DECEMBER 2021 www.southcoaster.com.au

FREE

5.ETTA

Roadmap to summer Austi couple share tale of adventure

Coast news

Clifton / Scarborough / Wombarra / Coledale / Austinmer / Thirroul / Bulli

Meet Our Contributors



Ian Brown is currently Vice President of the Illawarra Association for the Visual Arts (IAVA). Living and creating in Thirroul (@

ianbrownthirroul) Ian is a successful contemporary painter and more recently has been delving into printmaking with Japanese traditions. Retired from University of Wollongong (UOW), Ian has more time to explore his creative pursuits. He is an Honorary Professor within the School of Education and Fellow of UOW.



Meredith Schofield is an

Australian-Estonian photographer, author and educator based in Austinmer. Specialising in landscape, travel and documentary photography,

her passion is in capturing images that evoke a response – visually, emotionally, intellectually or otherwise. Meredith's passion for raising awareness of social issues through the power of storytelling has ensured long relationships with community groups, government bodies and international NGOs. She has worked closely on campaigns such as International Women's Day, Mardi Gras, Indefinite Despair (The Nauru Report), Yabun and more. Her debut book *Around Australia at 80ks* was released in September 2021. Visit www.meredithschofield.com, @soundzlikemez



Dr Helen Maclean is a general practitioner at Bulli Medical Practice with specialist interests in women's health, antenatal care, paediatrics and mental health. Helen completed her

medical degree at the University of NSW in 2006. She worked at Wollongong Hospital prior to completing her general practice training and gaining her fellowship to the RACGP in 2013. Prior to her medical studies, Helen completed a Bachelor of Science, Majoring in Psychology. She incorporates this expertise into general practice and cares for many patients with anxiety, depression, eating disorders and gender issues.



Helen Wilson is a bushwalker who particularly loves our rainforest. She is secretary of the Illawarra branch of the National Parks Association and a member of the Illawarra Escarpment

Alliance. Both organisations participate in the NPWS Advisory Group on Mountain Biking. Contact info@illawarraescarpment.org

ACKNOWLEDGEMENT: The publishers acknowledge Aboriginal and Torres Strait Islander Peoples and their cultural and spiritual connection to this land. Their stories are written in the land and hold great significance to Aboriginal and Torres Strait Islander peoples, from the mountains to the sea.

Changes ahead

For many local small business owners, 2021 has been the toughest year so far. And that's also true for the team behind *2515 Coast News* magazine.

That our community news mag has continued to publish every month through two gruelling years of Covid – years in which News Ltd shut down more than 100 newspapers around the country – is something of a small, independent miracle.

But another serious Covid-related challenge has emerged: a paper price crisis.

Driven by a perfect storm of circumstances, from supply shortages to shipping costs to import taxes, the cost of paper is set to soar in December, increasing by up to 40%.

For some, it will be the breaking point.

For us, the solution has to be change on multiple fronts, not simply a hike in advertising rates. To make this community news service sustainable, instead of writing about other people's Covid pivots, we will have to perform one ourselves. So next month, please look out for 2515 Coast News reinvented.

Luckily, being journalists who began our careers in a time before the internet, we're experienced pivoters. But we'd love to hear your thoughts. Write to us at editor@2515mag.com.au if you'd like to have a say in the future of local news.

Change will come, but our high-quality content will stay, and we'll still deliver monthly to more than 10,000 letterboxes, from Waterfall to Bulli.

Have a safe and merry Christmas. See you all in 2022.

Happy reading,

Gen and Marcus, the editors



NEXT DEADLINE Dec 10 for the Jan edition

EDITORS Gen Swart, Marcus Craft

CONTACT editor@2515mag.com.au. Ph: 0432 612 168 **11 10** 2515mag. PO Box 248, Helensburgh, 2508.

ADVERTISING www.southcoaster.com.au | T&Cs apply. NEXT DEADLINE December 10, 2021

COVER Etta the Kombi, Bandit the dog, Sean and Meredith who travelled 'Around Australia at 80ks'

2515 is published by The Word Bureau, ABN 31 692 723 477.

DISCLAIMER: All content and images remain the property of *2515 Coast News* unless otherwise supplied. No part of this magazine may be reproduced without written permission. Views expressed do not reflect those of the publishers.

Mel Schott Long Time Local Great Local Service

Mel's caring nature has been recognised by landlords and tenants alike. A true professional with empathy for her clients.

If you would like to discuss the management of your most important asset, call Mel on 0400 831 507.



Shop 11, 345 Lawrence Hargrave Drive, Thirroul 4211 5811

www.oneagencythirroul.com.au

Your Jewel in Thirroul!

Christmas Celebrations!

CHRISTMAS HAM RAFFLES

> Fridays 3, 10 & 17 December

Tickets on sale at **5pm.** Drawn at **7pm.**

40 hams up for grabs!



Sunday 19 December

Tickets on sale at **3pm**. Drawn at **5pm**

Another 40 Hams up for grabs!



Sunday 5 December.

Tickets on sale at **3pm**. Drawn at **5pm**.

Book your Barefoot Bowls Christmas party today!

Call 4267 1148

\$10,000 MAJOR PRIZE DRAW

Rescheduled to Sunday 12 December at 3pm.

JOIN UNTIL 6 DECEMBER TO GAIN ENTRY TICKETS.

WIN Cash, Visa Cards and Holiday Accommodation.

M°CAULEY'S SUMMER SENSATIONS \$15 FOOD AND BEVERAGE SPECIALS

- AUSSIE FAVOURITE BEEF BURGER
- CHICKEN 'TROPPO' PARMI
- CHICKEN CAESAR SALAD



Choose a schooner of house beer or a glass of house wine or soft drink to go with your meal. (Conditions apply).

SUNDAY SESSIONS

Back from 1pm-4pm in the lounge!

CLUB THIRROUL. 2B STATION STREET. PH: 02 4267 1148 www.clubthirroul.com.au



In Thirroul and Helensburgh, Iris Huizinga found two very popular figures.



The 'Real Santa' of Thirroul

Steven Valentine began his Santa journey 25 years ago and is now branching out as the jolly red man for the community of Thirroul. Steven has a deep baritone voice, and for this interview he stayed in character most of the time. He spoke of how hot it is in Australia, about living at the North Pole, and also informed us he wears his Santa suit morning, noon and night. There were a lot of little ones around. This might have influenced his answers.

Do you see yourself as a Santa Claus?

Steven: I'm at Tahnee Social, where the real Santa is. My name is Steven Valentine and I'm 65. I have been performing the Santa role for family and friends for many years. I was a surfing Santa in thongs and once I was the wake-up-Santa-becausehe-has-missed-Christmas Santa, where I was pretending to be sound asleep in the bedroom and kids had to wake me up. I was fully dressed in my Santa suit, of course.

Do you ask a child if they've been naughty?

Steven: There are no naughty children.

How do children react to you?

Steven: Children have asked me how I keep my beard so white. I tell them I put it in the washing machine. Or they want me to bring a motorbike to them and I say to them, how am I going to fit the motorbike in the sack? And down the chimney?

Tips for other Santas?

Be friendly and nice. For the photos: I can't smile because you can't see my face. So I just do the eyes.

Check out @thirroulsantaphotos on Instagram.

'To be Santa you have to be yourself'

Helensburgh's Peter Burke volunteers at the surf club in Stanwell Park. This year is his fourth Christmas in the red-and-white "uniform".

Do you see yourself as a Santa Claus?

Peter: No. I am the smallest skinniest Santa you've ever seen, but nothing that a pillow can't fix. A lot of pillows.

How do children react to you?

Peter: You get some funny reactions. Once a young girl came up to me: "Santa, this is not for me, but this is for my dad. He needs a caravan. Can you get him a caravan?" And I go: "Uh, I'll see what I can do."

Do you ask children if they've been naughty?

Peter: I never ask them that. I'm assuming they're all good. The kids usually come with their list of presents. It's fun. It keeps you on your toes too as I'm not always up to date with what the toy actually is. Except the one time, when a little boy wanted a war tank. War history is a hobby of mine. So we had a whole conversation. He wanted a [old Soviet tank] T-35. I suggested the T-62. We had a little discussion while everybody else was queuing up. In the end someone said: "The kid wants a tank, just get the kid a tank. Let's move on."

Do you have any tips for first time Santas?

Peter: Just be yourself. To be Santa you have to be yourself. And stay on your toes because you get some strange questions. I received a letter [about an advent calendar] in which a boy asked: "Dear Santa, did you eat my 25th Chocolate?" **2515**





\$2,000 Cash + Four Tickets



Open an account to be in the draw to win! Open an account online* horizonbank.com.au or in branch

Conditions of the competition are available in-branch or at horizonbank.com.au. Competition starts 8 November 2021. Ends 16 December 2021. Horizon Credit Union Ltd ABN 66 087 650 173 AFSL and Australian Credit Licence Number 240573 trading as Horizon Bank. A Product Disclosure Statement (PDS) is available from any Horizon branch or our website. You should consider the relevant PDS in deciding whether to buy or hold the products.* Online account opening available to Australian residents over 18 years old.



We Believe!

Horizon Bank

The bank that makes you smile

Thirroul - 277A Lawrence Hargrave Dr 🛈 4224 7730

Make merry

Gifts, games and a wholefood treat – that's Christmas Day sorted!

For the Cook

During lockdown Illawarra artist Jaqueline Burgess found creative ideas in nature. The vivid colours of the Australian landscape have inspired her new 2022 textile range of tablecloths, aprons and tea towels. Jaqueline's new textiles have been printed on 100% Australian cotton and feature eucalypts, coastal foliage and the stunning flowers of a coral gum, as well as playful depictions of beach days. Find her work at the Sketch cafes in Coledale and Towradgi, or www.jaquelineburgess.com

For the Toasts

Our local orchard makes some of the best cider in the world! That's official – at the 2021 World Cider Awards, Glenbernie won gold medals for Darkes Howler Cider and Darkes Perry, a silver for their Dry Cider and capped it off with the title of 'World's Best Sparkling Perry'. Shop online with free local delivery at www.darkes.com.au/

For the Driver

Treat your car to a makeover with Mothers Scratch Remover, \$27, limited stock at Switched On Mechanical & Switched On Tyres, Unit 10, 21 Cemetery Road, Helensburgh, www. switchedonmechanical.com.au

For the Kids

Try Finska, the Finnish log-throwing game (\$75 at Thirroul Collective), or the new Wollongong Monopoly board game. This features Symbio Wildlife Park and Sea Cliff Bridge in the prestigious Dark Blue spots (\$59.99 at toy stores). **2515**





Treat time

By Stephanie Meades, functional nutritionist at Thirroul's Life Wellness Co.

This is by far the most requested Christmas recipe in our wholefood catalogue. Every year we receive countless requests to publish this recipe as it is such a winner for young and old.

What I love most about this wholefood version of White Christmas is that it is full of healthy nuts, coconut and goji berries which leaves you feeling joyously satisfied and your blood sugar levels stable compared to consuming copious amounts of icing sugar, rice bubbles and candy which can lead to the dreaded blood sugar dive so common on Christmas Day. Give it a try, we guarantee you won't be disappointed.

