

# THE ILLAWARRA *flame*

July 2022



Keeping community news alive

## Art that tells a story

How the Coomaditchie artists connect people and culture



## Meet Our Contributors



**Stacy Carter** is a local resident who joined the Flame Tree Food Co-op because she was attracted by its values of community and sustainability and the opportunity to buy local produce. She loves volunteering in the shop, meeting and interacting with the shoppers.



**Christine Sykes** is a community worker and senior public servant, now retired and living in Stanwell Park. As well as writing and tap dancing, Christine loves to walk and have coffee with friends, and has been known to perform on stage with SPAT.



**Dr Victoria Beyer** graduated from the University of Sydney's Graduate Medical Program in 2012. She has a Diploma of Child Health and a Family Planning Certificate in Sexual and Reproductive Health. Her areas of interest include paediatrics, women's health, antenatal care and sexual health. Victoria recently moved to the northern Illawarra and now works as a GP at Bulli Medical Practice.



**Amanda De George** is a naturalist, writer and photographer based in the Northern Illawarra. Her passion lies in discovering interesting critters in urban environments and sharing them with the followers of her social media pages and website. Oh, and adventures and naps and wine; she's passionate about those things too!



**Rees Archibald** grew up in Austinmer and worked in Sydney as a professional musician before going overseas in the late '90s for study and work. He returned to the Illawarra in 2020. A sound-based artist, he is working on a project on Helensburgh's historic cemetery.



**Lynn Read** lives at Austinmer. Lynn's career was in human resources and during that time she completed an MBA at Wollongong University. Being involved with the Illawarra Film Society and Thrirroul Seaside Festival are her volunteering passions! Lynn's interests include yoga, swimming year round in ocean pools, and walking. In 2019, she did the Wainwright Walk across England from St Bees to Robin Hoods Bay.

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



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DEADLINE 20 July. Contributions welcome.

COVER NAIDOC artwork by Coomaditchie United Aboriginal Corporation artists Lorraine Brown & Narelle Thomas. Photo: Anthony Warry

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# Film Society celebrates founder

By Lynn Read

Theresa Huxtable is celebrating 10 years as the creator of the Illawarra Film Society (IFS). Theresa has been at the helm of IFS since its inception in 2013 and thanks to her leadership over the past decade we have enjoyed a range of films – from independent, classic, foreign, contemporary and arthouse to a wide selection of documentaries.

“When I moved to Wollongong I was conscious that there was a degree of frustration at the lack of diversity in films that came to the Illawarra, and this is when I had the idea to set up a film group,” Theresa said.

“Certainly, the big blockbusters were getting lots of airplay down here, but not so much the smaller arthouse and independent films.”

Having lived in Newcastle, Theresa says she was inspired by the Newcastle Film Society and believed that a similar organisation could work in Wollongong. She met members of the Newcastle Film Society to learn how to set up a successful operation and, with a group of like-minded friends, the Illawarra Film Society was born.

The society’s original aim was for a membership of 500 people, to cover the cost of hiring the cinema and films, transportation of movies from distributors, and the printing of IFS programs and membership cards. This base has been consistently achieved over the past decade, with only a small decrease during Covid times.

The film society has been so successful that, over the years, it has been able to make donations to other not-for-profit arts organisations. All this for \$90 annual membership – the cost maintained through its 10-year history!

The IFS screens on 30 Sunday evenings

throughout the year, at the Gala Cinema, Cowper Street, Warrawong, at 7pm.

The society works with leading film distributors and the 2022 program includes *Becoming Cousteau*, a documentary about the life of the famous explorer Jacques Cousteau, and *Cria Cuervos*, a Spanish drama that is one of film critic David Stratton’s preferred films.

Theresa says: “The film society is another way of bringing people together, of talking about film, and catching up on a Sunday night.”

Members are encouraged to share their film suggestions, and to volunteer their time to the society.

What a legacy, Theresa! Congratulations and well done from a grateful IFS audience.

IFS membership for 2023 opens on 1 July 2022 – to buy a membership and for further information visit [www.ifs.org.au](http://www.ifs.org.au) ✨



## Thanks to the Men's Shed

Coledale has a new street library, writes Sarah Nicholson

The South Coast Writers Centre is excited to have recently installed a permanent Street Library at the Coledale Community Hall.

You can find it in front of the west-facing wall of the hall on Lawrence Hargrave Drive. Our library cupboard is filled with all sorts of books for the community to borrow, read, and swap!

A big thank you to the Thirroul Men's Shed for working with SCWC to build this beautiful free library for the community. ✨



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# Clifton Cornerstone

The School of Arts is celebrating its 111th anniversary, writes Dawn Crowther

The land where the iconic Clifton School of Arts building now stands was originally owned by Coal Cliff Colliery and occupied by the Clifton Police station horse stables. When the block was gifted to the people of Clifton in 1910, the horses were moved and construction began. The School of Arts was under the Trusteeship of two Clifton citizens: local store owner Harry Caiger JP and Coal Cliff Colliery manager Patrick Carrick. Upon completion, the impressive building quickly became a cornerstone of the community and has remained so ever since.

Many people presume the building is on Crown land or is managed by our local council. In fact, the CSA has always been community owned and the members of Clifton School of Arts Incorporated are actual Trustees of the building.

In 1996 the CSA's historic building was deemed 'in danger of demolition' by local authorities. A membership of 80 locals banded together under a new committee to try and save the structure. At a public meeting chaired by Liz Ellis, secretary Glenys Ivory and treasurer Mick Dignam, new Trustees were elected – Liz Ellis, Sheona White, Michael Cook, Ronald (Mick) Dignam, Don Robertson and Ian Gentle.

The Management Committee included Lyn

Busch, Maryann Maher, Kath Bearsby, John Ranger, Jolyon Sykes, Glenys Ivory, Robyn Perry and Ernie Valbusa.

Two years later, Clifton School of Arts Inc. came into being, ensuring that the CSA would always be under the trusteeship of members. The trustees then began the hard work of raising funds for the restoration. There were car boot sales, sausage sizzles, raffles, pie drives as well as donations of artwork by renowned CSA 'artist in residence' Ian Gentle. Volunteers created calendars, screen-printed CSA t-shirts and framed old photos from Clifton to sell.

Restoration work was completed in 2003 and subsequent committees and members have kept this Local Heritage Building in a pristine state so it can continue to serve the local community.

In 2020, the members' commitment to preserving this beautiful building was recognised by a generous bequest of \$100,000 by the late Warren Halloran AM. A realtor and philanthropist, Mr Halloran had apparently been noting the ongoing maintenance and community involvement in the CSA since its reopening in 2003.

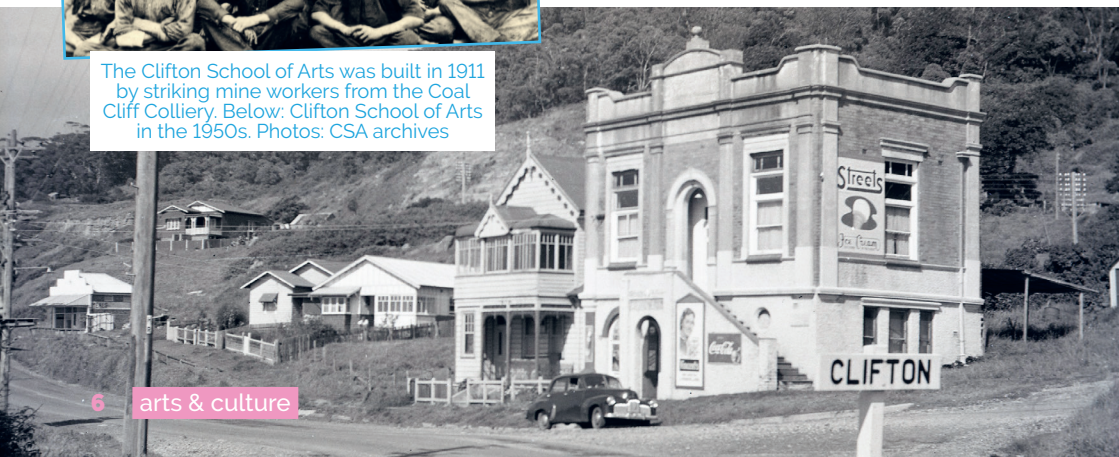
The history of the building's first 100 years is recorded in *Cornerstone of a Village* (2012), published by the CSA. A new book, *Chronicles from Clifton* (2021), continues that history and includes many fascinating local stories. Both books may be purchased online at [artsclifton.org](http://artsclifton.org) or from The Imperial at Clifton, local newsagents and Collins Booksellers Thirroul.

On 16 and 17 July, Clifton School of Arts will be celebrating our 111th Anniversary. An exhibition of historical photographs, film, maps, artefacts and documents will be open to the public from Monday, July 18.

Visit [www.artsclifton.org](http://www.artsclifton.org) 🌟



The Clifton School of Arts was built in 1911 by striking mine workers from the Coal Cliff Colliery. Below: Clifton School of Arts in the 1950s. Photos: CSA archives





# See Side ptical

## The Elusive Miss Lou

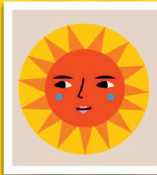


The Elusive Miss Lou is the brainchild of Louise and Teiger Sceats, a mother and son dynamic duo, with a combined 15 years of experience in the optical fashion industry.

AT THE END OF 2018, LOUISE DECIDED TO THROW IT ALL IN AND MOVE OUT TO THE SEASIDE TO RETIRE, BUT IT TURNS OUT RETIREMENT IS REALLY BORING.



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"We are determined to create something really wonderful and spread happiness in what, I think we can all agree, has been a potentially not so great period of time."

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A picture of me drawing at the beach \*not boring

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# 'A heart-warming story of secrets, love and the power of friendship'

By Christine Sykes



Auntie Peg's group over the years. When I retired, I followed Auntie Peg's lead and also took up tap dancing! Something I continue to do to this day.

*The Tap Cats of the Sunshine Coast* is a moving and heart-warming story of secrets, love and the power of friendship.

The story centres around Sofia, Carol and Bonnie, three very different women who have known each other for a lifetime. They discover that even friends you think you know best can still have secrets.

My acclaimed memoir *Gough and Me: My journey from Cabramatta to China and beyond* was featured at the opening night of the South Coast Writers Festival in June in a session with Jane Caro.

My first book, *The Changing Room*, which won an award, was inspired by my work as a volunteer with Dress for Success Sydney, a styling and support service for women entering the workforce.

I am grateful to the South Coast Writers Centre for hosting the launch of *The Tap Cats of the Sunshine Coast* and encourage people come to help me celebrate and to support the wonderful work of the Writers Centre.



Registration for the event is \$5 and can be made at <https://events.humanitix.com/book-launch-the-tap-cats> 🌟

After moving to Stanwell Park over nine years ago, I became an award-winning author.

My third book, *The Tap Cats of the Sunshine Coast*, is being launched at Coledale Community Centre on Saturday, 6 August from 3pm to 5pm.

Caroline Baum, well-known writer, journalist, former broadcaster and ambassador for the Older Women's Network (OWN) in NSW, will be doing an in conversation with me about *The Tap Cats of the Sunshine Coast*.

The idea for the novel came to me in a very personal way. My Auntie Peg, who lived on the Sunshine Coast, took up tap dancing when she retired and it gave her a new lease on life. I attended several rehearsals and performances of

## Snow above the Illawarra

By local studies librarian Jenny McConchie

My first experience of snow occurred when Mum heard a radio announcement that it was snowing in Robertson. The family piled on our jumpers then piled in the car for the journey.

This photograph (P02196) shows a steady stream of cars on the return journey down Macquarie Pass still covered in the white powder. It was 1947 and some of the cars may not have been equipped with a heater.

You can search the Wollongong City Libraries' catalogue to view this and thousands of other wonderful images of the Illawarra.

If you have any images you would be willing to donate or share, contact the Local Studies team at [localhistory@wollongong.nsw.gov.au](mailto:localhistory@wollongong.nsw.gov.au) 🌟





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# Artists of the Illawarra

Stanwell Park painter Edith McNally introduces impressionist Fred Marsh

Fred Marsh is an impressionist artist from Coledale, who was recently awarded first prize in the Wollongong Art Gallery "Postcards from The Edge" 2022 art prize for his nocturnal painting of *Brickyard Point from Sharkey Beach* (below right).

He is inspired by the diversity of mood and light, exploring the themes of light in both the local urban areas and coast. He has been exploring the "magic hour" of the coast in the morning and evening when the sparkle energises the water and the moody mysterious atmosphere of urban areas at night.

He finds the interplay with cool and warm colours particularly exciting in capturing form and luminosity in a painting. Usually, he has a clear view of what he wants. However, sometimes a bit of "magic" happens and it reaches a stage when he can see that the painting is trying to take over and lead him somewhere else. He finds it satisfying to



let go and let the painting take him wherever.

Painting and sketching outdoors plays a big part in his practice. "Nothing beats painting outdoors where you can feel the sun and wind, and 'hear' the landscape such that it always turns out to be a very satisfying day at the 'office,'" Fred says.

Fred's work is in private collections in all states of Australia, most states of the US, UK, New Zealand, and Singapore. Work is also held in corporate collections in the US and Australia.

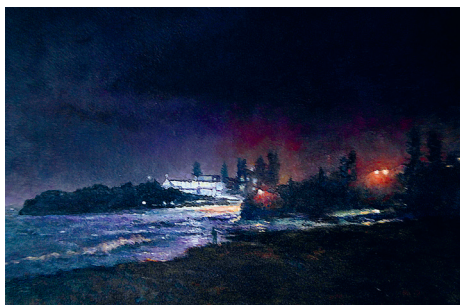
His work has been seen in recent exhibitions at Wollongong Art Gallery, Hazelhurst Regional Gallery, and 55 Parrots Bulli.

Fred and his partner and fellow artist Barbara Gray have established a gallery in their studio, which will soon be opening by appointment.

Fred's paintings can also be found on his website at [www.marshstudio.com](http://www.marshstudio.com) or on Instagram @marshstudio



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





# Thank you Lions Club!



*Thank you to the Lions Club and to the Thirroul community for supporting the Seaside & Arts Festival*



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# Sounds of the Cemetery

Rees Archibald is collecting interviews and nature recordings for a project on historic Helensburgh Cemetery. He shared his story with us

My name is Rees Archibald. I grew up in Austinmer and worked in Sydney as a professional musician before I went overseas in the late 90s for study and work. I came back to the Illawarra in 2020.

