marine environment. One of the most extraordinary is a non-biting midge, *Pontomyia*.

I have to say that I've never seen one, so if the following seems like I'm pulling your leg I can only say I trust the scientists who've studied it. The *Pontomyia* adult male is only 1mm long and fast moving. It uses its short wings as oars, not for flight, skimming across a pool surface to find a female and mate.

The female is legless and wingless and mating is

back to back (they manage). Both adults live less than three hours – yes, that's hours – with the poor old female laying eggs immediately after mating and living only about an hour after that.

The entire life cycle is 30 days and linked to the moon. So, if you want to find one, remembering it's only 1mm long, you are recommended to visit a weedy rockpool on an evening with a full moon, wait until 15 minutes after sunset, then shine a strong torch over the water, looking for fast-moving white streaks (the males). I think it best to avoid rain and storms.

There's a popular science account of *Pontomyia* online (www.bbc.co.uk/blogs/wondermonkey/2011/04/some-animals-are-so-odd.shtml).

The five truly oceanic (pelagic) insects are species of water striders, in genus *Halobates*. *Halobates* is also a small insect, with adult body length of about 3mm, and can be relatively abundant (up to 150,000 per km²). Curiously, they are not aquatic at all. Their whole life history is above the sea surface, with the long-lived eggs being laid on flotsam.

Halobates are covered in dense minute hairs, forming a plastron which traps air as a large bubble. So that if splashed or soaked by rain they remain unwetted and don't sink into the water. *Halobates* also have the ability to jump away from predators. There's some interesting film of *Halobates* online (Mahadik et al. 2020; www.nature.com/articles/s41598-020-64563-7). **2508**

For general insect enquiries, contact the Australian Museum's Search And Discover team at sand@austmus.gov.au. Have a question specifically for Chris? Email editor@2508mag.com.au

Spice up your Winter

Jo Fahey reports from Darkes Glenbernie Orchard

As it gets colder we look for rich flavours and there's nothing better than a mulled cider!

If you've never had a go at mulling it's worth the effort and if you have some chai spice around – use that! You can mull any of our ciders or mead.

You can spice your apple in a hot apple pie too!

At the Darkes Apple Shack we currently have this year's first fresh-picked pumpkins from our favourite chemical-free potato and pumpkin farmer, Luke. To celebrate pumpkin season and for something a little different, bake a spiced pumpkin pie. They are popular in the United States and Canada. Here's a recipe to have a crack at.

Spiced Pumpkin Pie

Use a 23cm pie dish, line with baking paper

Crust ingredients

1 ¼ cups Plain flour
¼ teaspoon salt
3 tablespoons margarine
4 tablespoons cold butter (or substitute)
4 to 5 tablespoons ice water

Filling ingredients

2 tablespoons plain flour
¼ to 1 ¼ teaspoons cinnamon to taste; use the larger amount if you're a cinnamon lover
Small pinch ground cloves
⅛ teaspoon to ¼ teaspoon nutmeg
¼ teaspoon ground ginger optional
½ teaspoon salt
¾ cup brown sugar, packed
1 ½ cups pumpkin purée (make beforehand by baking the pumpkin and mashing it in a blender)
2 tablespoons maple syrup, honey or golden syrup
1 ½ cups (340g) milk or a 12-ounce can evaporated milk
2 large eggs, lightly beaten

Crust instructions: Mix plain flour and salt. Add margarine, work it in with your fingers or a mixer until mixture is evenly crumbly. Add cold butter.

Use your fingers to quickly squash it in, in thin chunks. They don't have to be mixed in properly.

Drizzle ice water, tossing the mixture as you add water. When it comes together, stop. Mixing dough too much or adding too much water toughens it.

Squeeze it into a ball. Wrap dough in a beeswax wrap, baking paper or other plastic alternative, and refrigerate for about 30 minutes, before rolling it out to make the pastry base in your pie dish.

Filling instructions: Mix flour, spices and salt in a bowl. Add sugar and pumpkin, blend thoroughly. Stir in syrup and milk. Allow the mixture to rest for an hour at room temperature; or leave overnight in the fridge. This develops the flavour and helps with consistency of the filling.

Add beaten eggs, whisk till combined. Pour filling into prepared crust. Cover the edge of the crust with a crust shield, or aluminum foil.

Preheat oven to 230°C. Place pie on the bottom rack, bake it for 15 minutes. Reduce temperature to 180°C, move pie to the middle rack, then bake for 35 to 40 minutes, or until a knife inserted 2.5cm from the edge comes out moist, but clean. Remove pie from oven, cool to room temperature (or chill) before serving. Serve with whipped cream. **2508**

Visit www.darkes.com.au





'Steady flow' of people vaccinated

2508 reports

Helensburgh Respiratory Clinic has tested 9924 people for Covid-19 since it was erected last year. More recently, it has delivered 5450 AstraZeneca vaccines.

