

# 2515

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*Coast news*

## Sketches by the sea

**Artist Christine Hill captures  
'Social Distancing, Coastal Style'**



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## Meet Our Contributors



**Dr Rebecca Goodman** is a GP at Bulli Medical Practice. As well as her qualifications in medicine and general practice, she has a Bachelor of Pharmacy and Master of Public

Health. Rebecca has a special interest in Women's and Children's Health and has a Diploma in Child Health and a Certificate of Reproductive and Sexual Health and can provide Implanon and IUD insertions. In her free time, when she's not chasing after her own children, Rebecca likes to travel, read and spend time with family and friends.



**Danika Hall** is a freelance writer and graphic designer for local businesses. She has worked at the University of Wollongong for 20+ years and is currently involved in dementia-related social marketing research and practice.



**Daniel Brokenborough** is a writer, musician and community services worker born and bred in Wollongong. After a few decades in manual labour work and with middle age ominously

looming, he decided that a career change had to happen. He studied Community Services at TAFE and was lucky enough to land a job at the Bulli Community Centre assisting clients to apply for NILS loans. He lives in Wollongong's northern suburbs with his partner and two children and loves the sense of community in our relatively small city. In his spare time he plays Bass and yells a bit in local rock band Birdsville and is learning how to make musical instruments out of things that most people throw out.



**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.



**David Farrier** is Emeritus Professor of Law at the University of Wollongong, where he has been teaching and researching environmental law for more than 30

years. He is now a grandfather to three young ones and, in an attempt to protect their futures, he has become increasingly involved in campaigns to slow down climate change.



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# 2515

**NEXT DEADLINE**  
Sept 23  
for October's issue

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**NEXT DEADLINE** September 23, 2021

**COVER** 'Essential Exercise', July 2021, by Christine Hill

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## A Letter from the Editors

One day in August, in between rolling out batches of biscuits for a Friday the 13th bake-off – a teacher's brainwave to cheer up home learners, if not their parents – a brilliant idea popped into the 2515 inbox.

Marketing professional and local mum Jessica Nelson had a plan to support local small businesses struggling through lockdown – ask those doing well to sponsor advertising in 2515 magazine.

The #show2515youcare idea was an absolute cracker. Bigger businesses helping small businesses – a feel-good initiative to lift our spirits and practical proof of the power of community.

The Greater Sydney lockdown has been an ultramarathon for working parents. And the finish line keeps moving, so some are now at the crawling on hands and knees stage. For most of the ads you see in this magazine, imagine a local family business under pressure.

Some of the things we heard in August:

"We're absolutely drowning."

"UGH, I hate this lockdown, make it stop!"

"Our income is down to a trickle since choosing to close our shop."

"I have adapted to offering online classes but this is a much smaller list of clients."

"This is much harder than last lockdown."

"Homeschooling has me on the backfoot."

"We used to get a lot of government contract work, now it's all dried up."

"As you can imagine, no business wants to commit while we are in this horrid continual

lockdown. Just taking it one day at a time!"

"People keep coming in, and they get angry when we ask them to put masks on."

"I'm worried about my husband's mental health."

"If you could please pause my advertising for three months."

"At least we're not in Afghanistan."

The #show2515youcare idea helps 2515 mag too. Your community magazine is entirely funded by advertising and some of its biggest supporters – including Club Thirroul and Tradies Helensburgh – are closed, with no light in sight. It could be thanks to such a campaign that our page count doesn't plummet.

I threw the biscuits in the oven, forgot to set a timer and rang Jess. We hatched a quick plan and the promo came together shortly before deadline. Please look out for the "Supported By" banners in this and future issues. If you'd like to sponsor a small business or charity ad at discounted rates, simply email [editor@2515mag.com.au](mailto:editor@2515mag.com.au)

And if you need anything this month, be it a new house or a cup of coffee, go local!

By the way: the gingerbread men were badly burnt, but we patched over disaster. Plastered them in white icing, decorated with ghostly faces, they turned out to be a class prize-winner. Spooky.

A metaphor for our pandemic coping strategy?

Happy reading, everyone.

Genevieve and Marcus, the editors **2515**





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## **Need A Feed is delivering food gifts & freshly cooked dinners**

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**'BIG THANKS to Chris and Alice from Blackbird Caf , Thirroul, for cooking fresh meals during August (80+ per week) and collecting food donations for us to distribute to people in need throughout the Illawarra.'** – Need A Feed founder Shaz Harrison

 **@doyouneedafeed**  
 **need\_a\_feed**



## Spring smoothie

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

One of the best ways to spring clean your insides is by adding a nourishing detox smoothie to your daily diet at this time of year.

Smoothies are an awesome way of providing the body with heaps of nutrients. They also provide your system with a well-earned digestion break from the heavy foods we typically consume in winter.

And, let's be honest, who isn't in need of a good detox after the stress of the past few months of lockdown? So here is one of my favourite springtime detox drinks that will put a spring in your step.

### Springtime Detox Smoothie

Serves 2

#### Ingredients:

$\frac{2}{3}$  cup of almond milk

$\frac{3}{4}$  cup of ice

1 cup kale (roughly chopped)

2 stalks of celery (roughly chopped)

1 green apple (cored and chopped)

1 tbsp flaxseed (ground)

1 tsp raw honey

A sprinkle of cinnamon if you need a little extra sweetness

#### Method:

Simply put all ingredients in your blender or food processor and blitz to make a smooth, creamy consistency and enjoy straight away.

For those who want a little extra fibre to start their day, add half an avocado to the mix or a tablespoon of chia seeds for some added nourishment.

To boost the vitamin C content, add some fresh parsley to the mix. Yum! **2515**

## Stop the press! The Plaza's back

Just before 2515's print deadline, Save Thirroul Village and the Thirroul Village Committee sent in this update on the Thirroul Plaza development application.

Members of the Save Thirroul Village (STV) and Thirroul Village Committee (TVC) have been reliably informed that the proponents of the development of Thirroul Plaza have taken their Development Application (DA) to the Land and Environment Court for determination.

Under the Environmental Planning and Assessment Act, proponents have the ability to enact a "deemed refusal" clause – basically, that if they feel assessment has taken too long, they can have the courts take over the determination.

It's been 18 months since the first iteration of the DA, and Council and Transport for NSW continue to be unsatisfied with the level of detail in the application, as well as a long list of issues that have not been adequately addressed in their proposal.

All this means that the DA will be re-exhibited (again!) and the community will need to make submissions.

At press time on Monday, 23 August, the exhibition period had just begun and was set to run until 8 September 2021.

To keep up to date with what is happening, please visit the STV website – [www.savethirroulvillage.com](http://www.savethirroulvillage.com) – and STV Facebook and Instagram. In addition, you can check the TVC website – [www.thirroulvillage.com](http://www.thirroulvillage.com). If you made an earlier submission to Council regarding the previous iteration of the DA you may receive notification from Council.

Once again we need to make sure that our voices are heard and our concerns about this large development are taken into consideration. It is our Village, after all. **2515**

Illustration provided by Thirroul Plaza in May 2020





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Thirroul

# Eyesore or opportunity?

By architect Ben Wollen

Most of you are probably curious about the incongruous industrial plants perched in the hidden valley behind Coalcliff. Visible only from the train or the escarpment, with vaulting steel structures set amid lush forest, it feels like you're looking at some Hollywood blockbuster set for *Jurassic Park* or *Jumanji*.

Many people might consider it an eyesore. Many would see it as a symbol of the errors we have made on this planet by exhuming its fossil fuels. I think it is a unique part of our landscape that not only connects the area to its industrial past, but also lends character to the Northern Illawarra.

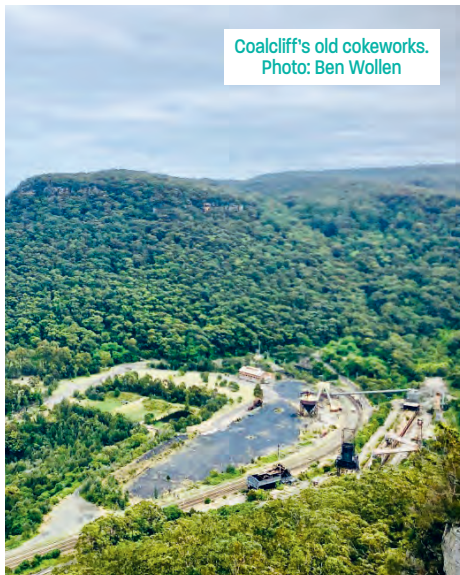
Since the closure of the coking plant though, I've felt despondent that the owner is letting it fall into a state of disrepair and neglect.

Believe it or not, I actually visited the coking plant when it was in operation. Prior to picking up the architecture bug, I was an environmental consultant and one of my specialties was testing stacks (industry speak for the big chimneys belching out pollution). On first entering onto the site, I was completely dumbfounded that some idiot had built a coking plant in the middle of paradise! At the end of the 48 hours I was even more dumbfounded, and the adventure left an indelible mark on my memory. What was the story behind this place? How did it come to be here?

I have since learnt all those answers but now fear for its future. You may recall the community consultation that the current owners undertook back in 2017. Most of the concern raised by locals was fear of an application for a large housing estate to be built on the site. But not much was said about the conservation of the existing structures or, for that matter, the entire working site. The owner's representative was quick to allay people's fear of large tracts of housing, but where is the masterplan of the site? So far their only comment has been that most of the site will be left over for so-called "bio-banking" and only some suitable areas developed for housing. Well, where's the conservation? Sadly, the only conservation seems to be the odd bit of graffiti removal and graffiti-prevention infrastructure.