I make sound-based art, so that can mean music or sound in a much wider sense. The project I am

currently involved in at Helensburgh is about the historic cemetery and uses interviews combined with nature recordings that I am making at the cemetery itself over several weeks.

My project is part of a series of commissions called ARTWARDS – Art in Unusual Places, which has been created by the Cultural Development team at Wollongong City Council. There are people working across the Illawarra at Corrimall Library, Puckey's Estate, Windang and Kembla Grange Cemetery, and each of these projects develops new artwork in relation to a specific site or location.

I wanted to do a project about Helensburgh and the cemetery. My idea is that the cemetery is a site of intersecting stories: the stories of people who are buried there, their relatives, the history of the town and how it developed, and also the plants and animals at the site. I am finding out some amazing information working with the Helensburgh Historical Society. For example, a woman buried at the cemetery, Emelie Harper Makin, was the daughter of a French-Canadian citizen and 'Patriote' Joseph Marceau, who was transported to Australia in 1837 for insurrection and rebellion against the British Crown.

At first glance you might not imagine the bush or the animal life playing a major part but I am learning that the cemetery at one time had more sections than it does at present, such as a paupers' section. Over time and especially due to fires the bush has reclaimed these areas. Wooden or cheaper metal crosses and other memorials were burnt away or lost to time and today you would no have no idea they were once there.

I was keen to do this project as I am increasingly interested in the relationship between sound and memory. Capturing this aural history is really important and full of amazing surprises. I also think this is a very interesting moment in the history of Helensburgh (and the Illawarra) as the population is increasing as people move into the area from Sydney. The character of the region is changing.

As the project uses interviews I would love for members of the public to get involved and contribute their stories and experiences related to Helensburgh Cemetery and how it might connect with the town and region.

To get involved please email [rees@reesarchibald.com](mailto:rees@reesarchibald.com). 🌟



Sound-based artist Rees Archibald would like to hear your stories of Helensburgh Cemetery.



Tradies



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Retired from UOW, Ian Brown now has time to focus on his own work. Photos supplied



# Time to *create and educate*

Janice Creenaune meets Ian Brown, a life-long resident of Thirroul and Bulli who, after retiring from lecturing in Visual Arts and leading UOW's School of Education, is still making art and helping others to learn too

Ian Brown began his career by training as a classroom teacher and a passion for education continued throughout his working life. He has taught young teachers and children of all ages, and worked as a lecturer in Visual Arts at UOW. Ian completed a PhD in Art Policy Theory and, having achieved such titles as Honorary Professor and Fellow of UOW, was well equipped to contribute to teacher education in Australia. Remarkably, he has also influenced many others around the world.

At 65 and retired, Ian is not about to stop. He always had an interest in art but 20 years ago he started short courses at the National Art School, Willoughby Arts Centre and Hazelhurst in Gymea.

"Acrylic painting, traditional Japanese woodblock, zinc etching with aquatint. I studied a bit of everything stylistically, but the courses offered me influences," he says. "I recently made a mono-print collage on Japanese paper and it seemed to unconsciously tailor into a landscape, or looked like a landscape, printed not painted. It is organic, fluid with often random marks making a collage recreated from little torn pieces.

"Sometimes I work on wood, in acrylic, and then sand it back and create a texture in abstract form in multiple layers. My works do not stand in any specific genre or style, but are loosely contemporary in aspect. Landscapes feature unconsciously, often, maybe because of my local surroundings, but it is the perception of the viewer

that is most important to me and as a contemporary artist. It is the abstract expressionism, with particular emphasis on the 'expression' that is at my core of belief."

Ian says his studio space is "open and fluid".  
"There is no locking away for me. I love people around me, my family, friends in collaboration, even cooking while I work on my art."

He enjoys working with other artists, particularly with the Illawarra Association for the Visual Arts (IAVA).

"We all have similar interests and a passion for contemporary art in particular.

"IAVA recently held a very successful exhibition, *TEN*, celebrating 10 years of IAVA, at the Clifton School of Arts."

Education remains firmly in Ian's psyche. During the pandemic Ian was an integral member of the 'Bright Start' Program, delivering 'Parenting in the Pandemic' workshops that were developed for and delivered virtually to parents and teachers in the Middle East and North Africa region.

Ian's achievements reveal a passion for art and education and he and wife, Rita, are a dynamic duo in education circles in the local area and beyond.

Writer Janice Creenaune is a volunteer for PKD (Polycystic Kidney Disease) Foundation Australia. Email [janicecreenaune@gmail.com](mailto:janicecreenaune@gmail.com) or phone 4267 4880. 🌟

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## Hello, holidays

By the team at Collins Booksellers Thirroul



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All photos: Anthony Warry





# Art that tells a story

The Coomaditchie artists have been using their paintings to connect people with Aboriginal culture for three decades. Iris Huizinga reports



The creativity of Aboriginal people is on display as the nation celebrates NAIDOC Week from 3 to 10 July. Every year in the first week of July, Australians focus on the heritage and culture of Aboriginal and Torres Strait Islanders.

This year the theme of the week is “Get up, stand up, show up!” *The Flame* visited Aunties Narelle Thomas and Lorraine Brown, two well-known elders, in their studio gallery at Kemblawarra Community Hall to ask them what NAIDOC means to them, and what it can mean to others.

The sisters form the beating heart of the Coomaditchie United Aboriginal Corporation, a non-profit organisation “dedicated to raising the esteem, pride and dignity of young Aboriginal people in their Aboriginal culture and heritage”.

Lorraine and Narelle are artists first and foremost, and their colourful works are on display at Wollongong, Port Kembla, Mt Keira, Shellharbour and other places, including Scarborough Public school.

“Oh, that’s deadly, Auntie!” was the comment a youngster once made upon seeing a particularly bright mural the ladies had created.

The sisters are full of life and humour, and keen for their mob’s story to be seen and heard.

When our conversation hits topics they care deeply about, Lorraine and Narelle tumble over each other’s sentences, showing their mutual

passion for their culture, and a profound desire for change. As Narelle says, they bounce off each other. There is also a lot of laughter. Next year they celebrate their 30th year as a corporation.

“Since we opened in 1993 to the wider community, people have been able to connect with us as Aboriginal people through our art,” says Lorraine.

“It helps them to understand because we do art workshops. It gives them an opportunity to come in, get connected with the Aboriginal art, understand it is not just a painting, but it’s a story.”

## So what can we do in the Illawarra during NAIDOC this year?

**Lorraine:** Attending NAIDOC [activities] is a good way of learning what Acknowledgement of Country is and what Welcome to Country is; they are two separate things. Participating helps to get a little bit more understanding of Aboriginal culture.

**Narelle:** NAIDOC Day and our artwork: both are a bridge to the wider community.

**Lorraine:** Look at the Aboriginal Mission here. It used to be a no-go area for a lot of people. A lot of people are either afraid of it, or they have their own opinion about it.

**Narelle:** They think we’re all the same, if one’s bad, we’re all bad. We all got drugs, alcohol, abuse.

**Lorraine:** They don’t think they have the good

“The youth of today, they are our footprint of tomorrow.”

– Aunty Lorraine Brown



“We are richer people learning about each other's cultures and having respect for each other's cultures.”

– Aunty Narelle Thomas

and the bad in their own communities. It makes it very hard. How can you break down the myths and all those barriers, if people believe what they hear all the time? It's not right. There is good and bad in every culture, no matter what culture you come from.

What's hard for the Aboriginal people: we're still on the lowest [rung] of the ladder in this country. We are at the bottom of the pyramid, on the flat ground.

**Narelle:** We never moved. Oh, hang on, we've just moved up a tiny bit.

**Lorraine:** Yeah, we are not counted with the flora and fauna no more.

A lot of our art is really important because it's keeping us connected to the culture and that's what we want our kids to do.

**Narelle also sees it as her responsibility as an elder to try to keep the kids connected to their culture.**

**Narelle:** They should be proud to be Aboriginal and they should know their background, where they come from and what happened. How our elders fought for our rights to be in schools, pools, to go into a town, shopping, everything.

**Lorraine:** The youth of today, they are our footprint of tomorrow.

So we need to keep our culture and they need to be instilled with their culture because we don't want to lose our culture. If the kids don't carry it on, we lose our culture. And they have to be proud of who they are, proud that they have ancestral ties to a 40,000-year-old culture. That is something nobody can take away from them.

**The Coomaditchie United Aboriginal Corporation runs several programs for high school children.**

**Lorraine:** There are a lot of kids that come here and have no idea. They don't even know what a midden is and they're in high school. There is a certain percentage of blame for the non-Koori society, but there is also blame on themselves. You know, you don't just sit there and blame them all your life. Get up off your ass and do something about it.

**Narelle:** If you want things, no one is going to give it to you on a silver platter.

**Lorraine:** Get up and earn it. And it is really important for them to know that, and how their culture can take them a long way. If they learn everything about their culture, they can tell people about it and be proud of that.

We design our own NAIDOC painting. That's it on the wall, that big one there [see page 16 and the *Flame's* cover]. The clothing should be here soon. Get up, stand up, show up! If you want things to be done, you got to get up, stand up for your rights and be there when they are fighting for them.

### How can locals in the Illawarra help?

**Lorraine:** Try to accept Aboriginal people for what they are and who they are. Don't discriminate against them all the time.

This country now is a melting pot of cultures, but they can never deny us that we are the First Nations people in this land. That's what people have to accept. If you want reconciliation, then know the history. The black history was written by white man himself. Our black history is on the land itself.

**Narelle:** Rocks, trees...

**Lorraine:** All our cave art, all our birthing trees, all our rocks where we sharpened our tools. So we never wrote it, but it is on everything that is on this land.

**Narelle:** Our culture is connected to the land and it is an environmental culture. That's why they had totems and things like that, so you didn't eat everything. You looked after it so you could come back next season to that place and get food.

**Lorraine:** Thurrawal's (Dharawal's) totem is the humpback whale. Our totem, for Yuin nation, is a black duck.

**Narelle:** We are richer people learning about each other's cultures and having respect for each other's cultures.

**Lorraine:** There is some beautiful tucker in those other cultures too.

They both laugh heartily and start reminiscing about all the wonderful exotic dishes they have eaten in the area. ✨



## What's on in NAIDOC Week

NAIDOC Week celebrations will be held from 3-10 July.

(NAIDOC stands for "National Aborigines and Islanders Day Observance Committee".)

Below are some of the local events confirmed at press time – see our online Calendar for the latest activities.

### Last Minute Gallery Exhibition

2-10 July, 10am-3pm, free, Coomaditchie Hall, corner Shellharbour Road and Parkes Street, Kemblawarra. All artwork and products will be available for sale.

Visit [www.coomaditchie.org.au](http://www.coomaditchie.org.au)

### Free Family Fun day

Tuesday July 5, 10am-1 pm, free, Green Street, Warrawong. Local artists and dancers, giveaways, activities for young and old, free BBQ.

### Learn to weave workshops

Friday July 8, 1-3 pm, Saturday July 9, 10am-noon, The Waterfront, Shell Cove. Free but registration required, [gumaraa.com.au](http://gumaraa.com.au)

### Local Government Regional NAIDOC Awards Dinner 2022

Saturday July 30, 5.30-10.30pm, \$75, The Fraternity Club, Fairy Meadow.

For more details:  
[www.naidoc.org.au](http://www.naidoc.org.au)  
[wollongong.nsw.gov.au](http://wollongong.nsw.gov.au)  
[www.theillawarraflame.com.au](http://www.theillawarraflame.com.au)



# What's On

Submit events at [www.theillawarraflame.com.au/event-form](http://www.theillawarraflame.com.au/event-form)



## TERM 3 PROGRAM FOR STANWELL PARK U3A

Meetings are on Mondays at Hillcrest House, with talks, then 10.30-11am Morning Tea then Music Appreciation from 11am to 12pm. All welcome.

- **18 July 9.30am.** Warragamba Dam – To Raise or Not to Raise – Neil Mudge
- **25 July 9.30am.** Tibet – Mt Everest – Roy Lawrie (Birthday Party 12pm)
- **1 Aug 9.30am.** The Chinese in Australia up to 1901 – Barbara Cranfield
- **8 Aug 9.30am.** Operation Mincemeat (WW1 Intrigue and Subterfuge) – Sue Rejske
- **15 Aug 9.30am.** Nero – Laura Honner
- **22 Aug 9.30am.** Fairness in Taxation and Benefits – John Ryan
- **29 Aug 9.30am.** Banned Books – Brave New World & Animal Farm – David Christian
- **5 Sept 9.30am.** Defamation and Free Speech – Dr Brian Martin
- **12 Sept 9.30am.** Taj Mahal – John Watson

More information: Jenny on 0406 350 025.



## Book launch in Helensburgh

Matthew Derbridge has self-published his first novel, *Age of the Immortal*, and will hold a book launch on 30 July at the Cupbearer cafe in Helensburgh. Matthew started writing his book in 2012 and said it has taken years of hard work and determination. He has invited anyone interested to come along: "Come to buy the softcover

copy. There will be limited copies available. This is the opportunity to ask questions, have the book signed or just enjoy the company of other readers.

"The doors will be opened at 2.30 and last purchases will be at 5.15pm. After 10 years since I first started, the launch will be a day to remember.

"I am only taking cash, so please bring notes and gold coins; there will be tea, coffee and light snacks available to purchase and/or have. I arranged to have music played by local musician(s) and trying to arrange a special guest from the Illawarra."

For the latest information: Facebook @ MatthewDerbridgeAuthor

## WHAT'S ON AT THE LIBRARIES

### Music in the Library

Back at Thirroul Library. First Saturday of the Month, 11am-noon in the front of the library.

## Wollongong Traditional Arts Society

Local artists wanted to join the Wollongong Traditional Arts Society

Exhibition and Sale every 3rd Sunday monthly & public holidays at Wollongong Harbour

Meetings 2nd Wednesday monthly, phone Lyn 0411 682 856

## School Holiday Activities

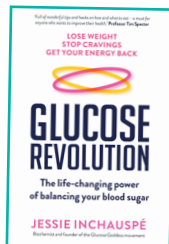
Places are limited and bookings are essential so make sure you secure your spot via Eventbrite, link available on our website. Go to [www.wollongong.nsw.gov.au/library/whats-on/events](http://www.wollongong.nsw.gov.au/library/whats-on/events).