"The vaccination clinic is busy and has steady patient flow," said Dr Cindy Htet, owner of Parkes St General Practice, which runs the clinic. "Currently we are providing AstraZeneca vaccines only.

"In the next few months, we may start providing Pfizer vaccines too (depending on government supply)." **2508**

Lions call for Country Fair stallholders

By Fran Peppernell, publicity officer for Helensburgh Lions Club

We are planning the Country Fair, which will be held on Saturday, 23rd October 2021 at Charles Harper Park, so save the date.

We're looking for stall holders that can offer arts and crafts and maybe some stalls offering something a little different.

If you'd like to be a stall holder, go to www.helensburghlions.org.au to apply for a stall at the Fair so as not to miss out.

We are looking for community groups and those whose wish to participate in the entertainment on the day. If you're a busker or street performer, contact us on our web page.

We'll also have all our usual fair enjoyment such as rides and other activities.

We would also like to thank our Helensburgh Hotel patrons for their continued support with the Friday night raffles and once COVID restrictions are lifted we'll recommence our raffles. See you all next month. **2508**

Visit www.helensburghlions.org.au

What's On at the library

Lego club Suitable for children aged 5-12. First Tuesday of each month; 1 June, 3.30pm. H'burgh Youth Centre. Eventbrite bookings essential.

Preschool Storytime: Friday 11th & 25th. 10.30am. Youth Centre. Eventbrite Bookings Essential.

Baby Beats: From birth to 12mths. 1st & 8th June, 10.30am, Youth Centre. Eventbrite bookings essential. Have fun with songs, rhymes and music to support your new baby's auditory perception and develop their future vocabulary.

Knitting and Crochet group: Friday 4th June. 10.30-12.30pm. All welcome. Youth Centre.

School Holiday Activities:

Gumaraa – Aboriginal Cultural Experience and Education. Wed 30th June. 11.30-12.30. 5+. Helensburgh Youth Centre. Eventbrite bookings essential. Gumaraa will give you an insight into the Aboriginal traditional culture, including art, language, bush food and dance. Program is based on the traditions of the Yuin Nation.

Water colour circles: Wed 7th July. 10.30am. 5+. Helensburgh Youth Centre. Eventbrite bookings essential. **2508**



Cake Stall at CWA Hall

From 10am on June 6 the Stanwell Park CWA hall will play host to Stanwell Park Public School's famous Cake Stall.

Usually the highlight of the school fete, this year the P&C's cake stall will be held as a standalone event. Bring a picnic blanket and lawn games and enjoy the grounds around the hall while you eat delicious home made goodies, drink a hot beverage from The Morning Brew and be entertained by the fabulous circus students from The Burgh.

Keep to enter one of our baking competitions? head to www.stickytickets.com.au/1vva3/2021_spps_pc_bake_off.aspx

If you would like to donate baked goods to our stall, please email Danielle on danielle.m.ives@gmail.com. **2508**

Toastmasters is going hybrid

By club president Matthew Derbridge

The last few months Toastmasters has adapted to meet the needs of its members by combining the online component they used during 2020 with the in-person experience at their new venue.

The meetings are now 'Hybrid' where those who cannot travel or wish to stay at home or in the office can join, while anyone who wishes to have the face-to-face interaction can attend in person.

During this time, we have worked through and achieved educational awards. Lynda Babister and Matthew Derbridge reached Level 3 in their respective paths; two levels away from completing the path. A path is part of the Toastmasters education system designed to help you grow as a speaker and leader. There are 11 Pathways that are designed around different skills and specialities ranging from motivation or innovation to humour or visionary communication.

This is done by completing a range of projects, which are designed to challenge themselves to build and refine certain competencies and skill over-all, practising and improving their communication and leadership skills.

Helensburgh and District Toastmasters has been

running for 22 years. The club itself is part of the wider Toastmasters international community.

The purpose of the club is to build leadership and communication skills through practice and feedback. Over the years, the club has faced struggles but we have forged on. We are an open club looking to improve skills in the individual without judgement. If you are interested in improving your speaking skills, please email our president, Matthew Derbridge, to find out how to attend a meeting. The first two meetings are free. Email Toastmasters2508@gmail.com **2508**

Women of Steel Screening

On Thursday, 15 July at 7pm, the Clifton School of Arts will be screening *Women of Steel* in a special fundraising event at the Coledale Community Centre. Steel worker, crane driver and filmmaker, Robynne Murphy will be in conversation with journalist and broadcaster, Caroline Baum. Book now at <https://fan-force.com/box-office/>. More information: email pruewat2@gmail.com **2508**



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Meet a Humble Friend

Ahead of World Refugee Day on June 20, 2508 met a Helensburgh social worker who has co-founded a charity to help anyone in need.

Cover
feature



CONFRONTING
INEQUALITY
TOGETHER

Zoe Bell is a social worker with a masters in human rights law who moved to Helensburgh three years ago, while pregnant with her daughter, Bonnie.

