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District news

NSW's best are back on the beach

Waterfall Helensburgh Otford Darkes Forest Stanwell Tops Stanwell Park Coalcliff

Meet Our Contributors



Caitlin Sloan is a student at the University of Wollongong, studying a Bachelor of Journalism and a Bachelor of International Studies. She was born and raised in Helensburgh

and was the fifth generation of her family to attend Helensburgh Public School, graduating in 2010 – almost a century after her great-greatgrandmother. Caitlin has a passion for writing stories, regional travel, good wine, and works as a bartender at the historic Helensburgh Hotel.



Dr Trevor Kemper is a general practitioner and the founding director of Equilibrium Healthcare in Helensburgh. He is passionate about treating the ill, and also promoting

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



Iris Huizinga migrated to Australia from The Netherlands, where she was a screenwriter. She graduated from the Victorian College of the Arts in Melbourne. Since 2009 she has

volunteered locally, first at the surf club, then with the fire brigade. After a stint in New Zealand she returned with her family in 2020, because she missed the raucous cockatoos, the big eucalyptus trees and the ocean.

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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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'His life was made better because of where he lived'

By Sam Clark, Caleb's dad



Stanwell Park resident Caleb Clark passed away peacefully at home last month on August 20th, aged 8, after a lifelong battle with Infantile Neuro Axonal Dystrophy (INAD).

Caleb appeared in 2508 several times, including for the 'A Night For Caleb' fundraiser that was held in 2018, which was a great success.

Caleb's mum and dad Ailee and Sam, and his sisters Ellie and Evie wanted to thank the community, in particular Mel Whiteside, Caleb's Crew, the Starfish Club, the Helensburgh Tigers and the Stanwell Park Primary School community, as well as all of Caleb's friends and neighbours who have reached out. He was lucky to live in such an amazing community.

His life was made better because of where he lived, and the people around him. **2508**

Blooming in lockdown

A trend to send friends flowers is growing in Helensburgh, writes Caitlin Sloan

For a lot of us, it's been a long three months since we've been able to enjoy a coffee with co-workers, embrace our friends, or celebrate milestones with loved ones. So 2508 residents have found a fresh way to show they care – via beautiful bouquets delivered to local doorsteps.

Among the traditional messages of congratulations, condolences, and 'happy birthday', Helensburgh florists Keshia Bourdeau, owner of Bear Trader, and Kristy Mitchell, owner of OK Posy Co, are noticing two sentiments outperforming the others: 'I miss you' and 'I'm thinking of you.'

When lockdown loomed, Keshia Bourdeau promptly organised Bear Trader's online store to continue selling her bouquets and homewares via 'click and collect' and free local delivery.

"We've seen so much thoughtful gifting," Keshia said.

"It's lovely being a part of that and helping people stay connected with each other.

"Lockdown has been tough on us all, and it's a great way to spread some joy and encouragement."

If you're looking for a gift that says, 'I miss you', Bear Trader's go-to is: "Definitely a posy teamed up with a candle or bath salts. We all need a little self-care during lockdown."

Thanks to the flourishing flower business, Kristy Mitchell has been selling out of OK Posy Co's glass jar posies most days, recruiting the help of her partner to deliver them around town.



"I think it really lifts a lot of people's day," Kristy said.

"[We're] very lucky that everyone's very community-orientated in Helensburgh, so everyone is thinking of each other during this time and sending whatever they can."

If you're looking for a gift that says, 'I'm thinking of you', OK Posy Co's go-to is: "The posy. It's so affordable... I can do big arrangements, but I think [the posy] is enough to make someone's day. It doesn't need to be big. That's why I love them.

"Little, small gifts are all you need at the moment." **2508**

Raine&Horne



Spring is here & so are the buyers. Contact me today!

Julie York 0405 128 070 rh.com.au/helensburgh

Get Ready, for real

Your bushfire questions answered by Senior Deputy Captain Michael Pratt, Deputy Captain Aaron West and firefighter Rebecca May of the Helensburgh Rural Volunteer Fire Brigade.

Do we need to get out each time the Fire Danger Rating for the day indicates severe or extreme?

Aaron: The fire danger ratings are published each day to prepare you, about how a fire is going to react under the conditions on those days. So if the rating is low to moderate and a fire starts, it's going to be small and moving slowly. With a high fire danger rating, obviously the intensity picks up. Once you start getting up into severe, extreme and catastrophic ratings, it is uncontrollable.

As an individual, you need to look at those ratings and figure out that you're going to be able to cope in those conditions in the event of a fire.

Look at where you're situated with your house, whether you have young kids or whether you have elderly people, and when there is a fire whether you can actually cope under those conditions. The easiest way to put it: if you think that when a fire starts, in severe or extreme, a fire truck is going to be able to pull up and successfully put it out quite quickly, that's not likely to happen.

Michael: If a Fire Danger Rating is extreme or catastrophic – there are no houses designed or built to withstand those conditions.

You would have to be really confident in yourself. If a fire does start up, you're better off enacting your bush fire survival plan and leaving early. On those days it's going to be so intensive. It's hard to describe what you're going to go through.

Basically, if you're going to leave, leave early. Don't wait until you see smoke in the sky or hear a siren.

Rebecca: Unless you are really prepared and your property is prepared and you've got things like portable pumps and you've got a good static water supply, it's not worth staying. It's really not.

Do I really have to leave every time?

Aaron: We could have a couple of catastrophic days in summer and nothing will actually happen on those days. If that's the case, don't lower yourself into a false sense of security.

If your plan is to leave early and your mark is extreme or catastrophic, you should leave early regardless of whether anything does happen or not. Because the day you don't enact it is the day something may happen and you will get caught out.

It's a hard thing at times. You leave town, then nothing happens and you come back. Then a few days later another bad day and you leave town, nothing happens. The third time, and you decide



not to leave town, there is a chance that something may happen.

Michael: Aaron, back in 2001, how quickly did the fire get from Appin to Helensburgh?

Aaron: In 2001 the fire spread quite quickly and came in with some speed. It started out near Appin at 11am in the morning. By around 2.30pm in the afternoon, it had already gone through Darkes Forest and was on its way to Helensburgh.

It is an indication of what can actually happen in this town on a day with the wrong conditions – whether that is catastrophic, extreme or severe.

Rebecca: We have a lot of bush around here that hasn't been burnt in recent years. People need to be mindful of that. If we do get a fire here on one of those days of severe or higher, the potential for major damage and threat to life is highly likely. **2508**

MAKE A PLAN Visit www.myfireplan.com.au

If you would like to hear more about preparing for bushfire season in the 2508 area, watch the video on Facebook @NSWRFSHelensburgh

If you have questions, contact your local brigade via Facebook @NSWRFSHelensburgh or call the Bush Fire Information Line, 1800 NSW RFS (1800 679 737)

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When results matter why settle for second best???



Last October we looked at the ubiquitous nature of alcohol as a companion to celebration, commiseration, and pretty much anything we can come up with. This year our community alcohol survey demonstrated the positive impact of reduced alcohol intake on our health, with 100% of all age groups in our community showing improvement in physical and/or mental health when they reduced their consumption to within the Australian guidelines. That's an impressive statistic. Mind you, not everyone reduced their consumption this year, with 20% of respondents reporting an increase in alcohol intake.

Of the people surveyed, 7.3% reported fear of getting hurt because of someone else's drinking. That's a sobering statistic. Or at least it should be.

Do people fear you when you drink? It's possible they do but you don't realise it.

People drink for a multitude of reasons, and sometimes for no reason at all. But statistically if you drink less, you will be more. More motivated, more energetic, more confident, more fit, more lean, more mentally stable, more the person you want to be. These are all quotes from community members.

I see the benefits of drinking less every day in my work as a local GP.

Sadly, I also see the harm of drinking more. It's why we have a focus each October on alcohol, and this year's theme is 'Be More. Drink Less' because we see the massive difference it makes in people's lives and their families.

What do the Australian guidelines recommend? Drinking no more than 10 standard drinks per week and no more than four standard drinks on any one day. (Remember a standard drink may be less than you think.) They also recommend not drinking if you're under 18, or if you're pregnant or breastfeeding. The availability of zero and low alcohol beers, wines and spirits is really taking off now, and an easy way to bring your intake in line with recommendations.

We have detailed information on our website: eqhc.com.au. If you're having trouble cutting back but know you need to, ask for assistance.

Your GP is here to help you Be More. 2508



We surveyed our community and 100% of people who reduced alcohol consumption to within Australian guidelines reported improvement in their physical and or mental health.







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Follow Head Quarters HQ on Facebook and Instagram to find out when we will open after lockdown

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Illawarra charity Need A Feed is delivering food gifts and freshly cooked dinners to local families facing tough life challenges

What we need: Cash donations via EFT or credit card (charges apply). Non-perishable food donations – check the Facebook page for drop-off locations.

> f doyouneedafeed @ @need_a_feed



Helensburgh Mowers has moved

The new workshop is across the road from Helensburgh Hotel, writes Caitlin Sloan

On an expedition across Australia three decades ago, Adelaide natives Jeff and Debbie Sault stopped at Helensburgh to recoup some funds before carrying on to Western Australia. Unbeknownst to them, they'd found their forever home.

The couple first settled in Coalcliff while their daughters attended Stanwell Park Public School. Jeff began working in the mower repair centre in Short Street before opening his own business in 1991. From the back shed of the nursery to the Busy Bee out on the Princes Highway, Helensburgh Mowers & More eventually found its feet at the old hardware store, where it stayed for 19 years.

