

THE ILLAWARRA *flame*

August 2022



Keeping community news alive

Get Her Onboard

Surfer girls thrive at Scarborough club



Meet Our Contributors



Lyn Hughes is the author of *The Factory*, *One Way Mirrors*, *The Bright House* and *Flock*. She was born in Wales and grew up in Cape Town before moving to Sydney. She lives in

Austinmer with her partner Sarah, and two Labrador x Kelpies, Moji and Bo. Favourite things, when not writing, are gardening, walking, baking and spending time with her kids and grandkids.



Iris Huizinga migrated to Australia from The Netherlands, where she was a screenwriter. She graduated from the Victorian College of the Arts in Melbourne. Since 2009 she has

volunteered locally, at the surf club and with the fire brigade. Iris makes short films for the *Flame*.



Janice Creenaune is a retired English teacher. A wife and mother of three, she sees the life of a retiree as an evolution, something to be cherished, enjoyed. Janice is a

volunteer for PKD Australia and her interests include travel, Letters-to-the Editor SMH, letterpress printing and film study.



Ben Wollen is the director of Wollen Architecture, a studio with a focus on sustainable design. "Only build what you need to" is one of his driving mantras. When he's not

working, Ben's enjoying the natural wonders of the Illawarra escarpment with his wife and kids.



Christine Sykes is a community worker and senior public servant, now retired and living in Stanwell Park. As well as writing and tap dancing, Christine loves to walk and

have coffee with friends, and has been known to perform on stage with SPAT.



Dr Hayley Glasson graduated from the University of NSW in 2008. She completed her fellowship in general practice in 2014, worked as a GP in the Kiama area and now works at

Bulli Medical Practice. Hayley enjoys providing comprehensive care and developing long-term relationships with individuals and families. She has a special interest in women's health and has a Diploma from the Royal Australian and New Zealand College of Obstetrics and Gynaecology.

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.



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DEADLINE 18 August. Contributions welcome.

COVER Scarborough Boardriders Club's 'Get Her Onboard' development day on 15 May 2022. Photo: Anthony Warry

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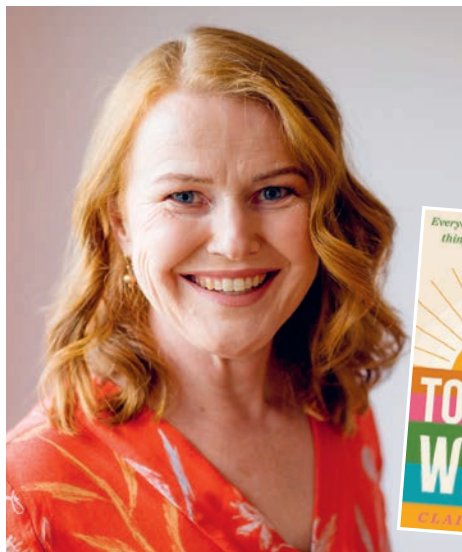
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Together We Can ... make it!

By Claire O'Rourke



Author Claire O'Rourke. Photo: Sarah Tedder, Bear Hunt Photography

How are you feeling about the state of the planet? In the last few years I've experienced plenty of moments of uncertainty, anxiety and sadness about the consequences of climate change, and I thought these feelings were pretty out there compared with most people. But when I looked at the research, I discovered that millions of Australians are just as freaked out as I am. So many of us are feeling

overwhelmed by the news of devastating fires, floods and droughts, and we're trying to work out what we can do about it.

I have a pretty unusual job – I work in climate advocacy, focussing on a faster and fairer transformation of our energy sector, which takes up most of my waking hours (and sometimes my sleeping hours too). In 2021 I decided to take a closer look at who's taking action on climate change and what we can learn.

The astonishing truth is that people across Australia are at the forefront of many climate solutions, big and small: we just don't see what's happening underneath the political argy-bargy that we see in our newsfeed.

The insights and expertise from scores of Australians come together in my new book, *Together We Can*. The book has inspiring stories of climate action and sustainability from all over the country, from Kingaroy to Kangaroo Island; Gloucester to Gadigal Country; from Hobart to the Hunter and right here in the Illawarra too. People are building community connections, learning from First Nations leaders, inventing new technologies and starting transformational enterprises too.

My family and I have lived in the Illawarra for 16 years, in Stanwell Tops and Austinmer on Dharawal Country. We love it here, and, like you, want to make sure future generations can benefit from its pristine environment with renewable-powered jobs and connected communities coming up with the solutions we need.

My hope is that you will read *Together We Can* and get more inspired to create a better world.

Together We Can is published by Allen & Unwin and can be found at Collins Thirroul or at your local bookstore. Come along to the Coledale launch event on Sunday, 14 August. Tickets are free via events.humanitix.com/book-launch-together-we-can 🌟

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Guests at the CSA's 111th anniversary celebrations included (front row, L to R) historian Dawn Crowther, Wollongong Lord Mayor Gordon Bradbery, and author Caroline Baum. Photo: Jeremy Parks



Clifton icon turns 111

The historic School of Arts celebrated in style, writes Iris Huizinga

"I stand on the shoulders of giants," Clifton School of Arts president David Roach told a full house of special guests and local residents who turned out on July 16 to celebrate the historic building's 111th birthday.

Striking miners built the community-owned School of Arts in 1910 and volunteers have run it ever since.

Among more than 60 people who attended the event were Wollongong Lord Mayor Councillor Gordon Bradbery, Alison Byrnes (Member for Cunningham), Lee Evans (Member for Heathcote), and Ben Franklin, Minister for Aboriginal Affairs, the Arts and Regional Youth.

Other guests included CSA past president Vicki Potter, CSA past treasurer Alison Wiig, author and broadcaster Caroline Baum, and local historian Dawn Crowther.

The CSA committee has recently received permission to build an extension at the back of the school, designed pro bono by Sydney architect Tim Antiohos. To make the design a reality, the Clifton School of Arts is reaching out to the local community, with a fundraising goal of nearly a million dollars.

The miners who built the School of Arts in 1910 completed construction in just six months.

"They could have built another church or a Sunday school," David said, "but what they decided to build was something lasting, something that was going to be here for a hundred years, which was going to enrich their culture and give their lives, and their children's lives, something other than the lives they'd had."

"They could go to a dance, they could have lectures, a library, a billiards room."

The building fell into disrepair in the mid-1980s.

Via cake stalls and lamington drives, volunteers managed to raise an enormous amount of money to get the building back in shape. This is one of many examples that show the care and effort that locals have put into the Clifton School of Arts over more than a century.

"Those miners would have a great sense of fulfilment if they were alive today," David said.

Visit www.artscifton.org and, for more history, read *Chronicles from Clifton: Clifton School of Arts 1911-2021 Celebrating 110 Years* by Dawn Crowther. 🌸



(L to R) CSA past president Vicki Potter, CSA president David Roach, and CSA past treasurer Alison Wiig at the 111th anniversary celebrations. Photo: David Corbett

Hal Pratt
Ashley Frost
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Ashley Frost - "Wodi Wodi Track Monotype 4" 2022, monotype in oil on Yupo paper, 28x26cm. Represented by Stella Downer Fine Art

Midnight Tides on the rise

The band have come through Covid to launch their debut EP

A Dance With Curly Jefferson is the curiously named first EP from Wollongong-based band The Midnight Tides.

The band have endured two lockdowns and mandated bans on live performance but have come out stronger, united and more passionate to play music.

A launch party for the new EP was held at Bulli's Heritage Hotel last month.

Frontman Marley Fox says: "There has been over two years of patience, and with much anticipation, love, care, passion, friendship, musicianship and soul, we The Midnight Tides have put together our debut EP, *A Dance with Curly Jefferson*, encased with six different tracks hoping that at least one may resonate with someone.

"The time has arrived, and we made it. We are still together; we still love playing music and we want to share our pandemic project with everyone."

The band consists of Marley Fox (lead vocals and rhythm guitar), Jarrah Henderson-Jackson (drums), Tyanan Berman-Thornton (bass) and Harvey Jakubiw (lead guitar). Former band member Brandon Grainger features on lead guitar on two tracks.

Marley used the lockdowns to write music almost every day. "There is always a melody, lyric or something going around in my head. It might be weeks before I finally get the framework for a complete song. It is my job to keep working on it."

When bans were lifted and the band were able to rehearse again, they heard Marley's songs for the first time.

"Usually, a song or two gets added to the playlist every other month, we have the crowd's reaction to gauge a song's merit. With zero performances, I had masses of songs shoved in my guitar case and I brought these songs to the band to work through, and they did not know what hit them. Together we got down to the six to create the EP."

The EP has a mix of songs ranging from sentimental rock ballads, to indie heavy rock jams to groovy hard rock riffs that are guaranteed crowd pleasers and dance favourites. It was recorded, mixed and mastered by Chris Peruch at Animal Audio Studios in Wollongong.

Standout tracks include *T-Shirt*, a soulful love ballad and the get-up-and-dance tune, *Saddleback Sun*.

Asked about the title of the EP, the band fesses up to being huge fans of British comedy *The Mighty Boosh*, in which Curly Jefferson is an obscure character, something that has become a running joke in the band. Says Marley: "Who doesn't love the Boosh!"

To buy the EP or find out about new gigs follow @the.midnighttides on Instagram or Facebook. You can also listen on Spotify or watch the band on YouTube 🌟



The Midnight Tides (L to R): Tyanan Berman-Thornton, Marley Fox, Harvey Jakubiw and Jarrah Henderson-Jackson. Photo Kirk Gilmour.



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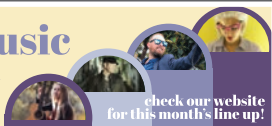
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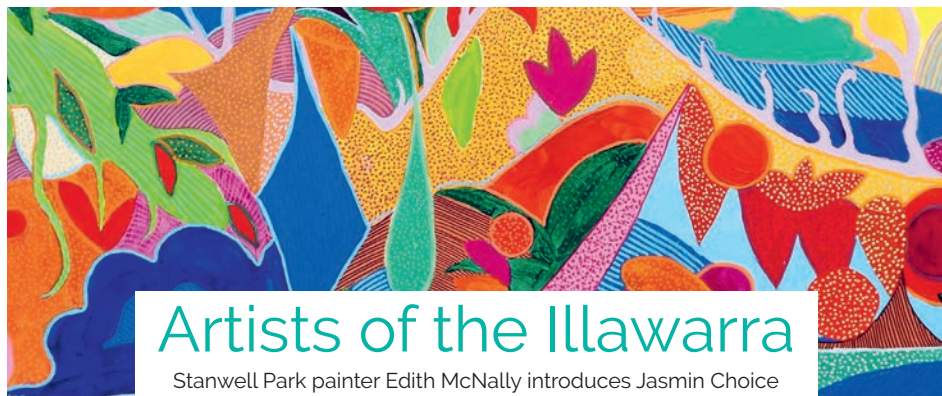
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Artists of the Illawarra

Stanwell Park painter Edith McNally introduces Jasmin Choice

Jasmin Choice's scope of art ranges from graphite life drawing, highly contrasted acrylic portraits and dreamscapes to enchanted watercolour landscapes where there are usually one or two anonymous silhouetted people interacting with each other and/or in the environment. She loves the feedback about the varied ways people see the relationship between the silhouetted figures.

Jasmin moved to Thirroul in 2019, just before the pandemic. When the pandemic hit in early 2020 she took two months off work and indulged herself by being creative, averaging a completed artwork every three to four days.

"When it rains it pours" is how she described her level of production at that time. She found inspiration in wandering through the subtropical rainforest of the Illawarra escarpment.

Of late, rain and leeches have caused her to look inwards for inspiration from meditation, introspection and dreaming. Often she finds herself in a playful, enchanted mood when drawing or painting which is strongly reflected in her work.

Jasmin is self-taught and acknowledges that she has a lot to learn even though she has been drawing and painting since she can remember. She comes from a very artistic extended family where



her grandparents were prolific artists.

Jasmin is a kinesiologist with clinics in Thirroul and Sydney's inner west. She describes kinesiology as a process of gentle facilitation whereby we can be guided to work through and process unresolved stress.

She certainly "walks the talk" in her own art, finding that mediation and "regulating her state of being" allows her to find her "own answers" and creativity, so that she can really commit to her art and artistic well being.

Follow her on Instagram @jasminchoiceartist

To be featured, write to Edith at mcnallyedith@gmail.com ✨

Join the Northern Illawarra Art Trail

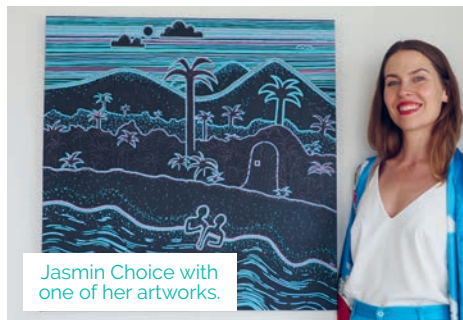
With Wollongong City Council sponsorship and lots of local artist interest, planning to make the Northern Illawarra Art Trail a reality is in full swing.

Plans for two Open Studio Art Trails are now confirmed for 10am-3pm on the weekends of November 19-20 and April 22-23.

Participating local artists will open their studios and galleries to share how they create their art.

Artists wishing to participate need to register their interest by August 29 with Sue Roach at sue@manusoft.net.

The committee is very keen to encourage and welcome any and all artists who call the Northern Illawarra home. ✨



Jasmin Choice with one of her artworks.

Shot of the day!



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Time to create

Janice Creenaune meets local artist Gillian Day

Before retirement, Gillian Day worked as a paste-up artist in magazines, newspapers and at small printing businesses in Sydney. Now she creates art in a multitude of forms and mediums with flair, ingenuity and an interesting fusion of her own life experiences.

"I am quiet by nature, but when it comes to art, well, that is my voice," she says. "Through my artwork I can tell my story and often it is my past experiences from which I draw."

Gillian grew up in Lane Cove, but when she was about seven years old her family moved to Mexico.

"I remember the smells and the local influences were all very different. But my memories are full of the colours that surrounded me.

"I began to draw, sketch and paint even at this early age. It was entertainment for me, and being somewhat alone, my skills developed. Compared to the greys of Sydney in the 1950s, Mexico was colourful and steeped in history. The Aztecs, the calendar, the pyramids, balloons and ice-cream vendors, all of this often comes back and certainly influences my work.

"Later, my family moved to San Francisco. Flower power and a more relaxed atmosphere allowed me more freedom.

