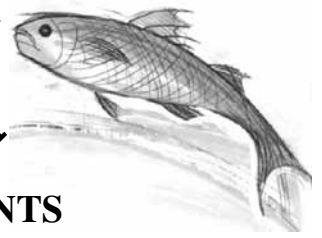


Mullet Mail



NEWS & VIEWS OF DANGAR ISLAND RESIDENTS

VOL. #41

www.dangarislandleague.net

SUMMER 2013

An Island Christmas Christmas Carols Cruise

Brought to you by the
RIVERBOAT POSTMAN

Sunday 22nd December

Depart *Brooklyn* 2:30pm

Depart *Dangar* 2:45pm

Return *Dangar* 3:45pm-ish,

Return *Brooklyn* 4pm

RSVP essential

First in first served

0400 600 111 or **info@**

riverboatpostman.com.au

Drinks available for purchase
on the boat, cruise for free.

BYO snacks.

Celebrate Christmas On Dangar

Vanessa Payne

Sunday 22nd December

Lots going on, watch for
posters announcing activities
and fun including, but not
limited to: *Carols on the
boat, Carols in the park,
Dangarlumination, Ferry
Shed Decoration, Christmas
countdown and more!*

Various cardboard shapes have
been left in a box in the ferry
shed for you to take home
and decorate. Just return them
to the ferry shed and I will
string them up as garlands.
Remember: more is more!

Christmas Carols at Mooney Mooney Chapel

Chris Sargeant (99857040)

5pm December 15th

Followed by community BBQ.
Music and carols in the chapel,
BBQ and drinks in the open,
Brooklyn School Choir will
sing and the Fab kids (after
school care group) will do the
play.

Bring a picnic rug and/or
chairs.

CONGRATULATIONS TO MARCELLA!

Dux of Year Twelve KCAHS

- First in Chemistry
- First in Advanced English
- First in Personal Development, Health and Physical Education (PDHPE)
- First in Spanish Conversing
- First in Spanish Extension

Birth of the Dangar Dory PART 2

Heather Menzies

... continued from last issue

At the time of this story, each
Easter Saturday, there was an
event of loud calamity that would
impose itself upon the Dangar
Island shores. Not one person
from the island was a participant
in this major event. It was The
Bridge to Bridge Water Ski
Races and they began their race
with a take-off from the south
beach. Fuel was everywhere so
the volunteer fire-brigade came
on board and doubled their care
by starting a fundraiser sausage
sizzle while watching the antics
surrounding these monster
machines. Washing liquid and tape
littered the shores as the skiers
strapped and squeezed feet into
skis. Ropes were carefully wound
and orders between crews given
as helicopters hovered to catch the
right shots. Residents stared agape
at outboard engines as tall as the
people lovingly preparing them.

Continued Page 3

Brooklyn Station – Lifts Required – Your help is needed

Bronek Karcz

**TARGET:
100 complaints every month
for the next twelve months**

Brooklyn Railway Station is
inaccessible for the disabled,
old and frail, very difficult for
mums with prams and young
ones and anybody that has to
carry groceries and the like.
The steps are a nightmare. To
date State Rail has rejected
all requests regarding the
provision of a lift at Brooklyn
Station. It seems that State
Rail does not care; there are
too few of us, the station is
too small, station traffic is too
low, we do not have enough

disabled or old people around
and the excuses just go on.
Well it is time to let State Rail
that there are enough of us and
that we do care for those of us
who are less mobile. It is time
for us to ramp up the pressure
on State Rail.

The Dangar, Brooklyn,
Mooney and Milsons Passage
Residents Associations are
writing to our Mayor and State
MP requesting that this matter
be addressed. Letters have
been sent previously with little
change or reaction evident
from State Rail. We need to do
more. We need to start making

noise and the first step is to
raise the level of complaints:

Please raise a complaint with
State Rail regarding the lack of
lifts (easy access) at Brooklyn
Station. This can be done in
two ways:

**Phone 131500 and record
your complaint (24 hrs a
day)**

**Go online, type in
“Welcome to Sydney Trains”
on your browser Open the
“Contact Us” tab In the
“Feedback” section submit a
complaint online**

Thanks for your help.

Celebration of Dangar Island Bushcare

Sarah Galvin

In response to the concerns of members of the broader community who saw the health of their local bushland declining and wanted to play an active role in bushland rehabilitation, Hornsby Council set up a Bushcare program in 1989. By 2006 the original nine groups had grown to 181 groups with 850 registered volunteers scattered throughout the Shire.