Nearly two decades on, the Saults' business has again migrated, this time to unit 7/115 Parkes Street, across the road from Helensburgh Hotel.

With their old location designated for units, Jeff was faced with the prospect of retirement – but he's not about to hang up the gloves.

"I'm not ready to retire yet," he says.

"The Burgh needs our service."

Although the workspace is slightly smaller, the move allowed for a clear out of 30 years' worth of Jeff's odds and ends – much to Debbie's delight – and has already brought new customers with it.

"The people that have been in are saying quite good things about it," Debbie says.

"I think we've actually seen new faces as well." With more than 30 years of experience repairing



and selling lawnmowers, chainsaws, brush cutters and all small engines, Jeff is determined to ensure that locals don't need to travel to have their machinery serviced.

"I have a lot of faith in my customers, [met] a lot of characters, [made] good memories and friendships with a lot of people in Helensburgh," he says.

"I hope to be able to offer our service for at least the next few years." **2508**

Lions deliver care packs



by Fran Peppernell, Helensburgh Lions Club Publicity Officer We hope our community is continuing to

We hope our community is continuing to keep safe and well in these challenging times. We all look forward to some restrictions lifting soon.

Sadly, due to the pandemic, we will again have to cancel our popular Helensburgh Lions Country Fair, which was scheduled for October 2021 in Charles Harper Park.

We had hoped to go ahead. Our government has suggested events can happen for vaccinated people, however, there would be numerous challenges involved. Lots of crowd regulations and controlling entrances, to name a few.

We are hoping to put all of these hardships behind us and we are currently looking at opportunities, such as a smaller community event in 2022 at Charles Harper Park.

Please stay connected through our Facebook and Web pages for updates on activities we are planning and how you can help.

We would also like to pay our respects to Elaine Pugh, a well-loved and admired member of our Stanwell Park community



and Country Women's Association.

In closing, Lions believe in times like these it's important to stay connected with our community.

We wanted to let you know too, if you hear about our "Roar-some Acts of Kindness", it's about Lions providing Care Packages within our community. So far we have sent packages to our wonderful front-line workers and to our special grandfathers and fathers in lockdown at Kennett Homes. See you all next month, stay safe. **2508**

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Hayley's business is closed due to lockdown – she is hoping to open by November, pending vaccination rates



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Catering to demand

Two local businesses have pivoted during lockdown, writes Caitlin Sloan



The Morning Brew turned to full-time catering

For Roseanna Griffin at The Morning Brew, commuters were her bread and butter.

Prior to stay-at-home orders encouraging employees to work from home, she would park her coffee van at Helensburgh train station at 5.30am each day before making the rounds from Thirroul to Engadine.

"I've lost the majority of my [regular] customers," Roseanna said.

"I no longer go down to the station anymore because there's no one going into the city."

During last year's lockdown, Roseanna began delivering milk, bread and hot coffees to doorsteps to get by. This time, she's turned her coffee van into a full-time catering business.

"I thought that this time I could do something different," she said.

"I thought... let's just use the coffee van and the products I sell to my tradies and my customers and turn it into a catering style [business]."

The Morning Brew now offers an assortment of catering boxes, including breakfast platters, various salads and lunch options, and goodie boxes for those with a sweet tooth.

For Halloween, she'll be teaming up with other local businesses to put together a spooky treat box, set to send the Trick or Treaters wild.

"I'm teaming up with a few businesses that make personalised cookies as well as craft boxes," she said.

"It will have a Halloween-style donut in it, it will have a Halloween-style cookie, it'll have chocolates, lollies, hot chocolate mix, marshmallows."

Roseanna said the community's support has persuaded her to continue catering indefinitely.

"I've been very blown away by the support and the continuous customers buying for their families, for their friends," she said. "It's been amazing."

Binners launched a Farm Food Truck

It began as a bold idea formed around the dinner table in September 2020. Now Binners Farm Food Truck has been serving coffees, burgers, fish and chips and more for 10 months.

The truck is parked at the front of Binners Farm fruit market, which has served the Helensburgh community since 1975 under owners Kevin and Denise Binner – originally as an egg farm. Their new service aims to offer both locals and passing motorists a meal made of the same fresh produce found in store.

With Covid-19 restrictions preventing people from travelling to work or exploring our region on weekends, the Food Truck has relied on local support to keep them afloat.

"[We have a] really loyal customer base which has been awesome, I think that's probably kept us going through Covid," Nicole Binner, who runs the business alongside her parents, said.

"It's been the locals coming back, because the people driving past has stopped."

Nicole said that the excitement of having a new takeaway option – which largely uses local products, including bread from the local bakeries and meat from Helensburgh's butchers – has not worn off in the community.

"We'll always keep it affordable, it will always be high-quality ingredients and consistent," she said.

"We are so grateful to Helensburgh and how they have supported and continue to support our little truck." **2508**



FIVE INSPIRATIONAL STORIES OF HOPE

hopechurch2508.org.au/peace



BANKSIA BUSH CARE'S Tree of the Month

By Kieran Tapsell

Acacia maidenii (Maiden's wattle)

This is the third wattle found in the Stanwell Avenue Reserve. It has long thin leaves, and bark that is grey, fawn or brown and is rough with irregular fissures. Its pale-yellow flowers are on two or three cylindrical clusters, like those found on *Acacia longifolia* (Coast wattle). The leaves, however, are quite different. The seed forms a twisted legume from 50mm to 150mm.

The deer do not normally attempt to ringbark Maiden's wattle or attempt to eat it when the plants are young.

There are 28 Maiden's wattle in the reserve, most of them on the north entrance to the circle from Stanwell Avenue.

What's hatched at Banksia Bush Care

Many parents have told me their young children love our giant nests because they think they have been made by dinosaurs, and they want to know when the ceramic eggs will hatch.

I decided it might be an idea to excite these young imaginations further by making dinosaurs of different kinds emerging from the eggs. The hatchling dinosaurs have now been fired and are exhibited in the nests running parallel to Stanwell Avenue on the left-hand side of the Stanwell Avenue to Kiosk track.

The 14 baby dinosaurs are: Avacerotops, Bambiraptor, Beipiaosaurus, Brontosaurus, Cryolophosaurus, Iguanadon, Kritosaurus, Ouranosaurus, Pterodactyl (2), Stegosaurus, Tyrannosaurus Rex, Velociraptor and, finishing off with a survivor of the Jurassic, the Crocodile.

We have put up "Do Not Touch" signs because we have had some Humpty Dumpty accidents where children have dropped the eggs onto something hard, and we have not been able to put them back together again. We would ask parents to make sure that if, despite their discouragement, children do pick up eggs, they be put back in the centre of the nest the right way up. In that way, the exhibition can continue to be a source of fun for children, as well as for everyone else. **2508**



Cheers to Burgh Shed

Paul Blanksby shares some correspondence.

Hello to all at the Burgh Men's Shed. Frances Laverack here, with a photo of my garden umbrella up for the first time this Spring.

Some good length of time ago, I brought it in to The Shed with a snapped spar, realising it might not be salvageable. But lo and behold! One of your talented crew painstakingly took all the complex mechanism apart and entirely replaced the broken element as new. Magic!

A big pat on the back and many thanks for

keeping a vital piece of equipment going for a good while longer. All the best to everyone at The Shed.

Thank you, Frances, it was our pleasure.

Your Men's Shed, practising the six Rs: Restore, Repair, Reimagine, Reuse, Repurpose, Recycle ... awesome. **2508**

Visit helensburghmensshed.org.au





Help the ranch

Income has dried up, staff are stressed but horses must be fed, writes Caitlin Sloan

In August, Woronora Heights local Colleen Kemp started a GoFundMe page to help reinstate staff and feed the horses at Darkes Forest Riding Ranch.

The Read family owned business – which has been running trail rides, camps and lessons for 40 years – has been closed through lockdown and is unlikely to re-open until November. So Colleen has now raised the fundraising target to \$20,000.

"It was originally \$10,000, but we hit that really fast, and then when they decided to extend the lockdown period, I bumped it up to \$20,000 just to get us through," Colleen said.

For 14 years, Colleen has agisted her horse with the Read family and now describes them as family of her own. She said the closure of the ranch has been a heavy blow.

"Once the gates are closed, once there's no customers coming in to ride horses, there is no source of income," Colleen said.

"It's just such a different business... Horses don't stop needing to be cared for just because a government has decided to close a business."

> Sydney Wildflower Nursery



With 54 horses in the riding school still needing to be fed, rugged and shod, and casual staff unaffordable, the staff who run the agistment business have had to significantly increase their daily workload to care for the horses in the riding school and the boarding stables.

Restrictions are expected to ease in mid-October, but Darkes Forest Riding Ranch is facing another month without income, hoping to reopen the riding school in early November.

"We've had horses sitting in a paddock for three months now that have had no work – they're unexercised," Colleen said.

"It's going to be a slower process." 2508

Want to help? Search for 'Help Keep Darkes Forest Riding School Alive' at www.gofundme.com



You can still get a gorgeous garden in lockdown - contactless delivery and postage available!





9 Veno Street, Heathcote 2233 Phone: (02) 9548 2818 Open 7 days 9am to 5pm www.sydneywildflowernursery.com.au

FOR THE LARGEST RANGE OF AUSTRALIAN NATIVE PLANTS

'It's a constant hive of activity'

Jessica Nelson meets Siobhann, a doctor at a NSW hospital emergency department

How long have you lived in Stanwell Park?

