

THE ILLAWARRA *flame*

March 2022



Keeping community news alive

The club that saved itself

How Scarborough Wombarra
became a great place for girls



Meet Our Contributors



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!



Casey Josland is a real estate agent, born and raised in Helensburgh. She is also a volunteer lifesaver at Era Surf Life Saving Club and has held many club committee positions. Casey's interests include going to the beach, spending time with family and friends, and finding the best gnocchi.



Luke Ellery is the vice president of the Northern Districts Tigers Juniors Australian Football Club. He lives in Coledale and also plays on the seniors team of the Tigers. If you are interested in learning more about the Tigers you can contact Luke at ndtjafcpresident@gmail.com



Dr Jeffrey Hall graduated from the University of Sydney in 1995 and undertook general practice training in regional NSW and the UK before settling in the Illawarra in 1999. He joined Bulli Medical Practice in 1999 and became a managing partner in 2001. He supervises medical students from the University of Wollongong and General Practice Registrars from GP Synergy. Jeff loves living in the Illawarra region with his family. He feels privileged to work as part of a professional team and strives to adapt to the changing care needs of the northern Illawarra community.



Dr Paul Sharrad has been a lecturer in literatures at the University of Wollongong for many years, during which time he began singing with the Wollongong Welsh Choir despite a complete lack of Welsh genes or language. It has been a lively time and he is now choir president. Anything is possible!



Dr Sarah Nicholson is the director of the South Coast Writers Centre at Coledale Community Hall, creative director of The Heroines Festival and editor of the *Heroines Anthology*.

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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March 21
for April
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EDITORS Gen Swart, Marcus Craft

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NEXT DEADLINE March 21, 2022

COVER Scarborough Wombarra Surf Life Saving Club, a great place for girls to get their Bronze Medallion. Photo: Anthony Warry

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Better call Saul

Climate change is an emergency. We have to do something – but what? Austinmer's Saul Griffith has an electrifying plan and he's about to share it, David Roach reports



Currently touring the country to rock star attention, Dr Saul Griffith is an Austinmer local who has returned to Australia with his family “as a refugee from Trump’s America”. Now he’s set to share his solar battery-powered ideas with his local community.

An Australian engineer and inventor, Griffith was awarded a MacArthur Genius Grant in 2007. He’s been a principal investigator on research projects for NASA, the National Science Foundation and US Special Operations Command.

His book, *The Big Switch*, has just been released by Black Inc. It’s a practical blueprint for dealing

with the climate crisis that the world is facing.

Dr Griffith explains what it would take to transform Australia’s infrastructure and adapt our households. He says that the very things that helped Australia prosper in the 20th century – our size and incredible resources – are the very same ingredients that could see us becoming the first entirely renewable economy in the world. And the most prosperous. Think of it as the ultimate lightbulb moment, on a grand scale.

At 7pm on the 30th of March, Dr Griffith will be at Thirroul Community Centre in conversation with another big thinker, his friend and neighbour, Prof Tim Flannery. This special event is hosted by Collins Thirroul Booksellers in association with Voices for Wollongong, Clifton School of Arts and the South Coast Writers Centre.

Book online via collinsbooksthirroul.com.au

For those who can’t be in the room where it happens, Voices for Wollongong will be live-streaming the conversation.

Register your interest at www.voicesforwollongong.org or simply scan the QR code below.

Voices for Wollongong is a non-partisan group of local residents providing live events and online



forums for real voices to be heard, respected and counted. It aims to raise issues that our representatives have either missed, or are not brave enough to debate. 🌟

Literary events return

By the team at Collins Booksellers Thirroul

With fingers crossed, we’re thrilled to announce the return of our author events.

We kick off with “Caro & Caro” on Wednesday, 23 March at 7pm. Caroline Baum will be in conversation with Jane Caro, Walkley Award winning Australian columnist, author, novelist, broadcaster, documentary maker, feminist and social commentator. They will be discussing Jane’s latest work, *The Mother*, a gripping domestic thriller, upstairs at Ryan’s Hotel in Thirroul. Bookings are essential.

The following Wednesday, 30 March at 7pm, we’re very excited to be hosting a special event at Thirroul District Community Centre & Library. Prof Tim



Flannery will be in conversation with Dr Saul Griffith about his latest game-changing book, *The Big Switch*. Dr Griffith – engineer, inventor, entrepreneur – is one of the world’s most influential voices on renewables (and the former advisor to President Joe Biden on energy policy). In *The Big Switch*, Griffith lays out a detailed blueprint

for fighting climate change while creating millions of new jobs and a healthier environment. It promises to be an inspirational evening. Bookings are essential.

Book for both these events in store at Collins Booksellers Thirroul or by emailing thirroul@collinsbooks.com.au 🌟



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'The Healing' at the Bowlo

A powerful documentary about a thoroughbred trainer who works miracles with humans and horses will screen at Wombarra Bowlo on Sunday, 6 March

Last September's 2508 *District News* featured the story of thoroughbred trainer Scott Brodie, who helps veterans of the military and the racetrack via an equine therapy program run out of Kangaroo Valley and Helensburgh.

Scott – a former mounted police officer – has saved hundreds of old race horses through retraining programs. Seven years ago, he started roping in army vets, with remarkable results.

"It's about a real journey, where people learn horsemanship skills and see the changes in the horses as they see the changes in themselves," Scott told 2508. "Veterans get into some pretty down places, medication doesn't always do the trick and they've all been therapy-ed out.

"I just can't tell you how many people have told me that I've saved their lives."

When the Wombarra Bowlo's Marketing Manager Jo Reed read about Scott's work, and how Victorian filmmaker Nick Barkla had made the subject of a documentary called *The Healing*, she was touched and wanted to help.

"I think what he is doing is amazing and it touches all of us in one way or another. To be able to see possibilities or a way out when you think there is none, that's pretty powerful to someone in a difficult place – and we need to start having those conversations" she said.



When Covid restrictions eased, Jo contacted Scott and organised a fundraising screening.

Scott is "very, very proud" of the film. His tip: "Get a box of tissues. When I watched the film, I was very choked up with some of the stories."



The Healing will screen at the Bowlo at 2pm on Sunday, 6 March on the centre green under a marquee. Entry is free with a ticket, book via bowlo.com.au. Donate at horseaid.org.au 🌟

Writers Centre hosts Poetry Awards

By Sarah Nicholson, South Coast Writers Centre director

On 19 March, the South Coast Writers Centre invites you to join them at Coledale Community Hall from 3-5pm for the SCWC 2022 Poetry Awards and the belated launch of the SCWC's 2021 anthology of writing.

The theme for the Poetry Award was 'ways to water'. Writers were invited to respond to Wollongong Art Gallery's *Ways to Water* exhibition, which brought together 50 historical and contemporary works to highlight the complex shifts through physical and imagined encounters between Land Country and Sea Country. The exhibition and the award were presented in conjunction with Blue Futures, a Global Challenges keystone project partnership by the University of Wollongong and the Illawarra



Local Aboriginal Land Council.

The SCWC will also launch the 2021 SCWC Anthology of writing, *Legacies*.

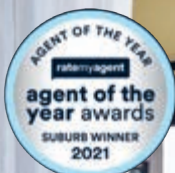
The event will include a reading by Mark Tredinnick of *Five Soft Nets: A Coledale Sonnet Cycle*, the poem commissioned for Coledale Community Hall, and readings of short stories and poems from writers, including Mif Hudson, Kathleen Bleakley, Judi Morison,

Morna Seres, Lore White, Erin Shiel, Jonathan Cant, Amelia Fielden, Peter Frankis, Linda Albertson, Emily Gray, Moira Kirkwood and Adara Enthaler. Poetry prize judges, Dr Sarah Nicholson and Dr Joshua Lobb, will present the awards.

Tickets \$5 via southcoastwriters.org 🌟

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Spaced out, but tuned in

Wollongong's Welsh Choir welcomes new members, writes its president, Paul Sharrad

The Wollongong Welsh Choir is coming up to its 30th birthday. It has sung on hillsides, in churches, aged care homes, and halls across the Illawarra and the state. There have been interstate concerts and ones with massed choirs in the Opera House. We look to do all this again this year and beyond, and invite new singers to join us.

Our first concert this year will be a celebration of Wales' patron saint, David, on March 1st at St David's Anglican church, Roxburgh Avenue, Thirroul at 7.30pm.

The choir began with all the Welsh who migrated to the Illawarra post-war but has always welcomed others and is now largely made up of non-Welsh singers. It does, of course, maintain the tradition and repertoire of Welsh choirs – *All through the night*, *Men of Harlech* and so on — but we sing folk and pop items in English, French, sometimes Spanish, Maori and so on. You don't need to speak all these languages (Welsh included); just listen and learn the sounds.

Unlike many Welsh choirs, this one is not just men. We sing in four parts and right now would love to have a half-dozen new women join us. Men, of course, are also always welcome. We are a social gathering rather than professional musicians and many of us 'learn on the job', but we will need to

make sure you can hold a part – not even sopranos sing the melody all the time!

Covid has placed restrictions on our operations, but we space out and you can sing in a mask if you want. Just make sure you are doubly vaccinated and boosted. Remember that singing is exercise and communal singing builds not just physical strength but psychological wellbeing (all those endorphins).

Rehearsals are on Tuesday nights in the Creative Arts lecture theatre at the University (Building 25, room 107). We start at 7.30pm and finish at 9.30pm with tea and coffee in between.

Interested? Call Paul Sharrad (0428 790 378) or Pat Little (0432 693 630). ★



What's On at the Library

By librarian Lindsay Carapella

Children's programs are back!

Places are limited and bookings are essential so make sure you secure your spot via Eventbrite, link available on our website , www.wollongong.nsw.gov.au/library/whats-on/events. In March, Helensburgh Library is proud to partner with the Tradies Club to host two fantastic events by local creatives.

Author talk: Christine Sykes Tuesday, 22 March, 5-6.30pm

Join local author Christine Sykes as she presents her second book *Gough and Me*, a deeply personal memoir about social mobility, cultural diversity, and the unprecedented opportunities that the Whitlam era opened for this working-class Australian woman.

Music of the World: Pete Thomas,



Tuesday 29 March, 5-6.30pm

Come and enjoy an evening with Pete Thomas, guitarist, percussionist, singer, and songwriter as he performs earthly melodic music of the world. Acoustic groove, blues, jazz, funk, gospel, and roots, Pete's music embraces it all.

Both events will be held at Helensburgh Tradies Club, 30 Boomerang Street, Helensburgh. To book your tickets via Eventbrite, visit www.wollongong.nsw.gov.au/library/whats-on/events

What everyone's reading

Wollongong City Libraries' Top 5 Adult Fiction loans in January were:

- *Apples never fall* by Liane Moriarty
- *When you are mine* by Michael Robotham
- *The survivors* by Jane Harper
- *Where the crawdads sing* by Delia Owens
- *All our shimmering skies* by Trent Dalton ★

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Meet Tawny Port

The band, not the wine. By Caitlin Sloan

Just as the hype was building after the release of their first two singles, Tawny Port had to put writing, rehearsing and performing on hold.

The self-described “indie-pop-rock, with vintage influence” four-piece, fronted by Helensburgh singer-songwriter Georgia Anger, were formed shortly before lockdown number one in 2020.

Georgia is joined by local guitarist and long-time friend Jackson Batchelor, drummer and then-colleague Olivia Hill, and Bulli bassist Michael McClelland – who, true to Tawny Port’s witty and good-humoured style, did not play the bass guitar nor any instrument when he became a bandmate.

Not unlike the initial challenges that the band faced starting up, Georgia says being locked down again in 2021 felt like being back at square one.

“For the first part of the lockdown, all of us were sort of struggling a little bit with motivation and trying to keep the momentum while there wasn’t really a light at the end of the tunnel,” she said.

“We had a few shows that were in the process of being booked and they couldn’t go ahead which was a real shame.”

This year, the band’s prospects are looking up. After a month off in January, they played two live shows in February and had another scheduled for 5 March, supporting Sydney band Jet City Sports Club at an iconic pub venue, the Chippro in Chippendale.

It’s great news for the up-and-coming band, who only made their live debut in December 2020, at La La La’s in Wollongong. It was an opening slot for Shire local and Ruby Fields’ guitarist Adam Newling and came after Tawny Port released their first single, *Long Black Days & Earl Grey Nights*.

Spurred on by the mundaneness of her former job, Georgia penned the pop-rock tune on the train ride home and later put it to the band.

“It was just something that came out [because] I was annoyed, and I was angry, and I angry-typed this funny, f-you song,” Georgia said.

Their second single, *rage*, followed in April 2021, inspired by lessons learned from relationship breakdowns.

“It was an idea I had a little after we did *Long Black Days*, and Jackson and I had been working with it, and he was like ‘I just can’t get the right kind of riff for it,’” Georgia said.

“I was like, ‘It’s fine, we’ll go back to it,’ and then we did and I’m so glad that we did.”

