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February 2023



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## Meet Our Contributors



**Ben Abeleven** is the owner of Burgh Healthy Hub. He's married to Treetop Arts director Charlie Truscott and the couple have two young daughters. Ben describes himself as, "Just a local bloke who works a bit too hard, wishes he could play as hard, dreams big, loves the bush and the beach. Just want to see the best of people, and enjoy the beauty of nature."



**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 Sydney and

Wollongong hospitals, she settled in the Illawarra with her family. Amy's interests include paediatrics, women's health and antenatal shared care.



**Danielle Beauflis** lives in Stanwell Park, loves the beach, walking, swimming, family and friends. She is currently studying psychology and loving the opportunity to do

something new. Danielle would love to contribute to influencing a culture of mental health and well-being by using a positive/preventative view.



**Edith McNally** was born in the Netherlands in 1949 and arrived in Australia in 1952. She was married in 1971, has three adult children and enjoyed a 40-year career in public education, culminating in 18 years as the principal of Menai High School. Four years of caravanning around Australia inspired a passion for watercolour sketching. She lives in beautiful Stanwell Park.



**Caitlin Sloan** was born and raised in Helensburgh and was the fifth generation of her family to attend the local public school, graduating in 2010 – almost a century after her great-great-grandmother. Caitlin studied at UOW and has a passion for writing, travel and good wine.



**Josh Fahy** graduated with honours in politics, philosophy, and economics in 2021 and has done little with it since. Between teaching part-time at UOW, touring the east coast with his band Good Lekker and other odd jobs, he finds the time to photograph local life. His main interests are street and music photography.

**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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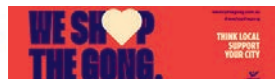
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**DEADLINE** 15 Feb. Contributions welcome.

**COVER** Burgh owner Ben Abeleven, Treetop Arts director Charlie Truscott and their children, Aphyre and Dottie. Photo: Anthony Warry

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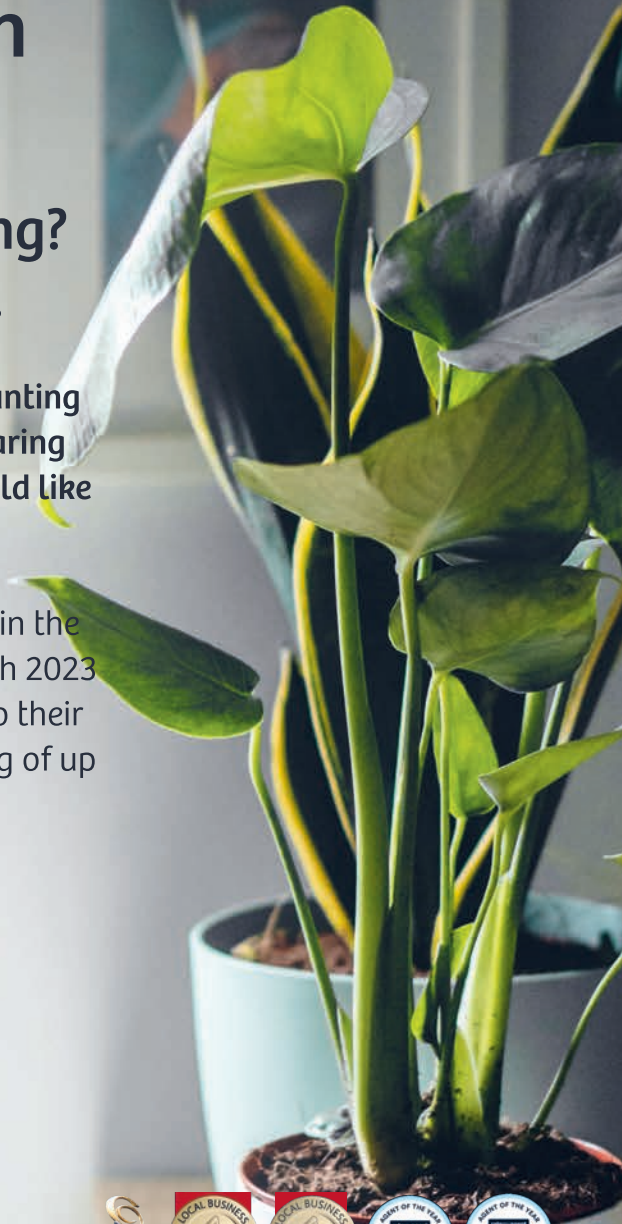
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# Awards celebrate 'the best of us'

The City of Wollongong announced its Australia Day Awards in January



On Friday, January 20, a group of 12 Wollongong residents and organisations earned Australia Day Awards for their outstanding contributions to the city of Wollongong.

Wollongong City Lord Mayor Councillor Gordon Bradbery AM congratulated all the nominees and award recipients.

"These individuals and organisations are truly the best of us," he said. "It's an honour to highlight their achievements today."

"I thank you all on behalf of a proud city."

**The City of Wollongong Australia Day Award recipients for 2023 were:**

- Citizen of the Year: Sally Stevenson AM
- Young Citizen of the Year: Shannon Fox
- Senior Citizen of the Year: Nyan Thit Tieu
- Lord Mayor's Award: Kim Bell & Judy Skiller
- Rising Star Award: Jack Khan
- Environmental Achievement Award: Saul Griffith
- Arts & Cultural Achievement Award: Wollongong Conservatorium of Music
- Sports Achievement Award: Flynn Ogilvie
- Innovation Achievement Award: Sandra Pires
- Community Group of the Year: Wollongong Homeless Hub & Housing Services
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- Wollongong to the World Award: Dr Meganne Christian 🌟



Photos: Josh Fahy, @jfahy.au

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# From the Deep

Anthropology meets technology in this new photographic exhibition



Photographs by  
Chris Duczynski  
and Paul Jones  
are on show in  
February



Two local photographers, Paul Jones and Chris Duczynski, have launched a new photographic exhibition at Wollongong Art Gallery.

Paul's images capture whale hunting in Indonesia while Chris has photographed large ships entering Port Kembla harbour. So how do the two subjects connect? Well, says Thirroul local and University of Wollongong photojournalist Paul Jones, that's a good question.

"Chris and I have exchanged photographic exhibition ideas for the past couple of years. I've been documenting a small village that hunts whales in a traditional manner in Indonesia, and Chris has been capturing images of giant ships entering Port Kembla harbour. So, I guess this exhibition connects large whales that come from the deep and industrial cargo ships that traverse the deep oceans.

"I like to think of it as anthropology meets technology," says Paul, who has been a photojournalist for 28 years.

Northern suburbs locals will be familiar with Chris Duczynski's work from articles in the *Flame* and his Instagram feed @malibumedia. But his

latest series is a little different to his usual aerial shots of waves, sunrises and iconic surf breaks.

"For a couple of years, in between photographic jobs, I worked as a wharfie unloading cars, grain, cement and steel from ships at Port Kembla," Chris says. "I was totally amazed at the ship's stark industrial beauty. The monumental size of the rivets, the giant steel panels, even the massive anchors. So, I started documenting them. The images on display were taken at the port over a two-year period."

Paul's work evokes emotions through his series of black-and-white images exploring whale hunting today and the future of Aboriginal Subsistence Whaling, whilst Chris's images showcase a colourful abstract view of the industrial giants we all take for granted.

This exhibition is a must for those interested in photography, cultural identity and our industrial environment, which is forever changing.

'From the Deep' is at Wollongong Art Gallery from February 3 to 28. Entry is free 🍷



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# Artists of the Illawarra

Painter Edith McNally introduces Karen Hook



Karen Hook and her work. Photos supplied



Sometimes I need to go hunting for another interesting and talented artist to bring to the attention of readers. This time a reader, who identifies with a disability and is supported by the NDIS, brought Karen Hook to my attention. The reader praised Karen, saying she had changed her world view on art.

The NDIS has been a magnificent turning point in moving Australia towards true inclusion. On its own, NDIS does little, but in concert with someone like Karen it has been truly enabling for the first one and now four people who are thriving with the help of Karen and her capacity to liberate them through and into the world of art.

Yes, Karen is an artist who loves to not only create her own art – through drawing, painting and photography, often as overlapping mixed media – but she also thrives on teaching “art making” to others. Karen’s work with people living with disability and the NDIS has had rave reviews from those who’ve had the chance to create with her.

Karen has just cause to be proud of both her art-making and art teaching. She lectured at Wollongong University for 15 years and is currently an art teacher and a practising artist

living in the Illawarra. Her works have been selected as finalists in many awards, including EMSLA, Project Gallery Still Life (2021 runner-up) Flow, Fishers Ghost and Waverley. Her work has been included in group shows at Wollongong Art Gallery, Parliament House and Project Contemporary Artspace, to name a few. Her work is also in numerous private collections. Karen returned from the East MacDonnell Ranges in 2022 and an Art Residency in France in 2019.

Karen was recently part of an exhibition by members of the Illawarra Association of Visual Arts at Clifton School of Arts. This month, her life paintings will appear in a figurative group show at Project Gallery 90 in Paddington.

Karen’s painting *Sewing Room Red Envelope and green cellotape*, 2022 was one of Amber Creswell Bell’s “ACB Selects” in the 2022 National Emerging Artist Prize. She was one of only 39 artists from 1500 entries to be selected. A great honour.

Karen can be contacted via [khook1964@gmail.com](mailto:khook1964@gmail.com) or Instagram [@karenhookartist](https://www.instagram.com/karenhookartist)

To be featured, write to Edith at [mcnallyedith@gmail.com](mailto:mcnallyedith@gmail.com) 🌸

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# What's On at the Writers Centre

By South Coast Writers Centre director Sarah Nicholson

If it's time to make good on your bucket list, and you've always wanted to write a film, or a novel, we've got you sorted. For wanna-be novelists, our six-month-long fiction writing course starts February 4th. Co-led by an experienced novelist and a writing teacher, the group will meet for two hours once a month and it is designed to take you through the essentials of fiction writing with the intention of creating an ongoing writing group that will provide you with an ongoing home.

## Screenwriting info night

If it's writing a feature-length screenplay that's on your 2023 radar, and you already have some experience in writing, you are invited to come along for the introductory session of SCWC's screenwriting group on February 16. Veteran director and story-doctor Graham Thornburn will lead a small group of writers through an intensely practical step-by-step process over a number of months. At the beginning the group will work together on a shared story, but once the foundations are solid, you will be encouraged to develop your script in a personal direction.

## Welcome to Film Club

Our monthly Film Club night returns on February 4 with two award-winning short films: *Mate* and *Sunnies*. Screenings will be followed by a Q&A with the filmmakers, Nick Bolton, Jesse Milne, George-Alex Nagle and Izzy Khan, facilitated by veteran director Graham Thornburn.

*Mate* tells the story of a volatile deadbeat's attempts to reconnect with an impressionable teenager over a weekend on the outskirts of western Sydney, as their fragile relationship threatens to collapse into heartbreak and chaos. An uncompromising examination of masculinity,

the film features star-making performances from Joshua Brennan and Jeremy Blewitt.

In *Sunnies*, after roaming the streets of his neighbourhood one morning, Malcolm, a troubled and seemingly delinquent teen, decides to steal a pair of sunglasses from the local shops – an act that is later revealed to be part of a much bigger plan.

## Calling young creative writers

SCWC's Young Writers Program returns in week two of term, with after-school creative writing classes for young people in Coledale and Wollongong. In our Very Short Story writing competition, there are cash prizes, book vouchers, and publication on offer for young writers aged 9 to 18. We're looking for stories on the theme of 'untranslatable' things – things there are no words for in English, and things that are difficult to comprehend or express. Entries close February 24.

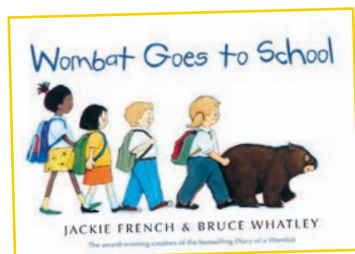
More info at [southcoastwriters.org](https://southcoastwriters.org) 🌟



Image: Angie Cass

## Librarians' picks for Kindy kids

Thanks to Thirroul Library staff for recommending these books



- *Wombat goes to school* by Jackie French
- *The Pigeon HAS to Go to School!* by Mo Willems
- *The wild guide to starting school* by Laura and Philip Bunting
- *First day* by Andrew Daddo
- *My school unicorn* by Willow Evans and Tom Knight
- *Stuff to know when you start school* edited by Helene Hilton
- *Mae's First Day of School* by Kate Berube
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# Time to research and write

Janice Creenaune meets Lyndall Dawson, a resident of Austinmer, who while raising a family, working in administration and volunteering, allowed her life-long interest in Australian animals and ecology to flourish into a PhD. Lyndall is the author of a new book, *Tunnels in Time*

Lyndall Dawson moved to Austinmer over 20 years ago.

"I wanted to join a community that was more like a village and not a resort," Lyndall says. She wanted to enjoy the coast and all of its benefits.

"The Northern Illawarra offered all this and more."

But, at 82, this remarkable woman is not resting in retirement. Her story continues with research, writing and an inspirational attitude.

After finishing a degree in Zoology, and living overseas with her family, Lyndall accepted a scholarship for PhD research into the deep history of Australia's unique marsupials. Working at the Australian Museum, she was introduced to the remarkable fossils from Wellington Caves in NSW.

"There I made my first steps into the world of vertebrate palaeontology. The research was demanding and I was still rearing three teenage children at the time."

She later enjoyed working in university administration, but her interest in fossils never waned – "fossils have helped me to a much better understanding of the natural world".

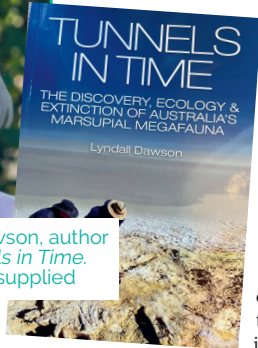
"I first studied the fossils from Wellington Caves in Central NSW that were originally discovered by explorer Thomas Mitchell in 1830. They excited great interest then, because although they were very like our modern marsupials, many were much larger than our living kangaroos and wombats etc."

The cause of their extinction, Lyndall says, is still hotly debated, but much progress has been made in recent years.