We moved down from Sydney about five years ago. We were lucky enough to know about this secret gem through some long-time friends. Coming down to the area for a visit was always a treat ... at that time there wasn't much mobile phone reception so it was great being able to completely switch off!

After starting our own family, it was evident that there weren't too many other places that offered the same kind of beach/bush lifestyle yet would still be close to family and work commitments near Sydney. Since we've found our bit of paradise, we feel like we're living the dream!

What drew you to a career in Emergency Medicine?

I came into medicine later than most, after spending a few years travelling overseas. When I eventually came home after various jobs in hospitality, teaching etc, I decided I wanted to go to university and chase the option of doing medicine. During training you have rotations in various medical and surgical specialities, but working in the Emergency Department (ED) had me right from the start. I love the pace and the unpredictable nature of the job – every day is different. You don't know what is going to come through the front door. I like being involved with people from all ages, cultures and walks of life.

I feel very privileged to have an insight in other people's worlds and be able to help them.

Please give us some insights as to what it's like working in the ED.

Working in the ED is a pretty high stress environment. It's a constant hive of activity that rarely stops. It requires multitasking, problem solving and make decisions through endless interruptions, alarms and Batphones.

The things that make all this achievable is working alongside the rest of the ED team – the doctors, nurses, paramedics, allied health and admin staff at all levels of training – who come together to help patients through their ED journey. Whether it be resuscitating a trauma patient, stabilising a septic patient, fixing up cuts and broken bones, it's challenging but rewarding.

COVID has definitely changed things in the ED. It's certainly getting busier and working long shifts in full PPE can be exhausting.

It has stretched us at times but again, that's what we are good at – adapting to the constantly changing environment in which we work.

What hours do you work in the ED?

The shifts are usually 10 hours and over any day of the week – emergencies never stop! At the moment I feel grateful to be able to work part-time so I can balance things between hanging out with the kids and family but still have enough time at work to feel I'm gaining more experience ... even though you spend 6+ years at university and another 10 in training to become an ED Specialist, the learning never stops. It's part of what I love about the job.

What are your views on the vaccine effort?

I feel like everyone's doing a great job getting vaccinated, with 83.6 per cent of the over-16 population receiving their first dose of COVID-19 vaccine as at 23 September. That's a real achievement and helps us get closer to the targets that will allow us to get back to a more normal way of living. I thank the community for embracing vaccination. In doing so, people have taken an important step to protect themselves, their loved ones, the community and our healthcare workers.

And finally, is the ED anything like the TV dramas?

Ha! Of course – the ED is full of George Clooneys, McDreamys and Meredith Greys!

The more locally produced reality TV medical shows probably show elements that are similar to what a normal day is like. I may have even had a cameo in those myself many moons ago!

However, they certainly don't depict, like any job, the less glamorous aspects! **2508**









bon't try this at home: mask styles have changed.

From funeral wear to Covid protection

Dr Lorraine Jones examines the history of the face masks

Masks were not used to prevent the spread of infection until the end of the 19th century. Ancient Egyptians had beautiful funeral masks which were found in tombs. The ancient Greeks wore masks when they acted in plays. The Venetians had masked celebrations in the 16th century.

In the 18th and 19th centuries, masks were worn as a disguise in masked costume balls in Britain. They gave the wearer more freedom in their behaviour. Venice continues to have a masquerade carnival each year except during the pandemic.

Lister, the great surgeon, introduced antiseptic techniques into operating theatres in 1867. He did not use face masks. It was Polish surgeon Johann Mikulic who, on the advice of a bacteriologist,

See Side Dptical

introduced face masks into surgical practice in 1897 – just over 120 years ago.

When the 1918-1919 influenza pandemic swept the world, wearing face masks became compulsory in certain places. The French brought glamour to this pandemic, looking stylish in face masks.

In Australia during the 1919 influenza pandemic, people travelling on a train or tram were compelled to wear masks. Failure to do so resulted in a fine of 10 pounds – two weeks' wages! The women of Helensburgh made face masks and caps for the volunteers who were nursing the sick.

In our present time, face masks are invaluable in preventing the spread of Covid-19 and saving the wearer from infection. **2508**



Anita's Theatre: Shop 10, King St Thirroul Call for an appointment today on 42683933

Vale Pauline Lacelles-Smith

By Ian Hill

Residents of Otford have received the sad news of the passing of Pauline Lacelles-Smith in her sleep on Thursday, 16 September. Those who knew her now endure a sense of loss as Pauline was very much a leading figure in the community.

Pauline was a very upfront and upright lady with a distinct Yorkshire accent stemming from her youth in Huddersfield, West Yorkshire, UK and became the relentless driving force behind the Otford Pantry on Lady Wakehurst Drive. Her input and high visibility at the pantry led many to refer to the place as Pauline's Pie Shop.

Pauline championed apple pies, prepared prior to the weekend opening of the shop. Their homemade freshness became legendary, even to the point of being world famous. Further delights available included freshly made pancakes or scones with jam and cream as well as apple strudel with ice-cream. For bush walkers, the pie shop provided a welcome starter prior to a walk and upon return, if reached before closing time at 4pm, one could safely restore any calories lost due to the exertions of the day with a legendary Apple Pie and Cream.

The Pie Shop provided weekend work for many local young people and was often a hive of activity. It soon developed its own unique features thanks to Pauline's fondness for the natural environment. Patrons sitting next to the sun-drenched northern windows of the pantry would be surprised to see the guest appearance of a blue tongue lizard lazing or meandering along the window sill beside them.

As if that wasn't enough, a so-called dwarf piglet grew to be its own attraction for those visiting the rear toilet. The dwarf nature of the piglet soon revealed itself to be a mischaracterisation and it grew to be a fully sized pig of some dimension but with a very friendly personality and answering to the name of Pork Chop.



Pauline had moved to Sydney from the UK and in her spare time began performing at the also famous Strathfield Light Opera Company, where she met her future husband, Glenn. They married and purchased the Otford Pantry and proceeded to build its reputation.

Pauline had an engaging personality and a no-nonsense approach to one and all. A visit to the pie shop became as much a visit to Pauline. Her energies extended beyond the pantry and channelled into community building where she became the president of the Northern Chamber of Commerce and the chair of the 2508 Neighbourhood Forum. This involved a lot of correspondence with Wollongong Council on a complete range of community interests. She also managed the hire and running of the Otford tennis court and was a member of the Helensburgh Lions Club. Pauline became a strong supporter of the movement to retain and preserve the natural environment of the whole 2508 region, including the Royal National Park, and to this endeavour became the president of the Otford Protection Society. Pauline was also a local representative on the Wollongong Precinct Safety Committee, orchestrated by Wollongong Police.

Memories of her engaging conversation with patrons while serving and wiping the tables inside and outside the pantry will long remain. Vale Pauline, you will be fondly remembered. **2508**



'One of a kind'

Tributes flowed for Pauline Lacelles-Smith

"Pauline was truly one of a kind and worked tirelessly for decades to promote the community of the Northern Illawarra, not only as a small business owner with husband Glenn... but also as Convenor of Neighbourhood Forum 1 and President for many years of the Northern Illawarra Chamber of Commerce Inc (NICC). She was also a great mate and loved a good celebration over a glass of quality champagne!" – *Greg Watts*

"Pauline was president of the Otford Protection Society... a mentor to many fighting to save our environment. I spent many hours with her as a friend, working with her on community issues. As we get older, those that have lead by example start to fade and pass that baton on. Pauline passed her baton on to many of us." – *Warwick Erwin*

Miss P was best known for her welcoming Otford Apple pie shop – an iconic meeting place for our small village and tourists alike. Always greeted with a "hello Nats" or "Hi Luv", I considered her not only a friend and neighbour but someone I could rely on in the battle to protect our beautiful bushland region. She was never afraid take controversy head on. I witnessed a number of fiery meetings at the Helensburgh Neighbourhood Forum but she took them on regardless. Miss P/ Pauline you can finally relax now, your work is done. We will all miss you. – *Natasha Watson*

Pauline was an Otford warrior who led so many local initiatives over many years. – *Kerry and Peter*

Such a privilege to have known you Pauline, much respect for your tenacity and drive, and standing up for what matters. Rest well. – *Jackie B*

Pauline had a very maternal presence for the whole of Otford. She hired many local kids to work in the shop and she'd always give us a very cheap lunch if we went in there. The smell of that shop is etched into my consciousness. – Sanghajit (Knut) Wilmott

Pauline if anything gave Otford a reference point to some degree, many knew the place for the Apple pie shop. – *Dane Wilmott*

RIP – I will always remember the good old days and how kind and happy you were. – *Chris Ingleby*

She was a champion for our area, I saw her much like a Queen Boudicea as a strong female leader who never gave up. RIP. – *Dale Ingleby* **2508**



Beetling About

With Helensburgh entomologist Dr Chris Reid

What to do under lockdown? Go for a local walk, of course.

A couple of weeks ago we had a bit of a gale so I walked down to Bulgo to have a look at the surf breaking on the south cliffs and to poke around in the littoral rainforest, a rare and special type of habitat. Littoral rainforest is rainforest next to the sea and it grows on these steep scree slopes below the cliffs because of the trapped damp air combined with seepage through the rocks. At Bulgo it's a bit gnarly and stunted, getting salt drenched and having to bend its back for the big southerlies.