When Covid struck, Zoe was at home, working on her PhD in refugee protection and statelessness. The situation quickly spiralled from academic to on-the-ground urgent.

"Just before I went full-time on my PhD, I'd been working at the kids clinic at HARK (Health Assessment for Refugee Kids) at Westmead Children's Hospital," Zoe says. "I stopped that to focus full-time on my studies, to balance the work, the study and the child, and, you know, life."

"But I was still receiving phone calls from people in need."

"Particularly during March/April last year, when people's jobs were disappearing and things were getting really stressful across the country."

Zoe found herself hitting the phone, advocating on behalf of those in need, talking to real estate agents, helping people avoid eviction and referring them on to other agencies.

There came a snag.

"When I tried to refer them to existing organisations, people were saying, 'Look, we're full, we can't help, our doors are closed, we are inundated because of Covid.'"

"But the need was still there."

Zoe joined forces with a Sydney friend, Jessica Harkins, who also works in the refugee sector, dealing with multicultural domestic violence. Together they launched a new organisation called Amiculus, which means "humble friend" in Latin.

"I needed a banner under which to be able to make these phone calls and do this work. It was a way of being a freelance social worker, but still having the credibility of saying, My name is Zoe, I'm a social worker from Amiculus."

"We started off helping people, mainly families, with small children. We supported a single, expecting mother who was stuck in Australia and couldn't get home. She needed simple things, like nappies, a cot, a car seat to take her child home in."

"Last year we helped 60 families. We distributed almost \$10,000 in vouchers. We gave out about \$45,000 in in-kind donations."

Amiculus recently celebrated its first anniversary. In the space of a turbulent year, the organisation has gathered an eight-strong talented team and is now a registered charity awaiting deductible gift-recipient status.

At the top of Zoe's to-do list today is planning a blanket drive for winter.

"I've got a bit of a call to action: as winter is coming, the community really needs blankets. Donations can be made via our website, amiculus.org.au."

"We can't accept second-hand blankets because of allergies and things like that."



It's strange to think in the wealthy nation of Australia that people are in need of something as basic as a blanket.

"Absolutely. Last night I went to visit a family, who's new to our organisation. They have three children, the youngest one's 10 months old, the eldest one is seven. And their house is empty, they have nothing – no couch, no rug, no furniture, nothing. It's always shocking, especially when you see how much waste comes out of houses."

Zoe kindly took time to answer more questions.

Who does Amiculus help?

We were born out of a clear need for support for people who are on temporary visas. So this is people on bridging visas, people on temporary refugee visas, people who are stateless in Australia.

There's a quite a few thousand people living in Australia who are stateless, who have no country, no nationality, no citizenship. And they're having babies, and children are becoming stateless as well.

So there's this growing generation of stateless Australians really.

We help with real essentials. We give out a lot of vouchers for financial hardship.

Some people on bridging visas have no access to Centrelink, no access to Medicare, and these are not single, able-bodied men. These are little children. We're working with one family who has three children, no Medicare, no Centrelink. The parents go without meals, so that they can feed their children, they're living on charity.

This is State-made, this is poverty from policy. And we really just want to address that.

Most of the people we work with at the moment are in Lakemba, Wiley Park area, Greenacre.

We are inclusive and non-judgemental, we help anyone from anywhere, from any faith or nationality or language. We've been helping people mainly from the Rohingya community, that's where most of my connections are. We've also been working with people from Burma, Sri Lanka, Iran, Iraq and even one person from Italy.

We work with anyone.



From left to right: Zoe Bell, Bonnie Middleton, Mala the Husky cross, Leigh Middleton.

Who runs Amicusus?

We're a completely volunteer-run organisation, we're social workers, we're psychologists, we've all worked with refugees and asylum seekers for a long time. Some of us have worked on Manus Island and Nauru. We've also got people in our organisation who are refugees themselves. I'm the co-chair, along with Jessica Harkins. Jessica and I had worked together for five years in the asylum seeker settlement space. She is just as passionate as I am.

In addition to providing necessities, how else does Amicusus help?

We're trying to support people with health, with getting little children and pregnant women access to the medical system.

We work a lot with Dandelion Support Network in Caringbah. They provide children and babies items. They're incredible.

The other thing we focus on is education. For young people on temporary visas, once they finish high school, they have no pathways. So you've got really bright young people who are stateless refugees. They want to study, to do incredible things like medicine and engineering and physics.

But they can't. They're treated as an international student, even if they might've been here for 10 years. So they can't pay the fees – it's exorbitant,

\$15,000 for a year, sometimes depending on what degree you do, \$15,000 a semester. A lot of TAFE courses and apprenticeships are also unobtainable. So all these poor young people are really suffering,

Their mental health, their hopes for the future, their sense of self worth is really affected.

We're part of a couple of university action groups to try and get scholarships for these people.