Spending much of the first six months of 2021 supporting bands on tour around the Illawarra,



Top Row: Michael McClelland and Georgia Anger. Bottom row: Olivia Hill and Jackson Batchelor. Photo: Jacob Beattie

Tawny Port quickly found a home in the local music scene.

“We got to support the band TOWNS, from Adelaide, which is one of our favourite bands ever, so that was a big career thing for us,” Georgia said.

“We got to play at The Factory Theatre in Marrickville, which was really cool because it was our first Sydney show.

“We’ve played around with some of our Wollongong music friends like The Tin Knees and The Vandastruts from Helensburgh as well.”

Throughout the Covid downtime, Tawny Port were busy writing new music and practising over video calls – or attempting to, as Georgia says – and the band now have their attention firmly set on getting to the recording studio.

“We will have some new music on the way,” Georgia said.



For the latest gigs, follow @tawnyportband on Facebook or Instagram. Scan the code to watch their ‘rage’ music video on YouTube 🌟

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Time to *paint*

Janice Creenaune meets Lynne Lyons, a resident of Wombarra who retired from the transport industry and found time to explore the joy of painting and start her own community art group in Austinmer. Photos supplied

At 70, Lynne Lyons admits she has always loved seascapes and living close to the beach.

"I have always loved the colours, the skies and the mountains, so living in a community like Wombarra allows me to absorb my surroundings and be inspired every day."

Lynne and her husband, Tony, have lived in South Australia, the Gold Coast and in the Sutherland Shire, as well as in New Zealand. All these locales have provided influences for Lynne's artworks, offering mentors, teachers and groups.

"A different life, different light and interesting people allow insights and explorations to be developed."

About 20 years ago Lynne picked up her first brush and started attending classes.

"I first began to develop skills in acrylic, attended a few summer schools at the National Art School in Darlinghurst, some more studios and lessons in Queensland and Adelaide and broadened my experiences."

Lynne started the Austinmer Art Group in the Scout Hall with about 10 to 12 people.

"We all do something different and there are a mixture of locals, but we all love working in our group on different projects, different ideas and

expanding our own initiatives. We also thank Judith Russo for her initiative of "Art Space" in Thirroul in offering the space to emerging and local artists to exhibit their works. We are very grateful."

Inspiration comes from her surroundings.

"My *Sandon Point Boatshed* painting is one such example. I had this instantaneous reaction and I was completely compelled to complete it."

Lynne admits she is generally not a planner and can work on two to three paintings at a time.

"I am experimenting more on using the palette knife and really enjoying the results, and finding the results are just that little bit more interesting."

"I am looking forward to exhibiting with Sandra Cox so we are working towards that."

Lynne loves her projects, loves living in Wombarra and loves having her family nearby, but her creations offer a different perspective, a joy for the local environment and the expression of it for all to enjoy. Her efforts provide an inspiration for many of us who enjoy viewing our local area on canvas.

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



Artist Lynne Lyons and, at right, her painting, *Sandon Point Boatshed*



How did your suburb compare in 2021?

RayWhite

Helensburgh

Number of sales - 101
Suburb growth - 30%
Highest sale - \$4,100,000
Lowest sale - \$640,000

Otford/Stanwell Tops

Number of sales - 16
Suburb growth - 36%
Highest sale - \$3,550,000
Lowest sale - \$1,100,000

Stanwell Park/Coalcliff

Number of sales - 22
Suburb growth - 42%
Highest sale - \$4,715,000
Lowest sale - \$976,000

Clifton/Scarborough

Number of sales - 11
Suburb growth - 22%
Highest sale - \$3,550,000
Lowest sale - \$750,000

Wombarra

Number of sales - 23
Suburb growth - 100%
Highest sale - \$6,310,000
Lowest sale - \$1,130,000

Coledale

Number of sales - 22
Suburb growth - 26%
Highest sale - \$4,150,000
Lowest sale - \$1,196,000

Austinmer

Number of sales - 40
Suburb growth - 30%
Highest sale - \$4,200,000
Lowest sale - \$470,000

Thirroul

Number of sales - 134
Suburb growth - 32%
Highest sale - \$4,850,000
Lowest sale - \$670,000



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Empowered to publish

Meet three local women who've felt driven to write

FINDING LIGHT AFTER LOSS

By Linda
Goldspink-Lord

My new book, *Crawling Through the Darkness*, has been nearly 10 years in the making. Although I started writing down the words five years ago, it was 2012 when my beautiful daughter, Molly, died suddenly in an accident, and my world was plunged into darkness.

If you'd told me then that one day I'd be publishing a book about my story – sharing my most secret thoughts and feelings with the world – I would have said it was unimaginable.

But here I am.

After a long journey from darkness to light, I'm retracing my steps in the hope it will inspire and help others who are also facing major losses and grief in their lives. Because this is a book more about life than death, more about hope than suffering.

For me, the lessons I learned on each step of the journey were so powerful and transformational, that every cell of my being told me I needed to share them.

With Molly's guidance, my journey to recovery was one that didn't involve self-medication or marriage break-up or complete withdrawal from life. But it did mean allowing myself and my family to feel every aspect of the deep grief associated with great loss.

As clichéd as it may sound, if this book can create positive change in one person, then it has been worth it. If by reading this book someone finds hope, then it has been worth it. If they allow themselves those heart-wrenching moments, to feel the pain and also the joy, associated with grief, then it has been worth it.

And if they understand that the people we love never really leave us, then it is the most incredible gift from Molly to the world.

Visit www.lindagoldspinklord.com



WHY I WROTE A MEMOIR

By Terri
Campbell
(Ayliffe)

My life has been interesting and eventful. I raised



myself and my siblings in the company of addicted parents. My father was an inebriated Peter Pan, who created chaos and comedy in our lives. My mother was an indifferent and intoxicated beauty queen. I guess the biggest challenge of my childhood was survival. The biggest challenge in my adult years is understanding normality.

As a young kid, I manoeuvred my way through the havoc to find resilience. Sydney in the 1960s and 70s was very different. The country felt as though it was an awkward teenager. We kids took risks and relied on ourselves to get out of fixes and we developed our problem-solving skills early and we did so with little input from our parents.

I wrote the memoir for a few reasons. I wanted to understand the people I was born to. My years of psychology studies have been about the same pursuit. I accept them now, but I still don't understand them. Second, in my short 60 years, life has changed so extraordinarily. I guess the passing of time is more pronounced with a longer view.

And finally and most importantly, addiction in families and the effect on children is a conversation we need to have. We barely discussed alcohol addiction in our culture and because we don't acknowledge it, children are forced to survive rather than thrive. They are altered and their potential lost to the choice of others.

Buy the memoir at www.terriacampbell.com or Collins Booksellers Thirroul. Save the date for a book launch at Ryans Hotel on 27 April

THE 'MAGICK' OF MENARCHE

By Kari Hill

Waking the Witches: Ruby's First Blood is my first comic and explores girls' rites of passage: Menarche!

As a mother, writer, love for nature, the mystics and connections, I felt such a calling to write about menarche; a girl's first blood, such a powerful 'Rite of Passage'. I really wanted to change the 'story' our society has around our blood mysteries. I feel *Waking the Witches* will empower us to remember the magick* in our blood.

Book one in *Waking the Witches* comic series begins with Ruby, a regular 11-year-old until she learns the power of her blood magick!

It is a magical adventure story, where you journey with Ruby as she meets her spirit animal, Zasha, and wise woman, Hekate, and learns the



truth about her Menarche and her mission to wake up the witches.

In 2020 I graduated from The School of Shamanic Womancraft, Four Season's Journey. This journey further ignited my feelings around women's mysteries, our cyclic energies, innate connection with nature and its healing properties.

As a former corporate trainer with a Master of Journalism, I wanted to create an adventure story that would captivate both girls and boys and provide a unique approach to sharing stories and teachings about rites of passage.

I'm so happy to have discarded the corporate heels and am diving into my truth and feel blessed to be writing the *Waking the Witches* series.

The team for *Waking the Witches* comic series are: Jane Hardwicke Collings (founder of the School of Shamanic Womancraft) and Freya Rose (UK graduate and illustrator).

* Magick: archaic spelling of magic. Magick means actual magic within fiction or real life, as opposed to illusion or "stage magic".

Find the book at Collins Booksellers Thirroul; Taylors Healthy Grocers or order online at janehardwickecollings.com 🌸

Women's Day events

Worklife Coledale lunch

Thursday, March 10, 12.30-2.30pm at Worklife Coledale. Annual International Women's Day lunch tickets are \$60pp and include a glass of champagne on arrival and a two-course lunch. It's a chance to gather as a community of women juggling work and life, take stock, celebrate the challenges and cheer each other on. worklife.org.au

Illawarra Quota lunch

International Women's Day will be Illawarra Quota's next big event, to be held at the Fraternity Club, Unanderra on 5 March. Funds will go to the Salvation Army and two guest speakers will cover topics empowering women: End Modern Slavery, Supporting Women's Safe Houses. Tickets \$60 each for a wonderful event. Find 'Illawarra Quota Inc' on Facebook, call Karen on 0418 227 469, Dot on 0419 987 141 or email illawarraquota@gmail.com

Try Boxing

For International Women's Day, the Strong Sisters Australia Movement is teaming up with Boxing Australia to offer Come and Try Boxing. At iBOX Fitness, Warilla on Tuesday, 8 March, 9-11am, we will celebrate with a mini screening of the *Strong Women* documentary and boxing drills to punch up your strength. 🌸



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ILLAWARRA WOMEN'S DAY OF DANCE + CULTURE

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Join us for a wonderful afternoon of connection through conversation, dance, food and culture.

Artists of the Illawarra

Painter Edith McNally introduces Kieran Tapsell

Kieran started teaching himself pottery after moving to Stanwell Park in 1972 as the perfect counter foil to his work as a lawyer. The influence of Spain's Antoni Gaudi and the Gothic Cathedrals inspired him to rip out his downpipes and replace them with vomiting gargoyles, and to create Gaudi towers, fountains and garden sprinklers as well as unique homewares with satires of classical Greek, Roman and Renaissance statues.

His crazy letterboxes, designed to cheer up the postman followed and soon spread around the village until he received a formal letter from Australia Post complaining that "the postman did not appreciate having to shove letters up some angry animal's clacker". (This is a Kieran quote and I suspect not totally true to the Australia Post letter.)

Restoring local bush land led to the now-famous "Art in the Park" adventure. Kieran used waste



from the removal of noxious weeds to create giant nests to which, as a joke, he added porcelain eggs painted by many locals, of all ages, as a community art project paying tribute to great painters, as well as local artists. His outdoor galleries are in public spaces around Stanwell Avenue and include galleries for World Artists, Dinosaurs, Contemporary Australian Artists and in future one profiling Indigenous artists. Kieran believes that art should never be taken too seriously and should make people smile. While Kieran largely gives his art away he has recently begun selling some solar lights made from translucent porcelain to raise money for orphans in Zimbabwe.

Kieran can be contacted on kierant@ozemail.com.au ✨

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



Kieran Tapsell is selling porcelain solar lights to raise money for Zimbabwean orphans.



Clifton Art Fair breaks records

By Caroline Baum

There has been an extraordinary response to the 2022 Clifton Contemporary Art Fair which has just wrapped up its run. The event, a fundraiser for the Clifton School of Arts, was a spectacular success with sales of well over \$52,000.

With the now rather exhausted CSA team of artists, volunteers and friends sweeping up and taking the last red dots off the walls, co-curators Vyvian Wilson and David Roach finally had a moment to reflect. They couldn't be happier.

David said: "This means not only money into the pockets of the brilliant local artists who have been doing it very tough over Covid but, thanks to the generosity of those same artists, 25% commission goes to support the great work of the CSA."

The success of the Clifton Art Fair is even sweeter because the organisers had to postpone it twice in 2021 due to Covid restrictions.

Vyvian says: "It's incredible to see that, after all the upheavals with Covid, art lovers and collectors from the Illawarra and beyond have come out to support the CSA and our local artists."

Plans have been conditionally approved for extensions to the rear of the 110-year-old School of Arts building that will provide wheelchair access as well as a small, multifunction gallery space. This fundraiser is part of a series of events in 2022 will include screenings, recitals, workshops and talks.

Subscribe to the CSA Newsletter or, better still, become a member – visit www.artsclifton.org ✨

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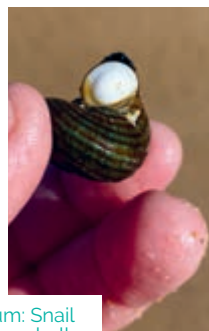
All men from eighteen years old are warmly welcomed and invited to visit the Shed and see what we do.

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dreams to life — that's what we do.

*We meet on Mondays and Tuesdays
between 9am and 3pm*





Operculum: Snail doors for a shell 'house'. Photos: Amanda De George



Backyard Zoology

We think of the shell of a snail as being its house, but did you know that many of these houses also have doors? By Amanda De George

Sea snails are delicious. I assume. It's an educated guess really, what with them being on the menu for many of the animals they share the intertidal zone with including birds, crabs and fish. My dad would regale me with stories of using pins to remove periwinkles from their shells as a boy when he was fresh from England, and there was that one time in Japan, just me and the new husband, a handful of terrestrial snails and lashings of garlic butter. But I digress.

