

#### **Meet Our Contributors**



Brian Kelly first stepped into the *Illawarra Mercury* office as the new kid from Thirroul nearly 40 years ago and is still managing (just) to hold on tight to a career he is grateful has

dragged him to the UK (10 years), then Perth and Melbourne before a return to the district in 2008. He deems it a pleasure to get back into the grassroots stories of the northern suburbs and surrounds, dipping a literal toe in the waters of sea pools and a metaphoric one into local theatre or playing bass in a rock band when possible.



Dr Trevor Kemper is a General Practitioner and the founding director of Equilibrium Healthcare in Helensburgh. He is passionate not only about treating the ill, but also

promoting good health and healthy lifestyles, preventing illness and improving the quality of life for all.



Simone Mackie spent her childhood holidaying in 2508. She later brought her own family to Thirroul, Coalcliff and Otford on holidays. She is drawn to the area's history, notably, Stanwell

Park. When opportunities arose to buy first the Palms then Hargrave Cafe, she was excited to combine her business experience and passion for the past. Simone ran a work healthy safety company for years, has studied food tech and cafe management. She's also volunteered as a Scouting leader, a role that's included catering for hikes.



NEXT DEADLINE July 21 for the August edition

**EDITORS Genevieve Swart, Marcus Craft** 

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**NEXT DEADLINE July 21** 

**COVER** Kieran Tapsell, creator of Banksia Bush Care. Photo: Anthony Warry Photography

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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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## Symbio helps kids in need Discover wild life

The zoo's has introduced a 'pay it forward' plan, using Discover NSW vouchers to help children's charities, 2508 reports.

NSW residents are jumping at the chance to perform a Random Act of Kindness, with thousands of people taking up Symbio's new 'Help Kids in Need Discover a Wild Life' initiative.

The zoo's initiative allows residents to convert a Discover NSW voucher into a Symbio Zoo ticket, then donate it to one of five charities: Sydney Children's Hospital Foundation, The Starlight Foundation, Variety, Canteen and KidzWish.

For each \$25 gift card, Symbio will provide two entry passes, valued at \$78.

At press time, the value to the charities was estimated to be a staggering \$500,000, proving that, for NSW residents, the joy is in the giving.

"We're the only business in NSW doing anything like this, in terms of pay it forward," said Symbio marketing manager Kevin Fallon.

Kevin said the zoo will be absorbing all of the price difference in a bid to allow as many children and families to benefit as possible.

Statewide, the uptake of Discover NSW vouchers has been lacklustre, but the 'pay it forward' plan proved instantly popular. In the first week, more than 6000 people acted on the offer.

It sparked hundreds of comments on Facebook, ranging from "fantastic idea" to "I hope it brings a little happiness to some special little people".

It sure will.

"The opportunity to get up close and to feed the animals is always a win with KidzWish families," said Renee Hawira, fundraising and events manager at KidzWish.

"We support up to 200 families through our therapy and programs and up to 3000 children yearly with our inclusive events. The Discover NSW initiative will see more kids enjoying their time at Symbio.

"Often places can be crowded and not suitable for our children who have sensory and anxiety issues, but the big open space at Symbio allows these children to explore and have fun at their own pace."

Last year, KidzWish hosted its first Christmas Party at the Helensburgh zoo and kids loved it.

Renee said: "We had children coming up to us all day, talking about their experience with certain animals, the visit from Santa and how much fun it was to dance with the characters and have their faces painted."

The Discover a Wild Life scheme will help KidzWish give even more children a chance to attend the 2021 party, Renee said.

"We've got a day planned of so much fun, with face painters, children's entertainment, bubble shows, balloons animals, a visit from Santa and, of course, a toy and goody bag for each child." **2508** 

#### How to donate and help children in need

Log on to symbiozoo.com.au/ paydiscoverforward, redeem your unused Discover NSW vouchers, and choose one of five charities to receive a \$25 Symbio Zoo Ticket. Your chosen charity will then receive two-entry passes to the wildlife park, valued at \$78, and Symbio will be absorb the entirety of the price difference.





Children loved the 2020 KidzWish Christmas Party at Symbio and the 2021 event is set to be bigger than ever, thanks to Symbio's 'Help Kids in Need Discover a Wild Life' initiative. Photos: KidzWish

## Raine&Horne



Thank you to everyone who voted Winner announced in October!

## Well done, Saya and Nathan!

Two Helensburgh athletes have recently celebrated massive achievements



Helensburgh's BMX star Saya Sakakibara has been named as one of six riders in the Australian Olympic Team in BMX and Mountain Bike to compete at this year's Tokyo Olympics.

Saya said achieving her life-long goal feels "so surreal". "It's been a dream since I was a little girl to go to the Olympics – to actually reach that goal is amazing."

Paratriathlete Nathan Johnston, of Helensburgh,

has been awarded the Medal of the Order of Australia (OAM) "for service to people with disability through sport", the Governor-General's department announced in June.

Nathan, who is legally blind, has achieved numerous sporting successes, as well as worked tirelessly on behalf of several charities, including the McGrath Foundation, NSW Police Legacy and the Motor Neurone Disease Association. **2508** 

## Stanwell Park kiosk reopens

Wollongong City Council has awarded the tender to the same company, now trading as Bostin Brew Co and with all-new staff.

On Friday, June 25, Bostin Brew Co served their first coffees at Stanwell Park kiosk, and locals have high hopes the business will live up to its name.

"The owners come from the UK and over there, 'bostin' means 'amazing, fantastic, exciting'. That's what we want to be," said Bostin Brew Co's Newcastle venue manager Elise Williams, who'll also oversee operations at Stanwell Park.

Change at the kiosk has been eagerly awaited, following a flood of complaints about the previous management. However, in June, Council told 2508 a one-year tender had been awarded to Advanced Catering Systems – the same company behind the unpopular Pantry, trading under a new name.

A council spokesperson said: "The competitive process was extensive and required applicants to address a number of items from community feedback including community engagement, operating hours, menu and branding.

"The tenant also currently operates the Council-owned kiosk at Corrimal Tourist Park." Elise said Bostin was a "separate direction" for the company. "It's a branch off of Advance Catering. But it's more of a premium product."
All the staff are new, Elise said. Jacqueline Sparks will be the manager at Stanwell Park.

Elise said kiosk would open at 7am and potentially stay open until 7pm on weekends. "We are more breakfast and lunch orientated."

The menu was not finalised at press time but could include items on the Newcastle menu, such as classic fish and chips with mushy peas (\$22). For the kids, Elise could confirm a park favourite: "A big decent-sized bowl of hot chips is \$7."

Elise was planning a soft launch for June 25, due to the Sydney Covid outbreak. "It'll be more of a takeaway concept at first."

Following some sniping on social media, which did not come from the new team, Elise said Bostin aims to "build relationships with the community as well as just put out good coffee and good food".

"For us, community is a big thing. For example, we went with a coffee bean where we use Bear and the Beard, through Seven Miles from Sydney, where every bag we buy, a dollar of that goes to Bear Cottage, which is a children's hospice." 2508



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## Watch 'Croker Island Exodus'

By local studies librarian Jo Oliver

Celebrate NAIDOC week with a special presentation of the documentary *Croker Island Exodus* at Wollongong Library on Tuesday, 6 July at 10am and Wednesday, 7 July at 6pm. You will have an opportunity to view an exhibition of photographs of the child evacuees who came from Croker Island to Otford during World War II.

In 1942, 95 Aboriginal children from a mission station, along with their three cottage mothers, escaped the threat of Japanese invasion. Travelling from Croker Island in the Northern Territory, by foot, boat, canoe, truck and train, the children arrived in Otford. There, they lived at the Methodist Conference Centre and attended local schools until 1946.

This image, at right, from the exhibition shows two girls who met because of the exodus and became friends at Scarborough Public School during that time: Mavis Kelso (left) and Ruby Brawn (right). View more photographs capturing this important time in local history in an exhibition at Wollongong Library from 2 July to 31 August curated by our Local Studies team, with 40 photographs provided by the State Library of NSW and the Helensburgh Historical Society.' 2508





#### Reconciliation Week at Helensburgh Public School

Bu Classroom teacher Belinda Partridge

Our school held Reconciliation assemblies which included a special guest, Uncle Dean Kelly, Aboriginal Community Liaison Officer for National Parks and Wildlife Service.

He delivered an engaging talk on how students can connect and care for Country. He also conducted a powerful smoking and healing ceremony on the bottom oval.

As part of our school's Reconciliation Action Plan, students have come together with Uncle Dean to revise the school's Acknowledgement of Country. This process has enabled students to reflect on the importance of Country at Helensburgh. The new Acknowledgement of Country is in draft form and will need to be approved at the next local Aboriginal Education Consultative Group meeting. 2508

#### **Calling First Responders**

Are you a lifesaver, a firey or an SES volunteer? A charity founded in the Illawarra would like to offer you a free weekend to work on your mental wellbeing.

Applications are now open for the first First Responder Emergency Services Health Education Retreat (FRESHER), to be held at the Sylvan Glen Estate in Penrose from 6-8 August.

"We are calling for applicants across all volunteer emergency first responder organisations, including RFS, SES, St John Ambulance, Surf Life Saving, Marine Rescue," said Churchill Fellow Louise Murphy, a Registered Nurse and St John volunteer whose passion for helping others with mental wellbeing drove her to found the not-for-profit Australian First Responder Foundation last year.

