

THE ILLAWARRA *flame*

February 2022



Keeping community news alive



Reframing the past

The view through an
artist's contemporary lens

Meet Our Contributors



Chris Reid lives in Helensburgh and works at the Australian Museum as a research scientist specialising in beetles. His job is a combination of research, teaching or supervising students, and dealing with public enquiries. A NSW government beetle expert, Chris describes his identifying beetles as “a bit like detective work”. “Working on insects means I get to indulge in two favourite pastimes: travel and bushwalking.”



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.



Dr Amy Harkness graduated from the University of Sydney in 2003 with a Bachelor of Veterinary Science. She completed her medical degree in 2007. After working in hospitals in Sydney and Wollongong, she settled with her family in the northern Illawarra. Amy's special interests include paediatrics, women's health and antenatal shared care.



Narelle Gurney lived in Africa for 11 years and returned to Australia in 2021. “I moved to Helensburgh in August 2021 to see if I liked it,” she says. “I LOVE it! I lived in small communities in Malawi and I wanted to live in a small community in Australia so I could more easily get to know people.” Last August Narelle adopted a dog from Country Companion Animal Rescue and discovered the dog park, which became her only daily outing during the 2021 lockdown. “I met really nice people and some great dogs.”



Allison Tomazin is a marketing consultant who works with small to medium enterprises on social and content marketing strategies. Living in and working from home in Stanwell Park has provided Alli the perfect environment for writing, creativity and enjoying time with her fiancé and beloved short-haired pointer, Moose. Most days you will catch Alli at the dog beach, relaxing in a local yoga class or having a hit at the Stanwell Park tennis courts.

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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NEXT DEADLINE February 16, 2022

COVER Beryl Meredith, 91, in front of a 1947 portrait of her aunt Rene Goodfellow (left), herself at age 17 (middle) and her mother Beattie Powell (right). Photo: Anne Zahalka

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Reversal of Fortune

By Caroline Baum

The opportunity was too good to resist. When a group of local artists realised that the date for their upcoming show at Clifton School of Arts included the once-a-century date of 22.02.22, they realised they had the title for their show: *Palindrome*.

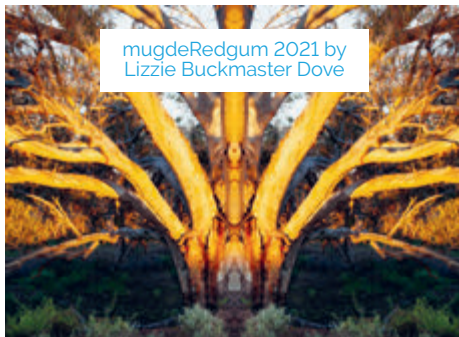
Derived from the Greek terms for 'fast' and 'return', palindrome means a word or phrase that can be read backwards as well as forwards, number for number or letter for letter (such as 'never odd or even' or names like Anna and Hannah).

The six artists exhibiting in *Palindrome* each use a different medium to express interpretations of the word in all its playful ambiguity. Some take the theme literally, others use it more loosely.

In the case of textile artist Michele Elliot, her stitching can not only be read from left to right or right to left but in some cases her embroidery has a back and a front that are almost indistinguishable, thanks to an enviably neat hand.

Lizzie Buckmaster Dove's often poetic work creates a dialogue of natural elements as she explores her interest in place, and the push-and-pull of the cycle of the tides, in two photographs and one installation of sea-tumbled red bricks.

Jeweller Melinda Young has created a necklace that plays with the paradox of sinking or swimming in its use of similar-looking shore-gathered bricks and floats, inviting the viewer to decide which is which.



David Roach works with cedar, painting, scarring and charring it using an ancient Japanese technique called Shou Sugi Ban. In this project, he's looking at ways to create repeated rhythmic forms that can be read forwards or backwards.

Mignon Steele is presenting oil and acrylic works that are painted twice, with elements of distortion and repetition.

Catriona Stanton's watercolour and gouache paintings feature reflected images in which she explores the theme of nature as her doppelgänger or double.

Whichever way you look at it, *Palindrome* is a show not to be missed. The date won't come around again in our lifetimes.

Palindrome 22022022, Clifton School of Arts, 18-27 February. Enquiries: 0406 613 866 🍷



Theatre by the pool

By Stanwell Park musical director Daryl Wallis

I am currently rehearsing for an exciting new music theatre work *The Sirens' Return*, which will be performed at the stunning outdoor setting of the Port Kembla Pool at dusk in mid-February.

Drawing on oral histories collected from women living across different eras of the steel town, as well as First Nations and western mermaid mythology,

The Sirens' Return honours the diversity of women's experiences through the emotional power of song.

Local director Anne-Louise Rentell has worked with poets Auntie Barbara Nicholson and Ali Jane Smith to craft the testimony into six character monologues, while I have composed music and collaborated with a cross-generational cast – comprising Alice Ansara, Matilda Brown, Auntie Marlene Cummins, Jeannie Lewis, Billie Rose Prichard and Kerrie Sweeney – to develop a score shifting constantly between a whisper and a roar.

As soon as Anne-Louise and I visited Port Kembla Pool as a possible venue, we fell in love with the feel of the place and all the possibilities for how we might perform and stage the piece.

The backdrop of Port Kembla beach and the escarpment give the pool environment an epic feeling of scale, that the stories being told and sung are playing out on this large stage of history and collective memory.

The Sirens' Return, Port Kembla Pool, February 14-19, merrigong.com.au 🍷



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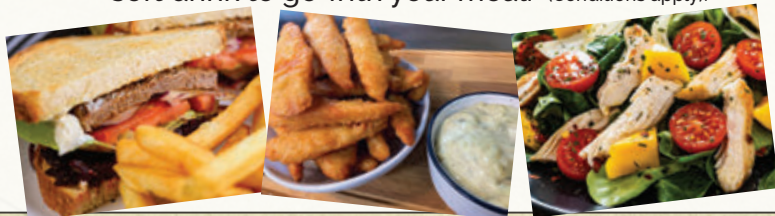
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Where did all the performers go?

By Helensburgh violinist Sarah Moir

I am one of the lucky ones. I haven't lost family to Covid. I've had the chance to be vaccinated. My government financially supported me for the first 11 months. So yes, I am one of the lucky ones.

This is my Covid story.

I decided to become a violinist when I was three years old. With the help of a patient mother and teacher, I practised until playing the violin became as easy as walking and talking.

At age five I played at the Sydney Opera House; at seven I was invited on my first international tour. Joy in music, passion, hard work and daily commitment to practice carried me through to adulthood and the day I was travelling the world as a performer playing for royalty, on TV, in shows and having a great time. Touring and playing with pop stars like Kylie Minogue, Ronan, Keating and Seal, playing at events like the Logies and the Aria Awards. I was so busy I had to knock back gigs with Michael Bubl  and Bruce Springsteen.



Paronella Park: Sarah Moir with her son Heath, daughter Ashleigh and husband Joel.
Photo: All Saints Photography

Most recently, I'd found my dream job as show creator and performer at a magical and historical destination in Far North Queensland, Paronella Park. I was doing the work I had trained for my whole life. It was feeding my family, and my soul.

When Covid hit, I was performing on a luxury cruise ship with my daughter, and my work stopped overnight. Returning home was odd. Far North Queensland seemed relatively unaffected. Then the international tourists stopped coming. Our contract with Paronella Park was cancelled. Cruises were cancelled, concerts were cancelled, events were cancelled, festivals were cancelled.

At first, I was highly motivated to keep practising, writing music and creating online videos for fans. But as the months ticked by, the realisation dawned that this strange period of time was going to become a more long-term reality.

Nine months after Covid started, we moved back to our hometown of Wollongong.

I experienced feelings of trauma and grief at the loss of my musical life. I couldn't bring myself to play my violin; hearing a classical piece of music could bring me to tears. I fell into a deep depression and struggled to look after my family. I started anti-depressants to cope with daily life.

People were asking me to teach violin but I could not face it. Maybe other performers might understand why. Then JobKeeper came to an end.

I began my job hunt. The competition was huge. Performers, pilots, hospitality workers, retail workers, personal services workers and more – we were all looking for work. This period was very black. I felt worthless and useless, no business wanted me. Having a husband with a brain injury meant I was the sole breadwinner for my family, and the failure to secure work was devastating.

Finally, a wonderful company saw something in me and took a punt on a performer. I started my new job answering the phone in a call centre. Here I made new friends and started something different, which was a welcome distraction. I was finally able to support my family. I will be forever grateful to this business for taking a chance on me.

By some miracle, in between Covid lockdowns, Riverina Strings and Recorders Camp went ahead last year. Although my confidence was battered, I accepted the offer to teach strings at camp. Opening my violin case for the first time was intensely emotional. Holding my violin gave me butterflies. I felt close to tears the whole time.

Having not played for months on end, I was surprised at how natural it felt. Like a release, like crying for the first time after holding the tears back for years. Camp was like coming home. I felt my passion for music seeping into the children; we felt alive! It was then I realised how much I'd needed this. The children needed this, we all did.

When I returned home from camp, I began individual violin lessons. Yes, the lessons were over Zoom but I know that one day we will get to see each other in person! I'm also planning to setup a local string group to support young musicians.

I am one of the lucky ones. I wonder what has happened to all of the other performers who were not so lucky? Where did all the performers go? 🌟



Sarah Moir is currently living in Helensburgh and teaching violin, visit www.stringfamily.com.au

Scan the code for her full story

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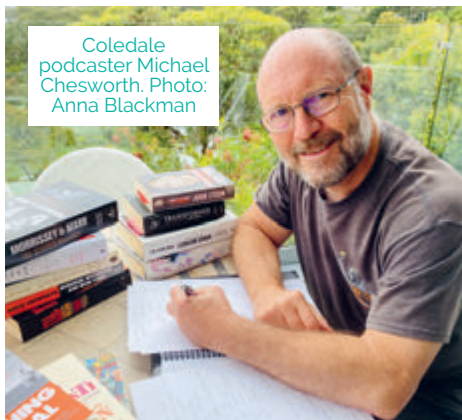


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Coledale
podcaster Michael
Chesworth. Photo:
Anna Blackman



"We have been mates since our teens and music is our great passion and love. I merely suggested to him in our retirement that we start a podcast about music and 'The Phatman' was in total agreement. We decided on a style inspired by Roy and HG Nelson and had our first episode in February 2021."

Mick and Jeff – who lives in the Blue Mountains – meet about once a month to record and review.

"A little research always helps check our memories, but generally it's an easy discussion," Mick says. "Early on, I made a conscious decision to find challenging music to listen to, or maybe to prove a point. I always wanted to know who was behind the Velvet Underground or Roxy Music and, of course, Bowie was one of the first I idolised."

"The discussion generally is off-hand and quite fast-paced. The memories and the experiences just come flooding back. Really, we are just a couple of mates having a few beers and enjoying our own conversation as much as anything."

"We're harsh on some artists, but it's our views listeners are tuned into, so a bit of bias is to be expected. I personally think Warren Zevon is one of the best songwriters of the era and my favourite quote from Zevon is "music is too important to dance to". I detest Jeff Buckley and Coldplay. But if you are going to have an opinion on something, you must know about it first, even to dislike it."

"We also recognise and highlight excellent songwriters like Burt Bacharach and Hal David. We can be a 'bit left of centre', but even Abba had some well-crafted songs. We do not want a passive podcast – we like to be interactive with comments and feedback essential."

Tune into *Mick and the Phatman Talking Music* at www.buzzsprout.com/1690618.

Writer Janice Creenaune is a volunteer for the PKD (Polycystic Kidney Disease) Foundation Australia. Email janicecreenaune@gmail.com ★

Time to podcast

Janice Creenaune meets Coledale resident Michael Chesworth, who after a career in IT customer service has taken up podcasting

Michael Chesworth and his mate Jeff Crompton used the Covid downtime to create a podcast called "Mick and the Phatman Talking Music".

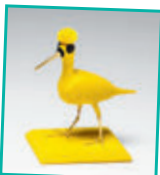
Anyone raised on the music of the 1970s and onwards will enjoy it. Their podcast has been likened to eavesdropping on two mates – and they're also funny, with an easy-listening conversation style born of a life-long friendship.

"We are very different," Mick says. "The humour is definitely Jeff. He is intelligent and quick-witted. I am more of a 'serious young insect', but we bounce off and balance each other."

What's On

Birds & Language

At Wollongong Art Gallery until 13 February. Australian artists explore the language of birds in a show curated by Madeleine Kelly. Pictured is Louise Weaver's *Golden Snipe*. Events: show walkthrough (Feb 2); Finissage (Feb 13), hear writers read linked works; celebrate with the artists. All welcome.



starting at Lang Park on the City Beach foreshore. There are 2km and 6km courses and a timed 6km run. It's a great day out, a chance to get active and fundraise. From the moment you register, you're helping Dementia Australia to provide support services to the estimated 153,000 people with dementia in NSW. Visit www.memorywalk.com.au

Illawarra Annual Public Forum on Dementia

The theme is 'Making Connections Locally' and expert speakers will include a local geriatrician. 16 March, 10am-3pm at the Fraternity Club, Fairy Meadow and virtually via ZOOM. Email illawarradementiaforum@gmail.com or phone 0417 468 977 or (02) 4229 5926 to register. ★

Illawarra Memory Walk and Jog

From 8am on February 20, join Dementia Australia for a walk or jog along the Blue Mile,

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Paige Northwood will offer clay classes at her Bellambi studio.. Photos supplied



Artists of the Illawarra

Painter Edith McNally introduces Paige Northwood

Paige Northwood is an interdisciplinary artist who was born in Stanwell Park. Through her sculptural ceramic and painting practice, she explores presence and connection. She uses found materials such as local clay, pigment, ochre and charcoal out of both necessity and respect for living sustainably. This practice allows her to be present with her surroundings and connect with place.

After graduating with a Bachelor of Arts, majoring in English Literature and Philosophy, Paige went on to study a Bachelor of Design exploring object design with a strong interest in sculptural ceramic work. This ultimately led her to central Australia to work with the Indigenous

artists of The Hermannsburg Potters.