The point is, for a good deal of marine snails, the shell alone is not enough to keep their soft, fleshy bodies safe from hungry animals. Or from the receding tide and the risk of being dried out that it brings.

Enter the 'operculum', a hard lid or trapdoor that is made by most species of marine snails consisting mostly of calcium carbonate. You might have already stumbled across these on your beach walks, washed up on the shoreline, hard and shell-like and becoming part of the ocean debris once the animal dies.

The shape varies from species to species but the ones from the Turban Snails (*Turbo marmoratus*) are the ones I see around here the most, with their deep, spiralled grooves on one side, the other side smooth and flat and lined with a faint whorl. That of the hand-size Red Triton Snail is oval, much thinner and made up Saturn-like rings of brown.

Whatever its shape, the operculum serves the same purpose, growing with the snail and attached in such a way to the foot that when in danger, from either food or flood (or lack thereof) the animal can pull itself up inside the shell and close the door, sealing in the moisture until the tide rises again, or sealing its deliciousness away.

Not a bad trick if you're even half as tasty as these creatures appear to be to the other tide pool dwelling animals, with or without the garlic. 🍷

Visit www.backyardzoology.com

Heathcote Community Update

A letter from Lee Evans – your State MP

Parents Vouchers

As we head towards the end of Term 1, it's great to hear that both students and parents are enjoying the return to classroom teaching?! I take this opportunity to again thank all in the community for your resilience and adaptability to support our students.

In February, as a thank you for your effort to support home learning the NSW Government introduced "Parents NSW Vouchers". One person from each eligible household can apply for 5 x \$50 vouchers – that's \$250 in total!

If you haven't already, you can access these via your Service NSW App.

For more information scan the

QR code or go to www.service.nsw.gov.au/parents-nsw-vouchers.

Heathcote Rd Bridge

For those who are interested in the new Heathcote Road Bridge, another milestone was achieved in December 2021 when the contracts were awarded to Fulton Hogan Construction.

Early work has now commenced and if you'd like to keep up to date with the project you can visit Transport for NSW or scan the code or go to <https://roads-waterways.transport.nsw.gov.au/projects/heathcote-road-bridge/index.html>



Scan this QR code for info on the "Parents NSW Vouchers".



Scan this QR code for info on the Heathcote Road Bridge.

Lee Evans, Member for Heathcote

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Dr Rip's Science of the Surf

How is your beach trending? By Professor Rob Brander

Anyone seen the north end of Stanwell Park Beach lately? Well, it's mostly gone. The photo below shows rocks that most people have never seen before as the beach was lowered 3-4 m, if not more, in places last month. The same thing happened at Coalcliff. I'm not sure about other beaches because I don't get out much, but there's no doubt there's been some pretty significant changes along our coast this summer.

Much of this is due to the La Nina weather pattern and the increase in storms and large swell that it brings, which I wrote about a few issues ago. Tropical cyclone waves in early January eroded the beaches and then we had what seemed like the longest big southerly swell ever (a week!) in early February that really did the damage to Stanwell Park and Coalcliff. However, there's so much geologic control along our coastline that every beach reacts differently to erosion depending on wave direction, how long the beach is and which direction it faces.

A good question is where does all the sand go when beaches erode? Some of it gets dumped offshore where it will eventually return to the beach under the action of normal wave conditions. Some of it gets shifted to the opposite end of the



beach. Sometimes beaches recover quickly in months, but sometimes it can take years. It's really hard to know without a long-term data monitoring system. But generally beaches will fully recover – or do they?

Digital Earth Australia (DEA) Coastlines is a free online dataset created by Geoscience Australia that uses satellite data and some state-of-the-art coastal remote sensing technology to map the typical location of beach shorelines for each year since 1988. It's accurate to within a few metres and allows us to see trends of overall beach erosion or growth that may be examined over the past three decades at least.

What it shows is that most beaches have been relatively stable over the years, but some, like Coalcliff and McCauley's, seem to be narrowing. Others, like Wombarra and Sharkey's, are growing.

What does it all mean? Not much ... yet. Thirty years is not a long time in the grand scheme of things, but it does show that it's perfectly normal for beaches to change dramatically from year to year.

To see what your favourite beach is doing, go to maps.dea.ga.gov.au or scan the QR code below and start exploring. 🌟





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The Flower Reach Project with TAFE Shellharbour



Solar panel installation by Clean Coast Solar

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Beetling About

With Helensburgh entomologist Dr Chris Reid

Knock knock! Who's there? Amos. Amos who? Amos-quito (followed by a pinch).

I'm wondering if kids tell these jokes anymore. When I was six there were still kids with hoops and skipping was all the rage with girls. Hopscotch, oranges and lemons, tag... Well, they may have gone but we still have mosquitoes.

A third-year uni exam question: 'Which group of insects is the most significant for humans?' And the answer is not the moths whose caterpillars eat all our crops, the beetles whose grubs eat our stored food, the bees that provide honey or the bugs that transmit plant diseases. No, it's flies. Because flies have the greatest impact on human health and that counts highest.

And the most important flies are mosquitoes. Worldwide mosquito-borne diseases of humans lead to more than 750,000 deaths per year, primarily from malaria (627,000 deaths in 2020 according to the World Health Organisation). But many more people are left chronically ill from this and other mosquito-borne diseases such as dengue, yellow fever, Japanese encephalitis, chikungunya and Zika. Another aquatic fly, the blackfly, carries river blindness (800,000 people with damaged sight at any one time).

What are mosquitoes? They are flies, so two wings, with different looking larva and pupa (in water). The female has long biting mouthparts and feeds on blood, but the male just hangs around for females. Typical. There are about 300 species in Australia divided roughly into two groups – the ones that tilt their bodies downwards to the front



when feeding (anophelines e.g. *Anopheles*) and the ones that don't (culicines e.g. *Aedes* and *Culex*). The distinction is important – only *Anopheles* carries malaria and only *Aedes* carries dengue, but it's probably best not to wait till they're feeding to find out.

In Australia we are relatively lucky. Most of the nasty diseases are absent, malaria has been eradicated and dengue is relatively infrequent and confined to the northern tropics. The endemic (that is, native) diseases we have are Barmah Forest, Ross River, Murray Valley and Kunjin. They tend to cause chronic problems rather than be fatal, but the last two can cause encephalitis.

Mosquito-borne diseases come to us from wildlife. That's not an excuse to shoot the lot but it's just a reminder that we should be careful near freshwater, especially covering up and using DEET.

To identify these hosts there have been fascinating studies in Australia (see below), sequencing the DNA in the blood inside wild-caught mozzies. In our semi-urban environment we are sharing mozzies and therefore blood with birds, dogs, rabbits, horses, possums and fellow humans. Some species prefer birds, some mammals. In a recent study in Rockhampton the investigators found chimpanzee blood and discovered they were near a zoo. Keep well.

Read on: NSW Health's website has fact sheets about mosquito-borne diseases in NSW. Scan the QR codes for articles in the *American Journal of Tropical Medicine and Hygiene* and *Parasites & Vectors* on sampling the DNA from blood inside Aussie mozzies. 🌟

Aedes aegypti, vector of dengue in Australia.
Photo: Wikimedia



1



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Elderberry Panax in a cage and (below) blooming wild at Kellys Falls. Photos: Kieran Tapsell & Patsy Nagle



Tree of the Month

By Banksia Bush Care's Kieran Tapsell

Polyscias sambucifolia (Elderberry Panax)

Elderberry panax can be a small spreading shrub to a medium-size tree of 5 metres usually found on the edges of rainforest. Its natural range is from Cape Otway in Victoria to the Macpherson Range near the Queensland border. Its fruits are edible.

The photo of the tree in flower was taken by Patsy Nagle at Kellys Falls.

One of these trees recently regenerated naturally in the circle near the giant bower of the Banksia Bush Care site. It is the third of the *Polyscias* family that is found in the Reserve, the others being *Polyscias elegans* (Celery Wood) and *Polyscias murrayi* (Pencil Cedar). As *Polyscias* are very susceptible to deer attack, we put a cage around the new arrival. The recent regeneration of this plant within the reserve shows how important for biodiversity is the removal of the usual weed monocultures like Lantana, Senna (Cassia), Ochna and Asparagus Fern.

Banksia Bush Care News

We have cleared the Lantana, Senna and Ochna from the western edge of the Stanwell Avenue Reserve. We have broken up the weed sticks and are using them to raise the walls of some of the compost nests, which continually reduce in height with constant decomposition.

We intend putting up another temporary deer fence around this area and will plant it out with more Illawarra natives. 🌱



Join the Historical Society

By Jenny Donohoe

Congratulations to the editors of the new magazine, *Flame*. Your magazine with all the informative information about local organisations and businesses fills the gap for us to keep in touch, well done to you all.

The Helensburgh Historical Society, after two years of non-events, has managed to survive the Covid disruptions by keeping our members informed with our quarterly newsletters and meetings on Zoom. Some of our members from the country and interstate that would not have been able to travel to our meetings can now enjoy catching up with us on Zoom, so it has been a win-win for all.

2022 looks like it might be another year of the same, but we will be very busy working on new booklets and research. Our small group of volunteers has helped a lot of interested people research their 2508 district pioneering families. In doing this, the Helensburgh Pioneering Family database is constantly being updated and you can find this on our website, along with many interesting stories.

To anyone who might be interested in volunteering, you will be most welcome. You can contact us through our website www.historichelensburgh.org.au or email info@historichelensburgh.org.au to join the society – it is good value at \$10 for a single. 🌱

Seniors Week debate

The annual debate between Northern Illawarra U3A and Bulli High School will take place at 9.30am on March 16 at Excelsior Hall, Thirroul Community Centre.

The topic is 'That zoos should be abolished' with the students speaking to the negative. As has been the case in recent years, the Lord Mayor of Wollongong, Gordon Bradbery AM, will be the adjudicator. Further details: Therese Jordan 0413 218 957. 🌱

Apple harvest at the orchard

By Jo Fahey at Darkes Glenbernier Orchard

Book an apple-picking experience, ride the tractor train and enjoy lunch at The Paddock.
Photos: Oliver Risi



We are in full swing picking apples. This will continue through to the end of April. Right now we are picking Gala, Delicious and Fuji, Granny Smith will be later in March, which then lead on to Pink Lady at the beginning of April.

Pick your own experiences are available by booking and held mostly on weekends. To check availability and book, go to www.darkes.com.au

Sessions are listed close to the date they are happening to ensure availability of fruit. Sessions can run in most weather.

The Paddock by Earthwalker & Co

Visit Friday, Saturday or Sunday to enjoy breakfast or lunch, 8.30am-2pm.

Team a meal with an apple-picking session and make a whole day of your experience. Eat something nice and take lots of yummy wholesome apples home to cook or put in the kids' lunch boxes!

Try a twist of cider vinegar!

During March we've decided to focus on the health benefits of apple cider vinegar. Dip fresh apple in it to prevent the apple browning for your salads. Try a splash of apple cider vinegar in a glass of water before meals. Make a tonic by adding your favourite citrus juice, turmeric, chilli or tabasco type sauce to spice it up!

Vinegar is said to cure a thousand woes. Use it in your hair after washing for added shine!

Enter and win!

Send us your favourite recipe using vinegar, your best vinegar use tips or a vinegar story to info@darkes.com.au by 30 March 22 for a chance to win a 15-litre bulk container (value \$120) of our vinegar! Winner announced in the April issue!

Visit darkes.com.au

Break The Bias

Iris Huizinga chats to International Women's Day Illawarra treasurer Katrina Rowlands about life, work and the campaign theme for 2022



Meeting Katrina Rowlands makes you want to buy a house just so you have an excuse to keep talking to her. Year on year, the seasoned mortgage broker wins awards, but it is her frankness and honesty that impresses me the most. The youngest of seven, she quit high school at 14 to look after her sick mother. At 17 she started a highly successful career in finance and never looked back. The Austinmer local and mother of four is now one of Australia's most respected and best mortgage brokers.

Katrina is also a founding member and treasurer of the International Women's Day Illawarra. Once a year this committee organises a get-together to raise funds for local organisations – such as the EVE Project – that specialise in helping women.

How did the International Women's Day Illawarra come about and what is it?

It [the IWD luncheon] is an opportunity to say: let's get together, let's be proud. And let's really highlight what the women of this area do. It's been aimed at that from day one, as well as supporting those that need some help.

It commenced [15 years ago] with Vicki Tieg's ringing a few of the known strong women in the Illawarra. Anybody that would like to take a day out and celebrate the women on International Women's Day should come. It's so refreshing.

In 2022 we welcome keynote speaker Anna Meares OAM and soul and blues vocalist Mahalia

Barnes to Wollongong. It's an incredibly entertaining day, but it's the day you walk out of feeling really proud and really happy.