Am I the only one watching this infrastructure fall apart with dismay? Who else sees the amazing opportunity here to connect the sea bridge and the coke plant and solve the dangerous car parking at the southern end of the bridge. We can't stop people from coming to our amazing coastline, so

Coalcliff's old cokeworks.  
Photo: Ben Wollen



I say embrace it. The coking plant and its remaining infrastructure should be converted into a recreational park.

There are excellent precedents for this over the world, and in Sydney: think Sydney park in Alexandria, or Ballast Point in Birchgrove. My favourite is in Germany. Zollverein Park near Essen in the Ruhr district of Germany was a massive industrial site in its day. While its infrastructure is much larger and better preserved, it's a provocative precedent as to what the Coalcliff site could become. The once-contaminated and lifeless site is now home to a thriving ecosystem, arts infrastructure and recreational facility.

The masterplan for the site was drawn up in 2002 by world-renowned architect Rem Koolhaas. Since then it has gone on to win numerous architecture and public space awards and is even listed as a UNESCO World Heritage Site. See [www.zollverein.de](http://www.zollverein.de) (and yes, it has a swimming pool for the kids).

What I like about the park is that it has kept all of the old infrastructure, preserved it and allowed the public to access it. You can walk up the old ladders and bridges or you can jump on a bike and ride around them. I'm pretty sure those old coking ovens would make a mean sourdough or wood-fired pizza!

With the renovation of the Imperial (not that any of us has been able to enjoy it yet) and the popularity of the Sea Cliff Bridge, I say we go for the trifecta and make this a truly remarkable park in a truly remarkable place. Oh, and can we make the housing affordable? Call it a pipe dream... **2515**

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# A grandfather's plea

The Government needs to get serious about protecting children from climate change, writes David Farrier



A recent legal decision by a Federal Court judge has dramatic implications for the debate about the future of coal mining in Australia, including the proposed Russell Vale mine expansion.

The case was brought by an 86-year-old Brigidine nun, Brigid Arthur, on behalf of eight Australian teenagers. Mr Justice Bromberg decided that when the Commonwealth Minister for the Environment, Sussan Ley, eventually makes her decision on whether to approve Whitehaven Coal's Vickery coal mine extension near Gunnedah, she has a duty to take reasonable care to avoid causing personal injury or death to Australian children from emissions of carbon dioxide into the Earth's atmosphere. The court was concerned with the threat to the health of our children and grandchildren in their old age, from heatwaves and bushfires caused by climate change.

As is the case with the proposed Russell Vale mine expansion, the go-ahead has already been given by the NSW Government, but the two mines each still require an additional approval from the Commonwealth Government. Under Commonwealth legislation, approval is required because of the impact both mines could have on water sources and biodiversity. However, as a result of this legal decision, the Minister will have to pay very careful attention to the results of climate

change research in exercising her duty of care.

The Minister has suspended her decisions on both mines to see if she can work out whether it is possible to give approval, while at the same time taking care of the long-term health of our children and grandchildren. However, she has also announced that she is appealing the decision to a higher court.

So the community will once again witness the deplorable spectacle of a Morrison Government Minister arguing that she would prefer not to have to worry about caring for the health of our children. This in spite of the fact that in the case she accepted evidence to the effect that one million Australian children are expected, in their advanced years, to suffer at least one heat-stress episode serious enough to require acute care in a hospital, and many thousands will suffer premature death from heat-stress and bushfire smoke.

It is interesting to compare the Morrison Government's reaction to this decision with its response to the Covid pandemic. To protect the well-being of the elderly, children have been asked to sacrifice a great deal in terms of schooling and contact with friends. Shouldn't we then be willing to protect those same children from the effects of the climate emergency as they reach old age?

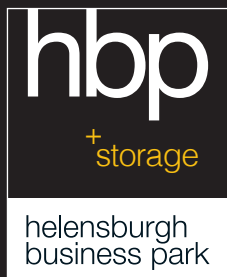
The appeal court may overturn the decision. It is therefore crucially important to make it clear to Minister Sussan Ley now that she should accept that she has a duty to take reasonable care for the health of our babies and youngsters. She should withdraw her appeal.

And she should accept that it is impossible to approve new coal mines and oil and gas fields while fulfilling her duty, as spelt out in the International Energy Agency's pathway to net zero by 2050: see [www.iea.org/reports/net-zero-by-2050](http://www.iea.org/reports/net-zero-by-2050)

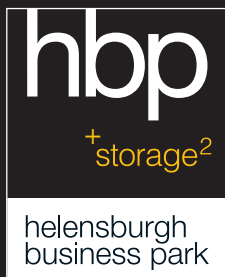
There is currently a petition on [Change.org](http://Change.org) which encourages the Minister to accept her responsibilities and to withdraw her appeal.

**Please sign at [www.change.org/SaveClimateKids](http://www.change.org/SaveClimateKids)**

**About the author:** David Farrier is Emeritus Professor of Law at the University of Wollongong, where he has been teaching and researching environmental law for more than 30 years. He is now a grandfather to three young ones and, in an attempt to protect their futures, he has become increasingly involved in campaigns to slow down climate change. **2515**



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# Backyard Zoology

With Amanda De George

If the longer, sunnier, warmer days hadn't already tipped you off that Spring has indeed sprung, then the wildlife will. Let's just say things are getting rowdy around here! The grunting and hissing of the local male brushtail possums has been waking me up at all hours, followed by their heavy-footed dash after one another across our tin roof. There's also that familiar 'zoo smell' of possum around our garden as possum after possum attempts to mark their territory in the most, ahem, fragrant way possible.

I got a message this morning from my neighbour pointing out that the local kookaburras were having lovers' tiffs in her backyard and I've been watching as the whole family group have been cackling away as they fling themselves, beak first, towards a small hollow in one of the large gums across the road. Whoever is currently residing inside should consider themselves about to be evicted!

And probably the loveliest signs of the changing of the season were the welcome swallows I found during my morning beach walk. I watched as two of them flew up and under an awning in a flurry of wings and twittering, only to emerge a minute or two later. Welcome swallows themselves always remind me of warmer weather anyway, as they migrate down from warmer parts where they have spent the winter, but it didn't take me long to see that these two were most definitely on a mission.



August right through to around March is their breeding season and I followed their path from under the awning, circling quickly and twisting and turning mid-air, grabbing small insects along the way, to the muddy surrounds of one of the beach

showers. Once on the ground they gathered beaks full of sand and mud and bits of grass that they plucked directly from the earth before flying back and up and carefully started to build their mud cup nest. One of the parents-to-be occasionally flew in carrying dainty white feathers to be used to cushion the nest itself.

The welcome swallows lay between two to five eggs with the female doing the nest sitting.

Once they hatch, around three weeks later, the male resumes his role as co-parent, helping to feed the young who only stay in the nest for approximately another three weeks before fledging, leaving the parents with time to raise two broods during the season.

And so, I think it's really lovely with everything going on in the world, to know that some things don't change; that the kookaburras will still argue, the brushies will still raise hell and the welcome swallows will still build their nests and raise their young. Here's to sitting back and enjoying the show. **2515**

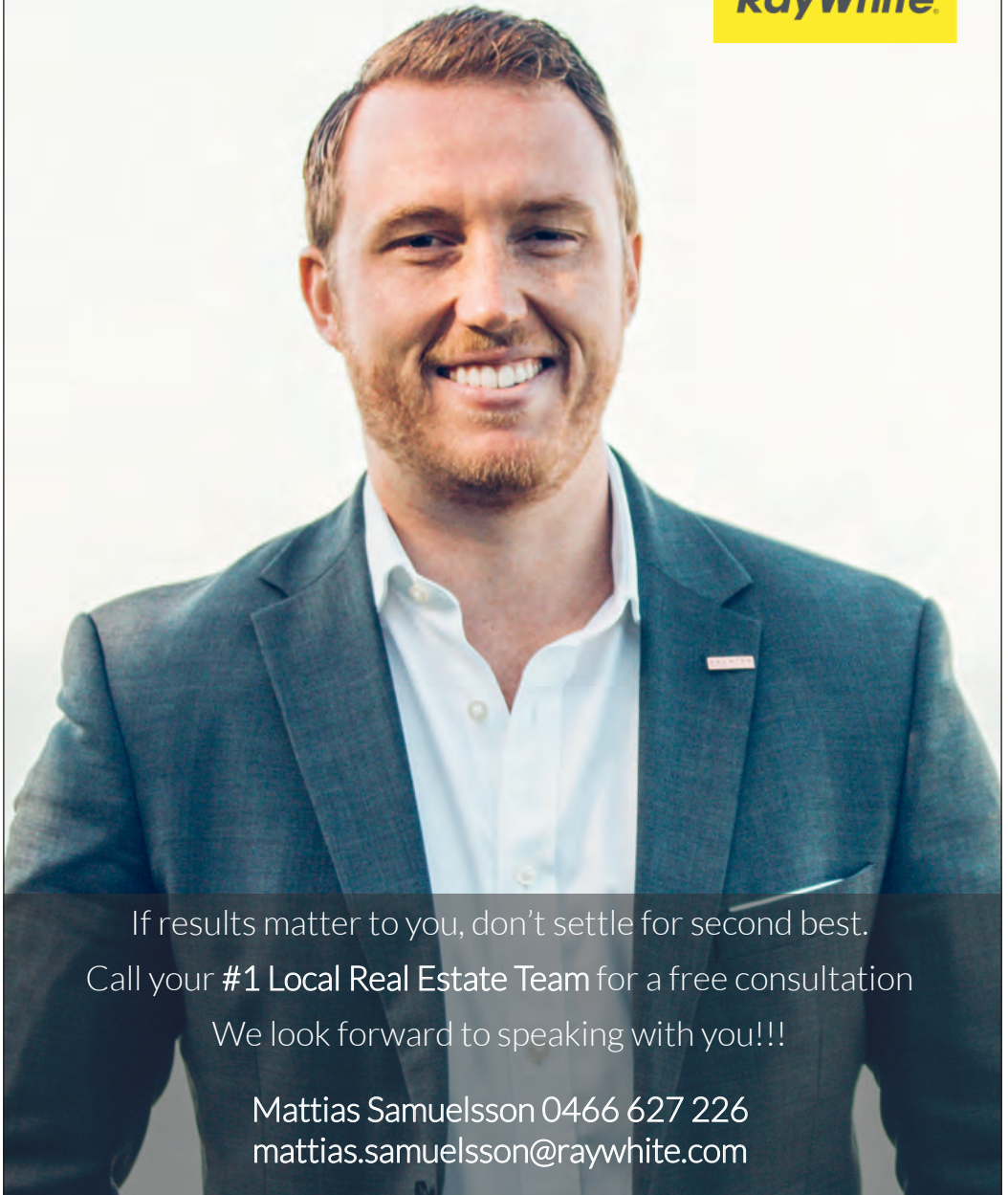
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## Faces of the Rebellion