- **Buzz Wire (8+): Thursday July 7**  
Thirroul Library, 10.30-11.30am
- **Gumaraa (5+): Friday July 8**  
Thirroul Library, 2-3pm  
Stanwell Park Childrens Centre, 10.30-11.30am
- **Wooden Sneaky Snake (5+): Wed July 13**  
Thirroul Library, 10.30-11.30am
- **Water Colour Circle (5+)**  
Thirroul Library, Friday July 15, 10.30-11.30am  
Helensburgh Library, Wed July 13, 10.30-11.30am

## NEW BOOKS AT THE LIBRARY

Adult Non-Fiction – 2022 releases

- *Glucose revolution: the life-changing power of balancing your blood sugar* / Jessie Inchauspé
- *From earth: create your own natural apothecary* / Charlotte Rasmussen
- *A delicate game: brain injury, sport and sacrifice* / Hana Walker-Brown
- *How to be well: a handbook for women* / Dr Karen Coates and Sharon Kolkka
- *How to tell anxiety to sod off: 40 ways to get your life back* / James Withey



SCAN ME

## SHARE YOUR EVENT

Please submit events via our website. Events will be checked and published in the online calendar – from here, we'll source events for the printed mag and Friday Flame e-newsletter.

We also welcome community notices. Write to [editor@theillawarraflame.com.au](mailto:editor@theillawarraflame.com.au) 🌟



# Holy Cross Family Fun Day

By Kinya Donnan

Holy Cross Catholic School Family Fun Day returns on Saturday, 6th August, 11am-3pm. Entry is FREE and event-goers can look forward to:

- Amusement Rides & Attractions – Enjoy spinning cups and saucers, the giant slide, storm and bouncy castles. (Prepaid rides bands can be ordered from the school office.)
- Art Gallery & Photo Competition – Brought to you by our very own amazing little artists and budding photographers!
- Busting Market Stalls – Peruse a range of local business offerings and lovingly handmade wares including candles, macrame, organic produce, chilli sauces, local fashion and lots more!
- Fantastic food – The food stalls will be serving up an array of mouth-watering cuisine including good old Aussie BBQ favourites, halloumi rolls, pulled pork rolls, freshly made classic fairy floss, slushies, cupcakes and sweet treats, mouth-watering gelato from our local Gelato Man and hot coffee from The Coffee Van.
- Side Show Extravaganzas – All our famed attractions return including, Side Show Alley, Putt for Dough, Choc Toss, Lucky Dip, The LAB, Lolly Tree and Face Painting.
- Shoppers Delights – Plants, books and an array of second-hand goodies will also be on sale.

The Holy Cross Family Fun Day is an opportunity for the students, teachers and parents to showcase the wonderful school and the vibrant community in which we all live in. We hope everyone can come on down to our Family Fun Day on 6th August 11am-3pm and help us celebrate.

Thank you, we really appreciate your support and the support of our generous sponsors Peabody, Ray White Real Estate and Raine & Horne Real Estate.

Save the date: 6 August 2022. 11am-3pm,  
Holy Cross Catholic School Helensburgh,  
1 McMillan Street Helensburgh. 🌟

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How high do you think this wave is? It's tricky! Photo: Rob Brander



# Dr Rip's Science of the Surf

Professor Rob Brander would like to have a word about wave height

We've had some impressive swell lately and it was interesting to hear some surfers debate about 'double-overhead' and '6 foot faces' while others said it was '12 foot' and the swell forecasts were predicting 4-5 metre waves. There's a lot going when it comes to describing wave height, not to mention the impressive use of Imperial measurements that was phased out in the early '70s!

Wave height is simply the vertical distance from the wave crest (highest point of a wave) to the wave trough (lowest point), but measuring wave height accurately is not easy. You can do it by eye, which is subjective and prone to error, or you can measure it directly using instruments, which is accurate, but expensive and logistically difficult. Fortunately, NSW has a network of offshore wave rider buoys, managed by the Manly Hydraulics Laboratory that continuously measure wave height, period (time between the waves) and wave direction. It's worth looking at the Sydney or Port Kembla wave data at <https://www.mhl.nsw.gov.au/Data-Wave> which gives you almost live measurements of wave height.

If you do, you'll notice they talk about significant wave height (given by  $H_s$ ), which is the average of the highest one-third of waves measured over a certain time period. Wave height varies from wave to wave and we're mostly interested in the bigger waves, not just for surfing purposes, but for dealing



with coastal hazards and management issues, such as beach erosion. A good way to think of significant wave height is that it's probably close to the height of most of the waves in a large wave set. Then there's the maximum wave height ( $H_{max}$ ), which is just that – the largest wave recorded over a certain period. The largest wave ever recorded in NSW was 17.7 m during the famous June 2016 East Coast Low.

One thing to be aware of when it comes to wave height is that many surfers often under-estimate the actual wave height by about half. It's part of surfing culture and can be traced back to Hawaii where the original surfers used to sit offshore on their boards estimating the height of the back of big waves as they passed them by. However, by doing this, they only really saw half the true wave height, something called the wave amplitude. If they measured it from the front of the face of the wave while staring up at the crest about to break on their heads, it would be a different story. So when a surfer talks about the surf being '3 foot', which doesn't sound that big, it's probably actually closer to '6 foot', or 2 metres, which is big! So be careful – surfers all know what it means, but the average beachgoer probably doesn't.

Have a question for Dr Rip?  
Email [rbrander@unsw.edu.au](mailto:rbrander@unsw.edu.au) ✉



# Heads up on Diabetes

By Dr Victoria Beyer of Bulli Medical Practice

National Diabetes Week runs from 10th-16th July 2022. This year's event aims to address the stigma associated with diabetes.

More than a million Australians have type 2 diabetes, and up to 1 in 5 people with the disease are yet to be diagnosed. Diabetes is common, but often misunderstood. Those diagnosed with type 2 diabetes may experience shame or stigma, due to a belief that it is simply a lifestyle disease. Lifestyle, diet and physical activity certainly play an important role in determining a person's risk of developing type 2 diabetes, but there are usually other factors at play, including:

- Family history
- Increasing age
- Being overweight +/- having high blood pressure
- Aboriginal, Torres Strait Islander, Pacific Islander, Indian subcontinent or Chinese cultural background
- History of gestational diabetes, or polycystic ovarian syndrome
- Antipsychotic medications

We can't change our genetics, ethnicity or our age, but there are some factors we have control over to



prevent or delay the onset of diabetes.

Maintaining a healthy weight, keeping physically active with moderate intensity exercise for 150 minutes per week, eating a healthy diet, monitoring and managing high blood pressure and high cholesterol and not smoking can all make a positive impact.

People aged 45 to 49 years who are at risk of developing a chronic disease, such as type 2 diabetes, and all people over 75 can have comprehensive health assessments with their GP and practice nurse that are funded by Medicare. We can help you determine your personal risk of diabetes and put together a plan to reduce that risk.

As type 2 diabetes symptoms may be non-specific or non-existent, getting a diagnosis can be a shock. Thankfully, we have a range of management options, including dietary and exercise changes and medications. Early detection and management of type 2 diabetes may prevent potentially devastating consequences, such as heart attack, stroke, blindness and kidney failure.

For more information, talk to your GP or visit [www.diabetesaustralia.com.au](http://www.diabetesaustralia.com.au) 🌟

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# What On Earth Am I?

By Amanda De George of Backyard Zoology

I have my own shell but I don't call it home  
I have just one foot but it's still good to roam  
You won't see me smile but I have many teeth  
And two little eyes that are hidden underneath  
I'm good in all weather, especially the rain  
Don't overthink it, it's all in the name  
What on earth am I?

This was the first riddle posed in our new e-guide to the wild, the **Wednesday Flame**. Intrigued? The answer lies below.



I'm an Umbrella Slug.

These animals are fairly new to me. I think the first one I ever found was found for me and, let's be honest, that's the case with a lot of the animals I find. It's always good to associate yourself with a group of like-minded people, especially those with awesome eye sight and who don't mind getting

their feet wet or sludging their way through the mud. Those are the best types of people.

But this meaty fellow was found during a rock wander along the intertidal zone\* around Sandon Point. (\* The area that is above water during low tide and under water during high tide.) There's lots of life there and this creature lives in this zone and up to a depth of around 100 metres. As long as there are sponges available to eat, it's happy.

Most molluscs have a radula, a tongue-like organ covered in tiny teeth, and the umbrella slug uses this to scrape along sponges. But even more strange is the way the little shell pops up and the long rhinophore reaches out, 'tasting' the chemicals in the water. Behind the rhinophore are the little eyes, also hidden away until the shell 'lid' is lifted. We all had a good old scream when this first happened because it was really unexpected. Who knew that the shell even moved, let alone that it could pop its lid and have a peek outside?

They vary quite a bit in colour, depending on the species of sponge they've been dining on. And their shell is often loaded with algae and organisms who have made themselves at home. So they can be quite well camouflaged, especially when their top is down and they're not moving. But if you spend some time peering under rock ledges on a very low tide, you might find an umbrella slug, tipping its hat and looking right back at you. 🌟



Welcome to 'What On Earth' Wednesdays!

The Flame is thrilled to share a new digital-only newsletter, a weekly guide to the wild edited by Amanda De George, one of our best-loved columnists.

Amanda is a font of fascinating local knowledge about the Illawarra's birds and beasts and things

that go bump in the night. Thanks to funding received this year from Meta and the Walkley Foundation, we can share even more of her wonderful stories with readers online. *The Wednesday Flame* launched on 8 June, with a weekly 'What On Earth?' challenge, plus nature news and events, from when to see the super moon to where to (almost certainly) see seals in Wollongong.

To subscribe, simply sign up to read articles on our website (it's free!) and you'll be added to our mailing list. Go to [www.theillawarraflame.com.au](http://www.theillawarraflame.com.au) or scan the QR code 🌟



SCAN ME

# Bigger and better

*Symbio is adding to its attractions*

Symbio is famous for 'getting you closer' with the animals. Now the Helensburgh zoo is also set to get you there faster.

Symbio's entry area is receiving a major upgrade to smooth admissions and construction is also underway on a new state-of-the-art kiosk where visitors can look forward to enjoying fresh food and drinks.

Last month, the *Flame* team took a tour of the building area with general manager Matt Radnidge – and we once again blown away by the creative vision that, in the short space of 10 years, has transformed a small wildlife park into a multi-award-winning visitor attraction powered by the principles of sustainability and a passion for wildlife. This includes behind-the-scenes conservation programs, such as raising tadpoles to restore the population of the green and golden bell frog in areas of Sydney.

Covid has thrown up many challenges over the past two years but soon a bigger and better zoo will be ready to welcome even more visitors in 2022.



Visit [symbiozoo.com.au](http://symbiozoo.com.au)



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# Grevilleas defy the odds

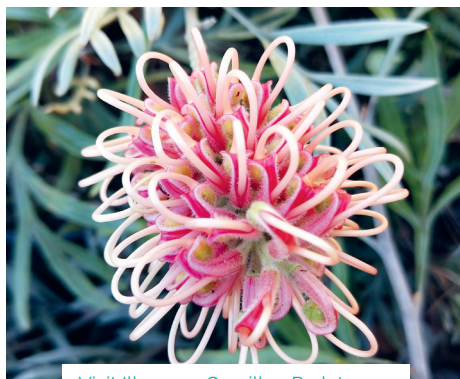
Some natives survived the big wet, writes John Elton of Illawarra Grevillea Park

I doubt there was a single garden in the Illawarra that didn't suffer in the drenching through summer and autumn. But some plants defied the odds and are looking as good as ever.

At the Illawarra Grevillea Park, we did not lose a single tropical grevillea from the hundreds we have planted. These are the plants with the very large flowers. They include plants like Moonlight, Honey Gem, Callum's Gold, Miami Pink, Bush Lemons, Katherine's Fire and Clare Dee. Grafted grevilleas also laughed at the rain. These are plants grafted onto the rainforest species *Grevillea robusta*, a plant that could probably grow in water!

Another species that did particularly well was banksias. None were lost and the iconic banksia cones are once again covering the plants. Some of these are planted in well-drained soil, others in less than ideal conditions.

Come and see these plants in flower at the Winter open days – 10am-4pm on Sat & Sun, July 2 & 3, 9 & 10. Grevillea Park Road, Bulli, [www.illawarrgrevilleapark.com.au](http://www.illawarrgrevilleapark.com.au) 🌸



Visit Illawarra Grevillea Park to see grevilleas (above) and banksias (below) in bloom. Photos supplied



## Tree of the Month

By Banksia Bush Care's Kieran Tapsell

### *Claoxylon australe* (Brittleweed)

This tree is common throughout the whole Illawarra area, and can be found in rainforest, sometimes in Eucalyptus forest and on the coastal plain. It can be a small bush shrub or 6m tree.

The leaves are spiral along the stalk with two small stipules at the base of the leaf. This tree is particularly susceptible to deer damage. They eat the leaves, and, in more mature trees, they will ringbark them. These trees should be protected by cages or deer fences.

### Banksia Bushcare News: The Return of the Backpackers

The extensive bush care work improvement in the Stanwell Avenue Reserve could never have been done without the assistance of overseas backpackers.

They come through an online organisation called Workaway ([www.workaway.info/en/hostlist/oceania/au](http://www.workaway.info/en/hostlist/oceania/au)). It works along the same lines as Woofers, but is not limited to farming. You can register as a host where you provide free food and accommodation for a couple of weeks in return for a couple of hours' work a day.

During the Covid lockdowns, they stopped coming, but they are now returning.

The backpackers are provided with tools and gloves, have onsite training and sign up as volunteers with Wollongong Council. Many of those who have worked with me have become enthusiastic bush carers in their own countries. 🌸

# Beetling About

With Helensburgh entomologist Dr Chris Reid

This month: The world within.

One of the common rainforest trees in the Illawarra is the fig. Actually there are five species here, including the Sandpaper Fig, Port Jackson Fig and Moreton Bay Fig. They belong to the same genus of plants (*Ficus*) as the domesticated fig from Europe. All figs share a strange trait – their flowers are inside-out – that fleshy fruit that you eat is really the cup of a flower curved up and around itself, so that the flower parts are on the inside. These are the parts that need to be pollinated to produce seeds. The dispersal of the seeds is easy – fruit bats and birds eat the figs and then scatter seeds in their droppings. You can see small fig plants growing on (slightly) neglected buildings in Sydney and I like to think that if Sydney was suddenly abandoned it would become like Ankor Wat when discovered by Europeans – huge fig trees growing over and collapsing the buildings underneath. Fun for the Martians to excavate, when they arrive.