"We now know that some megafauna species shared this land for 10 to 20,000 years with the first Aboriginal people. I believe that if we can get a better understanding of how climate change and human arrival influenced the ecology of that time it will help us deal with the drastic changes that are occurring in our natural environment now."



Lyndall Dawson, author of *Tunnels in Time*. Photos supplied



Lyndall's book, *Tunnels in Time*, covers a thorough history of this subject.

"Long-term climate has always changed and species and ecosystems have evolved to deal with quite massive (but gradual) fluctuations. "But there has been much greater change over the last 200 years than in any other period in the past.

"The fossil fuels we are releasing into our atmosphere continue to speed up the rate of climate change and are certainly causing our own species' problems as we've seen in the last couple of years."

Lyndall and her husband, Terry, have long held a shared interest in the semi-arid regions of far west NSW, where Terry has spent more than 50 years doing research at Fowlers Gap, the University of NSW arid-zone field station. Terry's studies of the ecophysiology of animals, such as kangaroos and emus, have revealed how they cope with the unpredictable climate and harsh vegetation that is typical of a huge proportion of the Australian continent. It has been an amazing partnership of shared interest, research and love of that environment and its fauna.

Since moving to the Illawarra, Lyndall has also shared her energies with SCARF Refugee Support.

"I met wonderful people and learned a great deal from the refugees," she says.

"I always feel grateful for the association as I have made so many long-standing friends."

Lyndall shows age is never a barrier when you want to get something done.

*Tunnels in Time* is available to purchase at [www.lyndalldawson.com](http://www.lyndalldawson.com).

Janice Creenaune is a volunteer for PKD (Polycystic Kidney Disease) Foundation Australia. Email [janicecreenaune@gmail.com](mailto:janicecreenaune@gmail.com) ✨

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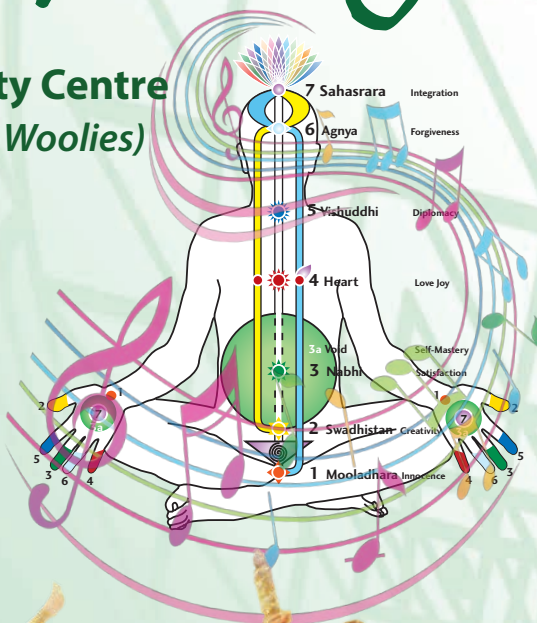
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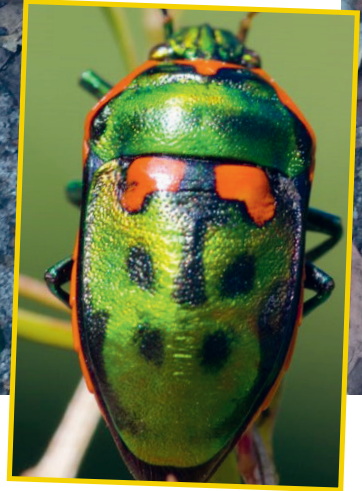
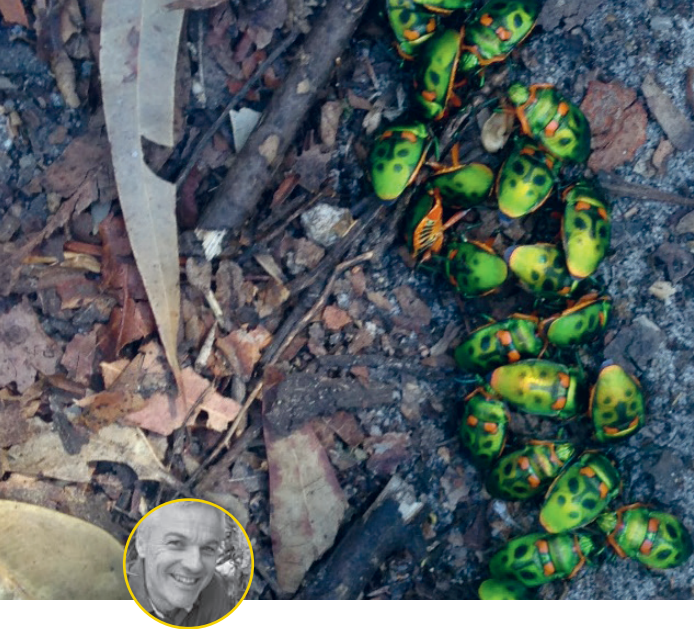
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Pictured: Jewel bugs near Helensburgh station, by Chris Reid. Inset: *Scutiphora pedicellata* by David Francis/Wikicommons



# Beetling About

This month: Jewels in the Bush, by Helensburgh entomologist Dr Chris Reid

Like many people in Helensburgh, I like to take the shortcut through the bushes to get to the railway station. It's usually because I've left the house a bit late. If it's early in the morning that sometimes means a spider web in the face, but it's only a short path and I've rarely seen much of interest. However, for a few weeks around Christmas, there were clusters of brightly coloured shieldbugs along the tree roots in the middle of the path. More than 100 bugs, in several clusters.

As I'd never seen this before, I took photos and sent them to my colleague Professor Gerry Cassis, who is the expert on this group. He had never seen this behaviour before either. So there you are, in a scruffy and very ordinary bit of Illawarra bush we have something strange going on.

What are they and what are they doing? These are bugs, not beetles. The back-half of them is a single plate-like extension of the thorax covering the wings, not the paired modified wings of a beetle, and they have a sucking straw for a mouth, not a pair of jaws. And they are jewel bugs, family *Scutelleridae*, notable for that plate-like extension and bright colours. This species is *Scutiphora pedicellata*, which is common in eastern Australia and has its own Wikipedia page. What is notable about the Wikipedia page is that there is a name, a photo, a summary of distribution and ... nothing.

Yes, even for a common, brightly coloured insect like this we know almost nothing.

Some clues are available. Jewel bugs are

plant-feeding, and are known to feed on many different plants, including exotic species (see Tasmania link below). But I had a close look at these bugs and none were feeding although they were only found along the roots. I also didn't see any sex going on (don't worry, I was very discreet). So it didn't appear to be a mating swarm. They are stunningly beautiful. This kind of high-contrast colour pattern is an example of aposematism – advertising that you are poisonous.

This appears to be part of the answer – such aggregations can release a cloud of poisonous vapour to deter predators. Looking through the web I found another photo of an aggregation, but of nymphs (larvae), which, of course, don't have sex organs (see Tasmanian link below) but they do have the poison. So it seems these clusters are for collective defence, not sex. Why in that place at this time? No idea. To find out, I might have collected them all, checked how many males and females, dissected them to see if they were mature, surveyed the bushes ... But I was busy and they've gone.

My job is largely trying to work out what species are and how to identify them. However, for most of these species, we know nothing or very little about their biology. This kind of value-adding is something that all of you can do.

REFERENCES: [https://en.wikipedia.org/wiki/Scutiphora\\_pedicellata](https://en.wikipedia.org/wiki/Scutiphora_pedicellata) and <https://tasmanianinsectfieldguide.com> ✨



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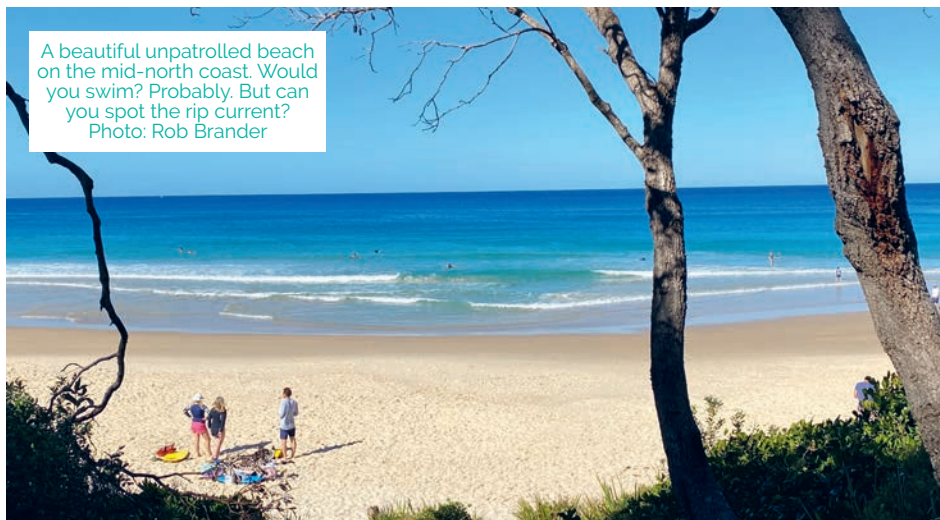
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A beautiful unpatrolled beach on the mid-north coast. Would you swim? Probably. But can you spot the rip current?  
Photo: Rob Brander



# Dr Rip's Science of the Surf

With Coalcliff's Prof Rob Brander

There has been a lot of media attention this summer regarding the tragic drownings along the NSW coast, particularly those occurring on unpatrolled beaches. Invariably authorities plead for beachgoers to only swim between the flags on beaches patrolled by lifeguards and lifesavers. But is this message falling on deaf ears?

Our beaches have never been busier than they were over the recent holidays. During my own holiday on the mid-north coast, the beaches were packed – and they were all unpatrolled. In fact, approximately only one in five beaches in NSW are patrolled and outside of populated areas, patrolled beaches are few and far between.

We did surveys several years ago of beachgoers on unpatrolled beaches and the message was clear. They were there because it was close to their holiday accommodation and they preferred quieter beaches away from the crowds. Can we really expect someone staying in a coastal tourist park next to a beautiful beach to jump in their car and drive 20 minutes to a busy patrolled beach? I think it's unrealistic to assume so.

It would be fantastic to increase the number of beaches patrolled by lifeguards – because the flags work – but it's not easy logistically. So we have to give beachgoers on unpatrolled beaches something more.

Surf Life Saving Australia has a Think Line campaign encouraging beachgoers to stop, look



and plan when they get to the beach. Stop, draw an imaginary line in the sand, look for any hazards and think about beach safety.

Are the conditions too rough based on your abilities? Are there lifeguards on the beach?

Are there rip currents and do you know what rip currents are? Have a plan if someone gets in trouble – what would you do? Are there surfers around who could help?

Some of the recent drownings involved parents going in to save a child caught in a rip current. In this situation it's important not to just rush in to help. Take some time to get someone to seek or call for help. Look around for something that floats. A boogie board, esky lid or ball will do. Having a flotation device will greatly increase the chances of a safe rescue.

The Think Line should be ingrained in our beachgoing culture in the same way that you automatically look both ways before crossing a road. We should also think about having seasonal lifeguards on the most popular unpatrolled beaches and it's worth having volunteer lifesavers watching over bathers in lagoons on busy days as there were several near-drownings at the lagoons at Stanwell Park over the Christmas holidays. We simply have to do more as the reality is that not everyone is listening to the 'swim between the flags' message.

Have a question?

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Red-Crowned Toadlet. Photo: Amanda De George



## Toadlet of Darkes Forest

By Amanda De George

The Illawarra is full of special critters, including some rare species. Sometimes you just need to know where to look. But more often than not, it's just sheer dumb luck that has you uncovering, literally, a very special amphibian indeed.

Darkes Forest is one of those magical places that I just can't get enough of. There's Maddens Falls, which is at the end of an easy walk, the top of the falls lined with pools containing tadpoles and frogs. There are also amazing walks dotted around the area, lined with towering gums and old man

banksias. Every time we go there, we find something new.

But I never expected to come across the pint-sized Red-Crowned Toadlet! This amphibian is listed as 'vulnerable' and with such a limited distribution – it is found only in the Sydney Basin, from Polkoben in the North, south to Nowra and out west to Mt Victoria in the Blue Mountains – they are at high risk of extinction.

I just happened to turn over a piece of large bark at the side of the path, finding a handful of Marbled Scorpions, which to me was exciting in itself. But after a minute or two 'wowing' over our find, my husband noticed something painted with an orange-reddish tint.

That thing was the very distinctive coloured 'T' shape on the very small toadlet's head. And by small, I mean they only get to around 3cm in length and, amongst the dark earth and the decay of fallen leaves, it was incredibly hard to see.

That damp leaf litter though, plays an important role in their life cycle. The eggs, which can be laid at any time of the year, usually after rain, are laid in moist leaf litter, under rocks and bark and close to temporary soaks and gutters. When it next heavily rains, the eggs are washed from the nesting site and into temporary pools where, depending on the weather, they take between one to six months to hatch.

While all finds are exciting, some finds are definitely more special than others. And this particular find proves, once again, how lucky we are here in the Illawarra. ✨

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## Tree of the Month

By Kieran Tapsell, of Banksia Bushcare

### *Endiandra sieberi* (Corkwood)

This species can be easily confused with the *Cryptocarya microneura* (Murrogun) because of the yellow central vein, but the vein is not so conspicuous. It has the familiar cork-like bark, hence the name. It has flowers in the forks of the leaves and a black fruit.

It grows on the plateau west of Stanwell Park, but was not one that regenerated of its own accord in the Stanwell Avenue Reserve. One Corkwood was planted in the circle in 2018 and is progressing slowly, like most rainforest trees. We had to protect it against deer by putting a cage around it.

### Banksia Bushcare News

The heavy rainfall and the compost nests have contributed to growth spurts on all the planted and naturally regenerating trees. It has also encouraged



a lot more weed growth. We have cleared the last remnant Lantana patch at the end of Station Street and planted it out with *Syzygium australe* (Brush Cherry) and *Podocarpus elatus* (Plum Pine), two local native fruit trees. For ground

covers, we have planted *Tetragonia tetragonioides* (Warrigal Green), which can be cooked and eaten like spinach, and *Dianella caerulea* (Blue Flax Lilly), which is not edible, but has attractive blue flowers. ✨



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FOR THE LARGEST RANGE OF AUSTRALIAN NATIVE PLANTS

# Calling active retirees

By Helen Durham,  
Helensburgh Probuss publicity officer

Helensburgh Probuss is looking for new members. We are a fun group of very friendly, active retirees. We meet at Helensburgh Tradies every second Thursday of the month. We have special guest speakers and afterwards many of us enjoy lunch at the Tradies Bistro.