You might not expect to find a blind grandmother blockading politicians' cars as a brazen attempt to get their attention. But this is not only something Sam Noonan has done (as pictured), she is passionate about urging others to join her. Extinction Rebellion Northern Illawarra's Kristen McDonald interviews Sam to find out why.

"Being blind hasn't stopped me from wanting to take a stand, in fact, I hope it encourages others out of complacency.

"I think more ordinary people like me need to use nonviolent direct action to confront the systems of power which fail to act on climate change. Ghandi, the suffragettes, the Freedom Riders – to name a few – all used civil disobedience to bring about the changes which we benefit from today. Protests and petitions unfortunately are no longer enough.

"As David Attenborough said, we cannot be radical enough. I urge everyone to consider taking direct action, which isn't as scary as you might think. And it's also not all about daredevil illegal actions.

"The climate movement needs all sorts of people volunteering their skills, from art and media to wellbeing and education.

"I'd love to answer any of your questions on taking nonviolent direct action, so please get in touch." **2515**

Visit [www.xrnorthernillawarra.org](http://www.xrnorthernillawarra.org)



## Working on sunshine

By Jon Stanfield, CEO of Horizon Bank

Reducing our environmental footprint has been something that Horizon has been chipping away at for over 15 years.

One of the simplest but most significant sustainability initiatives implemented was our move to renewable energy. In 2005 we changed our source of electricity to GreenPower for all of our branches and head office, and then in 2015, we installed a 20 kilowatt solar system at our Wollongong head office.

Our efforts earned Horizon Bank a tick of approval from the National GreenPower Accreditation Program, whose mission is to decrease greenhouse gas emissions from the generation of electricity.

Other quick and easy green initiatives that we've implemented include:

- Use of sensor lights to ensure that only occupied office offices and meeting rooms have lights on.
- Incorporating plants in the workplace. Plants help to purify the air by soaking up the carbon dioxide we breathe out and replacing it with oxygen.
- Using recycled paper for our letterheads and for printing.
- Encouraging our customers to receive electronic rather than paper-based statements.
- Setting printers to default to double-sided printing.
- Creating recycling systems for refuse.

Horizon Bank has made substantial progress but we recognise that there is still so much more we need to do – both through our own actions, and by encouraging our suppliers and customers to consider their environmental footprint. **2515**

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# Remember the 1968 bush fires

Brian Kelly was a four-year-old evacuee, fleeing Thirroul for seaside Coledale.



It's the warm westerlies on a hot day that still set Mum's teeth on edge. Throw in a whiff of backburn and she's thinking of her blood pressure and how much leaf litter is in the roof gutters. Being in the same house that bushfires nearly took will do that to you – even 53 years later.

Our family had been in our house for 18 months when a fire that began in Mt Kembla in October 1968 quickly worked its way north. Thirroul's Arunta Drive was still pretty new, with few houses and bush right up to our back fence. Around 4pm, as the sky grew a terrifying and beautiful orange, Dad called from work and said "Get out". To a four-year-old, it was all quite exciting, and I have to say the adults kept the worst of it from the kids.

We got word of a safe place in Coledale – a corner shop owned by a neighbour's sister – and piled into someone's station-wagon, and we were off, clutching a few earthly goods and a box containing a cat and her kittens, wondering if we'd see our home again.

Dad was reporting on the fires in his role as an ABC journalist. He filed early and drove home, dodging smoke and kangaroos along the bottom of Bulli Pass, not knowing if he'd get through or what he'd find.

He found bedlam. As the flames soared through the crown of treetops behind the house, he grabbed whatever he could and began thrashing out the embers swirling in the room-height space under the house. Random strangers suddenly appeared to help. In countless recollections to visitors over the years, it was that part of the story where the emotion would catch in Dad's voice.

At a critical point, the wind suddenly changed, and the blaze retreated, having scorched the earth to the gutter of the street either side of our home.

In gratitude, after the danger had passed, all Dad had to offer the helpers was slabs of lamb carved off a leg Mum had rescued from the oven before evacuation.

Dad came to Coledale and drove us home. The adrenalin was still pumping, and Mum was up in the wee hours pouring buckets of water over smouldering logs. Faced with rivers of soggy black ash along the side of the house, she finally cried.

All the drama had got to me; I'd conked out in Coledale and woke up the next morning in my sister's room; she told me to look out her window, where I saw a whole mass of black trunks. I'm told my jaw dropped.

Even now, details I never knew emerge. I found out last month that a girl who became my sister's school friend arrived from England that day. Having left lush Lancashire, what must they have thought, descending a scorched Bulli Pass. And I discovered yesterday that my sister's bride doll, left on the evacuation shop verandah, had her dress singed by falling ash.

Something that isn't new, and indeed feels written into my DNA, is that we have been grateful for every day we've had on that hillside. **2515**



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# Great gorgeous grevilleas

By John Elton,  
of Bulli's Illawarra Grevillea Park

Grevilleas will brighten up any garden. Many flower for most of the year and they just adore the sun.

If you love pink then it's hard to go past Grevillea 'Flamingo' and Grevillea 'Miami Pink'. Flamingo is a superb medium-sized shrub. Ivory white styles contrast beautifully with the big gorgeous rosy pink flowers. 'Miami Pink' is one of the very best. It is medium-sized with stunning metallic pink flowers for most of the year.

If you prefer yellow, here are two stunners. Grevillea 'Sandra Gordon' has been around for a long time. It sends out longish branches that are covered with large flowers. It will brighten up any garden. More subtle is Grevillea 'Butterscotch'. Soft greyish foliage is the perfect foil for the warm golden tones of its large flowers, which are apparent for most of the year.

All of these plants would have been available to buy at Illawarra Grevillea Park's Spring Open Days this month. Sadly, the park is closed to the public. Keep an eye on the website for opening dates once the lockdown ends or eases.

Visit [www.illawarragrevilleapark.com.au](http://www.illawarragrevilleapark.com.au) or email [illawarragrevilleapark@gmail.com](mailto:illawarragrevilleapark@gmail.com) **2515**



'Flamingo' (above) and  
'Butterscotch'. Photos:  
Illawarra Grevillea Park



*Acacia binervata*  
photo by Kieran  
Tapsell

## BANKSIA BUSH CARE'S Tree of the Month

By Stanwell Park's Kieran Tapsell

### *Acacia binervata* (Two-veined Hickory)

My first column dealt with the coastal wattle, *Acacia longifolia*, which is a small to medium-size shrub that is salt tolerant and grows very well along sand dunes. *Acacia binervata*, whose common name is two-veined hickory, grows along the east coast, from Narooma on the NSW South Coast to Mt Tambourine in Southern Queensland, and as far west as Mittagong.

In Stanwell Park, where we run Banksia Bush Care, *Acacia binervata* grows mainly in the circle of the Stanwell Avenue Reserve and is a much taller tree. It has dark brown scaly bark, and its leaves tend to be wider than the coastal wattle, with two prominent veins running lengthways along the leaf. Its flowers are different too, in that they form many spherical flower heads, as distinct from the cylindrical flower spikes that we see in the coastal wattle and the third wattle in the reserve, *Acacia maidenii* (maiden's wattle).

It flowers between August and November.

There are 324 of these trees on the reserve, most of them within the circle of Stanwell Avenue. Some of them have reached the end of their life and are dying. Once the lantana, ochona and senna were removed from the reserve, smaller trees have now germinated from the seed bed. **2515**





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FOR THE LARGEST RANGE OF AUSTRALIAN NATIVE PLANTS

# Joys of your first car

By Tony Ryan, the Northern Districts Tigers' women's coach

On a cold night after packing up after footy training, Kenz, one of the ripper young girls I have the pleasure of coaching, was waiting for me near the carpark. She said in an excited voice that she wanted to show me something. After being greeted by her mother I noticed this nice Subaru with "L" plates on it. With a skip in her step she showed me her first car. Kenz has been working at Bunnings since she was 14 and had saved up to buy her car with all her own money. What a sensational effort and one she was obviously very proud of. And rightly so.

This got me thinking about my youth and my first car that I had in 1984.

It was an old 1968 Mini Cooper S with an 1100cc engine and this meant, for power-to-weight ratio, it was pretty quick off the mark.

It had four on the floor (manual) and a very basic interior: no radio (so we had to install a cassette player), and three dials (one was a speedo and the other two were temperature and oil pressure). It also had a flick switch, which did nothing and no one could tell me what it was supposed to do, so we said it must be an automatic pilot as the car always seemed to get me home.