In 1999 the Dangar Island Bushcare group was awarded a certificate of appreciation for ongoing dedication for regenerating Community Bushland.

At this year's Christmas event organised by Council, the Dangar Island Bushcare group is being honoured as one of the oldest groups in the Shire.

What is the Island's bush regeneration history? I can personally only relay a small sample of what is obviously a long and detailed history of community input.

It was noted in the early 1970's that residents were actively weeding and studying the vegetation of Kiparra Park and Dangar Island.



Gary and Anne Mahoney removing weeds 2004

In 1972 Professor Harry Recher conducted an ecological survey of Dangar Island for the Department of Environmental Studies at the Australian Museum. Community interest grew with residents sharing knowledge of native plants and weeding techniques which over time eventuated in the formation of a bush regeneration group. Kiparra Park is 4.9 hectares of bushland situated on the top of Dangar Island. It is a ridge top Reserve with vegetation that is different from the surrounding river environment. The unique plant community of Blackbutt - Angophora Tall Open Forest with a variety of shrubs, ferns, herbs, climbers and ground covers is an historical bushland remnant. The conservation of this rare and significant vegetation type is the aim of Hornsby Council and the Dangar Island Bushcare Group.



Gary Mahoney replanting along the access track 2004

Being a ridge top reserve it is a site with weeds mainly from wind-blown seed and fruit that birds ingest and spread. Bush regeneration also helps to control weeds from spreading throughout the Island. From the very onset of the Dangar Island Bushcare group there are many activities that have been enjoyed and accomplished and here is a brief history and outline of some of the projects by participating volunteers: A link with Hornsby Council was established and the group maintains a link with the Environment Division through active volunteers. A Management Plan of Kiparra Park was produced by *Jenny Shanley* in 1993 with the aim to provide ongoing protection and maintenance of the bushland reserves on Dangar Island. In 1996 the Bushcare group initiated and jointly financed with Hornsby Council a Vegetation Study of Kiparra Park which included each plant type's response to fire with the aim of retaining plant biodiversity within the criteria of fire management of the Rural Fire Services and Council. The Group pioneered this approach which is now a common practice within the Laws of the Fire Act. *Heather Dorrough*, a volunteer for many years set up propagation of native plants from collected seed to replant and restore areas as well as giving them away to residents to plant in their gardens to help retain the Island's overall indigenous vegetation. Propagation of native plants of the Shire is now carried out at the Council nursery at Pennant Hills.

Anne Mahoney produced a booklet '**Bring Back the Little Birds to Dangar Island**'. It lists and describes native plants for nesting and shelter, plants that are insect attractors as well as plants for nectar, berries and seeds. Copies on request.

A booklet was produced and updated '**Plants Indigenous to Dangar Island**' which lists all the native plants on the Island and the areas they grow. Nursery stockists are listed too. This booklet is now available on the Dangar Island Community website and hardcopies are also available if anyone would like one. Rehabilitation and replanting of the access track to Kiparra Park was carried out after heavy machinery damage by Sydney Water sewerage connection work. There has been a continuous collection of information on the Island's River Environment - flora, fauna and conservation needs. A preliminary report was carried out for **An Ecosystem Study of Kiparra Park - Appropriate Care of Local Remnant Bushlands** by *Cybele Shorter*. Over the years bush regeneration has been carried out by monitoring sites within the reserve and weeding appropriate areas without disturbance to the soil and flora and fauna. Volunteers are trained in a variety of techniques of bushcare.



Some of the Bushland Group in the reserve 2002

Everyone is welcome to join in with the group's activities or enquire about weed and native plant identification. It is a very social time with supervision from a Council officer. The group meets on the **2nd Saturday of the month at 9am** at the main access track to Kiparra Park on Riverview Avenue. If you would like to find out more about the studies that have been done or the work the group is currently undertaking you can contact *Ana Pollak* 9985 7707 and *Cybele Shorter* on 9985 7142.

Kiparra Park is a beautiful reserve and it's so lovely to share the appreciation of this unique bushland vegetation with the community. Hope to see new Island residents enjoying its discovery and thank you to all the volunteers for the dedicated work over the years in keeping the reserve weed free.