Paige is currently represented by Jerico Contemporary, Sydney who say, "Northwood's intuitive art-making aims to honour the cohesiveness that exists between the mind, body and land." She is a 2508 local and will be offering clay classes in her Bellambi studio. Anyone interested should contact Paige by email at paige.northwood@gmail.com

Visit paigenorthwood.com and follow @paigenorthwoodceramics 🍀

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

Shortlist for Indie Book Awards

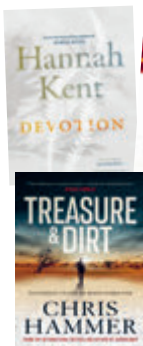
Catch up on the best in Australian writing, thanks to librarian Lindsay Carapella

On 19 January the shortlist for the Indie Book Awards 2022 was announced. These awards recognise the best Australian writing as chosen by Australian independent booksellers.

All titles are available to borrow via the library. Visit in person to browse or access the books using our suite of free digital platforms – Wollongong City Libraries app, BorrowBox, Indyreads and Libby. The winners will be announced at a virtual awards event on 21 March.

Fiction

- *Treasure and Dirt* by Chris Hammer (Allen & Unwin)
- *Devotion* by Hannah Kent (Picador Australia)
- *Once There Were Wolves* by Charlotte McConaghy (Hamish Hamilton Australia)



- *The Last Woman in the World* by Inga Simpson (Hachette Australia)



Non-Fiction

- *Love Stories* by Trent Dalton (Fourth Estate Australia)
- *Who Gets to Be Smart* by Bri Lee (Allen & Unwin)
- *Toxic: The Rotting Underbelly of the Tasmanian Salmon Industry* by Richard Flanagan (Penguin Australia)
- *Larrimah* by Caroline Graham and Kylie Stevenson (Allen & Unwin)

Children's

- *Dragon Skin* by Karen Foxlee
- *Somebody's Land: Welcome to Our Country* by Adam Goodes & Ellie Laing, illustrated by David Hardy
- *Rabbit, Soldier, Angel, Thief* by Katrina Nannestad
- *Wandi* by Favel Parrett 🍀

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Paints of view

One show, three perspectives – a subject, a visitor and the gallery program director share their thoughts on the historic portraits of local life featured in *SNAPPED! Street Photography in the Illawarra*



ANNE ZAHALKA

with Sam St Jon and residents of the Illawarra

This exhibition presents a historic portrait of local life engaged across the streets and backstreets of the Illawarra recorded by early commercial street photographers in the 1930s + 60s. Curated through a call-out from residents of the region, these historic street photos have been assembled to provide a tangible trace of the city to re-imagine how this city and its community once looked.

Documentary photographs of the region are presented alongside a contemporary iteration of street photography reimagining these early images so viewers can travel through time to locate themselves back on the streets and backstreets of the Illawarra today.

Photo: John 'Jack' Shumack (right) with aunt Renee Goodfellow (left), 17-year-old Beryl (middle) and her mother, Beatrice Powell (right) on Crown St, Wollongong. (c.1947)



At right: Beryl Meredith, 91, pictured in front of a 1947 portrait of her aunt, Renee Goodfellow (left), 17-year-old Beryl (middle) and her mother, Beatrice Powell (right) on Crown St, Wollongong. Photos: Anne Zahalka

Undeterred by the Omicron outbreak, a steady stream of visitors has flowed through the *Snapped!* exhibition at Wollongong Art Gallery. Beryl Meredith, 91, has been three times.

Beryl is a lifelong resident of Thirroul. She features in five of the black and white photographs by commercial street photographers working in the Illawarra from the 1930s to the 1960s.

"It is very interesting to see her as a teenager to her 20s and then as a married woman and middle

aged," said Wombarra's Anne Zahalka, the photo-media artist behind the show.

This time last year, Anne wrote an article for *2515 Coast News*, calling for community submissions, asking residents to check family photo albums for the postcard-sized images taken by roving street photographers.

"My aim is to bring this dispersed archive of local street photography to the public in a reconfigured form in order to consider the way the

citizens of the Illawarra looked through a contemporary lens,” Anne wrote at the time.

Anne has not only met her goal in *Snapped!*, she’s taken it a step further. Since the show opened in December, Anne has begun photographing some of the subjects today, recording them against the backdrop of their original portraits.

In one ‘then and now’ shot, a 91-year-old Beryl Meredith stands before a picture of her 17-year-old self. She was snapped with her mother and aunt on Crown Street, back in the day when a shopping trip to Wollongong was a reason to dress up.

In a conversation recorded last month, Beryl and her daughter, Robyn Vella, kindly took time to share their memories of the way things were.



THE SUBJECT: Beryl Meredith

What did you think of the show?

Beryl Meredith: It was very good, actually.

Daughter Robyn Vella: We went once, just Mum and I; then we went once with my daughter, her husband and two children; and then on Sunday we went with my son and his children.

What was your favourite bit?

Beryl: Oh, I liked it all. It was really well done.

What did you think of the street photographers at the time? Were they welcome, or a bit of a nuisance?

Beryl: They were welcome. They were quite nice and very professional. They did that for a living. They’d come down from Sydney and take photos of people in the street – it was done quite regularly.

Robyn: Were people happy to be photographed?

Beryl: Oh, most people I think, yes. You’d always get the one that didn’t want to, but on the whole people thought, ‘Oh yeah. I’ll have a photo taken.’ You weren’t forced into buying them or anything.

Did you buy the photos?

Beryl: Yes. I’ve got a few.

Robyn: There’s five in the exhibition, actually. There’s one with my father, then one with my auntie, there’s one there with Mum and my grandmother, they’ve got a little boy with them and that was my grandmother’s brother’s little boy. He joined the regular army and went on to fight in Vietnam. Sadly he died of a brain tumour caused by Agent Orange, but he was quite old then.

Tell us about the photograph you’re pictured in front of.

Beryl: I was in a white frock, it had blue flowers on it, I think. I had like a turban, I had my hair in curlers, because we were going out that night.

Were you going somewhere special?

Beryl: Oh no, not really.

Robyn: You and Dad used to go to dance, didn’t you?

Beryl: We were going to the movies, I think. It would have been a Saturday.

Robyn: They used to do their hair, put their hair in curlers and go and do their shopping in the morning. And then in the night time ...

Beryl: It was either the movies or you went dancing, that was about it.

What year was it taken?

Robyn: Mum was born in 1930 and we estimate that she was 17, because it was before she had me. It would’ve been 1947.

So just after the war – what were the fashions like then?

Beryl: As you see, we dressed up. Even to go to Wollongong to shop, you usually wore stockings, high heels, not gloves so much, but you usually dressed up – different to today, completely.

Robyn: Mum went to Smith’s Hill Girls High. And when the war came, you got out of wearing stockings, didn’t you?

Beryl: Oh yes. You used to have to wear black stockings, full uniform, including hat and gloves.

THE PROGRAM DIRECTOR: Wollongong Art Gallery's John Monteleone

Photography has become ubiquitous. Anyone with a phone can take and share images. However, this does not a photographer make.

Historically, photography was practised by comparatively few people. These photographers developed a new form of aesthetic and critical appreciation, with some of the most highly regarded taking to the streets to capture daily life. In this way, photographs captured a transient moment, offering an incomplete but palpable suggestion of the story behind the image, a record that lives beyond that moment.

Anne Zahalka, one of Australia's most highly regarded photo-media artists, is a contemporary embodiment of these early photographers.

Inspired by images of her mother as a young woman on the streets of Europe, Anne's street photography-based work re-examines and brings new insights into the candid moments of people doing everyday, mundane things.

In *Snapped!*, Anne brings new life to human action in the streets, recontextualising the concept of Henri Cartier-Bresson's "decisive moment" by restaging these early scenes of people going about their business with their descendants today. Anne, assisted by artist Sam St John, undertook a long period of research and community engagement to access the images. Dressed in an evocative and enticing veneer of nostalgia, *Snapped!* is a deeply layered exhibition that prompts a profounder reflection on our forebears and invites the viewer to witness the city's ever-changing nature and reframe the past with a contemporary lens. 🍷



In 1939 the war started, then they couldn't have uniforms – you just wore what you could get. What my mother did was unpick my school uniform and make a skirt out of it. I wore it with a white blouse for a while. I got too big for it, and she passed it on to somebody else in the family. You had coupons – tea, milk, sugar and butter, and clothing – those were really the hardest things to get. It was hard. So you'd unpick things and redo them. Like cardigans and jumpers, you'd undo them all up, wash the wool and reuse them again. It was a case of 'if you could do it, do it'.

Robyn: It was a lot different to today!

It puts our current shortages in perspective.

Robyn: Yes, it does. My grandchildren, when they went to the exhibition, they really were quite interested and asked mum lots of things.

They couldn't get over how Mum didn't have traffic lights and mum had to explain, well ... there was no traffic.

Beryl: My great-grandson once asked me if we had to hunt for our own food. I said, 'It wasn't that bad!'

What memories did the exhibition bring up?

Beryl: A lot. It reminded me of a lot of old friends that have long gone, they've all gone, actually. It's only me left. A lot of family I've lost down there, so it was quite emotional in lots of ways.

Have you always lived in Thirroul?

Robyn: Mum was born in Thirroul. The house she was born in, it's still standing. We've shown all the grandkids and great-grandkids. Dad lived the other side of the railway.

Beryl: We met at a youth club.

Robyn: Mum and Dad met there and then they married and they lived all their life there.

She worked at Hardie rubber factory in Thirroul. When the war came, the girls got employed in the factories because there was a lack of men. But even then, once you were pregnant, you gave up work. It was frowned upon if you kept working and had children – whereas now, it's totally reversed.

Before Covid, Mum was still swimming two laps of Thirroul pool, she's always swam, always loved the beach.

Is that one of the secrets to a long life?

Robyn: Yes possibly. The heart specialist told her, whatever you're doing, just keep doing it. We are four generations. [Beryl] has two children – Robyn and son Darryl – four grandchildren and four great-grandchildren.]

So I think that's also what's keeping mum going, having the younger children around her.

Beryl: I'm still playing games with them. They've got a lot of patience with me [laughs].

What is the biggest change you've seen?

Beryl: Thirroul used to be a thriving little shopping town. You could shop there for everything, and Wollongong too. You go down to Shellharbour now to shop, and that's a shame really.

I have seen a lot of changes. It used to be always people on the street and you knew everybody.

Robyn: Dad was a coal miner. And you'd sit on the front verandah and it was, 'Oh, g'day mate, how you going?' Everybody was friendly. We go down there [to Wollongong] now and Mum went into a shop and they said, 'Where do you live?' I said 'Thirroul'. And they said, 'Oh, you live in the Northern Suburbs'. And we both looked at each other and thought, 'Well, Thirroul's just where it always was.' You know, we're just normal people.

Beryl: It's totally different, that's life really. But to me, it'll always be Thirroul. 🌟



THE VISITOR: Local author Lyn Hughes

Snapped! left me with a surprisingly tender feeling and a lot of questions. Always a good sign.

Why do old black and white photographs so engage and entertain and move us? Why did an increasingly close perusal of these old "snaps" of unknown people in a Wollongong street, enlarged and brought to visceral life by Anne Zahalka, leave me wondering about people's jaws? How they seem somehow more jutting and determined than our own. Their faces more stoic and long-suffering. And could it be that the passage and endurance of a World War or two could affect a person's very stance and gaze?

I found these photographs, originally taken by commercial street photographers, deeply moving. Not just the young women confidently stepping out in their heels, or the young men jauntily parading in waist-hugging swimmers, but the children, with their knock-knees and hand-knitted cardigans and bashful or evasive or bravura eyes.

Any photography show that can make us care and want to know more about a stranger from the past is important – both to keep a record and to remember we are all of a universal lineage, determinedly going about our everyday lives. And if the omissions are so obvious as to seem glaring – where in these valuable records of our recent ancestors are our first peoples, our disadvantaged, our many varied ethnicities? – surely this, too, stands as a timely record and reminder of recent times.

SNAPPED! Street Photography in the Illawarra is on show at Wollongong Art Gallery until February 20. 🌟



Backyard Zoology

With Amanda De George



Rockpool finds: a sea star, a sea slug and a bubble snail. Photos: Amanda De George



It's been a while since I spent time down at the rock pools. Sure, I've had a quick rock ramble here or there on the way to buying my body weight in hot chips (hello, Summer!) but not a real head down, bum up kind of look. We changed all that a few days ago, on a very low tide and at the end of a long, overcast day when I was suddenly overcome with the need to get my feet wet and to see all the amazing creatures, hopefully at the same time.

It's no secret that I think the rock pools around Sandon Point are incredible. The diversity is amazing and there is something different to unearth each time you head out. You're still dealing with the ocean though and so a quick check of the tides before you get too engrossed is super important. You don't want to be on the outer rock ledges with your back turned on a fast rising tide.

After such a long time away, we really got in the spirit and scoured what felt like every single body of water from one side of the point to the other. First cab off the rank was a beautiful, and quite large, Rose Petal Bubble Snail. Despite their delicate frills and paper-thin shell, they're actually carnivores eating bristle worms and mussels. They spend their time mostly in shallow water and burrowing sand so look in pools with a decent amount of sand. Their breeding season, summer to autumn, is the perfect time to spot them.

We also found several similar but even more beautiful Red-Lined Bubble Snails, much smaller at around 2cm in length and with the mantle outlined

in this incredible iridescent blue. Like the Rose Petal, they have eye spots instead of complex eyes, which aside from looking comically adorable, help them detect light. Similarly they are both hermaphrodites, meaning they have both male and female reproductive organs. Once they mate, each snail can then go on to lay their own egg ribbons.

I was pretty excited, okay I squealed, as soon as I spotted the sky-blue body of the Bennett's Sea Slug, its body dotted with red, its mantle a bright yellow. They can reach up to around 5cm in length but the ones I come across are usually smaller than this, a riot of colour, usually in the pools closer to the edge of the rock ledge.