The other thing that we're really passionate about is family reunions. We work with quite a few people whose children are still overseas, and, you know, as a parent, you can't think, people can't function, they are constantly concerned about their kids still stuck in really dangerous situations.

We're talking about refugees, stateless people – like the Rohingya. The situation in Burma now, with the coup, and before, with the genocide, is horrendous. And the only option, for these little kids is to get on leaky boats and try and get to Malaysia or Bangladesh.

There's no option for them to come to Australia.

That's all because their parents came by boat. The policies are really discriminatory. So we're trying to address those systemic issues – who cares if they came by boat, that was 10 years ago, get over it.

What's your day job?

I'm a social worker. My husband Leigh's also a

social worker. He works in mental health. I've worked with refugees and asylum seekers for over 10 years, in the settlement space, mainly with asylum seekers. I'm doing a PhD at the University of NSW and I'm looking at refugee protection and statelessness, and working with the Rohingya community in Sydney.

What made you want to become a social worker?

I've always been drawn to helping people. I grew up in Boronia Park and when I finished high school, I went to South Africa for six months and worked in a school for kids with disabilities in Cape Town. That really cemented my interest in helping others.

My interest in refugees has always been really strong. My dad came to Australia from South Africa in the 70s. He got involved in the anti-apartheid student movement in Durban and it got quite serious ... there were a couple of disappearances. He took a opportunity to leave South Africa as a student in 1973 – he didn't come as a refugee but he felt forced to leave.

My family has ensured that we grew up with a social conscience. The news was always on at our house. I remember being 12 and being into animal rights and welfare. I was always following a cause.

My interest in refugees and asylum seekers was really cemented during the Howard years and seeing little children being born in Woomera, places like that, and being seven years old by the time they were released – really horrific treatment of vulnerable people who we should be empathetic to. Refugees need to be met with empathy, not with suspicion and punishment.

Look, we need to make sure that people aren't travelling through dangerous methods, getting on leaky boats and drowning. But locking them up indefinitely or putting them out in the community – with no way to live and with no rights – is just not a solution.

How did you hit upon the name Amiculus?

Because we work with so many people who don't have English as their first language, we really wanted a name that didn't limit ourselves to any one group. Which was a little bit silly in a way, you know, because no one knows Latin, except maybe a couple of lawyers! It means 'humble friend'. We want to support people by walking with them. We don't want it to be a top-down approach where we're dictating what they need and giving them what we think is appropriate.

People have said to us, 'Why do you give vouchers? What if they go and spend it on something that you don't think is the right thing to spend it on?' Well, that's their autonomy, we're giving them the right to choose.

We don't do food boxes, because they won't want

to eat everything that's in there. They want to go and choose their own things.

If they decide, you know what, I have enough food to eat, but I don't have enough petrol for my car or I need phone credit so I can call my family because their shelter's just burnt down in the camps in Bangladesh or whatever. They can have that choice. It's up to them. We're a friend.

Was there anything in the Budget for the people you've been helping?

The short answer is no.

Really, the issue impacting the people we work with – people on temporary refugee visas, bridging visas and those who are stateless, is not a matter of funding or money. It's a matter of human rights, protection and a future.

What's the reaction to Amiculus been like in the Helensburgh community?

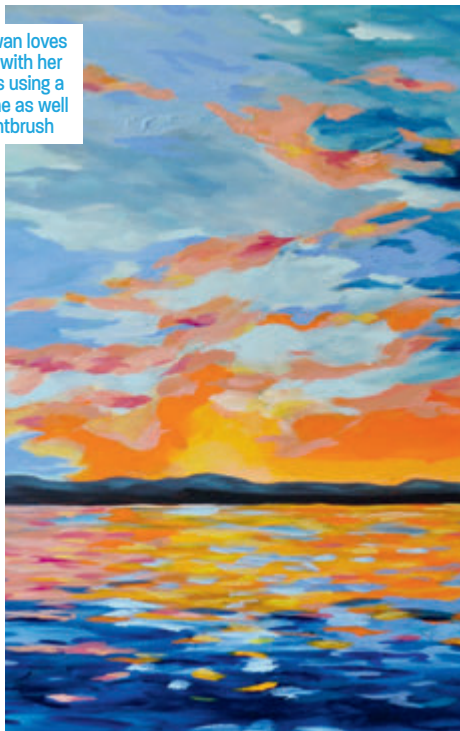
Really positive. Jacqueline Shuttle is a local Helensburgh designer – she did all our graphic design for our website and donated her time and her incredible skills to create our logo. The community has been really lovely and supportive. **2508**

Follow @amiculusproject on Facebook & Instagram. Visit www.amiculus.org.au, email theteam@amiculus.org.au





Sarah Rowan loves engaging with her audiences using a microphone as well as a paintbrush



Artists of the Illawarra

Painter Edith McNally meets speed painter and performance artist Sarah Rowan.