Birth of the Dangar Dory

PART 2

Heather Menzies

From Page 1

The start line used to be from the beach, then they moved it out onto the river when the number of boats became three deep and the fire brigade wondered how they could (im)possibly address an accident. The whole river was closed to normal boat activity for the morning and this closure moved up the river with the race as it continued past other water access only settlements to Windsor.

It was exciting as well as concerning. Luckily no explosions occurred on the beautiful beach with its underlying soldier crabs before they moved the start line out onto the river itself. Then one day under the road bridge, a horrific accident shocked the local water taxi operator who was called upon to assist as standby rescue craft and then had to do so. He also was the diver who salvaged the sunken boat. This fellow was The Hoss, who had created a business based on his skills as a boatie to come to the aid of many marine needs of those who also thought that 'there was nothing more delightful than to mess around in boats'.

Those thoughtful residents of Dangar Island were a little group of men and women of all ages sharing a bond over where they were living, together at the same time on the same land space. They shared the enjoyment of island life and boatie stuff or ferry culture. Some of the ones enjoying the precious discovery of mobility through rowing bantered with each other about the thought that an example of opposites might be needed on these Easter Saturdays. They thought it might be good to emphasise through contrast, or remind through example, that these roaring, speed obsessed motor boats were in fact having an impact as they set upon the peaceful magical land called Dangar Island. It was just a place on a map to the skiers, but this

place was a fragile balancing act of homes to precious plants and animals (including humans) that had been through a long timeline of survival to arrive at their magicity.

Perhaps there was also an underlying motivation to help bring a balance to the effect this event had on the senses of the local people. An event which is totally incongruous to the life style of the place it was using. This event has since disappeared from this start point and has been moved to a not so family focussed day in river life. Sometimes miracles, or sensibility, do happen.

And so, the gentle island folks had mused about a procession as an example of peacefulness and sensitivity. The rowing boats were to slip their way across their familiar waterway in front of the south beach start line, parasols and lace, white hats and teacups held poised.

It didn't happen there and then of course, but Easter Sunday, 1984, instead became a plan for a little race from the north beach because that Easter weekend was to also have a big market day as an Art and Craft exhibition. Many people on the island were crafty and the market day had everyone producing all sorts of useful and beautiful things as well as glorious foods. It was the era of market stalls. Everyone had friends staying over and so there was quite a crowd sharing and enjoying the marvels of the island 'culture'. Friends, not unknown public observers, were walking the pedestrian roads around the island's hilltop and flats.

Heather Feather put her cowboy hat on with a Marshall sign attached and made a rolled up cardboard megaphone to call 'Roll up, roll up' for whatever races anyone wanted to have. Big handwritten signs were put up to enthuse people and bring them to the beach. Certificates were hand drawn and a watch was borrowed to see what time it took to go around the island.

The two young men who were the master builders of these 'dorys galore' bantered about the possible outcomes of the time to go around. They weren't a competitive pair and so they were more interested in the time and the performance of their boats, and oars, against any other type of craft. Oars are a very important part in the equation of ultimate performance. A resident offered a bottle of rum to

the winner and another bottle of rum to any other craft that thought it could be faster.

All the dorys of the time had their owners lining up, a surf ski and a tinny appeared. The women who were bold enough to join in were Jamie Turner in her son's little blue kayak and Lyn Bradshaw in her very proud to own and just made crimson dory built thick enough to withstand any cyclone. The ferry started the race with its horn, from memory because it was in at the wharf just at the start time and we had to get onto its roof to say 'Go'. The turn of the tide was the importantly best race-time for best performance.

A safety boat had to use its smelly engine to follow the race and that seemed a shame at the time, but a necessary thing to have to accept about technology and the modern era. It also kept the Maritime Services Board happy upon their subsequent visit and chat with us.

Heather had a green fibreglass half cabin by then and she had the good fortune to be the one to follow this first race and see the whole event as it unfolded.

She used to have a wooden clinker ex-fishing boat with 2hp seagull engine you could steer by standing up and leaning a little left or right. It was finally laid to rest when the caulking became a Harbour Bridge style of maintenance: as soon as you finished at one end it needed you to start again at the other. It had its bottom fibreglassed and that kept this beauty going until the wood became a bit like a compost between the layers.

It was a well-loved craft, but the efficient fibreglass number is still to be seen around the river. It became known as the green-beret by her work colleagues at a place away up river. This was because of the brightly coloured wool beret worn against the winds. These berets were crocheted by the long term river identity Helen

Smith who, not long after the first one being made, had everyone asking for one. The river soon became dotted with these individually identifiable, colourful, perfect inventions; especially for those whose hair could now be wrapped away from the wind without developing that squashed to your scalp 'hat-head' look upon arrival.