"Our family later returned to Sydney and then the escarpment of Austinmer led me to the area. I love the escarpment, particularly in times

of mist, it took me back to my childhood and I felt like I had come home when we moved to Moore Street. The swell of the ocean, the Norfolk pines and as a 'water-baby' I still love the sparkling seas."

Gillian paints with acrylic and oil paints on paper, canvas and, occasionally, on board.

"Sometimes I take some of my past prints and paint on top of these but my treatment of oil paints differ from my acrylic paintings. My oil paintings come from a visceral, rather than an intellectual, process, whereas my more textured oil paintings are a sensual reaction to the surface of the canvas or board as well as the paint."

Performance in Landscape, a drone-shot film of Northern Illawarra beaches that Gillian worked on with Paul Higgs, was a Highly Commended entry in the 2022 Lethbridge Landscape Prize.

Gillian moves with ease between sculpture, ceramics, photography and print-making and she is making an amazing contribution to art in our region. Her joy and insights can inspire us all.

She is grateful to her husband, Peter, for his continued support and encouragement.

Please call Gillian on 0414 339 597 for sales and more information.

Janice Creenaune is a volunteer for PKD (Polycystic Kidney Disease) Foundation Australia. Email janicecreenaune@gmail.com or call 4267 4880. 🌟



Fly through the Day and the Milky Way by artist Gillian Day. Photos: Janice Creenaune



Heathcote Community Update

A letter from Lee Evans – your State MP



I write today to women who are looking for work to advise you can apply for grants of up to \$5,000 to help return to the workforce.

The “Return to Work” Program is due to a \$32 million investment in the recent NSW Budget and I encourage all

eligible women to apply.

Women who are experiencing barriers re-entering the workforce can apply for grants of up to \$5,000 to help cover the cost of common financial obstacles such as education and training, textbooks and stationery, professional attire, childcare and respite and transportation and technology.

This is an opportunity for the women of our community to build the confidence and financial independence they need to return to

the workforce.

The “Return to Work” Program will continue next financial year. Consideration will be provided to priority groups.

For more information:

<https://www.service.nsw.gov.au/services/business-industries-and-employment/get-notified-about-return-work-phase-3/return-work-rtw>
Or contact my office on 9548 0144.

Lee Evans,
Member for Heathcote

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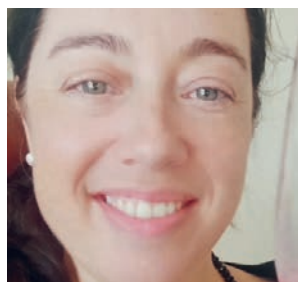


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Deck the Hall!

It's time to celebrate at the freshly renovated home of Stanwell Park Arts Theatre, writes Beth Farmer

It's been a particularly long and dreary winter: the cold seems colder, the park is a bog, and when it rains, don't even... But, this month SPAT has reason to celebrate!

Three eventful years after we were awarded the My Community Grant to undertake the much-needed renovations on the CWA Hall, our precious hall is looking fresh, modern and ready to party.

It's time to put the new and revived hall to the test – will you join us?

Let us help you beat the winter blues with Deck the Hall, a winter festival, our way of saying thank you to the community for your support while the hall was being refurbished, and welcoming theatre back to Stanwell Park after a long break.

On Sunday, 21 August from 3pm follow the scent of German sausages to the CWA Hall where you will find a welcoming mug of steaming mulled wine or hot chocolate to cradle while you browse market stalls of artisan goods made by local sellers.

Enjoy the woodland views from the brand-new deck while local amateur musicians play busker-style – please give generously!

We're still looking for musicians who would like to busk, and market stall holders; if you're interested contact Kelly on 0477 784 079.

From 6.30pm ticket holders will be seated inside the hall for a night of theatre – two one-act comedy plays, featuring several familiar faces to the Stanwell Park stage alongside first-time actors from the 2508 community. Gavin Bostick, who plays Jack in *Fate's Thread* says: "I have no idea about acting! I'm thinking this could end up being an unintentional comedy."

Ten-year veteran SPAT actress and first-time director Amanda Enderby says of murder/mystery/ghost story *Fate's Thread*: "Enjoy the laughs, friendships and the creativity that we have in our local community. Really proud of my cast and

looking forward to the festival and everyone meeting some fantastic new talent."

Rounding out the evening is modern comedy of manners, *Dotty's Inheritance*, written by SPAT favourite Debra Chalmers and featuring an energetic cast of local first-timers and some old hands, including director Karen Beavis, who is "looking forward to the festival as a whole, and having so much fun as this talented cast bring their characters to life".

Both plays will also run on Friday 26, Saturday 27 and Sunday, 28 August at 7.30pm. Tickets are on sale now at spat.org.au. Companion tickets available for patrons with accessibility difficulties. Go get them!

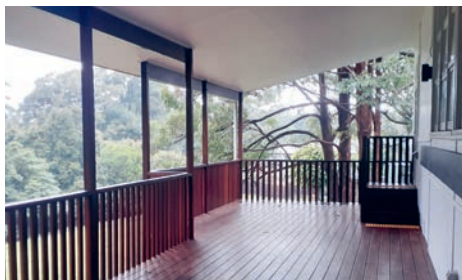
After the festivities, it's straight into preparations for the famous December SPAT pantomime. Auditions are on Sunday, 28 August, and we're excited to be putting on a big production for the first time in three years – with all welcome to come along and have a go, from young to young at heart; it's always a blast. More details will be announced via our social media and newsletter, so make sure to follow us for more info.

Visit www.spat.org.au and follow @stanwellparkartstheatre on Instagram 🌟



Stage 1 is done

The CWA's Sonia Westwood reports
on the Stanwell Park CWA Hall
Redevelopment Project



We have finally received the Occupation Certificate for the Stanwell Park CWA Hall redevelopment project. This was a joint undertaking by the CWA and Stanwell Park Arts Theatre (SPAT) and has resulted in a fabulous new deck, improved disabled access, and numerous other safety improvements.

There were many delays caused by Covid, additional compliance and regulation requirements, the wet weather and the shortage of building materials, but we are thrilled that we have finally managed to complete Stage 1 of the project.

Funds for this project came from a grant from the NSW State Government, the Stanwell Park CWA, SPAT, and from the 'Make Your Mark in the Park' initiative. Special thanks to all the people in the community who supported this initiative and those who helped at the working bees!

We also thank the following sponsors: Morgan-Dickson Architecture, Aeratron Ceiling Fans, Black Opal Plumbing, Cobalt Blues, Dr Annette Beauflis, Fly Stanwell Inc., Friday Tennis Ladies, Hangglide OZ, Helensburgh Car Services, Helensburgh Dental Centre, Lex Enviro Services, Lyfstyle Constructions, Ocean Blue B&B, Stanwell Park RFS members, The Morning Brew, Thirroul Community Garden, and Uluwatu Blue.

The new covered deck will be greatly enjoyed by all hall users and we look forward to the hall being the focal point for the community once more. 🍷

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Music and Tea at the Gallery

Music and Tea at 11am is a new series of concerts by emerging artists at Wollongong Art Gallery, writes Felicity Woodhill, founder of Inspire Music Australia

A new series of concerts will be launched on 4 August at Wollongong Art Gallery (WAG). These concerts will nurture the next generation of musicians through increased performance opportunities and share the gift of music by providing concerts that are accessible to all.

The first concert presents a program of Spanish piano music by Annie Ma, a recent graduate of the Sydney Conservatorium of Music. The concert will be hosted by classical guitarist and music therapist Ann Lehmann-Kuit. Afterwards, the gallery will provide tea and biscuits for all.

I asked Annie Ma about her passion for performance and Spanish music.

What inspired you to pursue a performance career?

I am passionate about sharing music with others, it gives me joy when my music can enrich people's lives. We are very lucky as pianists that the repertoire is endless; I feel there is so much that can be offered to audiences and for them to share in the discovery and excitement of the music with us.

How evocative of Spanish culture will your program be?

The program will feature three prominent Spanish composers, namely Granados, Albeniz and de Falla. Granados has a very romanticised style of writing which is infused with Spanish sentiment. This can be clearly heard, for example, in his allusions to the guitar, the use of typical turns and ornamentations. This will introduce the audience to the Spanish sound world.

The Albeniz and the de Falla are more vibrant and overt in their evocations of song, dance and flamenco.

Even though some of the program derives substantially from very specific idioms of Spanish culture, familiarity is not essential for audience to feel they can engage with the music.

Their exuberance and flair are qualities that are captivating.

What has drawn you to perform in the Emerging Artists?

The Emerging Artists Concert Series is a wonderful platform for artists. The sharing aspect is crucial to the art of music-making and that is only made possible if there are people and a concert space to play.

Personally, every performance is an invaluable

and treasured opportunity because it is never a given. I am dedicated in giving the gift of music to others.

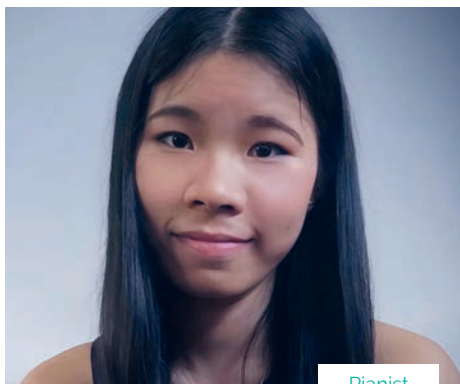
Performing a particular program multiple times inspires flexibility and spontaneity. Every audience, concert setting, even the time or specific place can stimulate a different kind of energy for the performer to bounce off.

Do you think music is a valuable way to connect people in communities?

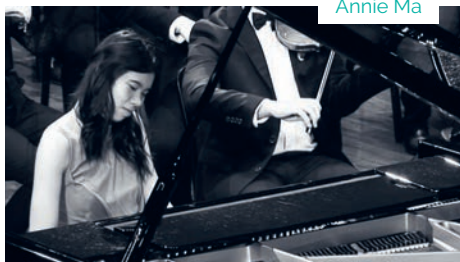
Music is universal and is quite unlike anything else in its ability to unite people. Concerts bring people together, to be in the warm presence of one another and share in the buzz of the experience.

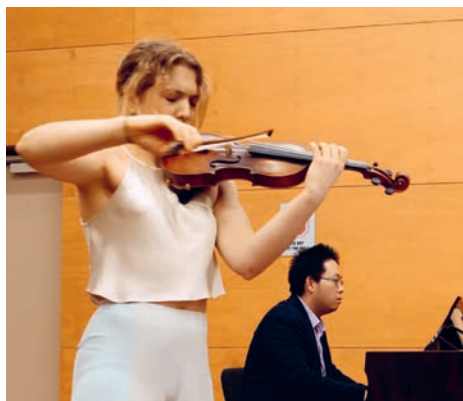
Music expresses life, allowing us to emotionally relate to one another and gain insights into the cultures of others. It is a sobering reminder of how connected we all are.

Music and Tea at 11am, Wollongong Art Gallery on 4 Aug, 8 Sept, 6 Oct, 3 Nov, 8 Dec. Entry free, donations for the performers appreciated. Contact inspiremusicaust@gmail.com ✉



Pianist
Annie Ma





Music for Medicine

By Dr Lyn Phillipson

Cedar Newman (violin) from Wombarra and Alex Yau (piano) from Sydney took the audience on an exciting musical journey at Thirroul Community Centre on 19 June. The concert has raised \$6448 in funds for Médecins Sans Frontières (Doctors Without Borders) to date.

The music, the performers, and an enthusiastic multi-generational audience ensured it was a night of joy and inspiration. A community get-together was encouraged at interval, with drinks courtesy of Crown West Cellars in Wollongong and food prepared by local artist Marissa Gunning.

Alex, a graduate of Sydney Conservatorium and New York's Julliard School of Music, selected two exquisite solo piano works, by Maurice Ravel and Alexander Scriabin. Alex's introductions to the works were informative and entertaining, at one point encouraging us to not only "hear and feel the music but to smell the music".

Cedar studies with Goetz Richter (Sydney Conservatorium of Music) and Lucie Robert (Manhattan School of Music, New York).

Alex and Cedar brought to life the passionate and lyrical character of Brahms' *Piano and Violin Sonata No. 2*.

Cedar performed Eugene Ysaÿe's *Ballade* – her deep connection to the work perhaps a reflection that it was first premiered by her teacher's teacher, Joseph Gingold, a student of Ysaÿe.

The closing work, and perhaps the highlight of the concert, was Shostakovich's *Violin Concerto No. 1*. Moody, eerily poetic and, at times, jarring.

To watch a film of the concert, by Dominique O'Donnell, with sound by Josh Winestock, go to fundraise.msf.org.au/s/232/215/e

Upon donation you will receive a link to the concert. 🌸

NEW EMERGING ARTIST CONCERT SERIES

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Thurs Aug 4th

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ANNIE MA has appeared as a soloist in notable venues such as Carnegie's Weill Recital Hall, the Sydney Opera House Concert Hall and has given performances abroad in New Zealand and Germany. She has been invited to perform recitals as part of the Tiromoana Summer Concert Series, Bundanoon Music at Ten Series and playing frequently for the Sutherland Music Club. Recent highlights include a performance of Chopin's Piano Concerto No 2 with the SCM Symphony Orchestra and the opportunity to work with Jena Philharmonic.



Soloist Emily Sun. Photo: Patrick Allen

Seasons with Emily Sun

In August 2022, Steel City Strings – the Illawarra's premiere chamber ensemble – brings to the region Max Richter's energised *Recomposed Four Seasons* featuring Australian violinist Emily Sun (2018's ABC Young Performer of the Year) as the soloist.

"This is a rare opportunity to hear Emily Sun in the local community," says Steel City Strings' manager, Lyndall Fowler.

"Steel City Strings are thrilled about the chance to play with a soloist of this calibre."

Emily has played all over the world and has won multiple international prizes.

"Richter's *Vivaldi Recomposed* is a piece every music lover should hear at least once in their life," says artistic director Kyle Little. "This piece takes a classic work like the *Four Seasons* and changes it to the musical language of the 21st century."

The concert also includes the stately 'Concerto Grosso in G minor' and the effervescent 'Concerto for Two Violins in C Major'. The latter features Steel City Strings' violinists Kyle Little and Matthew Tsalidis as the soloists.

"This will be my first-time playing solo with Steel City Strings," says Matthew, who has played in Steel City Strings since 2018. "It's duelling passages are particularly electric, and this kind of repertoire excites audiences immensely."