Sarah Rowan is Australia's top female speed painter and has been creating unique works of art for over two decades. She and her family love living in Helensburgh amidst our strong and supportive community, which she says "really feels like home". She enjoys painting commissions, murals and other major works.

In addition to her unique art, Sarah is also known for her performance art, having wowed crowds at over 400 live events, where she has well and truly made her mark in a very rare niche of the entertainment industry. Speed painting has taken her from Parliament House to the Opera House, from corporate events to weddings, festivals, fundraisers and schools, where she seeks to not only entertain, but also to inspire.

With her heart set on raising over a million dollars for charities, Sarah has already raised nearly \$200,000 through her paintings thus far. Her clients include ANZ, AMP, Hewlett-Packard and Bombay Sapphire. Her works have auctioned for up to \$50,000 for a single painting.

Always pushing the limitations of time and space, Sarah's unique performances have included 10 paintings in 30 minutes alongside a classical musician; making it to the judges round of *Australia's Got Talent* in 2016, and touring Europe painting scenes of NSW for tourism events.

Sarah uses her platform as an artist and keynote speaker to explore and open our minds about creativity and wellbeing. She loves engaging with her audiences using a microphone as well as a paintbrush to share her message of "embracing your true colours and living a life of curiosity".

This is certainly one impressive person living in our midst.

You can connect with Sarah Rowan at artistsarahrowan.com or @artistsarahrowan on Facebook/Instagram **2508**

If you would like your art profiled in 2508, please contact Edith McNally on 0477 778 289, or email mcnallyedith@gmail.com

Max Mannix returns to Articles

2508 reports

Popular outback painter Max Mannix has had 16 exhibitions at Articles Fine Art Gallery in Stanwell Park during the past 40 years.

"It's a good gallery," Max tells 2508 over the phone, ahead of his new one-man show in June.

Max will have "50-plus" paintings on show, the result of 12 to 18 months work at his home studio in Kenthurst.

Fans of Max's work can expect more paintings inspired by "the usual memories of when I was younger, working in the outback, droving, yard building and mustering camps and so on".

Now 82, and still painting seven days a week, Max spent the first half of his life gathering material for the second half.

Born in country Victoria in 1939, he left home at 16 to work in the outback – mustering, shearing and fencing. For seven years he ran a cattle station in south-west Queensland, in a dry area known as Heart-Break Corner.

His paintings are all inspired by this time.

"If I didn't do the first one, I wouldn't be doing the second one," Max says of his two careers.

The colours in his paintings are bold and striking, like the land itself.

"Such a strong colours – they really are. The sky is blue. There's hardly ever a cloud in the sky. Most of the time where we were, we were living in drought conditions.

"It's fairly arid sort of country."

A thin black dog with white ribs shows up in many scenes.

"Hungry as a drover's dog he is," Max says, with a laugh. "He's in good working condition, he's in

most of my paintings.

"Occasionally I put in a little red Yorkie, a largish sort of Yorkie. We used to have one once and she would always go to work with me every morning. And then she'd go to sleep at the foot of the easel and stay there most of the day.

"My favourite paintings are mostly streetfronts or horse racing. If it's busy – I love busy. I like a lot of people in the paintings, doing things – that's what I like about it, the activity at all."

Max paints entirely from memory. The way of life and the people he knew are long gone.

"I've never ever been back there," he says.

"I've got a good power of recall.

"I like to put that little bit of humour in most of my paintings.

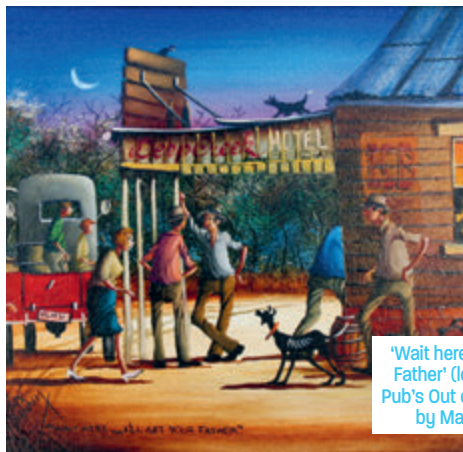
"What I'm finding is it's just a social comment on me. It's me growing up and all those years working, working up there in the outback.

"I take it very seriously, even though a lot of them are light-hearted in manner."

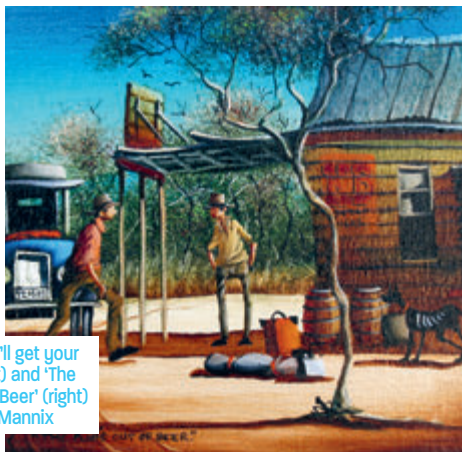
Max describes his humour as "schadenfreude, simple as that".