Finally, our backs sore from all the bending, our shoes completely abandoned, our pants wet to the knees, we decided dinner was calling and so we stretched and readied ourselves to leave. "Just going to look around one more corner," I yelled over my shoulder to my long-suffering husband, only to find a species of sea star I've been looking for, for what feels like years: the Rough or Granular Sea Star! Ranging in colour from orange to brown to purple, this one was a super-bright red/orange hue, and covered in knob-like spines. They can be found close to the ocean floor up to a depth of around 30 metres. And so, yes, we stayed longer, because any time in nature feels good but time spent with your new favourite sea star? Amazing. 🌟

Visit www.backyardzoology.com

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Dr Rip's Science of the Surf

Are we at risk of tsunami? By Professor Rob Brander

Our La Nina summer has made beachgoing an interesting experience with unusually warm water temperatures, large tropical cyclone swell eroding our beaches and bringing in seaweed, strong north-east winds causing upwelling and cooling the water again, and torrential rain washing debris into the ocean and making a mess of our pools. Then we experienced a tsunami.

The eruption of the Tongan undersea volcano on January 15 sent tsunami waves across the Pacific resulting in warnings issued by the Bureau of Meteorology and beach closures along the NSW coast. While the height and damage caused by this particular tsunami was not on the same scale as the 2004 Boxing Day or 2011 Japanese tsunami, it's worth thinking about just how much we understand tsunami and how much at risk our coast is.

Imagine bumping into a fish tank. The water will instantly slosh to the other side. In much the same way, tsunami are generated by a disturbing force that suddenly pushes massive amounts of water out of the way. Earthquakes and undersea volcanic eruptions can all cause a tsunami and, once formed, a tsunami is not just one wave, but a series



of waves. It's like dropping a stone into a pond and watching the waves radiate in all directions.

The important characteristics of tsunami waves are that they have very long wavelengths and periods (time between crests) and can travel extremely fast, both of which gives them a lot of power. How high they get depends largely on how they were generated and is difficult to predict. But once formed, oceanic tsunami-recording stations and offshore wave gauges tell us exactly how big they are.

The Port Kembla offshore wave buoy recorded a wave height of 0.65m, but what does that wave height really mean?

Tsunami do not break like normal waves. Instead, because of their long period, they tend to arrive on our shorelines as surges. This was captured on social media with several sudden and rapid surges into some of our lagoons. On open beaches the impact was similar to a sudden uprush after a large wave set. The instability caused some bizarre water level and current activity for a while, but all in all it wasn't particularly hazardous. But this was a relatively small tsunami. Are we at risk of a truly catastrophic event?

Fortunately the answer is 'probably' not. Although we can (and do) experience tsunami generated from multiple locations across the Pacific, we are somewhat protected by the nature of the ocean floor bathymetry and our steep and narrow continental shelf and are considered to be at much less risk than other parts of the world.

But you never know – so please take those warning seriously! 🌟

Have a question for Dr Rip?
Email rbrander@unsw.edu.au

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Erosion at the northern end of Coalcliff. Tsunami? No, just tropical cyclone waves. Photo: Rob Brander

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Beetling About

With Helensburgh entomologist Dr Chris Reid

I'm writing this in isolation, recovering from Covid-19. So, what to do while stuck at home? Well it's midsummer in a La Nina, we've had buckets of rain, the garden has been well watered and the weeds are rampant. But many visitors would think that our garden is just weeds anyway. Certainly the real estate agents who've had a look are rather sniffy. I am not a lawn (= sterile patch of exotic weeds) person.

We moved in 18 years ago, when the 'garden' was like the forgotten corner of a small field – open grass and weeds with a few small bottle brushes. Through a lot of trial and error and happily spending a fortune at local nurseries we have planted most of the garden with a range of native trees, shrubs and perennials, to encourage other native flora and native fauna to move in.

I've written before about finding a rare beetle feeding on the wonga vines. But many other insects have moved in. Last week I saw five different native bees on the flowers (Everlasting, Hop Goodenia,



Mint Bush etc). One of them stung me, so, yes, not all native bees are stingless! And in the brief periods of sunshine a few butterflies were around, including the common pencil-blue (*Candalides absimilis*).

The male of common pencil-blue is cobalt blue above, whereas the female is almost black with round white central patches on each wing – both are silvery-white below with faint speckling. This species is a locally common garden and forest species that feeds on rainforest trees (including our macadamia, firewheel and tuckeroo trees) and exotics like Robinia and Senna.

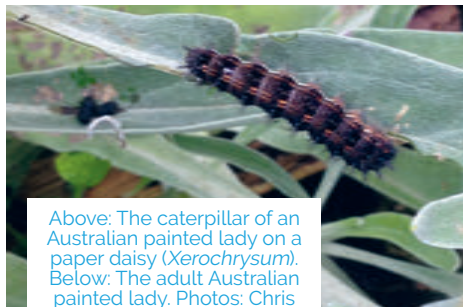
The common pencil-blue is one of 21 butterfly species I've seen in the garden. The standard identification reference is an excellent fieldguide for our 400 butterfly species by Mike Braby (*The Complete Field Guide to Butterflies of Australia*, CSIRO Publishing, 2016). In it you'll find a lot of strange names, as collectors have tried to give an English (vernacular) name to each species. So there are familiar browns, blues, yellows, whites etc, but also admirals, emperors, owls, crows, albatross, moonbeams, flashes, demons and jezebels. My favourites are the jezebels and we've had two species in the garden.

Many butterflies just pass through, not breeding. But most of the species I've seen could be breeding in the garden. The evidence is their caterpillars but these can be surprisingly difficult to find. Most readers will know the green cabbage white larva on their brassicas and many will know the spiny-blob orchard swallowtail caterpillar on citrus. But many of our common garden butterfly caterpillars live inconspicuously in treetops or on grasses. The jezebels feed only on mistletoes.

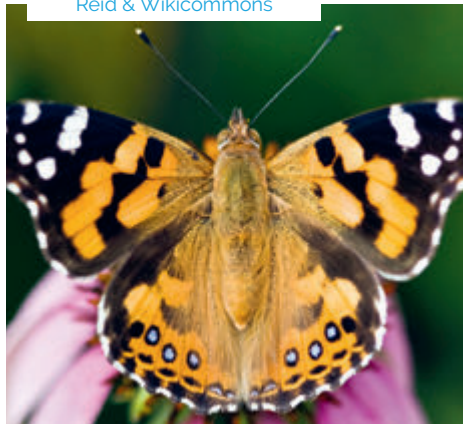
I don't usually look at our paper daisies too carefully as they are for show rather than wildlife but during isolation I realised that they were looking a bit scruffier than usual. The leaves were missing patches, there was silk webbing and some poo stuck in it. Poking around I found the culprits – caterpillars of the Australian painted lady (*Vanessa kershawi*). So I don't mind if the plants get a bit damaged as the beautiful butterflies more than make up for it.

How many butterfly species do you have?

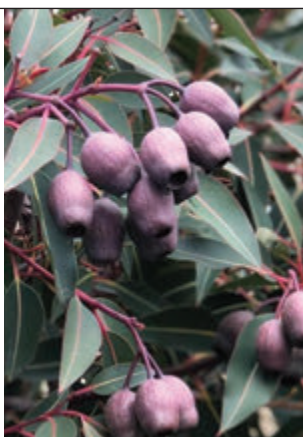
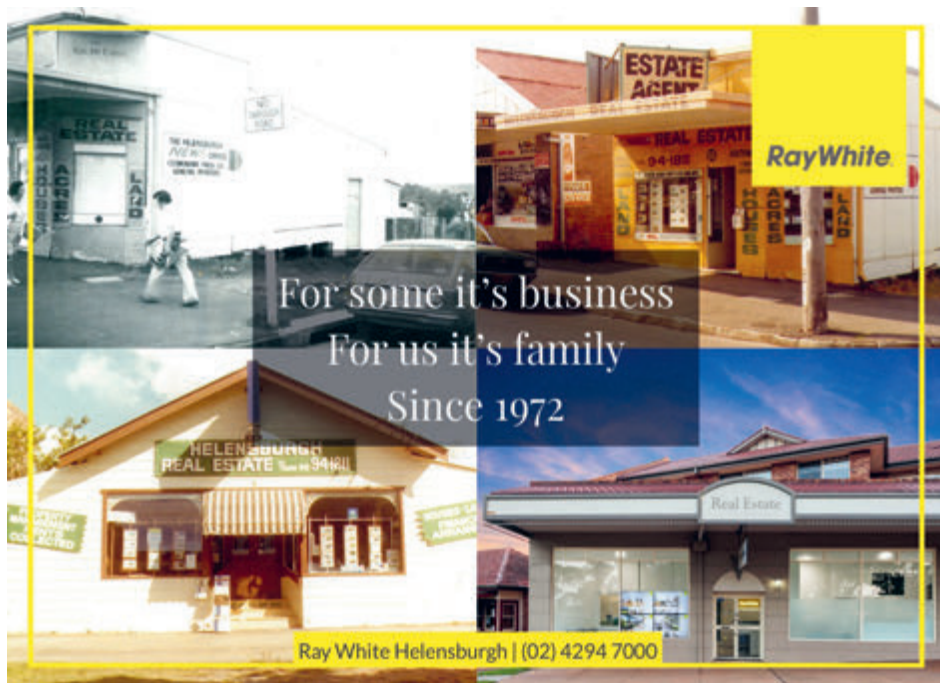
I hope those of you who have or have had C19 are well, and the rest of you stay well. 🍀



Above: The caterpillar of an Australian painted lady on a paper daisy (*Xerochrysium*). Below: The adult Australian painted lady. Photos: Chris Reid & Wikicommons



For general enquiries, visit australianmuseum.net.au/learn/species-identification or email queries for Chris to editor@2508mag.com.au



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FOR THE LARGEST RANGE OF AUSTRALIAN NATIVE PLANTS

Cheers to new Heritage Cider

By Jo Fahey at Darkes Glenbernrie Orchard



Newly released Heritage Cider is the first of our new cider styles! It showcases the art of cider making, which is actually winemaking!

Our 2021 Heritage is the first of our ciders made solely from English cider apple varieties. We have planted these varieties to start making more complex ciders.

All apples can be classified according to taste. We say they are Sweet, Bitter Sweet, Sharp or Bitter Sharp.

For our 2021 heritage cider we have selected the combination of Kingston Black, Yarlington Mill and Improved Foxwhelp apples.

Kingston Black are bittersharp, giving the sharp edge we were looking for in the blend. Yarlington Mill is bittersweet with a good balance of sweetness, tannin and acidity. Improved Foxwhelp are a mild bittersharp with less tannin than the Kingston Black.

After juicing they were fermented and barrel-aged before bottling.

Heritage is a more traditional style of cider so it's meant to be cloudy with some sediment in the bottle. Stir the sediment through your cider by 'rousing'. 'Rousing' is a fancy word for gently rolling the bottle to stir up the sediment before opening.

Our Heritage is creamy in the mouth and the oakiness from time in a french barriques adds to its complexity. This cider is unashamedly dry, which makes it very refreshing on a hot day, yet robust enough to pair with a variety of foods.

If you are looking for a cider more like the traditional styles of England then this one might be for you!

Visit darkes.com.au



Tree of the Month

By Banksia Bush Care's Kieran Tapsell

***Androcalva fraseri* (Brown Kurrajong)**

Its botanical name was formerly known as *Commersonia fraseri*. It is most obvious in areas of disturbance as a pioneer plant. It is usually a small shrub from 2 to 4 metres, but occasionally it reaches 6m. The juvenile leaves are more rounded and look more like grape leaves. There are no other obvious examples in the Reserve.

The photo was taken of a Brown Kurrajong at 29 Stanwell Avenue, where Council bought a house and then pulled it down in the late 1990s, so it was a disturbed area for quite a while. After the 2020 bushfires, there were large patches of Brown Kurrajong growing all the way down the South Coast. Some have continued to flower, but not as prolifically as they did immediately after the fires.

Banksia Bush Care at Stanwell Park Reserve

We have put up a new 300-square-metre deer fence in the western extremity of the reserve, which used to be mowed by the owner of the adjoining property at 1 Station Street, but has now been left by the new owners to regenerate.

Stand of Cheese Trees (*Glochidion ferdinandi*), Mutton Wood (*Myrsine variabilis*), Guioa (*Guioa semiglauc*), Celery Wood (*Polyscias elegans*), Murrogun (*Cryptocarya microneura*), Breynia (*Breynia oblongifolia*), Cabbage Tree Palm (*Livistona australis*), Trema (*Trema tomentosa*) and Sandpaper fig (*Ficus coronata*) are coming up.

Without a fence, most of them will be eaten by deer, and those the deer do not like to eat may be destroyed by breaking off trunks or ring barking.

We have also planted within the deer fence, Black Plum (*Planchonella australis*), Plum Pine (*Podocarpus elatus*), an Illawarra Flame Tree (*Brachychiton acerifolius*), Bangalow palm (*Archontophoenix cunninghamiana*), Yellow Pittosporum (*Pittosporum revolutum*), Unscented Rosewood (*Synoum glandulosum*) and Native Bleeding Heart (*Homolanthus populifolius*). We are also awaiting a supply of other species of Illawarra rainforest trees to add to the diversity.

When the weather permits, Bill Harris and I will start removing the last clumps of invasive weeds from the western extremity of the reserve. 🌱

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Trees for koalas

By Symbio's Kevin Fallon



Last year, the team at Symbio worked with our industry partners – ANSTO, Wollongong Coal, Veolia, and Benedict Industries – to successfully plant an additional 1750 eucalyptus trees across our seven plantation sites in the Illawarra and southern Sydney.

These plantations serve as a vital insurance food source for the koalas in our Captive Koala Conservation program to ensure they always receive the freshest, most suitable leaves for their very specialised diet.

Koalas need our help more than ever after the 2019/20 bushfires, when it is believed that close to 70 percent of wild koalas lost their habitat and

lives. Our team knows how essential it is to have an insurance food source to help mitigate the threats around the supply of food and to ensure we can maintain our most important work – making sure koalas are around for the future.

Head of Symbio Parks and Gardens Joshua Allen said: “What the public doesn’t see is that we travel out daily to cut fresh leaves for our koalas, and it takes close to 1000 trees to sustainably feed one koala for a whole year.

“With 11 koalas here at Symbio, and more expected later this year due to positive signs of breeding, we are setting an ambitious goal of planting an additional 5000 trees this year.

“This ensures we can always collect the freshest sprouts and the tree is properly managed in a sustainable way.”