- **7 Aug:** Kiama Pavilion (2-4pm)
- **13 Aug:** Wollongong Town Hall (7.30-9.30pm)
- **14 Aug:** Burrawang School of Arts (2-4pm)

BOOK NOW: For Kiama and Burrawang, steelcitystrings.com.au. For Wollongong, merrigong.com.au. For more details, call 0467 869 478. ✨

Literary events you'll love

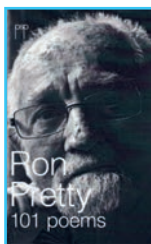
By South Coast Writers Centre director Sarah Nicholson

August is a big month of literary events at Coledale Community Hall, starting with an Argentinian film and a book launch with tap dancing on 6 August.

From 3-5pm Christine Sykes, author of the acclaimed memoir *Gough and Me*, will be launching her third book, *The Tap Cats of the Sunshine Coast*, in conversation with Caroline Baum. Come along for conversation, book signing, wine and tap dancing.

Our monthly Film Club, hosted by film aficionado Graham Thorburn, starts at 7pm. It is open to anybody interested in seeing and discussing films. Each Film Club session starts with some background information and after the screening, there is a chance to discuss the film. The August Film Club will screen the Argentinian film *Wild Tales*, a visual anthology of six short stories that explore the extremities of human behaviour involving people in distress. Join us for a cup of tea, a fascinating film selection and lively conversation.

On Sunday 14th April, local climate advocate Claire O'Rourke is launching her first book, *Together*



We Can. Claire will be in conversation with actor and founder of Hi Neighbour Yael Stone, writer and ABC TV *War on Waste* presenter Craig Reucassel, and Wollongong City Councillor Mithra Cox. *Together We Can* is an invitation to anyone worried about what climate change means for our future and a challenge to reconnect with our communities.

Finally, on Sunday, 28 August, Ron Pretty will launch *101 Poems*. Ron has been writing and publishing poetry for more than 50 years. He has published 15 books and chapbooks, his award-winning poetry has featured in journals and anthologies in Australia, the UK, US and Europe, and as editor of *Five Islands Press* he published 230 books by Australian poets.

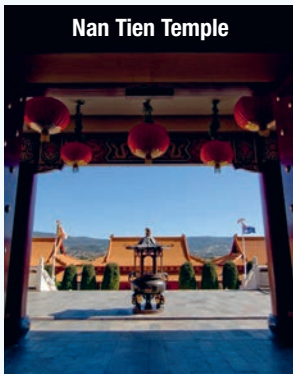
101 Poems contains work from his earlier collections, plus new poems. It will be his last published collection. Poet Peter Frankis will MC the launch. Entry is free, refreshments provided.

To book, check out 'Upcoming SCWC Events' at southcoastwriters.org ✨

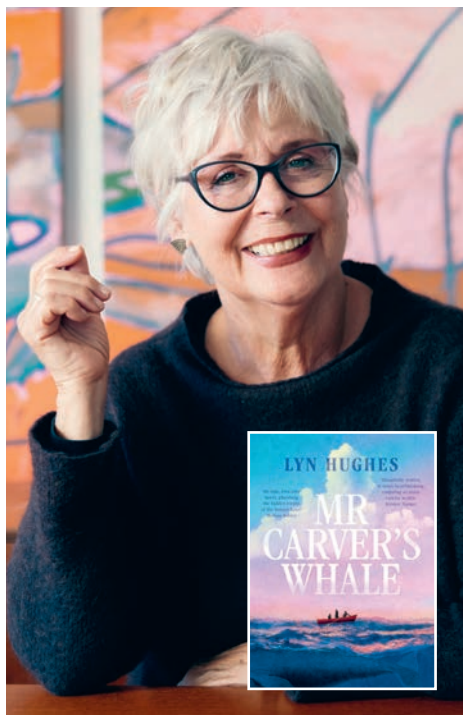
2022 NINA OUTINGS AUGUST AND SEPTEMBER

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| DATE | DESTINATION | DETAILS |
|-------------|--------------------------------------|----------------------------------------|
| 2nd August | Bunnings Wollongong | \$5.50 |
| 5th August | Shellharbour Shopping | \$11 |
| 12th August | Figtree & Corrimal Shopping | \$5.50 |
| 16th August | Nursery – Flower Power Taren Point | \$11 |
| 17th August | Nan Tien Temple Tour & Lunch | Transport \$10.50, Ticket & Lunch \$24 |
| 19th August | Macarthur Square Shopping | \$11 |
| 24th August | Lunch Outing to George IV Inn Picton | Transport \$16 |
| 26th August | Engadine Shopping | \$5.50 |



| DATE | DESTINATION | DETAILS |
|----------------|---------------------------------|----------------------------------|
| 2nd September | Sylvania Shopping | \$11 |
| 6th September | Bunnings Bellambi | \$5.50 |
| 9th September | Dapto Shopping | \$11 |
| 13th September | Tour of Berry Museum | Transport \$21.50, Ticket \$5 |
| 16th September | Warrawong Shopping | \$11 |
| 20th September | Nursery – Flower Power Milperra | \$11 |
| 23rd September | Miranda Shopping | \$11 |
| 28th September | Tulip Time in Bowral | Transport \$21.50, Ticket \$8.20 |
| 30th September | Shellharbour Shopping | \$11 |



A labour of love

Austinmer writer Lyn Hughes shares the story behind her new book

The first time I saw a whale, I was filled with astonishment, not just that something so large could launch itself bodily into the air or at the surprising sense of kinship I felt with the great creature but at the pure, unalloyed sense of joy I felt.

That first encounter, one of many, would eventually lead me to write *Mr Carver's Whale*, setting me off on a thrilling whale journey from the tiny island of Pico, in the Portuguese archipelago of the Azores, to remotest Fogo Island, off the east coast of Newfoundland, and finally, far closer to home, to Eden on the south coast of New South Wales. All places of great natural beauty. Cruelly so, given their bloody history of whaling.

Set in the late 19th century, *Mr Carver's Whale* is a historical novel with a contemporary edge. It begins with the arrival of a sea-chest filled with books, an unexpected gift for Antonio Carvalho, younger son of an Azorean whaling family. I found inspiration for Antonio, a pivotal character in the

Q&A with a new novelist

Meet Thirroul's Dr Alfredo Herrero de Haro, Spanish lecturer and debut author

Please tell us a bit about yourself.

I'm Spanish, but I spent 10 years in England and I moved to Australia in 2013. I lecture Spanish at Wollongong Uni.

What brought you to Thirroul?

My job. My wife and I moved here for a couple of years. Almost 10 years later, we're still here and now we have two kids.

What's *A Dead Man's Ice Cream* about?

On the surface, it's about a young man on the autism spectrum who has no family and depends on friends to navigate life; there is also a murder investigation in the background. However, the novel is complex. There is a middle layer which explores different themes, such as social class and how society treats its vulnerable members. There is a final layer of symbolism with references to literary classics and to James Joyce's work. It took me 11 years to write and I designed it to cater for

readers looking for an entertaining story while challenging those willing to delve deeper.

What's the story behind the book's title?

A friend of mine's a doctor and once he told me he'd eaten a dead man's ice-cream. He saw an ice-cream in the freezer at work and his colleague told him that it belonged to a gentleman who had died recently, but the staff didn't think it was appropriate to give it to the gentleman's family



book, in an old black and white photograph in a whaling museum on Pico: a young boy, expression uncertain, seated at a table of grinning men, toasting the success of the whale hunt.

But perhaps my chief inspiration, in a novel which deals primarily with the complex and often vexed nature of human relationships, were the following lines from the poet Rilke's 'Letters to a Young Poet' – words which leapt out at me with the same impact of that first sighting of a whale – 'It's often the name of the crime upon which a life shatters, not the nameless and personal act itself...'

Filled to the brim with books, journeys, whales, love, ghosts, desire and death, *Mr Carver's Whale* took me 10 years to research and write. A lyrical, swashbuckling tale of adventure-at-sea and romance, it was a labour of love. Which might seem odd, given its subject matter. But the novel is essentially a story of atonement and redemption, proposing as it does the possibility of personal transformation. And not just in our relationships with others, but with the natural world and the many creatures with whom we share it.

Mr Carver's Whale is published by HarperCollins 4th Estate. Visit www.lynhughes.com and follow @lynflock ✨

together with his other possessions. My friend's colleague said that the fridge-freezer was due to be cleaned in the morning and that they'd get rid of everything in it, so my friend asked if he could eat it. The novel develops this story further to prompt the main character's awakening to avoid letting his life melt and go to waste, like a dead man's ice-cream.

How did James Joyce's masterpiece come to influence your debut novel?

I modelled my novel after *Ulysses*, with 18 chapters, each written in a different literary style, and with different colours, symbols, and scientific disciplines assigned to each chapter. I wanted to write a *Ulysses* set in Birmingham.

Why did you launch your own small press?

Seeing good-quality work not being published because publishers didn't see it as commercially viable. This year I'm publishing a collection of poems by a UK-based academic and a local history book by a retired lawyer.

Buy the book at Collins Thirroul, Stanwell Palms General Café, UOW's Unishop. ✨

Book soon

By the team at Collins Booksellers Thirroul

There's lots on in August. Watch out for special events at your local school celebrating Education Week (1-5 Aug) and National Science Week (13-21 Aug).

14 August: We will be bookselling at the launch of climate advocate Claire O'Rourke's *Together We Can* at Coledale Hall.

We are hosting three Wednesday evening events at Ryan's Hotel in Thirroul this month.

10 August: John Corker partners up with bestselling author Adam Courtenay to discuss *Three Sheets to the Wind*. Perfect for history buffs as well as lovers of a good yarn.

24 August: Lyn Hughes and Caroline Baum discuss Lyn's new novel, *Mr Carver's Whale*.

31 August: Award-winning climate scientist Dr Joëlle Gergis discusses her book, *Humanity's Moment*, with local favourite Dr Tim Flannery.



These events will book out, so get in quick! Email thirroul@collinsbooks.com.au or call 4267 1408. ✨

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Local authors at Shire festival

By Christine Sykes

After being held online last year due to Covid-19, Writers Unleashed returns this year as an in-person event at Tradies GyMEA on Saturday, 3 September.

Now in its 12th year, the popular writers' festival is an annual event run by the volunteers of the Sutherland Fellowship of Australian Writers.

The program features Illawarra-based writers, including award-winning authors Helena Fox (*How It Feels To Float*) and Hayley Scrivenor (*Dirt Town*). My third book, *The Tap Cats of the Sunshine Coast*, will be launched at the festival.

Also on the program are: award-winning Yuwaalaraay storyteller Nardi Simpson; James Bradley, author of the cli-fi hit *Ghost Species*; James McKenzie Watson, author of *Denizen*, Penguin Literary Prize winner; and crime fiction powerhouses Anna Downes, Petronella McGovern, Rae Cairns, Felicity McLean and Dinuka McKenzie. Best-selling fiction author Cassie Hamer will run a writing workshop.

Kid lit fans are in for a treat with Deborah Abela; picture book author and Words & Nerds podcast host Dani Vee; Yuin writer and author of *The Boy from the Mish*, Gary Lonesborough; and author and podcaster Kate Simpson.

Emerging writers are invited to pitch their manuscripts to editors from major publishing houses, including Penguin Random House, Walker Books, Larrikin House, and Harlequin.

The festival will also include author talks, workshops, the announcement of the 2022 Picture Book Competition winners, and catering.

We'd like to thank Tradies GyMEA and The Best Little Bookshop in Town for supporting us.

Visit www.writersunleashed.com.au 🌟



Local authors Hayley Scrivenor (top), Christine Sykes and Helena Fox (at right). Photo supplied

Lunch with Dr Norman Swan

By Jane Rees

The Friends of the Wollongong Libraries will welcome Dr Norman Swan to speak at a Literary Luncheon held on September 7th at Villa D'Oro in Flinders Street, Wollongong.

Acting President of the Friends group, Anne Middleton, said: "We are thrilled that Dr Swan has accepted our invitation to speak."

Dr Swan is a well-known medically qualified journalist whose broadcast career has spanned over 30 years.

He currently hosts Radio National's

The Health Report and co-hosts the ABC's *Coronacast*, which includes explanations of medical research, interviews of medical scientists and advice for people to help them manage the threat of Covid-19.

Dr Swan's expert commentary has been sought by *Four Corners*, the *7.30 Report* and others. Many Australians feel indebted to him for this work which has provided sensible and reasoned commentary during one of the most difficult times in the country's history.

Dr Swan recently published two books – *So You Want to Live Younger Longer?* and *So You Think You Know What's Good for You?* – and copies of these will be available at the luncheon and through Wollongong Libraries.



Bookings for the September 7th luncheon can be made online via Eventbrite from 5th August. 🌟

Dying to Know over dinner

By Katie Hodgkinson, Marketing & Community Manager at H.Parsons

I have just organised a dinner party with my family, in August, with an instruction to be prepared to talk about our end-of-life plans.

I'm the eldest sister, so my siblings are used to being bossed around but this suggestion did get a few colourful objections and one panicked question: "Is there something you're trying to tell us?"

No, I'm not dying. No more than I was yesterday anyway. But I am taking advantage of Dying to Know Day (8th August), an initiative of The Groundswell Project that aims to "reshape the way Australians approach death, dying and end of life planning".

This year all Australians are being encouraged to have conversations geared towards being better prepared for end-of-life. From practical life-admin such as wills, to the kind of send-off we would want. After all, shouldn't our death represent what mattered to us most in life? How can our family know that we want to be buried in a surfboard-shaped coffin if we don't tell them?

I'd like to share my thoughts on why getting comfortable talking about death is important to me, in the hope that by doing so, you too might come to fear dying less. You see, I want to continue to live a good life and I've decided that I can't do that if I'm fearing death. Also, when my parents die, I want to celebrate the full and interesting lives they lived, not curse them for leaving me with a mountain of paperwork and arguing with my siblings about what music to play at Mum's final farewell.

As Hamlet said, "There is nothing either good or bad, but thinking makes it so." Well, I can't change the fact that I will die one day, so I'm changing my thinking instead. From this day forward, death need not be scary. Instead of allowing death to conjure negative images, I'm going to imagine a ... cheerleader!



Imagine, your own personal cheerleader cheering you on as you approach the finishing line, "You did it! Great job – you lived well." And like the life-athlete that you are, you are also well prepared for what happens after the main event. Well prepared for you and well prepared for your family, with all documents done and no anguish over funeral planning.