This year the focus is on breaking the bias, can you tell us about that?

The message is we can break the bias in our own communities. We can break the bias in our workplace. We can break the bias in our schools and other educational facilities... We break the bias on International Women's Day and beyond.

What kind of bias have you seen?

I think there's the age-old pay-grade bias that someone could do the same job, but gets paid less.

Any personal examples?

I had two children and worked through, but then I fell pregnant with twins. At that stage I was the only female manager. I was told that there was no way I could possibly do the job when I was having twins. I said: "Well, can't I make that decision?"

But they said: "We won't put you back into the same management role. When you come back, you go back to this position and we'll see how we go."

I went to mortgage broking. They rang me a few months later, after I'd had the babies, and said, "Are you interested in returning?"

I very happily said, "Sorry, you had me, but you can't afford me now."

That's what led me into mortgage broking, someone telling me I couldn't do my job.

Why do you need a mortgage broker?

Once someone uses a broker, they love it and say, "Why would I ever do anything else. It doesn't cost me anything, the broker does all the work, has all the experience and then fights for me."

I refer to it as an ice-cream job. I make people's dreams come true. It's a wonderful job.

Where does your passion to make a difference originate from?

My dad was a very wise man, a very gentle man. His attitude was always, if you can make a difference, make it. If you don't have something nice to say, don't say it.

I easily let go of negativity. I'm also a very thankful person, I appreciate a lot and I don't take much for granted. I know everything can be gone tomorrow. Things can change overnight. So today is really good. Today is worth celebrating.

You also mention you want to help people achieve the great Australian dream. What do you think is the great Australian dream?

I think it is happiness and stability, comfort, confidence, and that largely comes with managing



8 March: International Women's Day

Show your support and strike the IWD 2022 pose (above) – then share your #breakthebias pic on social media.

The IWD Illawarra Luncheon has moved to 20 May, WIN Entertainment Centre, 11am-3pm. Tickets on sale now via Ticketmaster.

Country Companion Animal Rescue



PUPPY NEEDS A HOME!

GiGi, a four-month-old boxer-cross puppy, needs a home. She and her four sisters were left at a country pound, where she was rescued. They are lively, energetic puppies so you have to keep up with them! Email ccarpetrehomeing@tpg.com.au for more information

your own choices ... To me, that is still the great Australian dream – to have your own home and stability and confidence.

Your tips for those buying a house?

- Be prepared, seek advice from professional people that have the correct standing.
- Talking to one lender will give you one opinion. Talking to a mortgage broker will give you a platform and a foundation for your choices.
- Be prepared to make a decision at the time you find a house. You need to be pre-approved. 🌟

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Interest rate talk

There is a lot of talk about interest rates rising and what this will mean to the real estate market.

Firstly, I'd like to say we are in a different position to the US and NZ markets where interest rates are going up shortly in the case of the US and have already started rising in NZ. The US has rampant inflation and NZ had a crazy housing market that needed cooling. In comparison to Australia our inflation is still within the RBA's target range and the housing market has not been as crazy as NZ. So, we are different and won't necessarily follow these markets.

However, there is only one direction rates can go from here and that is up, so borrowers and the real estate market will need to be prepared for the inevitable when it happens, albeit late 2022 or 2023.

Parents Vouchers welcome

By Symbio's Kevin Fallon



Your kids may not always have appreciated your efforts at homeschooling, but the NSW Government would like to say "thank you".

From February 2022, one person from each eligible household can apply for five x \$50 vouchers, worth \$250 in total, via Service NSW.

Symbio welcomes Parents NSW Vouchers – in fact, we are encouraging visitors to support their local award-winning wildlife park and redeem all five of their Parents NSW Vouchers on the same day to receive \$250 worth of Symbio Discount Tickets.

Our picks for best use of your Parents NSW Vouchers at Symbio:

1. Family 12 Month Annual Pass

(1 adult + 2 children) = \$250 (5x Parent Vouchers)

(2a + 1c) = \$270 (5x Parent Vouchers + \$20)

(2a + 2c) = \$299 (5x Parent Vouchers + \$49)

2. Behind the Scenes Experience for two people

Meerkat Experience for two = \$250*

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Koala Experience for two = \$250*

*(5x Parent Vouchers)

Visit symbiozoo.com.au. 🌟



Must-try muesli

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

After years of juggling homeschooling, being at home 24/7 and still carrying on a career, many women are feeling stressed and exhausted. Hemp Seed Bircher is one of my most prescribed recipes right now. It is high in quality protein, rich in healthy fats, magnesium and potassium. It ticks the fibre box, helping us flush out excess stress hormones. And it tastes delicious too!

Hemp Seed Bircher (Serves 4)

Ingredients

1 cup hemp seeds

¼ cup whole flaxseeds (linseeds)

2 tbsp chia seeds

1 tsp ground cinnamon

½ tsp vanilla powder

1 cup coconut yoghurt + 1.5 cups coconut milk

2 apples grated

1 tbsp raw (or manuka) honey

Directions: Place hemp, flax and chia seeds, cinnamon, vanilla, yoghurt and coconut milk in a large bowl and mix well. Cover and place in the fridge to soak overnight.

The next morning, grate the apple and mix through the seed mixture with the honey.

Split into 4 servings and top with a little more yoghurt and a handful of walnuts. Enjoy!

Note: You can buy hemp seeds from Flame Tree Community Co-Op, IGA or Taylor's Healthy Grocers or online from Honest to Goodness Organics. 🌟

Hearing Awareness Week

By Dr Jeffrey Hall, of Bulli Medical Practice

Hearing Awareness Week is the first week of March. Hearing loss is Australia's second most common disability. Almost four million Australians have some form of hearing loss, and this will grow as our population ages.

The most common causes of hearing loss are age-related and excessive exposure to loud noise. Close to 60% of young Australian workers aged 15-24 are exposed to loud noise in their workplace. It's important to always protect your hearing by using earplugs or earmuffs and give your ears rest from noise.

Symptoms

First signs of hearing loss include:

- Difficulty hearing in noisy places and hearing conversations
- Difficulty understanding people, especially if they are wearing a mask or not facing you
- Often needing to ask people to repeat themselves
- Hearing muffled sounds, as though people are mumbling
- Turning the TV up louder than other people



- Missing your phone/doorbell ringing
- Constant buzzing or ringing in your ears
- Increased discomfort with loud noises.

If you experience any of these symptoms, see your doctor. Untreated hearing loss is linked to a range of more severe conditions including depression, anxiety and dementia.

Management

For most people, hearing loss cannot be reversed, but there are treatments that can help improve or correct your hearing. Options for management may include:

- wearing hearing aids
- getting cochlear implants, and/or
- surgery.

There have been considerable advances in hearing-aid technology in recent years. The earlier people start using hearing aids, the more likely they are to get the most benefit from them.

Check the Australian Government's hearing services program to see if you are eligible for subsidised hearing services and devices. 📌

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'A window into my kitchen'

Stanwell Park's Florencia Martinez has founded a website called LiviLiFOOD. Her aim is to help busy mums and dads feed their families a healthier diet – and discover the sweet rewards of going sugar-free!

Please tell us a bit about yourself.

I am Flo; a surfer, a mum, a designer and the creator of LiviLiFOOD.

I studied Industrial Design in my home town, Buenos Aires, and as a product designer, I learned how to pull things apart to understand how they worked. As the years went by, I became passionate about understanding how our body works too – specifically, what happens in my body when I eat food? What is in the foods I eat?

I found myself on a quest to find the answers. I was sure that there had to be a way to maximise my diet and lifestyle to live healthier and longer.

I want to be able to age healthily and avoid diseases. My mum suffers from severe arthritis, my aunty has Alzheimer's disease, and my dad died of cancer at 76.

What inspired you to start LiviLiFOOD?

I created LiviLiFOOD to inspire people to live a healthier and longer life. LiviLiFOOD is a window into my kitchen – where I share my tasty food and research, as well as how I plan meals to eat wholesome and sugar-free every day. I always had a sweet tooth, so the idea was to inspire others to transition to a sugar-free diet. The benefits were so amazing that I couldn't keep it to myself.



LiviLiFOOD founder Flo Martinez with her children Mara (at left) and Ila. Photos supplied

How do you feel about sugar?

I grew up eating a lot of carbs and sweets, so when I started researching our biology and the effects of certain foods on our bodies, I realised I was missing out BIG TIME and was damaging my body. This inspired me to quit sugar and processed foods. Over an extended period, refined sugars and highly processed foods create stress and inflammation in our brains and bodies. As a mum, I know it's not possible to always avoid sugars and low-nutrient foods at parties or when we eat out, but there's no need to eat those foods at home.

What are your goals?

My goal is that all the knowledge that has inspired me to make radical changes in my lifestyle can also inspire everyone in my community. That is why I love to create the LiviLiFOOD educational animations, which you can watch on my website with the entire family.

On your website, you're offering a free desserts e-book to subscribers. Where have you sourced these recipes, and what's your family's favourite treat?

I always loved making (and eating!) desserts, so when I decided to quit sugar, I definitely wanted to keep dessert on the menu.

My recipes are inspired by top chefs from around the world, tweaked to suit family life or be sugar-free.

Our favourite is the Protein Ice Cream Carob and Pistachio Bliss. Check out the full recipe at www.livelifood.info and follow our Instagram for a daily source of sugar-free and healthy food inspiration. ✨

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Longstanding:
the Thirrourl (left)
and Austinmer
memorials.
Photos: Will Lee



Memorial milestones

By Heather Lee, Honorary Secretary, Austinmer Thirrourl RSL Sub Branch

Austinmer Thirrourl RSL Sub-Branch is celebrating the following milestones:

- 101 years since the Cenotaph at Thirrourl was unveiled on 25 April 1920 and;
- 100 years since the Cenotaph at Austinmer was unveiled on 26 January 1922.

101 Year Anniversary of Thirrourl Memorial

Due to restrictions on community gatherings it was not possible to conduct a service at Thirrourl on Anzac Day 2020 where all could be reminded of the milestone and sacrifice of many whose names are on the memorial. Restrictions were still in place on Anzac Day 2021 as well.

The Thirrourl memorial was erected in 1919 on the corner of Lawrence Hargrave Drive and Railway Parade and is considered the oldest First World War monument in the Illawarra. Its foundation stone was laid on 18 October 1919 by Mrs Arnold Higgins. The official unveiling was performed by Mrs "Grannie" Riach on Anzac Day, 25 April 1920.

The figure of the soldier was originally white but became discoloured over the years. When the custodians discovered they could not scrub it clean, they decided to paint the uniform in the khaki colour used in the desert during the war.

In 1978, the memorial was hit and damaged by a truck. It was repaired, although the fountains ceased to function, and moved to outside the Thirrourl RSL. It was again moved a short distance to its present position in 1996.

The area around the memorial was landscaped by unemployed youths who laid out paths and set out gardens.

Our volunteer members still maintain the gardens and surrounds to the highest standards.

100 Year Anniversary of Austinmer War Memorial

The Austinmer War Memorial is a stone obelisk, bearing inscriptions and an honour roll in gilt lettering. Originally dedicated to those who served in the First World War, inscriptions and names for the Second World War and other conflicts have since been added to the sides of the obelisk.

The unveiling ceremony of the Austinmer Soldiers' Memorial was carried out on Thursday of last week, under ideal weather conditions before a gathering of about 500 people. The beach presented a pleasing spectacle and flags were flown in abundance in honour of the occasion. Mr. George Cram, president of the Memorial Committee outlined the history of the memorial movement, which started 12 months ago. M. Cram then called upon Mrs. S Cheadle to unveil the memorial, and, amidst profound silence the Union Jack fell from the memorial. – Illawarra Mercury (Wollongong, NSW), 3 February 1922.

Descendants of Mrs Cheadle have been and still are active members of our Sub-Branch.

In 2019 Wollongong City Council conducted a major refurbishment around the memorial. The work was completed in time for the Anzac Day Service. The project at Austinmer Beach included a new level paved area for ceremonies and the construction of an accessible pathway between Lawrence Hargrave Drive and the memorial.

Find contact details for the sub-branch at www.rslnsw.org.au 🌟

Northern Illawarra
Neighbour Aid Inc.

NINA

www.nina.org.au

SOCIAL GROUP OUTINGS

MARCH 2022

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



SHOPPING BUS TRIPS

Pick up from 9am

March 4 – Engadine (\$5)
March 11 – Sylvania (\$10) or Corrimal (\$5)
March 18 – Shellharbour (\$10)
March 25 – Dapto (\$10) or Corrimal (\$5)



01 MARCH

Bunnings Bus (Caringbah)

Pick up from 9am | \$10.00



07 MARCH

Music in the Morning – Lloyd Webber and friends

Wollongong Town Hall | \$38.50 (including transport)
Pick up from 9.30am and lunch afterwards (extra cost)



15 MARCH

Nursery Trip – Growing Outdoors (Taren Point)

Pick up from 9am | \$10.00
Lunch afterwards (extra cost)



30 MARCH

Premiers Gala Concert – Phil Burton, Christine Anu, Shannon Noll, Emma Pask, Gary Pinto and The Diamonds

Darling Harbour | Free
Pick up from 9am and lunch afterwards (extra cost)

Monday–Friday (9am–5pm) | telephone 02 4294 1900
18 Walker Street, Helensburgh

Lifesaving leaders

March 8 is International Women's Day and Scarborough Wombarra has a great reason to celebrate – this summer, the surf club fielded its first all-female patrol! The Illawarra Flame reports

Cover
feature



As a teenager, Rachelle Balez was the only girl on her patrol. Today, the 35-year-old scientist captains a patrol made up entirely of women at Scarborough Wombarra Surf Life Saving Club (SLSC).