If any business with suitable land space is interested in working with us, we would love to hear from you to discuss if your site is suitable. As an added bonus to helping in the conservation of koalas, this project is also sustainable and will help offset your carbon footprint. Each mature tree absorbs about 21kg of carbon per year and over their lifetime upwards of 1 tonne.

Visit symbiozoo.com.au. 🌱



Love your lunchbox

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

This recipe was inspired by delicious beetroot and carrot muffins that I chanced upon at a wholefood café. They are naturally sweet, so the kids love them too.

Beetroot & Carrot Lunchbox Muffins (GF, DF, Nut Free)

Makes approx 16-18 muffins

Ingredients:

- 1 cup rapadura sugar
- 1 cup brown rice flour
- 1 heaped tablespoon baking powder
- 1 teaspoon ground cinnamon
- 4 cups grated carrot
- 2 cups grated beetroot
- $\frac{3}{4}$ cup olive oil
- 3 organic eggs

Method:

Preheat oven to 170°C. Whisk sugar, rice flour, baking powder and cinnamon in a large bowl, then add grated carrot and beetroot. Mix well to combine. Pour oil over this mix and fold through. Whisk eggs separately. Add to mixture and fold through until well combined. Transfer mixture to lined muffin moulds and bake for 15-20 minutes or until a skewer inserted comes out clean. Eat warm, or freeze individually and pop one out each morning for the kids' lunchboxes (they'll be thawed by recess). 🌱

Red Feb: Heart Disease Month

By Dr Amy Harkness, of Bulli Medical Practice

Heart disease is Australia's leading cause of death with 17,500 deaths attributed to heart disease in 2018. It is often seen as a disease that mostly affects men and can be overlooked in women, but almost every hour of every day an Australian woman dies of heart disease.



some origins have higher risk, Aboriginal and Torres Strait Islander people also have higher risk); family history (if someone in your family has cardiovascular disease, speak to your GP about how that affects your risk).

Risk Factors

Many Australians don't know that they have coronary heart disease until they get angina (chest pain) or experience a heart attack (which can be life-threatening). The best way to know (and manage) your risk is to have a regular check-up with your GP.

Risks factors you can influence include: smoking; high cholesterol; high blood pressure; physical inactivity; diabetes; being overweight or obese.

Risks factors you can't control include: age (as you get older, your risk of heart disease increases); gender (men have a higher risk of heart disease, but women's risk grows and may be equal to men after menopause); ethnic background (people of

Prevention

You can minimise your risk of heart disease by ensuring you lead a healthy lifestyle including:

- eating a low-fat, low-salt and low-sugar diet, with increased plant-based foods and lean protein;
- exercising for at least 30 minutes every day;
- minimising stress.

Visit your GP to keep track of your heart health indicators including cholesterol levels, blood pressure, weight, sugar levels and waist circumference.

For more information about heart disease, visit Heart Health Australia (www.heartresearch.com.au) and The Heart Foundation (www.heartfoundation.org.au). ♦

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Q&A with a pro organiser

Bella Abode owner Brooke Townsend has carved out a career in decluttering

Brooke Townsend works for the NDIS and private clients. Photo supplied



Please tell us a bit about yourself.

I'm a Professional Organiser, small business owner, mum of two and a wife. I live in Helensburgh and travel all over Greater Sydney and Illawarra to declutter and organise for NDIS and private clients.

I have experience with individuals, couples, families and also working in big teams of professional organisers to get a job done to a tight deadline. Downsizing, moving, or just wanting some help getting organised.

I have qualifications and experience in visual merchandising and interior decorating. I volunteer at the local Salvos. I love to travel and garden. Lord Howe Island is a favourite of mine.

How did you become a pro organiser?

After having children, I was having a frank conversation with a dear friend and she asked me this one question: "What could you see yourself doing in five years' time?" Up until then I had no idea. But with that one question I knew the answer: a Professional Organiser.

What is the most challenging task you have taken on?

My own father's possessions after he passed away a few years ago. I had to check in with myself as if I was a client and use my mental health first aid training, taking myself through the process step by step. I recommend having a mental health plan in place given by a GP to help you through the decluttering journey.

Any tips for our readers?

Decluttering is hard work, emotionally and, with the current humidity and face masks, physically.

Nothing surprises me, I've seen a lot in my time. When you engage with a Professional Organiser, we request that you don't frantically tidy up beforehand or buy products to help. It is best for us to see the house in its natural state. This gives us the best indication of how you live and how we can best help you.

When gifting hand-me-downs or heirlooms, remember to ask first and make sure you are ready for the answer, whichever way it goes.

If it is a 'thanks but no thanks', either pass it on to charity or sell it. Don't keep it for the sake of keeping it.

Have a proper breakfast before a session. Keep your phone on silent and make sure your nearest and dearest know you have an appointment.

Lastly, keep a bottle of water handy to keep hydrated.

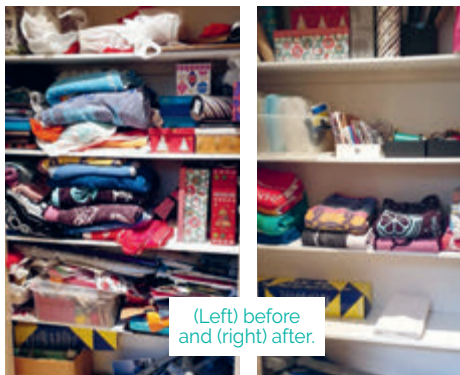
When it comes to collecting, what is your own weakness?

Over the years I have really come to understand my style. By doing this I have also learned what it means to really love an item. Does this piece bring me joy? Yes, no?

I have a collection of coloured glass vases. I have collected these from charity shops, local markets and some have been given to me from relatives.

Also, plants. I LOVE gardening. Digging in the dirt is my happy place.

Brooke is the owner of Bella Abode, email bellaabode@outlook.com.au, call 0422 358 680 or see her ad on page 48 🌟





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**2022 property
market predictions**

2021 has been an unprecedented year for Australian housing markets, but 2022 is likely to see a further easing in the pace of capital gains. The large majority of housing demand has originated from domestic sources, fueled by record low mortgage rates and an accumulation of pent-up demand from prior years, when housing turnover reached record lows. The final months of 2021 saw housing values move through the fastest rate of annual growth since the late 1980s. Early indications for our local area are promising with high numbers still attending open homes and time will tell if the prices from 2021 will hold up. Also look out for your latest land value assessment undertaken by the NSW Valuer General. Most values are up considerably in our area which will ultimately mean higher rates and land taxes (if applicable to you).

Silver linings

After being diagnosed with a chronic illness, Janine Leghissa's life came tumbling down. Now the Thirroul entrepreneur's jewellery business is winning international acclaim

How did you come to start a jewellery business?

Desiderate was born when I found myself with a chronic incurable illness and I had to find a way to support my family.

After being diagnosed with Lupus SLE, my health went downhill and I couldn't work. I lost my eyesight, my hair and so much more; at one stage I spent months in hospital and was told I'd never walk again unaided. I'm pretty stubborn though, and am always determined to turn things around.

Before becoming so unwell, I owned and lived in my dream home. I had worked so hard to achieve this and yet it all came tumbling down. I was left with no home or income, and I needed cash – fast. I did anything I could think of, including selling my jewellery collection to cover my rising bills.

I knew I had to rebuild my life and what I could do was restricted. I was really desperate to survive.

I had no idea of starting a jewellery business, I was only worried about providing for my children. But as

I'm beyond grateful for the support of my valued customers. Desiderate is my phoenix rising from the ashes.

What's behind the name, Desiderate?

Desiderate is a verb meaning 'to want, to desire, to have to have'. I felt that reflected what I wanted to create, a collection of jewellery that inspires absolute love and joy for the pieces. Although it may not be one of my best decisions, given that people struggle with pronouncing it and spelling it.

Why specialise in silver jewellery?

Finding Australian silver jewellery can be difficult. I wanted quality, with pieces that would last decades without staining, fading or breaking. Silver is flattering to all ages and skin tones.

What does your work involve?

I design the jewellery, manage my team here, my online team and my artisan teams in India and Indonesia. I oversee the lot, from web development, advertising, social media, email flow automation, financial planning and admin, but recently our growth has meant more outsourcing of tasks, such as Facebook and Google advertising, and finally we have a CFO.

You've won a few awards – congratulations!

Thank you! Winning business awards is exciting ... an acknowledgment of a job well done and justification for the agony, the self-doubt, and the hard work that goes into building a successful business. To be awarded a Silver Stevie for 2021 Female Entrepreneur Of The Year and also for Company Of The Year – 10 staff or less – was incredible and a reflection of how committed my team are. We were also named in the Top 50 Small Businesses in Australia by Business Insider. We won the Silver AusMumpreneur Award for Fashion Business, a surprise, given that most people think of fashion as clothing, not jewellery.

What's your favourite gemstone?

What a question, I don't like to play favourites and I can be a little 'woo woo' about the 'powers of the stones'. But, I love Larimar for the way she embodies everything about the ocean; Ruby for her colour and energy; Peridot, because it's my birthstone and it's difficult to look past White Topaz for her sparkle. ✨

Visit desiderate.com.au



the jewellery began to sell on my Facebook page, I realised my love of gems presented an opportunity.

I fell back on my background in colour and design. Previously I was an award-winning artist and worked in senior management with hairdressing companies, specialising in colour and design. I began sourcing stones and commissioning jewellers to produce pieces to my specifications.

Desiderate was born in 2017 and, since then, I've grown the business to employ a team and support overseas silversmiths and artists with commissions of unique pieces. I've built our website and taught myself how to run an ecommerce business.

UNDERWATER ANGLE: A photographer, scuba diver and mum of three, Corrimal local Rachel Lee has started offering underwater maternity photo shoots, providing flowing gowns and taking clients to sheltered swimming spots in the Illawarra. "The beauty of water is it allows us to move in amazing, gravity-defying and graceful ways," Rachel says. "It's a celebration of the beauty of a pregnant mother, and the beauty of the natural environment."

Visit scribblygumphotography.com.au 📌



Dreaming of your own cafe?

There is a cafe/restaurant for lease in Stanwell Park, writes Articles Fine Art Gallery owner John Vander

It is with great regret that due to unforeseen circumstances the iconic "Palms Cafe" of Stanwell Park is now closed. The well-known cafe had been in operation successfully for 18 years with a well-established clientele of locals and visitors.

Ideally positioned between the Royal National Park and the Sea Cliff Bridge, the cafe is within the Articles Fine Art Gallery Complex. Sydney day trippers and tourists exploring the Grand Pacific Drive regularly break their journey here.

Due to personal family reasons, the long-term owners decided to sell the cafe and in March 2021 it was taken over by a new owner who had no knowledge of the restaurant business!

With this lack of experience, it took no time for the business to close its doors. It shut in June 2021 and finally went into liquidation in August 2021.

We have received many applications, but as yet have not found the right entrepreneur to take up the reins.

If you are a chef/cook looking to fulfil your dream of owning a cafe/restaurant, then we ask you to apply and discuss the opportunity with the owners of the Articles Complex. Call John and Frances Vander on 0414 842 491. 📌



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The Final View

By Edwina Ellicott, Community Engagement Manager at H.Parsons

Many people don't realise the level of involvement they can have in personally participating in the preparation of their loved one for their final resting place.

Preparation may involve helping with the washing or dressing of their loved one, or holding a viewing prior to the service. It's an incredibly healing and important act and one that we encourage at H.Parsons. In many religions and cultures, these rituals are traditional, and as we increasingly understand the benefits of these practices in the grieving process, more and more people are opting to actively participate.



hygienic reasons). H.Parsons' mortuary staff include qualified embalmers specialising in cosmetic restoration who will be happy to assist you.

You may also choose to place some personal items with your loved one, or have our team place them for you. These could include special mementos, items of significance, even a grandchild's drawing. Valuables such as jewellery or other accessories can be returned if you wish, so make sure you let your Funeral Director know.

In some cultures, the items included are fixed; our Funeral Directors are experienced in working with families from many different cultures in the greater Illawarra community and are here to guide and assist.

Sometimes dressing and viewing your deceased is not advisable. This may be due to physical trauma or the effects of disease on your loved one potentially causing distress for the family. Your funeral director and mortuary team will guide you on this, however, ultimately the final decision is yours.

H.Parsons' treats everyone who comes into their care with the same level of respect. If there are no preferences for dressing, then the deceased will still be washed and prepared with utmost care, ensuring they depart with dignity.

Viewing

A viewing is a special way for families to spend some quiet time in reflection with the person who has passed prior to the service. In many instances, family and close friends are also invited to attend.

For some cultures it's an integral part of their tradition; clergy along with family and friends attend to offer prayers and give thanks for a life well lived. Viewings often take place at our chapel, either just prior to the service or the afternoon before, however, they can be held at other locations. Some funerals also have the casket or coffin open throughout the service at the family's request.

Dressing

Many families will choose the outfit for their loved one to be farewelled in. This may be a favourite outfit, or clothing that reflects their personality. The "outfit" can include everything from undergarments, right down to accessories such as a scarf, a tie and jewellery. Specific make-up and hairstyling can be requested and a recent photo of your loved one is a huge help in making sure they look their best. If your loved one always wore a favourite lipstick, then bring it in. (Make-up provided will not be returned for



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



Kris Kringle at the Dog Park

By Narelle Gurney

On 16 December, 18 dogs and their many humans gathered at the Helensburgh dog park for an end-of-year celebration.

The occasion was marked with drinks, nibbles and presents for the dogs. Each person put a present valued at \$10 into the Santa sack. The dogs' names were put into a bag and as each dog's name was drawn and called out, an excited human came up to pull a gift from the lucky dip sack.

The atmosphere was buzzing and barking. There were lots of positive comments and people who hadn't heard about the event said they wanted to come to the next one. It's said that Christmas is

about 'connection' and the dog park has been a significant point of connection for many people.

One woman said: "During lockdown, I only saw my husband and the people at the dog park, so the dog park was very important to me."

The dog Kris Kringle idea was inspired by my desire to make community connections. I work for The Salvation Army in community development, so this is important to me.

Besides the fun the dogs have, the dog park is really is a place for community and we look forward to more good times there in 2022 and to meeting new people and their canine friends. ✨

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What a gift!