"This is the first retreat in NSW specifically for our volunteer emergency first responders – we are a little bit proud," Louise told 2508. "It's foundations are on peer support, prevention.

"We have 15 places available. The weekend is at no cost to volunteer emergency first responders."

The aim of the retreat is for first responders to reconnect through peer support, reframe views through conversation, listening and learning, and reset via mindfulness workshops, outdoor and creative exercises. 2508

Find more information on the AFRF Facebook page @ Australian First Responder Foundation or apply via https://form.jotform.com/211481058421852

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## Saddle up for school holidays

Darkes Forest Riding Ranch is offering kids camps, writes Brian Kelly

Quite apart from all the pleasures of riding through the Australian bush on horseback to be found at Darkes Forest Riding Ranch, there is more than one kind of magic.

In 42 years, business owner Jules Read has seen many amazing connections form between horses and humans of all sorts, but few which took away the breath such as the time a non-verbal participant spoke.

"To see the joy his mother experienced that day will stay with us a long time," said Jules, who has long believed in the healing power of our equine friends.

Jules' family have run the ranch since 1979, currently helped by 20 staff "and extra hands who somehow just know when they are needed". Her parents are still very much involved in the riding school as well as their own agistment business on the 200-acre property.

The 50-strong herd of horses stand ready once more for the ranch's school holiday camps (dates below), which now have a two-decade track record.

Attendees can expect a full day from the get-go, when they start bonding with their animal by leading and grooming before any tack appears. Morning tea follows, then a group riding lesson before lunch and a trail ride. Once unsaddled and cleaned up, the horses head for a rest – and they're not the only ones.

"The children are usually well on their way to an early night themselves," Jules says. "They certainly

sleep well after a day at the ranch.

"We're now seeing children of past participants attend – that's pretty cool."

Jules is particularly grateful for the love and care her crew show their charges, who had extra consideration during the region's recent cold snap.

"They have extra protection in their canvas rugs ... they require additional feed and some of the older guys will be brought in out of the cold," she said.

"I will be forever grateful to these kind souls. We are proud to offer good horses a forever home."

Apart from school holidays, the ranch can provide riding sessions from \$90 over seven days a week and trail riding from \$75 over periods of 30, 60 and 90 minutes.

Jules is well placed to imagine which version of quadraped whose form she might enjoy if reincarnation was possible: "Not a hardworking Clydesdale or cheeky kids' pony ... but I do have a mule I purchased from the Australia movie set sale.

"Quartpot has the life I see myself living. When he has had enough, he just lies down."

And, yes, Quartpot is stubborn. 2508

Darkes Forest Riding Ranch school holiday day camps are on June 30 and July 2, 4, 5, 7 and 9. Camps start at 8.30am and finish at 3.30pm. Cost is \$160 (\$60 deposit upon booking). Call (02) 4294 3441 to enquire. The ranch observes Covid-safety measures.







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## Promoting mental health in teens

By Dr Trevor Kemper

Conflicts and challenges in the teenage years are normal and can help teens develop resolution skills, resilience and independence. It's a tough time; dealing with school pressures, hormonal changes, developing identity and navigating relationships. Throw a pandemic into the mix and it's a recipe for combustion.

So, what can you do to help your teen stay on track with their mental health? There are three essentials: Nutrition, Exercise and Sleep.

These cornerstones for good mental health are often lacking. Encouraging a balanced diet, regular daily exercise and adequate sleep will help our teenagers face the world at their physical best. Once these needs have been met, we can look at other ways to promote mental wellbeing.

- Get out there and do stuff. Get out into nature and explore, develop hobbies, try different sports and forms of exercise. Build these into your everyday life with your teen you'll all benefit.
- Hang out together. Spend time doing things together. Work independently in the same space you can work while they study. Cook a meal together, watch a movie, be relentlessly present.

Encourage time away from screens, in fact, take control and establish ground rules for everyone in the house (including the adults) about phone use.

- Manage your expectations. Expect inconsistencies your teen is still not an adult but they aren't a child either. They can be confused and frustrated with their efforts to manage their emotions. Allow them to grow and change.
- Communicate. Start communicating by listening. Be open and direct, leave no room for interpretation. Be honest. Ask open-ended questions and allow them to direct the conversation. Observe their body language as well as their words. Don't try to fix things for them, let them talk through how they can work it out themselves. Encourage them to try.

If your teen has been affected by recent suicides, spend time with them in that space and allow them to process and grieve. Don't be tempted to fill the silence, or downplay their feelings, just let them know that you are listening. Teenagers who are withdrawing from social connections and becoming increasingly isolated need attention. Know your limits and seek professional help if you are concerned about your teen's mental health.

#### **Need help?**

The new Safe Haven has opened at 55 Urunga Parade in Wollongong. Safe Haven is:

- An alternative to the emergency department for people in distress, experiencing a suicidal crisis
- Operated by peer workers with consultation and support by mental health professionals including use of sensory modulation
  - A warm, welcoming and safe space.

#### Need to talk?

• Kids Helpline – 1800 551 800 • Beyond Blue – 1300 22 46 36 • Lifeline – 13 11 14 • Headspace – 1800 650 890 • Suicide Call Back Service – 1300 659 467 • QLife – 1800 184 527

#### Correction

June's article "How to tell if your teen is struggling" was incorrectly attributed. The author of this article was clinical psychologist Courtney Rudd.

#### Beanies for sayari nyuki

Equilibrium Healthcare is selling beanies for sayari nyuki, the charity founded by Helensburgh's Maeve Turner that helps feed and educate children in Tanzania. Buy the beanies from reception or order at www.sayarinyuki.org/donate/beanies 2508



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Safe Haven is a NSW Health Towards Zero Suicides initiative





Dr Trevor Kemper General Practitioner



#### equilibrium healthcare



#### Dr Fiona Danson General Practitioner







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## Black Duck chef shares secret to great Pad Thai

#### By Jo Reed

Sam Jotikasthira and his wife, Boom, have been operating the Black Duck Bistro at Wombarra Bowling Club since Valentine's Day 2014. The bistro has continued to gain popularity ever since, serving up their famous Bowlo BBQ Duck, Pad See Ew, as well as many Australian classics, such as burgers and schnitzels.

Sam is a qualified chef who has worked in many restaurants in Sydney, and although he is of Thai heritage, Sam never worked in a Thai restaurant until he had his very own business.

Cooking is in Sam's blood, and he spent his younger days driving his very fussy Mum all over Bangkok to try a variety of restaurants. Sam likes to do photography as a hobby in his spare time – and also spending time going out for dinner at other restaurants where the cooking is done for him.

#### **Pad Thai King Prawns**

#### **Ingredients**

200g package Thai thin rice noodles
2 tablespoons vegetable oil
2 tablespoons tamarind pulp
2 tablespoons palm sugar
20g extra firm tofu
6 medium to large fresh king prawns
ground dried chilli pepper
2 teaspoons fish sauce
1 egg
20g preserved sweet turnip
10g chopped Spanish onion
Garnish to top, such as garlic chives, bean sprouts,
shallots, lime, crushed toasted peanuts

#### Method

- 1. Heat up a wok pan on medium.
- 2. Add vegetable oil then sauté onion
- 3. Stir in preserved turnip and then increase temperature to high.
- Add prawns and stir until cooked.
- 5. Drain the noodles and add to the wok, stir quickly to keep things from sticking.
- 6. Add tamarind, tofu, palm sugar and fish sauce keep stirring it for a minute until all the ingredients are cooked, then add a little bit of water so it helps the noodles to become soft.
- 7. Crack the egg into the wok and scramble it. Fold the egg into the noodles. The noodles should be soft and a brownish colour. Add bean sprouts and chives. Stir a few more times. Add crushed peanut and lime to the top and serve. 2508



### What's On at the library

Knit, Stitch, Yarn: Friday, 2 July. 10.30-12.30pm. All welcome, at Helensburgh Youth Centre.
School Holiday Activities:

Water colour circles: Wed 7th July. 10.30am. 5+. Helensburgh Youth Centre. Eventbrite bookings essential. Channel your inner artist and create a magnificent artwork using a roll of tape, a permanent marker and some watercolours. **NEW Toddler Time:** 

Ages 1-3 years, Helensburgh Youth Centre. Weekly sessions with stories, songs, finger plays and movement rhymes. 10am-10.30am, Thursdays July 15, 22, 29. Please book on Eventbrite for every person attending regardless of age.

Preschool Storytime: Friday, 23 July. 10.30-11.30am, ages 3-5. Youth Centre. Eventbrite bookings essential. Songs, rhymes, craft activities. 2508

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## So long, and thanks for all the fish

By Duncan Leadbitter



By the time you open the magazine, an icon of the local diving fraternity, United Divers, will have closed its doors for good.

Established by Suzanne and Leon Friend in 1974, United has offered all the key services sought by the recreational dive community, and many in the commercial sector too, including air fills, gear service, organised dives and dive travel.

For 38 years they had their own dive charter vessel, the Friendship. At one stage, they not only had a store in central Wollongong, but also a weekend shop at Kiama Harbour (see end of the video). I can't remember when I first went to the Wollongong store but I started diving 40 years ago. I do remember buying a pair of pink fins on a giveaway special because Suzanne couldn't find anyone else with poor enough taste to buy them.

The mainstay of United's dive sites were around the Five Islands, although they did venture further afield and, when the boat was located in Kiama, there were dives around the various headlands and reefs to the north and south.