But what about the pollination? All figs are pollinated by tiny wasps. It's an example of a symbiotic (mutual benefit) relationship – the wasp pollinates the flower, some flower parts are sacrificed as wasp food, and both are safely hidden away. The insect life cycle is a bit strange: males are wingless, so can only mate with their probable sisters inside the fig and it's only the winged females that disperse to pollinate figs – by entering the small hole at the top (the ostiole).

That all sounds very nice and simple – my understanding was one fig species, one wasp species to pollinate it. However, when I cut open a



Port Jackson Fig (from Hyde Park in central Sydney) I found three different kinds of wasps. What is going on?

Fortunately there is an expert on figwasps locally, Professor James Cook, University of Western Sydney. James has kindly helped me out here. In the sample photographed there appear to be five different wasps, but male and female pairs of two species look so different. James has identified these as:

1. black females with short 'stings' (egg-laying organs) and wingless males with dark heads.
2. green female with long ovipositor and wingless males with big pale heads (blue dots). This is a predator of the figwasp.
3. very flat wingless males (e.g. seen sideways at right of centre) without females in sample (green dots). These cause swellings inside the fig, where the larvae grow.

So it isn't a simple system at all, and there is a lot more to this. Some wasps cheat the plant by ovipositing and emerging without contact with pollen. Males, often brothers, may kill each other. Nice.

The great thing is that studying these tiny worlds is easy – maybe a school project?

Further reading:

1. DeGabriel and others. 2021. *Journal of Insect Conservation* and A study of the diversity of figwasps in the Sydney area.
2. Everything about figs and figwasps: [www.figweb.org/Figs\\_and\\_fig\\_wasps/index.htm](http://www.figweb.org/Figs_and_fig_wasps/index.htm) ✨



**Above:** Inside a Port Jackson Fig, entrance hole at right, showing green predatory wasp and black pollinator wasps.

**Right:** Figwasps from inside a Port Jackson fig.  
Photos: Natalie Tees, Australian Museum



# Q&A with a salon owner

Jessica Nelson meets Daisy Vail, who offers facials, massages and beauty treatments in Otford

**Hi Daisy, it's been such a treat to meet you! Can you tell us about your business and what you do?**

Back in December I opened up my boutique beauty salon and day spa. The salon is nestled in a secret location, overlooking beautiful tree canopies in beautiful Otford. I offer an array of beauty treatments, gift vouchers, day spa experiences and packages. I've worked in various beauty salons and spas in London, Ascot, Sydney and New Zealand, being a successful nail technician, spa therapist and advanced facial therapist. From fun buzzing nail bars to relaxing spas, my mission is to combine both here at Daisy's, but with an Aussie twist.

On my days off you will find me getting my hands dirty with the horses and all my other feather and fur babies, who you will sometimes spot wandering past the salon.

**This sounds incredible! Right up my alley. Can you tell us about your products?**

A few years ago I added to my skin health qualifications by attending a course to learn how to create your own product recipes. I wanted to be able to know exactly what was going onto the skin, and without using toxins and nasty preservatives.

The products are handmade and poured by myself. Blending together raw active ingredients, Australian botanical herbs and plant extracts along with essential oils, I have created an array of recipes to match different skin requirements.

**What are your most popular treatments?**

It really depends on the week, sometimes it's what I call a salon week, so lots of nails, brows and lashes. Then other weeks it's spa-based, which I love as it keeps things different and I love both spa and beauty equally.

**What brought you to Otford and what do you love about the community?**

We moved to beautiful Otford six years ago and have totally fallen head over heels with the area and community. I'm originally from London so you can imagine the difference of lifestyle!

**Any fun facts you want to share?**

The salon is a converted shipping container, which was on the property. It was in the perfect spot so



we started the renos three years ago, it resembles nothing of a shipping container now except the original beautiful timber floor with steel rods that I wanted to keep. The salon is open via appointment only, including early mornings and late nights, which have been very popular with mums and for those wanting a before or after work appointment. The salon is cosy, rustic and has a homely feel and has been put together with years of thought and lots of love!

**Thanks so much Daisy, sounds exactly what this tired mum needs ...**

Contact @daisys.salon, 0412 009 485 or [www.daisysalon.com.au](http://www.daisysalon.com.au) 🌸





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## **It's a Buyer's Market**

With an incredible number of properties now on the market, 55 in postcode 2515 and 23 in 2508 according to [realestate.com.au](http://realestate.com.au), it is now a Buyer's Market and sellers wishing to sell have to meet the buyers' demands. Sellers can no longer expect to achieve the prices from late last year or early this year. It is nothing new and has been seen before following any booming market. The recent boom saw an unprecedented increase in prices so expect pressure on these over the coming months.

Recent NSW government initiatives to help first home buyers won't really impact here unless you are a first home buyer. Seek advice if you are, as there are positives and negatives to the initiatives.



Scan To Speak to Ian

# Q&A with an arborist

Ahead of National Tree Day on 31 July, Luke Davison shares the joys of his job.

## Please tell us a bit about yourself.

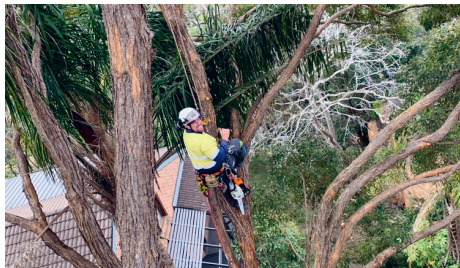
I'm an arborist and owner of Tip Top Tree Services – a local family business providing tree removal and maintenance solutions to Wollongong and the Sutherland Shire. It's my job to keep trees healthy and people safe from falling trees and deadwood. When I'm not working with trees, you can still usually find me outside, spending time with my family.

## Why did you become an arborist?

I've always had an innate passion and love for trees and nature. I remember being little and discovering that arborists spent their days climbing trees. Right then and there, I knew that was something I wanted to do!

**Best part of your job?** Getting to spend time outside, caring for trees so they can grow to be healthier, and helping people bring their visions of their gardens to life. The views from the top aren't bad either!

**Most challenging?** Being an arborist is not light work. You're constantly out in the elements. There's sawdust, blaring heat and dirt, and you're constantly having to think on your feet.



## How will you be marking National Tree Day?

Not only are they beautiful to look at, but trees also alter the environment we live in by moderating climate, improving air quality, reducing run-off and providing a home to wildlife. Trees are more important than ever now too, as they absorb carbon dioxide as they grow, and the carbon that they store in their wood can help slow down the effects of climate change.

I think National Tree Day is an important call to action for all Australians to consider the amazing work trees do for our planet. I will be celebrating all of this with my kids and teaching them about all the incredible benefits that trees offer! 🌳



## Wholesome treats

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

This recipe is one of my boys' favourite treats. It provides a healthier alternative to commercially made cookies by using a base of buckwheat flour, real butter, rapadura sugar and dark chocolate to provide the most delicious chewy cookies. Whip up a batch for the school holidays, or better still get the kids to do it and sit back and enjoy a cuppa!

## Choc Chip Cookies

Recipe makes: 24 cookies

### Ingredients:

1 ½ cups (220g) of buckwheat flour  
1 tsp baking powder  
1 tsp himalayan salt  
170g unsalted pure butter  
140g rapadura sugar  
1 egg, plus 2 egg yolks  
½ cup dark chocolate chips (we use 90% Cacao)

**Method:** Preheat the oven to 190°C and line two baking trays with baking paper.

Mix flour, baking powder and salt in a bowl. In a saucepan, heat 120g of butter over medium heat and swirl until it goes a nut-brown colour (take care not to burn it).

Remove butter from heat and cool for 5 mins before whisking in the remaining 50g of butter. Add sugar and whisk to dissolve, prior to adding the egg and egg yolks. Mix well.

Fold the butter/sugar/egg mixture into the dry ingredients then add the choc chips.

Wrap dough and chill for 30 minutes to firm up. Divide into 24 portions and roll into balls.

Place balls on trays, use your fingers to press them flat. Bake for 8 mins until slightly browned around the edges. Enjoy! 🌳



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# 'Flame Tree Co-op is a gem'

Thirroul's Flame Tree Food Co-op provides local food, by locals, for all the locals!  
Stacy Carter reports

Have you ever walked past The Flame Tree Food Co-op and wondered why people shop there, or how it's different to, say, a health-food store? Here's your chance to find out!

Flame Tree is a community-run not-for-profit store. It's not only for members: everyone is very welcome to shop at the Co-op. If you'd like to join, membership is only \$35 a year, which gives you a discount on everything you buy. Volunteer for a couple of hours each week and you get a deeper discount. Together, we cooperate to ensure a supply of local, organic and sustainable produce with minimal packaging and waste.

Where did the Co-op come from? In the late 2000s, a small group of locals had a big vision: to eat really good, nutritious food, and live more sustainably, including buying from local suppliers as much as possible. By 2010, the first shop opened: a tiny space at the back of a dress shop in Thirroul. When the dress shop left two years later, the little Co-op took over the extra space and increased its range. The next big year was 2017: a huge community fundraiser! This allowed the Co-op to

upgrade to a larger shop across the road, and employ paid staff for the first time.

What can you buy at Flame Tree these days? There's all the basics: great local bread and milk, local cheese, fresh locally grown fruit and vegetables. There's lots of bulk food items: grains, cereals, flours, pulses, pastas, sauces, vinegars, spices, tea and coffee, dried fruit and nuts. Supplying in bulk means you can minimise waste and cost by buying exactly the amount you want, at competitive prices. There's loads of healthy and gourmet products: muesli, delicious chocolates, handmade local tempeh, pickles, sauerkraut and kombucha. And there's home and body products (many in bulk) as well as gifts. Many of our products are hard to find elsewhere – and so good you'll keep coming back.

The Co-op is all about supporting local producers, community, sustainability and reducing food miles. Volunteers are the Co-op's heart, both front of store and behind the scenes.

Visit us at 355 LH Drive in South Thirroul, or at <https://flametree.coop/>

See you soon! ✨

## A co-op shopper's review

By Kim Morland



Kim Morland at the Co-op.  
Photo supplied

Flame Tree Co-op is a gem! Anyone can shop for fresh organic seasonal produce without travelling to a farm gate or market.

My favourites are the different potato varieties, fresh veg, fresh sourdough bread delivered daily, plus free range pastured eggs, muesli, yoghurt, nuts, currants, rice, herbs and spices. Prices are competitive, especially with the 10% member's discount.

I like the co-op's values: it's a not-for-profit supporting local farmers and producers. Packaging is minimised. You can use your own carry-bags and containers, or the co-op's paper bags and cardboard boxes. Organic certification and place of origin is always labelled, so you can make informed choices.

The friendly staff deserve a big mention. Two managers and many volunteers provide assistance and get you through the checkouts efficiently. They are up for a chat (if that's your thing) and it's always a nice encounter!

I have been a member for seven years and can't imagine life without my weekly co-op shop. If you haven't yet ventured in, give it a try, you might be pleasantly surprised. ✨

# The Apple Pie Festival is back!

By Jo Fahey at Darkes Glenbernie Orchard



Fun on the Farm: The Apple Pie Festival is back in August! Plus, the first bake-off since 2019, when James Reid took out Junior Apple Pie Boys 12 yrs and under prize.  
Photos: Sasha Faint



We have pulled out all stops at Glenbernie Orchard to plan the biggest and best ever day at the farm! It's the 100th birthday year of the Country Women's Association (CWA) and we are trying to fundraise for our Stanwell Park branch. Five percent of all ticket sales and the full proceeds from the auction of Champion pies will go to Stanwell Park CWA.

What better way to celebrate than to kick back on our lawn, drink cider and eat pie! We all love apple pie but if pie isn't enough to keep the kids happy, this year your ticket includes unlimited access to all activities on the day. There will be a petting zoo, with baby creatures to pat, brush and cuddle! And a jumping castle.

We will have plenty of places to run and hide in a massive area for Laser tag in our main paddock. We aren't sure who's gonna have the best fun, adults or kids!

You can take a stroll in the pink stonefruit blossoms or kick back with a beer or cider and listen to live music all day!

There will be a display of all pies from the competition and an auction at 1pm of the five Champion pies on the day.

We have a range of awesome food choices (with vegan, gluten free and dairy-free options available). Vendors include Wandering Woodfire Oven (Woodfire Pizza), Bun Me Bar

(Vietnamese Banh Mi), Sevs Turkish Gozleme, OMG Donuts and more!

## Need to know

- **Date:** 21st August 2022 | **Time:** 10am-3pm
- With each adult ticket, you unlock \$10 off every carton of cider/beer that you purchase upon leaving the festival (maximum purchase 20 cartons).

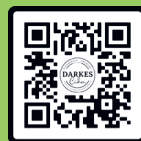
## Enter the Bake-Off

Test your baking skills! Enter our FREE Apple Pie & Apple Crumble Bake-Off, held the day before (20/8/2022). We need people of all ages to enter. There are plenty of junior sections as well as open.

To enter the bake-off or purchase tickets for the Festival Day go to our website.

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SCAN ME





# NINA: 'The greatest thing since sliced bread'

By Iris Huizinga



From top: NINA  
driver Dennis;  
volunteer Barry and  
client Peter from  
Austinmer.  
Photos: Iris Huizinga



Every Thursday a volunteer driver from Northern Illawarra Neighbour Aid (NINA) picks up Peter from Austinmer. Peter is a lovely, well-spoken gentleman, keen to praise the services NINA provides him with.

"I look forward to it [the drive]", Peter says. "[NINA] is the greatest thing since sliced bread."

Peter lives by himself and says that he really enjoys the social interaction NINA provides.

His driver, Barry Thompson, has been a volunteer driver with NINA for five years. He too enjoys it: "I've driven Peter a few times, we build a bit of rapport and I look forward to driving him."

Asked where they are going on the day we film them, Barry says: "We're going to take him to the chiroprapist and then we'll take him shopping – the Corrimal mall. It's about an hour and a half drive and it will turn into a talk-fest because we're both interested in the same things."

Barry credits NINA as an organisation with a high standard of integrity and encourages everyone to volunteer with them.