Wholefood White Xmas

Makes 20 mini muffins

Ingredients:

²/₃ cup almonds
¹/₃ cup macadamia nuts
1 cup pistachio nuts (shelled)
1 cup shredded coconut
1/₃ cup goji berries
200g coconut oil (melted)
250g organic white chocolate
2 tsp vanilla extract

Method:

1. Line a square cake tin with baking paper and set aside.

2. Mix all the dry ingredients together in a large mixing bowl.

Melt the white chocolate over low heat on the stove until smooth and creamy and then pour over the dry ingredients.

4. Add melted coconut oil and vanilla extract to the bowl and mix well to combine.

5. Spoon the mixture into the cake tin and press down firmly with the back of a spoon to ensure even distribution of mixture.

6. Pop in the freezer to set.

7. Once set, cut roughly into bite-size pieces. Enjoy! 2515



The write stuff

Curl up with coffee and a good book!

Explore local history

Delve into the past thanks to the series of local histories published by Helensburgh and District Historical Society. Two new titles are *The Decade After World War II*, by society vice-president Dr Lorraine Jones and *Timber Rolled Out and Money Rolled In: The Story of James Foster*, by Pam Hesse and Janet Lee. Booklets \$15 each (plus postage), shop at www.historichelensburgh. org.au or ring Jan on 0418 681 384.

Find gifts for everyone

Collins Booksellers Thirroul has a vast array of books, stationery, and gifts for all ages and price ranges. Just arrived is a selection of new and exciting games, as well as the latest releases in every genre. The staff always pay special attention to the Children's Section – ask them for help to find exactly what you need.

Support the Writers Centre

The South Coast Writers Centre has a curated anthology of creative writing by local South Coast writers coming out soon, and they love the design so much they just had to put it everywhere! Buy Christmas presents for your writerly friends, or get yourself the perfect coffee mug with gorgeous art, then come to the anthology launch in January. Find out more from southcoastwriters.org

Discover the South Coaster set

During the depths of lockdown, the publishers at 2515 and the makers at Lulu Ceramics came up with a creative collaboration. So, just in time for summer, comes the *South Coaster* guidebook and cup set.

Lulu Ceramics is a small family business based in Helensburgh. The talented makers are Lucy Lee and Rod Armistead, a husband-and-wife team who use hand-building and wheel-thrown techniques to create sculptural forms and functional items (look out for their regular stall at Coledale Markets).

Inspired by the colour of ocean rockpools, Lucy and Rod delivered beautiful *South Coaster* cups to complement the insiders' guide to our beautiful backyard.

Published by the 2515 team, and covering the region from the Royal National Park to Eden itself, the *South Coaster* is illustrated by fabulous photography, fine art and unique watercolour village maps. All the writers – 2515 readers will recognise many regulars – are experts in their field, generously sharing their local knowledge so you can explore all the best places to bush walk, trail run, swim, surf, snorkel, paddleboard, cycle, watch whales, pick fresh fruit and go hanggliding!

The *South Coaster* guidebook represents the 'best of' stories published over the past decade in *2508 District News* and *2515 Coast News*, and all proceeds will go back into producing independent local news. The set is \$50, with free local delivery, go to www.southcoaster.com.au/shop **2515**





Lights and letters

Write to Santa: Santa loves to read and is a good friend to the library, so this year the librarians have agreed to gather letters to Santa from all the lovely children of Thirroul. The library will be accepting Santa letters from November 15. Letters will be passed onto Santa and even though he is busy, he will do his best to reply to everyone. – Thirroul library staff

See the lights: Start in the north and check out the amazing display at 48 Parkes St, Helensburgh, then plan your drive by checking out the action in the "Christmas Light Displays in the Illawarra" Facebook group. **2515**



Christmas past

Librarian Jo Oliver shared this vision of Christmas time in 1960 at Austinmer Beach: Austinmer.

Coledale and Thirroul beach. Austimitel, Coledale and Thirroul beaches all used to have camping grounds. These would be booked out over the Christmas New Year period and the foreshores were covered with wall-to-wall tents. In the early 1980s the camping areas were changed to day-use only. There were protests by campers and the community at Coledale and the camping area was retained and is operated by Coledale Surf Club. **2515**

What's on

3-4 DEC Helensburgh Girl Guides Christmas Tree

Sale Buy a real tree on Friday, 3 December (2-8.30pm) and Saturday, 4th (8am until sold out). 6ft trees from \$75, cash only. Helensburgh Girl Guides Hall, 4 Chippendale Place.

4 DEC Wollongong City Council Elections Voting is compulsory if you live in the Wollongong Local Government Area. Pre-poll voting will be from 22 Nov to 3 Dec. Voting is for Lord Mayor and the 4 Councillors for Ward 1. Visit elections.nsw.gov.au

4 DEC Biker's Toy Run The Toy Run features a convoy of riders from motorcycle clubs of the Illawarra who round up and deliver gift donations as they ride from Shellharbour to Crown Street Mall Wollongong. Donate gifts for kids to the City of Wollongong Giving Tree until Dec 4, or give online via Vinnies and Anglicare. More info on Council's 'Christmas in Wollongong' web page.

8-9 DEC Timbermill Extravaganza Open studio weekend showcasing the resident artists' works, free, 10am-5pm at Bulli's Timbermill Studios

12 DEC Austi Village Carols in the Carpark This year, due to Covid, Austi Anglican Church is having Carols in the Carpark (from 6pm, 49 Moore St) rather than by the Sea. They hope to be back on the beach for Carols by the Sea in 2022.

14 DEC Gingerbread Fun 4-5.30pm. Get your family together and have some Christmassy gingerbread fun at Thirroul Library. Bookings essential via Eventbrite. The library is open to fully vaccinated community members. Regular programs are unavailable but will resume in the new year.

16 DEC Need a Feed Christmas Party Each year this awesome local charity holds a party for people in need of food and connection. 9-11am, at McCabe Park. Want to help? Email shaz@needafeed.org

18 DEC WorkLife Coledale Christmas Market 10am-4pm, with everything from wreaths to ceramics, fine jewellery and local artisan wares.

18 DEC Santa Fire Truck Run Courtesy of Station 325 Fire + Rescue NSW, Santa will be riding around in his big red truck, delivering lollies to children lining the streets of Helensburgh and Stanwell Tops, follow @2508mag for route details

18 DEC Combined Carols in the Burgh 6-9pm, carols start from 7.30pm at Helensburgh park, corner Park Ave and Blackwell St (behind Tradies).

22 DEC Xmas Twilight Market 2-8pm, find unique gifts, art and craft in the grounds of Coledale Public School, 699 Lawrence Hargrave Drive. **2515**





LUNCH 7 days 12pm - 3pm DINNER Sunday - Wednesday 5pm - 8pm Thursday - Saturday 5pm - 8:30pm



30 Boomerang Street | 02 4294 1122 | tradies.com.au

'As soon as Halloween is over, my tree is up!'

Iris Huizinga takes decorating advice from a professional

Kristy Theodore has turned her passion for decorating Christmas trees into a full-time job as a Christmas tree stylist.

I met the enthusiastic decorator at Tahnee Social in Thirroul, where she had just put the finishing touches on a splendid tree. Kristy describes herself as "Christmas-obsessed": Each room in her Campbelltown house has a Christmas tree. The living room and the lounge room have the big ones, and the children each have a tree in their room. Kristy's youngest child has a pink version with unicorns and ballerinas.

When do you start decorating?

Kristy: As soon as Halloween is over, my tree is up. Once I have the tree up, I can start shopping. If I see anything, I can just add it onto the tree.

My main tree has the traditional colours, a very buffalo-check, USA-inspired tree. The tree in my dining area has a snow Wonderland theme. It's very Arctic. It has woodland animals everywhere. My kids love it.

For this tree [at Tahnee social] I picked out these gold-like ornaments, because it matches the gorgeous vintage couch. I wanted that old gold to pop through in sections of the tree. For the rest of the tree I stuck with whites and champagne.

It's important to have a lot of different texture. So we've got our fur, glass, plastic, chrome, glitter, pearls. A lot of texture creates a lot of interest in a tree.

What kind of tree do you recommend, artificial or real?

Kristy: Definitely artificial. With an artificial tree, once it's up, it's up. It will not drop any leaves. You can manoeuvre the branches and you can fluff an artificial tree. When a tree is fresh, the pine smell is amazing but after a while the branches on the inside start to rot away. You can't keep it up as long.

How do you fluff a tree?

Kristy: Fluffing it up means you're spreading each branch in pretty much all different directions to make it look as full and fluffy as possible. That way it looks more luxurious, not as cheap. These trees don't have to be super expensive. They can be cheap trees, but the way you fluff them will make them look nice and full.

What are the trends for Christmas trees this year?

Kristy: I'm doing a few rose blush trees this year, so

am excited about them. Traditional is coming back. For a while everyone was really obsessed with the champagnes, the whites and the rose gold. There's also a theme called peppermint Christmas, which is red and white on a completely snowflake tree, which is gorgeous. It has candy canes and big lollipops, a lot of red and white stripes.

What do you do with all the kids arts and crafts that don't match the theme?

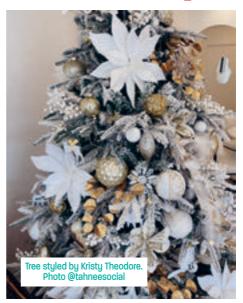
Kristy: My kids want to put them at the front of the tree, but I put them at the back. I ask people if they want to see the kids ornaments and take them to the back of the tree. My kids understand, they know that mum is Christmas crazy.

With a family, it's important to make the tree look fun. So in my house, I've added many stuffed animals that aren't even real ornaments.

Kids can make things out of wood or leaves and you can incorporate that into a Woodland theme. Or use clear plastic baubles and let them fill it up with whatever they want.

If you have small children or pets, there are little picket fences available to put around the tree. They act like a barrier and are actually really cute. **2515**

Find Kristy on Instagram: @Thechristmasedit_





"We are so grateful for your ongoing support throughout 2021" Thank you for shopping locally.



MERRY CHRISTMAS + HAPPY NEW YEAR FROM US TO YOU !

LOCAL BUSINESS AWARDS 2020 WINNER & 2021 FINALIST

www.thirroulcollective.com.au

0499 977 993

IAVA turns 10

By Ian Brown



The Illawarra Association for the Visual Arts (IAVA) is celebrating its 10-year anniversary with a members exhibition at the beautiful and historic Clifton School of Arts (CSA) from December 7-19.

The celebration should have happened last year but like many other creative industries IAVA had to put events on hold until it was Covid safe.

There will be nearly 30 members involved in the exhibition, titled *TEN*. IAVA artists are a diverse group from across the Illawarra and represent all the 2D and 3D art forms, including painting, printmaking and sculpture.