I invite you to have a look at the Dying to Know Day website for guidance on how to have end of life discussions with people you love. If you are dying to know anything to do with cremations, mortuary care or funerals, H.Parsons is opening their doors to the Illawarra community on the 28th August. Details and tour bookings can be found at the events page at our website.



H.Parsons has chapels in Bulli, Wollongong, Warilla and Dapto
Phone 4228 9622 or visit hparsons.com.au

What's On



Submit events at www.theillawarraflame.com.au/event-form

Holy Cross Family Fun Day

Saturday, 6 August, 11am-3pm, 1 MacMillan St, Helensburgh, free entry. Enjoy spinning cups and saucers, a giant slide and bouncy castles. Plus, art, food, market stalls, Gelato Man and Coffee Van.

Coledale Oysters Trivia Night

Saturday, 6 August. Entry \$5, 7pm start, great prizes. Come and have fun, join the Oysters as they raise funds to help Save Our Coledale RSL.

Let's Talk About Dementia

Sessions at Hillcrest House, Stanwell Park at 10.30-noon on 18 August (questions answered), 25 August (strategies to reduce your risk) and 1 September (how to make your village dementia friendly). Facilitated by Anglicare, morning tea provided. Contact Alice Summons on 0438 790 526 or Maureen Thackray, 0414 806 512.

Term 3 at Northern Illawarra U3A

Meetings on Wednesdays at Thirroul Community Centre. Two speakers with a break in between.

- **3 August** 9.30am A Brief History of Conspiracy Theories. 11am Extraordinary Australians
- **10 August** 9.30am TBA. 11am Helensburgh Historical Society
- **17 August** 9.30am Fairness in Taxation and Welfare. 11am Service NSW - Savings Finder
- **24 August** 9.30am Ending Up The Way We Do. 11am The Cold Case of the Missing Megafauna
- **31 August** 9.30am Alexander Hamilton. 11am How We Recognise Words
- **7 Sept** 9.30am Putin' on a Show. 11am TBA
- **14 Sept** 9.30am Ethics and Genealogy. 11am U3A Choir

JPs at Libraries

NSW Justices Association Wollongong Branch provides free JP services at Community Desks at Thirroul, Corrimall, Wollongong and Dapto libraries. All services given by JPs are free of charge. Monthly meeting for members and other JPs on the second Tuesday of the month at the City Life Church in Jardine Street in Fairy Meadow from 7pm. Contact Ray Vaughan on 0419 293 524.

Helensburgh Lions

Meet on the 2nd and 4th week of each month at Helensburgh Hotel (upstairs) at 6.30pm. Come along and get involved in your community.

Camellias Illawarra: 22nd Annual Reticulata Show

Bulli Uniting Church, 11am-3.30pm on Saturday, 13 August. Free. www.camelliasillawarra.org.au

Wollongong Traditional Arts Society

Exhibition and sale every 3rd Sunday monthly and

public holidays at Wollongong Harbour. Local artists welcome to join. Meetings 2nd Wednesday monthly, call Lyn on 0411 682 856.

LIBRARY FUN



Book Week 2022

'Dreaming with your eyes open' is the Book Week theme this year. It's about listening to Country as the first storyteller. It's about learning from friends who help you on your way. It's about stepping into your own story. Thirroul and Helensburgh Library will be celebrating Book Week during August with some fun in-library activities and plenty of wonderful displays to enjoy.

Some of the Older Reader (ages 13-18) short-listed titles you can borrow are:

- *Girls in Boys' Cars* by Felicity Castagna
- *How to repaint a life* by Steven Herrick
- *Tiger Daughter* by Rebecca Lim
- *The Boy from the Mish* by Gary Lonesborough
- *Terciel and Elinor* by Garth Nix
- *Sugar Town Queens* by Malla Nunn

Reading Challenge

We're just over halfway for our annual Reading Challenge. This year, we've created an assortment of challenges that are sure to get you perusing the shelves for something new, unusual, or unique. Examples include: reread a classic, set in the snow, a debut novel, something fishy. Share your progress on Facebook or Instagram, hashtag #WCLibraries

Corrimall workshops

Garry McDougall is the artist/author-in-residence at Wollongong City Council's Art-in-Unusual-Places. At Corrimall Library, he'll be running workshops every Friday (for six weeks) from August 5 on: Writing Stories; Making Books; Playing With Pics; Storytelling, Live! On September 19, Liz Jeneid, a former Wollongong Uni printmaker, will assist students/locals to make beautiful handmade books. Join the program by booking at 4227 7189.

Ahead of September's 2022 UCI Road World Championships, our libraries are hosting cycling events! See page 55. 🌟

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Coalcliff Beach not looking very beach-like last month. Photo: Rob Brander

Dr Rip's Science of the Surf

There's been beach erosion of historic proportions! Prof Rob Brander reports

The other day someone said to me that I can't go five seconds without talking about coastal erosion. While that's not true (I think it was a subtle hint they find me boring), coastal erosion is definitely worth talking about at the moment.

We haven't seen erosion like this on some of our beaches since the mid-1970s – it's historic! Dunes are being eaten into, long-forgotten rocks are being exposed, and structures built too close to the ocean are at risk. It's a big deal and all because we've had big swell event after big swell event for ages thanks to back-to-back La Nina events, with perhaps a third coming!

People who grew up in the 70s talk about how bad the beaches were with logs and debris everywhere, not unlike what we're seeing now. In the coastal world everyone talks about the storms of 1974. So what exactly was going on back then?

The last time a triple La Nina occurred was ... you guessed it ... 1974. That year there were three major storm wave events between February and June, all of which had wave heights in excess of 5m.

The most damaging was the 'Sygna' storm in May, when an East Coast Low (maybe we should start calling them Cyclones, which is what they are) with wind gusts of 165km/hr and 9m+ waves, drove the freighter Sygna onto Stockton Beach near Newcastle. That storm is considered to be one of the most severe storms to hit our coast since European settlement. Locally it also marked the



end of the beach shacks at Coalcliff.

I'd be interested in hearing more about the impacts along our coast, so please contact me!

The storms of 1974 were a real wake-up call and the catalyst that spurred governments into trying to understand the characteristics and behaviour of waves, beaches and dunes. They were the motivation for dune revegetation programs throughout NSW and the installation of offshore wave rider buoys to monitor wave conditions along the entire NSW coast. It was really the birth of coastal management in Australia.

While we understand how beaches respond to waves much better today and can even predict the amount of shoreline erosion that will occur in advance, we still can't stop it. History is repeating itself with La Ninas, lots of big storm waves in a short period of time, freighters coming ashore (the Pasha Bulker in 2006 and the bulk carrier Portland Bay's narrow miss last month off the Royal National Park), and lots of erosion.

One thing to remember is that all beaches respond differently and it's not all bad news. Erosion is always worse on small pocket beaches, near inlets, and in front of, and alongside, seawalls and concrete structures. In time the beaches will recover – they always do.

Share stories of how the 1974 storms impacted our coast. Email rbrander@unsw.edu.au 🌟

World Breastfeeding Week

By Dr Hayley Glasson of Bulli Medical Practice

World Breastfeeding Week is celebrated from 1 to 7 August each year. In 2022 the theme is "Step up for Breastfeeding". The aim is to inform, educate and empower the capacity of governments, health systems, workplaces and communities to provide and sustain breastfeeding-friendly environments for families in a post-pandemic world.

The WHO and UNICEF recommend early initiation of breastfeeding (within one hour of life), exclusive breastfeeding for the first six months of life, and continued breastfeeding up to 2 years of age or beyond. Under Australian Breastfeeding law, breastfeeding is a right, not a privilege. A mother can breastfeed wherever she happens to be.

Decisions to exclusively breastfeed, mix feed or formula feed are very personal, and the process can be extremely complex and emotional. Parents should be fully supported whichever method they use.

As a community, there are many ways we can support parents who choose to breastfeed. Businesses can establish breastfeeding-friendly spaces, normalising breastfeeding in public. Workplaces can empower parents with strategies to



combine breastfeeding and work, including offering appropriate paid maternity leave, setting up suitable breastfeeding or pumping facilities, and allowing regular breaks.

In the home, partners and other family members can care for older children and share in household tasks. Even just bringing a glass of water to a thirsty mother will help!

Over the past few years, there have been significant advances in our understanding of breastfeeding. With the right support, many of the challenges of breastfeeding can be overcome, and things often become easier in time. Parents can find assistance from a variety of health professionals, including lactation consultants, midwives, maternal and child health nurses, and GPs with a special interest in perinatal medicine.

Online resources include the Australian Breastfeeding Association at www.breastfeeding.asn.au, the Raising Children Network at www.raisingchildren.net.au and Milk and Moon (formerly Possums) at www.milkandmoonbabies.com 🌸

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A beautiful time machine

By Amanda De George of Backyard Zoology

I've written about Yellow-Tailed Black Cockatoos before, and, no doubt, I'll write about them again. How could I not? I know they're the favourite birds of many of you and for good reason. The brownish black plumage, the cheek patch and the long tail both imprinted with a vibrant yellow flash. But what is it about these birds that makes them so special? For me, it's the eerie call and how that is linked to early childhood memories and we all understand how those things tumble and turn in our brain and deep down in our core.

I mean, memories are strange. Probably because brains are weird with their wiring and rewiring and bits that light up or get sick and die. It's so strange though that a smell or a place or a taste or a sound can take you back to an unrelated moment in time. The first hint of their mournful cry and I am back, tucked up in bed, the sun still up, the light bleeding in around my blinds, my sleep cycle unsettled by daylight savings. I am back in the smallish town where I grew up before it turned into a mini-metropolis with a Woolies and fast food joints and a couple of schools and before the cows and the horses leave and are replaced by houses.

I am back there while those beautiful black cockatoos fly their slow flight overhead. I can't see them. I don't even think that I even know what they look like at this point. But I definitely know that call. I have no real idea how old I am as I lay listening to those birds. I am four. I am six. I am nine.

And a few days ago, as soon as I heard those



wailing cries, even though they were in the distance, I caught myself dropping what I was doing. It was as if some muscle memory kicked in and I had to find them.

Around here, they love to snack on the seeds of the banksia, dropping big chunks messily on the ground beneath them and dig into the bark of trees with their strong beaks, to get to the wood borer beetle larvae hidden. So I put my head down, followed the calls as best I could and looked for discarded bark and banksias on the path. And finally, I came across two beautiful cockies. One sitting at the top of a dead tree, acting as sentry and calling and then cooing more quietly. The other, a male (adult males have a pink eye ring) flew noisily up and out of the brush on the ground, a banksia firmly held in its beak.

I stood and just watched, kind of in awe, if you can be in awe of something you've seen over and over again. Sure, they're beautiful in a majestic sort of way and yes, they are intrinsically linked to my childhood. But there's something else, something I can't put my finger on.

These birds just have some hold over me that I'll never be able to explain. And that's okay. I know a lot of you feel the same way too.

Love nature news? Find fresh articles by Amanda on our website each week or subscribe to our newsletter for a 'What on Earth' Wednesday challenge delivered straight to your inbox. Go to the Get In Touch page at www.theillawarraflame.com.au 🌟

Your Letters

Get in touch at theillawarraflame.com.au

Helensburgh Seniors Travel Club report

We had two lunches in April, at Raya Thai and at Red Nectar, absolutely amazing. Next we had a week away to Orange in May. Had a great week, the weather was very kind. I enjoyed being able to sit on the bus and have a good look around our beautiful countryside. We had a wonderful lunch on the Nepean Belle Paddle Wheeler. Historical museums, Western Plains Dubbo Zoo, picnic lunch at Orange Botanical Gardens. Looked around the pretty little town of Eugowra and its amazing murals. Spent time in beautiful Millthorpe and enjoyed lunch at a wonderful little cafe. Toured the caves and Japanese gardens at Wellington. I have never seen anything like it, a must do. Our motel was lovely and the staff excellent. Our bus driver was very special, best ever. There were some 8-T-S people on the bus, they all had a ball. We have a new Saint, St JN, she is beautiful, we all love her. We did have a visit on the last night from something we did not need, but we are all okay. Take care, everybody.

– Ruth Duff, Otford

Build Helensburgh a centre now


Libraries and Community Centres are the human engines of communities. Students, parents, adult TAFE students deserve a thriving New Helensburgh Library and Community Centre ... Wollongong Council said new buildings will be finished by 2027. But will they?

Council doesn't pass the fairness, social justice in delivery of non-biased suburb funding – when Thirroul got a new Library and Community Centre in 2010 & more funding in 2022 Budget for \$100,000 Thirroul new room funding, meanwhile middle income suburbs such as Helensburgh have had no building funding for Community Centre maintenance or a new Library in 30 years. Seems politically connected & influential suburbs get whatever funding for new buildings whenever they ask for it? But Helensburgh has to wait 30 years for a new library, making do with a 50-year-old demountable classroom.

– David Hufton, Helensburgh

Editor's note: In June, David Hufton launched a GetUp petition, 'Build new Helensburgh Library & Community Centre Now before 2024'. At press time on July 25, it had 267 signatures.

The Helensburgh Community Centre and Library is planned for construction in 2025-2027. After its July meeting Council announced "big plans" for Helensburgh Park. See the NF1 Report on page 38. 🌟




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Tree of the Month

By Banksia Bush Care's Kieran Tapsell

Clerodendrum tomentosum (Native Clerodendrum)

Native *Clerodendrum tomentosum* occurs right throughout the Illawarra region, from hind dunes to rainforest.

It is sometimes a medium-size tree reaching eight metres, but more often a small shrub. Its flowers are white and in massed bunches. It occurs most commonly as an understorey plant in wet sclerophyll forest and on the edges of rainforest.

Its leaves are opposite, and the fruit is black and surrounded by bright red when mature. The tree is likely to be destroyed by deer and needs to be caged or protected within a deer fence when regenerating naturally or planted.

Banksia Bush Care News

Deer damage is still a major problem with a mature Bleeding Heart (*Homalanthus populifolius*) within the site being totally ringbarked, despite its trunk being protected by sticks bound to it with cable ties. It seems that this cheaper solution is only a short term one, because the deer have learned to break the sticks. Flower or chicken wire around the trunk of a mature tree is the only solution.

The ABC's *Gardening Australia* contacted us recently with a view to doing a segment for its program on the Banksia Bush Care site with its Art in the Park.

Filming took the whole day, and it is likely to be shown in a couple of months. ✨

Correction

Apologies to our readers

On page 32 of the *Flame's* June 2022 edition, we featured an article about a tree in front of Thirrourl Plaza titled, "Is this the last cabbage tree palm in town?"