So the first dory race was in full motion. There was much pre-race acknowledgement by these two young men that they were a conscientious, thinking pair who lacked the need to be competitive of each other. At earlier times they could be heard reflecting after news items that the world seems at times to become over competitive and this turns into ignorant destruction, wars and selfish self-focus.

Without a hint of such on this day, 'Go!' was finally called from the ferry roof-top and the bevy of boats jostled a little as they disappeared around the east side. Finally, at last! less than 20 minutes later, the two dorys appeared around the west corner at a constant speed. The pressure was obviously on! They were neck and neck all the way to the finish and the crowd was making a noise to match their push. It was quite fantastic. As one boat just pulled away from the other at the finish line the crowd cheered, without supporting one or the other, but supportive to both of these characters. No-one really cared who actually won but it is a fact that someone won because someone else tried to win too. This meant they both tried and applied their most ultimate and hardest best skills. This was the celebration felt by all.

Tune in next issue to find out the winners! or if you can't wait that long, visit the Dangar Island website for the full story: www.dangarislandleague.net/ourstories/



Dangar Island from Brooklyn

Emergency Medical Services – what you need to know on Dangar Island

Dr Chris Sanderson

When you call 000 from Dangar Island you will be asked the same question that everyone gets asked when they call for an ambulance: “What is your nearest cross-street?”

So - what do you say? First of all tell them you are calling from a water access only community on Dangar Island, which is close to Brooklyn. Then, give your street address on the island and your phone number. Next the operator will ask a series of questions about the patient, to help them to assess the situation. Stay calm and answer as best you can. Once you have hung up, you should phone a friend or neighbour to help meet the paramedics as arranged (what is arranged will vary according to where you are and what the problem is) and guide them to you. Part of being prepared for emergencies on the island is having the phone numbers of

a few friends and neighbours – and also making sure that they have yours too, just in case they need you.

Things are changing. From March next year, Dangar Island’s own Community First Responder (CFR) service will be up and running. So in future, when you dial 000 the Community First Responders, who are on call, will be alerted to respond whenever an ambulance is sent out. As part of the ambulance service, they will work to the same protocols and confidentiality requirements as the professional paramedics. Our very first group of volunteers is now getting ready to start training in February.

How does it work?

Community First Responders are a formal part of the NSW emergency services, working on an on-call roster - they are in radio contact with the

approaching ambulance and liaise with the crew. They assess and look after the patient and communicate with the ambulance crew to identify the fastest, safest and best way to get each person to hospital. Our island Community First Responders will know who and where the call has come from and what specific access issues will need to be dealt with – they can get to the person to provide basic treatment much quicker than the ambulance crew can, and can help get the ambulance crew to where they are needed faster as well.

This is a very professional program from the Ambulance Service of NSW: we are entitled to it because we are in some ways quite remote from medical help, and it is not easy for the Ambulance Service to assist us quickly. Our volunteers will be properly trained and equipped to do this

work, and will have continuing support and follow-up from the Ambulance Service, who also provide emergency supplies, medications, and appropriate equipment for moving patients safely.

We are really lucky to have a great group of volunteers who have put their hands up to do the first training program, and to take on this commitment. After their orientation in February, maybe you would like to join them for a BBQ in the park, meet the trainers, and find out more about what is going on.

**Community
First Responder BBQ**
ALL ISLANDERS
WELCOME
Sunday February 2nd,
12.30 – 3pm in the park

For more information:

Contact the CFR co-ordinator,
Dr Chris Sanderson – 15N /
9985 8869 / 0487 325 366

Dangar Island Bowling Club Report

Warren Brown

Hello Mullet Mail from the Dangar Island Club Directors! It’s been a cracker little period for us with a lot of events.

We recently had the Annual General Meeting for the Club, where *Matt Johnson* was re-elected to President. *Tom Garvey* is now Secretary, with *Warren Brown*, *Chris Innis* and *Henry Innis* all elected to the board.

We had our first board meeting recently to discuss the upcoming year and events. More recently, we’ve had an Open Mic night as per usual, and also the Mullet Cup Tournament recently. Both events were a success (and Dangar had a great win over Mooney!).