I was looking for a flowering plant, *Clerodendrum tomentosum*, an attractive shrub or small tree with white flowers in early summer. The Sydney Royal Botanic Garden calls it the Downy Chance Tree. *Clerodendrum tomentosum* is the host of one of our most attractive local leaf beetles, *Phyllocharis cyanicornis* [= the blueantenna phyllocharis], which I've collected down at Bulgo in the past.

Not to be confused with another attractive beetle, *Phola octodecimguttata* [= 18 spotted phola], which feeds on *Vitex trifolia*, a garden plant from the subtropics which is planted here. *Phola* is a recent migrant to this area, not having been collected south of Lismore before 2005 and is only found in gardens, where *Vitex* is planted. These two species differ in their biology: *Phola* larvae construct a tube of their own poo as a daytime shelter in the twigs and feed at night, whereas *Phyllocharis larvae* are out on the leaves all day. So I was down at Bulgo looking for *Clerodendrum* leaves with holes, the telltale signs of larvae.

However, I didn't see any Clerodendrum.



Instead there was very little vegetation under the forest canopy and I disturbed three of the culprits – the Rusa deer. Ironically in the wild, in Java and Bali, the Rusa Deer is considered a 'Threatened Species' with less than 10,000 individuals. But our Rusa are like

all the other feral pests we have introduced – in the wrong place, destroying our unique flora and fauna, without any of their natural predators (leopards and dhole).

My impression is that signs of deer have greatly increased in the last five years: numerous prints on the dunes at Marley Beach and at the north end of Garie Beach, poo all over the grass at Stanwell Park. Elsewhere in 2508 Magazine, Kieran Tapsell has talked about the impact of deer in bushcare projects, wiping out all plantings. We have a serious problem here. Perhaps the colour pattern of *Phyllocharis* suggests the solution... the introduction of leopards?

Further information:

-1mm

- Littoral Rainforest: www.environment.nsw.gov. au/resources/threatenedspecies/ EEClittoralrainforestlowres.pdf
- www.environment.gov.au/cgi-bin/sprat/public/ publicshowcommunity. pl?id=76&status=Critically+Endangered
- Clerodendrum: plantnet.rbgsyd.nsw.gov.au
- Rusa: www.iucnredlist.org/ species/41789/22156866 2508

For general insect enquiries, contact the Australian Museum's Search And Discover team at sand@austmus.gov.au. Have a question specifically for Chris? Email editor@2508mag.com.au



Left: Phyllocharis cyanicornis. Right: Phola octodecimguttata. Photos: Kindi Smith, Australian Museum



Zoo to reopen

By Symbio's Kevin Fallon

With lockdown restrictions set to ease on October 11, Symbio is looking forward to reopening – and our lockdown babies can't wait to meet you!

Over the past few months we have welcomed some adorable new arrivals to the Symbio zoo family, including kangaroos, wallabies and one extra teeny-tiny bundle of joy. Our pygmy marmosets, the world's smallest monkeys, have had a baby!

We've also been busy making our grounds beautiful – from laying fresh turf in the kangaroo walk-through area to building an Endangered Species Laboratory. All these attractions, plus our Adventure Playground, Farmyard and Splash Park, are now waiting on just one thing – you!

For the latest re-opening news, follow us on Facebook or visit www.symbiozoo.com.au 2508



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Who's behind #VaxThellawarra

2508 reports on a home-grown campaign

On September 2, #VaxTheIllawarra burst onto the social media scene like the soda fountain of good sense we've all been waiting for.

"Together, we can make Illawarra and the Shoalhaven Australia's first region to be 80% fully vaccinated," one of the first posts read.

"Vaccination is our only way to end COVID restrictions and uncertainty. Let's rally together to support local business and our community."

The campaign calls on Local Heroes, trusted community members, who support the vaccination effort in a series of videos. Its message is clear – unlike the Federal Government's July campaign to 'Arm Yourself', it can't be confused with an instruction to get a weapon. In fact, with a swish website, graphics and strategy, it's so professional you might think it was a cashed-up Department of Health initiative, rather than a grassroots effort relying largely on talented volunteers.

So who's behind it? Vicki Tiegs and Jeremy Lasek kindly took time to answer questions.

Whose idea was #VaxThelllawarra?

#VaxTheIllawarra came from the frustration of a small group of community-minded citizens who felt something positive needed to happen to speed up an end to lockdowns. This region seemed to be caught up in the Greater Sydney restrictions, unfairly many of us felt, yet there was precious little vaccine available for those who wanted it (particularly Pfizer). The protest by anti-vaxxers at the lighthouse was the final straw. We decided to mobilise, at a grassroots, non-political level and start a pro-vaccination public health campaign, the first regional campaign of its type seen in Australia.

Please tell us about the team behind the scenes

It's a very mixed group... the common thread is our passion for our community, great connections across business and community, and a roll-upyour-sleeves desire to get the job done. Vicki Tiegs OAM is one of the region's top PR/marketing executives and founding co-director of Waples. Toby Dawson is a powerhouse in the Illawarra's community engagement and is head of strategic partnerships at the IRT Group. Kylie-Ann Haynes is an event management specialist and has overseen some of the country's biggest events, specialising in major sport. Grant Plecas has had his heart and soul in the community for decades, including leading the Cancer Council in SE NSW. Jeremy Lasek is a former journalist, TV news director and has headed communications for the ACT Government and the AFP. Both Vicki and Grant are past Wollongong Citizens of the Year.

You've run a fantastic campaign featuring Local Heroes, from Emma McKeon to the Governor-General, David Hurley. What's been the highlight?

There are too many highlights to mention really. Securing Emma so soon after her incredible achievements at the Olympics was a real coup and the perfect launch pad. The Governor-General is a former Port Kembla boy and he and his wife didn't hesitate to offer their support when asked. We think the strength of the campaign is the diversity of voices and faces who have been willing to share their stories and to make the case for people to get vaccinated real. From brave ICU nurses and patients who literally came back from the dead, to our biggest sporting superstars and entertainers, the common catchcry is 'let's #vaxtheillawarra'.

How is the campaign financed?

The vast majority of the work is being done voluntarily. The generous financial support from business, community organisations and some individuals is helping cover the hard costs to get the campaign running. Illawarra Health and Medical Research Institute (IHMRI) is the recipient of all funds and any monies left over ... will go to a local mental health project. **2508**

Pictured, L to R: Grant Plecas, Kylie-Ann Haynes, Toby Dawson, Vicki Tiegs, Jeremy Lasek. Photo: #VaxThelllawarra

Dave Winner proves star rehab pupil

Coalcliff Surf Life Saving Club's muchloved Life Member is working hard on his recovery after a serious accident in the surf in August, Jenelle McWilliam reports

Dave Winner has been thrilled to receive so many inspiring, supportive and caring Facebook and video messages. They have lifted his spirits, and the Winner family are very thankful for all the love and support they have received from family, friends and the general public.

The GoFundMe Rehabilitation fund has been a huge success. Dave and his family thank you for all your generous donations.

Just before this issue went to press, Dave stood with the assistance of a machine and was able to put one foot in front of the other and take small steps.

The medical team is very happy with his progress. It is still a long, unknown road but Dave is taking great steps in the right direction. He is their star pupil, already known for his determination and strong will to get better. Dave's first in the gym and they have to kick him out at the end of the session.

The bone graft operation to stabilise his fractured C2 and C3 vertebrae seems to have gone well.

Dave will be in a neck brace for another month, then the real hard rehabilitation will start – which he is looking forward to.

Dave is finding it difficult to sleep as he has to be turned every 1.5 hours. At times he feels frustrated and weekends can be lonely, boring times, as no visitors are allowed and the gym is closed.

Dave will likely remain in hospital for rehabilitation for three to six months.

The family is not allowed to visit due to Covid, so they chat via FaceTime. All are looking forward to when Dave is home, sitting on the deck, sun baking with all his family and friends around him. **2508**

Donate to Dave Winner's Rehabilitation Fund via www.gofundme.com





For local, experienced and educated real estate advice, call Ian today!

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Helensburgh median house price \$1m

As of 21st September 2021, the median price for a house in Helensburgh this year has hit \$1m! (based on data from Property Data Solutions Pty Ltd 2021). This is the first time in history the suburb has achieved the \$1,000,000 milestone and the year is only three guarters complete. Our experience indicates demand from Sudney buyers looking to relocate to our area continues to far exceed the supply of houses being released to the market and this is driving the competition for each and every house. Most properties don't even last for one week. Similar issues exist in other suburbs in postcode 2508, however, there are not enough sales in these areas at present to calculate a median house price.



Artists of the Illawarra

Painter Edith McNally meets Stanwell Tops artist Jennifer Jackson.

"Place, memory and experience" are the concepts at the core of Jennifer Jackson's art.

Her home patch in the northern Illawarra and objects – such as leaves, cicada wings, twigs and charcoal – as well as history and passing time feature strongly in her artworks. The land around her has deeply affected her paintings. Jennifer believes that what the viewer brings to the art is also very important as it completes her unique and creative mixed media paintings and drawings as they resonate with these themes.

Jennifer has lived in the northern Illawarra for more than 40 years and has served as an art teacher and artist for all of that time.