The Five Islands offers some great diving with some beautiful sponge gardens, steep drop-offs,

schools of colourful fish, giant cuttlefish, even more giant stingrays and protected species like the weedy sea dragon and blue devilfish. A major attraction is the growing colony of seals on Martin Islet.

My two favourite dives are the pinnacle on the eastern side of Pig Island (Bass Islet) and Terry's reef, which extends north from Martin Islet. The pinnacle is a steep wall descending into 33m of water and can have lots of fish life, but it's exposed to currents and not dived often. Terry's reef is a flat terrace with lots of gullies and some of the deeper areas have sea whips growing on the sea bed. There also some good shallower dives around Toothbrush (Flinders) Island, where there are some caves to be explored.

So, it's a big thanks to Leon and Suzanne for having opened the eyes of many to what lies beneath. **2508** 



## Celebrate Tree Day

#### By arborist Clive Woodnutt, aka Bohmer

One of the biggest days on the calendar for anyone passionate about trees is back!

There are two Tree Day dates to celebrate, in association with Planet Ark and the National Tree Day organisation. Schools Tree Day is on Friday, 30 July and National Tree Day is on Sunday, 1 August.

This year Bohmers Tree Care is excited to be returning to Coledale Markets on Sunday, July 25,

for an early Tree Day celebration. The markets will be held from 9am-3pm in the grounds of Coledale Public School, who we are proud to have worked with over the years, donating mulch and more to their impressive garden.

The Tree Whisperer might be back for some fun and games, with tree art and craft by his Tree Fairy Honora. In 2019, we gave out a selection of seedlings so families could take home their own tree to plant in their garden.

We look forward to hearing how they've been growing and seeing you all at July's Coledale markets on Sunday, July 25! 2508









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#### **Adventures with Probus**

By publicity officer Helen Durham

Helensburgh Probus meetings have now settled into Gymea Tradies for the next few months. At our last meeting we welcomed three new members – Robyn, Keith and Rob.

We held our Presidents Picnic at Woronora Dam in April, welcoming our new president Michelle and saying thanks to our outgoing president Brian.

Unfortunately, the last two lawns bowls have been cancelled because of bad weather. Our golfers fared better, with the sun shining on their games at Beverley Park and Cabramatta.

Our recent Foot and Mouth was a walk from Como to Oatley Railway Station. First, a coffee

break, then we walked over the Georges River then into Oatley. We retraced our steps to Como Hotel where we enjoyed a lovely lunch.

Our most recent guest speaker was Ambra Hammond, who was home-schooled, started playing the piano at three and performed at the Sydney Opera House when she was only 12. She now travels to remote and disadvantaged parts of the world with a piano in a truck, to perform for people who would never have the opportunity to experience piano recitals.

Forty-five members had a very enjoyable six days in Mudgee and surrounds. We toured Hill End, Gooree Park Wines and Horse Stud, and wine-tasting with our lunch. Also we did a slow bus tour of Mudgee and Gulgong with local guides. We stayed at Parkland Resort, which was very comfortable and the food was great.

We visited Hars Aviation Museum in Albion Park for scones, coffee and an interesting tour with very knowledgeable volunteer guides. After the tour we all enjoyed lunch at Albion Park RSL. 2508

For member enquiries, please phone John Ingle on 0425 323 352 or go to www.probussouthpacific.org/microsites/helensburghanddistrict

## Guides work on Fire badges

By publicity officer Sophie Miller

Australia is definitely a country with wild weather, almost as wild as our local Girl Guides! From hot summers and bushfire season to chilly winters curled up by campfires, it's important to understand the safety and risks that come with playing with fire. The Guides have been learning all about this while working to get their Fire badge this month. Part of this learning experience involved visiting Helensburgh Fire Station and Helensburgh Rural Fire Station for guided talks to help the Guides better understand how our local firefighters protect us and manage fires.

Thank you to the Helensburgh RFS and the Fire & Rescue staff at the fire station. You've inspired us all with what you do and helped us be a little bit safer this winter.

One of our Guides has written up her favourite parts of this experience.

#### By Sarah, from Helensburgh Girl Guides

I really liked going inside the fire trucks and learning all the ways they help protect firefighters and their surroundings. We got to try on the firefighter's uniform and look like real firefighters!

I learnt that the Fire brigade don't just put out bushfires. They also do lots of other things like



checking or replacing fire alarms in homes and they get called out to accidents to save people in need. I found it really interesting in particular why they use their walkie talkies and radios. They need to use these to contact members in their team when something happens or to even talk to a different fire station. These are especially important when they been called out to a fire, to update each other or call for help

It was so fun to go and meet the interesting people who work and volunteer at these great places to keep us safe. **2508** 

## **Heathcote Community Update**

A letter from Lee Evans – your State MP



The 2020/21 NSW State Budget delivered on 23 June by Treasurer Dominic Perrottet focused on keeping NSW safe and accelerating our recovery.

It invests in our people and it transforms our state. Job creation remains a key focus with a record \$108.5 billion infrastructure investment helping supercharge the recovery.

The budget included \$6 billion in cost of living support, \$2.6 billion for mental health and an additional \$18.6 million funding over two years for the Community Building Partnerships Program. I'm thrilled that more of our hard working community groups will benefit from this injection.

Also \$80 million for new multi-day walking tracks, including the Great Southern Walk, \$541 million for Stage 1 of the M6 project and \$60 million for the Mount Ousley Interchange.

The Treasurer commented,

"This Budget continues to support our broad reform agenda for the planning and education systems as well as investing in our world leading digital technologies and providing tax relief. The challenge for NSW is to continue to strive to improve. This is a Budget which invests in our people, it aims to keep NSW safe, accelerate our recovery and helps transform our state as we embark on another decade of delivery."

Please contact me if you'd like more information about this budget or any current NSW Government initiatives.

Lee Evans, Member for Heathcote

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### **Push to name new** terminal for Hargrave

By Jenny Donohoe, Lawrence Hargrave Society secretary

The Lawrence Hargrave Society Incorporated has been active since 2008, promoting and educating the achievement of our first famous pioneering aviator, Lawrence Hargrave.

The society is a not-for- profit organisation funded through membership and occasional grants and is currently working on a permanent Hargrave exhibition at the Historic Aircraft Restoration Museum (HARS) at Albion Park Rail.

The work done by Hargrave started with his experimental box kite trials in 1894 that lifted into the air over Stanwell Park. After his early work in aerodynamics, Hargrave's name became known and the Wright Brothers in the US took note. The 'radial rotary' engine and 'aerofoil' are another invention that is claimed to be Hargrave's. Modified in 1908, this was more serious and recognised in military aircraft by the world.

Hargrave did not patent his work but shared his experiments with the world; his archives in the Powerhouse Museum credit his achievements.

In the US in 1894, Octave Chanute published Progress in Flying Machines, with Hargrave's experiments were recorded on 14 of its 398 pages, and wrote: "If there is one man, more than another, who deserves to succeed in flying through the air, that man is Lawrence Hargrave of Sydney."

We need to step up and give Lawrence Hargrave the recognition he deserves for his contribution to the first flying machines in the world by naming our new International Terminal at Badgery's Creek in Western Sydney as the 'Lawrence Hargrave International Terminal'.

You can support this by sending in a submission to our Federal Minister, The Hon Paul Fletcher.

A copy of a submission is on the website, www.lawrencehargrave.org

Contact the society via email at lawrencehargravesociety@gmail.com. 2508

## Sand dunes lost and regained

By Dr Lorraine Jones, vice-president of **Helensburgh and District Historical Society** 

The sand hills along the coast of Australia developed after the sea ceased rising 3000 to 7000 years ago. The northern sand dune in Stanwell Park was as high as the northern cliffs adjoining the lagoon in 1900.

The sand from this sand dune was first taken over a four-year period in the 1930s to fill in the northern lagoon. This is now the area which is the recreation and vehicle parking area adjoining the kiosk. At this time the existing creek was diverted from the middle of this area to the northern edge.

Starting in 1939, the sand was also taken in many truckloads to be used in the construction of Woronora Dam. From 1960, further truckloads were taken for private use, with Wollongong Council being paid 50 cents for each truckload. This was ceased in 1972.

The barbed wire from World War II was removed from the beach. To help the sand dunes regrow, marram grass was planted in 1977 to assist this. Five years later banksia and wattle trees were planted to assist in the further growth of the sand dunes.

What we have now - smaller sand dunes is the result of this work. Unfortunately, the heritage items of the Aboriginal middens have been permanently lost. 2508





### Oven restored

By Paul Blanksby, of Helensburgh Men's Shed

Now you see it, now you don't. Then it reappears again. What is it?

It's the old cast-iron bread oven from 'Fords Bakery' in Walker Street. The Historical Society commissioned your Men's Shed to restore the oven and mount it in a timber display for all to enjoy. Quite a challenge, particularly when it went walkabout the day before we went to pick it up. No easy task, as we reckon it weighs about 300kg. But the voices of social media waxed lyrical, someone had second thoughts and, thank you very much, the oven came back!

Much cleaning, paint-removal, welding, strengthening, designing and construction later, using rescued timber and old-fashioned 'Blac-it' paint, the old oven is new again. The clock handles are just lovely with their new brass plating, the maker's name in period cream enamel... just a lovely way for all of us at the Shed to serve our community.

With new members joining up, new stories to tell, new commissions coming in to do useful and meaningful work for the people of 2508, maybe now is the time for you, or your loved dad, granddad, uncle or mate to come on in and check out the Men's Shed. We are here not just to restore or build things, we are here to be shoulders to lean on, an ear to hear, a safe place to be for all men from 18 and up.