Rachelle is the daughter of sculptor Didier Balez (the artist behind *Comradeship*, the beautiful steel sailboat memorial overlooking the ocean at Coledale). Rachelle grew up in Wombarra in a quieter time, when artist Ian Gentle had his studio at Clifton, before Sea Cliff Bridge, weekend crowds and standstill traffic. She remembers days at the beach when her dad was the only life saver on duty. The surf club was small; its female quota was tiny.

"I was the only girl who did my Bronze Medallion when I was 16, and I was probably the youngest by 10 to 15 years," Rachelle says.

"Most of the guys that were doing it were young dads and their kids had just started Nippers.

"It probably wasn't until over 10 years after I did my Bronze Medallion that I had my first patrol with another girl."

Role models to the rescue

In the space of 20 years, Scarborough Wombarra SLSC has transformed – today it's an inclusive, family-friendly club that offers great opportunities for all women, young and old.

Having active female patrollers provides role models for the next generation of surf life savers, something Rachelle missed growing up.

"I didn't see any female IRB drivers. I didn't see any female patrol captains," she says.

"For me, growing up, being a girl, I always believed I could be anything I wanted. It's only as an adult that I recognised how much energy that took, believing I could be something if I couldn't see it.

"And now, if you can see it, you don't need to spend the energy believing it – because you already know it's possible."

Even so, some young girls still find a traditionally male-dominated environment intimidating, Rachelle says.

"You're seeing that it's possible, but the safe spaces don't necessarily exist. And I think that's where having an all-girl patrol does create, for some girls, a safe space. That's not an issue for everyone, but it is for some.

"That's why I didn't really start surfing until I was in my 20s. Because it was too intimidating being the only girl out there. Now I go to Sharkey's and we're the majority.

"So things are changing."

How the club saved itself

In late 2020, Scarborough Wombarra SLSC hit rock bottom, barely able to fill a month of Sunday patrols. The club was down to just 17 patrolling



Patrol captain
Rachelle Balez

members – all on the verge of burn-out.

"It was a dire situation, we needed people," Rachelle says.

In October 2020, club president Ant Ritter – the former CEO of Skydive the Beach – launched a campaign to attract new members.

His call-out featured on the November 2020 cover of 2515 Coast News, with photography by Ant's son, Sean.

"The promotional drive that Ant did obviously was hugely effective," Rachelle says.

"One of the women on my patrol, Kath, had just moved from the Blue Mountains. She had read the article in 2515 and thought, 'Well, why not?' She was a council lifeguard, new to the area, wanted to get involved with the local community."

A season on, the campaign's success is clear: not only has the club grown, but 44% of its members are women and Scarborough Wombarra is fast gaining a reputation as a great place for girls to do their Bronze.

"We have so many girls now, we can do an all-female patrol. It's really exciting," Rachelle says.

There are 15 members in Rachelle's patrol, including three adult leaders and about a dozen teenage girls. Their ages range from 14 to 35.

"And that's not all the girls, because there's others spread out over other patrols," Rachelle says.

"Most of them came from doing their Surf Rescue Certificate and Nippers.

"We've got such a big, strong group that has gone through. The social aspect has been retained and that's the ethos behind having the all-girls patrol – to keep those friendship groups strong."

The girls go to various high schools, from Bulli to St Mary's. "There's small friendship groups



within the bigger cohort but the common denominator is they're local to the Scarborough Wombarra area.

"The girls have shown themselves to be diligent and respectful surf lifesavers, with a great sense of initiative.

"Considering 15 years ago I was the only patrolling girl, it's wild how far we've come in such a short space of time."

The change in power dynamics

Rachelle is not only a leader on the beach, she's also breaking new ground as a research scientist, working on her PhD at the Illawarra Health and Medical Research Institute at the University of Wollongong.

"I take skin cells from people who have Alzheimer's disease and I change their skin cells into stem cells. Then from a stem cell you can grow theoretically any cell type in the body and I grow brain cells.

"And then I run a bunch of different experiments to understand the neurobiology of what's different in the Alzheimer's disease cells versus the healthy individuals. And what changes could be leading to the development of disease and then how we could modulate and protect against those changes to inform the development of treatment.

"The work that I do is very fundamental science. It's looking at the molecular mechanisms that interplay, so we rarely have an 'aha!' breakthrough, but we provide additional pieces to the puzzle."

In 2018, Rachelle – along with fellow UOW academic, Thirroul geographer Sarah Hamylton – was honoured to be among 80 female scientists from around the world chosen to take part in Homeward Bound.

The prestigious leadership program aims to address the gender imbalance in science's top jobs, forge bonds between influential women and work

towards solving global crises such as climate change. The highlight of Rachelle's year-long course was a voyage to Antarctica, a trip packed with adventure, "lightbulb moments" and leadership lessons.

"Having this all-girl patrol has made me reflect on my Antarctica experience," Rachelle says.

"I learned a lot with Homeward Bound, being in female groups where you had to think creatively or more strategically about issues you may face.

"There's this really huge change in the power dynamics, because you're all female. The male-dominant leadership style gets neutralised and you're exposed to all these different ways operating, or problem-solving and mediating.

"And I found the same when I became a patrol captain for Scarborough.

"I'd always been in all male-dominated patrol groups. Because there's a physicality that comes with that, there's also a casualness in regards to [rescue planning], they know they're going to have big strong men that can swim out to someone in trouble.

"But now myself – I'm a strong girl but I'm not a big girl – and with 14- to 16-year-olds making up the majority of my patrol, we can't rely on that pure physicality. Because if we're pulling out a 100kg person who's in trouble – there's real physical limitations to that.

"So I then have to start thinking, okay, how do we work as a team and a collective to know who's got the strength to swim in groups of two or three to bring this person in.

"Then who is going to be, say, doing crowd control, who's going to come and do resus...

"This sort of planning is not something that I've ever had to think about too much because I've been part of a 'muscle-strong' team.

"It's been interesting thinking how to deal with these problems."

Building a club that cares

The club's aim now is to not only recruit but retain members. To do this, the club offers incentives (like covering the membership fees of its patrolling members) and hosts social events, including lunches at Wombarra Bowlo, so people on different patrols can get to know each other and build a rapport.

"It's really important to bring in that social aspect of the club," Rachelle says. "So it's more than just somewhere you show up for three hours and watch the surf – it gives you something back as well.

"Bindi, our old president prior to Ant, brought in a really lovely club dinner in the middle of winter to celebrate the end of the season and to touch base. I really enjoyed that.

"It's those small things that show the club cares

Back row, from L to R: Rachelle Balez, Kathleen Watson, Molly Rae, Madison and Charli-Anne.
Front row, from L to R: Loen, Sophie, Indigo and Chelsea.



about you that I think helps people then care about the club.”

United by a love of the beach

In times of division, when Covid has highlighted the inequality in our society, the surf club remains a bastion of egalitarianism, a place where friendships often cross the usual lines of age, class and gender.

It’s the kind of place where a leading scientist may make friends with anyone from a teenage schoolgirl to an apprentice tradie.

“You get such a cross section of different people coming to patrol,” Rachelle says. “Then you start to find other interests and get exposed to people beyond your normal social group, or friendship circle.

“That’s really lovely, in that in one patrol you get people from completely opposite walks of life, so you get exposed to different ideas and ideologies and perspectives. I always find that really interesting.

“We’re such different people, but we have this common love of the beach and the surf.

“It’s one of my favourite parts of patrolling.” 🌟

Visit www.scarboroughwombarraslc.org or email info@scarboroughwombarraslc.org



Driving change: Kathleen Watson at the wheel.
All photos: Anthony Warry

Pictured, from L to R: David Hoade (IGA); Martin Gorrick (Thirroul Village Committee); Peter Poulos (Parliamentary Secretary for the Illawarra); Louise Wellington (Save Thirroul Village); Stephen Le Bas (Save Thirroul Village). Photos: Donna Henderson



Views on the Plaza

By Stephen Le Bas, of Save Thirroul Village

After two years, the position of Parliamentary Secretary for Wollongong and the Illawarra has finally been filled. The Premier appointed NSW Liberal upper house MP Peter Poulos to the role in December 2021.

On hearing of this appointment, the Save Thirroul Village group invited Mr Poulos to visit Thirroul to discuss the significant community concerns regarding the issues associated with the proposed Thirroul Plaza redevelopment. Save Thirroul Village and the Thirroul Village Committee met Peter on 31 January 2022.

Peter's visit commenced with a walk around the town centre, meeting local business people. This gave us a chance to show how the proposed Thirroul Plaza redevelopment would have a very negative and overbearing impact on the village. Peter noted the striking escarpment views and how these would be impacted.

Local business people discussed how devastating the loss of the street parking on Lawrence Hargrave Drive and King Street would be to their businesses. The Parliamentary Secretary quickly understood that clearways and removing parking would negatively impact businesses. The easy access and high turnover of the parking spaces is critical to the viability of local businesses. The proposed Thirroul

Plaza development would strip Lawrence Hargrave Drive and King Street of kerbside parking.

Nick from Anita's Theatre gave a tour of the theatre. We then sat in the auditorium to discuss the threat to Thirroul's live music scene posed by the high-density residential development that would sit above Thirroul's iconic music venues should the plaza plans proceed. The significance of the local Development Control Plan for Thirroul was also discussed. Peter understood that this was put in place for a good reason and the sentiment of this DCP must be respected by any new development. He was also surprised that the developer had not tried to engage with the community, given the massive scale of the DA and its major impact on the community.

We thank the new Parliamentary Secretary for the Illawarra for making time to meet local community groups and hear our concerns. To hear Peter Poulos's interviews on WIN News and ABC local radio, head to the 'Latest News' on our home page at www.savethirroulvillage.com.au.

The Thirroul Plaza DA will be decided before the Land and Environment Court (LEC) between 19-22 April 2022. Follow our web and social media channels (@savethirroulvillage) to keep up to date with how you can get involved. 🌟

Do you measure up?

By Paul Blanksby, Helensburgh Men's Shed publicity officer

Tape measures, never in the same place twice. Plastic school rulers thrumming across the desk edge. Granddad's folding Stanley rule, that lovely timber and brass feel. The surveyors at the end of your street, peering through that funny box.

Or maybe your doctor, their eyes and ears probing for that which shouldn't be there.

Do we measure up? Is our health as good as it should be? Those headaches, that nagging cough, that belly that's a little too...ahem, 'out there'.

One of the great things about Men's Sheds, indeed their primary reason for being part of the community, is to help improve and maintain blokes' health. Your Shed in the Burgh does this with regular men's health talks.

We have covered topics such as prostate cancer, mental anxiety, handling grief and loss, stroke prevention and treatment, maintaining a healthy diet and fall prevention lessons.

Because we want our men to live long, happy and healthy lives, to be a blessing to their spouses,

partners and families and to their communities.

And then they'll be able to fix a lady's lovely old rocking chair and make her very happy indeed.

Visit helensburghmensshed.org.au; drop into 199A Parkes Street, Helensburgh, 9am-3pm Mon & Tues; contact Michael Croft 0413 401 522; Ron Balderston 0410 564 752; Paul Blanksby 0403 701 788. ★



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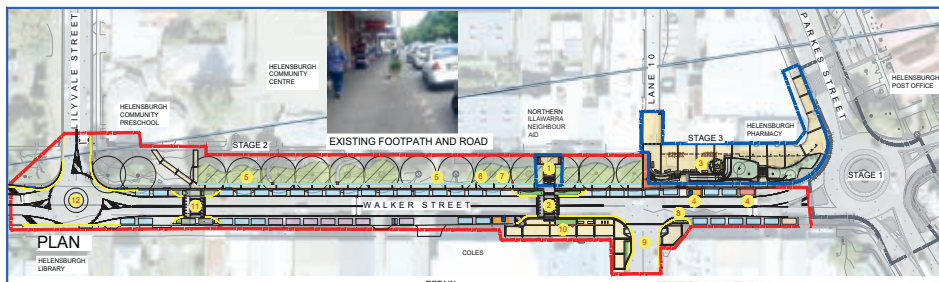
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Neighbourhood Forum 1 report

By NF1 convener Warwick Erwin

H'burgh Community Centre closed for 2022

The community centre has been closed indefinitely due to rising damp under the main hall flooring caused by poor drainage and ventilation. The flooring has significant damage and mould has built up and spread to the whole building including the youth centre. Wollongong City Council (WCC) has closed the building for further investigation after which it will determine if the centre should be demolished or rehabilitated. The building must be cleaned, which will require Council going to tender. The building is sealed closed to protect the community. NF1 does not expect to see the building rehabilitated due to the cost and the new Community Centre and Library project.