The answer to that question turned out to be "No," and "that isn't a cabbage tree palm"

Council staff said pinpointing the species was hard without access to the leaves and rachis (which are 25m above ground) but it was likely a Mexican fan palm. We contacted local consulting arborist Paul Vezgoff, of Moore Trees Arboricultural Consultancy, for clarification. He said: "The tree you mentioned in the magazine is a *Washingtonia robusta* (Mexican fan palm) as identified by the



inflorescence size and the leaf scars on the main stem. Although it looks similar to a Cabbage Tree Palm, it is not native to Australia. The specific tree shown in the photograph in your article would be no older than 45 years old, as aerial photography from the early 1970s shows that a building existed in that location."

Thanks to the readers who alerted us to the error, including Adrian Ingleby, the first to do so. Another reader, Bruce White, said he had a special interest in palms that could be grown in the Sydney region "I have germinated seeds from the cabbage tree palms in the park at Stanwell Park that are now 5m tall," Bruce wrote. "A Cabbage Tree Palm has larger, darker, droops and they hang down not out or up. There are many cabbage tree palms in Thirrourl but they are not popular in gardens because of the thorns on the immature palm fronds. Cabbage tree palms are the ones that ring Anita's." ✨

'We all live downstream'

By Susie Crick of Surfrider South Coast

As a nation we are reducing our dependence on single-use plastics and can celebrate the fact that Australia now has a nationwide ban on lightweight plastic bags. As of November this year, NSW will also ban plastic-stemmed cotton buds, plastic straws and stirrers, plastic cutlery, plates and bowls, expanded polystyrene foodware and microbeads. (Microbeads are the teeny-tiny balls of plastic filler that are used in our cosmetics, shampoos and toothpastes that wash away down the drain to pollute our waterways and ocean.)

Whilst we can celebrate the wins, NSW is lagging behind WA in the banning of helium balloon releases, plastic cups, coffee cups and lids, produce bags and heavyweight bags, and polystyrene packaging ... but we will get there.

Your voice, pen and actions will get us there.

It is up to each of us to do something now because the way we are heading, global plastic waste is almost set to triple by 2060 unless we rein it in, the Organisation for Economic Co-operation and Development (OECD) reported in June.

We all want to protect our land and sea and Wollongong City Council is very supportive of environmental issues. The push is on for companies to do the right thing and many do, however, the #BreakFreeFromPlastic brand audit last year identified the top 5 global plastic polluters as being Coca Cola, Pepsico, Nestle, Unilever and Proctor & Gamble, and our supermarket trolleys are filled with their brightly coloured plastics.

So can't we just pop the discarded plastics in the yellow recycling bin to be taken away and recycled into sportswear? We can and do, however, some plastics are difficult to recycle simply because there are too many different types of plastics and they are not all compatible to be recycled together.

More of these coloured plastics could be recycled if there was a global standardisation of plastic containers. Currently producers make whatever plastic they want (usually whatever is cheapest and most rigid), but if governments were to enforce a globally acceptable 'standard' then we would have higher recycling rates. A hair product can have up to five different types of plastic within the one package: bottle, seal, cap, label, plastic film on the cardboard box. It defies logic. How can we expect 100% recycling outcomes when there are thousands of plastic varieties and not all are compatible for bulk recycling?

Waste is no longer a single nation's problem. We are all connected by one contiguous ocean therefore we need global standardisation on plastic production, packaging and recycling.

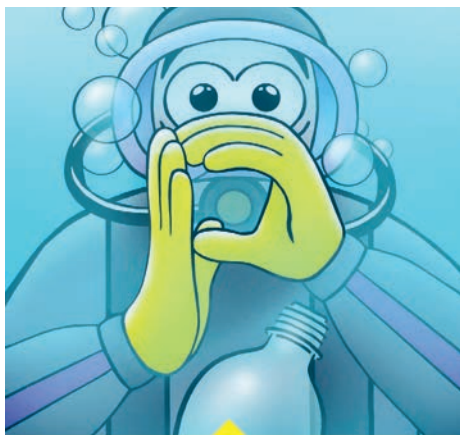
We have to come up with ways that have a 'clean, green and blue' tick for the health of the planet.

It is almost impossible to refuse plastic altogether – we touch plastic more than we do our loved ones. Think about it – our phones, computers, cars, bikes, underwear, yoga wear, sports apparel, remotes, pens and pan handles are all made with a form of plastic, so our daily lives are dependent upon it and we are slaves to this versatile yet rogue material.

Australia produces 2.5 million tonnes of plastic waste each year, about 100kg of plastic per person; from this only 13% of plastic is recovered and 84% is sent to landfill, but what is most alarming is that about 130,000 tonnes of the plastic Australians consume leaks into the environment each year.

On a positive note, Australia is working towards a healthier future – by December 2023 at least 80% of supermarket products will need to display the Australasian Recycling Label and work is currently happening with the textile and whitegoods sectors on an industry-led phase-in of microfibre filters on new residential and commercial washing machines by 1 July 2030. We all live downstream.

We need to find solutions that are compatible with nature or re-design our products so that the plastics that we use are truly recyclable. If we simplify plastic production then recycling will be easier on a global scale. Recycling is a 'reactive' response to the plastic problem but it's the best solution we can come up with at present. 🌟



**TAKE ONLY
PLASTIC**

**LEAVE ONLY
BUBBLES**

Meet the Bee Whisperer

Richard Foote of Skinnectar is a beekeeper who supplies the Flame Tree Co-op with Beeswax Candles

I have been a beekeeper for over 25 years and am still learning from the bees.

I began beekeeping after wanting to meet people with detailed knowledge about the local flora. The people I met who had this information were the local beekeeping club that I am still a member of. They knew the tree's names and all the details about the bush. It just flowed on from there. They taught me all about the bees and the trees.

Then I had honey and wax which I had to use, so I began a business of bee products, including candle making.

Young bees eat honey or nectar and hang in festoons from the top of their hive. They produce small scales of beeswax from between their abdomen segments, which are collected and used to build the comb hive. The nectar from different trees, as they flower, gives the honey and beeswax produced different properties.

Any environmental changes will result in changes to the bee's products (wax and honey) and thus the candles made. Drought, floods and fire all affect the candles' burning rate, odour and oil properties.

As a candle maker I must adjust and test the various wicks to suit the wax periodically. Beeswax is the densest

natural wax so will burn for the longest time.

Beeswax candles have many benefits. They emit a bright, healthful light within the same spectrum as the sun, and their negative ions clean the air and invigorate the body.

My Best tips on using beeswax candles are to ensure a safe place with no draughts and to put them on a plate. Before lighting always break off the old black burnt wick to give the nicest flame. Use leftover wax to make another candle or as a lubricant for stiff doors and drawers.

www.thebeewhisperer.com.au 🐝



Visit the Flame Tree Co-op at 355 Lawrence Hargrave Drive in South Thirroul or at flametree.coop



A regular shopper's review

By Trent Jansen

Our family has shopped at the Flame Tree Food Co-op since moving to Thirroul 10 years ago. We'd never shopped at a co-op before but were very keen to reduce the amount of single-use plastic we were using. We love that we can bring our jars into the Co-op and fill them with staples without using any packaging.

We've started getting most things from the Co-op and love that there is so much local produce on offer, from Darkes Forest apples, apple juice and apple cider to Southern Highlands milk and Kangaroo Valley eggs. It's so great to have one store providing such high-quality produce from small-scale producers in surrounding communities. 🌱

Fun for all at Apple Pie Festival

By Jo Fahey at Darkes Glenbernrie Orchard

Save the date, Sunday 21st, and scan the QR code to book tickets! Photo: Sasha Faint



We are celebrating delicious food at Glenbernrie Orchard on the 21st of August with a dedicated festival, and an apple pie/apple crumble bake-off held the day before (20 August).

Invite your friends and come and have a fun, relaxed day on our lawn – with plenty of apple pie, food options, activities and, of course, cider and beer for everyone!

INCLUDED IN YOUR TICKET:

- Entry to the festival
- Live music
- Laser Tag
- Petting Zoo
- Jumping Castle
- Entry to the orchard to see the pink peach blossoms
- With each adult ticket, you unlock \$10 off every carton of cider/beer that you purchase upon leaving the festival (max purchase 20 cartons).
- Stanwell Park Country Women's Association will receive 5% of all ticket sales, and proceeds from the auction of champion pies/crumbles.

AVAILABLE FOR PURCHASE ON THE DAY:

- Apple pies to eat (of course!)
- Cider and beer

- Food from delicious food vendors (with vegan, gluten free & dairy free options available). Vendors include Wandering Woodfire Oven (Woodfire Pizza), Bun Me Bar (Vietnamese Banh Mi), Sevs Turkish Gozleme, OMG Donuts & more!
- Auction of the winning Apple Pies/Crumbles from our Bake-Off! Proceeds from the auction go to the Stanwell Park Country Women's Association (CWA).

WHAT YOU NEED TO BRING:

- Picnic blanket and chairs
- Weather appropriate clothes and closed-in shoes for walking in the blossoms
- A hungry belly and good vibes!



FESTIVAL DATE:

21 August 2022
Time: 10am-3pm

BAKE-OFF DATE:

20 August 2022
(Bake-Off entrants only)
Drop off baked goods
between 9am & 11am

VISIT darkes.com.au

Q&A with a jiu-jitsu coach

Fabricio Ite, owner of Thirroul's new Brazilian jiu-jitsu school, tells us about the martial art

What is Brazilian jiu-jitsu?

Brazilian jiu-jitsu started in Brazil – it was brought over by Japanese immigrants who were judoka (practitioners of judo) and it specialises in ground-fighting with joint locks and chokes.

It's fantastic for self defence, for kids and adults.

Brazilian jiu-jitsu is incredibly popular in Australia and the world – why is that?

It's a really good sport for kids, especially because you develop just about every component of fitness: strength, cardiovascular endurance, flexibility.

Obviously there's the self defence aspect: it's fantastic for self defence because there's no striking involved but, at the same time, it's a realistic, practical, full-contact system with no strikes.

Tell us about your classes.

Our classes are all tailored to beginners. I've coached with the national Olympic freestyle wrestling team, I've worked with a lot of top athletes in combat sports, and in rugby league, but my gym is completely focused on beginners: children and adults alike.

It's a safe, family-friendly atmosphere, and our gym has traditional martial arts values. It's a really



good blend, which parents can bring their kids to; ages start at three years old.

Is jiu-jitsu a great way for people to improve their self-esteem and confidence?

I think martial arts has all of that – and you improve just about every component of fitness – but you also really get an understanding of what would happen in real time in a real situation if someone were to actually attack you.

Follow @portalbjjthirroul on Instagram 🌟

Altered Abilities

By Rebecca Schmidt-Lachlan

After a blood clot on Easter Sunday in 2008 triggered a brain stem stroke that left me with minimal movement remaining except the eyes, I have witnessed a lot in the space of rehabilitation over the past 14 years.

Noticing some big gaps in person-centred approaches for rehabilitation and daily life choices, I am running a community campaign to raise awareness and highlight the fact that we all live with Altered Abilities, each of us have different conditions or life stages that are changing throughout our lives.

The main factor that varies from person to person is whether these changes are permanent or temporary.

The person still largely remains the same inside, it is the outer shell that appears in a new way. The visual of a barbed wire fence can indicate how quickly we can go from being fully functioning to a major trauma



or injury having a lasting change on our bodies or minds.

It can be more difficult to see the external impacts of a brain injury, to show compassion or empathy towards people experiencing internal upheaval.

Patience and understanding are key to positive interactions where the person is left feeling they have been heard no matter how long it may take. Everything is now in the realm of the unknown and fear can be the biggest driver in the reluctance to adapt to something in a new way.

Rebecca – Wollongong's 2018 Woman of the Year – is giving presentations covering her recovery after a brain stem stroke. For more information, or to buy her Strategies and Tips Sheet resource, email at info@alteredabilities.com.au or visit alteredabilities.com.au 🌟



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Could the housing market downturn be short-lived?

A slowdown in the property market has been felt across most parts of Australia including our area. It's largely been driven by rising living costs, big hikes in interest rates and more supply of properties to choose from. However, with inflation expected to peak late 2022 and rates to also reach their peak around the same time, uncertainty around what is going to happen is dissipating. This will lead to more buyer confidence and willingness to come back into the market.



Scan To Speak to Ian

Could we be Australia's first electrified community?

By Kristen McDonald of Electrify 2515

Thirroul residents Jessie and Francis have been dreading receiving their energy bills.

Watching the news and hearing about soaring gas prices has only confirmed for them that there must be a better way.

The couple is planning to install solar panels on their home. They also dream of owning their own battery and electric vehicle. But for now, with big price tags and limited availability, those items remain just that – a dream.

From dreams to blueprints

Many of you would be familiar with Saul Griffiths, Austinmer local/scientist/big thinker and energy guru. Saul has been touring the country promoting his ideas of electrification. That is, transforming our houses, cars and suburbs so they run more efficiently and are powered by the sun.

Saul and his team at Rewiring Australia have laid out a detailed blueprint which shows that switching to an electric future is not mere

optimism, it is feasible and achievable now. And they're setting out to prove it.

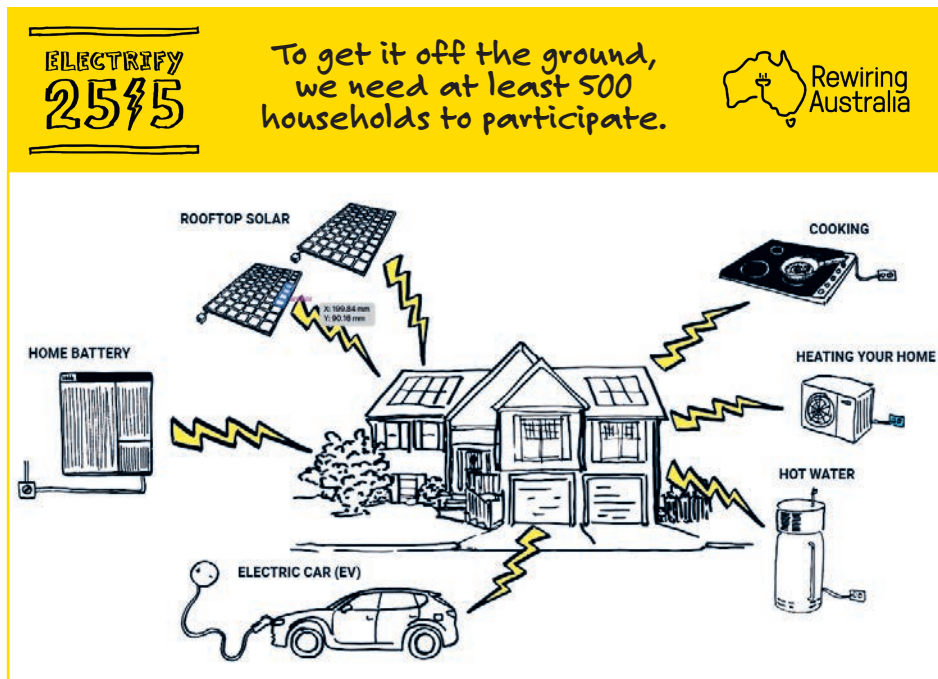
Rewiring Australia is on the hunt to create and support Australia's first electric suburb, and we believe it should be here.