Looking forward to seeing you here. 2508

For news and information visit our website; helensburghmensshed.org.au or info@ helensburghmensshed.org.au. 199A Parkes Street Helensburgh 9-3 Monday and Tuesday. Michael Croft 0413 401 522; Ron Balderston 0410 564 752.

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## Neighbourhood Forum 1 report

By NF1 convenor Warwick Erwin

Lord Mayor, Cr Gordon Bradbery attended the June meeting of NF1.

#### **Footpath Works at Junction Street, Helensburgh**

Wollongong Council has proposed to construct a 1.5m wide path and associated kerbs and ramps along Junction Street between Fletcher Street and Parkes Street. Construction is to start in the next financial year. The proposed path is to be concrete from Parkes to High St and asphalt from High St to Fletcher St in front of the oval. Curb ramps are included at all roadways.

#### **Coalcliff SLSC Club House Building**

Having previously suggested that building a new Coalcliff SLSC clubhouse was preferable to alterations and additions. Council is now proposing that alterations and additions are preferred. The Coalcliff SLSC has developed a concept plan for the club house and met with Lee Evans who suggested applying for a community grant. However, the SLSC is unable to apply for the grant until the DA has been approved, but has raised the funds required to lodge the development application. The council has spent \$130,000 on the club house to make it fire safe and is committed to spending \$500,000 on repairs and maintenance. The next step is a new Geotech survey.

#### **Transport NSW Dump site**

Cawleys Rd has been used by TfNSW's contractor to access the dump site on the northern side of the railway line just below the Wilsons Creek Road bridge over the railway line, to dump the spoil from Waterfall railway project. Community objection to trucking the spoil through Helensburgh and along Wilsons Creek Rd forced TfNSW to use Cawleys Rd for access. TfNSW has stated that RFS and NPWS will use the spoil for fire trail upgrades.

#### **Stanwell Park Kiosk**

A new operator has been appointed as "winning tenderer" for Stanwell Park Kiosk. The tender has been awarded by Council staff but did not go to a full Council meeting for voting on. It is assumed this action is under "delegated authority". The new operator is the previous operator, trading under a new name, Bostin Brew Co.

#### **Helensburgh Community Centre Main Hall Floor**

Council has advised that "the timber for the hall floor replacement was recently delivered to site and is currently being stored in the main building. The sub floor ventilation will be installed in coming

weeks following which the project will have reached a hold point until further testing and inspections are undertaken by a hygienist". No completion date for the works, and no date for when the hall can be used again. How many years does it take to fix the problem?

#### Helensburgh Town Centre Phase 2 (should be 2A) now called Walker Street Western Terrace.

With Parkes Street works under the Town Centre Plan Phase 1 nearing completion, focus has moved to Walker Street and, in what Council has instigated as the first part of "Phase 2", a Sketch Design was released to NF1 and those residents who participated in workshops in March 2021. The Terrace area is from Lane 10 (lane between where the Newsagency is and the old Pizzarama building) and Parkes St (Pharmacy Corner) on the western side of Walker Street. This sketch was posted on Facebook. NF1 discussed it in detail and feedback was sent to Council, including the following:

- · Drain in Lane 10 to be fully enclosed
- Access the Terrace area for vehicles such as food truck, truck for use as a stage for events, unloading for mini markets or similar
- Water refilling station
- · Pharmacy entrance area to be enlarged
- Surface not be honed concrete but a softer looking and feeling surface
- Rampway from road level to shop level in line with Land 10 be half the width of lane 10 and not a quarter the width.
- Proposed Loading Zone be the last two car length parking spaces before the corner (roundabout)
- A power box or two be located in the Terrace area
- The curved disabled ramp projects into the potentially useful area of the Terrace too far and the understanding from those at the workshops was that the ramp would be parallel to the roadway and closer to the roadway. The location and size of the wall and railing for the ramp would create safety issues for parents with children.
- Extending the awning from the shops over the area of Lane 10 to create a continuous covered area.

There has been no overall vision / plan / interpretation / sketch for Walker St CBD area under the town plan and this is of concern as we cannot see how the Terrace area fits in with the overall vision. 2508

NFI meets at 7pm on the second Wednesday of each month, except December and January, at the old Community Centre on Walker St.



#### Pfizer available from July 8

Helensburgh Respiratory Clinic was very busy in June as residents rushed to get tested after the Covid-19 outbreak in Sydney.

It has been another challenging time for our local team of doctors and nurses, who have been working hard at the frontline of the pandemic for 14 long months – doing their best to protect the community from an infectious disease that has so far taken the lives of 3,898,983 people around the world, according to John Hopkins University figures on June 25.

Helensburgh Respiratory Clinic is a government-funded, GP-led initiative that opened on 11 May 2020 in a temporary building behind Parkes St Practice. For the first 10 months, its focus was on testing. In late March the clinic rolled up its sleeves to help Australia vaccinate its population.

"The vaccination program is going reasonably well as we are now providing second doses for the eligible age group for AstraZeneca vaccine," Dr Cindy Htet, owner of Parkes St Practice, told *2508*.

"However due to recent changes in the vaccination advice, there is some reluctance in AstraZeneca vaccine.

"There is a very good news that Helensburgh Respiratory Clinic will be providing Pfizer vaccine to eligible people from 8th July onwards.

"The supply is very limited at present, only 240 vaccines per week, but hopefully it will be increased in the next few weeks." 2508

#### **JPs at Wollongong libraries**

The NSW Justice Association Wollongong Branch offers free JP services. We also hold a monthly meeting for our members and other JPs on the second Tuesday of each month at City Life Church in Jardine Street, Fairy Meadow from 7pm.

Community Desks are held at Thirroul Library, (1st Thursday of the month, 11am-12.30pm); Corrimal Library (2nd Wednesday of the month, 10am-1pm); Wollongong Library (1st and 3rd Saturdays of the month, 10am-1pm); Dapto Library (2nd and 4th Fridays of the month and 3rd Saturday of the month, 10am-1pm).

Contact Ray Vaughan on 0419 293 524. 2508

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## Is it time to fix your mortgage rate?

Analysis of rates over the last 20 years has shown a variable rate achieves a lower overall cost but in more recent times a fixed rate may prove better. Since COVID came along in early 2020 we have seen fixed rates drop to their lowest levels in history, many below 2%. The government had assisted lenders provide these low rates by providing them a virtually interest free loan. In the past few months most of these rates have increased and now sit in the 3% range. This is still lower than most variable rates and now record numbers of borrowers are fixing. However, there are downsides to fixing, break costs involved to exit the fixed period early and also the limited ability to pay extra off uour loan. If in doubt consult uour mortgage broker or financial adviser to find the right solution for you.

## **Easy tiger!**

Team Helcar has taken on the 2021 Shitbox Rallu.



John Hine (aka Hiney, proprietor of Helensburgh Car Services) and Peter Zifovich (Zifo, longsuffering team-mate) were stoked to set off for the Autumn 2021 Shitbox Rally last month.

A 'shitbox' is a car worth less than \$1000 – we had an old VZ Commodore station wagon once owned by a house painter. The team name HELCAR comes from our primary sponsor,

Helensburgh Car Services, and our goal was to raise money for Cancer Council research.

In the past, teams have driven their shitboxes from the Gold Coast to Alice Springs via the Gulf of Carpentaria, nearly 4000km in seven days. Due to Covid restrictions, the 2021 event was split, with half of the 250 teams travelling from Alice Springs to the Gold Coast in May, and the other half travelling from the Gold Coast in June.

Team HELCAR was in the 'back' group travelling from the Gold Coast on June 5.

The 2020 event was postponed, which gave us another 12 months to fundraise and prepare the car. The result was a beast sporting tiger colours, thanks to our wonderful artist Natalie Burns. Before the race, we raised \$21,000, a little short of our target of \$25k, but we still have time to finish the job. Donations are most welcome and can still be made – go to shitboxrally.com.au

Many things are on hold at the moment, but cancer is not. The team has lost family and friends to the disease. Peter lost his father and a close friend and John recently lost his brother-in-law and a close friend as well, hence their desire to do something about it. Both being motor mechanics and car enthusiasts, the shitbox rally seemed a logical way to do it.

Other local sponsors are: Southern Storage, Helensburgh Premium Liquor, Helensburgh Tyres, Babister Legal, Darkes Cider, Helensburgh Golf Driving Range & Putt Putt, Elite Camper Trailers and Apex Decals.

Look out for a race report next month. 2508

## History served at cafes

By Simone Mackie, new owner of Palms and Hargrave cafes

The history of Stanwell Park is so rich, but not so evident to the passer-by or traveller.

The Palms Teahouse and Lounge Bar and Hargrave cafe are now working with local societies to promote the area's incredible history, from the era of the Wodi Wodi people to bushranger Wolloo Jack and his gang to the 20th-century aviation innovations by Lawrence Hargrave.

Books by historian Michael Adams are on sale at both cafes, with proceeds returning to Helensburgh and District Historical Society. I'm hoping that the author will make some special book signing appearances. Stay tuned!

Hargrave Cafe will soon be home to the "The Park" gates, found near the kiosk and recently restored. We are also planning a mural – its design will be guided by the Historical Society. There are model box kites and planes on display, plus box kites for sale.