New Helensburgh Community Centre Project

Jenny Thompson, WCC Manager Library and Community Services, as well as Matt Neill and Carl Hopley from council, responded to questions about the new Community Centre and Library. A site close to Helensburgh Pool is the preferred site due to being less fire-prone than the current library site on Walker St. However, the swimming pool site is on Crown Land, which provides restrictions. The newly purchased sites next to the current library – which Council bought as a back-up if the site at the pool cannot be used – will be used as a works depot for the work being carried out on Walker Street once the house there has been demolished. It will then be turned into green space until a decision has been made on the community centre. The space could be integrated into the UCI cycling event in September as two of the main races will travel along Walker Street before continuing south.

Helensburgh Town Centre Project Work

Council is starting work on Walker St in February 2022. By the time you read this, the Brush Box memorial trees on the western side should have had their lower branches pruned to allow more sunlight to pass under the tree canopy. This will

make it easier for people to see the shops from the other side of the road. Walker St is getting reprofiled and parts of Walker St between Lilyvale and Parkes streets will be closed for that work. Council says locals will be able to access the shopping centre at all times and work will be done during the day. Road detours still have to be approved by Council's traffic committee. NF1 has suggested the detours be the roads the locals will use anyway: Gibbons Lane southbound and Stuart St northbound. It will be interesting to see if council officers listen to locals and common sense prevails. Council officers have said that all works on Walker St will be completed before the UCI road race in September and the Western Terrace area will be undertaken after the race. They have excluded the footpath on the eastern side of Walker St, Coles to Witty Rd, from the work – this was a separate project that Council has just dropped. NF1 will ask why this was dropped.

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

APP-0008817690: Status – 'Under Assessment'

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

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

DA-2021/1058 Lot 2 Short Lane, H'burgh

DA has been withdrawn by applicant, ZTA Group

Wollongong Development Control Plan 2009 – Changes

Council will put on exhibition changes to chapters of the Wollongong Development Control Plan 2009

Next NF1 meeting: 7pm, 9 March at H'burgh Thistle Club House at Rex Jackson Oval. 🍷

Campaign to keep kids safe

News from Safe Streets to School

Founded by parents from Wollongong, Safe Streets to School is now part of an alliance of 13 health, transport, education and climate organisations that presented the Three Transport Priorities to federal politicians at Parliament on Monday, 14 February, ahead of the election.

The Three Transport Priorities are:

1. Lower Default Urban Speed Limits in residential areas, shopping streets and school zones.
2. 1500m Safe Routes to School including footpaths, pedestrian priority crossings, and 'no drop off' zones.
3. E-Bike Purchase Subsidy of up to \$1000 off for customers purchasing an e-bike.

Lena Huda, the spokesperson for Safe Streets to School, said: "The three Transport Priorities will create a better balance so that more families feel they have the option to walk or ride."

Visit safe-streets-to-school.org ✨



Small publisher helps plant forests



Did you know the average book contributes about 2.5kg of CO2 emissions to the atmosphere, per copy? Local book publisher Exploring Eden Media – the crew behind Australia's best-selling outdoor cookbook, *Fire to Fork* – has committed to offsetting 10 times that for each book it sells.

Exploring Eden Media has partnered with not-for-profit organisation Greenfleet to offset 25kg of CO2 emissions for each book sold, helping Greenfleet plant native, biodiverse forests in Australia. Bulli local and press co-founder Brendan Batty said they have also eliminated single-use plastic from shipping processes, and only use Forest Stewardship Council-approved paper. "But there's still more we hope to do." Check out exploringedenmedia.com ✨

Bunny Buzz is building

By Fran Peppernell, of Helensburgh Lions Club

After two years of not being able to have any activities for our community it is with much delight we advise that we will be going ahead with our Easter event "Easter Bunny Buzz in the Park".

The event will be held on Easter Saturday, 16 April, in Charles Harper Park from 9am to 3pm.

We will have the traditional Easter Egg Scramble, a magic show and face-painting for the kids, entertainment, arts and crafts stalls to browse and food stalls plus more. If you would like to have a stall, go to our web page www.helensburghlions.org.au and register to book a place.

We are always looking for volunteers to help us. Please reach out via our Facebook page or email info@helensburghlions.org.

Over the December and January period you may have noticed the lines of people who needed to be tested outside the Helensburgh Respiratory Clinic and how busy the staff were, though always calm and friendly. In February, the Lions Club delivered care packages to the staff at the clinic to show our community's appreciation of the work they do.

We would also like to thank the patrons of Helensburgh Hotel who supported us with our Friday meat raffle. ✨

A colorful poster for the 'Easter Bunny Buzz' event. At the top, it says '2022 Stallholders Apply Volunteers Req'd' in a yellow circle. Next to it is the Lions Club International logo. To the right, a blue circle lists activities: 'Face Painting', 'Easter Scramble', 'Market Stalls', 'Tombola', 'Donations Fund', 'Dunkin' Donuts', and 'Kiosk'. The main text reads 'Helensburgh LIONS Easter Bunny Buzz' in large, bold letters. Below that, it says 'Saturday 16th April' and '9am - 3pm'. The location is 'Charles Harper Park, Helensburgh'. At the bottom, there are two QR codes, a small illustration of a bunny, and the website 'www.helensburghlions.org.au' and Facebook page 'www.facebook.com/helensburghlions'.

'Be kind'

By Iris Huizinga



Renee Green, CEO at
Lifeline South Coast
Photo: Anna Warr

Ten years ago, Renee Green was looking to put her skills in governance and finance to good use. She searched for a job with a positive impact on the community, and found it in Lifeline South Coast.

Lifeline receives a call every 30 seconds, 24 hours a day, seven days a week.

For Renee, "It's really hard not to be passionate about it. Working with that team of volunteers is just incredible."

Last July, Lifeline South Coast had a 25 percent increase in calls. What caused that?

We saw an increase in our calls that started in 2020 as a result of the 'Black Summer' bush fires. We saw another increase on top of that around March when Covid came into the community ... since that time, our calls have continued to rise.

This increase is due to the impacts of Covid, which absolutely affected people in their mental health and wellbeing, but also due to an increased focus around mental health, which is great. I think people really took that message on board.

We are happy to take that on, but ... it is going to continue to impact people for some time. So we are looking to stay at those higher levels and make sure we've got enough volunteers on the phones to deal with that for the next couple of years.

Can you tell us more about the link between exercise and mental health?

We know that exercise, looking after your physical health, is one of the real protective factors from suicide. It doesn't have to be going for a 10K run.

For some people, that's great. For people like me, I'm quite happy with a leisurely stroll around the harbour. Just taking that time... has a positive impact on your mental health. It helps boost that resilience. It can be as simple as a walk.

What kind of things do people talk about on the phone lines?

People talk about everything. From struggles with their relationships, perhaps they're going through a divorce. Or perhaps it's something that happened in the past with their parents or their children. It could be around domestic and family violence. It could be around financial pressures. We know financial pressures have a huge impact.

You believe kindness and compassion are important. Could you tell us more?

We get a lot of anecdotal stories, very small acts of kindness, that have an incredible impact.

The person who has shown that kindness and compassion often never knows the impact they had, but for the person receiving it, that has made an incredible difference.

It can be done in a range of ways. It might even just be saying hello to your neighbour, or giving somebody a friendly smile. If you're comfortable having a conversation or if you know someone a bit better, perhaps sitting down and having that conversation and just giving them your undivided attention for a little while. You don't need to solve their problems. Sometimes it's just listening.

Even for strangers, just the simplest things, like letting someone in front of you in the line at the supermarket, because they don't have many things.

Do you have an example of an act of kindness?

There was somebody who was not doing well. She sat in a park, really quite upset. She said so many people walked past and just pretended not to see her. Then one person walked past and gave her the smallest smile and said: "I hope your day gets better." That was enough for her to kind of take a deep breath and go: "Okay, I can move past this."

Is there a specific resolution that could be helpful for our mental health?

Look after yourself. Just take some time out, whether it's each day or each week to do something for yourself.

Renee puts this advice into practice in her own life – in her spare time, she enjoys spending time on her property with her dogs and 11 sheep! 🌸

For 24-hour telephone crisis support, call Lifeline on 131 114. Bushfire Recovery line 13 help or 134 357. If life is in danger, call 000. Visit [Lifelinesouthcoast.org.au](https://lifelinesouthcoast.org.au)



Suicide Prevention Workplace Training Men aged 45+

Lifeline South Coast is currently delivering free suicide prevention training, known as Gatekeeper Training.

The training is contextualised towards supporting men aged 45 years and older, acknowledging that of working aged men (20-69), those at the highest risk of dying by suicide are men aged 45+.

Male Suicide Prevention Gatekeeper training will give participants the knowledge, skills and confidence needed to identify men at risk, talk with them about suicide and point them in the right direction.

Upcoming Training

The next planned Gatekeeper Training will be in March and April 2022 delivered virtually via Zoom.

Dates:

March delivery – Wed 9th, Thurs 10th, and Fri 25th

April delivery – Tues 5th, Wed 6th, Wed 27th

How to book

For more info and to secure your place in one of these trainings, please scan.



Please email us if you have any questions at training@llsc.org.au.

lifelinesouthcoast.org.au/training



Support services

Adult

Lifeline: 13 11 14

lifeline.org.au

Suicide Call Back Service: 1300 659 467

suicidecallbackservice.org.au

Beyond Blue: 1300 224 636

beyondblue.org.au/forums

MensLine Australia: 1300 789 978

mensline.org.au

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Kids Helpline: 1800 551 800

kidshelpline.com.au

headspace: 1800 650 890

headspace.org.au

ReachOut: ReachOut.com

Other resources

Head to Health: mental health portal

headtohealth.gov.au

Life in Mind: suicide prevention portal

lifeinmind.org.au

SANE: online forums saneforums.org

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Aesthetics versus safety: Ben has learnt to watch his step on square-edged stairs.
Photo: Pixabay

I cut my toe on award-winning architecture

By architect Ben Wollen



That's right – I cut my toe, not my teeth. Well, I cut my teeth as well on remarkable architecture by Bruce Rickard, but I'm talking about a mishap I had, not my early career! You see, a good friend invited us over to his spanking new architecturally designed home for a Boxing Day party and we thought it would be a good idea to bring our dog so he could play with their dog. Big mistake. Our doggo decided to jump into the local swamp and then shook it all over everyone's nice Christmas garb. Well, that went down like a ton of bricks. I grabbed the naughty mud-skipper and headed for the garden hose.

Dogs have a sixth sense about when they're about to get washed and, sure enough, my dog made a dash for it up concrete steps with me attached to him.

Up – or should I say, down – I went onto the steps, and my thong flipped down at the front, opening up my toe for a collision course with the front edge of the step (in architectural parlance – the 'nosing').

After more fluster, mud and a dog-wrestle, I'd finally scrubbed him clean. Job done, I could go back to the party and finish that cold beer I'd been halfway through when the mud monster appeared.

Not quite.

I had cut my toe quite badly, so that cold beer would have to wait. I needed first aid and my mate's wife is a doctor (well, a psychologist – but I needed some mental first aid too at this point).

While I was being tended to with multiple band-aids, I inspected the killer nosing and found it to be quite sharp. I didn't know you could get concrete to be so sharp!

It got me thinking about a safety in design course I had done and it got me thinking that the architect of this sweet pad had selected aesthetics

over safety when designing the steps. It also got me thinking of another architect I once worked for who lambasted me for detailing stairs with a rounded nosing as opposed to a square edge (like these killer steps!). And then it got me asking: What's wrong with us architects that we would choose aesthetics over safety?!

Seriously though, a square-edged stair does look better, unless you're being dragged up them by your dog. Unfortunately, sometimes safety comes at an aesthetic cost. Just think about all those annoying fluorescent sandpaper treads people put on stairs so that people don't slip. Some architects spend hours attempting to design around these types of safety requirements, especially balustrades. Sometimes this works, sometimes it just doesn't.

Safety in design legislation requires all building designers to consider not only the safety of buildings once completed, but during their construction and eventual demolition. This can be a daunting task for building designers: how can we anticipate every possible danger in a building's lifetime? Fortunately, we can learn from the mistakes of the past and then we just need to throw in a little bit of intuition. Now that we have powerful 3D modelling software, it's pretty standard to have a virtual model built before the real thing, so we can better anticipate these kind of design issues. Fire modelling software already simulates a fire in a building and it measures how long it will take for all residents to vacate the building. I can foresee a time in the future that the computer model will sound alarms if it finds any safety issues in the design as you design it.