For years, generous locals have been donating food to Need a Feed. Now one man has gone further – he's given the charity an entire grocery shop.



Need a Feed founder Shaz Harrison. Photo: Unicorn Studios

In November, the 83-year-old owner of Manic Organic in Woonona made a remarkable donation to a local charity – Phil gifted his whole business to Need a Feed.

Need a Feed founder Shaz Harrison said it was “amazing news” and would mean all the profits from retail sales would go directly to the charity.

Manic Organic stocks fresh organic produce, a range of organic grocery items and organic bread.

It is now also a storage space for non-perishable food, a place for Shaz and her team to pack food gifts for distribution to their charity partners.

Shaz kindly took time to tell us more.

When did you find out that Need a Feed had been given a shop and how did you feel?

I found out the exciting news when I was at the shop cooking the Illawarra's best pie, our famous Saltbush lamb and organic veggie pie.

Phil told me that he would like to ‘gift’ the Manic Organic business to Need a Feed as he was moving away to purchase a farm (this coming from an 83-year-old!).

I met Phil around seven years ago at a Need a Feed fundraising barbecue and he has been supportive ever since.

Giving Manic Organic to Need a Feed made him feel so proud and knowing that Need a Feed could

grow and help more people throughout the Illawarra was a huge incentive for him.

I was so grateful for his generosity.

How hard have the Covid years been for your charity?

The past two years have been challenging for Need a Feed as the demand for our service has increased. More and more people, due to Covid, have found themselves in financial and emotional hardship, situations that they never dreamed could happen to them. Thankfully we have had support from our amazing community in the way of private donations and collecting food for us to distribute.

We have also been successful with two Wollongong City Council grants, which have assisted Need a Feed with purchasing non-perishable food.

How have you coped with the Covid challenges?

The demand for our service has definitely increased due to Covid. We have been forced to re-evaluate the way we distribute food to help meet this demand. Our new process has seen us increase our food distribution to over 400 food gifts, fresh meals and personal care packs each month.

Our charity partner base has increased to over 27 local charities who give items directly to people who need them most.

What will Phil's gift mean for Need a Feed's future?

This amazing gift will allow Need a Feed to hold a solid base for distribution, with room for expansion. We are now able to include fresh organic produce into our distribution model, helping our charity partners, some who cook for 80-100 people five days a week. This extra supply of food will help them to meet the demand.

Future plans from our new location include: basic cooking and barista courses for people in need. This new chapter and opportunity opens up a whole world of possibilities for Need a Feed and we are excited to see what the future brings!

What's on the shelves this month?

In stock each week we have our extremely tasty, fresh certified organic produce – most has been picked the day before it reaches us. We have general grocery items and fridge items, including organic milk, organic eggs, organic cheeses, sauerkraut and more! 🍓

Manic Organic is at
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A beachcomber at
Depot Beach.
Photo: Ben Wollen



I love Beachcombers

By architect Ben Wollen

Ahhh, summer... what with Covid curve balls and La Nina's Finnish sauna-style humidity, the holidays felt like a long-awaited reprieve.

Our family was lucky to get away to a surfside village called Depot Beach. There's not a road trip we take down there that we don't adapt the *Echo Beach* lyrics and sing "Depot Beach, far away in time". While it's only a 3.5 hour drive south, it does feel far away in time. There's probably only about a dozen houses, nestled above the National Parks campground. One is a rather fancy Peter Stutchbury-designed masterpiece, but my favourite is a retro mid-century 'beachcomber' shack. Even though it's probably wrapped in asbestos and with zero insulation, it's my dream holiday home.

The 'beachcomber' is a type of house that came about in the 1960s. They have a classic look. Sitting atop stilts with a garage or carport underneath and an entry that leads to a set of stairs that takes you up to the first level. They usually only consist of these two levels, with the upper level containing all the living quarters. Small, compact and unique – they are in stark contrast to the size of houses we build today. And this was their original intent – affordable housing. Surprisingly, they came from one of Australia's largest developers, Lendlease (think Barangaroo). The Lendlease of the 1960s was a very different beast. Dick Dusseldorp was the managing director back then. He's quoted as saying in 1973: "Companies must start justifying their worth to society, with greater emphasis placed on

environmental and social impact rather than straight economics."

This ethos led Dick to hire a young Croatian architect, Nino Sydney (how good were names back then!). Nino's first assignment was to design project homes and one of these was the 'beachcomber'. It became very popular for young budget-conscious families building on Sydney's fringes. It had to be easy to build, as there was a massive skills shortage back then (sound familiar?). The display homes were designed, approved, built and landscaped in five months. That's almost unheard of these days – the approval process itself can take five months!

Due to its being raised up on stilts, it also suited a lot of sloping bush blocks. One of the better preserved ones is in Faulconbridge, on the lower slopes of the Blue Mountains, which sometimes offers tours (www.australianmodern.com.au). There's also a website for all things beachcomber (www.beachcomberhouse.com.au). You can read about their history, download original floor plans as well as upload pictures of any you've spotted.

Sadly, Nino passed away this last summer at the age of 89. In a write-up in the *Sydney Morning Herald*, his son said: "If you asked him (Nino) for his proudest achievement, it was that he could develop modern architecture for Australians and still keep it affordable."

We could do with some of that same sentiment making its way into today's housing industry. 🌟

Sustainability in Covid time

By Green Connect general manager Kylie Flament

When I started taking an interest in sustainability, I thought that there was a trade-off between the environment and the economy, or between people and the planet, and it was all about trying to find a balance.

Thankfully, those myths have been disproven. For the most part, what's good for the planet is good for people, and the economy depends on the environment and vice versa. It's now well known, for example, that renewable energy creates more jobs than oil and gas, and that things like active transport and growing food have incredible social benefits as well as environmental.

Not everything has a win-win option. I get many questions about Covid's environmental impact. When it comes to healthcare, there's a lot of waste – and I know a fair bit about it, having worked at Sydney's two children's hospitals for more than five years. Covid has dramatically increased the amount of waste.

There's the Personal Protective Equipment of health workers (gowns, gloves, masks, etc), the



for Disease Control and Prevention (CDC) recommends N95 masks, and some experts there say that, as the virus only lasts three days on them, it is possible to reuse them every four days, hanging them up to dry in between (no washing!).

Covid tests: Follow the health advice to only get tested if you have symptoms or have to. Only buy as many test kits as you need. These can't be recycled (but the cardboard box they come in can).

Cleaning: the World Health Organisation has said since 2020 that soap and water are best. Use a cloth (or an old t-shirt, sheet, muslin cloth) that you can throw in the washing machine and reuse for years. If it's made of cotton, it can be composted at the end of its life, and I find they clean better than synthetic cloths anyway.

PPE: Follow rules and health advice but check (a) whether there are non-disposable alternatives and (b) how often it has to be changed.

The amount of waste can be depressing, but I find that focusing on the things I can change is the most useful. I can change other things I buy or how I get from A to B. It all adds up. 🍀



masks worn by the public, the Covid testing kits (both PCR and RAT), and the disposable wipes and gloves and other items used, particularly before we knew Covid was airborne. None of these items are recyclable. At hospitals, they go into clinical waste and are incinerated. In businesses and homes, they go into landfill.

So what can we do? The waste hierarchy is a good place to start. What can we avoid, what can we reuse, and what can we recycle while still keeping ourselves and others safe?

Here are my top tips based on minimising waste while following the best health advice available:

Masks: A well-fitting cloth mask with at least three layers should be washed daily. For sustainability's sake, you might prefer to avoid single-use masks, although with RMIT researchers showing how disposable face masks could be recycled to make roads, you could also hold onto them in case this becomes a commercial reality. In the US, the national public health agency Centers



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Bradfield and beach access

By Murray Jones, secretary of Thirroul Village Committee

"The Western Parkland City or Bradfield is fast tracked to be Sydney's third city. Together with the Commonwealth we are committing \$20 billion in job creating infrastructure," Stuart Ayres, NSW Minister for Western Sydney, said recently. He also said that within 15 years this area "will account for more than a quarter of NSW's population growth" and "the Western Parkland City is often one of the hottest places on the planet during summer."



Bringelly, 4km east. Public transport would require train-bus interchange in city central and the amount of gear required for a family beach visit would make such interchange difficult. So the family car is the most viable option. The red line on the map shows a no-through-road zone that forces beach access to be either north of Liverpool or via Bulli Pass.



Above: map shows surf beach access. Below: a crowded Bondi. (Photo: Wikimedia Commons)



Concerning development proposed for Bulli Pass

By Annette Jones of Thirroul Village Committee

The owners of 92-94 Princes Highway Thirroul have submitted a development application (DA) for six three-storey residences on the property (as shown in the illustration on the opposite page).

The size of this DA is of major concern as it is located on the busy arterial road known as Bulli Pass. Entry and exit from the site will be a major headache for all. If the residents of the property need to head downhill towards Wollongong they would need to head north, immediately get into the right-hand lane and turn into Bangalow Road.

The developers propose to construct a cul-de-sac at the northern end of Bangalow Road where drivers will negotiate a short, steep downhill section, do a U-turn then return up the steep bit again. This involves civil works and a significant increase in noise for residents along Bangalow Road.

The Wollongong Local Planning Panel (WLPP) refused approval of the development on a number of grounds. Unhappy with the WLPP determination, the owners have now lodged an appeal in the NSW Land and Environment Court

Let's review surf beach access via Liverpool. A quick study of Google maps shows that Sydney's north shore access from Bradfield is via several bridges. Sydney's famous south shore beaches are much closer, spread along 20km of coastline from Sydney Harbour to Botany Bay.

Bondi and Maroubra are the two longest at 850m and 1km and are the only two with significant car parking facilities. The other south side beaches Tamarama (100m); Bronte (250m); Clovelly (50m); Coogee (500m) and Malabar (200m) are small with barely enough room for their own local crowds. South side has only 2.95km of beach in 20. Could this shortage of beaches be why Bondi often looks like it does in the photo on the opposite page?

Further south, Cronulla Beach is 4km long, but half is dedicated to 4WD vehicles. The National Park south of Sydney, with a minimum \$12 entry fee, has 1.6km of beach. Garie Beach has a surf club but access takes an additional 10 minutes.

So all of Sydney's southside beaches add up to 8.6km of surf beach in over 52km of coastline but in practice a family from Bradfield on a tight budget has useful access to less than 5km of surf beach. Also, those who chose the Liverpool route will face a lengthy struggle in traffic though continuous suburbia, then pay for access or parking, only to probably suffer significant crowds.

So what happens if the family chooses the southern route via Bulli Pass? Both Thirroul and Bulli Beach are at least six minutes closer to Bradfield than any of the southside beaches. The route is mostly on a country road through open land and bush scenery, then down the spectacular Bulli Pass.

Wollongong offers easy access to 27km of surf beaches, most with excellent surf clubs, free parking and first-class beach facilities. Doesn't this make the choice obvious and, if so, why isn't the impact of this inevitability being considered by State and Local Government? 🍀



(LEC) which will be held on 2 February. Local residents, including members of the Thirroul Village Committee will address the LEC in the hope of having a more acceptable development approved. See thirroulvillage.com for updates. 🍀



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Neighbourhood Forum 1 report

By NF1 convenor Warwick Erwin

Helensburgh Community Centre closed for 2022

Council has closed the Helensburgh Community Centre totally and cancelled all bookings for 2022, giving the reason as “to allow Council to carry out some essential investigations into underlying moisture and mould issues” in an email in late December and has confirmed the closure early 2022 in requesting the return of all keys.

It is over five years since Council closed off the back part of the hall in the community centre to “repair” the damaged floor and investigations then “claimed” the floor just had to be repaired. Locals know that the hall is built on two springs and construction of the Youth Centre at the front of the main building stopped the drainage of those springs and stopped the flow of air under the timber floor. Ventilation issues were cited as the problem at one time and the “solution” was the pipes around the main building to ventilate under the floor. The back part of the floor sank and further investigation limited the use of the hall.

Timber for the floor repair arrived 18 months ago and is still stored in the entry to the main building, making it a work area and so preventing residents from entering or using the main building. Now Council has also closed the front building.

The new Community Centre and Library will not be opened for five years, according to the schedule released by Council for that project.

The impact of not being able to use this facility affects community groups and those who hire the hall and rooms, as well as our great Library staff who are unable to carry out any of their planned workshops and activities.

Council's project steering committee was due to meet in late January 2022, but further information is required to be able to arrive at an agreed way forward.

What can you do? Email the Lord Mayor and Ward 1 Councillors to ask why has it taken so long to fix this issue and ask to have the solution actioned immediately. The emails are: Gordon Bradbery, LordMayor@wollongong.nsw.gov.au; Cameron Walters, cr.CWalters@wollongong.nsw.gov.au; Janice Kershaw, cr.JKershaw@wollongong.nsw.gov.au; Mithra Cox, cr.MCox@wollongong.nsw.gov.au; Richard Martin, cr.rmartin@wollongong.nsw.gov.au. Also copy Council, records@wollongong.nsw.gov.au

Liquor Licence Application for corner of Walker and Short St by Coles Group

APP-0008817690: Status shows Under Assessment on ILGA noticeboard at time of writing.

Planning Proposal request for land located at Lot 10 DP 260258 and Lot 24 DP 260258, 20 Lawrence Hargrave Drive, Stanwell Tops. Also known as Wagon Wheels.

Council officers are now preparing a report to go to Council meeting for a decision.

DA-2021/1058 Lot 2 Short Lane, Helensburgh

This is the laneway next to Bear Trader. Council officers will now assess the DA. Previous DAs for this laneway have been refused. We wait.

UCI 2022 Road World Championship

Helensburgh will be the start of the road races for the weekend of 24 and 25 September 2022. Course details at wollongong2022.com.au

First meeting of NF1 in 2022

7pm on 9 February, but at time of writing we don't know which venue Council will have available for NF1 to meet... Another interesting year ahead. 🍀



Step Up to Clean Up

By Merilyn House of Helensburgh and District Landcare Group

Clean Up Australia Day is on Sunday, 6 March, and we aim to clean up Helensburgh's footpaths, creeks and parks. Register at the Old Mine Surgery, 78 Parkes Street, Helensburgh, between 10am and 1pm. We provide you with a bag to clean up an area of your own choice – your own street, the park across the road, local creeks, etc. Once you have finished, return the bag of rubbish. Please wear long pants and shirt, sturdy closed-in shoes, and bring gloves and water. Participants will be required to comply with all current COVID-19 requirements. For further information, ring Merilyn on 0414 819 742, or email merilyn@helensburghlandcare.org.au. 🍀

Welcome boost to the NINA team

By Northern Illawarra Neighbour Aid manager Sharon Gissane

Northern Illawarra Neighbour Aid (NINA) has two new team members.