The Palms is displaying Hargrave memorabilia and historical photos of the area, along with the Historical Society's published works. **2508** 

Follow @the\_palms\_teahouse and @ hargravecafe2508 on Instagram



## Bee happy at Darkes

Enjoy junior beekeeping fun this July holiday at Darkes Glenbernie Orchard, writes Jo Fahey

Have your kids always wanted to understand bees and how they make honey, and how honey gets out of the hive and into a jar?

We have just the thing!

Book to bring your child and participate with them in a 1½ hour Bee Experience. Yes, we will be working with real hives, real equipment and real bees in a safe way. This is a very specialised experience and not normally available.

It's pretty much a first for us to be able to offer this unique experience.

Children will not just get up close to a working beehive. They will extract honey from frames from the beehive. They will taste honey straight from the extraction. We will see the bees and the queen in safety doing their daily chores.

To round off the experience, after learning about the bees, the hives and honey, you will go on a tractor ride through the orchard to see a field of beehives.

If this sounds like your kind of experience, jump onto our www.darkes.com.au website and go to the 'What's On' page to book. Yes – you can use your NSW Discover vouchers to go towards payment on the day! 2508

Visit www.darkes.com.au











If you go down to the endangered littoral rainforest

today, you're in for a big surprise.

Lining the bush track from Stanwell Park kiosk up to Stanwell Avenue are giant bird's nests woven with stalks of lantana, senna and ochna. All terrible invasive weeds choking our rainforest, now reinvented as bush sculpture.

Inside the nests are porcelain eggs featuring the works of great painters – think Van Gogh's sunflowers and Picasso's bulls.

The open-air art show is curated by Banksia Bush Care founder Kieran Tapsell, who fires the eggs in a kiln in the backyard of his home on Stanwell Avenue and then shares them with the community to decorate.

Recent additions include eggs the size of an emu's painted by Stanwell Park Preschool children (Kieran reckons their work bears a striking resemblance to the work of Archibald winner John Olsen). They are part of the Modern Art Tributes on Eggs (MATE) Exhibition.

Kieran leads us on a tour of the bush gallery, for which sensible walking shoes are recommended.

"There's a Picasso – that's one I did," he says, lifting an egg from a nest.

"Here's Guernica..."

"You can't take art too seriously.

"Though it does take a certain skill to reproduce a painting of that size on an egg," he adds, laughing.

It's a delightful stroll and educational too, with signs made by Otford's Natasha Watson identifying the rainforest trees, from lilly pillies to Illawarra flame trees (Kieran's favourite).

The show continues all the way up the track to Stanwell Reserve, where two porcelain bowerbirds – Kieran's own work – sit beneath a colossal bower of branches more than six feet tall.

Male satin bowerbirds are famous home decorators; they love to collect blue objects to entice ladies to their bowers. Sometimes Kieran scatters blue items around the giant bower but they don't last long. The real bird nicks them.

"There was one bowerbird, I used to call him Rupert because he was really greedy."

The Bower is at the heart of Banksia Bush Care operations. It's where we meet two local volunteers, Lydia Smith and Torin O'Connell.

"I thought it was a fantastic initiative," says Lydia, who lives just down the street.

"I'd see Kieran post on Facebook, we're doing regeneration of the bush and making these nests...

"So we got a whole bunch of eggs and painted them for my daughter's fifth birthday party. That was really fun. That was when we started getting involved, painting the eggs and making something really wonderful out of clearing the bush. Making it a nice space for everyone to enjoy."

There are currently about 14 Banksia Bush Care

volunteers, all locals. The community stepped in when Kieran's usual supply of willing backpacker workers dried up due to the pandemic.

Kieran is a retired lawyer who moved to Stanwell Park in 1972. He has been weeding, planting and defending young trees from Rusa deer for 50 years.

"Basically, I started doing it myself," he says. "Then I got the backpackers in."

Kieran registered with two cultural exchange schemes, HelpX and Work Away, offering bunk-bed accommodation at his home in exchange for bush care work. "Most of this was done with backpackers. They were terrific."

Today, tonnes of weeds have been cleared and about 1400 native trees planted. Banksia Bush Care has become a local treasure – not only is it a rainforest haven, it's a community art project loved by residents of all ages.

Earlier this year, Kieran published the story behind the nature garden in *A Guide to the Banksia Bush Care Site on the* 

Stanwell Avenue Reserve.
Below is an edited extract
from this free guide, highly
recommended for anyone
interested in Stanwell Park's
human and ecological
history.

Readers can download the full PDF via our website at www.southcoaster.com.au



#### Extract from 'A Guide to the Banksia Bush Care Site on the Stanwell Avenue Reserve', by Kieran Tapsell (2021)

By 2017, some friends and I had removed a huge amount of weed material and put it in a pile further along in the circle where we expected the Council could collect it. Two Council officers came up and were pleased with what had been done and suggested that we should become volunteers within the Council's bush care program. They also told us that it the Council's preferred policy to leave the weed material on site.

This created a problem for the owners of No. 19, 31 and 35 Stanwell Avenue, and the Child Care Centre because the amount of weed material was huge and having big heaps of dried sticks and fines in heaps presented a fire hazard.

Gaby Porter, a sculptor from Wombarra, had made a giant bower and a nest in her garden, and this provided some inspiration for creativity in the disposal of the weeds. The nests we created were filled with leaf litter and became compost heaps for the trees we planted downhill of them. The leaf litter composted with the rain and sent the nutrient to the tree around which we had built a small dam to contain it.

#### **BUY THE BOOK**

Earlier this year, Kieran Tapsell self-published Tales of Old & New from Stanwell Park: Reminiscences of a Local, a fascinating book that is part history, part autobiography. The first part of the book is a history of the region from when the first British fleet arrived in 1788, until the death of aviation pioneer Lawrence Hargrave in 1915. The second part is a series of short stories about the author's life as a resident hang glider pilot, lawyer, potter, traveller, writer and translator from the time of his arrival in Stanwell Park in 1972. The Kindle edition — with cover illustrations by Kiara Mucci — is \$6.45 at Amazon.com.au





I made some porcelain eggs, more as a joke, to put in the nests. Like most places, Stanwell Park has a history of vandalism and to try and discourage that, I painted the bottom of the eggs with underglaze with the message: "Art in the Park. Please Do Not Steal Me," and signed it "Banksia," because the nests were three-dimensional graffiti in a public park, and at that stage, no one really knew who was making them.

The Council bush care people were supportive of what we were doing and agreed to call the Dress Circle the "Banksia Bush Care" site.

#### From bush art to compost bins

The composting nests have been successful as can be seen from the south-western side of the bush care area where some planted trees of the same species (Illawarra flame trees and red cedars) have a nest, and some do not.

Those with nests have grown as much as 1.5 metres higher than those without. There are now 186 giant nests on the site, fertilising the trees planted downhill of them.

The nests surprisingly act as a fire retardant. The outside burns, but the wet composting centre has the effect of restricting the airflow.

I tested my hunch with an experiment at another place. I built some nests on the property and filled







them with leaf litter. I also made a heap of an equivalent quantity of sticks a few metres away and left them in the weather – which is effectively what the Council wanted us to do with the weed material. After two years out in the weather, both were burned side by side. The difference was significant, with the nest taking twice as long to burn and with half the intensity. The composted centre did not burn except for the top 5cms.

The real test came on 4th January 2020 when a huge fire storm raced through the property [near Burrill Lake] and burned the house and all the forest, including the rainforest that had survived a fire in 1968. The temperature inside the house had to be 1,250 degrees because the glaze on my ceramics inside the house melted and then cooled.

The centres of two of the nests survived the firestorm. While the nests' exteriors will burn, they will do so slowly, and as the compost material breaks down and contracts, the nest can be used continually to fill up with excessive leaf and fallen stick material, which can significantly increase bushfire intensity if left spread on the ground.

#### The Banksia Bush Care volunteers

Banksia Bush Care has 12 local volunteers who work with me as the coordinator. The arrangements are informal to suit the free time of

the individuals. Pre-Covid, we signed up 20 backpackers as volunteers who were given free board and accommodation in return for a few hours work per day. Volunteers have provided 2,900 manhours work within the Dress Circle.

#### The origins of Art in the Park

Art in the Park started as a creative way of dealing with huge quantities of weed material. The giant bower was created for that reason, but it also provided an opportunity to educate people about the extraordinary bowerbird.

The nests were created for the same reason, but they also had a more practical object of providing compost heaps and disposing of combustible material in ways that reduced the bushfire hazard. There has been little vandalism of the eggs, despite the obvious temptations, and we have of spare ones when it does happen.

The eggs also became a way of involving the community in the project. Some 45 eggs in the nests have now been painted by residents, most of them by children, creating a kind of bush art gallery. Another 20 are being painted.

The Child Care Centre has also had their children paint smaller wooden eggs and these have also been placed in the nests during the children's trips with their carers through the bush.

#### Oh. deer!

Rusa deer from Indonesia were introduced into the Royal National Park in 1906. When I moved into the area in 1972, they were occasionally seen around the Otford area. They were rarely seen in Stanwell Park, and certainly not in the Dress Circle until about 20 years ago. Then a buck with a couple of does appeared. He did a bit of damage, but not all that much to be worried about. Then they disappeared for a couple of years, and the regeneration flourished with ferns and grasses around the trees that I planted.

About five years ago, a herd of as many as 10 Rusa bucks started living in the Dress Circle. They ring-barked the young native trees and left gaping wounds in older ones. Residents reported seeing between 20 and 30 deer in the picnic areas of Stanwell Park during some dry periods. It was pointless planting any trees in bushland without providing them with protection.