Ten years ago a small group of artists met in Wollongong to create a new umbrella organisation, hoping it would provide artists with an association that would encourage networking and provide support for artists working within similar genres. The real catalyst that brought these artists together was their love and practice of the contemporary arts. They soon realised there was a need for an organisation catering for the needs of practising, professional contemporary artists in the region.

An association was born, originally called the Illawarra Contemporary Artists (ICA), with its first exhibition, held at Project Contemporary Artspace in 2011, called *Line of Sight*.

What has evolved from those humble beginnings is now a group of 47 artists, who have both national and international standing, producing a high standard of contemporary art. IAVA has had regular group shows, including the *Out of the Illawarra* exhibition in 2017 at the Fountain Court Gallery at Parliament House, Sydney and the Belconnen Arts Centre, Canberra, and the *View from the Coast* exhibition at Bowral Art Gallery.

Currently, the *LORE* exhibition is on until 5 December at Wollongong Art Gallery, where nine IAVA members have explored the concept of lore, stories of old. This show is truly contemporary, creating sensory engagement for the viewers.

When visiting the IAVA website, you will find the tag "cultivating and promoting outstanding contemporary visual art". The upcoming *TEN* exhibition will truly highlight this philosophy.

IAVA is thrilled to be exhibiting at the CSA, which has become a northern suburbs cultural hub. The show will be an ideal opportunity to view and acquire local artworks before Christmas. **2515**

TEN is on 7-19 December at Clifton School of Arts, open Tues to Sun 10am-4pm. Visit www.iavacontempart.org





OUR DOCTORS:

- Dr Cindy Htet (Mon, Tues, Friday)
- Dr Martin Gellatley (Mon, Tues, Friday)
- Dr Meng Chen (Thursday)
- Dr Sally Mon (Monday-Friday)
- Dr Taras Kusyk (Mon, Wed, Friday)
- Dr Victor Koleda (Fri, Sat, Sun) Starting January 2022
- Dr Akash Thakkar (Tues, Thursday)
- Dietitian Rachel Watson (Friday)

SERVICES INCLUDE:

- Onsite Pathology (Mon-Fri 8-12pm)
- 24hr Holter Monitor & 24hr BP Monitor
- Laser Hair Removal (Thursday)
- Cosmetic Procedures
- Full Skin Check & Skin Cancer Treatment
- Covid-19 Assessment Clinic
- Health Assessments

Welcome to the team

Dr Sally Mon

has a variety of experience in both emergency and general practice settings. She is a fellow of the Royal Australian College of General Practitioners (RACGP). She also has a certificate from Sydney Child Health Program. She is particularly interested in women's and children's health.

Dr Taras Kusyk

is currently extending his skills in skin cancer medicine. He worked for many years at St George Hospital, Wollongong Hospital and Sutherland Hospital as a surgical registrar before ioining the general practice. His main interests are preventive medicine. dermatology/skin cancer and mental health.

Dr Akash Thakkar

graduated with an MBBS from the University of Western Sydney in 2012 and is a fellow of the Royal Australian College of General Practitioners. He enjoys all aspects of general practice, and has completed a Diploma in Dermatology, and a Professional Certificate in Skin Cancer and Aesthetic Medicine.

Dr Victor Koleda

is a Sydney University graduate. He is an experienced GP who has worked in Australia and the UK. He is interested in general medicine, chronic disease management and women's health. He will start working four days a week from January 2022.



Book your appointment via www.psgp.com.au or phone 4294 1400 | 129 Parkes St, Helensburgh



Visit our street library

By author Dianne Ellis of Wigram Road, Austinmer

Our street library is much more than a street library – it's a community hub.

For some time, my husband John and I had been talking about having a street library out the front of their house. We wanted a library that was large enough to hold a decent number of books and one that blended in with the character of our home.

During lockdown, being an avid reader and passionate children's book writer, I exchanged lots

of good reads with neighbours. I'm sure this helped spark the idea that now would be the best time to build that street library.

John agreed and, being the handyman that he is, the project started to take shape when he came across an old paling fence being pulled down around the corner. The library box was built within a week, designed as a mini-replica of our home. John went to great lengths to weatherproof it, which has proved worthwhile given our recent inclement weather. It even boasts a hand sanitiser.

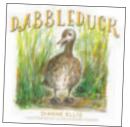
Importantly, the street library is being used. I love seeing people use our library. It is a talking

point that has led to many conversations with interesting people in our community. You're all invited to come and share in our street library and, if John and I are out the front, stop for a chat.

Lockdown also gave me the chance to concentrate on my first children's novel. I've previously published five picture books and I can't wait for my first junior

fiction novel, titled *Wingdom*, to be launched in the first half of 2022. **2515**

Look out for Dianne's next picture book titled *Dabbleduck*, hopefully on bookstore shelves before the end of this year. Other titles can be viewed on www.diannellisbooks.com



Uniting to promote understanding

By Cristina Sacco at SCARF

SCARF and MCCI have pooled their expertise to provide a greater variety of cultural training programs aimed at increasing cultural understanding in education institutions, the aged care sector and businesses in NSW and ACT.

"Working together enables us to combine the best of two organisations, build on years of experience and bring together knowledge and people to enhance and sharpen our cultural training," says MCCI's Zeljka, who is looking forward to the first joint training session at the end of the month for psychologists and counsellors at Family Services Australia.

"Our shared goal is to broaden cultural capacity skills of workplaces, schools and businesses, and it makes perfect sense to expand the cohort of organisations and communities we are working with," says Sophie-May, who is responsible for SCARF diversity and inclusion training.

Whereas MCCI has broad experience in increasing cultural awareness in the aged care

sector, SCARF has delivered cultural training also in educational institutions and work closely with local presenters from refugee backgrounds.

"The lived refugee experience has always been at the forefront of our cultural training. Working with diversity and inclusion co-facilitators from refugee backgrounds in Syria, Afghanistan, Burma/ Myanmar, Congo, among other places, makes the training more relevant and creates training and employment opportunities," says Sophie-May. **2515**



Let's get Real Estate

Meet your local real estate professional

Mattias Samuelsson is the owner & Director of Ray White Helensburgh. He has sold 50 properties during 2021 and holds the current record sale prices in 4 different suburbs including the highest ever sale in the Northern Illawarra.

What made you choose a career in Real Estate?

I grew up immersed in the real estate industry as my grandfather, Ken McCarthy, opened Helensburgh Real Estate back in 1972 and it was a prominent part of our family life. I've always naturally been drawn to people and when I first started in the industry 15 years ago, it just felt right. I took a break to travel the world, complete a business degree and explore other industries to get a better grounding, but real estate was always my passion. Since re-joining the industry in 2014 I have loved every minute of it... almost every minute.

What do you enjoy most about the industry?

There is a true sense of personal satisfaction in helping someone successfully navigate what is often a difficult and emotional event in their lives. I've had clients crying happy tears when I've helped them buy or sell their family home and people tell me that I've achieved something that will have a huge positive impact on their family's future. These moments mean more to me than anything.

What has been the key to your success in the industry?

The real estate industry has always had a negative image in the public eye and my goal since starting has been to change that perception. I believe that putting my client and the local community's needs before all else has helped me get to where I am today and achieve the record results that I have. 90% of the business I receive these days comes from referrals by very happy clients.

What advice would you give someone wanting to pursue a career in Real Estate?

Be prepared to make a lot of sacrifices. Most people looking in from the outside don't understand how demanding the real estate industry is and I've seen a lot of agents come and go during my time in this industry. You have to be 110% committed to really make it. I'm just lucky that I genuinely enjoy people and doing what I do every day, so this commitment has been a pleasure.

To contact Mattias Samuelsson call 0466 627 226

Give the magic of meerkats

By Symbio's Kevin Fallon



What do you buy for the child over eight who has everything? A Meerkat Experience, of course.

These cheeky characters – who originally hail from southern Africa's Kalahari Desert – soared to global superstar status thanks to the hit show *Meerkat Manor*, which showcased their amazing antics and diverse social life.

Our Meerkat Behind-The-Scenes Experience is one of the most popular at Symbio as it is very interactive – expect the meerkat family to climb all over you while you feed them by hand!

With Christmas just around the corner, there's no better way to make that special someone smile from ear to ear than getting them one of our behind-the-scenes experience here at Symbio.

You can also book Symbio Experiences with red pandas, dingoes, koalas and more!

Or buy an annual pass so you can pop in and meet our animals and enjoy our Splash Park and Adventure playground any time.

For more information, visit symbiozoo.com.au/ behind-the-scenes-animal-encounters/ 2515

Beetling About

With entomologist Dr Chris Reid

Christmas is coming and the goose is getting fat Please put a penny in the old man's hat If you haven't got a penny a ha'penny will do If you haven't got a ha'penny, God bless you

Yes, Christmas is coming. I used to sing that with my brother at the doors of our neighbours in Yorkshire. It seems like a million years ago in terms of the technological change that has happened since. The reason for this reminiscence is that I was recently asked by an eight-year-old for help with studying and collecting insects.

The most significant change since I was eight is the internet. It is the great leveller - information is available to everybody who has access to it, from the home. Back to that later. But to make a collection you still need the same sorts of materials that have been used for the last 200 years. A net, a killing jar or liquid (or a 'modern' invention, the freezer), some mounting boards, some good quality pins that don't rust, sealed boxes that keep insect pests out, a basic microscope or mounted strong lens, good quality paper for labels and a room with low humidity. The oldest insects curated like this in Australia are about 250 years old, in the Macleay Collection in Sydney University. So, if properly prepared, they keep well. Much as perfectly preserved flesh-eating beetles have been found in mummy wrappings in Egypt.

There are numerous sites on the internet

providing advice about insect collecting. For some reason, I like the one I was involved in making, so here it is: www.discoverlife.org/png/collecting_ insects.html. It was written for PNG students but works just as well for here.

But nowadays it is just as easy and useful to make an online collection of insect photographs, which experts from around the world can identify for you. The Chew family in Brisbane were pioneers in this field (www.brisbaneinsects.com) but such sites have to be set up individually and noticed. Now there is a worldwide forum for insect photographs and identification on iNaturalist.

I'm involved in a project on iNaturalist to record as many observations of Christmas Beetles as possible, so that we can start to get a handle on the decline of this beetle. This project is based on the Australian Museum's Christmas Beetle ID app (download it on the App Store or Google Play).

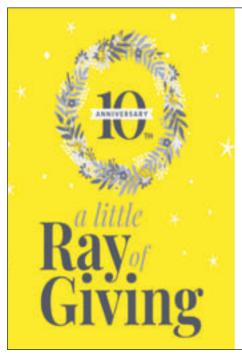
I invite you to contribute! Have a great holiday break. **2515**





9 Veno Street, Heathcote 2233 Phone: (02) 9548 2818 Open 7 days 9am to 5pm www.sydneywildflowernursery.com.au

FOR THE LARGEST RANGE OF AUSTRALIAN NATIVE PLANTS



Every child deserves to smile this Christmas

For most of us Christmas is a truly magical time of year, however for those families less fortunate it can be a time of stress and disappointment. Let's help those families and ensure no child has to go without a little bit of magic in their lives. To take part, drop a present that is suitable

for a child into **Ray White Helensburgh** before December 14th and we will ensure that it finds its way into the arms of a child who may otherwise go without.