"You can see humour in somebody's misfortune, that's what it means. But as long as you're able to laugh at yourself, I think that's the most important thing." 2508

Max Mannix will attend the exhibition opening party on Saturday, 5 June. From noon, there'll be champagne, savouries and live music by Fiddledance Bush Band. The show ends on 14 June. For more information, call Articles Fine Art Gallery on 4294 2491.



'Wait here, I'll get your Father' (left) and 'The Pub's Out of Beer' (right) by Max Mannix



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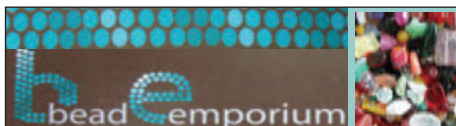
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Surf Club honours its members

By Steven McDonald, president of Helensburgh-Stanwell Park Surf Life Saving Club

Helensburgh-Stanwell Park SLSC held its Awards of Excellence and Patrol Dinner on Friday, 21 May 2021. With more than 60 members, family and friends in attendance, the club recognised the success and contributions made by club members during the 2020/21 Season.

Between September 2020 and April 2021, club members performed more than 4200 volunteer hours on patrol, 935 preventative actions and 66 rescues. The low number of preventions and rescues indicates that the members of the public are listening to the "Swim Between The Flags" message.

During the season club members gained 10 Surf Rescue Certificates, 15 Bronze Medallions, 7 Silver Medallion Beach Management Certificates, 3 IRB Drivers, 5 IRB Crew and 6 Advanced Resuscitation Techniques Certificates.

The Club Member of the Year was Anthony "Ash" Ashley, a relatively new member to the club who did his Bronze Medallion at Coogee SLSC, and joined Helensburgh-Stanwell Park SLSC after moving to the area with his young family.

Ash has been the driving force behind the Sea Wolves IRB Racing Team and the Stanwell Park Ocean Swim, as well as fulfilling the role of Powercraft Captain and Patrol Captain.



Club Member of the Year, Anthony "Ash" Ashley (above); Patrol Member of the Year, Ralph Hall AM. Photos: Steven McDonald



AND THE WINNERS ARE...

Category	Winner	Highly Commended
Patrol Member of the Year	Ralph Hall	
Patrol of the Year	Patrol 3 – Patrol Captain Ed White	
Youth Surf Lifesaver of the Year	Eve Way	
Patrol Captain of the Year	Steven McDonald	Anthony Rooskie
Educator of the Year	Bobo White	
Club Member of the Year	Anthony Ashley	Leisa Thomson
Services Team of the Year	The entire Nipper Organisation	
Innovation Award (was Initiative of the Year)	Sea WASSPS	40 Years Women In Life Saving Event
Youth Volunteer of the Year	Lachlan McDonald	Kiara Manning
Junior Activity Volunteer of the Year	Lee Bailey	
Administrator of the Year	Harley Dregghorn Therese Weber	
Coach of the Year	Michael Ross	Russ Taunton
Official of the Year	Carl Williams	
Athlete of the Year	Jack Bridges	
Youth Athlete of the Year	Madison Agnew	
Junior Athlete of the Year	Malea Ross	
Surf Sports Team of the Year	Sea Wolves IRB Racing Team	



Ash's enthusiasm for IRBs has drawn members into the team across a broad spectrum of ages.

In its fourth season of racing, the training is starting pay off. The benefits to the club of having an IRB Racing Team is that the IRBs are always in excellent condition and "Rescue Ready".

The club's Patrol Member of the Year was Ralph Hall AM. At nearly 81, Ralph is retiring from patrols this season.

Ralph has mentored many members since completing his Bronze Medallion 20 years ago. He has been his patrol's Captain for many years. Ralph is also the club Secretary and a training officer. While he may not be patrolling next season he will still be maintaining a presence around the club.

Congratulations to Ash and Ralph, and all our award winners. **2508**

Success at Werri Slash

By Scarborough Boardrider Ian Pepper

A busy month for Scarborough Boardriders with the Werri Slash teams event 1st May, Ocean & Earth Junior Regional Surfing Titles 8th May and nudie Boardriders Battle National Final on 15-16 May.

Firstly, this year's annual Werri Slash in Gerringong was a tag team event, with six different teams from four South Coast boardriding clubs competing for prizes and an overall winner. About 25 of our members competed against Werri, Culburra and Jones Beach and we won five of the six divisions: U14 girls, U14 boys, U20 Boys, Open Women and A grade team (3 x open men, 1 x women and 1 x over 35). We also won the overall trophy for the event. Well done, team!