"We really need volunteers because our client base is growing. We particularly need drivers. I volunteer about two, three days a week as I've got plenty of time, but even a couple of hours is greatly appreciated."

Dennis Hamilton (70) has been with NINA for 17 years as a driver.

"I do bus trips. Outings and shopping trips, anything that is required with the bus."

Asked about his favourite outing to date, Dennis says he has too many to choose from.

"I've done some nice ones, down to Kangaroo Valley, Mittagong, Katoomba... We went up to Katoomba once, up to the Hydro Majestic Hotel. That was very flash for a high tea, sitting there, enjoying the beautiful views over the Blue Mountains. That was good."

Dennis agrees with Barry that NINA is "a very good organisation".

"It is a bit of a shame that not more people are involved. A lot of people in the town that I recommend it to, they say things like: 'Oh, I'm not old enough for that' or 'I don't really need that'. And I say to them: 'Well, just join it. And then if you do need it, you're in straight away'."

For Dennis, working with NINA provides an interest in life. "It's a community activity to help people out. Eventually we all become clients and need help ourselves."



SCAN ME

Watch the Flame's Community Champions film featuring Peter and Barry of NINA. Scan the QR code or visit our website, [www.theillawarraflame.com.au](http://www.theillawarraflame.com.au)



# Friendship and fitness at free walking group

By Lauren Martin

Helensburgh's local 2508 Salvos and the outdoor fitness company Fluro Fun N Fitness have joined forces to launch a free weekly walking group to encourage friendship and health.

Run by Alison Hawley, who is a local Salvo volunteer and owner of Fluro Fun N Fitness, the group meets at the Rotunda at Charles Harper Park every Wednesday at 10am.

"It's a great way to embrace the great outdoors, connect with other members of the community and take some time for yourself," Alison says.

Alison is passionate about seeing people reach their full potential and believes connection with others and connection with nature are key.

"Many people live in Helensburgh but haven't explored the local trails and I love showing people the beauty of where we live!" Her connection with The Salvation Army and its mission to build healthy communities inspired her to launch the walking group, which is also attended by the local Salvation Army Mission Leader – that's me.

The Salvation Army loves partnering with any individuals, community groups and businesses

who want to see our community thrive.

Fluro Fun N Fitness is also launching a MAKE! and BREAK! challenge in late July, which will take participants on a journey to make new healthy habits and break unhealthy ones.

Find out more about the walking group or any Fluro Fun N Fitness activities on Facebook at [@flurofunfitness](https://www.facebook.com/flurofunfitness) 🌸



Fluro Fun N Fitness owner Alison Hawley. Photo: Lauren Martin



## NINA OUTINGS JULY 2022

Pick up and drop off direct to your home. Bookings essential, call 4294 1900.  
Book early as tickets are limited. Visit 18 Walker St, Helensburgh, Mon–Fri (9am–5pm).

DATE	DESTINATION	DETAILS
11 July	Saddleback Mountain lookout country drive and Jamberoo Pub lunch	\$21.50 + lunch
27 July	Jewish Museum Darlinghurst and lunch at Una's Austrian Restaurant	\$33.50 + lunch
1 July	Shopping Friday: Sylvania	\$11
8 July	Shopping Friday: Dapto	\$11
15 July	Shopping Friday: Kirrawee (New)	\$11
22 July	Shopping Friday: Warrawong	\$11
29 July	Shopping Friday: Miranda (New)	\$11

# Why I quit

By Kasey Simpson

Call it the great resignation, regaining my life after kids or mid(ish) life crisis, but I've quit my job.

I'm a mum of three. With three under five, my life is as chaotic as it sounds. I am that mum walking the streets of the Illawarra juggling two toddlers and a baby, begging for non-judgemental eyes. I grew up in Wollongong, and spent 10 years living in Sydney. Once I was pregnant, it was difficult to resist the beach life for our growing family so we nested in Northern Illawarra.

After the birth of baby number three, it was my time. I sorted out my dream job: became part of the senior team of a creative agency in Sydney, working with the biggest brands on a global stage.

Mums really can have it all. But, do I want it?

Lean in. Climb the corporate ladder. Shatter the glass ceiling. You've heard it all. It wasn't a sudden feeling. It came over time. A rejection of the pressure. As parents, we have enough of that. More responsibility? No, thank you.

Covid shifted things. The first lockdown was terrifying, but it also felt like a novelty. The mama bear adrenaline rush kept me going. However, the second was tough. The tiredness set in. I just

needed to make it till Christmas and a relaxing break would reinvigorate me and put me back on track. But it didn't. I had the Sunday night blues going into the new year, and it didn't go away. Was it Covid? Postpartum depression? Was I just not cut out for a fast-paced professional life? Regardless, something had to change. My priorities had changed. Acknowledging my privilege to do so, I quit with no real plans for the future.

I am the cliché. I am part of the great resignation. Making room for more time for family, my mental health, the washing, and my community. Did I mention the washing?

I've been reading the warnings coming from the US about the mass exodus from traditional workplaces. The dictionary definition of resignation is "acceptance of something undesirable but inevitable". For me, I did come to accept something that felt inevitable, but it wasn't undesirable. It was liberating.

Although it does feel strange to be a part of a statistic and a global movement, my feelings are true. They're real and genuine and most importantly, feel right. Wish me luck. 🌟



## My favourite spots

Kasey shares three places where she likes to spend time with the kids:

### 1. Loaf, Stanwell Park

Staff are friendly, the food is delicious and I can have five minutes of peace as the kids terrorise the park.

### 2. Madden Falls, Darkes Forest

It's definitely a white-knuckle parenting moment, but safely away from the drop, it's hours of fun in the sun.

### 3. Coledale Markets, Coledale

Bargain vintage buys for the kids' wardrobes, tasty local food and midday shoe-gaze sessions.



## SPAT is back!

By Bethan Farmer

After a year's hiatus on performances, SPAT is back in style, with a packed program of music and theatre that will warm the cockles of your heart this winter.

New SPAT president Kelly-Maree Michael says: "We are back with a bang and a big reason to celebrate! The SPAT/CWA Committee have done a tremendous job with the hall renovations, most notably the fabulous new deck, amidst challenges including Covid, complex planning regulations and

rising material costs. The results are simply stunning and will serve the Stanwell Park community for years to come."

First up is our annual Singers Show, *A Seasonal Soirée*, a mix of old and new, serious and silly, up-beat and meditative music. In other words: something for everyone, including the chance to sing along! Instead of the traditional sit-down dinner, this year we'll present the program first and serve a hearty supper afterwards, with warming mulled wine throughout. Join us at the CWA Hall on 2, 8 & 9 July at 7:30pm. Tickets are \$25 and are available now at [www.spat.org.au](http://www.spat.org.au).

SPAT will be introducing the newly refurbished CWA Hall to the community with *Deck the Hall: A festival of one-act plays*. From 4pm on Sunday, 21 August we will host local makers, musicians and food stalls at the hall – picture German sausages with mulled wine or hot chocolate while browsing locally made wares and listening to busker-style acoustic music. From 7pm lucky ticket-holders will sit down for an evening of two short plays – comedy *Dotty's Inheritance*, and *Fate's Thread*, a farcical murder/mystery ghost story. Further performances of the plays will follow on 26, 27, 28 August, follow SPAT on Facebook and Instagram @stanwellparkartstheatre so you don't miss out!

Keep an eye on our socials for notices about panto auditions coming up at the end of August. ✨



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## Wollongong, Let's Get Salty

The Illawarra Flame chats to Blend ESQ director Robyn Johnson and operations manager Catherine Wade about a new podcast focusing on positive steps to save the planet

Austinmer local Robyn Johnson, director of Blend ESQ consultancy, has started a podcast called *Wollongong, Let's Get Salty*. Each month she interviews an expert about changes coming to our area, from wind farms to community batteries, and how we can all help build a sustainable future.

It's message of hope inspired by a nightmare.

After 20 years of advising industry and business on environmental management, shortly before Covid hit, Robyn had a wake-up call.

"I'd been working for a proposed new coal mine in the Southern Highlands, as the environment, health and safety manager. And I had to deliver a presentation to some Year 5 kids. They were interviewing us as the big, bad proposed coal mine.

"It forced me to have a look at what was happening with climate change and, by the nature of their questions, I realised that I had become a bit jaded. Because as a working mum, you're like, 'okay, well I'm just doing my job, I'm trying to make people safe, I'm trying to make sure that if this goes ahead, it's got good practices'.

"They stopped me in my tracks.

"I started thinking about the path that we were going down, like did we really need another new coal mine. And could I lend my skills to the energy transition instead?

"That journey really sent me down into a bit of a spiral, with climatic impacts and the overwhelm of it all. We started to make some changes at home."

What started as walking and cycling instead of

driving during Covid lockdown sparked a family revolution that has extended to all aspects of home life, from changes to the menu (buying food locally from Green Connect) to product switches (shampoo bars not bottles).

"We had started watching climate change videos and listening to things on the radio and podcasts.

"Then my daughter woke up one morning. She said, 'Oh mum, I had a nightmare!'

"She said, 'The world was flooding and we opened up this hatch in the earth and all the animals were already in there. And so we climbed in, but then like the water filled up and we all died.'"

"She's nine."

Robyn realised she needed to switch the focus from grief to hope when talking about climate change.

The podcast plan crystallised last November.

"We were in the middle of the local election and I was watching what the Greens were doing. I'm part of an industry group down here called i3net and a lot of what they talk about is this energy transition, and it occurred to me that there was more going on than people were aware of.

"I think there's two things. I had information that I could share, that maybe we could translate into actionable things to help others. Then the other thing was just the connections that I had.

"I come from a consulting background. I know a bushfire guy, I know a water guy, and I know a few people at the council and then across industry."

## Podcasters at work

Blend ESQ director Robyn Johnson (at right) and operations manager Catherine Wade are both Austinmer locals, career scientists and mothers of young children keen to do more to help the environment.

In Episode 3 of *Wollongong, Let's Get Salty*, the Blend ESQ colleagues talk about growing up in the Illawarra, how family holidays in the bush fostered a love for nature that led them to study earth sciences at the University of Wollongong (even though Robyn hated science at school). Catherine qualified as a marine biologist, admitting she was the kind of teen with posters of sharks not boys on her wall. Robyn remembers doing a scuba course with her husband at age 18. "We spent pretty much all of our 20s underwater, exploring the Great Barrier Reef and off the coast here."

The episode shares their personal awakenings to the climate crisis, and their determination to set a good example for their children, and changes they've made, from doing up second-hand bikes from the Revolve Centre to installing solar panels at home. The takeaway? "It's really an exciting time for change," Catherine says.

Robyn had never done any podcasting before, but the conversational format was perfectly suited to making the science of change accessible to ordinary listeners.

The name *Wollongong, Let's Get Salty* was inspired by her love for the sea.

"I'm very connected to ocean – actually I spend more time in the ocean pool – and it seemed a good catchy tagline for why maybe a lot of people live here.

"Salty by definition means upset or angry. It's more of an American thing, but it fits well because ... we could stay upset and angry or we could just move to hope and action."

Local firm Relativity records the podcasts and Soto Engineering sponsors them.

As branded content, the podcast will also build awareness of Robyn's environment, safety and quality consultancy, Blend ESQ.

"It's a passion project, we want to showcase those stories, to provide community education mixed with inspiration, and motivation."

Robyn recorded the first episode in December with local landscape photographer for Brad Chilby.

"We were both very nervous! We didn't release it until a couple of months ago."

*Wollongong, Let's Get Salty* is now four episodes in and Robyn has talked about local history and connection to nature with Brad Chilby, kickstarting offshore wind farms with Oceanex Energy CEO Andy Evans; and community batteries with electricity supply industry expert Ty Christopher.

"I'm hoping to do it monthly. My hope is that we'll go for years. I feel like there's enough content here to keep telling the story.

"The list is already a couple of years long." 🌟

## 'Everything about it was just so beautiful'

Words and photos by Iris Huizinga

Theatre-goers share their thoughts on AUSTI. Dance and Physical Theatre's performance of 'for now' at the Illawarra Performing Arts Centre in Wollongong on Friday, 24 June.



**Sebastian:** "It was really expressive and full of dynamic and really interesting movement exploration and really interesting concepts behind each of the pieces."



**Christine:** "It was really, really cool. I liked the suit piece, as soon as it came on and the red lights came on with it as well. It just automatically took my eye and I was like, wow. It was gorgeous."



**Sasha:** "Everything about it was just so beautiful. Like the movement, the music, the costumes, lighting, everything was, like, so perfection."

Visit [www.austitheatre.com.au](http://www.austitheatre.com.au) 🌟

# Vale Bede Parkes (nee Collins)

By Jim Powell, President of Helensburgh and District Historical Society



It was with great sadness that I heard the news of Bede's passing on Friday, 17 June 2022. Bede would have been one of the best known and much loved Icons of Helensburgh. A devout believer in her Catholic faith, she put her Christian beliefs to a very practical purpose. Bede was a great cake and biscuit maker who could also knock up a great sandwich at short notice. She would stand in the main street next to Coles most Saturday mornings

on not only her church stall, but many other local voluntary group stalls on a regular basis. If you were looking for her on a Saturday morning, you would certainly know where to find her.

She would also provide refreshments, especially her delicious scones to local bereaved families on their funeral day for the wake afterwards, no matter what their religious beliefs. I would find it

very difficult to say with any accuracy how many families in the town she has given much needed help to over 50+ years of her great community service, but it would be in the hundreds.

It was great to see her recognised for her community services when she was awarded an OAM in 2020. I can think of no one more deserving of this great accolade than Bede, who did



it all out of the goodness of her heart.

Bede, may you rest in peace. I know we will find it hard to replace your great love and kindness for your fellow human beings. We should have a Council plaque placed on the alcove wall in your honour called Bede's Corner. ✨

## JPs at libraries

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

The association holds a monthly meeting for its members and other JPs on the second Tuesday of the month at the City Life Church in Jardine Street in Fairy Meadow from 7pm.

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. ✨

## Put your thinking caps on

By Barbara Kitson, publicity officer for Helensburgh View Club

Another month gone – we are halfway into another year, hope you are all well.

Our June meeting was on Tuesday the 21st and we were planning to have a birthday cake. Thanks to Cathy for offering to make our cake, we can always rely on Cath.

Ladies, put your thinking caps on – we need guest speakers and other events that we can include in our agenda for the latter part of the year.

Unfortunately fashion parades are out as we can't do that at the pub, so please put the old brain in gear and you might just think of something relevant.