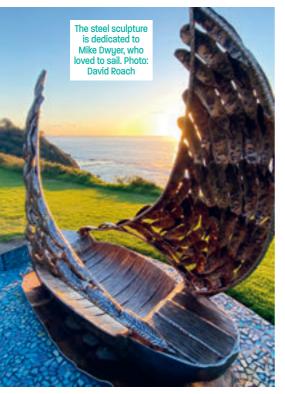
'We can't help everyone, but everyone can help someone'



raywhitehelensburgh.com.au

'Comradeship is a small miracle of a work'

By David Roach



Public art is tricky. It's almost impossible to please everyone. What the art critic considers cuttingedge, the public will see as an eyesore. Too abstract and the public can feel alienated, too literal or didactic and the work can be forgotten in a glance.

So how does a community commemorate a treasured citizen or significant event these days? In the past, we would erect statues in town squares. Over time many of these haughty monuments to forgotten dignitaries have become so emptied of meaning, they're virtually invisible. Time will do that. Time is also fast catching up with bronze confederate generals, dictators, colonists and slave traders.

Of course, there are countless public art works that are celebrated by critics and communities

alike: Antony Gormley's Angel of the North at Gateshead, Louis Bourgeois's Spider at the Tate Modern, Anish Kapoor's Cloud Gate in Chicago. But most of these works required such massive budgets that their scale often hints at statesanctioned hubris; look at us, look at what we can afford. Not many cities around the world manage to get it right. And small communities rarely do.

Across the road from Coledale hospital on a grassy patch above the sea not far from a busy coastal walk, is Comradeship.

In 2007, local sculptor, Didier Babez was approached by Dave Beswick and Cathy Bloch. A few years before, their long-time friend, Mike Dwyer had died at 52 after a long illness. Teacher, activist and union leader, Mike was widely loved in the community. He campaigned tirelessly for social justice and led a picket to save the hospital when it was threatened with closure.

Wollongong City Council had agreed to dedicate the little park to Mike. Dave and Cathy asked Didier whether he would construct a commemorative wooden sign.

Mike Dwyer loved to sail and Didier discovered that while he was dying, Mike, Dave and their friend Peter Wilson constructed a wooden boat together. Didier had the idea to turn this story of great friendship into a sculpture.

Comradeship is a whimsical, almost childlike work. Fashioned from recycled stainless steel, it's about the height of an adult. Approaching from the west with the ocean beyond, a silver dingy with two full sails appears to be making its way at a rakish angle across the water. The craft is being propelled impossibly by two winds, the sails are billowing in opposite directions. Didier said that he was inspired by stories of Mike, "He was everywhere at once."

As you get nearer, you observe that the sails are constructed of countless steel feathers, each hand made. Didier was thinking of the quill, the symbol of a scholar. But they could also be the wings of a dove or an angel. The ambiguities are important, the work contains just enough that's recognisable for anyone to feel some connection and enough that's abstract to become intrigued. To want to learn more. Which is when you read the story on the plaque.

I live nearby and often walk that coastal path. Over the years I have seen countless visitors to the area standing by the little boat wiping away a tear. Whatever it is, *Comradeship* is a small miracle of a work. It connects us to a heartfelt a story deeply imbedded in this place. The loss is still raw, the love of this man tangible.

This modest public artwork is nearly 15 years old now, but its power sails on, undiminished by time. **2515**





Backyard Zoology

With Amanda De George

Echidnas are weird. They're one of my very favourite animals and I'm very happy to have crossed paths with one at Darkes Forest on a recent bush walk. But, seriously, let's talk about their weirdness.

Firstly, they're solitary animals with large home ranges but no permanent address. They will use wombat and rabbit burrows to rest in, fallen logs, scrapes in the ground, piles of leaf litter next to tree trunks, just about anywhere to sleep.

They're Australia's most widespread native mammal, being found in deserts and snow fields and, yes, even Thirroul train station. Come winter though, up to 10 males will trail a female, one behind the other, forming breeding trains that can last for weeks as the individuals all forage and rest together until one male is successful in mating with the 'lucky' lady.

They have pouches, but they're not permanent pouches like, say, a kangaroo has. Instead, they have muscles in their abdomen that contract to make a pouch-like fold to hold the one, small, leathery egg that the female lays.

Even though the pouch isn't permanent, the female carries the egg for around 10 days and then the newly hatched puggle for approximately 50 days. And they feed their young milk, but they don't have teats. On either side of the pouch are milk patches that the newly hatched puggle suckles at.

And the babies are SERIOUSLY tiny. Renowned echidna researcher Dr Peggy Rismiller puts it this way: "Hold an Australian 5 cent coin in your hand and remember it takes eight newly hatched echidnas to weigh as much as the coin."

Go on, grab a coin, and, yes, it's the one with the echidna on the face. See? Tiny! These tiny animals go on to grow into incredible climbers, with animals sighted two metres up a tree; fabulous swimmers; and very strong animals, able to move large fallen logs and rocks and, as one wildlife carer discovered, even a fridge!

Now, if I haven't convinced you of their uniqueness, just google 'echidna penis' and I'll rest my case. Our encounter wasn't particularly weird though and instead consisted of us quietly watching as our spiky friend snuffled and dug for termites and ants, their favourite food, along with worms and beetles and other larvae. And it was brilliant. Every last minute.

I might have squealed loudly when I spotted it and held back a tear or two getting to spend so much time in its presence, but that's to be expected when you're face to face with Australia's most weird and definitely wonderful animal. **2515**

Visit www.backyardzoology.com





CIRCUS MONOXIDE IS BACK! AND WISHING YOU A Wonderful Festive Season.

Please check out our January School Holiday program and Term 1 2022 classes NOW ON SALE!

circusmonoxide.com.au



Elossa is a specialised gym for people aged 60+ focussing on functional fitness and muscle strength to improve quality of life.

Corrimal Studio Opening January 2022 www.elossafitness.com The Paddock opened at Glenbernie Orchard in November, Photos: Sasha Faint





Introducing... 'The Paddock' by Earth Walker & Co

Jo Fahey reports from Darkes Glenbernie Orchard

We are beyond excited to introduce you to our new partnership!

We have teamed up with Earth Walker & Co to bring you 'The Paddock' – the perfect place to grab a bite to eat, sip a coffee or cider and enjoy the view!

We have chosen to collaborate with Earth Walker not only for their delicious (and gorgeous) food, but also because their values align very closely with ours – with a strong passion for local and sustainable products and produce.

We think you'll love the menu – there's something for everyone, including gluten free and vegan options! We work with the seasons everyday on our farm so we will reflect this in our foods and in the events we will run.

The Paddock will be open and serving from 8.30am-2pm on Fridays, Saturdays and Sundays.

Please join us in welcoming them to our team here at Glenbernie!

Orchard fun in December!

December is the month for picking stone fruit (peaches and nectarines). A really yummy explosion of flavour at this time of year! Bring along your camera and take some great photos – lots of families make it a yearly event! If it rains, just bring a raincoat and gumboots! The kids will love the experience! Come early and have a bite to eat and a coffee or cider at 'The Paddock' before or after your booked picking experience.

Local Delivery

Unable to visit? Want to surprise someone with a gift of fruit or cider but can't get here to pick it up?

Order online from darkes.com.au for delivery Sutherland Shire to Shellharbour.

Dining

The Paddock, open 8.30am-2pm, Fri/Sat/Sun.

For booking or enquiries, go to darkes.com.au





Santa will be in Thirroul from Thursday 25th of November at #tahneesocial marketing & event space 1/2a Raymond Road, Thirroul NSW 2515 Don't forget pets are welcome Find us on instagram @tahneesocial @thirroulsantaphotos **private bookings are also available, contact our team for more information 0413 653 090 info@tahneesocial.com tahneesocial.com.au





Remember the survivors

By Tony Ryan

As I stood for a minute's silence at the Remembrance Day Ceremony at the Woonona Bulli RSL (a monument built by my nephew, Paul Squires), I could not but admire the men and women who fought overseas for our country.

Once fortunate enough to visit Anzac Cove and to take a school group to the WWI battlefields of France and Belgium, I gained an appreciation of the heroics but also the stupidity of war. Seeing gravestones of 15-year-old boys who sailed on a big adventure but never returned was heart-breaking. While we honour the dead we must also think about those who've returned changed by war.

In 1987 the Anzac Day march included a 'welcome home' parade for all the Vietnam vets who felt they had never been truly accepted by the majority of Australians. This Anzac Day fell on a Saturday and after I had played footy and enjoyed a few after-match beers, one past player (let's call him Barry) came in after what had been a traumatic day. It was the first day he had marched in the parade after having fought in Vietnam.

This was the story he told us.

Barry was 19 when he went on his tour. He was on patrol with about nine or 11 men from his unit. It was a beautiful day and he felt the patrol would be like many others – uneventful. Their route was through fields rather than jungle. Suddenly a patrol of Vietnamese soldiers stood up out of the long grass, facing them from 10 feet away. Barry said there were guns pointing, men screaming and gesturing. He was so scared. He thought his heart was going to burst out of his chest. Was he going to die? Was he going to kill someone? I could not imagine what was going through his mind as he stood 10 feet away from a rifle held by someone who looked about the same young age as he was.

All he could think was he was never going to see

his mother again, and how she would react when she found out he was dead. Barry had his gun pointed at a soldier whose gun was pointed at him. The shouting seemed to last an eternity. Then the Vietnamese leader turned to his men and seemed to shout an order. He shouted again and put his rifle by his side. His men did the same. All the time the Australian soldiers still had their guns pointed. The Vietnamese soldier then pointed to himself and pointed north; pointed to the Australian troop leader and pointed south. The Australian sergeant instructed his men to lower their weapons.

With this, the Vietnamese turned 90 degrees and simply walked away. The Australians did the same.

Barry, as he broke down in tears, said he will never meet the Vietnamese soldier who gave the order but would never forget his face, as it was this man who saved his life. One shot could have started a battle that no one might have survived.

His sergeant told the patrol they were never to speak of this enemy interaction, as they would be court-martialled and, even worse, labelled cowards.

It was the first time Barry had told that story and it took a weight off of him. We were in the western suburbs of Melbourne in the 1980s and it was not 'manly' to cry but the four young men listening to Barry's story all had tears rolling down our cheeks.

Unlike a number of his mates, Barry made it home with no physical injuries but the mental scars remained. There wasn't much help for returned soldiers and PTSD was not really recognised. He regarded himself 'lucky' as his assimilation back into society was not as painful as many others as he married an absolutely beautiful women and they had two terrific kids.

As the minute's silence ended and I looked at the old diggers, I felt thankful for them and the countless others who've served in our forces. **2515**

SEACLIFF healthcare

The Coal Coast's newest Family Medical Centre is now open for bookings.