But it's the freedom that your first car provides. No longer do you have to ride your push bike everywhere, or try to borrow your old man's car. You can do what you want to do and be what you want to be!

The windows on my car sort of fell down and you needed to push the window up with your hand as you wound it up for it to close. Opening the window was also the air conditioner! The steering wheel was as big as the ones on a Dion Bus.

For some reason my car was called "Bop Head". I called up a few mates who all remembered Bop Head fondly, but no one could recall why we called it that. During these calls to about five or six blokes we all recounted stories of the "Adventures with Bop Head".

Being one of the older blokes in the under-19 footy side at the time, and in Victoria we did not get our licence until we were 18, I usually took a fair crew of blokes to the games. We squeezed four, or five, other blokes into the car and the drive was as much fun as the games themselves. We usually bought a case of beer for the trek home and passengers had to abide by the rule of the person with the strongest bladder controlled the pit stops, not those with the weakest. This was a bit harsh on the biggest bloke who, at times, had the smallest bloke on his knee and resting on his bladder to ensure we fitted everyone in.



Bop Head endured a few road trips down the coast, but did not always emerge unscathed. Meandering onto a tram track in Melbourne one cold wet night caused it to spin 270 degrees and crash into a tram stop.

Travelling across the West Gate Bridge, I'd stay in the middle lanes as a strong wind would move the car from one lane to another. On the way to a Christmas party the fanbelt broke – I had no idea so I still drove it to the party, causing it to nearly be called on for its last rites. But it was fixed to ride again.

It was not the coolest car but it did take a few young ladies down to Williamstown's famous Shelly Beach to watch the submarine races.

I could never understand why the old man was concerned with all the shenanigans Bop Head was involved in until I became a parent of teenagers getting their first car. Those fears came true when some idiot drove up the back of my daughter's car on Memorial Drive, despite her being stationary and about the 30th car in line. He must have been on his phone and did not even brake. She suffered only minor injuries, but cried when she realised that the car we gave her for her 18th birthday was damaged beyond repair.

As for old Bop Head, well, I sold her to upgrade to a bigger and newer car.

Looking for a conversation piece? Just ask: "What was your first car?" and watch the conversation roll! **2515**



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At right, Brett Davis and, at left, some of his wooden bowls. Photos supplied



## Good with wood

Painter Edith McNally meets Brett Davis.

Brett Davis is an artist who uses wood as his medium. He glows when he says, "I love wood!" He also loves enabling others to engage with wood.

The Coledale resident established "Woodstories", which is based on the idea that every piece of wood is unique and has a story well worth telling.

Bowl turning allows Brett to tell these stories through the production of beautiful and artistic bowls that showcase Australia's amazing range of timbers.

He particularly goes after the damaged sections of trees that display unique grains and defects as well as other beautiful, quirky features. He says that these quirky timbers are not unlike his many

friends – unique but totally worth understanding, knowing and sharing in many and varied projects and fun activities.

Brett thrives on enabling others to engage with wood. After his time as a design and technology teacher, he wanted to share his skills, passions and awareness of the social good that can come from shared creative projects focussed on "bowl turning".

Treehouse construction is another passion. Here, wood is used to build positive family relationships through building a treehouse together and providing a unique space to draw children away from their screens.

Brett also runs "Timber Alaia" surfboard workshops, which are suitable for parents and children. These use sustainable Paulownia timber to make replicas of the original Hawaiian surfboards – amazing surf-art in their own right.

Brett loves to salvage timber, and save trees from the chipper by taking sections from local arborists, cutting and seasoning them, then passing them onto the public for turning or carving.

Brett is an artist and teacher who strives to provide opportunities for anyone of any skill level to discover the wonders of wood. His art strives to nurture creativity and enhance well-being for families, groups and individuals. He is a truly wonderful asset in our community.

Visit [www.woodstories.com.au](http://www.woodstories.com.au) 2515

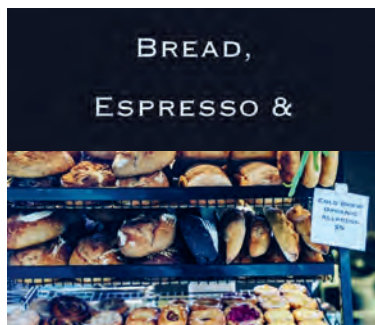


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# Local orders reduce food miles!

Thank you 2508 and 2515! By Jo Fahey, of Darkes Glenbernie Orchard



Whilst our physical farm shop is closed we are still open online 24/7.

We have been busy packing and delivering our apples, cider, honey and other goodies. We have free delivery with orders over \$50 from Sutherland to Shellharbour!

Ordering is easy from our new online shop at [www.darkes.com.au](http://www.darkes.com.au)

We have preselected hampers or make your own selection of products. If it's a gift tell us who it's for and a message you'd like and we'll include that in your gift hamper too! Order your Father's Day hampers for local delivery before 6am, Friday, 3 September to get them in time for Father's Day.

## Discovering local

If you've only just discovered that our family-run commercial fruit farm is virtually in your backyard in Darkes Forest, we will be so excited to meet you here when lockdown eases. Buying local reduces food miles and gets access to higher quality products. We are only an 11km drive from Helensburgh CBD!

Food miles is a term used to describe the total geographic distance food is transported between its cultivation, processing and delivery to the consumer. Put simply, it's a way of measuring how far your food had to travel to get to your plate.

Locally produced food should be fresher, which means that it usually has more vitamins and antioxidants in a useable form. This means that they're better for you.

If your ingredients have come a long way, they may have a heavy carbon footprint. That's especially likely if they arrived by air, due to the high climate impact of planes. Flying in food typically creates around 10 times more carbon emissions than road transport and around 50 times more than shipping!

**So thanks for buying local and thanks for supporting our local farm and doing your bit to lower food miles!**

Check out our new behind the scenes farming videos on Instagram and Facebook. They are a great way to show the kids what's happening on the farm and learning about food growing.

## Coming Soon

Stone fruit picking begins in November. We are busy planning for 'pick your own' experiences and the season is looking like it will be great! **2515**

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



# — How Green is your funeral? —

*By Edwina Ellicott, Community Engagement Manager at H.Parsons*

Environmental sustainability and reducing the carbon footprint are increasing priorities for many families when it comes to organising a funeral. We're seeing some innovative approaches, and essentially every little bit counts. I caught up with **Michelle Newland, Manager of Mountain View Crematoria (MVC)**, for a chat about developments she's seeing in the industry.



environmentally friendly cremators in the world, by working to minimise emissions and power requirements.

***What are some of the more innovative approaches to environmental sustainability that you're seeing in the industry?***

I think the engineering behind the equipment used for a cremation is extremely innovative. In the case of MVC's cremator, a secondary chamber within the cremator allows for an even more efficient reduction in emissions released into the atmosphere. There is such a large range of biodegradable urns available for families to choose from, which can provide the most beautiful memorialisation ceremony for families.

A couple of examples are the Biodegradable Turtle Urn, which can hold an adult volume of cremains (ash) and is very popular. Once released out into the ocean, the head of the turtle eventually fills up first and the turtle slowly descends into the deep water. Also, the Journey Earthurn provides a similar experience.

All of these options are crafted by hand from sustainable and renewable resources, and are biodegradable when placed in deep water, buried in the earth or recycled.

Our Flower Reach Project with TAFE Shellharbour is another example. We work alongside H.Parsons Funeral Directors & Shellharbour TAFE – flower arrangements from funerals are donated by the deceased's family, and passed on to TAFE floristry students for continued learning and to carry on the beauty of these flowers. I love that we get to be a part of an initiative such as this one, which gives back to community in this way and recycles flowers.

If you can incorporate one or two environmentally friendly practices into your planning, it makes a difference.

***Michelle, can you tell us a bit about MVC?***

MVC is a family-owned crematorium based in Unanderra, specialising in cremations and guiding families through each stage following cremation. When it comes to the memorialisation of a family's loved one, we assist them as much as possible to honour their requests.

***Cremations account for almost 70% of Australian funerals. Do you think the environmental aspect plays into this decision?***

I would definitely like to think that the world is becoming more conscientious about the impact of after-death care practices on our environment. Our cremator is one of the most



Michelle Newland (left) and TAFE floristry student Gail Davluros.

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**Wollongong: 34 Belmore Street (ph 4228 9622)**  
**Warilla: 10 Woolworths Ave (ph 4296 7834)**  
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# Women's Health Week tips

By Dr Rebecca Goodman, of Bulli Medical Practice

Women's Health Week is celebrated from 6 to 10 September. It provides an important opportunity for our community to reflect on the different health needs of women.

Women often take on the responsibility and care of their entire family's health and put their own needs last. It is important and essential they also set aside time for their own health and wellbeing. We're encouraging all women to make an appointment for their own health check, and ensure their screenings are up-to-date (see below).

While most women know to start screening for breast and cervical cancers, they often overlook their vulnerability to bowel cancer and heart disease. These conditions cause significant

mortality in women and regular screening is essential for early detection and best possible outcomes. It is important to state that these are screening recommendations but if women have any symptoms of concern it is advised they make an appointment to discuss with their GP as soon as possible.