Don't forget our Trading table; anything that you can contribute would be greatly appreciated. ✨





## Guides throw high tea party for mums

By Tilly of Helensburgh Girl Guides

On 20 May the Girl Guides had a floral-themed High Tea to celebrate Mother's Day. Big smiles and the finest floral attire were compulsory.

One of our Patrol Groups – Rosie, Charlotte and Tilly – led the organisation of the High Tea. They designed lovely invitations that were hand delivered to the mums of the Guides and they set up the Guide Hall with two beautifully arranged tables, both with vintage teapots and teacups on them, provided by the Girl Guides community.

They served traditional High Tea cuisine including finger sandwiches, cupcakes, lemon and caramel slices, summer fruits, quiches and, of course, hot tea. I enjoyed everything, but my personal favourite was the lemon slice.

After eating, the Guides entertained their mums with some rambunctious dance moves.

The Patrol Group agreed it was a challenge, but all attendees said it was a job extremely well done. The girls were very proud of what they achieved. Hopefully all of the mums felt appreciated, spoilt and, most of all, loved! ✨

## Lions lock in fair date

By Fran Peppernell, of Helensburgh Lions Club

We hope you're all enjoying the sunshine on these cold winter days.

Our planning for the Helensburgh Lions Country Fair is underway and we have set the date for Saturday, 22 October. We will again enjoy lots of fun and activities. Save the date, everyone.

We would really appreciate volunteers on the day so if you could help us, please contact us via our email [info@helensburghlions.org](mailto:info@helensburghlions.org) or our Facebook page.

You can also join us at our Fair meeting on Monday, 25 July, upstairs at Helensburgh Hotel from 6.30pm.

We would also like to update you all on our international project. Things have been busy at Cheti 8 with the near completion of a new toilet block. Once it is plastered, a water tank will be bought and mounted on the roof, enabling students to wash their hands and get access to drinking water. This work is possible thanks to Sayari Nyuki's small number of regular donors and contributions from Austimer, Thirroul and Helensburgh Lions clubs.

People interested in supporting Sayari Nyuki's work are encouraged to visit the website [sayarinnyuki.org](http://sayarinnyuki.org).

Sadly, we have to say vale to Bede Parkes, a remarkable person who gave so much to our community. Bede was also a wonderful supporter of Lions.

Facebook [@helensburghlions](https://www.facebook.com/helensburghlions) ✨

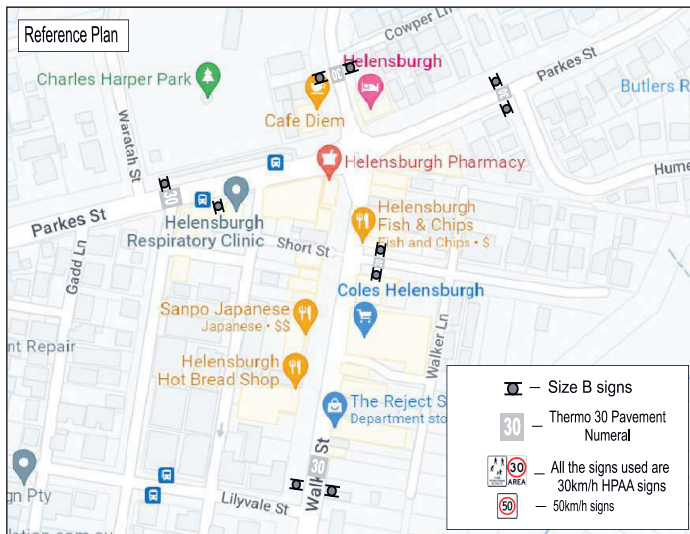


# Neighbourhood Forum 1 report

By NF1 convener Warwick Erwin

## Helensburgh Town Centre Plan 30kph zone – TfNSW

Helensburgh town centre is being considered as a trial area to introduce a 30kph zone along with all the changes being made to the area. Feedback to Wollongong Council from the community is that it wants Walker Street through the town centre to be more pedestrian friendly. The zone will start at the proposed roundabout at the end of Lilyvale Street along Walker Street through to Cowper Lane and from the top end of Hume Drive along Parkes Street through to Waratah Street. The zone is scheduled to start in July/August after the stage 1 work on the town centre is completed. Transport for NSW are responsible for speed zones and have provided a preliminary reference plan for the community's information.



After the stage 1 work on the town centre is completed. Transport for NSW are responsible for speed zones and have provided a preliminary reference plan for the community's information.

## Helensburgh & Garrawarra Cemetery update

After flooding in March this year damaged several grave sites in Helensburgh cemetery, Wollongong Council will be undertaking work to reconstruct the main road going through the cemetery and install drainage measures to prevent future damage to the site. Drainage will discharge on to the adjacent property. Due to the cemetery being heritage listed, heritage masons will be contracted to restore the damaged grave sites. A heritage impact assessment will also be undertaken on the portico at the entrance to the cemetery, which appears to have been damaged by a large vehicle. Work has started when this report was written and could take up to four weeks to complete. Garrawarra cemetery has an Aboriginal land claim over it and Wollongong Council will negotiate with Crown Lands to manage the site, which is surrounded by Heathcote National Park.

## Helensburgh Town Centre Plan – update

Rain has delayed current work on the town centre. Road works have started with road closures and detours in place. Stage 2 works are to be completed by early August and stage 3 works will commence

next year. No work will be carried out in the lead-up to the UCI event from early August to late September when the event is scheduled to finish. Councillors informed NF1 that WCC will remove the blister in Short Street from the plan and look at other alternative traffic-calming measures.

## Helensburgh Courthouse

Helensburgh's Men's Shed and Historical Society will liaise with Member for Heathcote Lee Evans to see if the Courthouse can be used by both groups so that the Courthouse can be returned to community use, together with the old Police residence.

## Package Liquor Licence 19-21 Walker Street Helensburgh update

The package liquor licence has been refused by the Independent Liquor and Gaming Authority (ILGA). Coles has 28 days to appeal the decision after it is published. ILGA has advised that all submitters will be advised when the decision is published. NF1 has been asked to request WCC rescind the DA and are currently waiting on advice. Numerous comments have been received that if Coles appeals the decision then Coles does not respect the community of 2508 and is only interested in taking money out of our community.

NF1 will next meet at 7pm on Wednesday, 13 July at Otford Community Hall. 🌟



## Yalunga!

By Iris Huizinga

Twenty preschool children joined two kindergarten classes at Bellambi Public School for a very special morning in June.

Sharon Hanlon, Aboriginal education officer at the school, welcomed the wide-eyed kids into the rich world of our local indigenous culture in a special hands-on session. As the children filed into the classroom, Sharon and her kindergarten classes greeted them with “Yalunga!”, which means hello and welcome in the Dharawal language.

Yalunga is also the name of the large classroom. Here two students gave an Acknowledgment of Country with a didgeridoo and clapsticks. The kids were surrounded by photos, boomerangs, the Aboriginal flag, kangaroo hides and a lot of art works by students. A sign read: “Student work in progress, be deadly, be daring!”

The preschoolers were handed clapsticks and learned a song, helped by the older children. An emu egg went round the circle, handled more

gently than the clapsticks. The four-year-olds also learned about the many uses of banksia, which can double as a hairbrush and a fire-starter.

Megan Dodds, director at KU Corimal East Preschool, said the kids were ready to learn. “They understand that before shops and things like that, Aboriginal people would have looked in the bush for all their needs: for medicine, for food.”

When the traditional walk during National Reconciliation Week could not go ahead because of Covid restrictions, Megan and Sharon put their heads together to organise an activity for the children. In the past, the walk has attracted thousands of people. It is an important event.

Megan believes responsibility for reconciliation lies predominantly with non-Aboriginal people.

“We have a commitment to show our support.

It’s more than words. It is about showing up in public and demonstrating that we believe that there are still a lot of things that we can be doing. Days like today – in our little setting it is about sharing culture – and having Aboriginal people in particular share aspects of their culture with our children is particularly important.”

Sharon agreed. “I work closely with Aunty Shaz and with Uncle Richard, local elders who have a strong connection to Bellambi and to Bellambi Public. It is so important for us to actually have elders within our school, so that our community and our children get to connect with them.”

Outside in the yarning circle, surrounded by eucalyptus trees, all the children listened to the Dreaming story of Gang Man Gang (the name for Windang Island). Some rested their heads on a little neighbour’s shoulder as they soaked it up. ✨

## Restoring Coalcliff's rescue reel

By Paul Blanksby of Helensburgh Men's Shed

Bronzed Aussies, big blokes with red and yellow caps, standing tall whilst they thread rope through calloused hands out to sea, where one of their mates is swimming towards a bather in distress.

Bit like the blokes at your Men's Shed. Australian society, churches, volunteers and governments offer many lifelines to people in distress, and so we. Help with a family crisis, to get something done, a lawn mowed or a meal made; perhaps as simple and profound as a cuppa and a chat.

That's why it's great to see three blokes working together restoring the Coalcliff Junior Surf Life Saving Club's rescue reel. It's coming together beautifully, and the club's Vice President Barry Allen, a Shed member, is doing a great job on it



with input from several Shed members.

Come on in and have a chat. Our First Monday of the Month Shed Afternoon Tea and Tour, is on Monday, 4 July from 2.30-4.30pm. Snacks, tea, coffee, soft drinks, maybe a sausage Sanger!

Visit [helensburghmensshed.org.au](http://helensburghmensshed.org.au),  
199A Parkes St Helensburgh Call Michael Croft  
0413 401 522; Ron Balderston 0410 564 752;  
Paul Blanksby 0403 701 788 ✨



# Who is saving Thirroul?

The Flame caught up with Save Thirroul Village campaigners ahead of a Land and Environment Court site visit on 25 July

Front 2 rows, L to R: Murray Jones, Stephen Le Bas, Libby Gentle, Louise Wellington.  
Back 2 rows, L to R: Annette Jones, Martin Gorrick, Donna Henderson, Linda Kara, Victoria Dawson, Ray Smith.



It takes a village – and a whole lot of time, energy and hard work – to save a village.

A group of volunteers, led by Thirroul residents Louise Wellington and Stephen Le Bas, have spent the past two years fighting the Thirroul Plaza DA. They believe in its current form the DA poses existential threats to the village character, escarpment views, street parking, small business, traffic flow and even live music.

“Over the past two and a bit years, Louise and I have probably invested around 1000 hours between us,” Stephen says. “We probably invested close to 100 hours between us in the run-up to the last DA exhibition period closing.”

Louise: “We’re pretty much on the phone like every day.”

Stephen: “Yep, there’s a lot of comms in the background. Louise tends to look after a lot of the social media stuff, I look after the website. We are always kicking ideas around, strategising, planning, Louise often talks to council.”

The Thirroul residents have run a professional campaign focused on playing the issues, not the people. They even created a stylish brand identity. The graphics for car stickers, flyers and the tees worn for the *Flame*’s photo shoot are the work of local designer Simon Perini.

“Every second car has a Save Thirroul Village sticker on it,” Louise says. “So the support from the broader community is there.”

Their success in mobilising the community is remarkable. “Apparently if you get 50 objections to a DA, it’s a good day,” Stephen says. “So we’ve got over 1000 – that’s in a population of about 5 or 6000 people. That’s a high percentage.”

Louise agrees: “It’s one of the most participated in DA exhibition processes – potentially in Wollongong’s history.”

## Louise met Stephen online

Residents were chatting on Facebook, in the Thirroul Living group, about the first Plaza DA back in March 2020.

Louise – who has a Masters in Urban Management and Planning, and spent 16 years working as a planner – saw the topic was hot, and often misunderstood, so she decided to set up a dedicated discussion group.

What’s it called?

Stephen: “It’s a mouthful.”

Louise laughs: “It is my government bureaucratic language background – it’s called Thirroul Community for a Sustainable Town Centre.”

The Facebook group attracted about 500 members in a month and now has more than 1500.

"I created that space so people could ask questions and share information because it really is the biggest development that I've seen in my 40 years here," Louise says.

"I felt that the whole community needed to be informed and there needed to be capacity built in the community to be able to make an informed submission on the proposal."

As a side win, the community was so well informed on issues surrounding street parking that last year when Transport for NSW proposed to solve traffic congestion by putting in clearways, residents swiftly mobilised to squash the idea.

### Thirroul residents have all poured their time, energy and experience into the campaign.

"We have lulls [after exhibition periods]," Stephen says. "Louise and I have both got real jobs, so we relax."

Louise, who grew up in Coledale, is now working as a photographer, but she remains passionate about sustainable urban design.

Stephen, a software professional by day, said he was driven to get involved after seeing how big the proposal was. "The more I saw of the plans, the bigger and bigger it was – well, this is just going to ruin the place. I didn't move back down here to have a Bondi Junction by the Sea."

Stephen grew up in Mt Keira and spent 40 years away in Melbourne and Sydney before returning to live in Thirroul. He was involved in a successful campaign in Bexley to save a local pool. "Community action does work," he says.

"Defeatism gets us nowhere. You've got to go out positively, thinking you can win."

Stephen's engineering background means he is very "systems focused".

"That works well in terms of being able to project manage this campaign," Louise says.

"Then there's the human side, where Stephen has the passion and drive; he's very motivated and energetic – whereas I'll be a bit more, not conservative, but just a bit more measured, and sometimes think about the PR impacts."

Stephen: "We work really well together. We don't do anything without checking with each other first."

Louise: "I remember we spoke on the phone [before we met], because I was like, I'm going to suss this guy out, make sure he is not a nutter."

She laughs. "It was a two-hour conversation. And I felt like we were on the same page."

Stephen volunteered to act as a moderator. Zoom calls kicked off communications, then, once Covid rules permitted, residents began holding informal meetings at Thirroul Bowlo.

Louise: "Then we just decided we should

Stephen Le Bas and Louise Wellington.  
All photos: Anthony Warry



probably call ourselves something a bit simpler."

Stephen suggested Save Thirroul Village.

The term 'village' is correct, Louise says: "Under the DCP (Development Control Plan) it is classed as a village."

### Louise's experience in planning has influenced her reactions to the Plaza DA.

"My first role was as a social planner. So often I have community well-being and cultural identity in mind when I think about planning matters."

"I was involved when the big Calderwood proposal was proposed out the back of Albion Park. The council opposed that and it went to court and unfortunately council lost and it went ahead. It is very different – it's a greenfields versus an in-fill development. But in terms of the strain on existing infrastructure, it has similar sorts of issues."