Going forward, we’ve got Carols in the Park on the 23rd of December. We’re also announcing a great new service with Josh, where we are able to provide you with all your Christmas supplies delivered to the island.

Finally, next year we’re looking to increase the number of regular club events we have. Open Mic night has been great for the community, and we are looking into other events and services the club may be able to provide.

As always, thank to our volunteers and to Josh, who all do a fantastic job keeping things going. The support we have from the community is greatly valued, please contact

us with suggestions or if you’d like to volunteer/organise something in particular.

Upcoming events for the calendar:

- 14th Dec: Big Screen in the Park (movie: *Babette’s Feast*) with degustation menu: tickets sold in advance

- 22nd Dec: Carol’s in the park (5-8pm)
- 24th Dec: Christmas seafood deliveries (orders to be placed and paid for to Josh 1 week in advance)
- 10th Jan: Open mic night (Hawaiian theme)
- 27th Jan: Australia Day barefoot bowls, pig on the spit.



The Dangar Devils challenged by Mooney Mooney and the rain for the Mullet Cup.

Hawkesbury River Railway Bridge 125th Anniversary May 2014

Peter Wolfe



Hawkesbury River Rail Bridge 1925

How should we celebrate it?

May 1 2014 marks the 125th anniversary of the opening ceremony of the Bridge. This was an event of Regional and Local significance. It marked the milestone in the completion on the eastern railway line and the end of an era on Dangar Island. From this date, Dangar Island evolved from a busy construction site to a weekend destination and to the unique community it is today.

The Dangar Island Historical society is proposing to lead a celebration of this event with a target date of Saturday May 3 2014. We are looking for ideas and help for these celebrations.

We could run any or all of the following activities, on the day or during the run-up period.

These are some preliminary ideas:

- Exhibition of relevant materials/photos
- Lecture on the bridge project and what it meant to the area

(outside expert speaker)

- Special interest History tours, potentially river tour component.
- Children's project
- Themed celebration community party
- Themed re-enactment lunch or dinner
- Media campaign based on "Then and now" to spotlight Dangar/Brooklyn/lower Hawkesbury as a place to visit
- Other ideas

What would you like to see, and would you be prepared to join a working group to make it happen?

Please contact me or any other Historical Society Committee member if you can help or have any ideas.

Peter Wolfe:
peterdwolfe@bigpond.com
or 99857800

**Committee Dave Reynolds,
Judith Doyle, Jenny Pakes,
Trevor Kanaley, Rosemary
Curtis, Hans Pols.**

My Birds

Helen Kaminski

"My flock" arrived last winter, first in pink and grey, two birds. So pretty! So I bought them some seed and amazingly they returned the next day, with some friends.

Within a month I had a flock of galahs feeding several times a day. I fancied they knew me and I knew each of them. "My birds"!

Then the white birds arrived. One of these beautiful large creatures seemed to think it was a galah as it did not fly with the white mob. It was around until almost dark, eating small seeds with the galahs. The other white ones don't like the small seed but they visit and try out the veranda for flavour.

Then a king parrot with a damaged foot flew onto my hand one day! I saw it had fine, lovely eyelashes. I felt its warm feet as they clung to my hand. I fell in love with it! I began to put the birds ahead of other things...people...family...sleep-overs! They'd be waiting for me!

Long-beaked corellas, little corellas, galahs, king parrots, rosellas, sulphur-crested cockies and the sumo budgies...the lorikeets – they all called my home their home. Then something else began: the odd feather went missing here and there, lines of feathers

missing, feathers coming off the cheeks, beaks slightly distorted. Now, several birds in various species have patches of feathers coming off and when enough feathers do that they stop appearing: I think I know where they are. I talked to a few experts and the suspicion is that "our" birds are relying on us and in doing so are sharing feeding tables rather than feeding in one-off places as the wild seeds come and go. Viruses affecting the parrot and cocky species are easily transmitted.

With great regret I am gradually reducing the feeding, letting my feathered friends sit around waiting. That white cocky seems to have learned to say "hello". He also opens his wings at me through my window...and dips his head. I relent, but will slowly try to not do that.

The lovely king parrot with the damaged foot is losing feathers: More every day. I feed him from my hand and am careful to use disinfectant with the other birds.

I will retreat over the next months from feeding the birds. I will miss them. Yes, this story is a hint that others might do the same if they are seeing patches of feathers coming off "their" birds. Do it gradually if you can but perhaps do it.