In 2019, we approached Wollongong Council about putting up a deer fence within the littoral rainforest because not only were rainforest trees being ringbarked, but they were eating practically every new native tree that was coming up.

With the assistance of Wollongong Council, we erected a 3,000-square-metre deer fence in the sensitive area behind the sand dune.

#### **The Future**

There is still weed material that needs to be removed from between 31 and 35 Stanwell Avenue. There is also Lantana and Asparagus Fern on the southern side of the Child Care Centre. Even when these areas have been regenerated, there will need to be continuous maintenance until the weed seed bank is exhausted. **2508** 

Want to volunteer? Kieran posts updates on the Stanwell Park Community Forum Facebook page, and can be contacted via kierant@ozemail.com.au or 0410 322 602









## **Beetling About**

With Helensburgh entomologist Dr Chris Reid

Trees are wonderful things and we have some particularly special ones locally. The Illawarra is rich in trees, with about 140 species (see Wollongong's Native Trees, by Leon Fuller). That's more than four times the number of native trees in the UK. My favourite is the rugged, noble (or, some might say, misshapen, warped) smooth-barked apple, Angophora costata. But trees also have a special link to beetles.

The concept of biodiversity (biological diversity) was largely inspired by a study of beetles on a rainforest tree in Panama. Until 1975 it was thought that there were about 1 million species of everything on Earth and that we would eventually get around to naming all of them. Then an American beetle taxonomist, Terry Erwin, got a job in a newly established tropical research centre in the tropical rainforest of Panama, central America. He was interested in the beetle family Carabidae, called ground beetles in English, because that's what they are in England, but elsewhere many live on trees. For example, here in the Illawarra there are many ground beetle species such as Sphallomorpha running up and down trees at night, hunting other insects, and hiding under bark during the day.

Erwin got hold of an insecticide 'fogger', a gun pumping insecticide into the tree canopy, to see what carabids might get knocked down from high up. To his surprise, the rain of beetles included hundreds of species that had not been seen before. Erwin assumed many of the herbivorous species were unique to each tree. Based on the number of tree species and his estimate of the number of unique insect species per tree, in 1982 Erwin

suggested that there might be 30 million land-based arthropod species worldwide (arthropods being all insects, plus spiders, mites, and other creepy crawlies with jointed legs).

This was a bombshell in the conservation world. The study of biological diversity quickly became of major significance for conservation and like all phrases it was found to be too much of a mouthful, hence 'biodiversity' (first used in 1988). Arthropods were suddenly important in forest conservation and beetles, as a major component of arthropods, got a bit more limelight.

Erwin's estimate was flawed. For example, careful rearing of beetles and moths in Papua New Guinea rainforests by the Binatang Research Group, showed that few species were confined to one kind of tree and most species feed on many trees. Current estimates of terrestrial arthropods are closer to 3 million species than 30.

But 3 million is still a huge number.
Estimates for the total number of species of beetles in Australia vary enormously because we've only studied some of them in detail and not everywhere – about 50,000 seems reasonable. Our 'modifications' of the landscape mean that we are probably losing species before they are discovered. Planting trees will help! 2508



#### CORRECTION

Apologies to Chris and those hunting for marine midge Pontomyia. Last month our caption pointed to the wrong insect. Pictured here is a Pontomyia male (illustration from Carpenter, 1926).

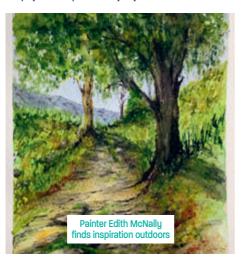
## Walk this way

With Edith McNally

The school holidays are just around the corner and you don't get much better "value for money" than a good walk. A few of my favourites include:

#### Stanwell Park Reserve and its surrounds.

Toddlers through to six-year-olds will love a day here. There are open grass areas for games and crazy running. The creek is perfect for exploring under rocks, paddling through shallow water and general treasure hunting. The adventure play ground and kiosk provide delights for all ages. Behind the kiosk is a fabulous and exciting scrambling hill track studded with massive nests each housing a large decorative egg. Speculating if they are dinosaurs or something else is lots of fun. Looking up the "Dreamtime" story of how the Gymea Lily got its blood-red colour rounds out a very special day for little people.



The 6.5km Wodi Wodi Track. Named after the original Custodians, this is a favourite for all ages. The track is a comfortable half-day trip, starting behind Stanwell Park Station and ending with options of joining the Grand Pacific Walk and looping back to Stanwell Park or heading south towards Coalcliff. Points of interest include the Bullock Track used by European settlers (1820). There are great picnic areas and lookouts on the way. Dogs are not permitted on this walk. This amazing track weaves through dense forest in the Illawarra Escarpment State Conservation Area. Along the way, walkers will come across creeks, unique flora, lyrebirds and great views. I don't think going alone is a good or safe option in that there are lots of opportunities for misadventures.

**The Grand Pacific Walk.** It is going to be a fabulous very long walk one day but it's already a fantastic short walk. The 4.2km Stanwell Park to Clifton section is well marked, very safe, presents fabulous views at virtually every point and offers a walk across the Sea Cliff Bridge.

The Palm Jungle Loop Track. This is an 8.2km favourite. This half-day loop is well maintained and great for both exercise and views. The Otford parking area on Lady Wakehurst Drive is a great start for a gentle stroll along a well-maintained track to Garrawarra Farm. For some adventure, head down to Burning Palms on the Garrawarra Ridge Track. It's a challenging yet spectacular steep walk taking in rainforest, cliff tops, historic huts, beaches and scenic coastal views. Figure 8 Pools is a short detour but this should only be done at low tide. The Coast Track returns to the Otford car park. Look out for migrating whales.

There are walks for everyone in this wonderful area. I hope these recommendations prove inspiring, useful and lead to joy for everyone. Remember to act responsibly, safely and only within your capacity because while bush walking is fun it can also be hazardous. **2508** 

#### **Dream hike: Bulli to Botany**

Look out, Tasmania – NSW has its own overland, overnight hike coming. Last month, the NSW Government announced funding for the Great Southern Walk, a five-day, 59km odyssey from the Southern Gateway Centre at Bulli Tops to Kamay in Botany Bay NP. Overnight stops are proposed at Maddens Plains, Garie, Wattamolla and Bonnie Vale, with plans to build eco cabins and give our region its first 'glamping' spots.

Destination Wollongong general manager Mark

Sleigh said it was a dream 20 years in the making. "The Illawarra Escarpment walk will be unique. What COVID has shown us is usage of the escarpment is up probably three-fold, people are loving getting out and about in the natural environment."

The Great Southern Walk is expected to be ready to hike by 2024. "Two years is a very short time frame for the delivery of that extensive of a project. So I think it's quite aggressive and it's really exciting for the region.

"The other great thing is the opportunity to potentially create a few jobs." 2508



## Artists of the Illawarra

Painter Edith McNally meets Trish Croft.

Trish Croft loves all things glass! In the 1980s she took some night classes in leadlight at Gymea TAFE, and was hooked. She makes windows, lamps, sun-catcher hangings, boxes, candle holders, Christmas tree decorations and the like, and has progressed from more traditional designs to the sculptural. Pieces of agate, glass nuggets and beads, shells and formed wire all find their way into more recent and contemporary designs.

Trish finds the varied textures and colours of glass entrancing. The ever-changing light delights her eye as pieces transition throughout the day. Covid lockdown created fun opportunities to see what could be imagined with materials at hand. Coloured scrap pieces, old window glass and mirrors all proved useful.

Trish found inspiration from opportunities to see glassworks from masters in other countries such as the beautiful Morse museum in Florida with its amazing lamps and panels by the famed Tiffany and his contemporaries, and Japan's Tomoya Imasu, who creates intricate sculptural pieces inspired by natural forms.

Space at home for display or installation is always a challenge so most things are now made to give away as gifts to family and friends – unless, of course, it can't be parted with.

Trish says "it's the act of selecting the glass, creating the piece and seeing how the light streams through it that's the real buzz. Hopefully the recipients of gifts enjoy this as much as I do".

Trish is an artist with no commercial aspirations, creating for her own satisfaction and to bring joy and enrich the lives of others. This really is the essence of an artist. **2508** 

If you would like your art profiled in 2508, please contact Edith McNally on 0477 778 289, or email mcnallyedith@gmail.com





## Lions meat raffles back at the pub

By Fran Peppernell, Publicity Officer for Helensburgh Lions Club

To raise funds for our community we have recommenced the Friday night meat raffles at Helensburgh Hotel from 5.30pm. So come along and try your luck as the meat trays are well worth a ticket! We also appreciate and thank the Hotel for their continued support.

The Helensburgh Country Lions Fair is gaining momentum so please save the date for Saturday, 23 October 2021. The Country Fair is always one

to look forward to, with lots of fun activities for the community.

If you'd like to be a stall holder, go to www.

helensburgh lions.org.au so as not to miss out.

We are still looking for new members to join our
Helensburgh Lions Club.

So if you would like to become a member of a very rewarding organisation, please contact us on info@helensburghlions.org.au 2508

## Have your say on Liquor Licence

Local business owner Warwick Erwin calls for community action.

Liquorland proposes a bottle shop at 19-21 Walker Street, Helensburgh. The corner of Walker and Short Streets that was previously a Deli and Fruit Shop. If the application proceeds it will mean there will be four bottleshops in Helensburgh within 185m along Walker Street.