A world-first pilot program

The world is fast moving towards a clean energy economy and many of us have already seen the economic and environmental benefits of being a part of that transition. Hands up if you have installed solar panels?

The pilot program would assist a community to make the full electric switch. That is, generously subsidise and support participating households to go electric in six ways: solar, a battery, heating your home, hot water, cooking and an electric car.

The exact details of the program are still being nussed out but could look something like this: Over a two-year pilot program, Rewiring Australia will give you the electrified appliances you don't already own and loan you an electric vehicle.





Thirroul residents Jessie and Francis think the pilot would be 'fantastic'. Photo supplied

This will cut your running costs on average by 30% (saving you thousands in energy and fuel costs).

At the end of the two years, you get to keep the appliances and can buy the EV at a discount.

Win-win-win

Sound good? As Jessie and Francis said, "We're keen to support climate change solutions but many of the options, like an electric car, have been out of reach for us. This pilot sounds fantastic. Save money, save the planet, improve your home, and provide work for local installers ... what is there to lose?"

Next steps

This is a unique and exciting opportunity to not only electrify our own homes but our entire community. To get it off the ground, we need at least 500 households to participate.

Please register your interest in participating (or to find out more) by completing a short survey. If you're not in the 2515 postcode, still complete the survey as with enough interest there could be multiple postcodes in the program.

Visit electrify2515.org/survey or scan the QR code. We're excited to electrify with you! ✨

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**COMING
SOON**

NF 1 report

By Neighbourhood Forum 1
convenor Warwick Erwin

Helensburgh Work Update – Short St Blister

NF1 received an email from Glen Whittaker, Manager Project Delivery, Wollongong City Council saying that he is responding to resident submissions regarding the proposed installation of a permanent blister at the intersection of Short St and Walker St. Council has decided to delete the permanent installation and is proposing to install a painted blister with movable kerb units that will allow it to monitor pedestrian and traffic flow, and assess the impacts. The nature of the construction will allow council to modify the proposal if the blister proves unsuitable. Once finalised, plans will be distributed to the community.

Draft Helensburgh Park Crown Reserves Plan of Management – Public Exhibition

Council has drawn up a Plan of Management for a proposal to allow for the new Helensburgh Community Centre and Library to be constructed in conjunction with upgrades to the memorial pool on the site of where the pool administration building is situated. The Crown Reserves include

majority of Rex Jackson Park, all of Charles Harper Park, all of the Helensburgh Pool, the Tennis Courts and Cricket Ground. At Council's meeting on 18 July it was resolved unanimously that the draft Helensburgh Park Crown Reserves Plan of Management be referred to NSW Department of Planning and Environment for ministerial consent to exhibit the plan, including adding the purpose of community purposes to enable the development and operation of a new Helensburgh Community Centre and Library. After it is approved by the Department of Planning and Environment and the Minister consents, the community will be asked to provide council with comments. Pictured below left is one possible example of how a combined facility could be integrated with the pool.

This is the very first step in getting a new centre built – it is still five years away.

Alcohol-Free Zones Review Helensburgh

Wollongong City Council is considering the re-establishment of all Alcohol-Free Zones (AFZs) and is seeking feedback to help determine whether they should be reimplemented or changed. There is an AFZ in Helensburgh which has a four-year term that will expire on 30 September 2022. The aim of AFZs is to improve community safety and prevent disorderly behaviour. Have your say by 12 August.

Connecting Neighbourhood Grants

Wollongong City Council is offering residents grants worth up to \$500 for ideas for events, activities or community projects that will have a positive impact during the 2022 UCI Road World Championships in September. Applications open until 15 August.

Lot 2 Short Lane Helensburgh – update

The applicant had appealed council's refusal in the Land and Environment court and has now updated the development application. Council is asking for further submissions after the developer has submitted modification to their original plans.

Otford Community Centre upgrade

The centre will be in service until September, then it will be refurbished. Alternative venues are being explored for use during the centre's closure.

General Business






Discussion about toilets in Helensburgh raised the lack of toilets in the cemetery and in the CBD after the closure of the Community Centre.

A suggestion was made to move the Police Station to the vacant lot on Walker St next to the Butchery.

Find more information on the above topics at wollongong.nsw.gov.au
Next NF1 meeting at 7pm on Wednesday, 10 August at Otford Community Hall. 📍

Table 8 Example Site of Community Centre Library Facility Integrated with Pool

One Possible Example of how a Combined Facility integrated with the Pool could be sited within the PoM Area is shown below – site constraints, budget and legislative approvals will dictate actual Facility configuration if built in PoM area.

| | |
|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
|  | Site Area |
|  | Combined Community Centre Library Facility Integrated with Upgraded Swimming Pool Amenities building footprint |
|  | Additional Parking - uses Walker Street Road reserve |
|  | Replacing Parking lost by Facility location within PoM area |
|  | Charles Harper Monument – close to site area |



CWA celebrates centenary

By Local Studies librarian Jo Oliver



The Country Women's Association of NSW celebrates its centenary in 2022.

There have been active branches in the Illawarra region since the Wollongong branch was established in 1933. A Rest Centre in Burelli Street, Wollongong which opened in 1938 was a haven for local women and their children. Unfortunately, it was demolished to make way for the development of retail space.

Known for their cooking and handicraft competitions, CWA women are also involved in lobbying government about community issues and fundraising for disaster relief. Members of local branches were interviewed for Illawarra Stories. They convey the valued place of the association in women's lives and the variety of activities undertaken by the branches.

Local members were invited to the opening of the mural of large photos of the local history of the CWA mounted in Bonacina Walkway on the side of Wollongong Library to celebrate the centenary.

Visit illawarrastories.com.au/country-womens-association-stories 🌟



Clockwise, from top left: CWA tribute to its housekeeping service organisers 1976 (P37050); Stanwell Park and Coalcliff CWA; Keiraville CWA Easter bonnet parade 1964 (P36516); CWA Bonacina Lane Launch with the Lord Mayor on 19 May 2022; and Ladies Rest Rooms in the Wollongong Rest Park 1950s (P04040). All photos thanks to Illawarra Images & Wollongong City Libraries





'He always comes home happy'

A Cub Scout's mum is full of praise after her son's first camping adventure. By 1st Austinmer Group secretary Fiona Purcell

When eight-year-old Jack Allen headed off on his first Cub Scout camp he wasn't too sure what to expect – staying away from his parents was a big deal.

"I was a little scared. And nervous. But I was excited about sleeping in a tent," he said.

Jack had joined Austinmer Scout Group a month earlier and was very familiar with his Cub friends and his passionate leaders.

"I was a bit nervous too," his mum Alanna Purcell said. "But I want my kids to enjoy these outdoor adventures and build resilience."

Jack says he had an amazing time at the camp: "Especially Saturday night!

"Me and most of the other campers played heaps of hide-and-seek tip. And we got to build a campfire."

Since his first camp Jack has been thriving in Cubs. He loves the new friends and fun games.

His mum agreed: "Cubs is fun – the kids get to learn heaps of great stuff. Jack looks forward to it and always comes home happy."

Alanna says Jack has become more independent and confident since becoming a Cub too.

"He can make his own toast now and ties his own shoelaces – although he'd rather I do it!"

And what is Jack most looking forward to this term in Cubs? "The next camp! It's very fun!"

Austinmer Cubs meets 6.30-8pm each Wednesday during school term and always welcomes new members and parent helpers. For more, Facebook @AustiScouts 🌟

Fun Run raises \$21,000

By Annaye Blakey

On the 23rd June, Helensburgh Public School held a Fun Run. It was a really great day that our students won't forget.

The students loved playing different sports, running through the large inflatable course, getting coloured powder all over their shirts, running with Chase the Cheetah and even watching their teachers and principal get slimed!

We are very fortunate to have an amazing P&C committee, fundraising coordinator and parent helpers at Helensburgh Public School to help organise such wonderful events for our school community. Thank you to all the parents who were able to join the students and staff for our School Fun.

With everyone's help we were able to make a memorable day for our school community and at the same time raise over \$21,000 towards a playground upgrade. 🌟



Success by the Seaside

By Pip Aitken and Lynn Read

The 2022 Thirroul Seaside and Arts Festival was held in June, a couple of months later than its usual Easter timing, due to the uncertainties of recent times. Despite this, the festival was a huge success!

"This year's festival was given so much support by everyone who came along – the local community, artists, stall holders, entertainers – really energising the event after a drought of two years due to the pandemic," said Dave Hubbard, Event Coordinator Austinmer/Thirroul Lions Club.

The festival opened on 3 June with the Arts Exhibition and announcement of prize winners. This Friday evening event was buzzing with festival sponsors, guests, and the artists who had entered over 250 artworks. Bulli High School students had prepared great food to add to the experience.

Throughout the weekend, visitors could drop in to the Arts Exhibition at the Thirroul Community Centre, wander through Thirroul to pass a variety of art in local shops, and on the Sunday take a short walk to the beach and enjoy many family activities.

The annual festival has established itself in the community as a beloved weekend-long event with an art exhibition and prizes, entertainment, market stalls, and great food. The festival is only made possible by the contribution of many volunteers, sharing their time and skills in the months leading up to the festival and beyond.

"All in all, the festival was a great success, with record exhibition artwork sales," Dave said, adding that the Austinmer / Thirroul Lions Club will be funding a project within the performing arts sector as a way of giving back to the local community.

Visit thirroulfestival.com for more. ✨



Festival volunteers at the Opening Night on Friday, 3 June. Below: Graham Sinclair's 'Highway to the Pass' won first prize at the 2022 Art Exhibition at the Lions' Thirroul Seaside and Arts Festival.



Talks and tours with Probus

By Helen Durham, Helensburgh Probus Publicity Officer

We are now having our meetings at Helensburgh Tradies. After our meetings we are enjoying lunch at various venues.

At our last meeting we were introduced to our newest member, Irene. Hope Irene enjoys our friendship and joins into our great activities.

Our recent guest speaker, Stephen Love from Helensburgh Mine, talked about the current and future expansion of the mine. It was a very interesting talk.

We have enjoyed a Historic Port Kembla Tour with a short tour of Wollongong and then onto the Port Kembla Heritage Park. Our guide Lance talked about the defences of Port Kembla during World

War Two and the gun emplacements. After the tour we enjoyed lunch at the Coniston Hotel.

It has been hit and miss with our monthly bowls. Raining one month, fine the next. All are welcome to come and play or watch.

Golf has been the same – some games cancelled because of the rain.

Currently we have vacancies at Helensburgh Probus so any enquires please contact Lilian Slowik on 0408 668 987 or palsfx@gmail.com

Visit www.probusouthpacific.org/microsites/helensburghanddistrict ✨

Fiery debates over rail line

Part 3 in the series by John Arney, of Helensburgh and District Historical Society

The Illawarra Railway Line, (originally via the Port Hacking Valley), that was proposed in December 1873, heralded the beginnings of a major political struggle between the project's supporters and its detractors. That "battle" continued in earnest for a little over eight years. It should be noted that in these intervening years the preferred route was changed from the Hacking Valley, (passing through today's Audley), to the present route of the drainage divide that leads from Sutherland to Bottle Forest (Heathcote) thence Waterfall and the Illawarra.

Most readers will be familiar with the relatively gentle rise of the Railway from Sutherland to Waterfall, a route with shallow cuttings and few creek crossings. From Waterfall the line was then to pass through "4 miles of rugged country", through six tunnels before joining the Hacking Valley at Lilyvale, 2.7km northwards of today's Otford Station.

The first casualty of this parliamentary conflict was William Forster, the member for Illawarra, who held the seat from 1872 to 1874. Forster did not support the notion of a Railway to the Illawarra and was dismissed by the people at the poll of 1874. Next came Samuel Gray who occupied the seat until 1880, followed by Alexander Stuart from 1880 to Oct 1885. Both Gray and Stuart were ardent supporters of the railway.

One central character in the battle against the railway plan was John McElhone, member for the Upper Hunter who, in the 1877 electioneering campaign, had told his constituents that "I pride myself on having been the chief obstructionist in the Assembly". McElhone claimed that the Illawarra railway would not pay and was designed purely to fatten the pockets of a few landholders.

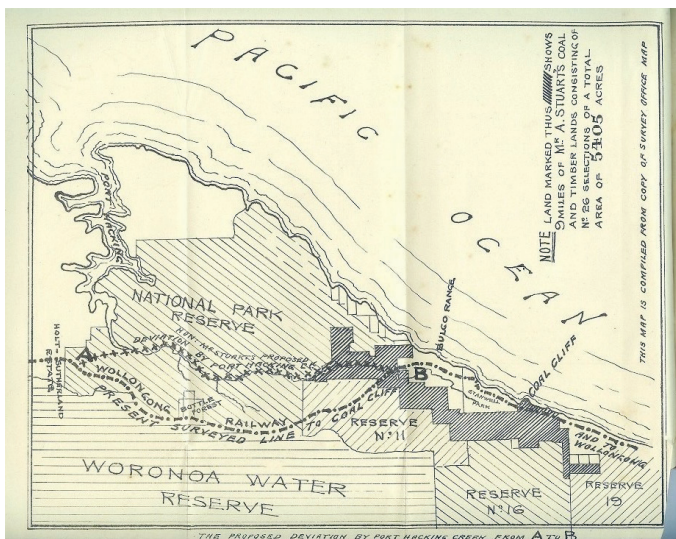
In April 1878 the push for the railway came to a head in Parliament when, in a late night session, Samuel Gray attempted to introduce a discussion on the project. A debate ensued between Gray and McElhone that soon became heated, with each member calling the other a liar. It culminated with

McElhone moving across the floor of the Parliament where it was reported, "Mr. M'ELHONE continued to threaten Mr. Gray and Mr. Charles, saying, "Come outside, and I will show you." I will punch your head, you and your brother-in-law."—[The hon. member walked to the door of the ante-chamber, inviting the two hon. members referred to follow him and fight.]"