We have a variety of activities each month. These include 'foot and mouth' walks – a walk, train or ferry ride followed by lunch – monthly golf and lawn bowls.

Upcoming trips this year include a coach trip to Parkes and surrounds and a coach trip to Canberra Floriade. Day activities will include a tour of the Anzac Memorial in Hyde Park, a Bass and Flinders luncheon cruise, High Tea at Parliament House and day bus trips to interesting places.



Past activities have included a great day bus trip to the Auburn Botanical Gardens and an enjoyable Christmas party at Headlands Hotel in Austinmer. At our January meeting, we held a Friendship Day – members just mingled and chatted.

Our next big adventure is an Australia Day Cruise with 34 members taking to the high seas for four days.

At our February meeting, we will be celebrating the club's 19th birthday with a delicious cake. Our guest speaker for that meeting is Sharon Gissane, who'll be talking about NINA services.

If you're interested in joining our wonderful club please contact Lilian, our Membership Officer, at palsfx@gmail.com or 0408 668 987.

For more info: [www.probusouthpacific.org/microsites/helensburghanddistrict](http://www.probusouthpacific.org/microsites/helensburghanddistrict) 🌟

## Stanwell Park U3A Program 2023 Term 1

Thanks to Doug White

Meetings are held at Hillcrest House. Each talk starts at 9.30am and finishes at 10.30 followed by Morning Tea and Music Appreciation from 11am to 12pm. For further information, please contact Jenny on 0406 350 025. Everyone welcome.

- **Mon, 6 Feb.** Testament. Part 4 The Gospel Truth – YouTube
- **Mon, 13 Feb.** Naruda, Nobel Prize Winning Poet, Politician & Diplomat – David Christian
- **Mon, 20 Feb.** Current affairs – Members
- **Mon, 27 Feb.** Nikola Tesla, Inventor – Sue Rejske
- **Mon, 6 Mar.** Illawarra Women Who Made a Difference – Kerrie Anne Christian
- **Mon, 13 Mar.** Pluto, Past, Present and Future Predictions – Jenny Lee-Robins
- **Mon, 20 Mar.** The Enigmatic Dr H. Evatt – Ainslie Lamb
- **Mon, 27 Mar.** The King in the Carpark, Richard III – Judy Bull 🌟

## Why join U3A?

By Therese Jordan

Traditionally, we thought of U3A as being all about learning: we called ourselves lifelong learners. But we are more than that. Joining U3A is good for both physical and mental health.

Members join us to experience something new, and invariably find themselves having fun and making new friends. By staying active, both physically and mentally, and being more socially engaged, people are known to live independently in their own homes for longer. Also, studies show that the onset of Alzheimer's can thus be delayed. Our 'Third Age', that phase of active retirement, can be prolonged, thereby limiting the years we will spend in 'Fourth Age', which is the phase of being frail and dependent on others.

Membership is \$50 per person per year and members may attend any U3A program. Most are held at the Thirroul Community Centre.

For further information visit our website at [www.northernillawarra.u3anet.org.au](http://www.northernillawarra.u3anet.org.au) or call Therese Jordan on 0413 218 957. 🌟

# Let's talk about shingles

By Dr Amy Harkness of Bulli Medical Practice

## What is shingles?

Herpes zoster, commonly known as shingles, is a viral infection which presents as an infectious, blistering and painful rash. It is caused by reactivation of the varicella zoster virus in a person who has had chicken pox (varicella). The lifetime risk of viral reactivation after chicken pox is 50%.

Shingles usually starts with pain or itch and general malaise, followed by a painful, blistered rash on one side of the face or body, lasting about 10 to 15 days. About 10% of shingles infections may be complicated by long-lasting pain and tingling in the area, known as post herpetic neuralgia. Severe disease and complications may occur in the elderly and immunocompromised.

## How is it treated?

It is important to see your GP as soon as possible if you think you may have shingles. It can be treated with prescription oral antiviral medication within 72 hours of the rash onset. This medication does

not cure the disease but may reduce its severity and the risk of complications.

## Who is most at risk?

Herpes zoster can occur at any age, but the risk increases with age. Those at greatest risk of shingles and its complications are adults 50 years and over (particularly 70-plus) and immunocompromised people over 18. Shingles immunisation is recommended for these groups.

## What vaccines are available?

There are two different shingles vaccines – Zostavax\* and Shingrix\*. Zostavax\* can be used in people 50 and over. It is government funded on the National Immunisation Program for people aged 70. Shingrix\* is a privately funded vaccine that can be given to immunocompromised adults (18-49 years) or any adults 50 years and over.

People who've had shingles can be immunised at the recommended age, at least 12 months after their confirmed case. 🌸



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# Sharing the Joy of Music

By Felicity Woodhill, founder of Inspire Music Australia

## From Brief Conversation to Concert Series

Music and Tea at the Gallery commenced with a brief conversation with Allan Beavis, Director of Music for the St Jude's Music Association in Bowral. It was a vague idea to create a mini-tour for young musicians to enable them to develop their art through the opportunity to give multiple performances. Allan reached out to the community of the Southern Highlands to fund the idea. Within weeks, he had the money to support emerging artists to come and perform at St Jude's Church Bowral. This led to discussions with Wollongong Art Gallery, who agreed to host an Emerging Artist Concert Series in the BlueScope Gallery.

The support of the gallery has given our emerging artists a great platform to share their music with our community. The community's response to the first series was exceptional and we are delighted to present season two.

## Creating a Program – Telling a Story

Performing and sharing music is at the heart of any good concert. However, for emerging artists weaving a story through their program adds to the musical journey of the audience and helps the artist give shape to the program. Finding an inspiring title also helps captivate potential audiences. It lets them know about the style and mood of the music.

For this season, the emerging artists were asked to take time to consider this element of their concert; the result has been impressive with titles such as *Meditations by Nightfall* (harp and violin), *An Odyssey of Romance* (cello and piano), *Wondrous Flute Melodies* and *Parallel Journeys* (piano and violin solos).

## Parallel Journeys – Piano and Violin solos

Next month's March 2 concert will feature two 19-year-olds: local violinist Cedar Newman and Luke Bowen, who studied piano under Prof. Robert Constable and earned his LMusA (Licentiate in Music, Australia) with distinction at 15. Luke has performed extensively as a solo and orchestral pianist. Cedar's passion for the violin has led to studies and performances in Europe and New York.

Luke and Cedar chose to home-educate at a young age to pursue their passion for music; each is a multi-instrumentalist. In addition, they share a curiosity and commitment to studies outside of music while continuing to perform. In this concert,



The concert on March 2 will feature Cedar Newman (above) and Luke Bowen (photo: Steven Foster Photography)



they will perform solo repertoire and share a little of their journey with the audience. Their growth through regional music organisations, including St Jude's Music Association and Steel City Strings, helped inspire the series.

"St Jude's Music Association has provided me numerous valuable performance opportunities, including recitals and a concerto, allowing me to showcase my abilities and receive valuable feedback," Luke says.

"The Emerging Artist series extends these opportunities, providing a platform for up-and-coming musicians like myself to perform and grow in front of a supportive audience."

February 2's free concert will be 'Opera Arias and Art Songs', with Daniel Kramer and David Vance. Donations welcome, 11am at WAG 🌟





## Heathcote Community Update

### A letter from Lee Evans – your State MP

Dear Residents,

I'd like to wish all school students well for the year ahead with special mention to our Kindergarten and Year 12 students who are at each end of their educational journey. I trust families are settling into the new school year routines with much excitement. I also wish to acknowledge all our wonderful teachers who support our children.

As a regular reader of the *Illawarra Flame* you will be aware by now of my plans to create a Helensburgh Sporting Precinct.

In November I was thrilled to announce \$3.2 million for a much needed upgrade to Helensburgh Pool. Then in January \$83,200 for the Helensburgh Thistle Junior Soccer Club to upgrade toilets and referees' facilities at Rex Jackson Oval, making them more accessible and female friendly.

This is a fantastic start but we and all local club

presidents (of Rugby League, Soccer, Netball, Cricket, Little Athletics and Off Road Cycle Clubs) have a much larger vision. We are working on a future proofed solution.

Please register your support by scanning the QR code below.

Since 2011 you have trusted me to deliver for the Northern Illawarra and this is a trust I continually seek to deserve.

Lee Evans,  
Member for  
Heathcote



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5 March	Robertson School of Arts	Sunday 2pm
11 March	Shellharbour Civic Centre	Saturday 11am
11 March	Wollongong Town Hall	Saturday 7.30pm
12 March	Nowra School of Arts	Sunday 2pm

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# Join the travelling seniors

By Helen Slade, tour organiser for Helensburgh Seniors Travel Group

We wish you all a very happy and healthy new year. Our group finished off our 2022 outings with a wonderful Christmas Party at the Helensburgh Hotel. The Hotel spoiled us with two beautiful big hampers to add to our lucky draw prizes. The Bistro cooked up a delicious Christmas lunch. David Cazalet entertained us with his fabulous Elvis show. We were totally spoiled with a special lucky draw donation sourced by one of our committee members for an overnight stay at a Pullman city hotel for our very lucky winner.

## 2023 program begins

We are starting 2023 with the following day trips.

**Thursday, 23 February.** The Fiddler, est. 1826, at Rouse Hill, where history and modernity meet. This is a 'buy your own lunch' day. We will be stopping for morning tea along the way.

*Cost \$20pp – Bus departs Helensburgh at 8.30am*

**Thursday, 23 March.** Captain Cook Sydney Harbour Lunch Cruise. Includes a Top Deck three-course lunch cruise with 360-degree views. Departs from King Street Wharf, Darling Harbour, cruises around Barangaroo to Circular Quay then to Shark Island. We will cruise for three hours, allowing time for a delightful leisurely lunch.

*Cost \$100pp – Bus departs Helensburgh 9.30am*

## Holiday Trip: Longreach/Fraser Island

22 April to 6 May 2023, non-members welcome.

A round road trip including a town tour of Lightning Ridge, a visit to the WWII Secret Base Tour & Big Sky Observatory Cosmos Centre at Charleville. A picnic lunch at the Tree of Knowledge in Barcaldine. Over four days at Longreach we go to The Stockman's live show and visit the Stockman's Hall of Fame & Outback Heritage Centre, Longreach School of Distance Education, Dinosaur Stampede, Lark Quarry, Waltzing Matilda Centre at Winton & the Qantas Founders Museum. We also do the Thomson Princess Riverboat sunset cruise including dinner and a show afterwards. We go fossicking at Pat's Gems & Fossicking Park at Emerald. Tour the historic Rockhampton Botanic Gardens. Spend two nights at Fraser Island Kingfisher Resort and do the Fraser Island Beauty Spots Day Tour. At the Gold Coast we go to see the Australian Outback Spectacular, whilst in Coffs Harbour we visit the Dolphin Marine Conservation Park.

The cost is \$3630 per person, twin- or double-share accommodation and \$4500 per person single-share, based on a group size of 30. The cost includes 14 nights luxury accommodation, 14 days



luxury coach travel with Federation Tour Coaches, hot breakfast each morning, lunch each day except one, two-course dinner each night plus entry fees for all attractions and tours.

## Forthcoming Meetings

All meetings are held at the Helensburgh Hotel. Our AGM is on Monday, 6 February, 10.30am start. All other meetings commence at 11.30am on the following Mondays: 6 March, 3 April, 8 May.

## About us

We started as a social club in 1998, operating with the support of the Helensburgh Workers Club. In 2001 the Workers Club donated \$1000 for the club to set themselves up to operate independently. On 10 April 2001, they formed their first committee and have continued successfully from there. Any new members will be warmly welcomed.

For all enquiries regarding membership, day trips & holiday itineraries, contact Helen on [hstg98@outlook.com](mailto:hstg98@outlook.com) or 0427 043 774. 🌟

# 2023 NINA OUTINGS FEBRUARY & MARCH

Bookings made through the office. Please call in advance as some tickets need to be pre purchased. Limited number on buses. Pick up and drop off direct to your home.

DATE	OUTINGS & SHOPPING TRIPS	DETAILS
Friday 3rd Feb	Sylvania Shopping	\$11
Tuesday 7th Feb	Bunnings Bellambi	\$5.50
Friday 10th Feb	Dapto Shopping	\$11
Thursday 16th Feb	Memory Lane Café with Dementia Australia	Transport \$5.50
Friday 17th Feb	Warrawong Shopping	\$11
Tuesday 21st Feb	Seniors Festival Movie - Shellharbour Civic Centre <i>Mrs Harris Goes to Paris</i>	Transport \$16
Friday 24th Feb	Shellharbour Shopping	\$11
Tuesday 28th Feb	Coffee Break, Austimmer Beach Café	Transport \$5.50
Thursday 2nd March	Music & Tea at Wollongong Art Gallery	Transport \$10.50
Friday 3rd March	Figtree Shopping	\$5.50
Tuesday 7th March	Bunnings Kirrawee	\$5.50
Friday 10th March	Macarthur Square Shopping	\$11
Monday 13th March	Lunch at Audley Hall	Transport \$16 plus lunch
Friday 17th March	Engadine Shopping	\$5.50
Tuesday 21st March	Nursery Flower Power Milperra	\$11
Friday 24th March	Sylvania Shopping	\$11
Friday 24th March	Camden Show	Transport \$21.50 & Ticket \$18
Thursday 30th March	Memory Lane Café with Dementia Australia	Transport \$5.50
Friday 31st March	Dapto Shopping	\$11
Saturday 1st April	Brigadoon, Bundanoon Highland Gathering	Transport \$27 & Ticket \$20 (if booked before end of Feb)

**Don't forget! If you're on a Home Care Package (HCP) you can still use NINA services. Meals on Wheels, transport and social support. All services are still available to you even if you move on to a HCP.**

NINA is a charity so if you're looking for somewhere local to donate your time or money please consider us. All gifts are tax deductible and no amount of time is too small. We are always looking for volunteers to join our fabulous team!