If this concerns you then you can voice your concerns to the NSW Independent Liquor and Gaming Authority (ILGA) now. You can do this by posting a letter, sending an email or using the submission link at:

https://lngnoticeboard.onegov.nsw.gov.au/searchresult/details/APP-0008817690

Please express, in your own words, what concerns you the most about this proposed new bottle shop. Your submission must reach the Authority no later than 10 July 2021. The Authority does not take into account need, so "we don't need another liquor store" will be disregarded and not counted as an objection.

Form letters and petitions, no matter how many signatures, are only now considered one submission, so to have an impact you need to send in individual submissions to the NSW Independent Liquor and Gaming Authority.

Have you say now, as you will be silenced after 10 July 2021. If we are to have an impact we must stand together.

If you responded to the Liquorland lawyers' request for feedback, then you should make a submission to the ILGA separately.

## SHOP LOCAL & SUPPORT LOCAL BUSINESSES

If you can buy local, then don't buy online – unless they are local!

Know who you are buying from.

Locally owned businesses support locals. They provide jobs, fund community clubs and give our town its character.



Sponsored by Warwick Erwin, local resident, community activist and owner of Stanwell Tops Technical Services Your letter or email should be clearly marked with APP-0008817690 and it should be sent to:



NSW Liquor and Gaming GPO Box 7060 Sydney NSW 2001

Email: new.applications@ liquorandgaming.nsw.gov.au

### Need help writing your submission? Below are some of the concerns that have been raised:

- Application gives incorrect address of Helensburgh Plaza 19-33 Walker St. The building on the corner of Walker and Short Streets is not part of the Helensburgh Plaza Development, according to Wollongong City Council's property mapping and the DA for "Helensburgh Plaza. It is an independent building with NO PARKING at all.
- Helensburgh shoppers are already provided with significant convenience for the purchase of packaged liquor with one existing liquor premises, Helensburgh Premium Liquor, next door to the Coles supermarket and closer to the Coles exit than the proposed Liquorland site.
- There is no community interest or benefit to the community in another packaged liquor outlet in Helensburgh.
- The Helensburgh area (2508 postcode) has over 25 liquor licences for a population of just over 7000 residents and is therefore over-serviced already by liquor licences.
- The proposed premises has no off-street delivery. Liquorland's store plan indicates that there is no off-street unloading area for truck deliveries.
- There is no street-front parking.
- Night-time noise and antisocial behaviour are an issue in the Helensburgh Plaza car park and both Coles Supermarket and the landlord will not address the issues or take responsibility for the car park.
- It will put increased pressure on police resources in Helensburgh – already police resources are very limited.
- Liquorland may create a price war that will impact on the support to local sporting clubs, charities and community groups currently supported by the small businesses of the existing liquor outlets. Liquorland has no link or connection in any way to the local community.
- Concerns of an increase in the secondary sale to younger persons and teenagers. 2508

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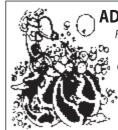
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### Winter wonders

Red, orange and gold flowers are lighting up Illawarra Grevillea Park, writes John Elton.



It is amazing how many grevilleas and other natives are in flower in winter. There are some stunning plants to see from the bold to the intricate. Grevillea 'Elegance' (pictured below) is always a favourite at the Park and it is coming into bloom. It makes a bold statement if planted in a spot that allows it room to grow. It has a somewhat weeping habit and finely divided dark green leaves. The large bright red flowerheads are simply brilliant.

Want bright yellow flowers? Then go no further than Grevillea 'Kimberley Gold' (above). The parents of this plant comes from the Top End, so it likes a nice warm position. The grape like cluster of flowers hang down and are a great contrast with the grey-blue foliage. And if your preference is orange then 'Amber Blaze' is still in flower. It draws the eye with its large bright, large, orange flowers.

The Grevillea Park is just behind the Bulli Showground and is open the first two weekends in July. **2508** 

Winter Open Days: 10am-4pm July 3 & 4, 10 & 11. Adults \$7, kids free, www.illawarrgrevilleapark.com.au



# Congrats to 'Club of the Year'!

By Steven McDonald, president of Helensburgh-Stanwell Park Surf Life Saving Club



On Friday, 18 June 2021 Surf Life Saving Illawarra held its Awards of Excellence recognising life savers, volunteers, educators and competitors from Stanwell Park to Windang.

Our club was nominated in these categories:

- Club of the Year Helensburgh-Stanwell Park
- Ted Marshall Memorial Surf Life Saver of the Year - Ralph Hall
- Patrol Captain of the Year Steven McDonald
- Patrolling Club of the Year Helensburgh-Stanwell Park SLSC
- Volunteer of the Year Anthony Ashley
- Youth Volunteer of the Year Lachlan McDonald
- Junior Activities Volunteer of the Year Lee
- · Administrator of the Year Steven McDonald
- Services Team of the Year Helensburgh-Stanwell Park Junior Activities Committee
- Innovation Award Sea WASSPS
- Assessor of the Year Bobo White
- Junior Athlete of the Year Malea Ross

#### We received the following awards,

- Highly Commended Innovation Award Sea WASSPS and Assessor of the Year - Bobo White
- Winners Youth Volunteer of the Year Lachlan McDonald
- Club of the Year Helensburgh-Stanwell Park SLSC

'Club of the Year' was a big achievement for us. The club had a number of key events during the season, including a large scale "Mock Search & Rescue Training Event", recognising the contribution of

women in surf life saving, and being a leader in UAV use for surf life saving.

Lachlan McDonald was recognised as "Youth Volunteer of the Year" for his ongoing contribution to surf life saving and Illawarra Junior Life Saver of the Year, Codie Weber, gave a tremendous speech describing her goals for her surf life saving career.

The club is in safe hands.

#### Sea Wolves race at Warilla Beach

For competition during the off-season, the club is racing IRBs. The Sea Wolves IRB Racing Team had one of its best weekends ever at Warilla Beach on 12-13 June. The club finished 3rd in the 35+ Tube Rescue Race with driver Anthony Ashley, Crew and Swimmer Ben Stacpoole and Patient Lachlan McDonald. On top of that the team finished with a number of other places in Rescue, Mass Rescue and Teams events. IRB racing is fast and furious, but tests and improves our life savers' driving skills. The team is going from strength to strength, with a membership of 15. Thanks to their sponsors, Webber Carpets and the Helensburgh Hotel.

#### Nippers celebrate season's end

At the Nippers Presentation on 5 June 2021 a new committee was elected with the current Chairperson Steve Agnew and Junior Secretary Therese Weber stepping down after a number of successful seasons. The club presented awards to the Pointscore winners from U8 through to U14, as well as awarding trophies to Nippers who excelled.

Congratulations to Frankie Larkin, our "Seagall of the Year", and Noah Papendreas, our "Seagull of the Year". Other award winners include.

- The McDonald Family Illawarra Inr Lifesaver of the Year - Codie Weber
- Ryman Family Beach Encouragement Trophy - Girls: Amelia Havea, Boys: Lincoln Mingare
- M & R Gavel Junior Board Encouragement Trophy & HSPSLSC Junior - Girls Board Encouragement Trophy - Sienna Giusti,
- Mr Little Best Junior Boy at Carnivals Trophy & The Jim Teudt Best Junior Girl at Carnival Trophy - Nate Heffernan & Halle Bostik
- The McGraw Boys Surf Encouragement Trophy - Will Papendreas
- The Howard Harris Girls Surf Encouragement Trophy - Sophia Mander
- · Leisure Coast Trophies Best Senior Boy at Carnivals - Ben Agnew
- HSPSLSC Best Senior Girl at Carnivals Malea
- The Frank Little Award for Water at Carnivals -Hobie Smit
- The JM Powell Most Improved Carnival Competitor - Frankie Larkin
- The Stephen "Starka" Clarke Memorial Award for Water Consistency - Amelia Roche
- The Jack Higgins Girls Endeavour Award -Malea Ross, Brianna Taunton & Codie Weber
- The Neil Langdon Boys Endeavour Award -Kade Taunton
- The Thompson Family Most Consistent Senior Water Competitor at Carnivals - Darcy Weber
- Keith Mills Seagall of the Year Frankie Larkin • Jack "Daki" Mawson Seagull of the Year - Noah
- Papendreas. 2508





### Sea Eels return to Coalcliff

By publicity officer Christine McDonald

The Sea Eels are well up and running having had six swims in balmy conditions. Following our shut-down due to Covid-19 and the closure of Lawrence Hargrave Drive for two months in 2020, we are happy to be back in the Coalcliff pool with some new members on-board.

Despite the shutdown we were able to scrape together \$1000 for our main charity CRAM Foundation, who look after very seriously disabled residents.

This season we held a very social "Bring a Friend" day at Scarborough Wombarra Bowing club, where our friends outnumbered our members, thank you to the club for hosting us. This was followed by our annual visit to our sister club the "Bulli Sea Lions" in their new residence at the Bulli Surf club to contest the "Jimmy Johns" relay trophy. Following this, we had a visit from the "Bondi Iceberg Ladies", 60 in all, for a fun-filled day.

Coming up is the hosting of the South Coast Winter Swim Championships at the Continental Pool in Wollongong followed by the dinner presentation at Woonona Bowling club. And in September we will be heading to Orange to contest the Australian Championships.

Our fundraising continues for our major charity CRAM Foundation and other worthy causes with the sale of tickets to win an Actron 2.5kw reverse-cycle high-wall split air conditioner, fully installed by Coral Air.

If you would like to purchase a \$2 ticket, please contact Peter on 0473 616 991.