Following completion of her Master of Creative Arts at the University of Wollongong in 2004, Jennifer became a full-time artist. She has been in many group exhibitions, had solo shows and continues to exhibit regularly. Jennifer works on a variety of scales, from large canvases and murals to tiny works.

2019 was a happy year for her as she was awarded first prize for miniatures at the Sydney Royal Easter show. She has been a finalist in many art prizes, including the Paddington Art Prize for Landscape.

Jennifer worked with the Thirroul Seaside and Arts Festival, coordinating the 10 x 10cm exhibition for many years. From June to September this year, she was have an installation at Wollongong Art Gallery as part of the IAVA group exhibition, *Lore*.

To find out more about Jennifer's art, visit www.jenniferjackson.com.au **2508**

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

Count birds

Anywhere in our greater 'backyard'.

The annual Aussie Backyard Bird Count will be on from 18-24 October, during National Bird Week. Your role is to sit down for 20 minutes – it needn't be in your actual backyard – and note the birds you see, thus providing BirdLife Australia with valuable data.

Illawarra Birders president Terrill



Nordstrom, author of *A Guide To Birdlife of the Illawarra Region of NSW*, has some tips: "Buy a good bird guide, a good set of binoculars and join a bird club and go on some walks with more experienced birders.

"Spring birds are starting to arrive now, species such as Eastern Koel, Channel-billed Cuckoo, Shiningbronze Cuckoo, Rufous Whistler, White-throated Gerygone, Reed Warbler, Fairy Martin, just to name a few." 2508



World's best ciders!

Darkes Ciders have won international acclaim, Jo Fahey reports



When we sent a selection of our ciders to the world cider awards, judged in London we hoped we may do well but were shocked and somewhat overwhelmed to be so successful.

We sent three products and won four awards. That's pretty huge. To win gold medals for Darkes Howler Cider and Darkes Perry, a silver for our Dry Cider and capping it off with the title of 'World's Best Sparkling Perry' was a major thrill.

This means our Perry was not only awarded Gold in its category, it has been placed above all other gold winners across all Perry sparkling categories. With travel out of the question, we couldn't send anyone to London for the awards! It's all hush-hush until the announcement, so we went to bed not knowing we'd won until the next day, when it was all over the news.

Tell us about the medal winners. Perry: 'World's Best Sparkling Perry' (World Champion Award) and Gold Medal – 'Worlds Best Sparkling Contemporary Perry'

Most people know little about Perry. Perry is the term for pear cider. It is cider made from pears. In our case it is cider made from 100% fresh crushed pears. There would be the equivalent of at least four pears in each of our bottles.

We have been perfecting our Perry for the past six years. This one is absolutely delicious at only 3.5% alcohol. It has a light fresh pear aroma and when you drink it you will sense the light fine bubble within a gorgeous fresh fruity taste. It finishes dry just like any beautiful champagne.

Perry is not usually a drink that you 'guzzle' a lot of in a session. Keep it special. For example, it's the sort of drink that you may have one or two glasses of, with a lovely Thai-inspired dinner or as a pre-dinner drink with a cheese platter.

Howler: Gold Medal – 'World's Best Sparkling Cider' – Contemporary Medium Cider

Howler was our first cider. We released our first batch in 2013, with the launch party on the farm in the middle of a storm. It's named after one of our farm dogs, who would howl to warn us of dangers within the farm, things like snakes and other intruders on the farm. She was a wonderful dog who lived an idyllic dog life, accompanying the workers each day within the farm, overseeing everything and protecting them from harm. Howler is an all occasion drink and is great to add to your cooking, try a splash in your bolognese! Drink it with a burger, pasta or lovely with seafood. The Gelatoman, local expert gelato maker, has even used it in a very special gelato!

Darkes Dry: Silver Medal – 'World's Best Sparkling Cider' – Contemporary Dry Cider Darkes Dry is definitely also a go-to in our

family. We think it's useful to marinate a roast pork and then drink with a pulled pork bun!

What are your top cider tips?

Always drink cider from a beautiful glass. Ladies, this is a chance to use your best crystal, like a champagne-style flute! Our non-alcoholic cider, Little Blue, is also beautiful served the same way. Great craft ciders, like ours can be served at around 7°C, that way you will pick up more flavour. In other words, if it's in your picnic hamper and not as cold, there's no worries! If you are at a party and you like to sip slowly, again no worries! There is no need to add ice.

Shop online at darkes.com.au



New South Wales

It's going to be a challenging season, even for NSW's finest. Helensburgh-Stanwell Park SLSC president and Life Member Steven McDonald spoke to Caitlin Sloan about the club's recent triumph and how they'll cope this summer

For the first time since the club was formed in 1908, Helensburgh-Stanwell Park Surf Life Saving Club has won the NSW Club of the Year award.

There's a simple reason for the victory, if you ask club president Steven McDonald.

"Because we're awesome," he said, with a laugh. On 28 August, at a virtual ceremony attended by more than 1000 people, Surf Life Saving NSW president George Shales OAM and a panel of judges recognised our dedicated volunteers.

The Surf Life Saving NSW Award of Excellence acknowledges the club's devotion to patrolling operations, efforts to improve the experience of club members, and commitment to promoting surf life saving in the community.

"It's just recognition for the whole season's work [and] a number of seasons leading up to this year," Steven said.

On accepting the honour at the virtual presentation, Steven extended his gratitude to present and former members and said the win was the highlight of his current seven-year presidency at the club.

Although the glitz and glam of the annual event was confined to computer screens as another casualty of the Delta strain, the champagne is already on ice at Stanwell Park Surf Club.

It's not the first accolade for the club this year, as Helensburgh-Stanwell Park SLSC was named Surf Life Saving Illawarra's Club of the Year in June.

"We're planning a big celebration for when these restrictions are lifted," Steven said.

"We'll have the president of Surf Live Saving NSW come down, George Shales, and he'll present us with the award."

Surf life saving runs in the McDonald genes.

Steven's father is Peter McDonald, Helensburgh-Stanwell Park SLSC's patrol secretary and president of the Sea Eels Winter Swimming Club, and his son, Lachlan, was this year's Illawarra Youth Volunteer of the Year and was among 11 nominees for Youth Volunteer of the Year state-wide.



"That was a huge achievement as well," Steven said.

"That topped off a pretty good season for Lochie." Lochie balances regularly patrolling Stanwell Park Beach with IRB racing, assisting with the Nippers program, attending Stanwell Park Sea Eels winter swimming club events and participating in the club's emergency callout team.

Two years ago, Lochie won the Youth Life Saver of the Year award at the 2019 Surf Life Saving Illawarra Awards of Excellence.

"He's just generally around the club as much he possibly can [be] for an 18-year-old," Steven said.

The 2020/21 season was one of the busiest for Helensburgh-Stanwell Park SLSC, with more than 50,000 people visiting Stanwell Park beach over the swim season, which runs from the start of the October public school holidays until the end of the April holidays.

During the season, Helensburgh and Stanwell Park's volunteer life savers performed 66 surf rescues, assisted in over 40 first aid cases, and carried out more than 900 preventative actions.

Flags went up for the 2021/2 season on Saturday, 18 September. Crowds are again expected but, with Covid throwing a spanner in the works, surf life saving will be a little different this year.

Steven kindly took time to answer our questions about the season ahead.

What activities have the Covid restrictions prevented?

We have missed out on pretty much all of the IRB

racing season because that happens in winter. Our winter swimming club swam until the end of June, and then we stopped, so we've had no one really in the surf club since then.

How will restrictions affect the upcoming season?

Surf patrols are going to look a bit different. We're going to have a maximum of six people on patrol... There'll be exclusion zones around the patrol area, the trailer, so that the public that turn up don't infect the lifesavers. We'll all be in masks. We'll be getting people to treat themselves if it's just a minor first aid case... We're trying to prevent anything that will increase the risk of a lifesaver getting infected by Covid.

How do you plan to cope with the crowds?

We are looking forward to seeing people back at the beach [but] the crowds are a challenge when they choose not to "Swim Between the Flags", as our resources become stretched making sure that the public are safe where they have chosen to swim.

The seven patrol teams the club has rostered, have on average 10 members in each patrol, with at least two IRB drivers and crew in each patrol, as well as advanced resuscitation and beach management qualifications.

Initially, with patrols limited to six members due to Covid restrictions, if large numbers are in the water the patrols will be faced with the challenge of managing resources adequately to ensure the safety of the swimmers. Once restrictions are lifted, the club will be able to go back to full patrols and cover the whole beach more effectively.

The club has developed a management plan to deal with excessive numbers on the beach.

Wollongong City Council lists the maximum number of people on the beach as 1800. Although club lifesavers are not there to manage crowd numbers and only have responsibility for the safety of swimmers in the water, the club's management plan provides the lifesavers with an escalation strategy to ensure the safety of swimmers and lifesavers should crowd numbers build to beyond 1800.

Surf Life Saving Illawarra has a RWV (Jetski) based at Coalcliff, the plan is to have the RWC operational every weekend over summer and it will be available to assist lifesavers at Stanwell Park and Coalcliff.

What new gear and technology has been introduced to keep beachgoers safe?

This is very exciting. SLSNSW, working with the DPI Shark Surveillance Program, announced that Stanwell Park Beach will have full-time UAV (drone) Shark Surveillance during the Christmas school holidays and the Easter holidays. This will be seven days per week, between 9am and 4pm.

The program is run by Surf Life Saving NSW's company, Australian UAV Service.