**Monday–Friday (8.30am–4.30pm) | telephone 02 4294 1900  
18 Walker Street, Helensburgh**

# Meet a co-op volunteer

Denise Farrier introduces Julia Coddington, a long-time volunteer at Thirroul's Flame Tree Food Co-op whose passion for street photography has taken her around the globe

## What is street photography and what attracted you to it?

Street photography is the art of capturing candid images in public places. I love it because I'm intrigued by people – their gestures, their exchanges between each other, their emotions and facial expressions. It's endlessly fascinating and delightful!



Julia (front) with other women street photographers in India

## Where has street photography taken you?

I am actively involved in promoting the voice of female street photographers. I teach street photography in Australia and overseas. Last year I taught in Istanbul and India. I'm also often asked to speak at festivals and events and judge competitions.

## What kinds of people have you met?

Street photographers share a passion and are a little quirky. Taking photos of people on the streets is very much an individual pursuit, but we love to meet up to talk about gear, technique and places to photograph. I've met wonderful and interesting street photographers around the world.

## How long have you been a volunteer at the Co-op and why?

I moved to Austinmer in early 2014 and immediately started volunteering as a way to meet like-minded people. It's a great way to immerse yourself in the community and it's been a special place for me over the years.

For more info, visit [www.juliacoddington.com](http://www.juliacoddington.com) or Instagram [@juliacoddington](https://www.instagram.com/juliacoddington). Find the Co-op online at [flametree.coop](http://flametree.coop) ✨

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# Jump on the solar train

By Kristen McDonald

While Electrify 2515 and Rewiring Australia are heads down applying for funding for a community-wide electrification pilot (hopefully we'll receive an update in the next month or so), there are some things we can get started with now.

First up is increasing the amount of solar in the community.

Australia's rooftop solar is the cheapest form of energy in the world. A few reasons make this so: Australia has an abundance of sun, lots of rooftop space and because our government supports this technology with a massive federal subsidy program – making it the cheapest retail electricity in human history.

As a result, Australia is way ahead of countries like America in terms of the economics stacking up for households to invest in this home energy system. There's no better time than now to invest in solar!

Due to the existing financial incentives offered

under the government's Small-scale Renewable Energy Scheme, installing solar panels on our roofs wouldn't be further subsidised in the Electrify 2515 pilot (assuming we are successful in receiving any funding) and so we want to get started on encouraging households to jump on the solar train – whether it's a new system or an expanded system and maximise our community's solar generation. Another beauty of the solar revolution is the more solar there is in the grid, the cheaper energy becomes for the whole community.

We're hoping to organise a bulk buy/install of solar shortly – to try to bring down the cost even further for households and businesses, to find trusted suppliers and to support local industry. If you are keen to take part in the community bulk buy, either as a supplier or buyer, please contact us at [electrify2515@gmail.com](mailto:electrify2515@gmail.com)

Visit [electrify2515.org](http://electrify2515.org) ✨



# Glenbernie Orchard celebrates its apple cider!

By Jo Fahey

Look out for apple picking, Cider Sunday and new tasting packs. Photos: Vokyo



February kicks off apple-picking season! Pick Your Own experiences will start as soon as Apples are ripe!

We have been growing and selling apples for 83 years. As Wollongong's last remaining commercial apple grower and now as a nationally and internationally accomplished cider brand, Darkes Cider, we feel 2023 is our year to sing loud and proud about that! Darkes Cider – 'Local and lovin' it!'

Tasting experience packs of cider now available at the orchard include nuts, cheese and biscuits. Sit under our marquee and enjoy, learn about the cider, decide on your favourite!

With each tasting experience purchased for 2 to 4 people, you'll get \$10 off a case to take home – including mixed cases!

## Cider days ahead

Cider Sunday is on 19 February – 10am until 3.30pm, free entry. Settle in with your shade shelter and picnic blanket, with music by Cameron Little and Brittony May. There will be a choice of two food trucks and, of course, our cider, beer and juices to accompany!

Get ready for Australian Cider Day celebrations coming up on Saturday, 11 March – a cracker day at the farm! More details in the *Illawarra Flame's* March edition. 🍷



**VISIT**  
[darkes.com.au](https://darkes.com.au)

Glenbernie Orchard is at 259 Darkes Forest Rd, Darkes Forest



# A Tale of Two Steel Cities

By architect Ben Wollen

During the summer holidays, we visited some family and friends in Newcastle. I spent my teenage years and some of my 20s in Newcastle, so I have a bit of a soft spot for the place. And that soft spot has now increased, because I've noticed a breath of fresh air has been blown into Newcastle's sails!

Back when I was a teenager, Newcastle was not a pretty place. The steelworks were still operating and emitted an odour I have only ever smelled in one other place – Rotorua. Yep, on the days that the wind was blowing over the steelworks, across the harbour and onto the fair town of Newcastle, it smelt like Mordor was across the water.

The main drag of Hunter Street was derelict, most shops were boarded up and you never wanted to be alone there after 9pm for fear of getting glassed. The outdoor shopping strip suffered the same fate, with all brand label shops moving out to the big indoor shopping malls in suburbia; dollar stores, cheap clothing outlets and dingy convenience stores were all that remained. The downtown David Jones struggled along for years, but eventually joined the suburban mega-malls.

Well, Newcastle has undergone a major uplift! The heavy rail line, splitting the harbour and the CBD, has been removed and Hunter Street has a light rail running along it. Businesses are vying for a spot along its stretch. There are trendy bars (bar-hopping into the wee hours is safe); fancy fashion retailers have returned, alongside cafes with outdoor dining areas. The old DJs is an uber trendy hotel and now the only lingering aroma is that of freshly ground coffee, with a hint of sea air.

I think there are some interesting lessons to be learnt from Wollongong and Newcastle – two steel cities. Both have industrial roots, working harbours, and beautiful surrounding scenery, as well as an engaged and loyal creative community. Unfortunately, I think Wollongong's CBD leaves a lot to be desired and some of its surrounding urban environments are just plain nasty.

I love the Gong, but I want to see it reach its full potential. Here are some lessons to be learnt from its big sister, Newcastle.

**1. Heritage** – Somehow Newcastle preserved a lot more of its older buildings and they hold pivotal positions in its landscape. This is most clearly exemplified by the cathedral on top of the hill overlooking Newcastle, but there are other less prominent ones like the old DJs, the art gallery and library and Fort Scratchley. These provide important markers on the urban environment and are nods to its past.



**2. New architecture** – Newcastle has a number of award-winning apartment blocks in and around the CBD. Increasingly, it's also receiving some excellent new civic architecture with the law courts, University buildings and the new art gallery extension.

Newcastle has its own architecture awards, as well as a small but illustrious architecture faculty at the University. Wollongong has neither an architectural faculty or its own architecture awards.

**3. Community involvement** – Back in Newie's bad old days there was a grassroots movement called Renew Newcastle led by a local Uni student, Marcus Westbury. Marcus set up an arts festival and organised a way that creative people could occupy all of the CBD's empty shops on subsidised rents. The downtown was enlivened with new energy and cultural capital. Commercial entities have since replaced the creatives, but for a long time it was the creatives who brought social value back into the city. Marcus has been nabbed by Collingwood in Melbourne, but I reckon we could entice him back to some better weather!

There's no lack of vision for Wollongong. Back in 2016, the well-respected urban architect Jan Gehl was engaged to provide a vision strategy for Wollongong. It's been seven years since that document came out and I haven't seen a lot of difference to the downtown area. Maybe we need to give it more time, or maybe we need to vote ourselves into a swing seat position so we can receive precious state government funding! ✨



Newcastle Light Rail at Civic. Photo: Wikimedia Commons

# Home Building Mistakes to Avoid



We've heard the horror stories people share about their building experience, but it doesn't have to be this way. In a series of articles, the team at Grand Pacific Homes discuss pitfalls to

avoid when building new or renovating an existing home:

## Do Your Research

Lack of understanding can lead to poor choices. Empower yourself with correct information from a reputable source at the beginning of the project. You may not know what you need to know, but that's ok. Start with a basic understanding of the building process, then dive into the detail at each stage.

The process looks like this:

- **Pre-Construction:** design, approvals, selections & tender
- **Construction:** site preparation, framing, lock up & fix out
- **Practical Completion:** handover & occupation certificate

To begin, engage a designer to do your architectural drawings and arrange consultants reports for your Development Application (DA) for Council. With DA approval and finalised selections of your materials and finishes, you will then get builders to tender the project.

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feature

# Fit for the future

After winning a \$2.1million government grant to expand the sports centre, Burgh owner Ben Abeleven shares his plans for a Helensburgh hub



The green building below represents stage 1 for the Burgh build. The drawings beneath show Ben's ultimate master plan. Photos: Anthony Warry & supplied





Burgh Healthy Hub has been a fixture of local recreation for decades. It was originally Helensburgh's 'squash centre' and legend has it that both locals and regional visitors would flock to the squash and leisure centre; cars parked all along Cemetery Road. The centre would remain alive until the early hours of the morning, even on week nights. It was cranking... it was fun!

The centre changed as the community did over the years. The 'squash era' declined and the centre tried new directions. A home for church youth programs, fitness centre, roller rink, a maze-style creche, BMX track, and gymnastics – the Burgh that we know now has worn a lot of hats.

Unfortunately, this loved and used place was also a little bit of a white elephant. Long-time locals know all too well the leaking roofs, cracked pools, ongoing flooding issues, and poorly constructed design. This was the Burgh in January 2015 when I purchased the place (my main reason was to live in the house out the back). But I soon had the desire to re-inspire the site, to return it to the hotspot it was in its glory days. And incidentally married Charlie too... she runs the Treetops Arts program here for children.

As with many wild dreams, finances (or, in this case, a lack thereof) slowed down resolving the historical building issues. We started working slowly but consistently with Kate and Dave from Excelsa Build seven years ago and, after a few initial designs also became barriers to more fundamental improvements, Kate simply said, "Just tell me what you really want, and then we can have a master plan."

The master plan was aspirational – Kate thought I was joking at first.

Over the past seven years we have introduced solar power, 24-hour accessibility, resolved some accessibility issues, reorganised spatial placement of activities and refurbished the group fitness room. During this time, lots of understanding and planning of the next step happened.

More recently, to accelerate and finalise the master plan, we engaged Gong Architecture, and this fully realised and visualised the master plan you see today. It brought it to life.

The design is heavily influenced by us, the users and operators. The design is dedicated to recreational users with integration of social space, strengthened through environmental design values. We hope that the community will continue to come together for good memories, skills, sweat and all that helps make us our very best.

Winning a grant from the NSW Government's Multi-Sport Community Facility Fund doesn't only mean that we now have the funding to begin

executing our vision. It shows us that we aren't the only ones who back this town and a mission for environmentally focused design.

Beginning in mid-2023, construction will begin for the new Burgh recreation hub, with improved gymnastics, circus, aerials and parkour spaces, bouldering, quarter court netball/soccer, creche, a state-of-the-art gym and group fitness space.

Be warned though ... this is a significant addition, but isn't the entire master plan many have seen. It's the biggest first step towards it.

In the future, we hope to continue the master plan with a wellness space, spa, cafe, indoor and external seating, underground parking and multi-use spaces for the entire community to utilise. The objective is simple: A well-thought-out design for functionality, whilst retaining as much existing structure as possible, using age-old principles for light, sound and temperature control, and then backing it all up with super-efficient modern-quality fittings and appliances.

I've always been conscious of integrating the natural world with the man-made. An integral part of the master plan is leaning on the beauty that surrounds our building. We live in an area of such beauty – our buildings should reflect and embrace it, hence the green roof. Gynea lilies are going on there for sure, maybe an Illawarra flame too!

The design demonstrates a fusion between the natural surroundings and the building. The environment and those who use the building are the backbones of the design.

We want locals to look at Burgh hub as a representation of the place they come from, saying "yeah, that's where I'm from" or "that's where I go." This town has a strong community, it stands out and it's unique when compared with the suburbia of surrounding areas. With the grant now backing us, the first phase of construction can begin, and we can't wait to bring you all along.

### Want to help or support?

Would you like to assist or support our FULL vision? While the grant has made our wild dreams a tangible reality, and the entire project gets 50% of our master plan completed, we're now looking for a group of like-minded, passionate people, keen thinkers and investors. Are you interested? Please get in touch via [reception@burgh.com.au](mailto:reception@burgh.com.au)

The simplest method to assist with this huge project is to join our facility (the 24-hour gym or kids' programs). All profits will go towards making this happen. That makes you a local investor!

Burgh is at 338 Cemetery Road,  
Helensburgh – visit [burgh.com.au](http://burgh.com.au)

# Hub for Helensburgh

The town has no community centre. Could this family business fill the gap?  
The Illawarra Flame reports

Helensburgh has a population of 6304, according to the 2021 Census, and another 3402 people live in the surrounding 2508 suburbs. The town is ringed by bushland, walking and bike trails, it has a free swimming pool and extensive sports fields. But it hasn't got a community centre.

The old hall on Walker Street died of natural causes or neglect (depending on whether you talk to council or local residents) and a new public building is years away.

The double whammy of a smoky Black Summer, followed by years of La Niña highlighted the need for an indoor venue where people can meet and exercise, which is why the Tigers rugby league club and Helensburgh Netball Club supported the grant application to expand Burgh Healthy Hub. Not only does Burgh have a 24/7 gym, the building on Cemetery Road also offers room hire, a space to host children's parties, yoga classes and a creche.

Ben Abeleven bought Helensburgh Fitness Centre in 2015. For the past seven years, he's been the driving force behind renovations and improvements, while his wife, Treetop Arts director Charlie Truscott, has created a flourishing centre of the performing arts with more than 320 students learning aerials, tumbling, parkour, gymnastics, acro dance and drama.

Ben's long had big dreams to expand the centre and this year, thanks to a \$2.1 million funding boost from the NSW Government's Multi-Sport Community Facility Fund, stage 1 is ready to roll.

"I believe this project shows a commitment to

Helensburgh generally from all parties," Ben says.

"Even the Wollongong council gave us a letter of support acknowledging a lack of indoor/wet weather type recreation available locally."

Ben can see Burgh acting as a centre for the community. "It already is," he says. "Over 620 different people visit our centre each week, 590 of them are from Helensburgh, Stanny or Otford. That's 10% of the local population..."