In the case of the killer stairs: when I have a chat to the architect about his nosings, I'll tell him a pencil round edge would have looked just as nice as a square edge – and my toe says so too! 🍷

The joy of sustainability

By Green Connect general manager Kylie Flament

I still remember where my sustainability journey started. It was in our laundry, off the kitchen in our tiny Sydney apartment, looking into our rubbish bin that was filled with food scraps and soft plastics and thinking, “There has to be a better way.”

That was almost 10 years ago now and learning how to live more responsibly has been an interesting and often unexpected journey.

There have been plenty of overwhelming moments, which I kind of expected from the beginning, but also plenty of moments of joy, which I didn't see coming. Reading about the scale of the problem of climate change or plastic pollution or soil degradation is overwhelming. Taking action individually or collectively though brings so much connection, energy and joy.

Many of the things we have changed in our household, I've assumed will be a sacrifice for the greater good, and turned out to be incredibly rewarding. Composting our food scraps instead of throwing them in the bin, for example, which I thought would be smelly and full of cockroaches like the bin I remember from my Nana's garden, but worth it for the planet. It turned out to be odourless and insect-free, and comes with a feeling of accomplishment when the worms come and then when that compost is turned out on to our garden and our plants grow exponentially (it turns out Nana didn't know you had to balance food scraps with dry stuff like leaves or paper).

Buying an electric car was the same. I thought it would be expensive and annoying both to charge and to drive, like a go-kart perhaps. It has been the exact opposite! It costs us far less, charging it is really easy (and quick and free at the fast chargers

when we're on long trips), and it's so zippy and quiet that it's an absolute joy to drive.

Many of the changes we've made have brought us closer to the community we live in. It has improved our mental and physical health and made for some really fun experiences with the kids.

If there's something you've been thinking of trying, whether it's cycling to work or the shops once a week or making bread, buying food in bulk or clothes from an op shop, starting a compost bin or switching to an electric car, give it a go! You never know what joy it might bring.

Where to start

1. Put all food scraps in the green bin or a compost bin (that's about 40% of your landfill fixed already)
2. Take all soft plastics back to the shop (that's another 40% so your red bin is almost empty!)
3. Buy local produce from growers such as Green Connect, Popes Produce or Dapto Community Farm
4. Buy ethical, package-free food from shops like Flame Tree Community Food Co-op
5. Buy as many things as you can second-hand from op shops like Green Connect (in Unanderra and now on the UOW campus too) or online
6. Join a community garden or group like Thirroul Community Garden, Parkrun or Surfrider
7. Choose to walk, bike, scooter or skate as often as you can – and look into getting an electric bike or electric vehicles for when you can't
8. Learn new skills like gardening workshops at Green Connect or craft skills at Makeshift
9. Find like-minded individuals in groups like Sustainable Illawarra. 🌱



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Sat 26 March - 9am to 12.30pm - Edible Australian Native Plants

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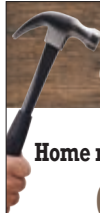
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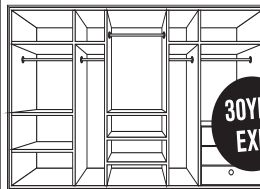
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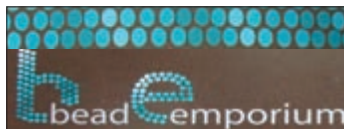
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Retreats for domestic abuse survivors

By Wendy Saunders

For the past two years I have been organising the Heart & Soul Care Trauma Healing Retreats for Domestic Abuse Survivors.

Heart & Soul Care is a not-for-profit charity entitled to receive donations that are tax deductible. Some of the agencies supporting the charity include: Yoga Impact Charity, Orana, Moving Forward, Leichhardt Women's Health Center, SAHSSI and the Yoga Foundation.

The retreats support those suffering from the effects of domestic abuse and family violence by providing a holistic retreat experience in a secure and natural community environment that empowers abuse victims with the skills and support needed to recover and heal.

The retreats are the perfect place to heal and recover, close to pristine forests, beaches, organic gardens and wildlife, cliff walks.

All the retreats are run by volunteers, who are experienced clinical psychologists, professional therapists and trauma-informed yoga teachers. Their combined skills and support help heal and provide guests with effective self-care strategies that will carry them forward into a new life, connected to community and self.

The retreats start on Friday afternoon with a welcome circle, dinner and sound healing. On Saturday and Sunday, activities include Trauma Informed Yoga, nature walks and therapies, Sheng Zhen meditation, SoulCollage, Sound Healing, Meditations, a Self Love workshop and free online courses with Bhakti Rose and As You Are Life School.

The March 25-27 retreat is highly subsidised, with the guest paying \$195 for the weekend. This includes all accommodation, meals, counselling and emotional support. We also have a few fully sponsored spots available. Please book early as spaces are limited to 12. For more information call Wendy on 0412 614 684 or email wendyhscare@gmail.com, www.heartandsoulcare.org.au 🍀

Era ocean swim returns

By Casey Josland

Take a step back in time and enter the Era Beach Ocean Challenge. It is a one-of-a-kind event that you will want to tick off your bucket list.

Era Surf Life Saving Club will host its second ocean swim challenge on Saturday, 19 March, after the great success of their inaugural swim last year. In 2021, following incredible planning and execution by volunteer members, lifesavers and nippers, 147 swimmers made the most of the pristine conditions and safely completed the 2.2km swim from Garie Beach to Era Beach.

We really couldn't have asked for better conditions. The sun was shining, the sea was calm, and the vibe was high!

"There was plenty of water safety in the water stretched over the course, and the swim itself was beautiful; looking at sections of beach and reef on the way," competitor Bryce Marshall said.

The picturesque 2.2km swim takes competitors from Garie Beach past the Little Garie Cabin Community, past the North Era Campgrounds and into Era Beach. The course takes swimmers over rock shelves that provided food for the community during the Depression, an area usually reserved for divers.

Era Beach is about 2.5km from Garie and accessible only by foot – or sea! Non-swimmers are

welcome to attend and cheer on competitors.

The event is an amazing opportunity for the athletes and supporters to get a look back in time.

Era Beach houses a surf club formed in 1938 and a cabin community that has existed since the 1920s when the land was originally farmland. Cabins surround the beach and provide a glimpse of life dating back to the mid-1900s. The surf club will offer a tour of a couple of cabins for those who are interested.

To take part in the swim, athletes must be aged 16 or above to do the open-water event and must be confident in rough conditions. If seas are high, the course can be challenging.

Swimmers will be given a small bag for belongings that the nippers carry over the clifftops for a safe delivery to Era Beach, ready for your walk back to Garie Beach carpark.

Check-in on the day is 8am and the first group of swimmers will start at 9am.

For more information, to register and watch the incredible footage from last year, visit eraslsc.com.au 🌟



Era Surf Life Saving Club will host its second ocean swim challenge on Saturday, 19 March. Photos: Elizabeth Josland




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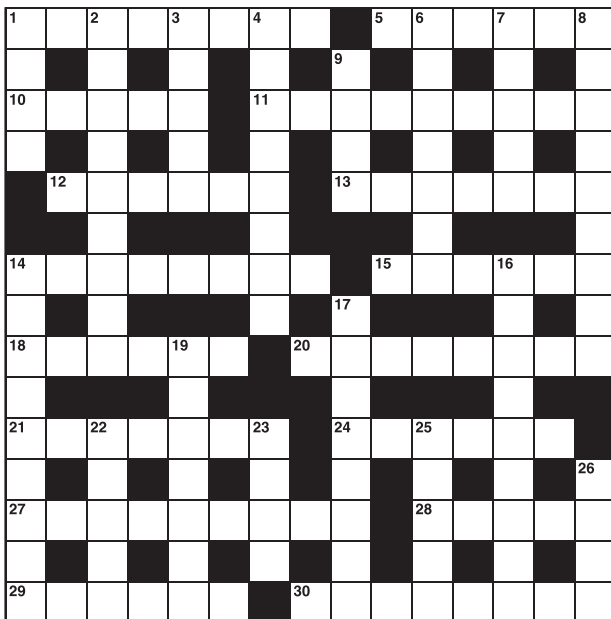
QUICK CROSSWORD

ACROSS

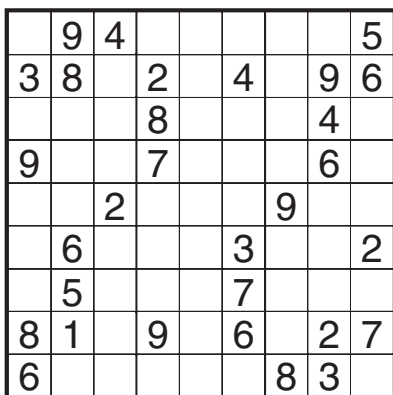
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5 Couch (6)
10 Outdoor area adjoining a house (5)
11 Variety of nut (9)
12 Slanted font (6)
13 Southwest Pacific region (7)
14 Inflexible (8)
15 Art of dwarfing shrubs or trees (6)
18 From Tuscany (6)
20 Cloistered (8)
21 Plaintiff (7)
24 Straightforward (6)
27 Waterer (9)
28 Fastening (5)
29 Fluffy dessert (6)
30 Graveyard (8)

DOWN

- 1 Pontiff (4)
2 Heights (9)
3 Barbecue (5)
4 Cubic contents (8)
6 Dismissal (5-2)
7 Pale (5)
8 Pathological self-admirer (9)
9 Capital of Norway (4)
14 Banishment (9)
16 Moon (9)
17 Keep (8)
19 Gives (7)
22 One of the Ionian islands (5)
23 Book of the Bible (4)
25 Unit of length (5)
26 Unsightly (4)



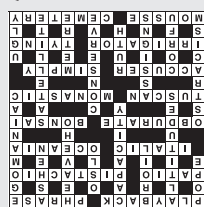
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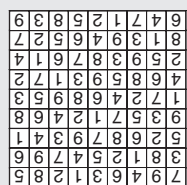
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SOLUTIONS

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SUDOKU



Feb. 2022



YOUR FUTURE WITH *Starlight Bob*

Step aside, Mark Zuckerberg. We've got a new columnist named Starlight Bob and his kind have been using Zodiacal data to track and predict human behaviour for millennia

Aquarius | Jan 20 to Feb 18

Jupiter has 53 moons. These will never align! Similar to your MasterCard after coming home drunk and doing some online shopping!

Pisces | Feb 19 to March 20

The Mars moons Phobos and Deimos form complete an eclipse of the red planet. This is a cause for celebration. Ohh, it could also be your birthday.

Aries | March 21 to April 19

Romance is on your horizon. After all, your friends have put up a fake Tinder profile with some interesting details on it. Expect photos from inmates from Goulburn Supermax jail.

Taurus | April 20 to May 20

There comes a time in a man's life when he begins to take stock – his thoughts turn to his place in the world, his impending mortality, and the meaning of life, if any at all... But yours will stay pretty much focused on beer and fart jokes.

Gemini | May 21 to June 20

Your love life will be similar to the car bearing the same name as your star sign: old, beat up and rarely gets out of second gear.

Cancer | June 21 to July 22

You'd always dreamed of the many glamorous ways you could be spending your Lotto wins. Would be handy if you remembered to buy a ticket every now and again.

Leo | July 23 to Aug 22

Your finances are as secure and safe as the people who wear their 'covid' masks under their chin or, in some cases, chins.

Virgo | Aug 23 to Sept 22

Despite your claims of being environmentally friendly, you still choose to drive to the supermarket rather than the 10-minute walk. Time to walk the walk.

Libra | Sept 23 to Oct 22

You will be mortified as your love life is slower than driving through Thirroul on a sunny Sunday afternoon. Like the traffic jams, it looks like this will remain for the foreseeable future.

Scorpio | Oct 23 to Nov 21

Your work-life will resemble a swim down at Austi beach. Looking sweet and enjoyable until you get caught in a rip. Whilst putting your hand up for help, your friends will just think you are waving.

Sagittarius | Nov 22 to Dec 21

Confusion will reign in your household as you profess to believe in Karma and all the universe has to offer, yet your partner thought you said Kama Sutra. Best you do some stretches.

Capricorn | Dec 22 to Jan 19

Remember: Despite your talents and capabilities, your kids still won't listen to you and want you to be like their friends' parents. You know, the cool ones. ✨

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'We couldn't be prouder!'

By Christine McDonald, Helensburgh-Stanwell Park Surf Life Saving Club publicity officer

The Illawarra Branch Championships were held on Saturday, 12 February at Thirroul Beach. After a week of bad weather it was great to see the sun out even just for a few moments.

It was wonderful to see our Nippers start the day as a team and show our colours in the old tradition of the March Past. We had lots of Nippers make the finals and so many more just giving it a go and that's all we can ask for. We couldn't be prouder!

Congratulations to Indiana for being a finalist in the Illawarra Junior Lifesaver of the Year comp. This year the win went to Bulli's Stephanie and Bellambi's Declan.

Twenty-four competitors wearing the red, white and blue cap represented The Park across both the beach and water events at the Illawarra Branch on Saturday, 12 February at Thirroul.