## Health Care Assessments

Women aged 45 to 49 years who are at risk of developing chronic disease and all women over 75 years can have comprehensive health assessments with their GP and practice nurse. These assessments are funded by Medicare and incur no out-of-pocket expenses. **2515**



## Essential Health Screening for Women

| Screening type  | Age                                      | What/Why                                                                                                         | How often                                                  |
|-----------------|------------------------------------------|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|
| Breast Cancer   | 50–74 yrs                                | Mammogram (and sometimes an ultrasound) where specialised x-rays and images are taken of each breast.            | Every 2 years                                              |
| Cervical Cancer | 25–74 yrs                                | A speculum is inserted into the vagina to take samples of cervical cells                                         | Every 5 years                                              |
| Heart Health    | Over 45 yrs                              | Cholesterol assessment and blood pressure check                                                                  | Every 2 years                                              |
| Diabetes        | Over 45 yrs                              | Fasting blood sugar level check                                                                                  | Every 1-3 years                                            |
| Blood Pressure  | Over 40 yrs                              | Keeping blood pressure in check helps to prevent the risk of other health conditions including vascular dementia | Every year                                                 |
| Skin Cancer     | Over 18 yrs                              | Arrange initial skin check with GP to determine individual risk                                                  | Determined by initial assessment (every year if high risk) |
| Bowel Cancer    | 50–74 yrs                                | You will receive a free test to conduct at home                                                                  | Every 2 years                                              |
| Osteoporosis    | Over 70 yrs (or earlier if risk factors) | Imaging test to measure bone density                                                                             | Determined by initial assessment and risk factors          |



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## Covid-19 Update

On 21 August, the government introduced a new permit system to stop to the movement of certain residents of Greater Sydney leaving it to inspect property. Now only those seeking to inspect a regional property because they genuinely need a place to live can travel to a regional location. This means inspections of potential regional investment properties are no longer permitted. For example, residents of 2508/2515 cannot travel to Bendalong or Jindabyne to inspect properties for investment purposes. However, if they were genuinely seeking to move to a regional area then they could apply for a permit from Service NSW and, if approved, make the trip. This new restriction does not, however, impact Sydneysiders currently arranging private inspections of properties in our area for investment or owner occupation, as we are included in the Greater Sydney bubble (at present!).



# Supported by and with thanks to

Nathan Sandon,  
Senior Minister of  
Austinmer Thirroul  
Anglican Church



## a prayer for our time

Dear God, you sustain and feed me:  
like a shepherd you guide me.  
You lead me to an oasis of green,  
to lie down by restful waters.

Even when cliffs loom out of the mist,  
my step is steady because of my trust.  
Even when I go through the deepest valley,  
I will fear no evil or harm.  
For you are with me to give me strength,  
your crook, your staff, at my side

## Psalm 23

Adapted by Jim Cotter

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life changing love.



# How no-interest loans can help

By Daniel Brokenborough, NILS Client Support worker at Bulli Community Centre

We've all been in a situation where we go into a panic over finances. You realise the car is due for registration and the bills are piling up. The washing machine shuts down a quarter of the way through a cycle and starts making a weird beeping noise. Both of the kids' laptops have stopped working and school starts again next week. How on earth are we going to raise over a thousand dollars for any of this stuff?

That is where the No Interest Loan Scheme comes in!

We offer interest-free loans of up to \$1500 for whitegoods, furniture, medical procedures, computers, tablets, car registration and repairs and other items by request. The process is fairly simple and surprisingly fast. You just have to gather supporting documents and do a quick budget interview so we can assess your ability to make the fortnightly repayments. If the loan is approved by our assessors, the money gets transferred directly to the provider of the product or service.

NILS began in 1981 when The Sisters of the Good Shepherd in Victoria saw that financial services weren't available to people on low incomes. They had been providing social services in Australia since 1863 so through tenacity and a willingness to take a risk they managed to obtain some tentative funding to see if their program would work. Funders doubted that the loans would be paid back, but the sisters' faith in the goodness of people was vindicated and 40 years later thousands of people have benefited from NILS.

In my time at Northern Illawarra Community Connections (NICCI, the corporate name of the Bulli Community Centre) NILS we have helped save a support dog's life, get a set of false teeth for a father whose son was getting married, and lay a family member to rest at the start of the Covid-19 lockdowns. Just as importantly, we have helped keep a lot of cars safe and roadworthy when previously these repairs would have been unaffordable. Many of our clients return every year to re-register their car to avoid the stress of raising hundreds of dollars to keep it on the road. The loan term can be from six to 18 months and the repayments can be deducted directly from your Centrelink payment or bank account.

In an environment where high interest Payday loans are ridiculously easy to get and far more difficult to pay off, NILS is there to help you get back on track and climb out of financial hardship.

If you or someone you know might be interested in a NILS loan, we would love to hear from you.



Just give us a call on (02) 42831693 or email [niccinils@icloud.com.au](mailto:niccinils@icloud.com.au) to ask any questions you might have and to book an appointment.

We are located at the Bulli Community Centre at 328 Princes Hwy Bulli and appointments can be held in a Covid-safe environment at the centre or over the phone. **2515**

**Contact NILS: 4283 1693 or [niccinils@icloud.com.au](mailto:niccinils@icloud.com.au)**

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# Time to volunteer

Janice Creenaune meets Patrick Roberts, OAM, a long-term resident of Austinmer, who has made volunteering a way of life. Photo by Yvonne Roberts.

At 81, Patrick Roberts is not about to rest in retirement. After a career in the banking sector throughout the state, he finally found the Illawarra and has made volunteering and offering opportunities to others a life-long endeavour. His efforts should continue to be lauded.

As Patrick gets older, the way he contributes has changed. He knows his limits. He can rely on others for their expertise, including his wife Yvonne with her technical abilities. He has stepped slightly back, but never away.

In 2017, Patrick was awarded the prestigious Medal of the Order of Australia (OAM) for his community service. This has included working with the Shellharbour-based Cram Foundation, a not-for-profit accommodation and associated services provider for people with disabilities.

"Their objective is to provide the best possible life for those who aren't always able to do everything for themselves, and they need that 24/7 care," Patrick says. "I realised how important these organisations are. They ensure these people have homes and support."

He joined the board in 2001 to ensure the success of hostel and group home accommodation.

Patrick has been honoured with lifetime membership of The Cram Foundation.

He has also spent many years volunteering for Rotary. This has included taking on the position of District Governor, District 9750, from 2005-2006 and 2008 and being responsible for about 55 clubs

and 1500 members, from Sydney to Kiama.

Patrick is also a former president of the Rotary Club of West Wollongong.

"I was attracted by the breadth of engagement within Rotary. It is an international organisation that works for the betterment of others and general understanding within cultures.

"There are over 1.2 million members in over 200 countries."

As well as its student exchange program, Rotary offers numerous programs to feed the hungry and help the poor. It has undertaken polio-eradication programs and leads a fight against malaria with insecticide-treated nets.

"The impact has been astounding. Malaria creates poverty and especially impacts on the male, who is unable to work, which further forces families to suffer.

"The Rotary organisation sees opportunities, and ensures things happen. Often, fundraising is an important component, cooking and selling sausages, and it is a costly personal exercise to be a Rotarian."

For Patrick, volunteering offers enjoyment, camaraderie and the fellowship of others, particularly when travelling.

"There is always a place for meetings, opportunities to build networks and embrace people... and to learn about them. It draws people together and we work well together, on a local and international scale."

Patrick's future will undoubtedly include more volunteering, but with a focus on specific roles.

"I am happy to do things like building a park in Wollongong and creating a fundraising barbecue.

"I really look forward to Citizenship Nights with special recognition to those newly Australian. The talks, speeches and even poems offer a special inclusion for people making Australia home.

"It is a big first step and it is crucial we make them welcome and included in all parts of our communities. I too feel special when included in such events."

Patrick and many other volunteers continue to offer opportunities to those who may not otherwise receive them. It is a remarkable legacy. **2515**

Writer Janice Creenaune is a volunteer for the PKD (Polycystic Kidney Disease) Foundation. For more info, contact [janicecreenaune@gmail.com](mailto:janicecreenaune@gmail.com)







## Welcome joey

By Kevin Fallon

In August, the Symbio team shared amazing footage of a wallaby joey being born.

"This is one of the rarest moments ever captured as a wallaby gives birth to a jelly bean-sized joey," the Helensburgh zoo announced via its Facebook page. "Watch until then end to see the joey grow in his mother's pouch and take his ever first steps!"

The clip has been watched 1.6 million times – a boost for zoo morale. Both staff and animals can't wait to welcome visitors again. **2515**



### How to donate and help children in need

Log on to [symbiozoo.com.au/paydiscoverforward](https://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 absorb the entirety of the price difference.



## Father's Day ideas

From the team at Collins Booksellers Thirroul

This September, a special shout-out to all the great 2515 father figures! We have plenty of choice when it comes to gifts and are happy to wrap and deliver to that special person.

Our store is closed, but we are trading online, offering Click and Collect or free delivery in the Illawarra. Our wonderful Kate goes to enormous efforts to curate a special shopping experience at [collinsbooksthirroul.com.au](https://collinsbooksthirroul.com.au). If the book you want isn't there, email us: [thirroul@collinsbooks.com.au](mailto:thirroul@collinsbooks.com.au).

Follow us on Facebook and Instagram and we'll keep you updated on new releases and ideas for great reads. Our phone lines and Click and Collect services are open 10am-2pm. Please be patient and help us comply with all Covid restrictions.

Our sincere thanks for your ongoing support, stay safe and Happy Reading! **2515**

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# Social distancing *Coastal Style*

**From dark times come luminous paintings.  
2515 reports.**

Artist Christine Hill likes to sketch life as it happens.

Thanks to the Covid-19 pandemic, for the past 18 months, it's been happening close to home, which has led to a collection of about 50 artworks capturing scenes in and around Thirroul.

"It's been a strange time, but it has been interesting to observe what I'm calling 'Social Distancing, Coastal Style,'" Christine says.