Next, well done to all Scarborough groms who took part in the regional surf titles at Bellambi Harbour. Jesse Fitzgibbons, Mannix Squiers and Zahlia Short won their age divisions, and Anna Chamberlain, Shyla Short, Oscar Hargreaves, Kye Kulmar, Macey Jolley and Ashton Mekisic all made the finals. Best of luck in the state titles.

Finally, after winning our region in the Australian Boardriders Battle Regional Qualifier in



October 2020, our team travelled to Newcastle, along with 23 other teams from across the country, to compete in the national finals. The event was held over two days with the final tag event on the Sunday when the surf was double plus overhead, testing the abilities of most surfers. In the end we finished equal 17th overall.

Congratulations to our surfers who worked well as a team and put their heart and soul into doing their best for the club. **2508**

Follow @scarboroughboardriders on Instagram

Sea Wolves hunt down success at Terrigal

By Katherine Simms



The IRB team.
Photos: Anthony
Ashley



The Helensburgh-Stanwell Park SLSC IRB racing team have aptly named themselves the 'Sea Wolves'. Wolves are strongest when working together in a pack and we proved this at the State races in Terrigal recently by making it into five grand final races for the first time in our short history.

We were stoked to make it into the finals and very happy to take out a nail-biting 2nd place in the Rookie Mass Rescue, 6th place in the 35+ Mass Rescue and 6th place in the 35+ teams' events. Unfortunately, due to some small mishaps, we were disqualified in the Male Open Tube Rescue and 45+ Teams events.

These IRB races are conducted up and down the NSW coastline and are fiercely contested, high-adrenalin events. Every member of the team is essential: they need to trust each other and work together in a fast-paced and cohesive manner to achieve success.

Not so long ago our team consisted of four members and one rather sluggish, heavy and old boat. Thanks to the support of the club, local community, our sponsors – Webbers Carpets and Helensburgh Hotel – and the organisation and enthusiasm of our team leaders, we now have 17 team members, including 13 competitors, two officials, two managers and two new boats with very well-looked-after motors.

On top of this, we have one the competition's best-looking team logos on our wetsuits and team uniforms; our team is a mix of ages and genders (although we are always happy to have more women!); and we compete in a range of categories at these events.

It's not just about racing either. All team members are involved in the maintenance of the boats and motors, learning and practising their racing skills, and in the planning of team races.

Great mentoring from team leaders means the younger members are increasing their skills and knowledge of racing and water safety while on Surf Life Saving patrols. Most members are also part of the Emergency Call Out Team. As you can see, it takes dedication, fitness and a 'can do' attitude to be a Sea Wolf.

If you are interested in learning more about IRB racing, please contact Anthony Ashley at powercraft@stanwellparksurfclub.com.au. **2508**

Follow the club on Instagram @hspslsc and the Wolves @seawolvesirbteam



Get to grips with Brazilian Jiu Jitsu

A local school offers a chance to learn the world's fastest growing martial art.

The first Helensburgh Brazilian Jiu Jitsu (BJJ) school was established in 2018 by local resident and current coach, Ivan Brown.

Ivan has over 25 years' experience in training and competing in multiple martial arts including Tae Kwon Do, Japanese Jiu Jitsu and BJJ.

The school (now located in Stanwell Park) is part of the larger Life BJJ team, which has schools in Taren Point and Fairy Meadow.

Life BJJ's head instructor is Bernardo Magalhaes, who is a multiple black belt champion in BJJ and former Ultimate Fighting Championship (UFC) fighter.

Below, Ivan answers some questions.

What is Brazilian Jiu Jitsu?

BJJ is the world's fastest growing martial art. It was developed over centuries in feudal Japan until it made its way to Brazil via Japanese colonists. It was in Brazil that it was introduced to the Gracie family who refined the style and demonstrated its effectiveness in the early UFC tournaments, resoundingly defeating all other martial art styles.

What makes BJJ unique and effective?

BJJ does not rely on techniques like punching/kicking, rather it is predominately a grappling art. Most significantly, this allowed the early pioneers of BJJ to innovate a way to practise against resisting opponents safely and routinely. BJJ sparring simulates a real self-defence situation and is reinforced by a vibrant competition scene. This ensures that

students are demonstrably competent under pressure, which is highlighted by the fact that it usually takes over a decade to receive a black belt.

Who can do it and when can I start?