The pilots are paid, and will be flying two to three flights per hour, with the aim of identifying any marine life and particularly sharks coming into the swimming area of the beach. Recruitment for pilots will be starting soon, more information can be found by searching for SLSNSW UAV.

Helensburgh-Stanwell Park SLSC has a UAV that will be operated outside of the SLS/DPI Shark Surveillance Program. The club has been utilising this technology since January 2019.

Surf Life Saving Illawarra will be utilising UAVs along the coastline this summer, with the introduction the two new UAVs at Stanwell Park, they will have access to six UAVs to assist lifesavers not only in shark spotting, but identifying swimmers in difficulty beyond the break and outside the flagged swimmer area.

Currently the club has four IRBs, which are always at #RESCUEREADY status, at least one IRB will be on patrol each weekend.

The club has been working hard to train up new drivers.



Is there any news on the start of Nippers season?

No news yet. Stanwell Park is ready for the nippers to start as soon as we're allowed to. All the plans are in place, all the Covid safety plans are done, and we're ready to go.

To keep the Nippers active while we are waiting for Covid restrictions to be lifted, they have been set weekly challenges, [which] involve things they can do around the home and in their suburb, and can be as simple as going for a walk, taking a photo, having a swim, washing up, etc.

What are the Covid safety plans in place for Nippers?

Obviously QR code on arrival. One parent per child, effectively. Kids [will be] fenced off from the parent so there's not as much mingling between parents and the children. One way in, and then another way out so we don't get people crossing over. We wash down the boards [and] we wash down the beach flags. We'll keep all the different age groups separate from each other while we're going around to try to prevent any cross infection, if anyone is infected.

Is the club looking forward to being back in action?

Absolutely, the club held its Annual General Meeting on Sunday, 26 September 2021. Filling most of the keys roles in the club. Patrols have been well attended so far, despite members having to patrol from 9am to 5pm.

The club is planning for a big celebration of winning Surf Life Saving NSW "Club of the Year", this will be held in conjunction with the election of a new Life Member for the club, and the Surf Life Saving Australia Awards of Excellence event, where they will announce Surf Life Saving Australia "Club of the Year". More details soon.

As soon as restrictions are lifted, the club will be opening up for Friday Night Drinks and we will be welcoming members and the public back to the surf club.

We can't wait to see you! 2508

Visit www.stanwellparksurfclub.com

Planning for Great Scoutdoors

Bagheera reports

Our Scouts and Cubs have had a very busy term, despite being stuck doing Zoom sessions for each meeting. Planning is now underway for Term 4, which could be half online and half out and about again.

Scouts have had their Unit Council and planned for the term, which is going to keep them busy outdoors. Scouts NSW is organising a virtual weekend camp called "The Great Scoutdoors" as well as their State Rally later in the term and several bushwalks. It will certainly be great to get out again with their patrols – following all of the safety protocols, of course! Scouts only take risks that are adventurous.

Cubs and Joeys will also be spending many of their sessions outdoors to catch up on our bushwalking, orienteering, emergency first aid, cycling and camping skills. As the weather warms, we are also looking forward to completing some areas of our water safety awareness as well.

Cubs would also like to reach out to our Helensburgh Community and invite any locals with specialist or environmental or science knowledge to join us for some of our remaining Zoom meetings and talk about their area of expertise.

We know we have a big pool of talent here that we'd love to share with our Cubs.

Do you know more about our local birdlife? Or have a conservation idea? We'd love to meet you. You can contact our Cub Leader on the email below if you have about 20 minutes on a Thursday evening from next term and can share your knowledge. **2508**

We're still welcoming members to all sections, so if you are curious and would like to try out Cubs or Scouts, contact naomi.burley@nsw.scouts.com.au





CWA hall needs your help! By Sonia Westwood

Many of you know that the CWA and Stanwell Park Arts Theatre (SPAT) together received a grant to carry out building improvements to the CWA Hall and we are now ready to go ahead with Stage 1 of the project. These improvements will be greatly enjoyed by all users of the hall.

The DA was approved, but additional compliance requirements imposed by Council have increased the costs. Our planned fund-raising events this year have been constantly thwarted by Covid, so we are now asking you to help us complete the building improvements and invite you to "Make Your Mark in the Park"!

For \$100, you can nominate up to four words to be etched on panels that will be permanently displayed in the hall, and then there will be a HUGE launch party to celebrate the unveiling of the Supporters Panels (Covid permitting).

Your four words can be your name, your family, a memory of a special occasion, in honour of someone, a class, a group, an address – whatever you would like to be remembered or noted. Examples could include: Stan and Jan Park; Stan Park's 40th birthday; Helen Burgh's family; 2508 Rock Band; School Concert 2021; 2508 Patterson Ave; Tap Dancing Yoga Group.

To support the improvements to what is effectively our community hall, and for the opportunity to be immortalised in Stanwell Park, please buy your \$100 "ticket" from the SPAT website at www.spat.org.au and you will receive an invitation to the Launch event when we can confirm the date.

This fundraiser will end on 4 December and the hall plans will be shared via the CWA's Facebook page. Enquiries can be emailed to spartstheatre@ gmail.com or call Sonia on 0418 200 029.

Thank you for your support and we look forward to the CWA Hall thriving and jiving again. **2508**

Editor's Note: At press time, CWA president Carol Pugh was recovering in hospital following an accident on the local rock shelves. Everyone at 2508 would like to send love and best wishes to Carol and her family.





Top row: Elaine and Carol Pugh at an Illawarra Group CWA function in 1984; Elaine in 1977, modelling clothes she made at a TAFE sewing class at the CWA hall.

Bottom row: an Order of Australia Medal recipient, Elaine is pictured with her daughters, Melinda and Fiona, and Governor Marie Bashir. The black and white photo was taken in 1952. Elaine is on the far right, with her hand on her son Robert's shoulder.

Vale Elaine Pugh 20/09/1928 - 12/09/2021

Elaine Pugh, aged 92, died at home on September 12th at 6.10 a.m., surrounded by her family.

Elaine and her husband moved to Stanwell Park as a young married couple with two children in the early 1950s. It was a shock for Elaine to move from a Sydney suburb to a place with only tank water and an outdoor dunny. They rented a flat in Seaview Crescent while their house was built in The Drive.

Elaine joined the Country Women's Association soon after moving to Stanwell Park and always said the CWA was a 'lifesaver' for her. She had left extended family and good friends to come to a place where she knew no one. The CWA enabled her to meet people and get involved with the community. This developed into a lifelong commitment to the organisation. Elaine held a number of roles but in total spent 34 years as President. Many people remember her walking up and down steep driveways to collect money for the '200 Club', which helped fund the building of the hall, then provided funds for running costs. She could often be seen climbing ladders to erect signs for various CWA events - even into her 70s and 80s. She supported many groups that were held at the hall and played a part in establishing them in the community - Baby Health Centre, Playgroup, SPAT (she was in the first production) and TAFE sewing classes, to name just a few. She was also involved with the extensions to the hall that saw the building of the stage with money from the Joint Coal Board and other fundraising efforts.

Elaine was involved in many other community activities. She delivered Meals on Wheels for many years, enjoying her contact with older local identities. She initiated the Landcare Group that re-established bushland around Hargrave Creek after the Gabion baskets were used to stabilise the road. Elaine was very much into environmental issues – some would say even before it became fashionable! As an avid reader she joined a local book club, enjoying the company and discussion at the dinners usually held at the kiosk. She is still remembered fondly by them.

In her life in Stanwell Park, Elaine made such an impact that she was awarded the Order of Australia Medal in 2011 for services to CWA and the local community.

She is survived by four children and their partners, six grandchildren, 14 great-grandchildren and one great-great-grandson.

The family would like to thank the staff of Kennett Home for caring for Elaine for the past five years. We know many staff had a special place in their hearts for her. We'd also like to thank Dr Annette Beaufils for her compassion and support and Sandra Tillyard (Baggie) for her care of Elaine in her last few days. The family are hoping to be able to hold a celebration of her life at Stanwell Park CWA hall once Covid-19 restrictions are lifted.

– Carol Pugh 2508

MasterChef picnic challenge

By Sophie Miller, publicity officer for Helensburgh Girl Guides

With the "kids bubble" opening, Helensburgh Guides thought it was time to share some of our secrets to keep the adventurous and wild ones happy.

MasterChef nights have always been a big hit at Guides, even if they do involve extra prep. Rather than a whole mystery box, we choose a mystery ingredient and set up a "pantry". We try to choose

something in-season and a little unfamiliar to the kids, herbs are a great choice. Previously we've done a rosemary mystery box that was a big hit, as well as one with peas and parsley.

We split the girls into small groups which we call patrols, but this can also be an individual challenge depending on numbers.

While endless creativity is always encouraged, we cheat a little by printing out five or six recipes with common on-hand ingredients to guide them. We give the girls a timeframe to choose a recipe in their patrol while we lay out the ground rules. They must read the whole recipe first before assigning tasks amongst themselves, follow hygiene rules, do all cooking and cleaning themselves and they must try whatever they make. They require some supervision if sharp knives or heat sources are used and need help to interpret the recipe at times, but you will be surprised how capable they are. And



Eyesore or opportunity? You tell us

Readers react to 'Eyesore or opportunity?', Ben Wollen's September 2021 article on the old cokeworks at Coalcliff and how it should be converted into a recreational park.



the best part is you get to be the judge, or you can outsource like we do!