BOOK TODAY

T. (02) 4202 6900 F. (02) 4229 9298 reception@seacliffhealthcare.com.au seacliffhealthcare.com.au

12/345 Railway Parade, Thirroul NSW 2515 (Entrance off Railway Parade)



Shed Sale Saturdays

4th and 11th December 9am to 1pm Come and meet the blokes, see what we do, enjoy a sausage sizzle and drinks and find a Christmas present.

199A Parkes Street Helensburgh

Architectural Obsolescence

By architect Ben Wollen

Don't you hate it when you think you've got a really good idea and then you find someone else has had it first! This recently happened to me when I borrowed a book from the library called *A Life Less Throwaway*, by Tara Button. You see, in light of the COP26 talks and a renewed emphasis of "not business as usual" brought about by the Covid pandemic, my family and I have been looking at ways to reduce our impact on the planet.

While we've saved a truckload of carbon by not being able to fly anywhere the last two years and swapping our financial accounts to more eco-conscious institutions, we've never been able to get on top of plastics entering our waste stream. Thanks to our home composting, our red bin is generally empty every garbage day, but our yellow bin is overflowing and we have a big bag of soft plastics that we optimistically drop at Coles every month. We needed to reduce our plastics and it required a revolution in purchasing habits.

A little research in Thirroul library came up with Tara's book. While technically not on reducing plastic consumption (we're still working on that), it was about how we need to change our culture of consumption. Its mantra was buy less, buy better and look after your stuff so that it lasts a lifetime. Tara has a website – buymeonce.com – that lists products and manufacturers with a 'made to last' ethos who offer warranties to back their products. This was my idea – a go-to website for things that won't cost the earth (technically, she didn't steal my idea, but it's how I felt when I saw it!).

If you're looking for the gift that keeps on giving, check out her website and then go ask your local shop if they have it or if they can stock it. The more that these products make it into the mainstream and stay out of the waste stream the better!



What's this got to do with architecture? Well, my first response would be that a well-designed architectural building has a lot better chance of longevity than most. Yes, they can cost more but you need keep longevity in mind. But Tara's book got me

thinking. What would she put in her architectural obsolescence chapter? And thus I present to you a small list of my favourite items to avoid when you next build!

1. Black Roofs

Ever worn black on a blistering hot summer's day? I have, I'm an architect. This is a classic case of style over sense. With more extreme heat days predicted on our path to global warming, installing a black roof anywhere but in an alpine area or under the canopy of multiple trees is just asking for trouble. For those of you who already have them I suggest maxing out your ceiling insulation and installing some whirlybirds!

2. Brick Veneer

When building brick houses became too expensive, some bright spark came up with the idea of building a timber-framed house with brick as the external finish so they only used half as many bricks – genius! Only thing is that bricks provide great thermal mass and they also look great internally (which is where most of us spend most of our time). Putting them on the outside might impress the neighbours but by putting them on the inside (reverse brick veneer), we benefit from their thermal mass and they offer a texture beyond the flatness of plasterboard. We need to stop the spread of brick veneerial disease still sweeping the nation!

3. The Cinema Room

Generally only found in the large McMansions of the 1990s and early 2000s, they sometimes still make their way into today's housing. Don't get me wrong, I love watching films but to dedicate a whole room to the odd family movie - seriously? With new technology making all the home cinema equipment easily integrated into walls and ceilings, there simply isn't any reason to put aside a whole room to this rather rare activity unless you're a film director or critic and have to watch films for work! My feeling is the origin of these came about when there was leftover space in an ill-considered project home floorplan that had poor access to daylight and then some other bright spark thought about marketing them as a cinema room because they were too dark for anything else – genius! 2515

mortgagesuccess **Jasmine Sky Wellness Centre "Working For Energy and Holistic Therapies Your Success**" Reiki Therapy and Teaching Seichim Therapy and Teaching **Katrina Rowlands** Karuna Reiki ® Therapy and Teaching Soul Light Connection **Managing Director** Therapy and Teaching **DipFMBM JP AIFS** Breathwork Therapy Individual and Group sessions Principal Katrina Rowlands believes that understanding a client's needs is key to Meditation and Wellness Courses finding their premium loan options. Basic Feng Shui Numerology "We established Mortgage Success Introduction to Crystals and Chakras in order to provide the people of the Manifesting and Releasing Techniques Why? Why Not? Illawarra with an individually tailored service that can take the time and effort Project Lotus / Reiki (2 Day Workshop) Project Lotus / Seichim (2 Day Workshop) out of finding their best outcomes." Bookings required for all therapies & workshops reception@mortgagesuccess.com.au www.mortgagesuccess.com.au 0407166259 // jswc.enquiries@gmail.com 77 7777 www.jasmineskywellnesscentre.com Aevum collins BOOKSELLERS thirroul books, games and gifts for all ages Podiatry Life in shoes not Knees. Ankles. as comfortable Feet. They're as you what we know remember? best. Podiatry to enjoy post-lockdown

Shop 5/264 Lawrence Hargrave Drive www.collinsbooksthirroul.com.au @collinsbooksellersthirroul @f

02 4294 9990 info@aevumpodiatru.com.au www.aevumpodiatry.com.au

freedom. Pain free.





Time for activism

By Kristen McDonald, of Extinction Rebellion Northern Illawarra

I remember joining with activists in 2008 to occupy Eraring coal-fired power plant on NSW's Central Coast. We peacefully went in one early morning and briefly prevented Australia's then-most polluting coal power plant from emitting more pollution. At the time plenty of people told me I was crazy, that we need this coal plant for jobs and energy, and that direct action doesn't achieve anything.

Today, Eraring is slated to be transitioned into Australia's largest battery to support renewable energy. Australia was the only developed nation not to increase its 2030 emissions reduction targets at the COP26 climate negotiations and was clearly a handbrake on progress. Fed up with the failure of our federal leaders to represent its people, Extinction Rebellion activists have been increasingly taking a range of actions around the country over the last month. Highlights included:

- Dumping a pile of manure outside Finance Minister Simon Birmingham's office with the message: "Australia's climate 'plan' stinks"
- A mock funeral procession representing the millions of species that will be lost if we don't reduce global warming to less than 1.5°C
- Coal trains and coal export loaders from Newcastle to Mackay blockaded
- Prams dramatically hung from a bridge illustrating that 'life is hanging by a thread'
- And, closer to home, various groups blocking the Russell Vale mine entrance, outraged by its renewed operating licence.

Tactics like these don't appeal to all. But we all have the power to do something: consumer choices, such as buying green energy, or electing representatives who will work hard for our future is another. Which candidates have decent climate policies at the December 4 Council election? **2515**

Share the beach safely

By Dr Helen Maclean, of Bulli Medical Practice

Come summer, millions of Australians will take to the to the water for a break.

The boating tragedy in Bulli on October 31 affected many people living in the Northern Illawarra, including the brave first responders and surf-lifesavers from Bulli, Sandon Point, Woonona and Thirroul SLSC. The local surfers and surf lifesavers who helped to rescue the men must be commended for their quick thinking and bravery.

This terrible incident provides a timely reminder of the importance of water safety on our beaches and in our backyards this summer.

According to the Australian Water Safety Council, there were 968 drowning incidents (294 fatal; 674 non-fatal) in Australian waterways in 2020-21. Most drowning deaths (80%) were male which is a continuing trend and 61% of drowning deaths occur outside of major cities.

According to Royal Lifesaving Australia, last summer almost 60 per cent of the drownings happened at beaches, about 30 per cent in inland waterways, and 10 per cent in public and home swimming pools.

There may be a perception that drownings in the Illawarra are mostly visitors to the region who may not have grown up on the beach or with an understanding of the potential dangers. As a community we must remain vigilant and continue to help visitors

by warning them when we see potential hazards, or unsafe behaviours.

Important water safety tips

Here are some important tips to keep yourself and others safe around water this summer:

- Don't swim beyond your abilities, particularly in unfamiliar waters
- Swim at patrolled beaches and keep within the red and yellow flags
- · Always supervise children in or near water
- Ensure your pool fence meets safety standards and the pool gate is securely closed
- Don't drink or take drugs and go swimming or participate in water-based activities
- Learn to swim, water safety & lifesaving skills
- Always wear a lifejacket when boating, rock fishing or paddling. 2515





Book online* via our website: bullimedicalpractice.com.au

or call 4284 4622

*if you have respiratory symptoms please call for an appointment

Monday to Friday: 8am-6pm Saturday: 8am-12 noon

74 Park Road, Bulli

QUALITY PERSONAL HEALTHCARE AND TRAVEL MEDICINE



Your local, experienced and educated real estate professional

lan Pepper 0403 570 041 ian.pepper@raywhite.com

raywhitehelensburgh.com.au



Make Hay While the Sun Shines

It's a good lead-up to Christmas with a drive of sales and people keen to move into their new homes prior to Christmas. Right throughout the market from the cheapest properties to the dearest, there is incredible sales activity and prices. But of course, everyone always asks "how long will this continue"? That guestion has been asked of me by so many people since **APRA tightened lending restrictions for** buyers and we see the Banks starting to raise their interest rates. Interest rates are so aligned to the real estate market. Having been through manu real estate cycles, there is a host of signals flashing strongly at present. So if you are a person thinking of selling, I am saying to all of my clients "make hay while the sun shines".





'Everybody's delightful and I love going to work'

By WorkLife community manager Jane Fullerton-Smith

Managing WorkLife's Coledale premises is fulfilling on so many levels. I am in the privileged position of welcoming, settling and supporting our members, who work across diverse industries, including design, banking, law construction, health and wellbeing, journalism, architecture, real estate, to film and TV production. It is always so calm, yet active, productive and always buzzing with creativity and personality. We laugh a lot. Real friendships have been forged and I love that.

Away from WorkLife life, my day-to-day career is and always has been quite varied.

I am involved in my husband's construction firm – Good With Wood Construction and have two teenaged daughters. My passion project currently? I'm writing a novel, or novella as I like to call it – it's not very long although years in the making.

Merrigong [Theatre Company] kindly gave me some development funding earlier this year, so as to explore the concept as a potential theatre piece. It's comedy, which is fun but not easy.

Born and raised in New Zealand, I trained as a dancer.

First ballet, then as a commercial dancer. I was in the fashion industry for a long time. I travelled and worked in Japan, Australia and the UK until I went to Drama School in the mid-90s. I also had a production company when I was really young which specialised in light entertainment, dance, fashion and lots of big hair. I was also an Auckland Blues and All Blacks cheerleader. Most of that nowadays sounds tacky but as a young 20-something creative, it was the most fantastic fun. A weekly audience of 50,000 is hard to beat.

I was lucky enough to be accepted to the National Drama School of New Zealand – Toi Whakaari Aotearoa at 25. It changed my life and gave me clear direction which focused on the arts and creation of theatre, film, storytelling and event production. In late 1999, I was cast in the Australian production of *Chicago The Musical*. It was a dream job ... then early on, during rehearsals, I blew my knee apart. Post op, although disheartened, I stayed on in Sydney, got a great agent and worked for years in TV, theatre, film (*Rake, Packed to the Rafters, Home and Away, Headland, Crownies, The Combination, Walking on Water* etc) and major events.