"I've been doing lots of outdoor sketching – sometimes creating paintings later in the studio – so that, as well as good-sized oil paintings, there are many small watercolour sketches, all illustrating the strange emptiness of our little world here on the coast these days."

So what is social distancing, coastal style?

"It's not terribly distant, actually," she says, laughing.

"People are very conscious of keeping the distance, that's for sure. But we're realistic.

"When we're out there in a sea breeze, standing ranged along the foreshore at Thirroul Beach, you

can still talk to strangers or people you know, and feel you've done something in the day.

"We meet so many locals and their dogs we never knew before, and some days there is almost no traffic noise!

"It's a funny sort of reversal of community – you suddenly see who your neighbours are a bit more."

Christine's sketches of Thirroul Beach range from still summer mornings to days of storm and ragged surf; from holiday crowds to carefully placed surfers.

"It's not really a series," she says. "It's just what I do, I paint what's around me. And there's inspiration everywhere some days.

"A couple of weeks ago, it was a pretty silvery sort of day. Walking down Cliff Parade there's one of those little reserves that's a building block that never got used.

"There's a single tree there and a bench. And there was someone sitting there, socially isolating from a person with a dog, five yards away.

"It all just tells a story."



### Big sky inspiration

"My work is always influenced by the light and the sky," Christine says. "So, blues, silvers, greys, there's plenty of those colours."

"I look at the environment and I want to paint things that impress me. I don't want to paint ugly. I'm not one to paint the ruins of a bushfire."

"That's nothing I'd want to look at on my wall. And I think most people are like that. So, I just look around and see – actually it looks lovely to see the beach empty or see just two people sitting down, five feet apart."

Her aim is simple: "Just recording our lifestyle here. It's quite nice. We're very fortunate."

### Changes in Covid time

"Sketches of our beachside lifestyle have been mostly – except for the Australia Day weekend – devoid of crowds," Christine says.

Even the escarpment took on a different aspect last year, as tiny creeks began to run down the hillsides again.

"We went up to explore the fire trails... about May 2020. That brought out a couple of paintings for me – it was just so peaceful, so lovely."

"There had been a bit of rain and the streams were starting to trickle."

"Strangest of all was Sydney CBD with no tourists on the Opera Quays."

"I delivered a picture to the Art Gallery, and I wandered back down there."

"There were just two people where there's usually hundreds."

Christine is thankful for the freedom to "just be creative."

"Just the opportunity, to be able to do it when some people can't do anything," she says.

### Exhibition postponed

Originally, the plan was to hold a show at Clifton School of Arts in September.

"It is such a beautiful venue," Christine says.

"I've got about 50 paintings, including lots of small ones. There's quite a lot that are new."



She remains optimistic, despite lockdown being extended: “Well, everything’s getting tidied, labelled, framed ... and it’ll happen next year.”

Christine has been dropping her works to Robyn Misios at Beach Framing Thirroul.

“She’s been a lifesaver ... she’s very obliging and practical and sensible. She’s good.”

Her artworks come in various sizes. The smallest are 10cm sq watercolour sketches that were done ‘en plein air’, the French term for painting something outdoors, from start to finish.

For those who enjoy ‘plein air’ painting, Christine also recommends on-location drawing with the Urban Sketchers community.

“There’s a fabulous website where people in cities all over the world gather together. Perhaps we do it once a month, when we’re allowed, and go sketching somewhere all together.

“It’s an urban painting. We might meet in Bulli, have a quick coffee and then go and sketch to the buildings, the streetscape or something for a couple of hours, and then come back and go, look what we’ve all done.”

### Life as we know it

Christine Hill is a prolific curator of life on our creative coast, capturing everything from early morning pools to escarpment sunsets.

Many people will know Christine from her involvement in local events. She’s on the committee that organises the art show for the Lions’ annual Seaside Festival (sadly missed in 2020 and 2021) and, in between lockdowns, she has led watercolour workshops at Clifton School of Arts.

Readers have probably seen her work at Thirroul Newsagency or Collins Booksellers. Christine illustrated the book *My Thirroul: Tales from the valley of the cabbage tree palms*, by the late Don Gray OAM. Her paintings brought his memories – including of the time a circus elephant escaped and got stuck in the lagoon – to life.

She’s also written and illustrated her own paperback, *The Journey of Tom Thumb II: Bass and Flinders explore the Illawarra coast, March 1796*. Publishing the story of the explorers’ adventures in a tiny wooden sailing boat – including getting dumped on Towradgi beach – drew on her long-time love of painting boats.

Distancing on Cliff  
Parade reserve.





Clockwise from top: Thirroul Beach, 22 January 2021; Lockdown Blues 11.7.21; Watching the whales 21.7.21



Before moving to the South Coast, Christine lived in Avalon, finding endless inspiration in Pittwater scenes, and she is a Fellow of the Australian Society of Marine Artists (FASMA).

However, after 18 years in Thirroul ("I'm still a newbie," she says, laughing), her focus has adjusted, although she's still drawn to water and capturing the essence of local beaches.

"There is a little bit of sailing out of Wollongong Harbour, but then they all go out to sea. My marine work is more of the total landscape now. It's about people's relationship with the ocean, more about sitting by it, sitting in it, looking at it.

"I'm not painting boats so much anymore."

Except possibly for one iconic local vessel – the surf club's rubber duck.

In 2019, Christine's oil on canvas, *IRB Championships*, won Wollongong Art Gallery's *Postcodes from the Edge* prize.

She'd planned to use her *Postcodes* prize money to sail to Melbourne aboard an 1874 Tall Ship, part of Sydney Heritage Fleet.

"I was due to go on a nine-day voyage on the *James Craig*, the sailing ship at the Maritime

Museum. And then two days before, cancelled.

"That would have been nice, and I would have had a whole suite of paintings of the ocean voyage, but it hasn't happened.

"So we're all at home, making the best of it."

### **Grounded in Thirroul**

"Going further afield is out of question. So here I am. My husband and I usually walk a circuit of the town every morning and often stop for a coffee. In between lockdowns, it was easy to just to take my sketchbook and do something."

One of her favourite walks is along the beach from Thirroul to Austinmer in the afternoon, when the foreshore is in shadow.

"There's lovely, soft colours late afternoon.

"That inspired one painting in *Social Distancing, Coastal Style*.

"It's just been about looking around, seeing what's there." **2515**

**To enquire about paintings in 'Social Distancing, Coastal Style', visit [www.christine-hill.com](http://www.christine-hill.com) or call 0402 061 077.**

# September is Dementia Awareness month

By Danika Hall



Val Fell, Wollongong's 2020 Senior Citizen of the Year.

The 2021 theme for Dementia Awareness Month is "Together we can ensure no one faces dementia alone", which highlights the social isolation experienced by many people living with dementia and their carers.

Ninety-two-year-old Val Fell experienced this first-hand as her husband, Ian, lived with dementia from 2006 to 2013. He had been a Fairfax journalist for 40 years, retiring as the General Manager of the *Illawarra Mercury*.

Val attributes social isolation to stigma and lack of community awareness about dementia. To combat this, she organised the first Illawarra Public Forum on Dementia in 2012. The annual forum provides information about dementia including research, support, advocacy services, and strategies to assist carers.

In 2013, Val completed the Group Leader's course with Dementia Australia and formed the Corrimal Dementia Carers Support Group. She continues to lead the group today as a volunteer and is greatly valued for her empathy, willingness to help and expert knowledge of the aged care system.

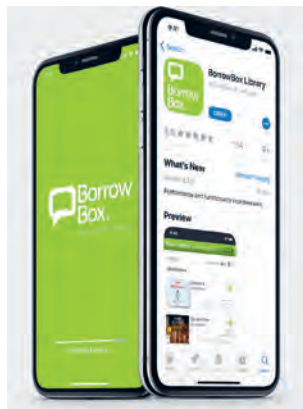
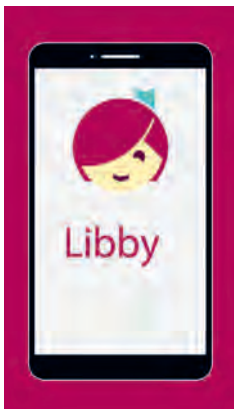
Last year Val became a member of the Older Persons Advocacy Network (OPAN) and recently helped with their promotions of Covid-19 vaccinations. She is still studying, completing two Massive Open Online Courses in Dementia in 2017, and commencing a Bachelor of Dementia Care.

In 2020, Val was named Wollongong's Senior Citizen of the year for her volunteering efforts. She continues to work tirelessly as a dementia advocate and ambassador for the Council on the Ageing (COTA).

The 10th Illawarra Dementia Forum was arranged for 22 September 2021 at the Fraternity Club but has been provisionally postponed to November due to lockdown restrictions.

This year's theme is "Making Connections". Speakers will include a local geriatrician, local dementia researchers, representatives from Dementia Australia, Dementia Training Australia, OPAN and COTA. Val hopes the face-to-face event will proceed so local people with dementia and their carers can connect and learn. Dementia service provider stalls will also be part of the event. **2515**

**Please direct enquiries about the Illawarra Annual Public Forum on Dementia to [illawarradementiaforum@gmail.com](mailto:illawarradementiaforum@gmail.com), 0417 468 977, 02 4229 5926**







## Donate devices to help refugees

**30 families are in need of laptops and tablets. You can help by donating to SCARF Refugee Support's Digital Device Drive, writes Cristina Sacco**

The COVID-19 pandemic brought with it many changes to the way SCARF operated and how refugee communities and, indeed, the wider community connected. Physical distancing measures meant that, very quickly, there was an emphasis placed on communicating, learning and connecting online.