Years ago, Louise wrote an early version of Wollongong City Council's community engagement policy. "That's another reason why I feel so strongly about this proposal," she says. "The philosophies behind best practice community engagement are about early engagement with the community. And that's a collaborative process rather than – it's almost like a parent-child relationship [with the Plaza development]. It's like we are being told what we should have in the town rather than actually being asked."

In two years of campaigning, their differences have proved a strength, Stephen says.

"We got to understand each other and respect

From L to R: Murray Jones, Annette Jones, Martin Gorrick and Ray Smith are members of the long-established Thirroul Village Committee, a separate community group that has supported the Save Thirroul Village campaign.



each other's differences and different skill sets."

They come from different age, academic and demographic backgrounds, he adds.

"And also the masculine-female. So we have a clash of heads sometimes."

### Is there a chief?

Louise: "There's a good cop and bad cop."

Stephen: "I'm generally bad cop."

Perhaps due to their firm focus on the broader impacts for Thirroul, the word Nimby (Not In My Back Yard) hasn't been thrown around much.

"When people call us Nimbys we go straight to the bank – traffic, loss of live music. We go to the actual issues," Stephen says. "We don't have an issue about that site being developed. We have an issue with 80 units being there. If you can get 80 units there, not lose these escarpment views and not screw the traffic up ... well, we wouldn't have much to complain about."

The volunteers' efforts to involve the entire community are in contrast to those of the developers, whose engagement stretched to a few ads in the *Mercury*, Stephen says. "If that counts."

Louise says the developers haven't had a conversation with the community. "There's been no consultation whatsoever. We've even invited them to one of our recent meetings. They didn't come and it's just a shame."

She compares this to town centre developments in Western Sydney where the likes of Lendlease run "massive" engagement programs. "These people haven't even put a sign up in their complex about it, let alone had active engagement with people to see what their aspirations are for a town centre, which is essentially what they're creating.

"We are not anti-development. It's about making sure that it ties in with the existing character of the village and it adds value to the economic and social aspects of what makes Thirroul so terrific."

Long-term campaigning on controversial matters has taken a toll. Both agree it's been a distraction on the work front, with some stress spilling over into their personal lives.

"In the back of your mind is a mild concern for your own personal safety," Louise says.

"We have had our signs on the bridge stolen."

Stephen – who remembers his house being targeted, trees chopped down and letterbox vandalised when he was working the Bexley pool campaign in Sydney – says that a big part of his volunteer role is keeping things civil on Facebook.

"As soon as we see something which is a bit defamatory, we just take it down. Because that's not what we're about."

Despite the campaigners' efforts and the community's "extraordinary response", the battle hasn't been won. Stephen says: "One of the things that's frustrating is that you've got such enormous public opposition – yet there's a sense that may not carry weight, it could just be overruled by the state government planning processes."

Follow @savethirroulvillage for updates. ✨

## SAVE THIRROUL 25 July 2022

**As part of the process determining the application for the redevelopment of Thirroul Plaza, the Land and Environment Court will be performing a site visit on Monday 25 July 2022.**

**This provides our community an opportunity to come together in an impactful way.**

**We're still working on plans for the day but please put 25 July in your calendar.**

**Make sure you follow our socials where we'll keep you updated about how you can get involved.**



[www.savethirroulvillage.com.au](http://www.savethirroulvillage.com.au)



# Waste not, want not

By architect Ben Wollen

**PROVERB: If you use a commodity or resource carefully and without extravagance you will never be in need.**

Looking for a title for this piece I recalled a saying that my grandfather often used. He grew up in the Depression where things like bread crusts or timber off-cuts were never thrown out.

I do feel that part of our current crisis of shortages is a result of us using them extravagantly. For example, our kids have a lot of baths. I appreciate my clean kids but the cost of a bath vs a shower in water and energy terms is much greater – unless your showers extend beyond the 10-minute range! I can just hear my Grandpa: “Back in the day, we’d have one bath a week and have to share the bath water and father was always last.” Luckily that’s not the case any more. I know what you’re thinking – how can a bath be an extravagant use of resources? – and I’ll be the first to admit that it is only a tiny percentage of overall energy use, but if we multiply all of the bath times of the world’s population by the total number of baths my kids have, then you’re talking mega mega watts.

What prompted this article is not baths though, it was construction waste. One of the traits that my Grandpa passed onto me was to always pick up stray nails, screws or washers you find on the street. He advised that not only will you save someone’s tyre, but you might save yourself a trip to the hardware store and the extra \$5-10 you have to fork out for the minimum pack size when all you need is one! Just the other day I picked up five perfectly good screws from the side of the road and most likely saved five perfectly good car or bicycle tyres. No need to thank me though, because I already used a couple of the screws to hang a painting. Winner winner, chicken dinner!

A glance at a skip bin on a construction site and I have to fight the urge to go dumpster diving. Half-used paintbrushes, good lengths of timber products and all sorts of fasteners, many of them unused, make their way into the bin, only to be hauled off into the mystery land of resource recovery. I know you tradies reckon it costs you more to retrieve them all and store them for later re-use than it does to chuck them out. Well, that’s not helping all those tyres out there – is it! But, I do get it. You’re on the clock and ultimately the client



pays and, at a time when labour costs are so high, it is more economical to chuck them in the skip bin. I just ask you to cover your skips up when I visit a site and please keep them off our roads and pathways!

Let’s talk about the mystery land of resource recovery. This I must say I’m pretty impressed with. In terms of resource recovery, construction waste gets a better recovery rate than domestic waste. After the truck dumps the skip and all its wasted screws into the recycling centre, it goes through an amazing array of machines and magnets that sort it all into different sizes and different materials to be re-used in new products like road base, fibreboard and metal products. There are YouTube videos that follow the journey of the material as it gets munched, crunched and sorted into piles of recovered resources.

Now whilst construction waste has a better recovery rate than domestic waste, it still results in 30% going into landfill and it’s a tremendously energy- and labour-intensive process.

So, to get back to our proverb of extravagance, we are still not using resources carefully. When I was in Mexico, I was interested to find that all of their glass soda bottles looked old but were sold as new. They don’t recycle glass bottles, they re-use them – this was in 2001 so I’m not sure if this is still the case! Bottles go to a bottle-washing factory, then to the soda factory and are refilled with new soda and get a new cap.

Until the construction industry adopts a similar approach, I will posit that we are using materials with extravagance and not carefully. Architects too have a role to play, such as designing to standard material sizes and thereby restricting the amount of cut-off wastage. We all need to think more carefully about our resource use.

As for the kids’ bath time, I’ve decided to put some perfectly good bricks I found in a skip bin in the bath with them so they don’t have to fill it with water (thanks Grandpa).

Find out more about how you can reduce construction waste at [www.yourhome.gov.au/materials/waste-minimisation](http://www.yourhome.gov.au/materials/waste-minimisation) ✨

# I Voted for a Safe Climate Future – now what?

By Kristen McDonald

You may have seen the 'I'm Voting For a Safe Climate Future' signs dotted around the neighbourhood in the lead up to the federal election. We were lucky to have a talented local artist design the signs, a team of volunteers talk to locals about putting one up and, most importantly, that so many residents were open to taking action to help secure a safer climate.

What was clear after the election was that the Illawarra community isn't alone in wanting more action taken so we can avoid the worst impacts of climate change.

Now the new government has a climate mandate, the work has just begun.

We invite you to join Beyond Coal Coast – a group of Illawarra locals who are concerned about climate change. We pay respect to our region's proud history of being the 'coal coast', and we believe the Illawarra can have a proud future that goes beyond coal and one that has helped create a safe future. We are not affiliated or sponsored by any political party or formal organisation, we're simply a bunch of residents who recognise that more needs to be done. We get active. We raise awareness. We have cups of tea.

We're planning some community events in the next month or two – we hope you can join us.

Get in touch: [www.beyondcoalcoast.com](http://www.beyondcoalcoast.com) ✨



## Dancing towards healing

By Scarf Refugee Support's Cristina Sacco

With entertainment by Sako Dermenjian and the Persian Lady Dance Group, SCARF celebrated World Refugee Day in style at the Town Hall last month. The atmosphere was electric!

The morning tea celebration, held from 10am on Friday, 24 June at Wollongong Town Hall, featured catering by local refugee-run businesses and speakers from refugee backgrounds. SCARF hosted the celebration in collaboration with MCCI, Red Cross and Wollongong City Council.

UNHCR estimates that the number of refugees worldwide exceeds 27 million and the theme for Refugee Week this year was "healing".

"Over the last two years, the increased sense of trauma and pressure placed on the community, due to COVID, the war in Afghanistan and the war in Ukraine make Refugee Week and the celebration at the Town Hall so much more important," said SCARF manager Drew Sewell.

"These events are a way for community members with a shared experience to come together and continue the process of healing by sharing food, stories, song and dance.

"During Refugee Week, we recognise the resilience, strength and positive contribution that people from refugee backgrounds bring to our community and our country."

For more than 15 years, SCARF has been supporting refugee entrants settling in Wollongong to navigate the practical and personal challenges of starting a new life.

SCARF connects local volunteers with refugee families to provide friendship-based, practical and empowering support to more than 2000 men, women and children starting a new life in the Illawarra.

SCARF facilitates a range of targeted programs designed to help refugee entrants reach their settlement goals, including friendship programs, education and employment programs and mental health and youth leadership programs.

Visit [www.scarfsupport.org.au](http://www.scarfsupport.org.au) ✨

# How to use it all

By Green Connect general manager Kylie Flament

Five years ago I ordered my first veg box from Green Connect. I was so excited to be supporting local farmers, and a social enterprise to boot! I did it knowing that buying directly from farmers is the best way to keep growers in business, and to guarantee I was getting the freshest, healthiest food around.

By the third week though, my enthusiasm was waning. I was so used to dreaming up what I wanted for dinner and buying accordingly. Getting a veg box required flipping my planning on its head. Instead, I had to look at what was in the box and cook accordingly. It was like doing a *Masterchef* mystery box challenge every week.

I stuck with it and now I can't imagine cooking and eating any other way. It's fresh, local, seasonal and delicious. It also opens up new possibilities for meals I might not have tried otherwise. Best of all, I now have an arsenal of ready-to-go, adaptable dinner ideas that I know my kids will love.

If you're interested in eating what's growing, supporting local farmers, and reducing your food waste, here's a handy list of "use it all" recipes, that can be adapted to include just about any vegetable and herb.

**1. Fried rice.** Fry some chopped or grated veg in some butter, add cooked rice, stir through a couple of eggs, and serve with grated cheese.

**2. Frittata.** Any cooked, chopped veg, along with a few eggs whisked with milk, topped with grated cheese and put under the grill once the egg is half-cooked in the frypan.

**3. Dhal.** Fry onions and garlic, add ground cumin and/or ground coriander, any chopped veg and about half as much again of red lentils, cover with water, leave to simmer, stir vigorously so it's a bit creamy, add salt at the end, and serve with yoghurt, coriander leaves and/or mango chutney.

**4. Pasta.** Any veg plus sour cream if you like it creamy, or a tomato sauce (onion, garlic, canned diced tomatoes, anchovies if you like, herbs, salt, simmered until tasty), and served with grated cheese. My kids have declared this a "ten out of ten dinner" no matter what veg I put in.

**5. Stir fry.** Any veg plus garlic, ginger, soy sauce and honey (and peanut butter if you want a satay), served with peanuts or sesame seeds and rice.

**6. Curry.** Any veg plus curry paste and a can of coconut milk. Serve with rice.

**7. Roasted veg pick 'n' mix.** Any roastable veg (including cauliflower and broccoli), served with fried or roasted haloumi, salad and a balsamic

dressing if you like. My kids love being able to choose their combination of veg from the tray.

**8. Shreddies.** Grated veg mixed with a couple of eggs and fried like fritters. Served with cheese in them or on top.

**9. Shepherd's pie.** Fry lots of veg (and minced meat – optional), add tomato paste and Worcestershire sauce until it tastes amazing, top with mashed potato and cheese, grill it if you want the cheese browned but I often skip that step now and just put the veg and the mash straight on the plate.

**10. Pizza.** Buy pita bread for super quick and easy bases, or make your own no-knead, no-rise dough (1.5 cup flour, ½ tsp salt, ½ cup milk, 3 tsp baking powder, 1 tbsp oil or melted butter), throw on some roasted vegetables, chopped greens and herbs then cheese on top, bake until cheese has browned and base is crispy.

If this list makes it easier for you to use what you have and buy from local growers a bit more, my job here is done. Bon appétit!

Find out more about Green Connect, its urban farm and school holiday activities at [www.green-connect.com.au](http://www.green-connect.com.au) 🌱





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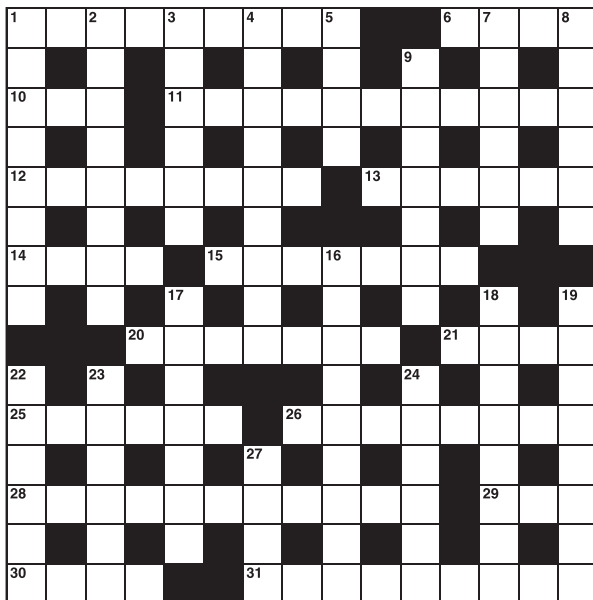
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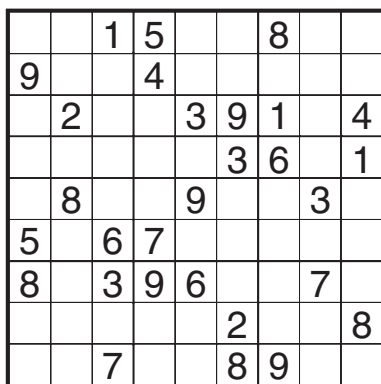
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- 6 German automobile manufacturer (4)
- 10 Slam (3)
- 11 Formal statement about another's character (11)
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- 14 Bird's home (4)
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- 25 Recess (6)
- 26 In a smooth and effortless manner (8)
- 28 Donated (11)
- 29 Ocean (3)
- 30 Good fortune (4)
- 31 Preceding day (9)

### DOWN

- 1 Lees (8)
- 2 Case that sets a precedent (4,4)
- 3 Furniture item (6)
- 4 Unable to pay (9)
- 5 Speaker's platform (4)
- 7 Tandem (6)
- 8 Water-surrounded land mass (6)
- 9 Supervisors (7)
- 16 Finishes (9)
- 17 Corrupt (7)
- 18 Being admitted to a church (8)
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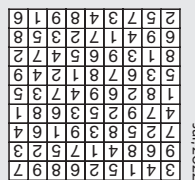
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### *Pisces* | Feb 19 to March 20

Pisces is an intuitive sign – so you know you are getting old and your old jokes don't work on the younger generation. Like when it's your turn to do the car pool for junior netball and you yell out, "Let's go, girls", then break into "Man! I feel like a woman!" to the embarrassment of your kids.