(Note: Samuel Charles was the member for Kiama and husband of Samuel Gray's sister, Sarah.)

The *Sydney Morning Herald's* report on the above incident is at the National Library at trove.nla.gov.au/newspaper/article/28394044 or scan the QR code below.

Debates in Parliament, often fiery, continued



until September 1882 when a tender for £258,419, for the first 23 miles and 12 chains of the Illawarra line was awarded to C. and E. Miller. This contract was for a single line from Macdonaldtown to Waterfall.

The Millar Brothers did not complete this work, they were paused by the Government after reaching Como and the contract for the continuation of the line was later awarded to the contractors William Rowe and William Smith. 🍁

Scan the code to read the
1878 *Herald* report on Trove.
Map source: *The Civil Service* by
anonymous author; Corvus, 1883





Hello beautiful Telephone Table

By Paul Blanksby of Helensburgh Men's Shed

Here at the Men's Shed we are happy to meet so many people from around our community, and even happier when they bring in a treasured item for us to repair, restore or resurrect. Sue brought in a little 'op shop' find from years ago for us to remove layers of good old Mission Brown and reveal its simple beauty underneath.

She called it 'the Telephone Table' because hidden at the bottom of the drawer were lots of names and phone numbers, scrawled in pencil, biro or fountain pen, covering decades of this little table's life.

And isn't this just like you and me? Life covers us in muck, overshadows us with boredom or sidelines us.

Stay with me here. Because all of us have things written in our hearts, minds, and spirits that stay with us, just like those years of names, numbers and squiggles. All that experience and love, joy and tears, the rose's sweet aroma and its cruel thorn – all buried under Mission Brown.

So, we scraped and stripped, refastened and gently sanded, rubbed new oil into old timber—and the little table glowed with life again.

And that's what happens at the Men's Shed, where blokes sometimes lay themselves bare to each other and come out beaming, ready for whatever new splotch may come.

Your Men's Shed. Come on in and get rid of that Mission Brown.

We meet at 199A Parkes Street Helensburgh; 9am-3pm Monday, Tuesday, and Wednesday. Shed Tours and Afternoon Tea are on the first Monday each month, from 2.30-4.30pm.

Visit helensburghmennshed.org.au,
199A Parkes St Helensburgh Call Michael
Croft 0413 401 522; Ron Balderston 0410
564 752; Paul Blanksby 0403 701 788 ✨

Thanks to pub staff

By Barbara Kitson, publicity officer for Helensburgh View Club

Hope all are well, before I talk all that's View I would like give some very big accolades to the staff and management of the Centennial Hotel Helensburgh. During COVID when we changed venues they welcomed us and have looked after us unbelievably well. They set up one of the rooms for the winter months – log fire and all – their service is excellent and the kitchen service is great and good food on the plate pronto. Helensburgh View Club would like to thank you all so much and this business should be acknowledged – you deserve it.

We had a guest speaker from Activus / My Aged Care, who was very informative. There are a lot of different things out there that our oldies can take advantage of and we have a great association here at the Burgh, NINA. They're excellent but this other group are out there also as a back-up. Just good to know these things and they are based at Engadine.

To View news: a craft group are off to Campbelltown on the 3rd of August to check out all that's crafty and then off to the Catholic Club for a yummy lunch. A few of our ladies are off touring around the countryside, miss you guys. We have started collecting school supplies our Learning for Life team –we appreciate anything for school that you donate: pens, coloured pencils, rulers, highlighters, glue sticks etc.

Thank you to Pam and Nerida for the shortbread and Christmas pudding confectionery for Christmas in July.

Hope to see you all on Tuesday the 16th of August at 10am at the Pub. ✨

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No experience is necessary – all training is provided by Primary Ethics. If you are looking for an opportunity to make a valuable contribution to our school, please email ethics.helensburgh@gmail.com ✨

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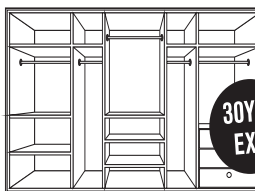
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SCAN ME

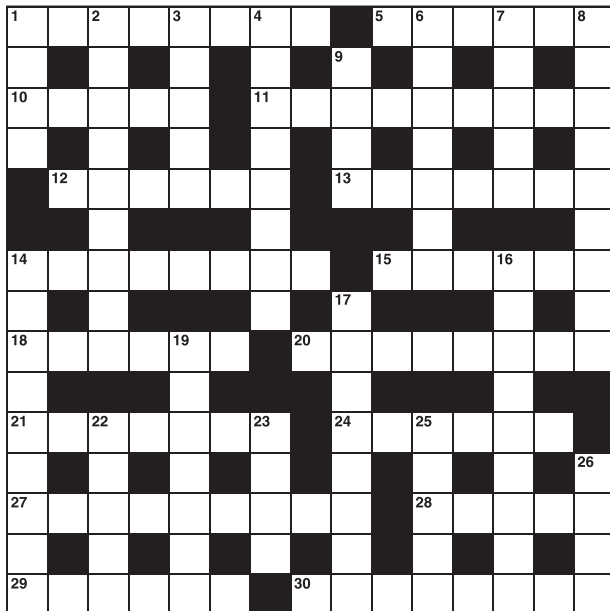
QUICK CROSSWORD

ACROSS

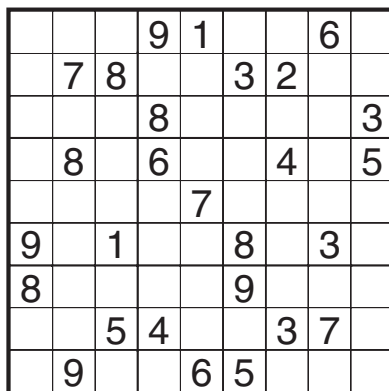
- 1 Ordering off the menu (1,2,5)
- 5 Southern European country (6)
- 10 Happen (5)
- 11 Examined again (9)
- 12 Computer network linking newsgroups (6)
- 13 Benchwarmer (7)
- 14 Accumulated (8)
- 15 Sharp cutting utensils (6)
- 18 Sick (6)
- 20 Mixture (8)
- 21 Trap, catch (7)
- 24 Creations (6)
- 27 Assailant (9)
- 28 US city (5)
- 29 Tips (6)
- 30 Native or inhabitant of Tyrol (8)

DOWN

- 1 On (4)
- 2 Inherited from one's family (9)
- 3 Biblical character (5)
- 4 Members of a trust (8)
- 6 1970s band, — Lake and Palmer (7)
- 7 Breadmaker (5)
- 8 Spoke to (9)
- 9 Cicatrice (4)
- 14 Neighbour of Mexico (9)
- 16 Grant (9)
- 17 North Italian region (8)
- 19 Tidiest (7)
- 22 Change smoothly from one section to another (5)
- 23 Orient (4)
- 25 Ladies' man (5)
- 26 Conceal (4)



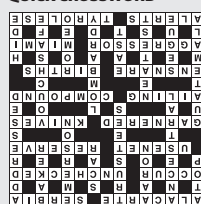
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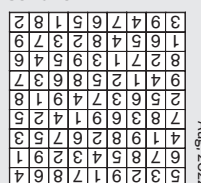
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SOLUTIONS

QUICK CROSSWORD



SUDOKU





THE ZODIAC ACCORDING TO *Starlight Bob*

Aquarius | Jan 20 to Feb 18

Over-confident Aquarians: it's not a good idea to tell your kid, during an row, that he's so dumb he'd be lucky to get a job pushing shopping trolleys.

Pisces | Feb 19 to March 20

Pisceans understand the intangible. Like at the chemist when you asked for euthanasia pills as your husband had 'man flu'. Chemist: "I think you mean echinacea." You: "I meant what I said."

Aries | March 21 to April 19

You got a call from a private number saying they had your son. You begged them not to hurt him. But it was the childcare centre wondering what time you were going to pick him up.

Taurus | April 20 to May 20

Stubbornness causes problems. Like when your husband said you had no sense of direction, you got angry, grabbed your handbag and right! (If you'd any sense of direction you would've 'left'.)

Gemini | May 21 to June 20

You were told to compliment a girl on your first date. You said: "Your legs look great in those jeans." She said: "You should see them without them." You: "Why would you take off your legs?"

Cancer | June 21 to July 22

Cancerians enjoy giving, and someone who shares those values. Like the time you asked your husband if he wanted dinner. His reply: "What are the choices?" Your reply: "Yes or no."

Leo | July 23 to Aug 22

Lighthearted Leos want a partner willing to play.

You dress up as a policewoman and say he is under arrest for being good in the bedroom. Then charges are dropped due to lack of evidence.

Virgo | Aug 23 to Sept 22

Virgos want someone who appreciates them but be careful. It's like when you're dead, you don't know you're dead, but it's difficult for everyone else. It's the same when you're stupid.

Libra | Sept 23 to Oct 22

Libras, you pride yourself on your looks. You've never met a mirror you haven't liked.

Scorpio | Oct 23 to Nov 21

Risk-averse Scorpio would never bungee jump as you came into this world due to a broken rubber and you do not want to go out the same way.

Sagittarius | Nov 22 to Dec 21

Sagittarians love trying new things. Then your child finds a leather suit, a whip and handcuffs in your bedroom and proudly shouts: "OMG! I can't believe my mum is a super hero!"

Capricorn | Dec 22 to Jan 19

Capricorns take great pride in their grades. Like the time Starlight Bob was at Bulli Woolies and the check-out chick said, "Strip down, facing me". By the time I realised she'd been talking about my credit card it was too late. 🍀

IN THE NEIGHBOURHOOD #4
An Afternoon of Jazz Music With
THE ACCIDENTAL QUARTET
Sunday August 28th
Thirroul Library
5:00-7:30pm

KELVIN HAISMAN PIANO
JEREMY SAWKINS GUITAR
HUGH FRASER BASS
NIC CECIRE DRUMS
Special Guest
VIRNA SANZONE VOCALS

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\$15 CHILDREN
Contact: kelvinhaisman@bigpond.com
n.allmann@bigpond.com

Let's talk about Sustainability

By architect Ben Wollen

Or, more importantly, let's talk about resilience. The two go hand in hand. The way I see it – sustainability is an optimistic act of reducing our impact on the planet (i.e. living within its means). On the other hand, resilience is a more stoic approach, understanding that there's a good chance that we (including previous generations) have already lived beyond our means and therefore asks the question: what can we do to prepare for the effects of our environmental impact?

Since the pandemic there's been a lot of talk about the "New Normal". Whilst I firmly sit in the resilience camp, I would like you to consider a new normal as not just a pain in the arse – wearing masks to go shopping, or the ever-increasing cost of things, or Vladimir Putin – but a chance to re-evaluate. This is a moment in time where we can shape our new future in the face of ever-increasing instability, both geopolitically and environmentally.

I really want us all to live sustainable lives, but I think we need to think towards a more resilience-type angle. In my mind, our recent extreme weather events are an indication that we need to better prepare for a more unpredictable future (aka, the New Normal).

Luckily, the more sustainable a life you live, in general, the more resilient you will be: think well-insulated homes; think homes built high off the floodplain, but not on a forested ridgeline; think passive design; think locally sourced materials; think circular economies; and the list goes on.

If you can produce your own energy (i.e. solar), capture your own water (i.e. water tanks), grow some, if not all, of your own food (i.e. permaculture)



then when Murphy's Law throws a dose of chaos into your life, you can say: "I got this."

Once you start harnessing energy, water and food, you will most likely want to join a community group of like-minded individuals to share ideas and knowledge on the best way of harvesting and harnessing. And the one thing that pretty much every study into longevity of life amongst humans uncovers – it's connection to community. Boom!

But how do people who don't own land get in on this resilience vibe? There's no reason you can't, as a first step, join the communities of like-minded people working towards sustainable/resilient living.

And that leads me to my local permaculture precedent – Saltbush Projects. I've visited many an urban farm or so-called self-sustaining home in the city, but these guys are setting a precedent. If you visited their permaculture paradise during their open house last year, you'd know how a small quarter-acre block can be transformed into a lean green resilience machine. Outside of their permaculture garden, to keep their carbon footprint low, rather than knocking down and starting again, they have made strategic architectural improvements on the existing mid-century asbestos shack, including a delightful north-facing sun deck. (Read their full story on their website journal at www.saltbushprojects.com/journal.)

Their home and way of life is a model of sustainable and resilient living. Follow them on Instagram so you can go to the next open house and breathe in the new normal!

Follow @saltbush_projects 🌱

Adam Russell and Suzy Pickles run Saltbush Projects. Photo: Anna Warr @annawarrphotography



'Nail-biter' at Coledale Corner

Ian Pepper reports

The waves may have been on the small side for pointscore No.6 on Sunday 26th June, but the competition was fierce for the Junior Girls and U14/U12 Boys at a sunny Coledale Corner.

The U12s saw Ashton and Jesse going head to head. Jesse was in front with just moments remaining, then Ashton came through with a 5.87 to re-take the lead in the highest score of his seven waves. It was a nail-biter!

In the U14s there was a three-way tussle between Will, Finn and Rhett. Rhett wasn't going to give up, catching 12 waves with his highest scores on number 9 and 10, but a super-smooth Will massaged a few waves right through to the beach with a series of well-crafted backhand turns.

The junior girls' final was surfed twice with the average of the two the winner. Macey won the first final totalling 6.70 but in final No.2 Soraya streaked ahead with a 8.60 heat total to win on averages.

Hopefully we'll have some bigger waves for the rest of the age groups next pointscore in late July.

Congratulations to all our juniors who completed in the Woolworths NSW State Junior Surfing Titles in our own backyard from 14-19 July.

The event was held at Sandon Point and Thirroul and turned it on for finals day at Sandon Point.

The club's best result went to Shyla Short with 2nd place in the Under 16 girls with an 8.67 ride in

the final. She's off to the Aussie titles!

The club recorded plenty of stand-out results: Mannix Squiers made the quarter-finals in the 18s; Charlie Kelly and Lenny Golding made Round 3; Mitch Burroughs made the quarter-finals in the 16s boys at his home beach; and Rhett Mattock went out in the 2nd round.

Other results in the girls: Macey Jolley made her way to Round 3; and Zahlia Short came in 7th place in the 18s.

Then on the final day the State High Schools event was held.