In 2020 we saw a need in the community for devices to help stay connected, so we launched the SCARF Digital Device Drive, which saw more than 30 families receive laptops and tablets within the first two months of the pandemic.

This year we have re-launched the drive in response to the need in the refugee community for digital devices, to assist with remote learning, brought on by the renewed lockdown measures.

We have wonderful volunteers on hand who are refreshing and refurbishing devices before they are distributed to families in need.

This year we have already distributed 10 devices and we still have 30 families on the waiting list. We are collecting devices to distribute, and we have also set up a fundraiser for those who don't have a device to donate. We were aiming to have raised \$3000 by the end of August 2021.

### There are two ways you can help:

1. Donate to our device fundraiser. \$100 is enough to buy one refurbished tablet. SCARF will be purchasing devices to re-home during September: [www.givenow.com.au/digital-device-drive](http://www.givenow.com.au/digital-device-drive)
2. Email us or send us a message on Facebook to donate a device. We ask that devices are fully functioning, no more than five years old, are Wi-Fi capable and in good condition.

Email [sophie-may.kerr@scarfsupport.org.au](mailto:sophie-may.kerr@scarfsupport.org.au) or  SCARFrefugees 2515

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**Find books, movies and tutoring online, writes Thirroul librarian Lindsay Carapella**

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Check out our website for further information on the digital collections available to you as a library member.

Have a library card but no password? Call the library and we can help – 4227 8191.

Or go to our online catalogue on the website: click 'login', then click 'Forgot your password?' **2515**

# History in the making

Celebrate History Week in  
September and learn about past  
times, writes librarian Jo Oliver



"From the Ground Up" is the theme for History Week, 4-12 September.

The local land has been a place of deep connection for Aboriginal people, a source of industrial wealth and prime real estate.

You can learn about all these aspects of our local history through the online resources of Wollongong Libraries Local Studies Collection.

Visit [www.wollongong.nsw.gov.au/library/explore-our-past](http://www.wollongong.nsw.gov.au/library/explore-our-past)

You can look at past and present maps of the area, images, listen to oral histories, read about the history of your suburb, explore your family history.

## New stories from Aboriginal community

History Week marks the launch of 'Aboriginal Community Members Stories', a new section in Illawarra Stories, the libraries' oral history project.

The cultural boundaries of the local Aboriginal community extend beyond the Wollongong LGA. People have connections to La Perouse, the South Coast of NSW and other places in Australia.

With libraries closed, our Croker Island exhibition is on pause – but you can now watch the documentary for free, from home!

*Croker Island Exodus* is a documentary based on the journey that 95 Aboriginal children undertook to escape the threat of WWII before settling in Otford.

Learn more about this important time in local history by viewing the documentary: [vimeo.com/489244295/272234cb74](https://vimeo.com/489244295/272234cb74)

Many thanks to the filmmakers for allowing us to bring this documentary to you.



Check out these copies of early subdivision maps, thanks to Wollongong City Libraries





of riches. When these subdivision maps were produced, who would have thought the prices would now be in the millions of dollars?

High-resolution copies of these map posters can be download from the library catalogue. Search 'suburb name' subdivision.

## New local history book

Author Dr Lorraine Jones gives us a glimpse of her new book, *The Decade After World War II* in Helensburgh, Otford, Stanwell Park, Stanwell Tops, Coalcliff and Darks Forest

This publication is a sequel to *Civilian Life During World War II*. It takes the reader from the end of WWII into the modern era of industrialisation and the production and use of consumer goods within Australia. What an exciting time. Full work for all! No youth unemployment! There were advertisements in the local newspaper offering apprenticeships and work for 15-year-olds leaving school.

The need for workers was so great that Arthur Caldwell, the federal politician, introduced the migration scheme in 1947. This scheme saw British and European migrants move into Helensburgh and Stanwell Park. The Nissen Huts (igloos), which formerly lined Helensburgh's Walker Street, were used to provide housing for these New Australians. The teacher at Stanwell Park School set up English classes at night for the newcomers.

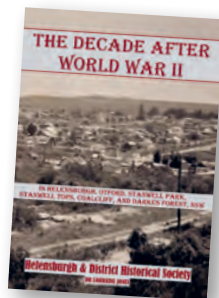
The clothing factory in Helensburgh provided work for the local women. Mushroom farming was established in disused railway tunnels.

Coal miners strikes caused major disruption of people's lives throughout the East Coast. The women in Helensburgh and down the coast compensated for the hardship from the strike by setting up soccer competitions, which continued for about three years.

These and more exciting stories are contained in this easily readable book. It is lavishly illustrated with more than 100 local photographs. The book will entertain you during these troubled times.

## Buy the book

*The Decade After World War II* is published by Helensburgh and District Historical Society, available now for \$15 (plus P&P) by Paypal on the merchandise tab at [www.historic-helensburgh.org.au](http://www.historic-helensburgh.org.au) or email [info@historic-helensburgh.org.au](mailto:info@historic-helensburgh.org.au) or contact Jan on 0418 681 384 for local pick-up or postal sales. **2515**



## Delve into your ancestry

During the lockdown, the library's subscriptions to Ancestry.com and Find My Past can be used from home through the library website for free.

## History comp for kids

For primary school students, the Local History Prize is open for entries. This is a great activity for children studying from home or teachers to make as an online class activity. Students choose an image from the library catalogue of a place that is special to them, photograph or draw what it looks like now, research its history and write about how they imagine its future. There is prize money to win for the student and their school. The closing date is 17 September. Visit [www.wollongong.nsw.gov.au/library/explore-our-past/local-history-prize](http://www.wollongong.nsw.gov.au/library/explore-our-past/local-history-prize)

## Land values

Much of the Illawarra's wealth has come from the ground. The photo of Coalcliff Colliery and jetty circa 1910 (see top left) was taken by Wensemius, then hand-coloured and printed as a postcard.

Land in the Northern Illawarra is still the source





# The Healing

A thoroughbred trainer has been working miracles with horses and humans. 2515 reports



An incredible program saving veterans of war and the race track is the subject of a new documentary called *The Healing*. And its final scenes were filmed locally – in bushland behind an equestrian centre on the outskirts of Helensburgh.

Thoroughbred trainer Scott Brodie is a former mounted police officer who has spent the past 30 years saving hundreds of old race horses through his retraining and rehoming programs.

Seven years ago, he started roping in military veterans for equine therapy courses.

“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 last month.

“Thoroughbreds are very sensitive horses that are really good at reading body language. So they worked pretty well as a therapy-type horse.

“Veterans get into some pretty down places, medication doesn’t always do the trick and they’ve all been therapy-ed out. So they’re looking for something different that can become part of lives.

“I just can’t tell you how many people have told me that I’ve saved their lives.”

This remarkable story has been filmed over the past five years by Victorian producer Nick Barkla and the result is a true tear-jerker. *The Healing* was selected to be part of 2021’s Melbourne Documentary Film Festival – although, thanks to Covid, the first live screening event could happen

in Helensburgh once lockdown lifts.

For the past 18 months, Scott has been working at the old Prestige Equestrian Centre property on Parkes Street. "So that's my base," he said. "I've been there for about 18 months now. I train horses and riders, classical training."

His work with army veterans began seven years ago in Kangaroo Valley when Scott met Adrian, an ex-Royal Marine. "He came back from numerous tours of Afghanistan pretty messed up – he'd seen a lot of bad stuff.

"He'd seen equine-assisted therapy in England and the responses that some of his wartime partners had got from it."

After a mutual friend introduced them, Scott started running courses to involve veterans in his retraining work.

"It pretty quickly became clear that there's a synergy between the veterans and the ex-race horses in that they've been trained for a specific purpose that, at the end of the day, is useless in the general world.

"The skills that they learned were really important for what they needed to do, but then detrimental, if anything, to normal life.

"So there was a real empathy between the veterans and the thoroughbreds."

One of Scott's early success stories was a young army veteran who couldn't understand why he was always getting into arguments.

"He often talks about how he had no understanding of the persona that he had – that he gave off this angry vibe and got people offside all the time.

"When he started to work with the horses, it became very clear very quickly that, if he didn't have the right mental attitude and the right persona, that the horses didn't want to play.

"I'm not a therapist, I'm a horse guy, but there's no doubt that when you work with thoroughbreds, you have to be very aware of your energy levels and your body language, and you have to learn to read their energy levels and body language.

"He's really had to learn to regulate his attitude to be able to work with the horses. And he's found that that's made a massive difference to his life in the way that he deals with people in general."

This young veteran now runs his own equine therapy program in Queensland.

"It's great," Scott said. "That happens a bit. I encourage that and I support those guys that go out and start to run programs that are going to help other veterans."

Scott – who grew up in Maroubra – has been retraining and rehoming race horses for most of his adult life. He started the thoroughbred retraining program for Racing NSW.

"I enjoy working with the thoroughbreds and it's



a bit of a passion of mine."

The bond formed with a horse is what he loves most about his work. "It's an honest relationship that relies on two beings looking out for each other. It's not about egos – I just really enjoy that synergy that comes of working with another being, and becoming one."

He's happy to be working in Helensburgh.

"It's a pretty special place and actually, the first horse I ever bought, I bought from Helensburgh.

"There's a good horse community.

"Helensburgh has got largely a Western sort of twist about it, riding wise, and my background is classical dressage, so I'm a little bit different.

"We've run some veterans programs from the facility [on Parkes Street] and we'll continue to do so. We're in the process of setting up a not-for-profit to support the work that we do."

Corporate sponsors would be welcome and can reach out via the Facebook page "Scott Brodie Equitation Education".

Once Covid restrictions are relaxed, Scott hopes to put up a big screen outdoors and show *The Healing*. The film runs for about 55 minutes and is an emotional experience.