"A huge part of my goal with the master plan was to create more spaces to socialise and not walk directly onto a gym floor (as it's currently in the centre of the building). The addition of more sport uses – like the quarter court for netball/soccer and the bouldering [area] – will bring all the aspects that make a space communal.

"I've already had parents thank me (or more our space) for 'saving them' ... sounds crazy, but now as a parent I too realise having a creche to drop the kids off and space to do something physical is incredibly important."

Ben is wholly committed to the build and matching the grant funding with a bank loan of \$2.2m to cover stage 1. "Financially for us this was a no-brainer, I already had a long-term (20+ year) plan of doing affordable small stages. So our project total is a \$4.3m improvement to Burgh Healthy Hub in line with the master plan."

At right: Charlie and Ben with their daughters, Aphyre and Dottie. Below: a drone's eye view from Burgh to the town. Photos: Anthony Warry





## How the dream team met

In 2015 arborist Ben Abeleven moved to Helensburgh and bought the Fitness Centre on Cemetery Road. The same year Charlie Truscott, a professional performer with a passion for coaching young people, returned to Wollongong after studying at California's International Del Arte School of Physical Theatre.

Charlie met Ben when she took on a Circus WOW class in Helensburgh.

"I came back from clown school in America and I started teaching on a random Thursday night," she said.

As Charlie drove into town, she noticed a fresh sign for Helensburgh Fitness Centre.

"I remember looking at that sign, and going, 'Whoever has taken over is a bit of a mover and shaker'.

"Then one night he came into the class, like this kind of slightly awkward, buff, blond, curly-haired guy holding a bunch of papers with a bunch of middle-aged women in leotards hanging upside-down on silks.

"Ben's used to working with blokes on a site, you know, and then he comes in and he's like, 'I just want to give a survey to everybody'.

"I saw him and I didn't know if I believed in love at first sight, but at that moment I did.

"He didn't even say anything and I just felt like the floor gave away and I've never felt anything like that in my life. It was so strong that I actually left my fiancé and cancelled my wedding.

"Nine months later, I invited Ben to come to the Falls Festival. And he asked me to be his girlfriend.

"Two weeks later we were married at the festival. It just happened really fast."

Charlie bought a dress from a garage sale, a shirt for Ben and flowers from Woolworths.

"There was a hairdresser next to the tent that did my hair. I did my make-up on a milk crate. And I never felt so beautiful in my life. We found a celebrant at the festival, there was a band there. It was like there was a wedding waiting to happen, it was really quite a magic time."

Seven years on, Charlie and Ben have two young daughters, Aphyre and Dottie. Years of hard work have paid off and the couple are committed to building a healthy, active community in Helensburgh – for their family and all others. ✨





Tanya and her partner Kurt are running the Ken's Cones ice-cream van (at right) while Ken and Janelle (below) take a step back. Photos supplied



## Next gen at the wheel

By Caitlin Sloan

The next generation of soft servers has stepped up to keep a much-loved local business going.

For almost 30 years Thirroul's Ken Murray has been the Illawarra's saving grace on hot summer days, touring our streets in his Ken's Cones ice-cream van. But in November 2022 he announced that he was taking a step back from work as his wife Janelle was battling breast cancer, after having received the devastating diagnosis in late June.

Now, Ken and Janelle's daughter, Tanya, and her partner Kurt have moved home with their 20-month-old to be closer to family – and take up the challenge of running Ken's Cones.

But they have some big shoes to fill.

Ken's ice-cream van is well-known locally – and Ken's an avant-garde vendor: in February 2021 we reported on how Ken's Cones had employed new GPS technology so patrons could track his van in real-time. With this and the van's unique call-out service, Ken's mission is to ensure no one goes without a soft serve.

Ken says that it's not only the elation and excitement that an ice-cream cone brings to children that makes his job so fulfilling, but the nostalgia and joy he sees in their parents and grandparents as well.

"Seeing the joy in little kids – and they're just beaming – and my little grandson is the same when he has an ice-cream off Grand pop," Ken says.

"You bring back memories and good times – because it is a good time – having an ice cream is a treat and it's a happy occasion."

Ken is now focussed on caring for his wife. Janelle's breast cancer is the latest devastating health blow for the family; she also had to undergo a double hip replacement twice in the last decade.

"It's been a very emotional ride," Ken says.

"She's a tough woman, my wife."

Though you might not find Ken serving ice-creams in the immediate future – despite the occasional "cameo appearance" – as he remains home to care for Janelle, he will be in the background managing the business and preparing his famous soft serve mixture.

But the van is now in good hands, he says.

"They're enjoying it, and Kurt's very good with customers.

"Tanya's got the gift of the gab too.

"You meet such lovely people out there – that's the other part of the job... you strike up these friendships"

Behind the scenes, Ken and Janelle will take a well-earned break to enjoy the finer things in life, fitting in some date nights – "that's the modern thing these days," Ken says – in between grandparent duties.

With Ken's Cones still in full swing, the best way to support the Murray family is by buying an ice-cream when you spot the van this summer, hiring their services for functions and stopping for a chat when you spot them out on one of those date nights.

Follow @kenscones on Facebook 🌟



# Boy behind the brand

Caitlin Sloan chats to the young Surfing is My Coffee entrepreneur

You know the way you feel about your morning cuppa? That's how 14-year-old Cooper Palmer feels about surfing – and he's got the shirt to prove it.

In 2021, the young member of Woonona Boardriders launched his own clothing and accessories label, Surfing Is My Coffee. The name comes from a remark he made when his parents ducked off for a coffee just as Cooper and his friends were gearing up for a surf at Merry Beach.

"I was standing on the sand with three of my mates and I said, 'Surfing is my coffee', and they said, 'Yeah, we like that! Why don't we say that as a little nod to when we want to go for a surf?'" Cooper said.

"We did that whilst we were down there for the whole week... [and] I was thinking to myself that I've got a textiles class coming up next year, why don't I screen print it on a bag that I can use?"

Cooper went on to design and screen print the Surfing Is My Coffee logo as part of a school



project. "I took it home and showed my dad, and he was like, 'That's amazing, Cooper ... Why don't you make shirts out of it?'"

The apparel range now includes unisex t-shirts, singlets, hats, hoodies and dresses, all printed locally at T-Shirt Workshop in North Wollongong. Cooper said the interest in his brand has been a surprise. "People just want to back me... and the fact that I'm a 14-year-old kid running a business, they really want to support me."

Find the merch at [www.surfingismycoffee.com.au](http://www.surfingismycoffee.com.au) and in-store at Thirroul Collective and Bellambi Lane Cafe 🍷



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# Q&A with a graphic designer

By Kasey Simpson

Jimmy Cunliffe owns Morsel Design. We spoke to him about his passion for the industry and how he balances life as a parent and an entrepreneur.

## Tell us about your business.

Morsel is a new graphic design studio in Stanwell Park. We specialise in branding and packaging for food and drinks, but we can help businesses of all sizes across all sectors.

## What made you want to start this business?

I'd been working as a graphic designer for other agencies in Sydney for over 15 years, but there had always been a desire to take creative control of the projects I worked on. I saw it as the next stage in my career; to take complete responsibility and put my skills and experience to the test.

We're also raising two children, Heath and Neve, and the realities of parenthood, needing a job with flexibility, and wanting a better work-life balance meant it was the right time to start my own business.

## What do you love about your job?

I've always loved graphic design. Every project presents unique challenges, and it is incredibly satisfying creating visual solutions.

I still enjoy seeing brands I've worked on out in the real world, such as the Kirks brand of soft drinks, which I was able to redesign a few years ago. I remember the brand from when I was young,



and now when I see kids with a can of Kirks it gives me a buzz. Since starting Morsel, I've found it incredibly rewarding being my own boss, and the flexibility has meant more time with the kids, less time commuting (saving 20 hours a week!) and the ability to sneak out for a weekday surf.

## Best advice you were given as a parent?

I think it was my Dad who said, "Enjoy the journey as best you can". To me, that means getting the work-life balance right ... There will always be financial realities to face, however, working long hours for big bucks is an illusion that stops you from enjoying the everyday.

Visit [www.morseldesign.com.au](http://www.morseldesign.com.au) 📍

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## Why join a Men's Shed

By Paul Blanksby

Why not? Are you a male over 18? You don't have to be retired to be a member because the Shed is for all men from all backgrounds and skills. We have a healthy sense of humour, but sexism,

can come to the Shed any day we are open and learn from men of all types of backgrounds.

Join us in providing social good to those in need, rescuing our heritage and living active and healthy lives. At left is a lovely picture of Marilyn from the Historical Society enjoying Dr Cox's restored chair.

What do you do to join? Come along when we are open and have an introductory tour. Complete an application form, pay your annual subscription and do an easy competency test before joining in.

We'd love you to come along, meet the blokes and experience the Shed.

Visit [helensburghmensshed.org.au](http://helensburghmensshed.org.au) or 199A Parkes St, Helensburgh, 9am-3pm Mon-Wed, Michael Croft 0413 401 522, Ron Balderston 0410 564 752, Paul Blanksby 0403 701 788 📍



racism, and bad language are not accepted. Helensburgh Men's Shed is a safe and friendly place, one of over 1200 sheds in Australia, where any man can come and find something useful to do with other blokes.

All you need is enthusiasm and a will to give it a go, and you

# Scouts prepare for big year

By Naomi Burley

All sections at 1st Helensburgh Scouts Group are very excited to come back to meetings in 2023 with two big events ahead – the NSW Cuboree in October and the New Zealand Jamboree in January 2024.

There will be a lot of work to do ahead of both events, with Scouts and Venturers required to achieve certain levels in badgework and Cubs to do other preparation activities. Both sections will also need to raise funds to help cover the costs involved.

All sections have been planning for 2024. Scouts have almost filled their calendar, including a number of hiking camps and a snow trip in July. Cubs will also have camps and outdoor activities.

Joeys and Cubs will have a program themed this year around our local environment and its unique flora and fauna, creative challenges that are new to all participants and learning about codes and early technology communication systems.

We will definitely have opportunities for Joeys to enrol in the new year and some gaps in both Cubs and Scouts, as some of our older Cubs move up,



so please reach out to our Group Leader if you are interested in your child trying Scouts in any age group. Joeys runs Thursdays 5-6pm, Cubs is 6.30-8pm and Scouts are Fridays 7-8.45 pm.

We are also on the look-out for leaders – so if you have an interest in the outdoors, the environment, craft and art or passing on your unique skills, please also let us know by emailing Bruce at: [bruce.crawley@nsw.scouts.com.au](mailto:bruce.crawley@nsw.scouts.com.au). Don't worry – you won't be asked to take over the whole group, but our Joeys, Cubs and Scouts are keen to learn new things and we are always interested in growing our brains trust! 🌟

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# Ladies trek to raise funds for brain cancer research

Danielle Beaufils invites you to an Afternoon of Fun for a Cause on Sunday, February 19

My husband Simon and I, alongside Ray White Helensburgh, have been committed supporters of the Mark Hughes Beanies for Brain Cancer campaign since it began in 2017.

This cause has been close to our hearts since losing Matt Callander, our dear friend and founder of the Beanies For Brain Cancer NRL Round, to a stage 4 glioblastoma, the most aggressive form of cancer.

We have learned over the years that this cruel disease touches too many lives at too young an age. Brain cancer kills more Australians under 40 than any other cancer and takes more children than any other disease. Brain cancer survival rates have

increased by only 1% in the past 30 years and it receives less than 5% of all federal government cancer research funding. The Mark Hughes Foundation has raised more than \$24 million since 2014 toward brain cancer research, to tackle these devastating statistics.

This year the Mark Hughes Foundation has organised the first MHF ladies trek to the summit of Mt Maria, Tasmania, to raise funds for brain cancer research and patient care. I am proud to have been nominated as one of the 21 ladies to take part and have committed to raising awareness and funding through this opportunity. Already Ray White Helensburgh has offered to donate \$500 for every sale in the month of February.

Thanks to the generosity of our surf club, we have planned a Sunday afternoon where the surf club bar will be open, and we will be selling pulled pork and pulled chicken burgers along with a sausage sizzle for the kids. We are hoping to secure our local talent "Zion" for some live music at the event as they have been such a hit in the past!

Make sure to put this date in the diary for a fun afternoon supporting a great cause.

An Afternoon of Fun for a Cause will be held at Helensburgh-Stanwell Park Surf Club on Sunday, February 19 from 4-8pm.



From left: Anne Callander, Kristy Piper, Simon Beaufils and Danielle Beaufils are long-time supporters of the Beanies for Brain Cancer campaign. Photo supplied

Donate via [mhfmtmariasummit.gofundraise.com.au/page/danielle-92720457](https://mhfmtmariasummit.gofundraise.com.au/page/danielle-92720457)  
More info: [markhughesfoundation.com.au](https://markhughesfoundation.com.au) ✨

## From crime fiction to surfing history

By the team at Collins Booksellers Thirroul

February kicks off the 2023 academic year and we're very happy to be providers for the Premier's Back to School NSW Voucher Program. In our bookstore the vouchers can be used for all school related equipment, reading material, lesson resources and stationery.

Upcoming events at Ryan's Hotel: Award-winning Dinuka McKenzie's must-read crime fiction novel *The Torrent* is in-store and on Wed 8th February Dinuka will be discussing it and her new book, *Taken*, with Hayley Scrivenor.

You will have received an email if you have a place for the postponed Richard

Fidler event. If you cannot attend, please let us know as there are many eagerly waiting in line.

Bookings are now open for our event on Wed 1st March with Tricia Shantz. This is one for surfers and all beach lovers – her book *Neverland* charts the surfing history of Byron Bay. As always, call or email us to book as places are limited.

Happy reading! ✨





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## Looking ahead in 2023

There has been lots of analysis and reports  
in the media over the summer break  
speculating about what might be in store  
for real estate. The consensus seems to be:

- Interest rates to creep up another 0.5%  
over the next few months and then  
paused to assess the impacts of the  
steepest rise in rates in a generation
- First few months of 2023 will be slow and  
prices will be under pressure, Sydney is  
expected to drop another 8% following  
the decline of 13% in 2022
- Market sentiment to return once  
interest rates have peaked
- Chinese buyers set to return mid-way  
through 2023 after a three-year absence

Overall, if a seller is trading up or down  
then they are generally indifferent to the  
price outlook. However, if a seller is looking  
to cash in on their capital gains, then it may  
be advisable to wait a few months.