Mollie started at NINA as a volunteer and has moved into the transport coordinator role, making bookings for all the individual transport that NINA facilitates. She is also responsible for planning NINA's regular outings. Although they have been on hold over the past six months, we are happy to say that starting in 2022 NINA will once again be planning fortnightly outings.

Jaclyn has joined the team as our social support coordinator. Jaclyn is responsible for the regular groups that NINA run each week: CAFÉ group in Helensburgh on a Thursday and our Austinmer group of a Tuesday. Jaclyn also facilitates our craft group each Wednesday in Helensburgh.

Existing staff member Fiona has changed her role and is now looking after all our new clients' referrals and supporting the volunteers. If you are interested in volunteering, please call the office to speak to Fiona.

NINA is available for clients who are eligible for the Commonwealth Home Support Program (CHSP) and Home Care Package program (subject to a needs assessment). If you live in Helensburgh



to Thirroul, then you are welcome to join in the NINA activities.

NINA provides a great Meals on Wheels service. All meals are nutritionally balanced.

NINA can also help anyone who is "transport challenged". All residents over age 18 are eligible for assistance in getting to medical appointments and some other appointments.

Please call NINA on 4294 1900. 🌸

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Save the Village Chapel

By Austinmer Uniting Church secretary/
caretaker Oscar Madison

Our beloved “Village Chapel” on Austinmer’s Moore Street opened just over a century ago. In the past century we have provided fellowship, family, community and youth activities; worship and ceremonial services, charity and general support for those in need.

After all those years, we are now in need. Structural repairs are needed to replace the existing piers supporting our church, which is suffering visible internal and external cracking as a result of the piers collapsing. We have received generous support from the Woden Grant funding made available by our Uniting Church Presbytery, Wollongong City Council Heritage Grant funds, a GoFundMe campaign, and donations from our congregation and local people. Repair work to replace the piers begins this year; this is the first stage of repairs needed and our budget is tight.

We have a small congregation with many elderly people and wish to remind everyone that we are open to all. We are willing to accept new ideas and strategies from anyone so we can move forward into this fabulous century with renewed life, purpose and exciting new possibilities. Our congregation are a joyful group led by our minister Reverend Roselin Fisher, who is outgoing, adventurous and caring.

Before the Covid-19 pandemic our church provided community events such as ‘Classics in the Chapel’ (live performances by renowned classical musicians); street market stalls and community activities. We would love to see all these and more return but we need support. Donations can be made to IMB Bank BSB: 634 634 Account 100025704, the GoFundMe website or cheques posted to PO Box 3017, Austinmer NSW 2515. 🌟

Otford school welcomes out-of-area students

By Dallas Baird, president of Otford P&C

Otford Public School has announced that it will accept enrolments of students living outside of the normal catchment area. This will make its unique small school experience open to many more in the 2508 postcode. Otford PS normally teaches between 46 and 55 children across Kindergarten to Year 6. The small student body requires smaller classes of mixed years.

Principal Rebecca Stone says there are several advantages to a small school environment during primary education. “I think the big one is how well we know the kids and their well-being and individual needs.” She also points to small schools giving staff more ability to respond quickly to both discipline and learning problems once identified in students. Students also mix more with younger and older pupils, allowing them to build strong and respectful relationships in both directions.

New research has also identified that Covid exposure is less likely in a small school as the smaller class size and increased open space per student allows for easier social distancing.

Chris Bond sent his daughter Eva to Otford PS from Helensburgh. She will move into year five in 2022. He says he heard of Otford PS through other local parents and was impressed by their reports of a nurturing relationship with the older peer group and no reports at all of bullying. He was also pleasantly surprised by the composite classes.

“We really liked that the smaller school and combined classes created a more cohesive environment among the different age groups.”

James McCormack, another Helensburgh local, first spotted Otford PS as he, wife Alexis and young son Quincy zoomed past on an Illawarra line train. The rambling shaded green schoolyard and numerous neat buildings stood out. Living in inner-city Sydney at the time, James and Alexis sought a meeting with Bec Stone to discuss options. So impressed were they that they decided to move to 2508 so Quincy could attend Otford PS.

Enrolments for term one of 2022 are open at the moment. More information about Otford’s unique small school is available on the website. The school office can be reached on 02 4294 1323 or at otford-p.school@det.nsw.edu.au to arrange a chat with Bec Stone. 🌟

The Simpson Family, of Bellevue House

Edited by Janet Lee, secretary of Helensburgh & District Historical Society



The Simpson family at "School Road" Helensburgh in 1917, from L-R: Gladys, Maria, baby Ruby, Thomas Rollings with Bobby, and Tommy. Above: Bellevue House off Otford Road, Helensburgh circa 1950s. Photos: Helensburgh and District Historical Society

Thomas Rollings Simpson, a coal miner from Lancaster, arrived in Australia in 1913, on advice from his doctor. Despite having lung damage from his 20 years in English mines, he obtained work at Metropolitan Colliery, Helensburgh.

Thomas sent for his wife Maria and his children, Tommy and Gladys. They had four more children in Helensburgh – Bobby, Ruby, Doris and Margaret, and their first known address was "School Road" Helensburgh.

Thomas and Maria bought a property of 13 acres off Otford Road, where Thomas built a big stone

cottage named "Bellevue House" and ran a mixed farm of cows, pigs, chickens, fruit trees and vegetables. Due to ill health, Thomas retired from mining in about 1932 but continued working on the farm until his death in 1950. Maria Simpson stayed at Bellevue House until she died in 1976.

To read more about the Simpsons and other pioneer families of Helensburgh, go to our website www.historichelensburgh.org.au and click on the FAMILY STORIES tab.

We welcome your own family stories: please email us at info@historichelensburgh.org.au 🍷



Happy Valentines

By Local Studies Librarian Jo Oliver

The 14th of February is celebrated around the world as Valentine's Day and there is a tradition of sending messages and gifts of romantic love.

Photographs of these beautiful, embroidered cards are in the Wollongong City Libraries' Illawarra Images collection. They were made during World War I by French women and bought by soldiers to send home to their wives and sweethearts.

If you have any photographs or documents you would be willing to share with the library, contact the Local Studies Team at localhistory@wollongong.nsw.gov.au 🍷

Your U3A needs you!

By Patrick Heaven

Calling all retirees and those in the third age of life: Join your local branch of U3A (University of the 3rd Age) today. Get together with others from all walks of life to enjoy life-long learning opportunities and social opportunities. There are NO assessments, and NO examinations or certificates.

U3A Northern Illawarra, based in Thirroul, is open to anyone in their third stage of life. We host a wide range of physical, social, and educational opportunities in a friendly and supportive atmosphere.

Our wide range of activities are held during school terms – see our “Programs” and “Newsletter” pages on our website as detailed below. There is something for everyone: our group activities include physical fitness, philosophy, current affairs, language conversation classes, book club, brain games, to enjoying and discussing movies. Weekly talks by local and invited experts cover the full range of human experience including, for example, travel, health and well-being, science, history, biography, sport and leisure, and creative arts.

For more information go to: northernillawarra.u3anet.org.au. Alternatively, contact Therese Jordan on 0413 218 957. Activities commence February 2. 🌟

Term 1 Stanwell Park U3A Program

The Group meets on Mondays at Hillcrest House. First session starts at 9.30am; second session, Music Appreciation, starts at 11am after morning tea. All welcome. More info: Jenny, 0406 350 025.

- 7 Feb: Eden Project (Beautiful Gardens), by Wendy Leathem
- 14 Feb: Greenland, by Anne Brown
- 21 Feb: Our Trip across the Top of Arnhem Land, by David Christian
- 28 Feb: Talk about your early Life, how it influenced you & What you Learnt About Yourself: Members
- 7 March: The Trials of the Pendle Witches (YouTube), by Jenny Lee-Robins
- 14 March: Read/write a poem about how you felt about the year 2021 or Favourite Poem: Members
- 21 March: Banned Books; *Lysistrata* (Aristophanes), *The Gulag Archipelago* (Solzhenitsyn), by Kerrie Christian
- 28 March: Adventure in Photography, by Brendon Parker 🌟



1st Helensburgh Scouts

Bagheera reports

Helensburgh Scouts were busy during the school holidays, with one of our Scouts working towards his Peak Awards in Scouts, leading his Adventurous Journey, a three-day overnight hike through Kosciuszko along the peaks trail.

To kick off the New Year, Sam and three other Scouts headed off on this adventure with leaders and parents in support. This was a challenging journey for the group, as some of the Helensburgh Scouts attempting it are quite young and we can only praise them for their spirit of adventure in taking it on. Some moments were more difficult than others but overall they found many more positives in the experience – many of which seemed to involve playing in the snow!

Everyone learnt new skills and confidence in their own abilities to deal with the unexpected, carrying all their own gear for two nights, learning about new equipment and the altitude.

We look forward to continuing this adventure with future Scouts as a bit of a Helensburgh tradition for our challenges and want to congratulate Sam for planning and leading this adventure and setting an example for those following him. We will miss him in Scouts and wish him well on his future adventures with Venturers in Heathcote!

We have many adventures planned in 2022 for all of the sections running locally – a Joeys Environment sleepover in March and camps for Cubs at Mt Keira, as well as some overnight hiking for Scouts.

If your child is interested in joining, please email our Group and Scout Leader at bruce.crawley@nsw.scouts.com.au and you can visit our Facebook page for general information about the sections and days they are running. 🌟

Helensburgh Guides

By Sophie Miller, publicity officer

The Helensburgh Girl Guides are excited to return with the school term in 2022.

We'd like to thank the community for all the support over the previous year. Most of all we'd like to say thank you to the wonderful parent volunteers who have helped us throughout this wet and windy final term. Special thanks to Mr John Martin – affectionately known as ‘Grumps’ and grandfather of guide Charlotte – whose woodworking skills were put to the test by making us new wooden frames for water rafts and a new set of land skis, both sets of equipment for the girls to use at regional regatta competitions. Grumps also created new storage racks at our Guide Hall to hold it all. A huge Bravo to Grumps.

For those new to the community, Girl Guides Australia is an all-volunteer run organisation built to empower girls and young women to grow into confident, self-respecting members of the community. Our organisation embraces girls from all cultures and faiths.

Our Local Guide unit regularly participates in community activities including Clean Up Australia Day and collecting donations for local, national and international charities and organizations as well as building fun skills such as knot tying and abseiling.

We are also excited to announce that the Helensburgh Girl Guide unit is accepting new registrations. We encourage any and all adventure loving girls aged 7- 10 to apply for our junior guide (Brownie) unit while 11-14-year-olds are welcome in our Guide unit. Unit meetings are held weekly on Fridays during school term.

Go to www.girlguides-nswactnt.org.au 📌



Faces of the Rebellion

Extinction Rebellion (XR) is a global movement that uses controversial but non-violent direct action – such as blocking traffic in major cities – to make governments take climate action.

What drives an ordinary person to join XR?

Kristen McDonald introduces a local member

Denise Farrier is a long-time local, grandmother and passionate advocate for climate action, which is why she joined Extinction Rebellion (XR).

“My name is Denise Farrier and I have lived in this beautiful place for 26 years.

“I have been very interested in environmental issues since my children were small and now that they have children of their own, I am deeply concerned for their future if we cannot turn this climate crisis around.

“I joined the Northern XR group back in 2019 at the pop-up dance for the environment at Coledale Markets. I love this community and I was really drawn to their creative and inclusive ideas and actions. The fact that so many young people are fighting for climate justice gives me great heart. My eldest grandchild will be 33 in 2050. I want her, and those of her generation, to have a decent future, but I fear that won't be possible unless we take some meaningful action now.

“For me, the Covid pandemic and the climate crisis are twin existential threats but while our leaders have listened to the science on the former, they ignore climate science and dilly-dally with the latter. There is no time for climate denial and you can't fight a crisis with a single voice. That's another reason why I joined Northern XR.

“What gives me hope is that so many new technologies now exist to implement our renewable energy needs and we have so much potential to develop these in Australia. My next car will be electric. Wouldn't it be wonderful if it could be manufactured in Port Kembla!”

Visit www.xrnorthernillawarra.org 📌



Helensburgh Men's Shed

By Paul Blanksby, publicity officer

First of all, well done to Genevieve and Marcus for keeping this wonderful, community-focused publication alive and strong throughout these tumultuous times. The Men's Shed is glad we can be part of *The Illawarra Flame*, and hope this great little read will burn brightly into the future.

Your Men's Shed has restarted this year with a zeal to enlist more blokes to help them improve their health all over, get involved with community projects, bring their own dream alive in wood or metal, and enjoy friendship and laughter.

The Men's Shed meets in a light-industrial property, with a well-equipped timber workshop on the top floor, a machinery and metal workshop at ground level, a ShedShop to display our works, storage containers for projects, a painting area and an outdoor morning tea and lunch area that hears its fair share of dad jokes and stories.

We are open to men from 18 and up. Pop in and have a chat, enjoy one of Rosie's lovely 'Morning Brews'. Visit helensburghmensshed.org.au; 199A Parkes St, Helensburgh, 9am-3pm Mon & Tues; Michael Croft 0413 401 522; Ron Balderston 0410 564 752; Paul Blanksby 0403 701 788. 🍀



Helensburgh and District Probuc Club

By Helen Durham, Publicity Officer

Our Helensburgh and District Combined Probuc club has vacancies for new members. We meet on the second Thursday of the month at Tradies Helensburgh. In 2021 we met at Tradies Gympie as they have larger meeting rooms but in 2022 we hope to relocate back to Helensburgh.

Probuc is a club for active retirees where fun, friendship and fellowship prevail.