Dangar Island Café

Fiona Mullen

Dangar Island Café would like to wish everyone a very Happy Christmas!

Normal trading hours with the exception of:

Christmas Day - Closed

Boxing Day - 10am to 4pm

New Years Day - 10am to 4pm

New menu items are getting great reviews and the Sausage Rolls are sensational!

Thanks are due to a fab team behind the counter.

A reminder that meat orders can be taken, ensure you leave your phone number so we can let you know when it arrives.

Suggestions, as always, are welcome via email info@DangarIslandCafe.com

We look forward to seeing you over the holidays :)

DIMC facility

DIMC: Ant Schinckel, Sue Merricks, Stuart Allen, Tom Weddin, David Pakes

The Dangar Island Mooring Co-op is now registered with the NSW Department of Fair Trading as a fully independent entity, separate from the Dangar Island League.

The office bearers are:

Chairman:- Antony

Schinckel, Secretary:-

Sue Merricks, Committee

Members-

David Pakes, Tom Weddin,

Stuart Allen.

Dangar Island Mooring

Co-operative Ltd

Co-operative Number

NSWC31885

147 Riverview Ave,

Dangar Island NSW 2083

dimoorcoop@gmail.com

This executive committee is likely to change when the membership of the Co-op is called for. If you become a member you should consider whether you would like to be on the executive committee for the Co-op.

Since our last update we have had meetings with the Hornsby Shire Council (HSC) to understand their current plans to extend the wharf to

provide disabled access for the ferry and the process around the planning activities that we will have to undergo for the Co-op. We were advised that the Council's wharf extension and floating pontoon is going ahead, irrespective of DIMC timelines/approvals. Based on current planning, construction of the Council's wharf extension should be completed in 2014. We are also about to begin discussions with SMEC, the design consultants engaged by HSC to do the preliminary design work on both the wharf extension and co-op project. These discussions will be around the detailed design of the co-op, and we will continue to seek input from the community on its views on the evolving design. As at this date (23 November 2013) we don't have perfect clarity on the process for permits. A new set of planning and zoning related documents came into effect on 3 October 2013 and we are working to understand these along with the HSC. We will continue to meet with HSC and other groups and

at the end of this process we anticipate that we will have much more information about what the DIMC needs to do to make a formal application. Importantly, we should also have a much better idea on overall cost, process and timescales. Once we have that information we will be making the call for membership. This call for membership will require a deposit, and some component of this deposit will be "at risk". These funds will be used for the non-refundable costs associated with the design and approval process for DIMC, possibly including a DA, environmental impact statements, legal fees etc. The component of these funds that are expended during the design and approval process will not be refundable should the project not be able to proceed to construction.

The total amount that will need to be contributed by the Co-op members to fund the design and approval process for the facility has the potential to exceed \$100,000 (this equates

to two to three thousand dollars per member and has been factored into the previously quoted cost of building the co-op should it go ahead). As a result, it is vitally important that all concerns from the community regarding this project are clearly articulated to the DIMC committee in writing so they can be considered before this money is spent. As we work out the details of these processes and timelines, we will keep you informed and consulted through direct mailings, public meetings, the Mullet Mail etc.

Please don't hesitate to contact us at email address below if you have any immediate questions. This is a new email address as we are no longer a sub-committee of the League. If you are new to the island or have not had communication with us, please send us an email so we can add you to the list of people who would like to be kept updated and may wish to become a Co-op member. dimoorcoop@gmail.com

A book ... The Road to Dangar

Judith Doyle

Produced and published by Judith Doyle in collaboration with Mel Anderson, *The Road to Dangar* was launched in November.

The idea was spawned on the simple premise that, on first meeting, we often ask each other the question, "so what brought you to Dangar?" This raised the further question: is there a common thread that brings us all to this special and 'inconvenient' place? Would the book answer this question?

In April 2012 a letterbox drop was made requesting non-attributable contributions of

personal stories of around 750 words. Numerous conversations were had with many islanders over the next 18 months to 'extract' their tale.

Some fifty stories were eventually captured using the individual authors' words allowing for personal style, language, expression, start and end point. In some cases an image of a personal item or view has been included on the individual's spread.

The book was very warmly and positively received at the launch in the Community

Hall Saturday 23 November. Thanks were given to *Les Wicks*, one of Australia's most renowned poets, for kindly reading a story to the captivated audience. And of course to all the contributors, without whom the book would not have been possible.