BJJ is for everyone and was designed to be reliant on leverage, which means size and strength are not prerequisites. The Stanwell Park school operates most nights for adults and kids (10-15 years). The timetable is available at www.lifebjj.com and enquiries can be made via Facebook or by contacting 0402 592 470. **2508**

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Port Kembla Tidal Chart

June 2021

TIME	M	TIME	M	TIME	M	TIME	M
1 0032 1.73 0742 0.39 TU 1353 1.26 1909 0.77		10 0224 0.46 0814 1.28 TH 1342 0.60 ● 2017 1.77		19 0224 1.53 0906 0.41 SA 1533 1.45 2130 0.67		28 0522 0.24 1124 1.30 MO 1646 0.61 2314 1.83	
2 0132 1.61 0836 0.45 WE 1453 1.29 ● 2018 0.79		11 0302 0.43 0855 1.26 FR 1417 0.62 2053 1.79		20 0330 1.49 0956 0.40 SU 1627 1.58 2241 0.57		29 0612 0.32 1217 1.29 TU 1740 0.66	
3 0233 1.51 0925 0.49 TH 1547 1.34 2129 0.78		12 0341 0.42 0937 1.25 SA 1455 0.64 2130 1.78		21 0435 1.46 1045 0.39 MO 1718 1.72 2347 0.46		30 0003 1.69 0700 0.40 WE 1311 1.29 1837 0.72	
4 0333 1.43 1009 0.51 FR 1635 1.41 2235 0.75		13 0421 0.42 1019 1.23 SU 1535 0.67 2209 1.76		22 0539 1.44 1134 0.40 TU 1810 1.85			
5 0429 1.38 1048 0.52 SA 1718 1.48 2332 0.69		14 0503 0.43 1104 1.22 MO 1619 0.69 2250 1.72		23 0049 0.34 0641 1.42 WE 1224 0.41 1900 1.95			
6 0519 1.34 1125 0.53 SU 1758 1.56		15 0548 0.44 1153 1.21 TU 1707 0.72 2335 1.68		24 0147 0.24 0740 1.40 TH 1315 0.44 1952 2.02			
7 0022 0.63 0605 1.32 MO 1200 0.54 1833 1.63		16 0636 0.45 1245 1.23 WE 1802 0.74		25 0243 0.18 0838 1.37 FR 1407 0.47 ○ 2044 2.05			
8 0105 0.56 0649 1.30 TU 1233 0.55 1908 1.69		17 0025 1.63 0726 0.44 TH 1342 1.27 1905 0.75		26 0337 0.16 0935 1.35 SA 1500 0.51 2134 2.02			
9 0145 0.51 0731 1.29 WE 1307 0.57 1943 1.74		18 0121 1.57 0816 0.43 FR 1438 1.35 ● 2015 0.73		27 0430 0.19 1030 1.32 SU 1553 0.55 2225 1.94			

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HEIGHTS OF HIGH
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MOON PHASE SYMBOLS New Moon ● First Quarter ◐ Full Moon ○ Last Quarter ◑

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Golf news

Tradies Social Golf

Barry Thompson reports

The weather was a wee coolish, but not so Ken Sandridge who ran hot to take the event with a 63 card. Garry Overton claimed the silver with a 66, and Craig Murphy took bronze with 67.

John Towns won the Helensburgh Driving Range voucher, and Sparrow King and I won our match play rounds.

We welcomed visitors Nathen and Danny Gonzales, along with Lenny Edwards. Hope you blokes enjoyed the day – we look forward to seeing you again.

Rod Vaughan soldiered on after pulling a hamstring and struggled to a 75 and my sparring partner Terry Maney was limping with a lingering leg injury so I will leave him alone this month. Blimey, I didn't know golf could be so rugged!

Prizes from Helensburgh Butchery, Gallardo's Pizzeria and Helensburgh Driving Range are greatly appreciated and add spice to our tournaments. Please support these sponsors.

Full results of what was our first championship tournament will be posted on our Facebook page.

Our next Boomerang outing is on Saturday, June 19th. We Tee off at 7.30am and will play an individual Stableford event.

Musing: How do the flax clumps on the 12th always manage to grab my golf ball?

If you enjoy golf and would like to join us, ring Mick Carroll on 0414 734 353 for details. **2508**

Helensburgh Sunday Social Golf Club

Robert 'Indy' Jones reports

Brett Carrazo claimed the Joe Doherty Mug on May 2nd, compiling 36 points from Luke Hatcher with 35 points, and Greg Herbert claimed 3rd on a count back, amassing 34 points.

Out on the fairways, eight members won the on-course prizes, whilst the 2nd round of HSSGC match play for 2021 saw Rob Jones 4&2 over Chris Emmett, Greg Herbert 2&1 nudged Daniel Gersback, Luke Hatcher defeated Tony English 3&2, Mark O'Connor overcame the local Peter Gardner 2&1, and the last pair, Jose Hernandez vs Bruce Gersback, had Jose easing to a 4&3 win.

Members are coming to terms with our new venue and the handicapper is sharpening his pencil as scores come down.

Keep an eye on our reports here at 2508 and via emails.

Contact Tony on 0418 863 100 for membership information, secure your spot on game day and join an expanding group of golfers enjoying the outdoors and good company.

Thanks to our sponsors – Christian's Premium Meats and the Helensburgh Golf Range – and other local businesses that support the local community.

Our next events are to be held on June 6th followed by the HSSGC championships to be held on July 4th, August 1st and August 15th.

Indy signing off: What is a golfer's worst nightmare? The Bogeyman. **2508**



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