Our members enjoy monthly meetings with an interesting guest speaker, monthly walks and other enjoyable activities. We have active groups who play golf at different clubs; lawn bowls are at Scarborough-Wombarra Bowling Club. Bus trips and holidays within Australia are planned through the year and also overseas jaunts.

Our first general meeting in January was to be a picnic in the great outdoors at Stanwell Park. Unfortunately the rain came tumbling down, but 44 members did brave the weather to attend the meeting, held in a shelter shed.

Our next social activity is a Bass and Flinders luncheon cruise on the Georges River in February. We are all hoping it will go ahead.

Membership details: John Ingle on 0425 323 352 or visit www.probusouthpacific.org/microsites/helensburghanddistrict 🍀

Toastmasters stays hybrid

By Matthew Derbridge, Helensburgh and District Toastmasters, VP Public Relations

Toastmasters International is a supportive organisation with a promise of "empowering individuals through personal and professional development" to "develop communication and leadership skills, resulting in greater self-confidence and personal growth".

It is a new year, and our club is still around; we are prioritising health and safety by staying with Hybrid meetings. During our meetings, you can sit around a table, allowing opportunities to stand up and speak freely to both an in-person and virtual audience. If you need to rehearse dinner speeches or work presentations, recite poetry or give a pitch; it will be very beneficial to present face-to-face rather than to a virtual audience alone.

As we are keeping the online aspect for those who cannot travel, or wish to remain in the office or home, we are also keeping our borders open. If you have a friend across the LGA border or overseas, they are invited to attend. We meet twice a month on the second and fourth Monday at 7pm AEST. Meetings run for approximately 2 hours.

The first meeting in February is on the 14th. We meet at the Cupbearer in Helensburgh and on Zoom. New members are welcome. The first two meetings are free. After that, you will be invited to join, and earn valuable speaking qualifications.

Toastmasters is an educational entity that can provide "continuing education" credits in many fields. Contact Toastmasters2508@gmail.com 🍀

'We need a single plan for the northern suburbs'

A letter to the editor from Thirroul local Elliot Stein

Not long before Christmas the proposed road clearways for Thirroul were scrapped. Thanks to leadership shown from Save Thirroul Village and the Thirroul Village Committee, the response from residents was characteristically thoughtful.

We objected to the impact on business, the loss of village character. And we knew that any tweak wouldn't matter without addressing the whole region.

The Transport for NSW approach has been atrocious with its euphemistic traffic "solutions".

We know that the traffic problems on Lawrence Hargrave aren't bound up in one suburb. A nip and tuck in one area only pushes the problems around.

The problem isn't one set of lights, one right-hand turn or one clearway. It is the absence of a single plan recognising the challenges caused by our growing population, new medium-density developments and the high volume of tourists.

More people wanting to visit, live, work and raise families here isn't a bad thing. Far from it! My great-grandparents moved here for work when transferred from the Junee railway depot, and our family stayed for the same reasons others have: lifestyle, community and natural beauty.

We need a single traffic, public and active transport plan for the region. We need one plan

that captures the needs of people from Bulli to Stanwell Park and up to Helensburgh.

Without a single multi-modal, multi-government Northern Suburbs traffic and transport plan – based on real consultation – we'll continue having to swat away the haphazard suggestions from Sydney-based officials as they bob in and out of town.

We have a strong base to work from, starting with an existing heavy rail line. We have several preserved but unused road corridors. We have a community keen for more active transport solutions like cycling. Finally, we have the best asset of all – interested, positive and engaged citizens who want to see the best for our home.

So why can't we harness our creativity and collective spirit and build a single plan?

Why can't we think about heavy rail operating more like a shuttle service in off-peak times? Why can't the earmarked (or closed) secondary rail bridge crossings become 'locals only' roads? Why can't we identify improvements to cycle paths? And if the community wants to talk about a Bulli bypass, why can't it be on the discussion table?

Plans build consensus. Until we have a single traffic and transport plan for all of the northern suburbs, there will be no consensus at all. ♦



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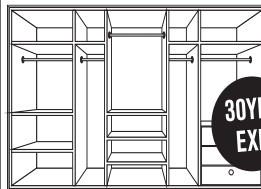


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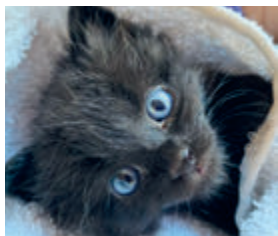
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Dads on the ball

Rob Brander reports on the inaugural Stanny Cup tennis tournament

The controversy surrounding the Australian Open has overshadowed the real tennis story in recent times: the inaugural Stanny Cup! During last year's lockdown, Stanwell Park resident Will Ives decided to get some of the fathers from Stanwell Park Public School involved in playing a tennis comp for the sake of their mental and physical health – following all Covid-related protocols, of course!

The Stanny Cup consisted of 13 Stanwell Park, Helensburgh and Coalcliff dads of all tennis abilities playing a round-robin involving one set played with a point awarded for each game won. All the matches were played at the Stanwell Park Tennis Courts starting in August and all scores and weekly standings were posted in a WhatsApp group that resulted in some, shall we say, 'lively' discussions.

Based on these standings a seeded finals series was held in December where everyone competed for the ultimate prize of coveted home-made 3D printer trophies (thanks Pat Reid!) awarded to the top two finishers and the wooden spoon (not to be outdone by our kids, everyone in our comp received a participation trophy).

The wooden spoon trophy was particularly spectacular and there were some controversial allegations made that 'winner' Gabe Clark may have had his eye on the prize during the whole comp. Gabe claimed to have never played tennis

before, which may explain a lot of 0-6 results, but suspicions still linger.

Fittingly, the Championship Final was a thriller with Ross Biggar taking the Cup from Kurt Sorensen in a tight 7-5 match. Congrats to Ross, who went undefeated throughout the tournament, including coming back from a 0-4 deficit to triumph over Alain Adolphe, who I will personally never let forget about – you were up 4-0, man! The comp finished in style with a family barbecue following the championship final.

So why write this story about the tournament? Well, school dads are often not so good at getting to know one another and the comp resulted in some great new friendships. The humour and banter throughout was also a welcome relief from the stresses of the lockdown and several of us grew facial hair during Movember, raising almost \$2000 for men's mental health. Plus it was a lot of fun, great for fitness, our tennis games improved – and no one got Covid. Overall it was a huge success!

There's plenty of tennis courts around so why not start your own comp based on parents (dads and mums) in your local school? Who knows, perhaps this can grow into a Northern Illawarra tournament one day!

If anyone is interested in playing in the 2022 Stanny Cup, please contact Will Ives via email at William_ives@hotmail.com 🍷



The 2021 Stanny Cup competitors. Top from L-R: Hal C., Pat R., Ross B., Kurt S., Jimmy W., Gav B., Mika H. Bottom from L-R: Will I., Alain A., Raph H., Rob B. Absent: Gabe C., Jarrod M. Inset: Stanny Cup winner Ross Biggar (left) and runner-up Kurt Sorensen (right) with their trophies. Photos thanks to Rob Brander



PAST Outdoors owner Dave Parker with his partner, Allison Tomazin, a marketing consultant and author of this article. Below: Dave's ultralight tipi.



Gear up for the outdoors

By Allison Tomazin

Stanwell Park local Dave Parker opened PAST Outdoors retail store at Helensburgh Business Park in 2020. His goal: to get more people into the outdoors in any season, weather or terrain.

"I believe that being outdoors connects us to our PAST and to who we are as humans," Dave says.

After almost 20 years conducting Special Operations in the Australian Army, Dave has spent most of his life in the outdoors, working in some of the harshest environments on the planet for extended periods of time.

Dave brings this wealth of knowledge and experience to PAST Outdoors, where he designed, developed and tested the PAST Outdoors exclusive range of ultralight six-person tipis, the first in the Australian market.

Dave designed and sewed the first samples by hand. "The tipis fit straight into your pack and take about five minutes to assemble or disassemble.

"They pack down to about the size of a rockmelon, with the outer shell weighing in at about 2kg.

"In winter or for cool evenings where you need to dry items out, you can add our specially designed PAST Outdoors fold-up titanium wood stove, which sits inside the Tipi to keep you and your family warm, dry and comfortable."



PAST Outdoors caters for individuals, families and groups, providing a vast range of cooking equipment, hydration, food and nutrition packs to equip novices and experts alike with everything they need to explore the great outdoors.

Drop in to see Dave at Unit 14, 21 Cemetery Road, Helensburgh or visit pastoutdoors.com for high-quality products and get expert advice on backpacking, trail running, hiking and outdoor exploration. 🌟

'It's an easy way to stay safe'

Peter Rafferty has started free 'learn to swim' classes for refugees, the Illawarra Flame reports

Thirroul local Peter Rafferty was volunteering as a driving instructor in SCARF Refugee Support's L2P program when he realised newcomers to our coast needed lessons in another vital life skill.

"It made me realise what a massive hole there is in the programs that we have, for people who live so close to the ocean. Quite a lot of the people I've met are from the Congo and other African countries that don't have access to the ocean. So there's a quite obvious need to teach them to swim."

At the end of last year Peter started offering a free learn-to-swim and aquatic safety program for refugees, asylum seekers and new arrivals to the Illawarra. His lessons have been held at Thirroul Olympic Pool and Woonona rockpool and, while Peter is running the program independently, both SCARF and Wollongong City Council have enthusiastically supported it.

"Council said I'm welcome to use the Continental Pools or Kembla Pool or any of the rockpools up the coast. And SCARF said that I can borrow the community bus to pick people up and take them to the pool."

Peter is an AustSwim qualified teacher with a lifetime's experience to share. "I was an accredited swim instructor when I was a teenager, doing 'learn to swim' at Bexley pool in Sydney.

"Then I went on to do all sorts of stupid things like marathons and ultra marathons and cycling all over the world and running all over the world and swimming all over the world.

"I did a lot of triathlons, about 200 triathlons."

This was all in between his day job as an engineer. "I had an engineering company... before that I worked in engineering management, mostly running engineering companies for manufacturing."

Peter has lived in Thirroul for the past 16 years.

"I still run a lot – I probably average about 30ks a week, but mainly in the bush. I run with a group of girls called the Illawarra Trailblazers. I cycle about 150k a week up in the Royal National Park with some mates from Sydney.

"So still managing to keep on top of things.

"Now I'm just about to turn 71 and decided I'd better put something back in.

"I've got my Bronze Medallion – I'm a surf life saver at Scarborough Wombarra beach. So I've got plenty of experience in the surf and water safety and so forth."

His 'learn to swim' course goes for six weeks, with a weekly half-hour lesson. "More than that people get cold.

"The first part of learning to swim is learning how to float without panicking ... especially with children, teaching them to fall in the water and float, just basic skills."

Peter also teaches water safety, not just in the sea but around dams, rivers, creeks and lagoons.

"It covers all that stuff."

Learning to swim is a vital skill for coastal residents, he says. "It's not difficult. It's not hard work. You don't have to be super fit, but it's just an easy way to stay safe when you go to the beach, and you'll get to enjoy the beach."

Classes have already begun in 2022. "There's a few people I've taught to drive who said that they want to come, and get their kids to do it too. The weather hasn't been in my favour. But the water temperature's very good.

"I'm going to do it for at least three years. It's going to be available for everybody who wants to learn. I've never been paid for swimming lessons.

"I don't find the two things are congruous, getting paid and teaching people to swim. You get a job where you get paid, or you teach people to swim. You don't do both at the same time.

"If the program's successful, I'll open it up to others ... change the flyer to include people who can't afford private lessons."

Text or call Peter on 0424 199 299 🌟



Peter Rafferty has a lifetime of experience to share. Photo supplied

Fiji Vacation

By Tony Ryan, the Clark Griswold of Thirroul

After a week of iso starting NYE (due to a close contact at work) a group of us were ready to dust off our passports and catch our flights to Fiji.

Our Covid test 48 hours before we were due to leave had two of our group of eight knocked out with a positive result. Then there were just six.

The holiday started fairly well: drinks by the pool, a couple of nice dinners, a round of golf for the lads and a spot of shopping for the lady folk.

On day three another Covid test. Bad news for one of the lads with a positive test and so it was straight into iso for him and his lovely bride.

Then the rains came. After a few hours we were informed that Cyclone Cody was going to hit that evening. All hotel facilities would be closed and we'd be confined to our rooms for at least 24 hours.

The wind bent huge palm trees at 75-degree angles, the rain was coming in sideways, debris was flying everywhere and the BBQ in front of our room was broken into more pieces than Humpty Dumpty. The power was cutting in and out and windows were shaking like a man walking on death row. Water came into our room so we moved any belongings that were on the floor (mainly mine) to higher ground, and we used towels to soak it up.

The cyclone damaged our air conditioner but the staff were on 'Fiji time' so it was not seen to. The water in our room had a certain odour (which, for the first time, I couldn't be blamed for) and the only way we could freshen up the smell was to leave the sliding doors open. Unfortunately, the room had no fly-screens so every mosquito in the surrounding area had a place to stay. No air con meant it was impossible to sleep with covers on,

making us a smorgasbord for all the mozzies.

I was waiting for Jonathan LaPaglia to appear as this trip was now more *Survivor Fiji* than a holiday.

The next day our last remaining couple was stuck down with gastro and they didn't want to venture too far from their room or the porcelain, which became their second home.

My wife was starting to feel ill and I was starting to feel like the sole survivor.

All of the resort's shops were closed, but we had confirmation that the supermarket at the marina was open. I gathered a list of supplies and set off.

The rains and wind had abated somewhat, but no taxis or buses were operating. The 25-minute hike was marred with falling branches and ankle-high water, but it was something for me to do after being locked in a hotel for 36 hours.

As I approached the marina on dusk, the light of the supermarket shone like a lighthouse beacon for a lost ship. With a mild sense of accomplishment I quickened my stride. When I reached the front door, however, I remembered what many people have said about me: "The lights are on but there's no one home." There was a big sign stating that the shop was closed until further notice.

So, after a week of 'not really that much', it was time to get home to the kids and the puppy dog.

Arriving at the airport well before time and armed with all of the required paperwork, our spirits were high despite having to leave one of our companions behind to fulfil his Covid obligations.