An incredible 17 of our Nippers won a medal

or two or four! Congratulations to: Dash U8 – 3rd Sprint; Nate U9 – 3rd Sprint; Halle U10 – 1st Sprint & 2nd Flags; Noah U10 – 1st Sprint; Halle, Lincoln, Max + Noah U10 – 1st Beach Relay; Sienna U11 – 1st One km Run; Winnie U11 – 2nd One km Run; Oli U11 – 3rd One km Run; Frankie U12 – 2nd Sprint & 2nd Flags; Will U12 – 3rd Board; Dom U12 – 1st Flags & 3rd Sprint; Tiahna U13 – 1st Sprint; Darcy, Frankie, Tiahna + Zalie U13 – 3rd Beach Relay.

Our Nippers were beyond excited to top off the day with a Bradbury style FIRST PLACE in the All Age Relay (they came in 4th, then the top 3 teams were disqualified). Congrats to: Dash, Nate, Halle, Sienna, Dom, Tiahna, Indiana and Codie.

The carnival wouldn't happen without the officials, water safety, parents, family and friends. Thank you! ✨



Call out for carpet bowlers

Every Friday, a happy group of amateur carpet bowlers meet at 9.30am at the Thirroul Community Centre and Library. The bowlers enjoy one and a half hours of good company and fun social games.

The group have been meeting for 10 years and are hoping to increase their numbers in 2022. New members, both men and women, are very welcome and no experience is required. Please call Daphne on 4283 6083 for more information. ✨

Get ready to ride

Last month we introduced Dave Parker, of PAST Outdoors. Now, meet his neighbour at Helensburgh Business Park, Dan Irwin. By Allison Tomazin

Dan Irwin is the founder of Fornix Wheels and RideAus. He's kept busy servicing, tuning, upgrading or rebuilding beloved bicycles from across Australia.

With an undying passion for motorbikes and bicycles, Dan has an eye for detail and the skills and experience to ensure you and your bike are out exploring the great outdoors safely.

Growing up, Dan attended clubs across the Illawarra. From a young age, he learned the importance of engaging, supporting and giving back to his local community.

He began his journey of 'tinkering', learning technical and mechanical skills in his back shed, as a 'lackey' to his Pop, who was an engineer. From there, Dan's passion for all things with two wheels has taken him around the world.

At Fornix Wheels, Dan offers not only the right parts and accessories, but also a genuine desire to ensure each rider's experience fuels their passion for cycling.

Whether you need fresh grips, bar tape or tyres, a safe steed to send it, or an expertly tuned and refined ride, Dan has you covered. Drop in for parts and apparel, plus a great range of consumables to keep your bike clean and protected.

Alongside Fornix Wheels, Dan also operates RideAus, a mountain biking skills company in Helensburgh. With the support of Helensburgh Off Road Cycling Club (HORCC), Dan and his team deliver mountain biking skills clinics, certified by the globally recognised Professional Mountain Bike Instructors Association (PMBIA).

RideAus was established in 2015 to provide high-quality skills instruction, coaching and guiding in a safe environment, so riders can build confidence, control and refine their skills.

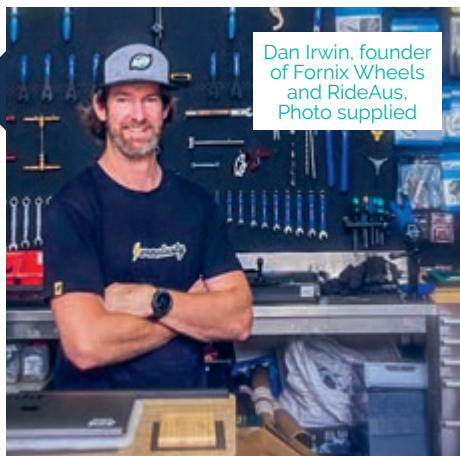
"I am grateful for so many opportunities to race against older, more experienced riders who not only pushed me to excel, but also taught me the value of giving back to the sport," says Dan.

RideAus offers products for beginners right through to professional athletes of any age.

"Being able to use a variety of experience, education and skill to help others is a privilege I get to apply in both of my businesses," says Dan.

"I love supporting local." 🍷

Find Dan at Unit 12 at Helensburgh Business Park, and check out rideaus.com and fornixwheels.com.au



Dan Irwin, founder of Fornix Wheels and RideAus, Photo supplied

Grand tradition of winter sports

By local studies librarian Jo Oliver

Winter sports are a popular pastime in the Illawarra. This photo of boys holding the Mt Pleasant Football Club ball in 1906 show you don't need a uniform to have fun!

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

Photo: P19683 from Illawarra Images, Wollongong City Libraries 🍷





Fresh changerooms for girls

By Luke Ellery, Vice President of the Northern Districts Tigers Juniors Australian Football Club

The Northern Districts Tigers Australian Football Club kicked off their year with a focus on diversity and inclusion. The club has enjoyed a surge of interest in the female game, from an initial three players in 2018, to now nearly 100 across four girls' teams and two women's teams.

To support female participation, the Tigers received grants from Wollongong City Council and the NSW Government to refurbish the changerooms at Hollymount, Woonona, to include shower screening with changing partitions.

At the opening ceremony Wollongong Lord Mayor Gordon Bradbery said the Tigers were "an excellent club that worked hard to support diversity and inclusion and have done an excellent job in upgrading the facilities, which look great.

"We are focused on ensuring all 62 council sporting facilities are suitable for female participation and it's great to see so many girls playing sport."

NSW Government MP Ryan Park said: "I am delighted to have been able to secure funding for this modern and professional female changeroom

and amenities for the Tigers, Butchers cricket club and community, under the Community Building Partnerships Program. As your local member I am proud to support local sport in our region with modern facilities that ensure everyone feels safe and feels proud of their local sporting ground."

Tigers president Matt Phillips said: "It's great to get government support for these initiatives, and Onboard Building have done a quality job with attention to detail. We look forward to more kids signing up to play with the Tigers and kicking some goals!"

Following the opening, the Tigers roared into action with their pre-season training – the Tiger's Academy which runs until 9 March.

Tania Jones from the Tigers explained: "Tiger's Academy is an opportunity for new players interested in Australian Rules to try their skills supported by our coaches and kids from the more senior teams. It is a lot of fun!" 🌟

To find out more about the Tigers, visit www.ndafc.com.au



Photos: Graphite Design Coal Coast

Join the friendly Sea Eels

The Winter Swimming season begins on May 1, writes Peter McDonald

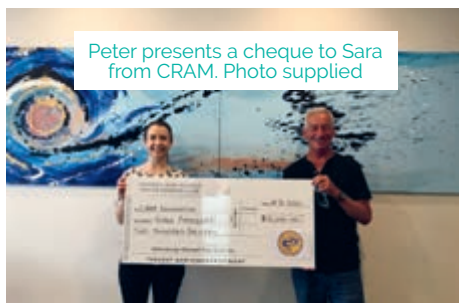
Thank you to all our members who hosted the Aussie BBQ on Australia Day at the Helensburgh Stanwell Park surf club and thank you to all those who supported us on the day. All proceeds will go to our main charity, CRAM Foundation.

After a disappointing 2021, with only five swims due to Covid, this year we hope to be back in full swing. We're a family club, open to all swimmers who can swim 50 metres unaided. We swim at Coalcliff pool 9am every Sunday from the first Sunday after Anzac Day (1 May) until September.

Swims are 50m, 100m and a relay, all swims are handicapped and as competitive as you wish.

After the swims we head to Stanwell Park surf club for delicious soups and drinks and socialising. This is also where we raise funds for charity by means of fines, raffles and Joker Poker.

CRAM Foundation provides a caring service to disabled adults and children. We have supported CRAM since 1999 and made many friendships with the residents. Each year we entertain them at Tradies Helensburgh and make a substantial donation to purchase much-needed equipment. The past season we raised \$3200, mainly through a raffle, with generous donations by Coral Air and others.



Peter presents a cheque to Sara from CRAM. Photo supplied

Our club enjoys inter-club visits with the Bulli Sea Lions. The ladies from the Bondi Icebergs visit, and we compete at the Invitational Carnival at Bondi, the South Coast and the Australian Championships (this year to be held in Wagga Wagga).

We welcome all residents, as well as those outside of the area and all surf club members. Join the Sea Eels and you'll also become an "associate member" of Helensburgh-Stanwell Park SLSC, covered by the club insurance. Ours is a very friendly club. Hope to see you on the blocks Sunday, 1 May, for a cool swim followed by our Annual General Meeting. 🌟

Brave effort at national final

By Ian Pepper, Scarborough Boardriders contest director



Well done, Aidan!
Photo: Raylee Golding

After winning our regional qualifier for the Australian Boardriders Battle it was off to Newcastle on February 5 and 6 for the national final. Unfortunately, the surf was absolutely huge and cumbersome, and our brave team failed to proceed past the first round. Sometimes a loss can be hard to take, especially when you know you have the team to do better. But it's all about getting back up, learning, and striving to do better.

Even more importantly in club surfing, it's about team spirit. Great job to Nic, Kalani, Fin, Mannix, Zahlia, Christian, Rod, Waz, Will, Shyla, Charlie and everyone who supported the team.

The 2022 season kicked off in style the following Sunday 13th at Coalcliff Beach. After a tough call early morning on where to go, we decided on north of the bridge with great 4ft-plus waves on offer.

Huge congrats to our winners. Special mention to Aidan Chamberlain for his first opens win in a quality field. Aidan has been a member of the club since knee-high in micros and always frothing to surf his heat or in a team's event. Well done, Aidan.

Big congrats also to Kasey Hargreaves for getting the win in open women. Big heat win also by Lenny Golding in a cracker 18's final and Rhett Mattock was too good in the 14's. Jesse Fitzgibbon got the chocolates in the 12's. We wish Skye Burgess a speedy recovery after a nasty injury on the Coalcliff shore dump. And a big thank you to young Tyler Haines for lending a hand to set up and pack up in his first pointscore for our club. 🌟

Port Kembla Tidal Chart

March 2022

TIME	M	TIME	M	TIME	M	TIME	M
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2 0228 0.39 0855 1.88 WE 1535 0.16 2133 1.43		11 0317 1.40 1029 0.66 FR 1617 1.02 2136 0.76		20 0423 0.35 1032 1.66 SU 1647 0.29 2300 1.63		29 0033 0.57 0658 1.72 TU 1343 0.28 1947 1.39	
3 0316 0.35 0940 1.85 TH 1615 0.18 ● 2215 1.47		12 0427 1.41 1143 0.62 SA 1744 1.05 2253 0.76		21 0511 0.35 1117 1.57 MO 1723 0.35 2342 1.66		30 0130 0.48 0748 1.75 WE 1424 0.26 2029 1.47	
4 0403 0.35 1023 1.77 FR 1651 0.23 2255 1.49		13 0533 1.44 1241 0.55 SU 1844 1.12 2358 0.71		22 0602 0.37 1205 1.45 TU 1801 0.43		31 0219 0.42 0834 1.73 TH 1502 0.27 2108 1.54	
5 0449 0.38 1104 1.65 SA 1725 0.31 2333 1.50		14 0630 1.51 1325 0.48 MO 1927 1.19		23 0028 1.66 0700 0.41 WE 1300 1.32 1845 0.53			
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TIMES AND
HEIGHTS OF
HIGH AND LOW
WATERS
LAT 34° 29'
LONG 150° 55'

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

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Helensburgh Sunday Social Golf Club Robert 'Indy' Jones reports

HSSGC members are looking forward to an expanding golfing experience with new playing locations and the challenge of new fairways to navigate... update those Golf GPS Apps.

Tony is cranking up his emails to members for March, April and beyond after successful discussions with new venues.

The weather is looking a little more favourable so let us hope it stays that way.

The Illawarra Flame remains a favoured news source, but our members can also keep up to date via club emails and make sure you all continue to support our local business partners.

If you're interested, join us and enjoy a game of golf, the outdoors and good company.

For membership information, contact Tony on 0418 863 100.

Indy signing off ...

Did you hear about a course that was so tough, one golfer lost two balls in the ball washer! 🍀

Tradies Social Golf Barry Thompson reports

It was only a Par event, my weakest format so I don't care that it was washed out (foot stamp) – how's that for sour grapes!

Arrived at course 6.30, got rained on. Back home 7.15, handed paint brush and directed to unfinished cabinets. Not my idea of a pleasant Saturday. Still, mustn't grumble.

April 3rd and 4th sees the return of our annual Gold Jacket tour. Our group will stay in Mittagong and will play the Mossvale and Highlands courses. Mick Carroll is arranging the trip. Please contact him for information or to register. The jacket is a nice piece of kit but it is tailored for tall lanky blokes. On me it would look ridiculous; that's why I refuse to win the event.

Our next outing is a two-man Ambrose event on March 19th at Boomerang. Tee-Off is at 7.00, please arrive early to allow our starters time to find someone willing to play with me.

N.B: I don't normally take classifieds, however, Terry was so distraught when he approached me that I relented.

LOST

Effective Golf Swing. Probably at Boomerang but possibly at Wingham. If found please keep warm and hand in to office. 🍀

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