We are on the pool deck each Sunday at Coalcliff pool from 9.30am. Open to all swimmers who can swim 50m unattended, it is as competitive as you make it and all events are handicapped. Afterwards, it's back to the Stanwell Park surf club for delicious soups, beverages and general socialising. 2508



## Pink fundraiser nets \$76

By Gill Lehn and Jason Bell, Junior Club President and Senior Club President



helensburghsoccer.org



Weekends like our Female Football "Pink" Round remind us just how generous our community is.

On the first weekend in May, Helensburgh Thistle Soccer Club celebrated all things pink to show our support for female footballers and our chosen charity, the Joanne Mackay Breast Cancer Foundation. We started with a Pink Disco for our littlest Thistle ladies, who danced away the night to DJ Spin Doctor. Saturday morning saw all hands on deck to create the bake stall of all bake stalls - with donations from the Helensburgh Hot Bread shop and talented home bakers. Our U18 boys did a great job selling the yummy treats.

All our players wore pink sweatbands, donated by Goodbuddy Sports. The highlight of the weekend was our monster raffle - we had over 25 local businesses donate a variety of amazing prizes.

To hand over \$7600 to the Joanne Mackay Breast Cancer Foundation was a proud moment.

Special thanks to: Helensburgh Tyres, Bear Trader, Fox Wood Co, Helensburgh Butchery, Essential Surf & Skate, Ray White Helensburgh, Raine&Horne Helensburgh, Helensburgh Premium Liquor, Sea Tribe, Holistic Healthy Life, Coal Coast Shutters & Blinds, Kylie Louise Brow Design & Skincare, Allure Spray Tanning, Hey Beautiful Hair Salon, Christian's Premium Meats, Lime Leaf Cafe, Aevum Physiotherapy, razorgangbarber, Lets Graze Co, Gelato Man, Shire Sweets and Gifts, The Morning Brew, Coles, Sunseeker Oils - Rachel Thompson White Lady Funerals, Helensburgh Pharmacy, Lee Lee's Body Shop, Greene Chiropractic Cafe Diem. 2508

# Good luck, juniors!

By Scarborough Boardrider Ian Pepper

The local surfing community is excited to be hosting the Woolworths NSW Junior State Titles presented by Ocean & Earth from July 14-19, 2021.

The event will see the best junior surfers from all over NSW compete at one of our local beaches. Possible event locations are Woonona Beach, Sandon Point, Stanwell Park, Bellambi Harbour Beach, Wollongong Beach, MM Beach (Port Kembla), and Corrimal Beach.

The Surfing Australia championship format will be used with a priority system. The divisions and dates are: U16 (Boys and Girls) Wednesday 14th - Sunday 18th July; and U18 (Boys and Girls) Thursday 15th - Monday 19th July.

In addition to prizes and accolades for winning or reaching the finals, the event is also used to select the state team to represent NSW at the national level. From each division the following surfers will be elected:

- Under 18 Boys: 7 / Under 18 Girls: 5
- Under 16 Boys: 7 / Under 16 Girls: 5
   Qualifying for the Australian Junior Nationals
   also guarantees a spot on the Team NSW Junior
   High-Performance Program, which was launched

We have seen many juniors from local boardrider clubs competing in events to qualify. Scarborough Boardriders juniors have achieved amazing results at these two events.

#### **Illawarra Regional Surfing Titles**

last year with great success.

Held Bellambi Harbour on May 8th. Coming in first place and receiving high seedings for the state titles were Jesse Fitzgibbons, Mannix Squiers and Zahlia Short. Our other juniors who ripped their way to the finals were Anna Chamberlain, Shyla Short, Oscar Hargreaves, Kye Kulmar, Macey Jolley and Ashton Mekisic.

#### **Illawarra Schools Surfing Titles**

Held Tuesday 15 June at Woonona Beach.

Scarborough Boardriders had an impressive showing from our female surfers with Zahlia Short winning the Junior girls while sister Shyla came second and Anna Chamberlain took second place in the Senior Girls, just nudging club mate Zoe Gelder into third. In total Scarborough Boardrider surfers qualified for finals in three of the four divisions with Amira Rankin and Summer Cahill coming fourth and fifth in the Senior Girls while Mannix Squiers and Lennox Golding took third and fourth in the Junior Boys.

Support our juniors, keep an eye out for event locations on our Facebook and Instagram pages and support our local crew.

We would like to wish all the best to our junior surfers in the upcoming state titles. **2508** 



From left to right: Lenny Golding, Amira Blu-Rankin, Zoe Gelder, Shyla Short, Zhalia Short, Mannix Squiers. Photos: Raylee Golding.

Girls in Senior Final at Illawarra School Surfing Titles, from left: Summer Cahill, Amira Blu-Rankin, Anna Chamberlain, Zoe Gelder, Oceanna Rogers.



# Port Kembla Tidal Chart

July 2021

TII	ME	M		TIME	M	T	IME	M	Т	IME	М
0 TH 1	745 403	1.55 0.47 1.31 0.76	I	0244 0835 1357 2032	0.39 1.24 0.58 1.80	MO	0308 0919 1558 2232	1.35 0.45 1.61 0.53	WE	0530 1136 1712 2329	0.32 1.33 0.58 1.60
2 00 FR 14	829 455	1.42 0.52 1.35 0.78	<b>11</b>	0321 0915 J 1437 2112	0.36 1.25 0.58 1.81	TU	0421 1015 1656 2344	1.30 0.47 1.72 0.42	29 TH	0609 1220 1802	0.40 1.33 0.64
<b>3</b> 00 SA 11 2	911 545	1.32 0.55 1.41 0.76	12	0400 0957 1520 2151	0.34 1.25 0.58 1.80	41	0531 1111 1753	1.28 0.47 1.83		0010 0645 1307 1858	1.46 0.47 1.34 0.70
<b>4</b> 00 SU 10 20	632	1.25 0.57 1.47 0.70		0440 1040 1605 2232	0.34 1.27 0.59 1.76	TH	0045 0636 1207 1847	0.31 1.29 0.46 1.91	SA	0055 0725 1356 2002	1.32 0.53 1.36 0.73
<b>5</b> 10 MO 1 20	717	1.21 0.58 1.54 0.63	WE	0521 1126 1654 2315	0.34 1.28 0.60 1.71			0.22 1.31 0.45 1.97			
6 1 TU 1		1.20 0.59 1.61	~ 10	0604 1215 1747	0.35 1.31 0.63		0232 0827 1355 2030	0.17 1.33 0.45 1.98			
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O 0'	712 237	0.48 1.22 0.59 1.73		0057 0735 1401 1958	1.53 0.40 1.42 0.64	MO	0406 1004 1535 2203	0.19 1.34 0.48 1.86		ES AND	
<b>9</b> 00 FR 13	316	0.43 1.23 0.59 1.77		0158 0826 1459 2115	1.43 0.43 1.51 0.61	TU	1624	0.25 1.33 0.52 1.74	AND LC LAT	W WAT 34° 29 3150° 5	ERS

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

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#### **Tradies Social Golf** Barry Thompson reports

The weather was a wee coolish, but not so Ken Sandridge who ran hot to take the event with a 63 card. Garry Overton claimed the silver with a 66, and Craig Murphy took bronze with 67.

John Towns won the Helensburgh Driving Range voucher, and Sparrow King and I won our match play rounds.

We welcomed visitors Nathen and Danny Gonzales, along with Lenny Edwards. Hope you blokes enjoyed the day - we look forward to seeing you again.

Rod Vaughan soldiered on after pulling a hamstring and struggled to a 75 and my sparring partner Terry Maney was limping with a lingering leg injury so I will leave him alone this month. Blimey, I didn't know golf could be so rugged!

Prizes from Helensburgh Butchery, Gallardo's Pizzeria and Helensburgh Driving Range are greatly appreciated and add spice to our tournaments. Please support these sponsors.

Full results of what was our first championship tournament will be posted on our Facebook page.

Our next Boomerang outing is on Saturday, June 19th. We Tee off at 7.30am and will play an individual Stableford event.

Musing: How do the flax clumps on the 12th always manage to grab my golf ball?

If you enjoy golf and would like to join us, ring Mick Carroll on 0414 734 353 for details. 2508



#### **Helensburgh Sunday Social Golf Club** Robert 'Indu' Jones reports

Brett Carrazo claimed the Joe Doherty Mug on May 2nd, compiling 36 points from Luke Hatcher with 35 points, and Greg Herbert claimed 3rd on a count back, amassing 34 points.

Out on the fairways, eight members won the on-course prizes, whilst the 2nd round of HSSGC match play for 2021 saw Rob Jones 4&2 over Chris Emmett, Greg Herbert 2&1 nudged Daniel Gersback, Luke Hatcher defeated Tony English 3&2, Mark O'Connor overcame the local Peter Gardner 2&1, and the last pair, Jose Hernandez vs Bruce Gersback, had Jose easing to a 4&3 win.

Members are coming to terms with our new venue and the handicapper is sharpening his pencil as scores come down.

Keep an eye on our reports here at 2508 and via emails.

Contact Tony on 0418 863 100 for membership information, secure your spot on game day and join an expanding group of golfers enjoying the outdoors and good company.

Thanks to our sponsors - Christian's Premium Meats and the Helensburgh Golf Range – and other local businesses that support the local community.

Our next events are to be held on June 6th followed by the HSSGC championships to be held on July 4th, August 1st and August 15th.

Indy signing off: What is a golfer's worst nightmare? The Bogeyman. 2508



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