İf you ever see one of our Guides in Coles on a Friday night looking a bit manic there's a chance they are doing another one of our favourites: \$10, 10-minute picnic. This is more suitable for the older guides and can be run as groups or individuals. The rules are

simple: they have \$10 per course – entree, mains and dessert and it must feed at least four people. They are given 10 minutes to plan and 10 minutes in Coles to grab their ingredients. We then travel to a picnic spot – usually Stanwell Park Beach – where the picnic is held. Cups, plates and drinks are not included in their budget.

As leaders we find that MasterChef and our picnic challenges provide opportunities for the girls to try new things and learn or master a range of skills that are fundamental to the Australian Guide Program, such as: Practical (budgeting, shopping, chopping, cooking); People (working with others; teamwork) and Self (leadership, tasting new things, learning/mastering a new skill). Above all they have fun while doing it and amaze themselves (and us) with their results.

Stay safe, everyone. We are hoping to be back to Guiding in term 4. **2508**

No, it is inappropriate Dear Editor,

The proposal to convert the Coalcliff Coking plant to a recreational park (with affordable housing) is inappropriate for the Area.

Mr Wollen's examples of converting former industrial sites into public recreation / housing are all located in densely populated city areas with a lack of green space for the local population to utilise; Coalcliff is most certainly not comparable. Visitors to the Coalcliff Area and its surrounds are already at high numbers with related parking and traffic problems and has no capacity (or willingness by the State Government) for improvement to the road choke points (witness the regular 1.5km traffic jams at Stanwell Tops trying to access the Royal National Park and the coast) and at Thirroul.

Access to the Coke Oven Site is difficult (and dangerous) to say the least. Any housing proposal for the Site will be at an immediate disadvantage due to the hilly, unstable nature of



Timber Rolled Out and Money Rolled In

A new Historical Society publication tells the story of John Foster.

Pam Hesse has researched the Foster family extensively over many years. Together with Janet Lee and the Helensburgh & District Historical Society she gives us The Story of James Foster, one of the district's early pioneers.

the escarpment, drainage issues, existing rail line and the lack of supporting infrastructure (eg no shops, lack of schools, medical services, emergency services, poor mobile phone coverage, etc).

Coalcliff residents suffer disturbances from the early hours of the morning to late in the evening each and every day – let's not add to them.

– Dave Shepherd, Coalcliff resident

Yes, I strongly agree

Hi Ben,

I read your article this morning in 2515. I live between Thirroul and Duisburg-Essen and was delighted to read your appreciation of the industrial landscape of reclaimed mining areas. I am very fond of the Zollverein and the history it shares with human development and industry of the 20th century. I really love how the jungle, in the middle of Germany, is reclaiming this landscape. I think it gives us hope, that the earth can forgive our greed and ambition. I strongly agree with the idea of a park. I intentionally take the train to work At five foot three and nicknamed "Butterfly", James Foster more than made up for his small stature – as a skilled axeman in his early years to make a living cutting railway sleepers and firewood, to storekeeper, sawmill proprietor and building contractor/property developer in the booming Illawarra area from the 1890s to 1920s.

Walking with his mother and her young family from the Victorian goldfields to NSW after the death of his father when he was only 15, James was "on the swag" to find work, ending up in Heathcote where he met his future wife, Elizabeth.

There were opportunities in these pioneering days and fortunes could be made by some, but these were dangerous work environments. James lost the sight in one eye in a work-related accident. They worked hard but had time to party. There was music, dancing, and song...and probably a few rums for the men. It didn't hurt him, as he lived to the ripe old age of 97.

The Story of James Foster, from bushman to businessman, is more than an impressive compilation of family history. It portrays James and his wife Elizabeth's life in "the Burgh" - their family, friends, and the community at a point in time at a burgeoning little town in the Illawarra. A further insight into the early years.

Timber Rolled Out And Money Rolled In can be ordered for \$15 (plus P&P) by going to the merchandise tab of the Historical Society's website www.historichelensburgh.org.au or by contacting us on info@historichelensburgh.org.au or ring Jan on 0418 681 384 for pickup of local orders. **2508**

to Sydney because it goes through this "park" and gives me a feeling of adventure that I don't get on the road, despite the wonder of the Sea Cliff bridge.

Thanks for your article!

– Johanna Elliott, Thirroul

Yes, do preserve the cokeworks site

Hi Ben, I want to congratulate you on the article you have penned for the 2515 magazine. I am a resident of Helensburgh and have spent lots of the last 40 years frequenting Coalcliff and Stanwell Park and our coast with my family and friends. I wholeheartedly endorse your argument for the preservation of the Coalcliff coke works site. It would be an excellent use for this site and one many could enjoy including the crowds who frequent our suburbs out of COVID lockdowns.

Well done on your article!

- Bronwyn Balderston, Helensburgh

Do you have a letter for 2508? Email editor@2508mag.com.au **2508**

Neighbourhood Forum 1 report

NF1 meetings will resume after lockdown. By NF1 convenor Warwick Erwin

Vale – Pauline Lacelles-Smith

Pauline was convener of NF1 for many years – she guided NF1 during 7d rezoning issues and was very active representing the area to Wollongong Council and State Members. NF1 expresses deepest sympathy to Glenn, Mark and Tammy. Lord Mayor Cr Gordon Bradbery also expressed his condolences.

Illawarra-Shoalhaven Regional Transport Plan

More residents, more freight and more electric vehicles – how will we cope? Read the TfNSW notice at https://future.transport.nsw.gov.au/plans/ illawarra-shoalhaven-regional-transport-plan

New Community Centre and Library

On September 8, Council bought the two blocks of land (and old house) between the existing library and Helensburgh Butchers at auction.

This may not be the site of the new Community Centre and Library as Council is still doing due diligence on other locations. Building at the Walker St site would have to meet higher design standards after the 2019/20 bush fires, which would cost more. Another site may be more suitable. Council's purchase of the Walker St blocks is a strategic buy – if that site is not used, the combination of those blocks and the current library block gives a larger block with potential for a park and protection from over development in the town centre.

To quote the Lord Mayor: "Any future Library and Community Centre would also need to be located for ease of access and refuge in case of emergencies, especially bushfires and any post disaster recovery. Helensburgh has unique constraints and all sites need to be taken into consideration, both public and private land opportunities."

Helensburgh Town Centre

Work is progressing slowly on the western side of Walker St. We are waiting on design details of the roundabout for Walker and Lilyvale streets. The CBD is listed for a 30km/h speed zone once the Town Centre Plan work is done in about a year's time. In the next few months, NF1 will be asking for input into what timed parking zones will be in the CBD and any parking issues possibly caused.

Coles Group DA for Liquor Premises

Packaged liquor licence application with ILGA was still under assessment at time of writing. DA-2021/822 by Coles was "Awaiting Information" with "Referral to SCAT" (Safer Community Action Team) being the outstanding item. We await determination or referral to Wollongong Independent Planning Panel for the next round.

Community Notice: 'Friends of Hillcrest' wanted

If you have any information or were part of the "Friends of Hillcrest" group in the 1990s and 2000s, please contact Barbara Knox (phone 8197 9304 or email barbara.knox@sydney.upa.org.au). Hillcrest management are researching and writing a book about Hillcrest and would love any information, photos, etc about the site. **2508**

Needed: tutoring bus

An appeal from 2508 local Sophie Miller

Nhuubala Yugal Education Centre has launched the 'Empower' campaign to raise funds for a mobile community classroom, to bring learning to the doorsteps of students in rural NSW.

Nhuubala Yugal Education Centre is a Moree-based community organisation

empowering rural students to re-engage with their education. While our weekly food run and school pick-ups/drop offs reduce physical barriers, our education mentoring and tutoring service builds positive attitudes, confidence and self-esteem. "Many kids here in Moree have a school attendance rate of below 50%, and we want to reach out to that group to incrime the here with the here effet

inspire them with the benefits of learning." said Stephen, the Education Services Manager at the Centre.

A portable classroom will further reduce barriers. Stephen says it will "help make learning fun by going to them on their own turf". The 'Empower' campaign

has raised \$4273. Our goal is to raise \$15,000, which will help with the cost of buying the mobile vehicle. To support our campaign please follow us on Facebook and donate via www.nhuubalayugal.org/support-us **2508**



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Library full of ideas Stuck for things to do? Library membership can help. By Cara Maloney

What better time to discover your family history? Enjoy free access to Ancestry and Find My Past with your library membership. Simply follow the links on the Wollongong City Library website. You can also explore local history with resources such as Illawarra Images, Illawarra Stories, and Illawarra remembers.

Plus, find free online puzzles. Or help us document how the Covid-19 pandemic is impacting our community by donating relevant photographs to the Local Studies collection or sharing a brief story detailing your experiences during the pandemic?

Keep your eye on our social media for our libraries digital programming. Wollongong City Libraries has begun hosting digital events such as author talks. You could access past recordings on the 'Author chats' section off the website. **2508**

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October

Eels' season slips away

By Christine McDonald, publicity officer for the Stanwell Park Sea Eels Winter Swimming Club

What started out as a positive season soon fell apart. With five swims up our sleeves, we were looking forward to another social and competitive season. Like many organisations due to Covid-19 the shutters came down. We were looking forward to hosting the South Coast Championships, competing at the South Metropolitan Championship and going to Orange for the Australian Championship but unfortunately, we have all been doing the right thing and staying home. Our annual visit by the CRAM Foundation disabled residents along with their carers at Tradies was also cancelled.