"Get a box of tissues," he said. "When I watched the film, I was very choked up with some of the stories.

"I'm very, very proud and it's a very, very beautiful thing. I'm really glad to have been involved with it." **2515**

**On Facebook, search for 'Scott Brodie Equitation Education', 'Thoroughbred and Veterans' Welfare Alliance' and 'The Healing documentary'.**



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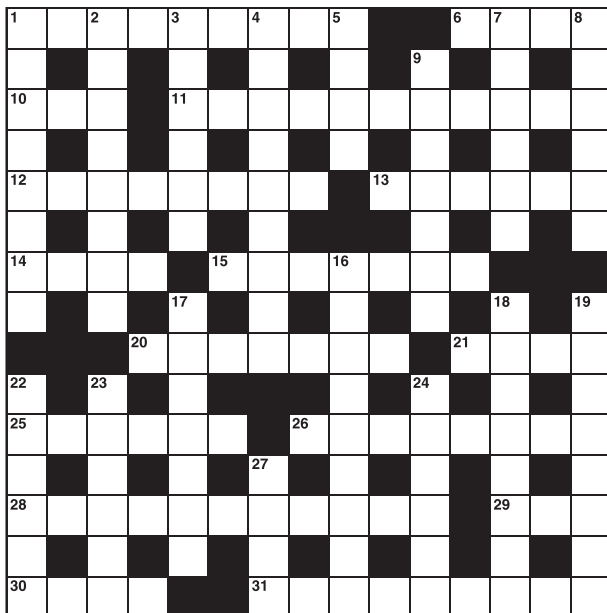
## QUICK CROSSWORD

### ACROSS

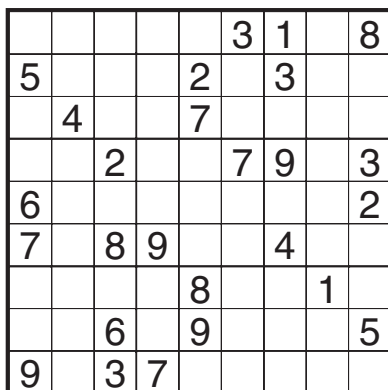
- 1 Chamber in the heart (9)
- 6 Unit of computer memory (4)
- 10 Large vehicle (3)
- 11 Document issued to one for passing a course or exam (11)
- 12 Bony framework of bodies (8)
- 13 Charm (6)
- 14 Barrel (4)
- 15 Newspaper published since 1855, *Illawarra* – (7)
- 20 Sportsperson (7)
- 21 Snug (4)
- 25 Sure (6)
- 26 Openings, entrances (8)
- 28 Combustion engine part that mixes air with fuel (11)
- 29 Vital energy (3)
- 30 Pitcher (4)
- 31 Original pattern or model (9)

### DOWN

- 1 Dissect a living body (8)
- 2 Words that have little or no meaning (8)
- 3 Mediterranean salad planet (6)
- 4 Relating to the body (9)
- 5 Retreat (4)
- 7 Annual (6)
- 8 Throws out (6)
- 9 NSW Federal division named after an Australian writer (7)
- 16 Effecting an emotional release (9)
- 17 Alternate name for Wollongong Showground, WIN – (7)
- 18 Government ruled by royalty (8)
- 19 Cattle breed that contributed to the Illawarra cattle bloodline (8)
- 22 Soul (6)
- 23 Edict (6)
- 24 Rugby league team, St. – Illawarra Dragons (6)
- 27 Table-shaped hill (4)

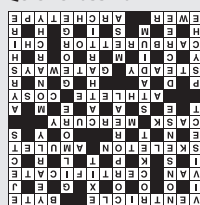


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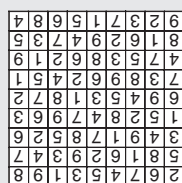


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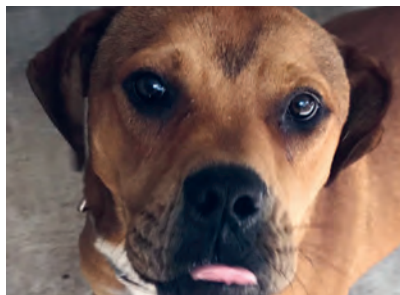
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## URIAH NEEDS A HOME!

This is Uriah, he is a very timid young fellow, who is slowly coming out of his shell and is showing himself to be a friendly and affectionate fellow who is trying his hardest to trust people again. He is desexed, vaccinated and life time registered.

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# Port Kembla Tidal Chart

## September 2021

| TIME                                                           | M | TIME                                                            | M | TIME                                                            | M | TIME                                                            | M |
|----------------------------------------------------------------|---|-----------------------------------------------------------------|---|-----------------------------------------------------------------|---|-----------------------------------------------------------------|---|
| <b>1</b> 0338 1.03<br>0907 0.68<br>WE 1553 1.42<br>2300 0.57   |   | <b>10</b> 0414 0.22<br>1027 1.56<br>FR 1633 0.32<br>2242 1.57   |   | <b>19</b> 0108 0.23<br>0708 1.34<br>SU 1250 0.41<br>1913 1.73   |   | <b>28</b> 0038 1.08<br>0609 0.66<br>TU 1252 1.40<br>1953 0.59   |   |
| <b>2</b> 0452 1.06<br>1012 0.67<br>TH 1653 1.48<br>2352 0.49   |   | <b>11</b> 0454 0.29<br>1114 1.59<br>SA 1730 0.36<br>2333 1.43   |   | <b>20</b> 0147 0.22<br>0747 1.40<br>MO 1335 0.37<br>1955 1.70   |   | <b>29</b> 0145 1.02<br>0708 0.72<br>WE 1354 1.37<br>● 2109 0.59 |   |
| <b>3</b> 0547 1.11<br>1108 0.62<br>FR 1744 1.56                |   | <b>12</b> 0537 0.38<br>1204 1.59<br>SU 1834 0.41                |   | <b>21</b> 0222 0.23<br>0825 1.44<br>TU 1418 0.35<br>○ 2033 1.64 |   | <b>30</b> 0310 1.02<br>0824 0.74<br>TH 1505 1.38<br>2217 0.54   |   |
| <b>4</b> 0035 0.40<br>0630 1.18<br>SA 1157 0.55<br>1827 1.64   |   | <b>13</b> 0032 1.28<br>0626 0.48<br>MO 1301 1.57<br>1950 0.45   |   | <b>22</b> 0255 0.27<br>0900 1.47<br>WE 1500 0.36<br>2110 1.56   |   |                                                                 |   |
| <b>5</b> 0112 0.32<br>0708 1.25<br>SU 1241 0.48<br>1908 1.71   |   | <b>14</b> 0145 1.16<br>0725 0.57<br>TU 1408 1.56<br>● 2114 0.44 |   | <b>23</b> 0325 0.32<br>0935 1.49<br>TH 1540 0.39<br>2146 1.46   |   |                                                                 |   |
| <b>6</b> 0147 0.25<br>0745 1.32<br>MO 1323 0.41<br>1947 1.77   |   | <b>15</b> 0310 1.11<br>0838 0.61<br>WE 1523 1.58<br>2230 0.39   |   | <b>24</b> 0353 0.38<br>1009 1.50<br>FR 1620 0.43<br>2223 1.36   |   |                                                                 |   |
| <b>7</b> 0223 0.20<br>0822 1.39<br>TU 1407 0.35<br>● 2028 1.79 |   | <b>16</b> 0432 1.13<br>0954 0.60<br>TH 1633 1.62<br>2333 0.32   |   | <b>25</b> 0421 0.45<br>1044 1.49<br>SA 1703 0.47<br>2301 1.25   |   |                                                                 |   |
| <b>8</b> 0259 0.17<br>0901 1.46<br>WE 1453 0.31<br>2110 1.76   |   | <b>17</b> 0535 1.19<br>1101 0.54<br>FR 1735 1.67                |   | <b>26</b> 0451 0.52<br>1120 1.47<br>SU 1750 0.52<br>2345 1.16   |   |                                                                 |   |
| <b>9</b> 0335 0.18<br>0943 1.52<br>TH 1541 0.30<br>2154 1.69   |   | <b>18</b> 0025 0.26<br>0625 1.27<br>SA 1200 0.47<br>1827 1.72   |   | <b>27</b> 0525 0.59<br>1202 1.44<br>MO 1845 0.57                |   |                                                                 |   |

**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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## Good luck, Kalani!

By Scarborough Boardrider Ian Pepper

The entire Scarborough Boardriders club and local surfing community would like to wish Stanwell Park surfer Kalani Ball all the best when he travels around the globe competing in the WSL Challenger Series from next month.

To get to this point Kalani finished 7th in the Australian Oceania regional qualifier series over the course of 2020 and 2021.

This amazing effort meant Kalani was eligible to enter the elite Challenger Series consisting of 96 surfers who will compete in four events between September and December 2021. The top 10 surfers from these events will move up to the prestigious WSL Championship Tour in 2022 with household names like Gabriel Medina and Kelly Slater, along with Aussies Morgan Cibilic and Jack Robinson.

The 2021 Challenger Series calendar will run as follows:

- US Open of Surfing: Huntington Beach, California, USA, September 20-26, 2021
- MEO Pro Ericeira: Portugal, October 2-10, 2021
- Quiksilver/ROXY Pro France: France, October 16-24, 2021
- Haleiwa Challenger: Hawaii, USA, November 25 – December 7, 2021

We wish Kalani best of luck in these events and safe travels. **2515**

Follow @Scarbsboardridersclub on Facebook and @scarboroughboardriders on Instagram

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