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# Meet a councillor

Journalist Brian Kelly interviews Dom Figliomeni, an independent councillor for Ward 3, which covers the southern suburbs of Wollongong

With decades of experience running port authorities around Australia, it's fair to say Dom Figliomeni knows better than most the business of getting stuff shipped in and out of the country.

"I've been exposed to it," is his understated acknowledgement. Despite retiring as Port Kembla's port authority CEO six years ago, he likes to maintain a view of the many pots simmering dockside: "It's one of those things – the port gets in your blood; I keep an eye on it but I keep out."

The son of Italian immigrants, raised in the farming country of Harvey in Western Australia, Figliomeni has been lending his sense of pragmatism to Ward 3 matters on Wollongong Council since 2017, unencumbered by political parties, and he credits the city's attraction and appeal among reasons he and his NSW wife have not returned to the west since settling here in 2005.

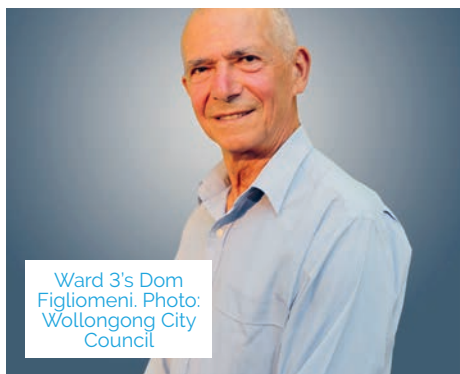
There has been plenty to get on with – representing council on a transport lobby group, volunteering in Samoa, being a super fund trustee until last December. He craves freeing more time to enjoy the small farm he has near Braidwood when life isn't so crammed with meetings and video calls.

Maritime-related metaphors, fittingly, flow easily when he ponders why he became a councillor. "I have the view that you can't complain unless you're prepared to put your foot in the water," he says.

Recent news of proposed ocean wind farms possibly being built and serviced from Port Kembla has excited politicians of many stripes in the area, but Figliomeni says he'll believe it when he sees it.

"It would be great to see it happen – I don't regard it as an eyesore – but it's a big, big cost," he says. "Work in anything offshore is not cheap. The economics would be a key factor."

He's no fan of party politics playing a role in local government, preferring the West Australian



Ward 3's Dom Figliomeni. Photo: Wollongong City Council

approach whereby candidates run as individuals and must outline what they stand for particularly.

"I've never been a member of any party – even though I have been a union representative in WA and in Darwin," he said. "All of the local issues – dogs, potholes on roads, tree management – it's got nothing to do with party politics."

Figliomeni is thankful that council is moving forward with a Hill 60 masterplan: "I think we have a superb asset there, which is the World War II tunnels, and it's such a beautiful location.

"I was there two years ago, and there was a Chinese tourist guide who was astounded that council did not do something with the place. He brings his visitors to have a look – because it's got a 360-degree view of the site.

"You've got the Ngaraba-aan Cultural Trail, the Aboriginal trail, three beautiful beaches – it's just got such huge potential, but it's taking forever to get things done."

Figliomeni recognises he's one of the few councillors who supports siting of nuclear submarines at Port Kembla. "I'm a full supporter of that because I think of what it will bring to the community, which is jobs, economic growth, diversity of employment – the pros are significant.

"It's not a nuclear industry – that's the misnomer. The concerned people say, 'oh, if you have nuclear subs, you'll be more susceptible to attack.' Well, the steelworks is probably more so ... and if you're in a war situation – hopefully we never will be – I'd have huge worries if the subs were in port. They should be out at sea – they would be safer there.

"But if you've got a steelworks here, you'll be a target – that's just a fact of life. So the risk is there regardless. But of course, the decision will not come down to Wollongong Council." ✨

NSW Justices Association Wollongong Branch provides free JP services at Community Desks at Thirroul, Corrimal, Wollongong and Dapto libraries.

All services given by JPs are free of charge. They cannot give legal advice and there are certain forms and documents that they are unable to sign or witness, but they can assist you in finding where these can be dealt with.

For more info contact Ray Vaughan on 0419 293 524. ✨

# Your Letters

## Thank you from Otford Rural Fire Brigade

Otford Rural Fire would like to acknowledge Binnars Farm, Shell Helensburgh, Helensburgh Butchery, Otford Pantry for supporting our brigade in its fundraising efforts by hosting our red donation tins, and to the 2508 community for their donations. The brigade also expresses its gratitude to the Centennial Hotel, Helensburgh, for their ongoing support through their Christmas and New Years Raffles. Fundraising efforts have allowed the brigade to purchase iPads for our vehicles which allows our crews to receive up to date information on operations.

## Local Toastmasters club turns 25

Helensburgh and District Toastmasters is celebrating its 25th Anniversary. On 1 March 1998, 8 excited people met for the very first Helensburgh and District Toastmasters meeting. They were keen to embark on their public speaking journey. Providing each other with a supportive environment, and using the Toastmasters plan, they learned to speak confidently. Some of those members remain part of our Club today.


All are welcome to attend the 517th meeting of Helensburgh and District Toastmasters, Club number 3108, to be held on 27 March 2023 at The Cupbearer, Helensburgh. The theme for the meeting is Celebrating 25 Years of continuous learning.

– Matthew Derbridge, Helensburgh

## Sleeping Beauty's Castle

Thanks to Judith Rumsey for this uncanny shot of Camp Gully Creek, Walker St, Helensburgh. 🌸








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# What's On

Find more events at [www.theillawarraflame.com.au](http://www.theillawarraflame.com.au)

Hundreds of people braved the wet weather to watch the Chinese New Year Lion Dances on January 22 at Nan Tien Temple. Photos: Lily Craft



## 2023 Chinese New Year Celebrations

Nan Tien Temple's events to mark the Year of the Rabbit started in Berkeley on January 21. Its Chinese New Year celebrations will end on Sunday, February 5 with a light offering ceremony. For more information, visit [www.nantien.org.au](http://www.nantien.org.au)

## Lunar New Year At Crown St Markets

5.30-8.30pm, Thursday, 2 February. Celebrate Lunar New Year at the Crown Street Night Markets, with free entertainment and your favourite street foods to welcome the Year of the Rabbit, and the Year of the Cat.

## Wollongong Seniors Festival

1-12 February. Held at venues from Helensburgh to Dapto, the annual knees-up includes seniors aerobics, watercolour workshops, cards and games mornings, nature therapy walks, a quilt and craft expo, picnic and lawn games, a bush dance taster and the Lady Mayoress Afternoon Tea Dance.

Programs are available at your local library and via Council's website or call 4227 7111.

## Bush Dance

Free lesson, live music, Sundays, Feb 5 & 19, March 5. No partner needed, beginners & families welcome. \$5 includes afternoon tea. Easy, fun dances walked through & called. Doors open 1.10, lesson 1.30, dancing from 2-4pm. Heininger Hall, Heininger St, Dapto. Phone 0404 667 614.

## Thirroul Village Committee – Election Forum

4pm, Sunday 26 February at TRIPS Hall, next to Thirroul Station. The Thirroul Village Committee is hosting a forum for all of the declared candidates for the electorate of Heathcote to address the community and take questions ahead of the March NSW State Election.

## Helensburgh Library

**Lego Club** Tue, 7 Feb 3.30-4.30pm, free. Can you build the highest tower? An unbeatable maze? Or a dinosaur out of only orange bricks? There's one way to find out. Parents required.

**Grandparents Storytime** Fri 10 Feb 10.30-11.15am  
Special session, part of NSW Seniors Festival.

**Preschool Storytime** Fri 17 Feb, 10.30-11.15am

## Thirroul Library

The NSW Seniors Festival is on from February 1-12. Wollongong City Libraries will be participating and hosting a range of programs. At Thirroul Library, we will have a Card and Games morning, Knit, Stitch & Yarn, as well as a special Grandparents Story Time. Check out the website for details, [www.wollongong.nsw.gov.au/library](http://www.wollongong.nsw.gov.au/library).

Regular preschool programming will resume at the library from 6th February. Join us at Story Time, Toddler Time and Baby Beats in the library with Stories, Rhymes, Songs and Craft.

Lego Club will also be restarting for year on February 8. It's open to all primary school kids. Come and join us in the library on the 2nd & 4th Wednesday of each month to tackle a new Lego-building challenge and see your work put up in our display cases.

Do you have a new year's resolution to read more books but don't know where to start?

Why don't you come and join us at 10.30am on the first Thursday of every month and enjoy a morning of lively conversation about a range of book titles by contemporary authors. Share your favourite reads or discover something new and make some new friends. 🌟





## Otford students win history prize

By Dr Lorraine Jones, vice president  
Helensburgh and District History Society

It was a beautiful Thursday on November 15 when two students from Otford School each received a book prize voucher for \$50 for their local history school work. They were York McManus, senior student, and Clementine Baird, junior student.

The students studied the history of the 75 Aboriginal children who came to Otford school in 1942, during the Second World War. These children were part of the Stolen Generation, living with missionaries on Croker Island. The children and their carers were evacuated as Darwin was being bombed. At the start of their travels, the children waved to Japanese planes flying overhead – the planes were on their way to bomb Darwin. The missionaries who travelled with them were part of the Methodist Church Mission Society. The trip took 42 days, because of transport problems.

The children were taken to Otford as it had buildings owned by the Methodist Church where they could stay. The smaller children attended school at Otford and the bigger children went by train to Scarborough. The children returned to Croker Island in 1946 when the war was over.

Earlier in the year I had given a talk to the Otford school students on this topic. When I spoke to them, they were very knowledgeable about this part of local history.

The history prize presentation was made at the 2022 school prize-giving. The 42 students, their parents and friends were there for this happy event.

This year the history prizes will be awarded to students at Helensburgh Public School. 🌟

## Boost for EVs

By Marcus Craft

2023 has started on a promising note for electric vehicles (EVs) in the Illawarra, with new charging points and 'green car loans' by a local bank.

Figtree Grove Shopping Centre has become part of the growing Tesla Supercharger network as a new vehicle-charging site. The shopping centre now has six Tesla Superchargers and two universal vehicle chargers. The charging stations – available for customers to use 24/7 – are in the carpark near MyCar, with recommended access off The Avenue, Kmart entrance.

In other EV news, the Illawarra's Horizon Bank is now offering Green Car Loans for electric and hybrid vehicles, and at discounted rates.

Nationwide two serious issues remain: there aren't enough functioning and available vehicle-charging stations on major routes and those on minor routes are scarce; and EVs are still not quite as affordable as their internal combustion engine rivals. For example, something like a small all-electric SUV, the MG ZS EV, has a price tag starting from \$43,990 (excluding on-road costs).

Austinmer resident and EV owner John Buchelin – organiser of last year's EV Open Day in



Thirroul – says more needs to be done to encourage EV take-up.

"The introduction of fuel efficiency standards in Australia is critical to increasing the supply [of EVs]. This will then bring more variety to the market which will reduce prices."

John says there are plenty of positives about EV ownership.

"Apart from saving money, we really enjoy the quiet ride and not burning petrol anymore."

He does also say, however, there is a minor downside to owning an EV.

"At the moment, long trips require a bit more planning. There are some great apps like PlugShare and A Better Route Planner which make it easier. This won't be a problem in future when more charging stations are installed." 🌟



# Croatian home cooking through the generations

By Susan Luscombe

As an Australian with English and Irish ancestry, I have been fascinated and envious of the food traditions held in the family of my friend Anita whose family are from Croatia.

Anita's mother, Malfalda Zubovic, aka Draga (a childhood nickname meaning dearest) and Baba to her five grandchildren, came to Australia by boat from Croatia via Italy in 1963 at the age of 23. The second youngest of eight children, she came on her own with no money, no English and a small cardboard suitcase to join her sister Nela and brother-in-law who had already settled in Fairy Meadow seven years earlier.

Draga's father died when she was five in the Second World War and her widowed mother, Maria Rose, worked hard to bring up her eight children on her own. I asked Draga how her mother felt about having two of her children move to Australia. She says she was quite happy because her children would have a better future in Australia. Life was hard in Croatia under communist Yugoslavia, with no prospect of owning property or having a good job unless you were a member of the Communist Party. Three brothers also immigrated but to the United States.

The girls of the family left school at 13 to tend the farm and sell their produce at the local village of Crno, near Zadar on the Adriatic coast. The boys were able to finish their schooling. Draga went

from working on the family farm to a textile factory in Zadar at the age of 17.

Maria Rose lived to a healthy 96 years of age. Draga tells me that her mother was a strong, smart woman who lived and survived through wars and very hard times. She was bright and engaged until the end. Maria Rose never visited her family in Australia, but was able to make the trek to the US to see family there, although she needed assistance with travel as she couldn't read the English signs.

So, Fairy Meadow was the destination for young Draga when she arrived in 1963 and moved in with her sister and brother-in-law. Draga found work in a factory in Unanderra. Here she worked alongside migrants and locals, inspecting high-end textiles and repairing the imperfections. These textiles ended up in expensive men's suits.

She integrated into the Croatian community through the local Catholic Church and met her future husband Peter (also Croatian) at a gathering in Pioneer Hall in Wollongong.

In the 1950s and '60s, the Illawarra was a melting pot of nationalities mainly due to the lure of work at the Port Kembla steelworks. This is where Peter worked until retirement.

The young couple married within six months of their first meeting. They bought a block of land in Corrimal and lived locally while the house was built. The couple had three children with Draga

managing the household until she began outside work as a cleaner when the children were older. When the children reached school age, Draga made a point of speaking to them in English, although she started learning English formally when she began working outside the house. The Zubovics remained close to their local Croatian community through the Catholic Church now in Figtree.

Her rule for her children has always been “no politics – everyone has the capability of being good regardless of ethnicity and we leave old tensions behind”.

Peter and Draga remain in the house they built and middle child Anita was able to purchase the house on the adjoining block. Anita and her husband Eddy have two children and the extended family remains close.

The family keep Croatian traditions alive, and Draga and Peter are still involved in the church. Draga is a wonderful cook, often making traditional meals for herself and the extended family. She is passing on these traditions to her daughter and grandchildren.