### *Aries* | March 21 to April 19

As you're getting older and wiser it's important to concentrate on the important things in life, like career, finances and family. Not going to bed each night wondering how Tarzan never managed to grow a beard before he was rescued.

### *Taurus* | April 20 to May 20

Try to understand that your interpretation of things can be confusing. Like the time you asked an old man at the ATM if he needed help. He said he wanted to check his balance, so you pushed him and he fell to the ground. Turns out he did not have good balance.

### *Gemini* | May 21 to June 20

Are you so busy you wish you could clone yourself to get everything done? That's the Gemini experience. After a hard day's work you say you want to sleep like a baby. But who wants to be wrapped up tight in a blanket and wake up with poo in your pants. Save that for retirement.

### *Cancer* | June 21 to July 22

Represented by the crab, Cancer exists in both emotional and material realms – like trying to get more people to a union march. Pay the Barmy Army to lead the marches and the chants and thousands will attend for the entertainment.

### *Leo* | July 23 to Aug 22

You're passionate, loyal, and infamously dramatic, yet it's time to grow up and stop doing things you thought were funny when you were a teenager. Like giving your partner a Dutch oven. A Dutch flap is a better option. After expelling your 'wind' just lift the doona up as you roll over.

### *Virgo* | Aug 23 to Sept 22

You know the expression, "If you want something done, give it to a busy person?" Well, that's the Virgo. Test your children's maths by getting them to work out percentages of a road crew leaning on a shovel whilst sitting in roadwork traffic for 25 minutes whilst they do their 'work'.

### *Libra* | Sept 23 to Oct 22

Harmony, and justice define Libra's energy. When asking for a raise you told your boss that three companies said you need a wage rise. When the boss asked which three you said: "The gas, water and electricity companies."

### *Scorpio* | Oct 23 to Nov 21

Elusive and mysterious, Scorpio is one of the most misunderstood signs. Your relationships are about compromise and problem-solving. Sure, you did not have these problems and compromises when you were single.

### *Sagittarius* | Nov 22 to Dec 21

Sagittarians are always on a quest for knowledge. Like discovering that the toothbrush was invented by someone from Penrith. How did you work this out? Because anyone else would have called it a teethbrush.

### *Capricorn* | Dec 22 to Jan 19

What is the most valuable resource? For Capricorn, the answer is time. These are the people who spend hundreds of dollars to go to a live concert and then spend all of their time at the concert trying to record the concert on the phone to replay later. Rather than just simply watch and enjoy the concert whilst you are there.



# Hello Fish

What's that floating off Stanwell Park Beach? Duncan Leadbitter explains

The other morning I was walking the dog and went to the headland at the northern end Stanwell Park to look for whales and a relatively large boat motored in from the north and proceeded to install a shark listening station, which has generated quite a bit of discussion amongst the locals.

As the photograph shows the listening station has a float on the surface which sticks up about 2 metres. Ours is number 35 and is about 900 metres or so off the beach. There are at least 22 of these along the NSW coast and the government plans on a total of 37.

The listening stations are so called because they are designed to pick up 'pings' from sharks that have been tagged with an acoustic tag – largely great whites, tigers and bulls. This is inserted into the shark after it has been caught (commonly on a drumline – a baited hook attached to a float on the surface) via an incision (followed by a few stitches!). The battery can power the tag for anything up to 10 years.

The ping from the tag can be detected out to

about 500m. So, when the shark is in range of the listening station the data from its individual tag can be read. If the shark passes multiple listening stations over time then a picture of its movements can be built up. There is an analysis of several years of data on the Shark Smart area of the NSW Department of Primary Industries website.

The ping from the shark gets transmitted to a shore station and then to the Shark Smart app (and Twitter) so if there is a shark within 500m of the listening station you can get to know about it. The main purpose of the listening stations is research, not bather protection, as most sharks are not tagged. For example, about 400 great whites have been tagged out of an estimated 3000.

Listening stations are also used for a lot of other fisheries research. A colleague used them to monitor movements of flathead in Jervis Bay. Other types of tags are also used for fish research, including satellite tags which can be attached to the dorsal fin of sharks and transmit when the shark is on the surface. 🌟

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## New Eels take the plunge

By the Sea Eels Winter Swimming Club president Peter McDonald

After two years of not too much swimming thanks to Covid we are back in business in our 34th Year of Winter Swimming.

Our numbers are slightly down this season for a couple of reasons; one being that travel is on again after lockdowns and our members are taking full advantage of this.

Thanks to *The Flame's* story in the last edition, we had four new members turn up – they were quite surprised that the water temperature was not as cold as anticipated, currently it is 18°C.

To date we have hosted our annual Bulli Sea Lions visit, this was followed by a visit from the Bondi Iceberg ladies. We also conducted a "Bring-a-Friend" day at Wombarra Bowlo.

Still to come we will be hosting the South Coast Winter Swim Championships, a bus trip to the iconic Bondi Iceberg pool to contest the Invitational Carnival and a trip to Wagga Wagga for the Australian Championships.

Our club is a family club open to all swimmers who can swim 50 metres unaided.

We swim at the picturesque Coalcliff pool 9am every Sunday from the first Sunday after Anzac Day up until early September. Swims are 50m, 100m and a relay, all swims are handicapped and as competitive as you may wish your swim to be.

Following the swims, we head back to Stanwell Park Surf Club for delicious soups made by our members, drinks if so desired and plenty of



# Do It For Darcy

By Ian Pepper

On May 29th we held pointscore number 5 in amazing conditions at Coledale again – our apologies to Coledale locals for holding three club events at Coledale in one month, we promise to consider other venues for next month!

The waves were offshore all day for all divisions and some insane surfing went down. A few highlights: Mannix Squiers taking no prisoners on his long deep barrel that helped him to a win over Shaun Warren 2nd and Aidan Chamberlain 3rd.

The Open Women's final was called as one of the best ever seen at the club. It was a see-sawing affair with nothing in it as the lead changed seemingly every time someone caught a wave, but Shyla Short won in the end, Kasey Hargreaves 2nd & Talina Wilson a well-deserved 3rd. And a crowd favourite is becoming the 12 & Unders with so many frothers, with Ashton Mekisic taking the win over Jesse Fitz & Kobi Omara 3rd.

Then on June 19th we hosted an event “DOINITFORDARCY” to support long-time club member Darcy DeClouett and his battle with cancer. It was unbelievable to see so many there in support at Wombarra Bowlo, the DeClouett family were lost for words.

Darcy is now doing well and hopefully the event will keep his spirits up and provide some valuable funds for the journey that lies ahead. The event would not have been possible without the



Darcy DeClouett with the original Hawaii gun surfboard donated by former world surf tour professional Mick Lowe.  
Photo: Ian Pepper

incredible support and efforts from local businesses and individuals.

Plus the little committee of helpers: Michelle Morgan, Luke Campbell, Shane DeClouett, Nic & Fin McLaren, Glen Cahill, Talina Wilson, Christian DeClouett, Shaun Warren, Ian & Tanya Pepper. 🌟



Four new Eels have joined the club. Photo: Christine McDonald

socialising. This is also where we raise funds for charity by means of fines, raffles and Joker Poker.

Our main charity is CRAM Foundation who provide a caring service to disabled adults and children, we have been supporting CRAM since 1999 and made many friendships with the residents. Each year we make a substantial donation to purchase much needed equipment. Other donations are made to worthy local causes.

Our club welcomes all community residents and residents outside of the area as well as all surf club members. Join the Sea Eels and you also become an “Associate Member” of the Helensburgh Stanwell Park Surf Club and covered by the surf club insurance.

Once again, the Sea Eels are all-inclusive, friendly club who enjoy a cool swim and socialising. Hope to see you on the blocks next Sunday. 🌟



# Port Kembla Tidal Chart

## July 2022

TIME	M	TIME	M	TIME	M	TIME	M
<b>1</b> 0356 0.41 0951 1.22 FR 1507 0.64 2142 1.75		<b>10</b> 0433 1.31 1028 0.47 SU 1709 1.72 2354 0.44		<b>19</b> 0008 1.67 0652 0.35 TU 1306 1.39 1853 0.63		<b>28</b> 0221 0.39 0812 1.21 TH 1332 0.57 2009 1.74	
<b>2</b> 0433 0.42 1031 1.22 SA 1547 0.66 2219 1.72		<b>11</b> 0541 1.30 1121 0.47 MO 1802 1.85		<b>20</b> 0100 1.49 0736 0.44 WE 1400 1.41 2000 0.68		<b>29</b> 0256 0.36 0848 1.23 FR 1412 0.55 ● 2045 1.75	
<b>3</b> 0512 0.43 1114 1.22 SU 1630 0.68 2259 1.67		<b>12</b> 0054 0.31 0644 1.32 TU 1215 0.46 1857 1.96		<b>21</b> 0156 1.33 0820 0.52 TH 1454 1.44 ● 2115 0.70		<b>30</b> 0330 0.35 0924 1.25 SA 1450 0.54 2120 1.74	
<b>4</b> 0551 0.45 1158 1.23 MO 1717 0.70 2339 1.61		<b>13</b> 0150 0.20 0744 1.33 WE 1311 0.44 1950 2.04		<b>22</b> 0259 1.21 0905 0.57 FR 1547 1.48 2230 0.67		<b>31</b> 0403 0.34 1001 1.27 SU 1530 0.54 2157 1.71	
<b>5</b> 0632 0.46 1245 1.25 TU 1810 0.73		<b>14</b> 0244 0.13 0840 1.35 TH 1406 0.43 ○ 2043 2.07		<b>23</b> 0405 1.14 0951 0.61 SA 1639 1.53 2334 0.62		<div> TIMES AND HEIGHTS OF HIGH AND LOW WATERS LAT 34° 29' LONG 150° 55' </div>	
<b>6</b> 0025 1.53 0715 0.47 WE 1336 1.30 1911 0.74		<b>15</b> 0336 0.10 0934 1.36 FR 1502 0.44 2135 2.05		<b>24</b> 0510 1.11 1039 0.62 SU 1727 1.58			
<b>7</b> 0116 1.46 0800 0.47 TH 1429 1.38 ● 2020 0.73		<b>16</b> 0428 0.12 1028 1.37 SA 1558 0.46 2227 1.97		<b>25</b> 0025 0.55 0605 1.13 MO 1126 0.62 1812 1.63			
<b>8</b> 0216 1.39 0846 0.47 FR 1522 1.47 2135 0.67		<b>17</b> 0517 0.18 1121 1.37 SU 1654 0.50 2317 1.83		<b>26</b> 0108 0.49 0653 1.16 TU 1211 0.61 1852 1.67			
<b>9</b> 0324 1.34 0936 0.48 SA 1615 1.59 2247 0.57		<b>18</b> 0605 0.26 1214 1.38 MO 1751 0.56		<b>27</b> 0145 0.43 0733 1.19 WE 1253 0.59 1931 1.71			

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

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# Golf *news*

## Tradies Social Golf

Barry Thompson reports

A chilly early-morning tee-off, the ping of a three iron on a Callaway pill and a fast-improving Boomerang course, what could be better? We're back in business!

The ban on carts, however, restricted our numbers to 15 and the rust occasioned by our lay-off was reflected in our scores. One member was so out of touch he forgot how to read his golf calendar and had to chase his group up the fairway after arriving late.

Dave Astill won the event on count back from Iain Birss, both on 32 to share the major Helensburgh Butchery and Gallardo's Pizzeria prizes. A 31 placed me third.

"Only three turn up?" chortled Jason as I proudly presented my voucher.

Match play got underway and first round winners were: Roger Hendry, Jerry Reilly and Mark Ryan.

Lucky Paul Morahan took the Helensburgh Driving Range voucher. Thanks to Tradies for our new winter jackets. They are as warm as toast and a nice piece of kit.

The postponed Gold Jacket tour is now booked for 12th-14th November. There are options for playing in this event. If interested speak to Mick Carroll at our next outing which is at Boomerang on 16th July with a 7.30am tee-off.

Note: There will be a levy on our next month fees to buy Mark Ryan a new alarm clock! ✨

## Helensburgh Sunday Social Golf Club

Robert 'Indy' Jones reports

The HSSGC Tour is well underway in 2022. The fairways of Hurstville GC are the current challenge with our first look having already taken place on June 26th, to be closely followed on July 10th. Hopefully we will see the rise of new members testing the old guard.

We look forward to the return of Tim Lowe and Matt Green in the coming months and Kevvie who has been a little under the weather.

Thanks to Christian's Premium Meats and Helensburgh Golf Range in support of HSSGC and other local businesses that support the local community.

Emails continue to keep members up to date. For membership information, contact Tony on 0418 863 100. Join us and enjoy a game of golf, the outdoors and good company.

Indy signing off ...

To some golfers, the greatest handicap is the ability to add correctly.... (Tony is right). ✨

## DOG NEEDS A HOME!



This is Emmie. She is five months old, has lived all her life here at the rescue and would dearly love a family of her own.

She is a cross of medium to tall dogs and has a sweet nature. If you'd like to meet her or her very handsome brother please contact us at CCAR.

Email [ccarpetrehomeing@tpg.com.au](mailto:ccarpetrehomeing@tpg.com.au) for more information

 Country Companion Animal Rescue

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