At the Jetstar desk we were informed that we had been bumped off the Sydney flight and were on the next Melbourne flight, a three-hour delay. We were assured that a representative would meet us outside customs in Melbourne to take us to our connecting flight. We calculated we wouldn't be out of customs before 11pm and there'd be no flights to Sydney at that time. Staff assured us it would be okay.

You guessed it. When we got to Melbourne there was no Jetstar rep. Customs wanted to put us in quarantine hotels, but we were having none of that. We went to domestic and found a bloke who was about to go home. Thankfully, he sorted us out. Five minutes later and we would have been up a well-known creek without a paddle.

We got home around lunch-time the next day, did a rapid antigen test and were negative, but my mate who I sat next to on the plane was positive, so we did a PCR and, yeah, we were positive.

So as I write this, we're approaching the end of seven-day iso and thinking we might send this story to Chevy Chase so he can write his next *Vacation* movie. 🍌



The hotel offered great views of the approaching cyclone. Photo: Tony Ryan



'Grass takes a lot more care than a beard'

Bryan O'Keefe, the turf guy of Helensburgh, shared mowing secrets with Iris Huizinga

According to Bryan O'Keefe, people might start throwing things at him, so he doesn't start up his mower at 6am. The 61-year-old has been the greenkeeper at Helensburgh for the past 17 years and he says he loves it. His official title is "turf horticulturalist".

Instead of the loud mower, he begins his day of his own accord with a rubbish run, picking up all the stuff lying around. "If you keep a place clean, it stays clean" is his comment.

What is a turf horticulturalist?

Bryan: The main part of my job is [looking after] the cricket pitch. That is the number one priority, then everything else: Charles Harper park, everything around it, the footy, the soccer, all around the bus stop.

What's the difference between turf and grass?

Bryan: Everyone's got grass at home, but not everyone's got turf. [The Helensburgh cricket pitch is] Santa Anna couch. It's not your run-of-the-mill backyard stuff. It's a different thing altogether. What they play on at the SCG is exactly what we have here in Helensburgh: Santa Anna couch.

What is your tip for the lawn in the backyard?

Bryan: The most common mistake is cutting the

grass too low. That encourages weeds. I cut my front yard outside on number five on the mower. I cut my backyard on the highest setting possible. The more you cut it, the finer it becomes. You get your height right and you keep cutting at that height. You can train it.

About the beard

Bryan: This bloke told me he had been trying to grow a beard for years, but he couldn't get over the itch. You've got to get over that. I went to [high school at] St Paul's in Bellambi, now Holy Spirit. First thing every morning, one of the priests would pull me up: 'Master O'Keefe, you need to have a shave'. To which I would say: 'Well, Father, it is my chin, if there is hair growing on it, there is hair growing on it.' We would have the same conversation the next morning and the next morning. The whole lot of us didn't shave, we had a bit of a rebellious streak.

Is a beard like a lawn?

Bryan: No, grass takes a lot more care. Some blokes put all this fancy stuff in their beards these days. I'll just run the brush through it in the morning and that's it. 🌸

Hello Fish

Why the water's been too murky for diving. By Duncan Leadbitter

Keen swimmers, surfers and divers would have noticed some marked changes in water temperature along our coast in the past few weeks. The cold water is a result of a process called upwelling where cold water is brought to the surface from deeper areas off the edge of the continental shelf (60 to 80km offshore). This is driven by two processes. The first one is the presence of strong and persistent north-east winds that push water offshore due to a process called Ekman transport.

Ekman transport is caused by the forces acting between layers of water and the wind. As one layer is pushed it forces the layer below to move to the left (in the southern hemisphere). Over a period of several days the surface water is pushed out to sea and cold water moves up from the depths to fill the space. The second process is similar but the driver is the East Australia current which moves down



the coast as a series of spiralling eddies, which can also pull water from the depths.

The graph (at the bottom of this page) shows sea surface temperature from 10-16 January 2022. Red is Port Kembla, blue is Sydney and green is Crowdy Head.

The figure on the left (below) is from 1 January 2022. Warm water is along most of the coast. The middle figure shows the cold upwelling inshore and very cold (for us!) water along the Illawarra. Now the water is colder on the mid North Coast than the Illawarra, in the right-hand panel.

The cold water is commonly rich in nutrients and once this water gets to the shallows and into the sun the phytoplankton bloom. This, in turn produces food for zooplankton and fish larvae.

It also makes diving crappy as the water is murky. These conditions are not uncommon over summer, just a shock when you jump in. 🍷

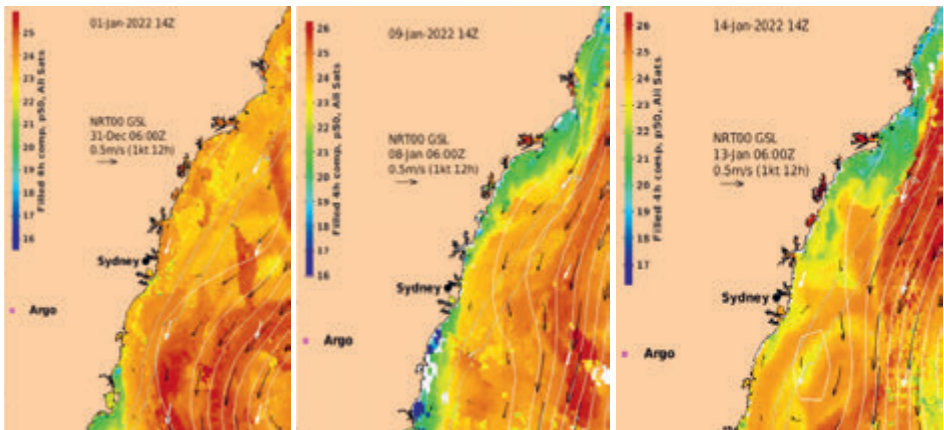
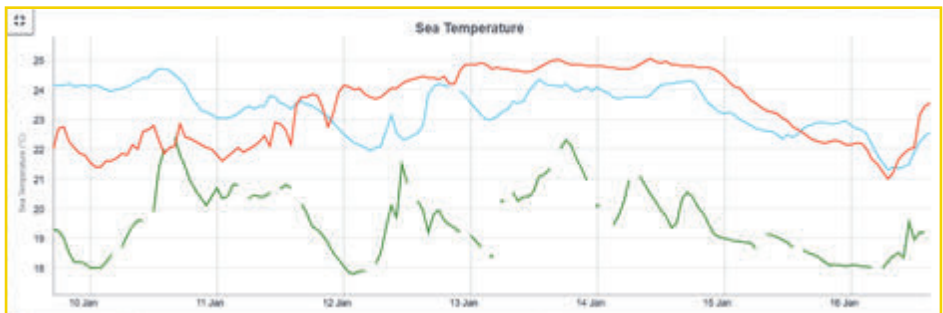


Illustration sources: the Manly Hydraulics Laboratory (www.mhlnsw.gov.au) and <http://oceancurrent.imos.org.au/>



Stanwell Park snowboarder in Winter Olympics team!

Matty Cox has achieved his childhood dream, writes Ian Pepper

Matthew Cox, a 23-year-old local from Stanwell Park, has been snowboarding since he was two years old and has now achieved his childhood dream of representing Australia at the Winter Olympics.

Matty received confirmation of his selection in the Australian team on 21 January and was heading from Switzerland to Beijing shortly afterwards.

Beijing 2022 runs from 4-20 February and can be seen on Channel 7 plus.

Matty has qualified in two snowboarding events, Men's Slopestyle on 6-7th February and Men's Big Air 14-15th February. Both events are spectacular to watch as the athletes fly over huge jumps at warp speed, twisting and turning multiple times to hopefully land cleanly without stacking.

Matty has been living overseas most of his life, following the snow in Europe, US and New Zealand and has mostly self-funded his entire journey. His best results are 7th in a recent major world slopestyle event in Switzerland and 10th at the 2019 Big Air World Championships.

We wish Matty all the best and will be watching for sure! 🌟

Matty Cox has fulfilled a lifetime ambition to represent Australia at the Winter Olympics. Photos: Steve Cox



Boardriders elect 2022 committee

By Ian Pepper

The Scarborough Boardriders AGM was held on Tuesday 18th of January at Beaches Hotel Thirroul. The 2022 Committee was elected with no substantial changes to the prior year:

- **President:** Christian DeClouett
- **Vice President:** Shaun Warren
- **Treasurer:** Tristen Hargreaves
- **Secretaries:** Pete Coleman; Nic McLaren
- **Contest Directors:** Ian Pepper; Paul Lourence; Fin McLaren.

Membership fees remain the same as last year: single member \$70; family with two members \$110; family with three or more members \$140.

Membership is now open on www.liveheats.com/scarborough/sign-on.

Membership is likely to be capped again this year so the Committee recommends you join now to avoid disappointment.

The first Pointscore will be on Sunday 13th of February. The rest of the year's dates are published on the clubs Facebook page and liveheats.

The National boardriders battle final in Newcastle, which Scarborough qualified in 1st place for our area, has been scheduled by Surfing Australia for 5-6 February 2022. We have booked accommodation at the Youth Hostel and encourage members or supporters to come and cheer us on.

The club has also received a grant for \$2500 from Her Wave Get Her Onboard Grant Program presented by ROXY and NSW Government administered by Surfing NSW. As a result we are running a one-day action-packed development program for our female members aged 12 plus from 9am to 4pm on 15 May 2022.

The program will be delivered in collaboration with local female-owned and -operated businesses and aims to build participating surfers' competence and confidence. The day will consist of workshops including individual goal-setting, competition training, skills development and team-building.

Special thanks to Raylee Golding for coordinating the grant application and program. 🌟

Port Kembla Tidal Chart

February 2022

TIME	M	TIME	M	TIME	M	TIME	M
1 0233 0.38 0909 1.97 TU 1559 0.09 ● 2154 1.34		10 0417 1.39 1113 0.68 TH 1648 1.04 2226 0.66		19 0434 0.42 1054 1.72 SA 1724 0.26 2330 1.42		28 0036 0.53 0712 1.79 MO 1405 0.23 2003 1.30	
2 0326 0.36 0958 1.97 WE 1644 0.10 2241 1.36		11 0517 1.43 1223 0.62 FR 1806 1.05 2328 0.67		20 0519 0.43 1133 1.65 SU 1759 0.30			
3 0417 0.36 1045 1.91 TH 1727 0.15 2327 1.37		12 0614 1.48 1316 0.54 SA 1906 1.09		21 0011 1.45 0608 0.46 MO 1216 1.54 1835 0.35			
4 0506 0.40 1130 1.79 FR 1807 0.23		13 0023 0.64 0703 1.55 SU 1400 0.46 1951 1.14		22 0055 1.48 0702 0.50 TU 1304 1.42 1915 0.43			
5 0012 1.37 0555 0.46 SA 1213 1.64 1845 0.32		14 0111 0.60 0746 1.62 MO 1437 0.39 2030 1.19		23 0145 1.50 0806 0.53 WE 1401 1.28 2002 0.51			
6 0056 1.37 0645 0.54 SU 1254 1.48 1921 0.42		15 0154 0.55 0826 1.68 TU 1512 0.34 2105 1.24		24 0243 1.52 0924 0.55 TH 1514 1.17 ● 2102 0.58			
7 0141 1.37 0739 0.61 MO 1337 1.32 1958 0.50		16 0233 0.50 0903 1.73 WE 1545 0.30 2140 1.28		25 0350 1.55 1049 0.51 FR 1641 1.12 2215 0.61			
8 0228 1.36 0840 0.67 TU 1426 1.18 ● 2038 0.58		17 0313 0.46 0940 1.75 TH 1617 0.27 ○ 2215 1.33		26 0503 1.61 1208 0.42 SA 1805 1.15 2330 0.59			
9 0320 1.37 0953 0.70 WE 1529 1.08 2127 0.63		18 0352 0.43 1016 1.75 FR 1650 0.25 2251 1.37		27 0612 1.70 1313 0.32 SU 1911 1.22			

TIMES AND
HEIGHTS OF
HIGH AND LOW
WATERS
LAT 34° 29'
LONG 150° 55'

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

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Helensburgh Sunday Social Golf Club Robert 'Indy' Jones reports

HSSGC members by now have begun their 2022 campaign with our first event of the year scheduled for January 30th, 2022 (as this issue went to press). Too many of our members were enjoying the summer break to venture onto the fairways any earlier in the month.

Dates have been finalised at Kareela for 2022 as set out by Tony in his emails to members and we look forward to another year of long drives, well-weighted chips and short putts challenging ourselves and the handicapper.

Our next events are scheduled for March 13th, due to the late January start, followed by April 3rd and May 1st. Hopefully the weather is kind to us after a somewhat wet January thus far.

Please continue to seek out news in *The Illawarra Flame*, keep up with emails and continue to support our local business partners.

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

For membership information contact Tony on 0418 863 100.

Indy signing off ...

Take hold of your weapons of grass destruction and drive forth whilst remaining shanktimonious in your desire for a hole in one! 🍀

Tradies Social Golf Barry Thompson reports

Hooray! A new season of competing for the Helensburgh Butchery and Gallardo's Pizzeria vouchers and, judging by today's effort (January 22), I will be buying my own meat and pizzas this year. Hope to score a few Helensburgh Driving Range coupons and I'm sure to win a lot of balls in the Bradmans category. Oh well, the company back at Tradies makes every tournament worthwhile.

As is usual, January turnout was low due to members still on holidays and Rod scaring the bookies at the races. Jamu and Bill, who are both on the injured list, dropped into the club to join the presentation. Hope to see them back on the paddock soon. Our thoughts are with Brian Taylor, who is doing it tough at the moment. All the best, Brian.

Turns out Ivan McMillan has played the game before: playing off 18 he carded a 41 to beat Craig Murphy (27/38) into second place. Bang goes that 18, Ivan! Dave Astil won the bucket of balls and, in a rare crash, Jerry Reilly picked up the Bradmans. Glad to see our old mate Tung back and hope to see him regularly during the season.

All results will be posted on our Facebook page

Our next outing is a Par event on February 19th at Boomerang. Tee Off 7am. With Paul O.S annoying the Canadians, Jack Hardacre will be taking bookings. Please arrive early to assist our starters. 🍀

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