Growing up on productive land in Croatia, Draga and her family were intimately connected to the food they ate. They grew vegetables which were their mainstay but also had animals that were slaughtered for their meat. Draga tells me that she has always cooked Croatian-style food for her family although she has had to adapt many dishes according to what is available in Australia. In Corrimal, Peter and Draga have a very productive vegetable garden with fruit trees and chickens.

One favourite dish, often appearing at celebrations, including at Christmas, is sarma (pronounced with a rolling ‘R’) or cabbage rolls. Draga, Anita, granddaughter Betty and I gathered around the island bench in Anita’s kitchen for a lesson from the master.

Thanks to Draga for sharing her recipe.



Draga, aged 23, soon after arriving in Fairy Meadow.  
Photo supplied

## Sarma (cabbage rolls)

Makes 18 to 20 rolls. This recipe is a Croatian celebration dish. Note that Draga has this recipe committed to memory and does not work with precise measurements.

### Ingredients

- 1kg pork and veal mince
- 5 small handfuls uncooked white long-grain rice and equal quantity of water
- 1 egg
- 1 fermented cabbage\*
- 1kg smoked pork or bacon on the bone in a large pot with small or broken cabbage leaves (nothing goes to waste)

### Method

Mix the mince, rice, water and egg with your hands in a large bowl. The mixture should be wet.

Wash the fermented cabbage enough to rinse off the salt but not so much that it becomes bland. The stuffing does not need salt as the fermented cabbage is quite salty. Separate the leaves, being careful to keep the leaves intact. Smaller leaves and scraps do not go to waste. They can be added to the pot.

Take a large handful of mince mixture and roll it in the cabbage leaves, wrapping like a parcel to ensure stuffing doesn't escape.

Place most of the pork bones into a very large stock pot. Place rolls on top in layers. Add some more bones to the top.

Prepare the thickener (gravy) by heating ¼ cup vegetable oil. When hot add ¼ cup flour, stir and cook until thick and golden. Remove from heat and add 2 teaspoons of smoked paprika. Add to pot on top of rolls.

Cover the contents of the pot with cold water. Bring to the boil, simmer covered for 2½-3 hours.

Serve one or two cabbage rolls with some of the bones and polenta, mashed or jacket potatoes.

\*You can buy the whole fermented cabbage from Pedro's Smallgoods in Swan St, Wollongong, or Rosa Dora Annabella continental deli in Warrawong.



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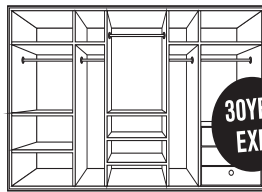
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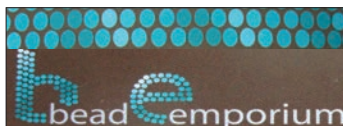
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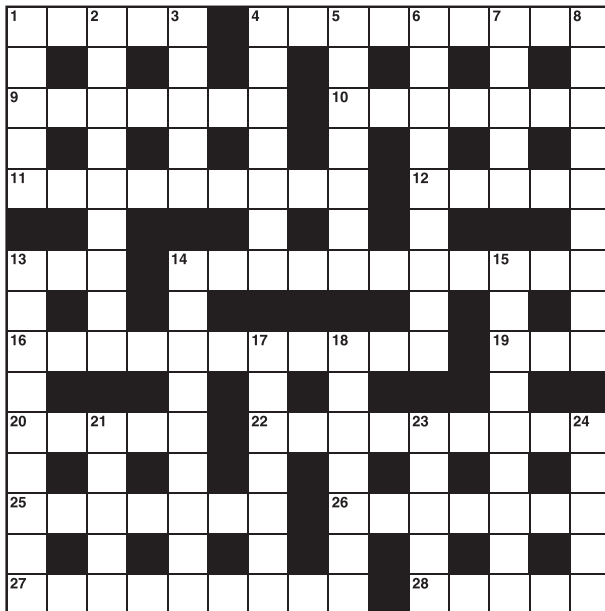
## QUICK CROSSWORD

### ACROSS

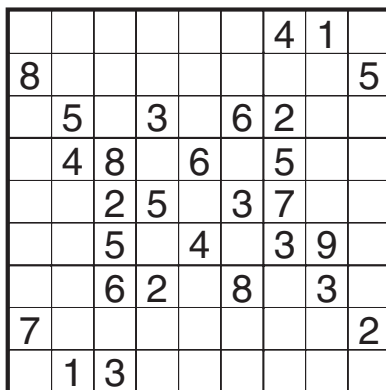
- 1 Roman numeral L (5)
- 4 Pain in a nerve pathway (9)
- 9 Recipe (7)
- 10 Relating to the natural emblem of a clan or tribe (7)
- 11 Clean up (9)
- 12 Female name (5)
- 13 A wing (3)
- 14 Prioritising material possessions (11)
- 16 Unavoidably (11)
- 19 Scammed (3)
- 20 Before (5)
- 22 Evacuate (9)
- 25 Segment of prose book (7)
- 26 Gave away (7)
- 27 Dilapidation (9)
- 28 Opened (5)

### DOWN

- 1 Group who undermine from within, — column (5)
- 2 According to a known pattern rather than innovative (9)
- 3 More than one person (slang) (5)
- 4 Tidiest (7)
- 5 Of sufficient quality (2,2,3)
- 6 Dictatorial rule (9)
- 7 Electromagnetic radiation, — rays (5)
- 8 Celebrated (9)
- 13 Declared (9)
- 14 Christmas plant (9)
- 15 Handed down (9)
- 17 Pyrenees country (7)
- 18 One with special advantage (7)
- 21 Russian kings (5)
- 23 Vishnu worshipper (5)
- 24 Terminated (5)



## SUDOKU

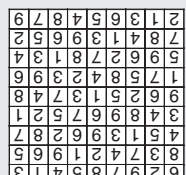


## SOLUTIONS

### QUICK CROSSWORD



### SUDOKU



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# 'The sea was angry that day'

Thirroul's Tony Ryan tries deep-sea fishing on holiday

Bumping into people on the street and getting feedback from friends, it seems the readers of this fine publication seem to get enjoyment from my misfortune, especially when I am on holidays.

So I thought I would share bits of our last adventure.

We had decided to take a trip up the north coast to the lovely spot of Forster. The weather forecast said it was going to be sunny for the whole week but, as many of you know, we call ourselves 'the drought breakers' and, sure enough, days three, four and five were full of thunderstorms and rain.

How good a job is being a weather forecaster! You can get it wrong every day but still come in with no ramifications! I love it when they say it's a 50% chance of rain. How can they go wrong?!

For Christmas, Santa gave me and my mate Dave a deep-sea fishing trip. Being prone to a bit of seasickness, I made the journey into town the day before to ensure I had sea-sick tablets.

The big day arrived and as we boarded the boat I thought to myself that seasickness tablets tend to work better if you don't leave them in the caravan.

We set off. Convincing myself it would be mind over matter, I thought it was a good sign when, after three minutes, we saw a pod of dolphins.

But that is when the good times finished. To borrow a line from George Costanza, "The sea was angry that day, my friend".

The 30-minute journey to the fishing point was not too bad, but when we stopped the "fun" really began. For the boat was bouncing around like an eight-year-old on red cordial.

The fishing started slowly and we only caught red cod – a spiky fish that requires delicate removal – and returned them to the ocean. Things were on the up as we caught a few snapper, but then the storm came in and the swell picked up.

By this time, the boat was experiencing more highs and lows than a Dragons supporter and thoughts of *Gilligan's Island* were popping into my head, as I wondered if we were going to float into the abyss.

The stomach started to rumble and my mind told me I was going to be fine. But this is the same mind that convinced me to keep playing footy at 55 and that I could keep up with my son and his friends in a drinking game over Christmas.

The rain was heavy, wind and cold set in, and the constant bouncing of the boat made my body start shaking like Elvis at a live performance.

Finally the body overrode the mind and I had to quickly secure my rod and find a part of the boat that no one was using to expel the remnants of my lunch and probably my previous six meals. The New Year's resolution of being "vomit free in '23" lasted only five days.

After six hours at sea we turned for home; I slept for that part of the trip. Rain was pelting down when we arrived back at the dock and, with our 10 snapper in a garbage bag, we made the 500m dash to the car. I put the fish in the back and grabbed a towel. It was a bit damp and then realised it was the towel we had used to dry the dog after her ocean swim earlier in the day. So I was cold, wet and now I smelt like wet dog.

On the 7km journey home we had the heater cranked up and that night the family and a few neighbours at the caravan park feasted on the fruits of our labour. Which should have made it all worthwhile, but it kinda didn't.

Because of the rain, all our car windows were wound up. The next day the heat returned, giving the remains of the fish smell a chance to fester.

Despite these little hiccups, it still is always good to get away with family and friends. ✨





## Coalcliff kicks off centenary celebrations

By James McFarlane, Coalcliff SLSC president

Coalcliff Surf Life Saving Club will turn 100 next summer. On Saturday, 25 February, the club will kick off a year of community events celebrating the Centenary of Coalcliff SLSC, starting with an evening that showcases Sydney and Melbourne International Comedy Festival talent locally.

Comedy for a Cause is excited to host this event in the Pioneer Room at Helensburgh Tradies on Saturday, 25 February 2023. Doors open at 7pm.

More information about the comedian line-up will be issued shortly. However, if you'd like to get in early, buy tickets for only \$35 per person and enjoy a fun community fundraising evening for

Coalcliff Surf Life Saving Club, visit [www.comedyforacause.net/ccs](http://www.comedyforacause.net/ccs)

Our events for the Centenary of Coalcliff will enable the community to engage with us beyond public safety on the beach.

Do you know any funny or interesting stories about Coalcliff? Do you recall the names of some of the surf shacks you may have owned or visited at Coalcliff? The club is capturing stories and photos for a digitisation project during the Centenary of Coalcliff SLSC.

Contact us at [events@coalcliffslsc.com.au](mailto:events@coalcliffslsc.com.au) ✨

## Boardriders elect 2023 committee

Ian Pepper reports

We held the AGM on Tuesday, January 17 at Beaches Hotel. Below is our committee for 2023:

- President – Christian DeClouett
- Vice President – Shaun Warren
- Treasurer – Tristen Hargreaves
- Contest Directors – Ian Pepper; Paul Lourenco; Fin McLaren
- Assistant Contest Directors – Josh Pepper
- Secretary – Pete Coleman/Nick McLaren
- Public Officer – Tristen Hargreaves
- Sponsorship Manager – Michelle Morgan
- Grom Coordinators – Brett Giddings; Dave Hyslop; Michelle Morgan (including water safety)
- Pointscore Tally Records – Ian Pepper
- Club Coach – Nic Squiers
- Girls Coordinator – Rakesh Short
- Head Judge Shaun Warren; Assistants Andrew Christensen & Anna Chamberlain
- Team Selectors/Managers – Christian DeClouett; Wazza; Nic Squiers
- Catering Directors – Johnny Chamberlain; Glen Cahill, Tyler Haines
- Complaints – Ian Anderson; Michael Croft
- Media Officers – Nick McLaren; Christian

DeClouett; Ian Pepper; Dane Montague; Wazza; Emily Laurence

- Gear Stewards – Ian Anderson; Ian Pepper
- Life Members – Ray Smith, Christian DeClouett, Ian Anderson, Pete Coleman, Bettina Huckel
- First Aid Officers – Micros Ben Squiers, tbc;
- Other divisions – Dave Gelder; Christian DeClouett, Clay Kulmar

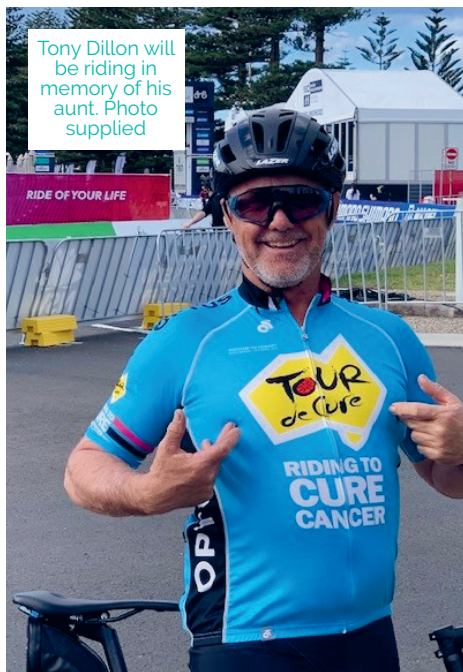
Drew Rendall announced his retirement from the committee after 15 years of service. We thank Drew for his massive contribution to the club, especially rallying so many sponsors. We wish Drew and Anne all the best with their move down the coast.

A few new faces, which is awesome. Welcome to Micro Co-ordinators Brett Giddings and Dave Hyslop, Girls Coordinator Rakesh Short and Emily Laurence in media and assisting juniors with competition entries. Michelle Morgan is Sponsorship Manager and Andrew Christiansen is helping Wazza as Head Judge.

Membership for 2023 is now open on Liveheats. Fees remain the same as they have since 2020 to help with current cost-of-living pressures. ✨

# Q&A with a Tour de Cure rider

Tony Dillon has been training with the Tour de Cure NSW Team.  
His goal is to raise funds for cancer research



Tony Dillon will be riding in memory of his aunt. Photo supplied

type of awareness and I instantly wanted to be involved. After some research, I found the NSW TDC website and was swept up with it. The TDC NSW team has always made me welcome in the training group and now I'm part of the Tour de Cure family.

## What does your training involve?

I like to average 200km per week in training: Monday – rest day or 24km cycle commute to work; Tuesday 5.45am – 30km team skills training ride; Wednesday – 24km cycle commute; Thursday – rest day cycling, evening yoga class; Friday – 24km cycle commute; Saturday – 50-60km morning road ride, usually around Royal National Park, or along the coast road to Wollongong; and Sunday – 6am roll-out with full 90-120km TDC team ride on the Northern Beaches, hills of Akuna Bay, to Brooklyn and return.

## What's your goal, and how can readers help?

Honestly, to help those that are unable to. Nobody deserves to get cancer, if they do, their will and courage to beat this is greater than you can imagine.

If I can assist fund-raising by cycling 1000km with the Tour de Cure (which I love to do, even getting saddle sores, tired muscles, fatigue for eight days is nothing compared to some with cancer) that means that in the future we could find cures to cancer, and less people will suffer.

Readers can help by donating. My target is \$12,000. People can follow us on Live tracker – the link will be supplied to those who donate.