My best life is producing theatrical special events.

I love it. I got a taste when I launched Sportsgirl into NZ at 21. I have since event-managed and produced for Australian, Melbourne and New Zealand Fashion Week's and other major events.

Community events are super important to me. Hugely popular and unforgettable amongst our local community was *Unexpected Magic* held at Coledale Public School across a number of years and performed by every student at the school.

Importantly we recently produced a Climate Change Community Flash Mob (also at Coledale School during a market Sunday).

How did I discover 2515?

I had a small part on a show called *Headland*. We were shooting in the 7 Studios, and I remember asking, "Why is it called Headlands?" And they said, 'There's this place down south called Austinmer, and there's a pub there called Headlands, all the creatives are moving there.'

The next weekend, a girlfriend and I drove down to Austinmer and up through Moore Street. It was reminiscent of a residential street in so many towns and cities in New Zealand, tree-lined with wooden homes, I just knew I needed to bring my small family to visit. I had two tiny babies and my husband, Matt, who didn't want to live in the city anymore. We moved three weeks later. Last minute we found a very old coal miners' cottage in Wombarra. The girls called the 'Fairy House' (the fairies were water dragons). We lived happily in Wombarra for 14 or so years and have recently sold a renovated cottage and rebought in Thirroul.

I met [WorkLife founder] Kate Dezarnaulds almost 10 years ago.

Kate is one of those incredible humans you don't forget. She has always worked in the arts and or NFPs and is all about community. When we met, she was managing Sponsorships and Partnerships at Sydney Festival (not an easy gig).

In response to the impending Climate Change crisis, I had co-founded (2008-13) two start-up businesses specialising in Analytical Sustainable Event Management Systems (SEMS - Software Systems and Green Shoot Pacific Consultancy).

Greenshoot Pacific was engaged by Sydney Festival to create their sustainability vision. Kate and I connected, and we remained in contact.

Then I got sick, I think stress was a trigger ...

It was rheumatoid arthritis. We dissolved the businesses, and I spent the next seven or eight years just being part of the community and enjoying my friends and growing my children, eating really weird food and working in Matt's business. I changed acting agents and starting to write again. I did yoga. I did home renovation. I got an awesome dog called Yindi. And slowly I got better and came back to work.

One day Kate called me and said, 'I have opened a community coworking business in Berry.

'I've now grown it to Kiama. Do you know of any venues in Thirroul that might support this kind of business?' This place came up in Coledale... it just worked. Kate has a builder for a husband (J2 Build), who made fitting it out a dream, with the help of the incredible local architects TAKT Studio.

We had a soft opening last December; a day later lockdown happened. February 1 we officially opened, and we've had a really good mainstay of members. Everybody's delightful and I love going to work. All employees in Kate's WorkLife offices (Coledale, Berry and Kiama) are women. Everyone's juggling kids and often have other businesses. Charlotte [our concierge at Coledale] is a floral designer and creates wedding installations and in addition has a budding social enterprise start-up in feminine hygiene products called Flossim with another friend from Stanwell Park.

Kate's vision has always been to create a network of coworking spaces on the South Coast, but also to create a venue for exhibitions, art, food and beverage (Social Life just opened in Berry) and a place where communities can come together. 2515

WorkLife's Christmas Market will be on Saturday, December 18, 10am-4pm, visit worklife.org.au



WORKING FROM HOME NOT WORKING?

worklife.org.au

Memberships from \$55 COLEDALE KIAMA BERRY



By Austinmer photographer, author and educator Meredith Schofield



Like a lot of Aussies we – that's me, Mez, my husband, Sean, and our dog, Bandit had a dream of traveling Australia one day. We tended to keep this dream firmly in the back of our minds, where the 'Maybe one day' and 'Wouldn't that be nice?' thoughts sat. In our 20s and into our 30s any extra time off work or extra cash in the bank was spent on travelling the world.

But over the years the desire to explore our own backyard had grown, to the point where we couldn't wait any longer. So with four months of long-service leave coming up we began planning our Great Australian Road Trip in 2019.

Our trusty ride for this epic journey was 'Etta' aka 'The Kombi', our beloved 1975 Volkswagen Microbus. We had formed a bond with Etta over the years; she had kept us safe on the road and taken us on many adventures up and down the east coast.

It's always a risk travelling such a vast dry country by road, but it felt especially risky doing so in a vehicle made in 1975, but we were up for the challenge. Especially when a few weeks out from the start of our journey Etta's engine gave up. After more than 44 years on the road her tired heart just couldn't do it. So, with just a few weeks until our trip, what could we do? An engine rebuild can take months and cost in excess of \$10,000. We didn't have that kind of time and we certainly didn't have that kind of cash.

Do we try to rebuild Etta's engine ourselves with next to no mechanical experience? We didn't know, but we decided to give it a go. What did we have to lose?

So we got to work on rebuilding Etta's heart – let the operation begin. Things took time and care, and were a lot more difficult than they were made to look in YouTube tutorials and workshop manuals. We had planned to leave in early March, 2019, but we knew that was not going to happen. Eventually, after a month of hard work and two weeks behind schedule, the day finally came when we were ready to put Etta's newly rebuilt engine back in.

After a lot of tussling and a few dozen swear words, we got the engine back in. Now came the moment of truth ... would she start?

I turned the key and Etta chugged and chugged until finally she kicked over and the engine roared. Of course we were excited, but the true success of our efforts would be uncertain until we got her out on the open road.

Actually leaving on this trip was the biggest leap of faith we'd ever taken. Faith in ourselves, in what we had accomplished, and in that we could work out whatever problem came up. We said to each other that no matter how far we got, it would be worth the trip – 'Let's just go'. So we did. We left in late March 2019 and were completely at the mercy of this huge, dry continent and this little old yellow Kombi.

Our Great Australia Road Trip took us west from our home in Austinmer and into South Australia.

We crossed the Nullarbor, into Western Australia and navigated the entire west coast before venturing into the wild Kimberley and then down into the Red Centre.

Etta drove us more than 22,400 kilometres – over dirt roads, along four-wheel drive tracks, onto ferries and boats, to the edges of cliffs, across beaches and up mountains. We ventured through dust storms and croc-infested waters, over red dirt, into some of the most ancient lands on Earth, and along some of the world's most isolated roads. And, my God, was it amazing.

We don't regret a second of our trip, It took guts to head out across this great big country in an old yellow Kombi. In our book, *Around Australia at 80ks*, you'll read about our experiences, our favourite stops, our top tips, and plenty more. I hope every page brings you a little more of the confidence and comfort you need to set out on your own adventure. If we can do it in a 1975 Kombi you can do it too.

Q&A with Meredith

Want to know more? So did we. Meredith kindly took time to answer 2515's questions.

Tell us about the Illawarra's Kombi community and are you still in a club?

Now a very informal club the 'Coal Coast Kombi' community is thriving, although the pandemic put a stop to our outings and meet-ups for a while. We are a small group but all very close and are often out and about together, at one another's garages assisting with mechanical issues or staying in touch online throughout group chat which was a godsend during lockdown. The broader Illawarra VW community is huge with many people on the south coast enjoying these classic cars and we are all looking forward to our Berry Blast meet-up next year.

What dates were you away?

We left on our wedding anniversary, March 30, 2019 and we arrived home on the 17th of July 2019. We were lucky to get away before the devastating fires and incoming pandemic.

How did Covid affect you?

We were lucky to have travelled before the pandemic. Which is why I decided to write the book, I knew international travel would be off the cards for people for a long time and I wanted to



encourage people to travel Australia to support our local communities who have struggled through the drought, fires and proceeding pandemic. The timing for the book is perfect, we really want to encourage people to see Australia, now that borders are opening up.

Name your top 3 favourite places on the journey?

1. The Eyre Peninsula, South Australia – So underrated, this peninsula is filled with amazing isolated beaches, small deep port communities, epic limestone coastlines and hidden rockpools.

2. Esperance, Western Australia – An oasis in the outback, full of stunning beaches, beautiful scenery and friendly locals.

3. Exmouth, Western Australia – A crazy town in the heart of the Ningaloo Reef, where we swam with whale sharks and saw some of the most amazing beaches, canyons and bushlands in the whole country.

What made you laugh?

The dog! Bandit is so funny and wacky. Travelling with a dog is one of the best things you can do, they make the best road trip companions. When you are feeling a bit low, or tired they pull you up and make you so happy. I can't imagine travelling without Bandit.

Bandit's favourite place?

Definitely Esperance, it's so dog friendly and packed with so many epic beaches. Bandit's such a water dog. He also really loved swimming in the rockpools at Greenly Beach in South Australia and thoroughly enjoyed Margaret River with all of the nice cheeses on offer and he loved the stunning beaches there to run along chasing his ball.

What made you cry?

When our engine broke two weeks before the trip!!! On the road, nothing really, we got a bit home-sick towards the end but the trip was just so epic you couldn't be sad about anything.

We did get a bit sick of people telling us their Kombi stories! Haha.

Soundtrack of the trip?

I have a whole section in the book dedicated to our 'Top 5 Highlights', so here is our Top 5 Driving Songs:

- 1. Old Pine by Ben Howard
- 2. Heard It Through the Grapevine by Creedence Clearwater Revival
- 3. Old Man by Neil Young
- 4. By the Way by Red Hot Chili Peppers
- 5. The Passenger by Iggy Pop

Is Austinmer still your favourite place to live?

Yes, of course. We love it here so much we have become part of the local community over the last five years and have made so many nice friends. We love the environment, the people and lifestyle here. We love Austi, but like a lot of people who don't already own a home here we don't know how long we can stay. It's simply becoming impossible to afford, especially for those who work outside of the corporate world. **2515**

Around Australia at 80ks (Affirm Press, \$35) is available at Collins Booksellers Thirroul and all good book stores.

A zero waste challenge

By Green Connect general manager Kylie Flament

It seems I have a bit of a reputation as a sustainable Ms Fix-It. The person you call when you don't want to waste something but you don't know what to do with it.

The other day I took a call from a local cafe to say, "We've got 26 litres of milk that's best before tomorrow and we were about tip it down the sink but wondered if you had a use for it instead?"

This was at 3pm on my day off, I had my two young kids with me and it had already been a long week. My energy levels were low but I couldn't bear the thought of good food going to waste so I said, "Leave it with me."

"We close at 4pm so just swing by before then," they said.

Nothing like a short deadline to fuel some creative thinking...

My mind raced with who I could call, how I could get it to one of the community organisations we had been sending food to via Green Connect, whether they could use it before it went off, whether I could get to them before they closed for the day... Unlikely and very unlikely. It didn't look good. Surely something could be done with the milk though! I posted a quick message on a couple of Facebook groups to ask if anyone could help rescue it.

"Mum, can we go in now?" A tug on my jumper reminded me I had other things I should have been doing. We were outside the Post Office, on a mission to pick up a mystery package. A friend had sent me a message a few days ago to say, "When something unusual arrives, it's from me. I hope you like it!"