We were fortunate to have the Ladies from Bondi visit and our annual visit to the Bulli Sea Lions take place. We conducted a successful raffle for our main charity, CRAM Foundation. Thank you to the Helensburgh community, our members and staff at CRAM for buying tickets. The raffle was drawn at the surf club with four Sea Eels members in attendance. It was drawn by local Jodie, who was passing by. The winner was Alisha from CRAM (ticket E red fish 39), who then gratefully passed it onto Linda, also a worker from CRAM. Details have been passed onto Coral Air for installation and we thank them for their donation.

We are hopeful our annual Christmas drinks on Saturday, 4 December at the surf club will go ahead, fingers crossed.

Despite the lockdown, we still managed to find one official/unofficial 100% Swimmer – Justin Larkin, who varied his swims between Woonona and Coalcliff on Sundays during the season. Well done! It's time to look forward to a bigger and better 2022, when new members will be most welcome; the Aussie Championships will be held in Wagga Wagga and our third attempt to host the South Coast Championships. **2508**





Surf comps delayed

By Scarborough Boardrider Ian Pepper

Another month goes by and another month without a pointscore to report on. Luckily with our sport we have all been able to continue to enjoy our surfing and waves have continued to deliver over the end of Winter and early Spring.

A few dates for our members to note from Surfing NSW, pending Covid restrictions:

- NSW Junior Shortboard State Titles Northern Illawarra beaches, Wednesday 13-18 October
- Woolworths Surfer Groms Comps Kiama, Saturday, 13 November
- Aloha Junior Teams, Saturday to Sunday, 4 to 5 December at Manly beach
- Australian Boardriders Battle qualifier, Saturday, 11 December at Kiama

Our last two scheduled pointscores are 10 and 31 October. It looks unlikely these will be able to run, however, we are hopeful something may be possible before the end of the year.

Will keep you posted! 2508

Follow @Scarbsboardridersclub on Facebook and @scarboroughboardriders on Instagram

Plan for Nippers

By Coalcliff Surf Life Saving Club's Nippers Captain, Nathan Bourne

We hope everyone is doing okay across our nippers family. At this stage, we will not be taking nippers registrations, and will instead make a discounted season membership available once lockdown lifts.

In the interim, we will be posting activities on our Facebook page for nippers to consider doing independently. We would also strongly encourage parents and members to use this time to complete their online Age Manager and Safeguarding Children course so you can help ensure nippers is ready to hit the ground running. Our events can only run with the support of dedicated volunteers. Go to sls.com. au/role/age-manager-certificate/ 2508

Dr Rip's Science of the Surf

By Rob Brander

It might already be a distant memory, but in the last week of August we experienced a fairly significant East Coast Low storm event that generated some of the highest wave run ups (how far up the beach the waves come) seen in decades.

When the storm waves peaked in size around 9.30pm that night I went to have a look at Coalcliff and could not believe how far the water was coming in – I'd never seen it come up so far. Waves were rushing all the way up the concrete ramp and were overtopping the sand bags (if you haven't been to Coalcliff in a few years, it's changed a bit).

At Stanwell Park the water reached the lower car park below the surf club. I heard similar stories from people up and down the coast. They'd never seen the water levels so high. What was strange about this storm was that while the waves were big, we've had bigger waves from East Coast Lows in recent years (April 2015 and June 2016 come to mind) and the high tide wasn't particularly high or unusual.

So why did the waves come up so far this time? The answer is storm surge.

Storm surge is a term used to describe the super-elevation of the ocean water surface above normal tide levels and is usually associated with cyclones, typhoons and hurricanes, which are essentially the same things (intense low pressure systems), but with different names depending on where you live in the world.

Over the ocean, these cyclones cause the water level to rise because there's less pressure 'pushing down' on the ocean surface and the water basically rises up. At the

same time, cyclones are associated with gale force winds that create large, messy waves and essentially push water towards the shore.

In this case, because the East Coast Low was pretty much centred just offshore of Wollongong we got a double whammy and an unusually high storm surge of about half a metre, which explains why the wave run up came so far up the beach and dunes. However, while our beaches definitely experienced erosion, it could have been worse and we were lucky that the storm didn't coincide with a spring or king high tide and was relatively short-lived. It also helped that the wave direction was from the south. A bit more easterly and it could have been a lot worse.

Or you could have been in the southern United States during Hurricane Ida a few days later and dealt with storm surges of more than three metres, which still doesn't compare to the 14m storm surge by Cyclone Mahina, the highest ever recorded, that hammered Cape York, Queensland in 1899. **2508**

Have a question for Dr Rip? Email rbrander@unsw.edu.au





Below: Grey nurse shark, photo by Duncan Leadbitter. Right: Portia, the Port Jackson shark raised from an egg in a bucket, then released off Coledale by the Tuck family (find this remarkable story in 2515's archives, in our July 2015 edition). Photo: Lynne Tuck



Hello Fish

By Duncan Leadbitter

I occasionally get asked if I see or get worried about sharks while snorkelling and diving. I do worry but not to the extent that it stops me from getting in the water. The chance of getting bitten by a shark is vanishingly small.

There are upwards of 50 species of sharks to be found along the NSW coast, most of which are not a hazard to humans at all. The video to be found at the QR code provides some footage of species that I have seen.

If any shark can be thought of as cute the blind shark would, in my view, fit the bill. They can be found in shallow (<5m depth) water around rocky headlands. They grow to a bit over a metre in length and can be found in groups of four or so, although they are mostly seen by themselves. They feed on crustaceans, fish and squid and give birth to live young.

Wobbegong sharks are also seabed-dwelling fish that live on rocky reefs. Some species can grow to over 2.5m long and they feed on crustaceans and fish. They can be very difficult to see due to their camouflage and while they won't actively attack they have a nasty set of teeth and can inflict some damage if you land on top of one while diving.

Port Jackson sharks are also in the cute category.

Totally harmless, these sharks also live on the seabed and are commonly seen in winter in groups of up to 30. Their teeth are designed for crushing animals like sea urchins and crustaceans. They lay eggs that look like a purse with a screw end that is used to anchor the egg in among the rocks.

The grey nurse shark can be seen in various spots around Bass Point. It is a critically endangered species that can grow to about 3.5m in length. It has an impressive array of sharp teeth that are used for holding their fish prey. They will bite only if provoked and generally swim away if approached.

Whaler sharks are potentially dangerous especially if a decent size. The one in the video is only about 1.5m and it swam out from under a bunch of surfers at Bellambi. As soon as I dived down to get a closer shot it swam away.

Most sharks are not a hazard. If you see one that takes an interest in you, keep your eyes on it and don't panic and splash around. More than likely it will simply come in, have a look and go away. **2508**

Scan the QR code above to watch Duncan's dive video or follow 'Illawarra Underwater' on YouTube

Port Kembla Tidal Chart October 2021

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



Tradies Social Golf Barry Thompson reports

The split round format is allowing us to field the maximum numbers allowable. However, I am impatient for the Saturday we can meet back at Tradies as one raucous group. I am even anticipating Terry's presentation speeches with enthusiasm.

Learnt the secret! Win the Helensburgh Driving Range voucher one month, put it to good use and win the next tourney with 42 points. Well, done to Jerry Reilly. Hope this month's voucher winner, Brian Taylor, can do the same.

Good to see Kevin O'Brian back after a lay-off and still swinging well enough to card a 40 to pip the ever-consistent Sparrow King's 39 card. Our thanks to Gallardo's Pizzeria and Helensburgh Butchery – your prizes add spice to our tournaments.

Our one truly isolated member, Laurie Thompson, sends his regards to we lucky 'burghers who can get to a course. His car is parked in a Greystanes street, nose toward Boomerang, waiting for the gun.

Shared a cart with Bill Dodd. Two older gents out for a Friday drive. I doubt Bill used much more than a 3 iron and putter to win the front nine, beat my driver every time.

Full results will be on our Facebook and Paul will advise of the format of our next outing. This is scheduled for Saturday, 9th October at Boomerang,7.30 Tee Off. Stay well and hope to see you next round. **2508**



Helensburgh Sunday Social Golf Club Robert 'Indy' Jones reports

Another month has raced past and hopefully we are closer to socially resuming our beloved game with friends. Whilst there may not be Stableford scores, nearest the flag or holes-in-one to arouse the members, there are a number of events to celebrate:

- Congratulations to Darren and his partner on the birth of their baby girl, Frankie Jayne.
- The expansion of the Gersback clan, Adam and Teghan in October.
- The opportunities provided to members, to enjoy a round (who are close enough to play), by Kareela pro Scotty and our dedicated President.

Unfortunately, the trip away to the Southern Highlands has definitely landed out of bounds for 2021. Continuing Covid restrictions has our October event landing in the rough so we look forward to hitting a drive or two in November. Alas not too much more to report other than our wish to members as we endure the impact of this virus, remain positive whilst keeping safe and healthy.

Support our business partners, look out for our reports here at 2508 and emails to members. For membership information to be playing, hopefully in the not too distant future, enjoying the outdoors and good company contact Tony on 0418 863 100.

Indy signing off ... Golf: A five-kilometre walk punctuated with frequent disappointments. If only it was within 5k. **2508**





John Hine (Proprietor) 187 Parkes St Helensburgh 2508



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