To donate, scan the QR code or go to [tourdecure.grassrootz.com/signature-tour-2023/tony-dillon](https://tourdecure.grassrootz.com/signature-tour-2023/tony-dillon) 🌟

## Please tell us a bit about yourself.

I'm 58 years young, I reside in Helensburgh and I'm a Work Health & Safety manager for a shipyard at Milsons Point.

I've only been cycling since Covid became a thing, so I could commute 50% of my way to work.

## When and where will you be riding in the Tour de Cure?

The ride starts in Coffs Harbour on 16th March and finishes in Noosa, Queensland on 24th March. The route is via Yamba, Ballina, Kingscliff, Broadbeach, Ipswich, Brisbane, Sandstone Point then to Noosa.

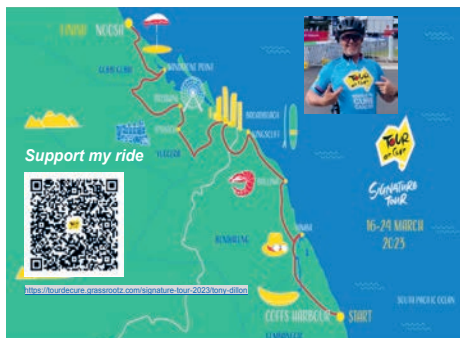
## Why are you taking on this challenge?

Five years ago I lost my Aunty to stage 4 bone cancer with only six weeks notice.

These days, work colleagues are informing me of either prostate, bowel, breast cancer.

Last year I watched a clip on TV of a group of cyclists riding to raise funds for cancer research in the Tour de Cure.

It was a very raw feeling knowing there was this





## Boost for community soccer

Funding to improve facilities and participation in the sport comes ahead of the FIFA Women's World Cup, to be played in Australia and New Zealand during July and August

Helensburgh Junior Soccer Club has received \$83,200 via the NSW Government's Football Legacy Fund to upgrade toilets and referees' facilities at Rex Jackson Oval to make them more accessible and female-friendly.

The funding announcement took place in Helensburgh on Wednesday, January 18.

The Thistles were one of five community clubs to receive funding, allocated through the Football Legacy Fund and aimed at improving local facilities and boosting participation in soccer.

Unanderra Hearts SC Women's Football Program received \$2500; Russell Vale Junior Soccer Club \$6800; Figtree Football Club \$32,000; and Woonona Junior Football Club \$30,500.

Wollongong City Council was given just over \$182,000 to improve drainage at Cawley Park and Judy Masters Park sportsgrounds, and Football South Coast received \$7500 to invest in online education for grassroots coaches. ✨



Junior Thistles Kitty Wakim (left), Eden Brennan (middle), Claire Buckley (right), and Cecilia Duffy (front). Photo: Caitlin Sloan



## Ride with HORCC

Helensburgh Off Road Cycling Club (HORCC) is a community-based club with a diverse range of members, from juniors to seniors over 60.

The club promotes participation and a healthy lifestyle through mountain biking, encouraging the whole family to get involved.

Its members have achieved great success but it's not just about competitions. The club provides a social network so you can meet like-minded people and become part of the community.

As well as weekly rides, HORCC runs a fortnightly Fitness Challenge on Saturday afternoons. Save the dates for February: 3pm on the 7th and the 21st.

Visit [horcc.com.au](http://horcc.com.au) ✨

## Netball rego time

By Kylie Skiller, Helensburgh Netball Club president/registrar

Registration is open for ages 8 to seniors in the 2023 winter competition.

Online rego is open from now until February 20. Details are on our Facebook page and also emailed out to last year's players.

Face-to-face rego info/uniform days, Sat 4th Feb and Sat 11th Feb, 9am-1pm.

Any questions, contact Kylie Skiller on 0401 967 015 or [helensburghnetball@gmail.com](mailto:helensburghnetball@gmail.com)

Games are played at Berkeley or Fairy Meadow on a Saturday, depending on age. First competition game 29 April.

The club is now on Instagram @helensburghnetball

Can't wait to kick off the season and see all the lovely happy faces of our participants. ✨



# Netball club secretary honoured

Judy Skiller was a joint winner of the Lord Mayor's Award at Wollongong's Australia Day Awards

When Judy Skiller helped found Helensburgh Netball Club in 1984, it was to create a sport for her daughters. "Because the girls didn't play soccer or anything then. Someone said, 'Oh well, stop whingeing and do something about it,'" Judy says, laughing. "So we thought, right, we'll get netball started."

Almost 40 years later, Judy is still the club secretary and her long service has been honoured by a Lord Mayor's Award at the 2023 City of Wollongong Australia Day Awards, held on January 20 at City Beach in Wollongong.

"I was very shocked. I couldn't believe it," Judy said, of hearing her name announced.

The award recognised her "truly remarkable commitment" and many legacies, including the building of the clubhouse, the installation of lights and the construction of a hard-court surface.

Netball is a game for all ages, which is what Judy loves about it. "It's so easy for little ones to play, we have five- and six-year-olds ... some of our seniors are just amazing, they're still playing and they're quite competitive. That's what I like about it. Anyone can play."

During her netball career, Judy has played, coached and umpired. Her three daughters still play netball: Kylie Skiller is Helensburgh Netball Club president; Kristy Poole organises club projects and grants; and Donna Gibbons lives at Picton, where her two daughters play netball.

"So I've got grandchildren playing," Judy says.

The Helensburgh club has grown from a couple of teams in its first year of competition in 1985 to 16 teams in 2022. Judy counts coaching a few grand final-winning teams as a highlight.

"To me that's an achievement for the girls – the girls have worked hard and that's just the ultimate [achievement]."

Any time Judy has thought of handing over the secretary role, the idea's been vetoed. "They'd say, 'But Judy, you know all the people down Illawarra, you know so many people. No, you keep doing it.'"

"But I was happy to do it.

"It's a great club."

Born in 1951, Judy grew up in Caringbah and moved to Helensburgh 48 years ago, attracted by



Judy Skiller at the Australia Day Awards ceremony and (at left) back in 1997 with one of the champion teams she coached



affordable land, at a time when blocks sold for \$6000. Long-time locals may know Judy from the Helensburgh servo. "We used to own the Shell service station uptown. We owned that for 20 years."

Today, Judy says, "I wouldn't live anywhere else."

"I had five children altogether. There was plenty of kids ... we had like about 30 kids in the street at one stage, we're among two cul-de-sacs here, so it's been fantastic for the kids and they've all played different sports and they've all been really involved in the community.

"The whole town's just great. They get behind you, they help you out, doesn't matter what it is, they're there. We had a sausage sizzle and we'd run out of sausages and the butcher went over to his shop and got us more sausages.

"You know, things like that. They don't happen anywhere else." ✨

# Port Kembla Tidal Chart

## February 2023

TIME	M	TIME	M	TIME	M	TIME	M
<b>1</b> 0612 1.52 1318 0.53 WE 1901 1.07		<b>10</b> 0540 0.53 1154 1.55 FR 1821 0.38		<b>19</b> 0141 0.41 0815 1.94 SU 1504 0.10 2100 1.37		<b>28</b> 0328 1.45 1036 0.64 TU 1619 1.02 2138 0.73	
<b>2</b> 0015 0.63 0701 1.57 TH 1403 0.47 1950 1.11		<b>11</b> 0035 1.35 0626 0.56 SA 1231 1.45 1854 0.43		<b>20</b> 0236 0.34 0906 1.99 MO 1550 0.06 ● 2148 1.44			
<b>3</b> 0104 0.61 0745 1.62 FR 1441 0.41 2030 1.15		<b>12</b> 0116 1.38 0716 0.60 SU 1315 1.34 1930 0.48		<b>21</b> 0329 0.29 0956 1.98 TU 1634 0.07 2234 1.49			
<b>4</b> 0148 0.57 0825 1.66 SA 1515 0.37 2106 1.19		<b>13</b> 0203 1.41 0819 0.63 MO 1409 1.23 2015 0.54		<b>22</b> 0421 0.28 1044 1.90 WE 1715 0.13 2320 1.53			
<b>5</b> 0229 0.54 0902 1.70 SU 1547 0.34 2140 1.23		<b>14</b> 0300 1.44 0936 0.63 TU 1520 1.14 ● 2114 0.59		<b>23</b> 0514 0.31 1130 1.75 TH 1756 0.23			
<b>6</b> 0306 0.51 0937 1.71 MO 1619 0.32 ○ 2213 1.25		<b>15</b> 0404 1.50 1102 0.57 WE 1647 1.10 2224 0.60		<b>24</b> 0005 1.54 0608 0.38 FR 1217 1.57 1834 0.35			
<b>7</b> 0344 0.49 1011 1.71 TU 1649 0.32 2246 1.28		<b>16</b> 0515 1.59 1218 0.45 TH 1811 1.14 2336 0.57		<b>25</b> 0051 1.53 0704 0.47 SA 1305 1.38 1911 0.47			
<b>8</b> 0420 0.49 1045 1.68 WE 1720 0.33 2320 1.30		<b>17</b> 0620 1.71 1322 0.32 FR 1916 1.21		<b>26</b> 0139 1.51 0806 0.55 SU 1357 1.21 1950 0.58			
<b>9</b> 0500 0.50 1118 1.63 TH 1750 0.35 2357 1.33		<b>18</b> 0041 0.50 0720 1.83 SA 1415 0.19 2012 1.29		<b>27</b> 0230 1.48 0916 0.62 MO 1459 1.08 ● 2036 0.67			

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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# Golf news

## Tradies Social Golf

Barry Thompson reports

Our 2023 season opened with a bang on January 21 with 21 starters and ideal conditions. We welcomed two new members, Kynan and Shane and were delighted to see our old mate Al Wagner who joined us while on a holiday visit.

Mick Carroll won the Stableford event with 41 points. Second went to Paul Morahan on count-back to John Towns and Garry Overton, all with 35 points. The judges dismissed Garry's plaintive cry of "I woz robbed!" and the placings were said to stand.

The winners will be off to Helensburgh Butchery and Gallardo's Pizzeria to claim their prizes.

Lucky Rodger Hendry won the Helensburgh Driving Range voucher. Nobody begrudged the win as we are all aware of Rodger's urgent need for practice.

As well as winning a few balls, Iain Birss took out the \$45 Eagles Nest on the seventh, that makes it a profitable round Iain.

Our February away game to Jamberoo was booked out early with 25 starters. Mick will be organising more tours during the year. Keep your eyes open as these events fill quickly.

The visit by President Terry and Rod Vaughn to the Northern Illawarra Neighbour Aid office to present our donation from the charity day was well received. Their manager, Sharon Gissane, asked that we thank the members for their contribution.

Our next outing will be on February 18th at Boomerang. Tee off is at 7am, please arrive early to assist our starters.

## Helensburgh Sunday Social Golf Club

Robert 'Indy' Jones reports

The holiday season caused a slight disruption to our start to the year, but the HSSGC tour continues on February 12th at Hurstville Golf Club, followed on March 5th also at Hurstville.

Updates to members via email and contact Tony on 0418 863 100 for membership information.

Please continue to support our sponsors Christian's Premium Meats and Helensburgh Golf Range and join us to enjoy a game of golf, the outdoors and good company.

Indy signing off ...

Let us hope I don't have to have my ball retriever re-gripped in 2023. 🍀

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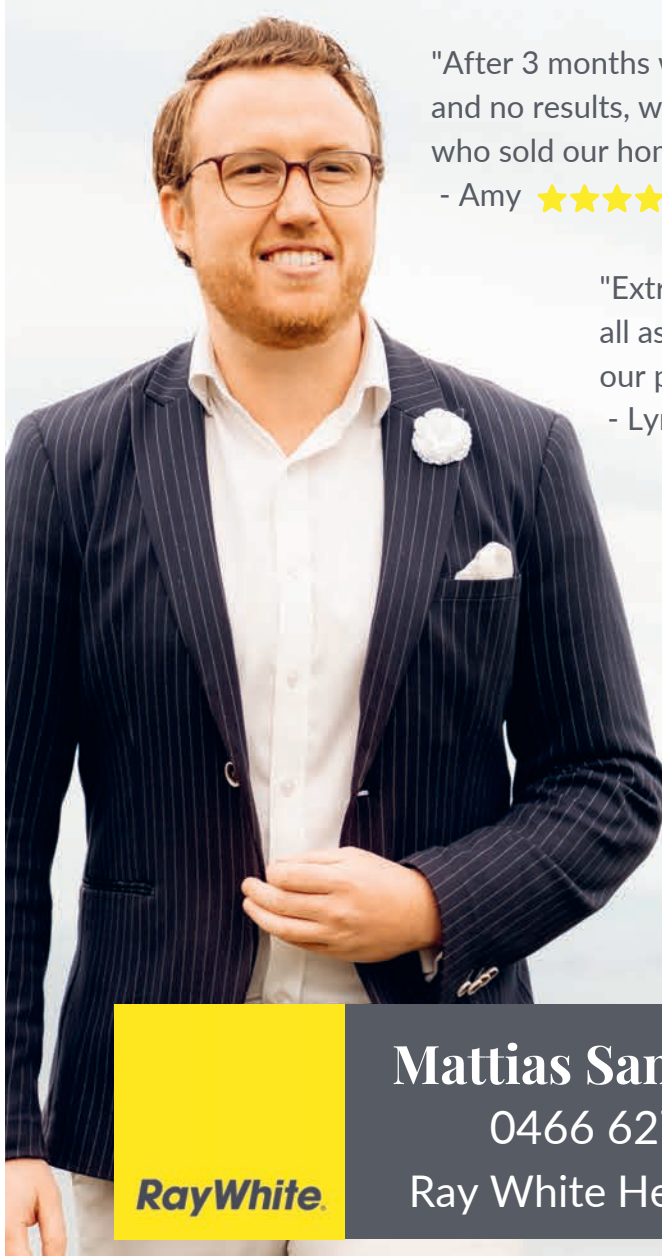
**John Hine (Proprietor)**

**187 Parkes St Helensburgh 2508**



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A portrait of Mattias Samuelsson, a man with a beard and glasses, wearing a dark pinstripe blazer over a white shirt. He is smiling and has a white flower pinned to his lapel.

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(Mattias's Mum)

★★★★★

**Mattias Samuelsson**

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