We handed over our "You've missed a parcel" note and got our package. It was a small box with a big red note on top saying the items inside needed to be refrigerated as soon as possible. Even more intrigued, I ripped it open, and then burst out laughing. It was a Make Your Own Cheese kit. It came with everything you needed except milk. Lots of milk.

I called up the cafe, still laughing. "I'll be there in 10 minutes," I said. And that was the day that two neighbours and I saved 26 litres of milk by turning it into ricotta and yoghurt. It's funny how things just work out so deliciously sometimes.

Make your own ricotta

Ingredients: Milk (full cream or light), white vinegar Quick method: Heat milk until frothing, add a dash of vinegar, strain through muslin.

Method explained: Heat the milk in a pot until it is frothing on top. Stir gently but often to avoid the milk sticking to the bottom of the pot. Turn the heat off.

Pour in white vinegar (I use about 2 tbsp for every 1 litre of milk). Leave it alone for a minute and then swirl a spoon through it. The curds (milk solids) and whey (watery stuff) should have separated. If it still looks like milk, add a bit more vinegar and leave it for another minute, then swirl a spoon through again.

Once separated, pour it through a muslin cloth (a clean teatowel works fine too – one where you can see holes between the threads if possible, or it will take too long). I put the muslin cloth inside a colander inside a bowl and pour it in.

Once the whey drains out, what's left in the cloth is ricotta (and delicious on pancakes with honey and fruit, or in spinach and ricotta pasta or pastries!).

The whey can be used to make pancakes, fritters, naan bread and more. Both will keep in the fridge for a few days, even if the milk was about to expire, giving it a longer shelf life. Enjoy! **2515**

Editor's note: Congratulations to Kylie! On November 19, at a black-tie gala event at WIN Entertainment Centre in Wollongong, Kylie was named Outstanding Young Business Leader at the 2021 IMB Bank Illawarra Business Awards.



Green Connect workshops on offer this summer include:

• Small Space Gardening with Narelle Happ (Saturday, 4 December)

 Introduction to Beekeeping (Saturday, 15 January)

Visit greenconnect.com.au





Steve Dillon, from Thirroul, tells Janice Creenaune how the inspiration of others has set him on a career in the environment and nurtured an interest in history. Photography by Nicola Dillon.



Steve Dillon was a ranger with National Parks, a regional heritage advisor, bushland regenerator with Aboriginal Land Councils, environmental teacher at TAFE, and all these roles have their origins in his childhood.

Steve has always felt fortunate to have grown up in the ancient and awesome Hawkesbury district, the land of the Dharug and Kuringgai. From a very early age, inspiring parents broadened his horizons, yet taught him to focus on the detail surrounding him. Bushwalks were an adventure and an education.

"One of my earliest memories on one of these treks into the forested valleys below was being shown a native bee, exhausted, and dying, curled up in the seemingly protective petals of a wax flower."

That his parents could use this experience to talk of the role of the bee in its short, busy life no doubt was a formative lesson on nature and perhaps also engendered admiration and empathy for all living things and the part they play in the environment.

With subtle parental guidance, a desire for an aviary was transformed into the creation of a garden

of wildflowers encircling the property, attracting all manner of birdlife, free to come and go.

Across the landscape was evidence of the culture of the first peoples of the Hawkesbury, Deerubbun.

"The fish engravings on a riverside boulder, hand stencils under a wave-like sandstone overhang, generational accumulations of middens combined with my parents' influence, I developed a great respect for traditions and cultural diversity."

Steve's memories of long-abandoned cottages and the remains of convict-made roads also sparked a fascination for history.

"We discovered old cemeteries hidden in the bush. The moss and lichen decorated inscriptions on the headstones, telling of lives and families from a century before."

Steve's parents were instrumental in him meeting people with connections to history. Once he met a bloke who rode for Cobb and Co.

"I chatted with a 'bullocky' from the Border Ranges, walked with a gentleman who took a flight with [Sir Charles] Kingsford-Smith. I became best mates with Arthur, a veteran of the Gallipoli Landing, Lone Pine and the memorable evacuation. The recollections told were priceless."

Steve believes the retelling of these tales – some about mundane trench routine, others about the horror of action – emphasise that it is life not myth that is essential to remember.

"Arthur shed tears, 75 years on, [remembering] the foe falling thickly before their lines. And quietly spoken Bill, a Light Horseman who rode in the charge of Beersheba.

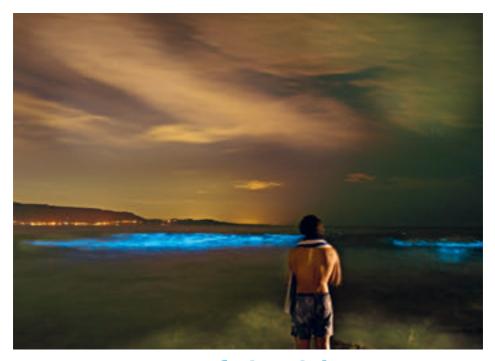
"Legends and myths arise, but it is important for me to believe that the place of the real person and empathy for their experience is what history is all about. This was particularly so when my parents arranged a picnic with Nancy Wake, 'The White Mouse', a woman of exceptional valour who witnessed the greatest and the worst in humanity."

Steve has carried on this tradition of connecting to history and of celebrating nature.

His own children have also met remarkable people: treasured Holocaust survivors, Eddy and Olga, with philosophical advice; an unassuming Bomber Command hero; a spitfire pilot; a member of the Polish Resistance; a Royal Navy officer: a friend of Prince Philip and an acquaintance of Winston Churchill; endearing veterans of Tobruk, El-Alamein, Sanananda and Kokoda.

Steve believes the wisdom of prior generations, enriched by one's own experiences, come with a cross-generational obligation to pass on that knowledge. **2515**

Writer Janice Creenaune is a volunteer for the PKD (Polycystic Kidney Disease) Foundation. For more info, contact janicecreenaune@gmail.com



Out of the blue

By Chris Duczynski

The word was out, someone had let it slip that a strip of pink algae had been spotted floating in on the Easterly wind, and that meant one thing, Bioluminescence was visiting town.

The bright blue we see at night as the algae is agitated by waves or rock-shelves is a very evasive, fickle and often well-kept secret. You need luck and a good network to find it. The right tide, an onshore breeze and very little ambient light together give you the best conditions to see this strikingly beautiful phenomenon.

When it was posted on social media that the Bio had landed at Bellambi boat ramp, it was all hands on deck. When I arrived at 10.30pm, there was a line of cars waiting to park. There were families with blankets, phones, torches and picnic baskets, all standing by as waves broke in a spectacular electric blue neon show. Camera buffs steadied tripods, surfers got ready to paddle out, beers were cracked and the atmosphere was post-lockdown, blown-away amazement.

It was a long wait between waves and every now and then a larger set broke about 10 metres from shore. The blue flashes crackled across the boat ramp bay as the crowd cheered and sighed in wonder. It didn't last long as the tide filled in and the waves didn't break as much as before. But for those there it was a wonderful example of nature at work.

I've only seen it twice before. Once in New Guinea, when our boat sank and we had to swim for shore, watching green bioluminescence surrounding us every time we stroked the water.

The second time was in Wombarra in 1995, after a small festival on the beach. Everyone had gone home and a few of us just sat there for hours watching this magical lightshow. That was over 25 years ago and I've been chasing it ever since.

There are a few hotspot bio magnets around the South Coast and Jervis Bay is one of them. Depending on the conditions, there are a few beaches that it hits a few times a year. There's also a Bio social media page, but don't expect anyone to say much about where it is until the next day.

Locals and a few lucky friends only. Good luck. 2515

Chris is a Bulli photographer who produces aerials, videos and stills, visit www.malibumedia.com.au or follow his work on Instagram @malibumedia

Surfing through life

Surfing has been known to be an enjoyable way to keep fit and healthy throughout life, no matter what age you are. It is also said to be good for your mental health. In this article, meet three men in their 50s and 60s who share their passion for surfing and what keeps them going. By Ian Pepper

From left to right: Steve Cox, Ian Pepper, Brett Davis. Photos: Anthony Warry; action shots supplied

Brett Davis, age 62

A founding member of Christian Surfers in Cronulla during the late 1970s, Brett has lived an incredible life dedicated to his faith and surfing. You can read all about it in the book called *Ground Swell*, *The Christian Surfers Story* by Brett Davis. From humble beginnings, Brett led Christian Surfers across the globe and still works with them today, mentoring leaders in surfing and other action sports.

Stephen Cox, age 63

Steve has lived in Stanwell Park for over three decades now and owned the surf shop at Engadine for over two decades. Passionate about surfing and travelling to surf, Steve is also known for being present and dominating on the bigger days especially at Sandon Point. Steve has a son, Matthew, who will hopefully represent Australia for snowboarding at the upcoming Winter Olympics in Beijing.

lan Pepper, age 50

Ian moved to Stanwell Park 20 years ago and has been a member of the "morning crew" surfing every morning at first light. He has surfed most of his life and travelled the world chasing waves too. For the past 10 years Ian has been in the committee at Scarborough Boardriders and is currently Contest Director and Gear Steward for the club.



How long have you been surfing and how did you get into it?

Brett: I got into it because doing competitive gymnastics and wearing white tights didn't make me an attractive female option, so I wanted to be cool!

Steve: 50 years plus. I probably saw surfing in some sort of media and just thought that looks like fun. In the 60s, when I was young, my Dad used to take us to the beach and we saw people riding mals (long boards).

Ian: I started very young on a surf matt at first and then a foamie. Hard short boards were coming in and I got my first single fin at age 11.

What are the biggest waves you have tackled?

Brett: I surfed at Waimea Bay in Hawaii the day after the Eddie Aikau Big Wave Invitational one year – waves were 15 to 20 foot.

Steve: That's a really hard one because everyone judges wave size differently, you'd probably say 20 to maybe 25 feet faces in both Hawaii and G-Land, Indonesia.

Ian: 10 foot would be my max: at Cronulla Point as a teenager and, more recently, on trips to Indonesia.

What is your favourite place to surf around the world, and why?

Brett: I love surfing at Raglan in New Zealand. It is a high-performance left-hand point break.

Steve: There are so many places with great waves, it would be Indonesia, Tahiti or Hawaii but I would have to say Indonesia because it's cheaper and it's closer to Australia.

Ian: It's a toss-up between Fiji and Indonesia. If I had to choose, it would be Mentawai Islands in Indonesia.

What is your favourite place to surf at home?

Brett: Right here where I live at Coledale and/or Thommo's in the right conditions.

Steve: It starts with "S" but it's not Stanwell Park (where I used to live!). It's Sandon Point, a world-class long right-hand point break and close to home.

Ian: Stanwell Park unless I really have to, due to conditions, then it'd be my next favourite: Coalcliff.

How often do you surf now?

Brett: Every day if the waves are good, or at least once a week all other times.

Steve: Every day, sometimes twice a day and sometimes in summer three times a day, I've got a problem!

Ian: Every day almost without fail I will go first thing in the morning. It's been in my routine for almost 20 years now and it makes me happy.

If it's good, I might even sneak another surf in after lunch!