Representing Illawarra Sports High School, the two Short sisters, Zahlia and Shyla, dominated the senior girls team event to record a decisive victory and their win means they'll now compete in the National Final.

Mannix Squiers and Lennix Smith, also representing Illawarra Sports High School, placed third in the Senior Boy's division. 🌟



Ashton and Jesse from U12s. Photo: Ian Pepper.

Bowlers welcome!

If you'd like to meet new people in a casual and friendly atmosphere, Scarborough Wombarra Ladies Bowls would like to meet you!

We meet on a Tuesday morning each week, for morning tea, a good chat and a game of bowls. No previous experience is required, just a pair of flat-soled shoes, casual clothes and a desire to have a good time with lots of laughs and friendship.

If you'd like to try this gentle exercise sport, played on a green with an incredible outlook, please call Pam Carter on 0408 293 196 or email pjcarter574@gmail.com.

We meet at 9:15am every Tuesday at The Wombarra Bowlo, on Lawrence Hargrave Drive. 🌟

Bike workshops

Ahead of September's UCI Road World Championships, Wollongong City Libraries is hosting cycling events.

For the Kids - Balance Bike Basics

Local cycling coach Bryan Goddard will go through the basics to get your preschooler out enjoying a balance bike. Balance bikes and helmets provided (or you can bring your own). Parent/caregivers will participate in the session.

Please book into the correct age group:

- 10am session for 2-3 years,
- 10.30am session for ages 3-4,
- 11am session for 4-5.

Thirroul Community Centre Hall:

Tuesday 2 August – 10am, 10.30am and 11am

For Adults - Purchasing an E-Bike:

Electric bikes are increasingly popular around the globe. Local bike shop owner Andrew Larkin will talk about what to look for when choosing your next ride.

Thirroul Library: Wednesday, 24 August – 6-7pm 🌟

Get Her onboard

Female membership of the Scarborough Boardriders has grown so much that this year the club hosted its first development day just for girls. One of the teenage surfers, Coco Badger, reports



Photography thanks to Anthony Warry and Amber Cree

Starting the day in the surf with 20 other teenage girls, and no boys dominating the waves, I knew it was going to be a good day. Being surrounded by smiling faces, pumping swell, and the true spirit of girl power was something to revel in.

For the local crew of surfing girls, Sunday 15th of May 2022 will be remembered as a day of empowerment for young women to embrace the sport of surfing. It was a day to celebrate being a girl, in and out of the water, where we were

supported and encouraged to develop our skills and techniques, and to experience the camaraderie of a group of like-minded ocean-loving girls coming together to have fun.

As part of the Her Wave initiative with Surfing NSW, new and familiar faces alike showed up to participate in an eventful day held at Coledale Beach, hosted by Scarborough Boardriders Club.

Warming up with a quick surf got us keen for what was to come. Feeling the vibe of positivity



Helping to clean up the beach was one of the many activities held as part of the Her Wave initiative.



and strength within the group of girls while out in the surf was inspiring to many of us.

On most occasions surfing as a young girl can be intimidating at first, with mostly men dominating the waves, picking off all the best ones, so it was a really nice experience to be sharing the waves with a crew of girls.

The day consisted of tips on how to improve our individual surfing styles, surf-specific exercises to gain strength for a better surfing ability, awareness

of rubbish on the beaches and ways to implement environmental safety for the protection of our oceans, and plenty of awesome waves to carve up.

Guided by two of the most inspiring local female surfers, Kasey Hargreaves and Anna Chamberlain, who many of us look up to, the group participated in land-based training exercises involving surf techniques and positioning. We must have looked kooky jumping around on the sand doing 360-degree spins and not landing on our feet, but it

Making club history

By contest director Ian Pepper

Boardrider clubs were historically dominated by male members and Scarborough Boardriders was no different up until about 10 years ago.

Regular female members back then included Billie Melinz from Coalcliff and April Boughton from Stanwell Park. However, the open women's division often struggled to have more than a couple of surfers turn up for heats until around 2014 when more junior girls starting joining the club.

In response, the club created the junior girls division, which flourished in membership and lead to our first girl-only team attending the Kirra Junior Teams Challenge in 2015 – where they finished 6th, bringing home \$500 in prize money!

The club committee also created a new role of Female Coordinators and Raylee Golding has held the position from early on until today.

Raylee and her devoted team of passionate women surfers have done an amazing job developing and supporting our female members.

In 2020 the club recognised the importance and competitive level of our female divisions and created equal prize money for the open women's division at each and every pointscore.

And in 2022 we staged our first female-only development day. Stay tuned for what's next! 🌟



was a good laugh. We were then given the opportunity to implement what we had learned while we went for a surf together.

Local photographer Amber Cree took to the water with her camera in a water housing to capture photos of the girls shredding.

We were keen to hear from local board shaper Dylan Perese of DP Surfboards when he spoke with us about the importance of board selection, the difference between various shapes and sizes, and how these elements affect our performance on the waves we ride.

Susie Crick, of Surfrider Foundation Australia, was there to give us an insightful and informative talk about the ongoing problem with rubbish ending up on the shores of our coast. We were motivated by this and happy to get our hands dirty and venture around Coledale Beach, scavenging for pieces of rubbish that would otherwise end up in our oceans.

Walking around with garbage bags, we felt overwhelmed by the amount of junk spread through the sand and grass on the dunes. Plastic nowadays is in everything, so it's hard to avoid it and its negative impacts on the environment, but with the help of Susie and local beach clean-up volunteers in the area, we hope that a small group of young passionate girls can make a big difference.

After a few happy snaps, we were greeted with a warm Welcome to Country from local indigenous spokeswoman Prof. Ngiare Brown, who shared stories about whales, the ocean, and the history of the Dharawal Country that she grew up on.

Next, it was time to get zen. We spread out in a circle in downward dog pose, and took part in a



Surfing, wellness, education and inspiration – as well as plenty of laughs – were the order of the girl-powered day.



relaxing yoga session with local yoga instructor, Sarah. She guided us through meditational yoga stretches, calming our minds, and teaching us how to breathe in the surf when faced with a wipeout and pumping adrenaline.

We'd no sooner finished with some breathwork, when the team at Earthwalker & Co spread out beautiful bowls of their delicious food, and we couldn't wait to get some lunch into our hungry bellies. It was really nice to sit together as a group and get to know each other while replenishing ourselves with healthy and wholesome food.

Talina Wilson, a local surf coach at Adventure Surf Co, provided video coaching, an awesome opportunity for us to take on board professional advice about our surfing as we grow and learn more about surfing. It was good to see examples of other girls' waves on the video playback and hear about what they can work on as an individual. The group discussion around this thrived off Talina's constructive input. We all saw this as a way to better ourselves each time we go surfing.

A surf event wouldn't be complete without a surf T-shirt, and we were stoked to get some free stuff! Local artist Zoe Gelder designed a graphic T-shirt with the Get Her Onboard logo, as part of the Her Wave movement. It's something we'll wear proudly.

Finishing off the day with an epic late-afternoon surf, the coaches also joined us in the waves to show us how it's done.

All the women who contributed to the events of the day were inspiring role models for us, as they show the younger generation of girls that we can do and be anything. This inspiration can and will go a long way, especially for young and upcoming surfer girls.

A strong community of girls with a common passion is an unstoppable force. The positivity, encouragement and team spirit motivated us to dive deeper into something we love, and surfing puts such a big smile on our faces. ✨





Interschools snow stars

Bulli students enjoyed taking part after a two-year break, Ian Pepper reports

The Interschools Snowsport Championships were held in Perisher from July 18-22 and many of our local kids participated.

The goal of interschools is to provide an opportunity for Australian school students of all ages to experience competitive snowsports. Competitors from all ability levels are encouraged to enter, with an emphasis on fun and participation.

Students from Kindergarten to Year 12 compete for their school as part of a team or an individual in any of nine discipline events.

Bulli High School has sent a bunch of students to Interschools in the past and it was great to see the event back on this year after a two-year break due to Covid.

Overall, 32 competitors – 11 skiers and 21 snowboarders – from across Years 7 to 11. Older kids were great role models for younger kids. The kids staying with the school made new friends from outside their normal year/peer group. All had an awesome time.

Some notable results are:

- Keelan Rankin 1st Div 3 Snowboard GS
- Charlton Whistler 3rd Div 2 Moguls
- 3rd place getters in Div 2 Snowboard GS Males
- 4th place getters in Div 1 Snowboard X and GS
- 6th place getters in Div 2 Alpine (ski)
- Males and Div 2 Snowboard GS Female,

- 7th and 8th place-getters in Div 2 Snowboard X Female
- 7th place getters in Div 3 Snowboard X Male and 9th GS
- 10th place Div 2 Ski X Males.

The students would like to thank to Mrs Denise James, Bulli High principal, for supporting events such as these, which allow a broad cross-section of students to get involved in school representative activities. And thanks to Ms Peta Josh for her passionate coordination of the event, and to Mr Trenaman for stepping up as 'Coach Captain' when Ms Josh broke her wrist! 🌟



Golf *news*

Tradies Social Golf

Barry Thompson reports

Oh, the joy of winter golf! We teed off at 7.30 but it was 9.30 before we could feel our fingers and produce some decent shots. It was unusually quiet as we milled around the first Tee, it was then that I realised that our Presso was absent. Hope you're able to join us next round, Terry, along with all our members affected by the ban on carts.

We only mustered 12 hardy souls for our Par event and Steve Facey recorded his first win with the club with a -2, Craig Murphy claimed second with -3 and I was third on countback with -4.

Ivan McMillan beat Geoff Hammonds, 3 and 2, in the only Match Play game and John Towns raced home from England to pick up the Helensburgh Driving Range voucher.

Paul deputised for Terry at the Tradies presentation and caused an incident when he neglected to give Gerry his Bradmans prize.

Thanks again to Helensburgh Butchery, Gallardo's Pizzeria, Tradies and Helensburgh Driving Range for their support. Our next round is on Saturday, 20th August at Boomerang. This is a Championship round and we Tee Off at 7.00.

Let's hope conditions allow a greater roll-up! 🍀

Helensburgh Sunday Social Golf Club

Robert 'Indy' Jones reports

The HSSGC inaugural walk, run and drive down the fairways of Hurstville GC took place on June 26th. We can only say that Mr Brunton will be restricted to a 50m penalty on fairways and on landing on the green his ball(s) be placed at the farthest point from the flag.

JB amassed 45 points; Bruce and Mark Buckley scored 38 and 36 points respectively. On-course prizes were shared 7/8 ways. Our scheduled event on July 10th fell foul of the weather. We now look forward to Hurstville games on August 7th, tee off at 7:50am, August 28th and September 11th.

Other news: we saw the return of Dave Morris and welcomed Craig Warren, and two (2) putt Tony will be absent until well into 2023 to repair his knees. Emails keep members up to date and, for membership details, contact Tony on 0418 863 100.

Join us and enjoy a game of golf, the outdoors and good company.

Please continue to support our sponsors Christian's Premium Meats and Helensburgh Golf Range and other great local businesses.

A parting comment: enough with the rain.

Indy signing off: Golfers who try to make everything perfect before taking the shot, rarely make the perfect shot – except Cameron Smith. 🍀

DOG NEEDS A HOME!



This is Louise, who is almost 12 months old. She was left behind when her family moved, as they will get a new puppy when they get to their new home. She loves people, other dogs and even cats! Louise is a sweetheart and deserves a family who won't leave her behind again.

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Port Kembla Tidal Chart

August 2022

| TIME | M | TIME | M | TIME | M | TIME | M |
|----------------------------------------------------------------|---|-----------------------------------------------------------------|---|-----------------------------------------------------------------|---|-----------------------------------------------------------------------------------------------------|---|
| 1 0437 0.35 1040 1.29 MO 1613 0.55 2233 1.66 | | 10 0046 0.25 0639 1.26 WE 1206 0.45 1845 1.92 | | 19 0117 1.18 0719 0.58 FR 1400 1.43 ● 2043 0.66 | | 28 0257 0.29 0855 1.33 SU 1435 0.43 2056 1.70 | |
| 2 0512 0.36 1120 1.31 TU 1659 0.58 2313 1.58 | | 11 0139 0.15 0733 1.32 TH 1303 0.39 1939 1.99 | | 20 0220 1.08 0808 0.64 SA 1458 1.43 2200 0.64 | | 29 0328 0.28 0930 1.37 MO 1515 0.42 2132 1.66 | |
| 3 0547 0.39 1204 1.35 WE 1749 0.61 2355 1.48 | | 12 0229 0.09 0824 1.37 FR 1358 0.35 ○ 2030 2.01 | | 21 0339 1.03 0907 0.67 SU 1559 1.45 2308 0.59 | | 30 0359 0.29 1006 1.41 TU 1558 0.43 2210 1.59 | |
| 4 0627 0.42 1251 1.39 TH 1847 0.64 | | 13 0315 0.08 0913 1.41 SA 1451 0.33 2118 1.96 | | 22 0453 1.04 1009 0.67 MO 1656 1.49 | | 31 0431 0.32 1045 1.45 WE 1645 0.45 2250 1.49 | |
| 5 0046 1.37 0710 0.47 FR 1344 1.44 ● 1958 0.64 | | 14 0400 0.12 1000 1.43 SU 1543 0.35 2206 1.85 | | 23 0000 0.52 0550 1.09 TU 1106 0.64 1746 1.55 | | <div> TIMES AND HEIGHTS OF HIGH AND LOW WATERS LAT 34° 29' LONG 150° 55' </div> | |
| 6 0148 1.27 0800 0.51 SA 1442 1.50 2118 0.60 | | 15 0442 0.19 1047 1.44 MO 1635 0.41 2252 1.69 | | 24 0043 0.45 0635 1.14 WE 1155 0.60 1830 1.61 | | | |
| 7 0304 1.20 0859 0.53 SU 1545 1.59 2238 0.50 | | 16 0523 0.29 1133 1.44 TU 1729 0.48 2338 1.51 | | 25 0119 0.39 0713 1.20 TH 1238 0.54 1910 1.66 | | | |
| 8 0425 1.18 1003 0.53 MO 1648 1.70 2346 0.38 | | 17 0601 0.39 1220 1.44 WE 1826 0.56 | | 26 0153 0.34 0747 1.24 FR 1318 0.49 1946 1.70 | | | |
| 9 0537 1.21 1106 0.50 TU 1749 1.82 | | 18 0025 1.34 0639 0.49 TH 1309 1.43 1930 0.63 | | 27 0225 0.31 0821 1.28 SA 1356 0.45 ● 2021 1.71 | | | |

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

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