Tips to keep surfing as you get older?

Brett: Stay at it. I think you also need to separate your identity from your surfing and your performance, otherwise you're going to really get frustrated. Also learn to age gracefully in the line-up.

Steve: Stretching, yoga and light weights. You have to look after yourself.

Ian: Stretching became a big thing for me when I first went to Mentawai Islands 10 years ago. I went to yoga classes every week for a number of years, however, eventually formed my own specific session which I do each morning when I wake up.

Is a healthy diet important?

Brett: Yes, I think a healthy diet helps a lot with everything in life, along with healthy relationships. Those two things really give me the inspiration to keep surfing.

Steve: Yes, 100%. I'm focused on what I eat, I won't eat processed foods and eat a lot of fresh fruits and salads.

Ian: Yes. I got serious about diet in my 40s and now avoid processed foods, focus on fresh fruits, salads and smaller meat or fish portions.

Does surfing help with your mental health?

Brett: Yeah, I think so. Especially when you have been stressed about relationships. It's the combination of outdoor adventure and physically catching waves. On the other hand, sometimes, it can be frustrating in a crowded surf and that's when you have to adjust. I learned that sometimes it's more important to catch conversations than catch waves.

Steve: When you come home after a surf it is very hard to be in a bad mood, even if the surf was average you just feel better no matter what.

Ian: The morning ritual surf with my mates, and now my sons as well, is the best way to start any day.

Is it ever too late in life to start surfing?

Brett: No, never too late to start – just make sure you get the right surfboard and you attempt the right waves for your level of fitness and ability.

Steve: No, you can start at any age, however, it depends on what level of standard you want to reach. Obviously the younger you start the better you may be able to be.

Ian: No. I've seen many people start late in life. However, it's a sport that needs regular time and commitment in the water to truly appreciate and enjoy the benefits. 2515





December 43



Austinmer Electrical Phone 0415 652 651

Licence number 22111oC

Local electrical contractors providing domestic and commercial services, contact us today for a quote

www.austinmerelectrical.com.au e: contact@austinmerelectrical.com.au

Advertise with us!



Local directory ads are just \$43 per month

Email editor@2515mag. com.au or call Gen on 0432 612 168



Mountain bikers, please stop!

There are too many trails on the escarpment, writes Helen Wilson

Like everyone else, I've changed my exercise habits since the lockdown. I've walked more in the escarpment foothills as a change from the crowded coastal cycleway. A regular walk I take with my dog is up the service trail to the telecomms tower at the old Bulli mine detention basin.

The land is now owned by Transport NSW. I see lots of men and boys riding their mountain bikes up this road but I never see them going down. There are several well-used trail entrances off the road but I don't take the dog into the bush so hadn't been on them for many years.

There are many different owners of land on the escarpment. Some sections, like the land adjoining this road to the north, are part of the Illawarra Escarpment State Conservation Area (SCA), though this isn't signposted. Use of conservation land is very restricted.

Recently a friend and I decided to explore where the trails into this area go. We were in for a shock. As the slope increases the trails get wider and frequently fork. There are extensive areas of erosion, with deep rutting and exposed tree roots. Many corners have stone walls, presumably made by heaving rocks around, thus exposing more bare earth. There is also a massive boardwalk and some very high jump structures.

I realised that all those friendly guys I'd greeted



on the road were off into this hidden mountain bike playground. They're obviously not aware that this is conservation land and that mountain biking is not allowed here except on service trails.

What's the problem with people using their ingenuity to create healthy recreation opportunities like this? It's the amount of damage caused already and the fact that such nonprofessional trails will cause increasing damage into the future.

Of course, the original walking tracks were illegal too. Initially the effects of walking and bike tracks may be similar, but more damage can accumulate from bike tracks over time due to the higher speeds and greater weight on them. This causes more compacting and erosion, and the trails widen and proliferate through use over time.

NPWS is going through a long process to develop a formal trail network on the escarpment. There are many many environmental and cultural factors they must consider.

We've been lucky to have our dramatic coast and escarpment to help keep us healthy and sane in lockdown. Let's not destroy the things we love. **2515**



COUNCIL AT WORK ON NEW MTB TRAILS

In November Wollongong City Council opened 12km of mountain bike trails at Cringila Hills Recreation Park. Plus, Bulli Park is to get a new track before year end. Council said: "We know that illegal tracks can be dangerous and damage sensitive environments. By working with our community, we're able to build safer and better bike track alternatives."

LETTER TO THE EDITOR

Re: Enjoy the Silence? in November's 2515 mag The problem of vehicles which emit excessive noise

is one of enforcement. I advise that I have written to police minister

Elliott on this subject, requesting that the police take action to enforce the requirements of Australian Design Rules in this area.

For reasons I do not understand, the police seem oblivious to this issue and have allowed the problem to go on for many years.

– Philip Roberts, Coledale
 Email editor@2515mag.com.au 2515

Port Kembla Tidal Chart December 2021

TIME M		TIME M	TIME M
1 0623 1.52 1235 0.46 WE 1831 1.45	10 0218 1.21 0739 0.63 FR 1402 1.61 2105 0.33	19 0230 0.52 0907 1.71 SU 1554 0.35 2145 1.19	28 0400 1.33 0951 0.65 TU 1550 1.37 2222 0.39
2 0041 0.29 0709 1.67 TH 1333 0.33 1928 1.45	11 0320 1.23 0847 0.67 SA 1504 1.48 2157 0.39	20 0306 0.54 0943 1.72 MO 1630 0.33 2224 1.18	29 0455 1.45 1107 0.58 WE 1700 1.33 2313 0.38
3 0125 0.28 0755 1.81 FR 1429 0.21 2024 1.43	12 0418 1.28 1000 0.68 SU 1606 1.37 2245 0.43	21 0343 0.55 1018 1.72 TU 1708 0.33 2303 1.17	30 0548 1.58 1218 0.47 TH 1808 1.31
4 0211 0.30 0843 1.92 SA 1525 0.13 2121 1.39	13 0511 1.34 1112 0.66 MO 1707 1.29 2328 0.45	22 0422 0.57 1056 1.70 WE 1746 0.35 2345 1.16	31 0004 0.38 0642 1.72 FR 1324 0.33 1914 1.31
5 0259 0.34 0932 1.98 SU 1620 0.08 2218 1.35	14 0559 1.42 1216 0.62 TU 1802 1.24	23 0502 0.59 1134 1.67 TH 1828 0.36	
6 0348 0.39 1023 2.00 MO 1716 0.08 2316 1.30	15 0007 0.47 0641 1.49 WE 1311 0.56 1854 1.21	24 0029 1.15 0546 0.62 FR 1215 1.62 1910 0.38	
7 0442 0.45 1115 1.96 TU 1814 0.12	16 0044 0.48 0720 1.56 TH 1358 0.49 1941 1.20	25 0116 1.16 0635 0.65 SA 1259 1.56 1955 0.39	
8 0015 1.25 0537 0.51 WE 1209 1.87 1912 0.18	17 0119 0.49 0757 1.62 FR 1438 0.43 2024 1.20	26 0209 1.19 0731 0.67 SU 1348 1.50 2042 0.39	TIMES AND
9 0116 1.22 0635 0.58 TH 1304 1.75 2009 0.26	18 0155 0.51 0831 1.67 SA 1516 0.38 2105 1.19	27 0304 1.24 0837 0.68 MO 1445 1.43 0 2131 0.39	HEIGHTS OF HIGH AND LOW WATERS LAT 34 ⁰ 29' LONG 150° 55'

© Copyright Commonwealth of Australia 2020, Bureau of Meteorology, Datum of Predictions is Lowest Astronomical Tide. Times are in local standard time (UTC +10:00) or daylight savings time (UTC +11:00) when in effect. The Bureau of Meteorology gives no warranty of any kind whether express, implied, statutory or otherwise in respect to the availability, accuracy, currency, completeness, quality or reliability of the information or that the information will be fit for any particular purpose or will not infringe any third party intellectual Property rights. The Bureau's liability for any loss, damage, cost or expense resulting from use of, or reliance on, the information is entirely excluded.

MOON PHASE SYMBOLS New Moon ● First Quarter ● Full Moon ○ Last Quarter ●

Juniors shine at state titles

By Scarborough Boardrider Ian Pepper

It was great to be back with two pointscores completed over the past month, all divisions on 24 October and juniors only on 7 November. The October event was at Coledale in a building swell about 2-3 foot. We ran every division of the club including micros and finals for most divisions too. The A grade men was taken out by Nic Squiers and the Open Women by Kasey Hargraves.

The junior-only event was held in sensational waves at our home beach Scarborough while the micros ran at Sharkeys Beach, Coledale. It seems our juniors have all improved immensely during lockdown and the outstanding surfing on display was a pleasure to watch. Winners were Amira Blu Rankin in the junior girls, Finn O'Connor in the 12s and Lachlan Groves in the 14s.

The delayed state junior surfing titles ran from November 16-22 across our area with 10 of our juniors competing. The event moved from Sandon Point to East Corrimal, then Woonona and back again to Sandon Point with a range of different swell and conditions. Congratulations to the following members who finished in the top 10 for their division: Zahlia Short 2nd in Girls 16 & Under, while sister Shyla equal 6th. Mannix Greentree-Squiers equal 6th in Boys 16 & Under. Zahlia and Mannix should now qualify for Australia National Junior Surfing Titles – date and venue to be announced.

Dates for the rest of the year below:

- Pointscore No.8, 12 Dec. Seniors only for under 18s and up. Finals for all divisions this day.
- Aloha Manly Junior Teams Event, Manly, 4-5 Dec
- Australian Boardriders Battle Regional Qualifier (South Clubs) – Kiama, 11 Dec Presentation to be sometime in early 2022. 2515

Follow @Scarbsboardridersclub on Facebook and @scarboroughboardriders on Instagram



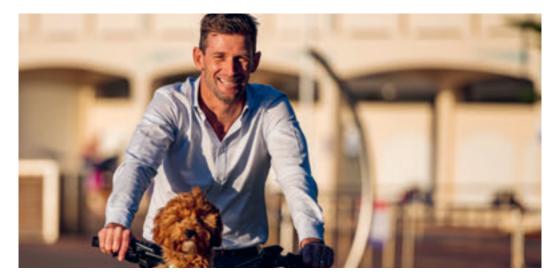
October pointscore Open Female winners, L to R: Kasey Hargreaves, Zoe Gelder, Zahlia Short. Photo: Ian Pepper

Licence No. 95628C / ARC Licence No. AU09136 ABN 62 078 105 978

SPLIT SYSTEM DISGUISED ASK ABOUT OUR DESIGNER AIR.



(02) 4222 9988 • www.tcair.com.au



WHAT A YEAR IT HAS BEEN

2021 has been an unprecedented year for us all, in saying that we are all so fortunate to live in the 2515.

Wishing you and your family a very Merry Christmas and Happy New Year.

Enjoy a well earned rest.

davidhyslop@mmproperty.com.au 0417 784 945 mmproperty.com.au

+ molenaar mcneice