The photographs taken by Mel and Judith, together with some individual contributors, make the book very pleasing to the eye. The professional layout, design and production values were also much appreciated and commented upon. It's a contemporary book about the

current people living here.

In Judith's forward she says, "a common thread running through these stories is a universal love of water, the comfort of community and the healing, helpful energy of the island itself". The photograph on the book's cover, that of a thick and multi-stranded rope, evokes a community bonded together. There are occasional frayed edges, but the integrity of the threads, together, remain intact and strong.

There are just few copies are still available at \$85 ... mail@theroadtodangar.com

RFS

Jonathan Sykes

The last quarter has been a busy period for the Brigade with a number of firsts. My first, and thus far most successful, hazard reduction burn as Captain was quickly followed by demolition of our station, leaving us just enough time to squeeze a very successful Open Day in between.

No sooner were we set up in our temporary station than October's early start to the season saw us working rolling 16 hour shifts with Brooklyn brigade on large bushfires at Springwood, Lithgow and Mellong. A week later we also had our first taste of fire fighting from our new truck, Dangar 7 Bravo, at the Howes

Swamp and Lower Portland fires. It's a nippy little unit with a pump that starts first cough, and it will serve the island very well when it arrives early next year.

All of these fires to the northwest of us can, in the right conditions, be at our doorstep in hours. The State Mine Fire, which started in benign conditions, ran 25-30 kilometres on the afternoon of Oct 17, the uncontrolled edge finishing up less than 40km from Hornsby.

After all that, the 200mm of rain we shipped recently was more than welcome.

This was the first time Dangar fires have been on out-of-area strike teams and I'm very proud of their readiness, clear-headedness and prudence. This

has been our first engagement with major fires following some quiet years of consolidation and development, and we come out of the campaign with stronger skills and stronger relationships with our fellows at Brooklyn and up the hill at Hornsby Fire Control. Another, less pleasing, first was the island's first wildfire of the 21st century. This incident, although brought under control by a prompt attack, demonstrates just how dangerous conditions can be on a Total Fire Ban day. Residents dumped hot barbecue coals on wet sand, but the wind shifted strongly and started a brush fire that immediately threatened 3 houses within 20m.

A Total Fire Ban means just what it says. All permits are suspended, and lighting a

fire can land you 12 months in gaol. Gas and electric barbecues are allowed under some conditions:

Under the direct control of a responsible adult, present at all times while it is operating;

No combustible material is allowed within two metres at any time it is operating;

Within 20 metres of a permanent private dwelling such as a home;

For a gas barbecue, an immediate and continuous supply of water at hand.

Total Fire Bans are indicated on the fire danger meter at the public wharf, in the media and online. You can get all the info you need from www.rfs.nsw.gov.au or 1800 NSW RFS.

Jonathan Sykes

Captain 0404 719 997

Dangar Island League President's Report

Bronek Karcz

The League Executive Committee for 2014 was elected at the AGM held on the 2nd November 2013. Committee Members for the forthcoming year are:

President: Bronek Karcz

Vice President:

Antony Schinckel

Treasurer: Hans Pols

Secretary: Judith Doyle

Exec Members:

Peter Wolfe,

Michael Liebenberg,

Judy Nikola

The League became aware of a 2P parking restriction proposal with little time to respond. Thanks to all who signed the petition and wrote letters, in opposition to the Council proposal for 2P parking restrictions for the "Fisherman's Co-op Parking" space in Brooklyn. Council was overwhelmed by the strong response. Although the Council 2P proposal is still officially in play, I am sure

that our strong response has forced a rethink in the Hornsby Council Traffic Management Group. Hornsby Mayor Steve Russell has requested that the Dangar League together with the Brooklyn Residents Association make a submission to State Government and Council, requesting that the parking problems in Brooklyn be addressed under a broad Master Plan Process that would consider the needs of all interested parties. The Brooklyn Resident's Association is also not in favour of the 2P parking proposal. Recently Council requested funds from State Government to carry out a Brooklyn Master Planning process and it is believed that a submission from us would help gain acceptance. The League is working on this submission.

Communication lines and infrastructure on Dangar is run down and in need of

updating and modernisation. A major program for the League in 2014 will be to improve access on Dangar Island for phone lines, internet, mobile communication and TV reception. This is a major program that will probably take a few years to complete. The program will require strong representation at both State and Federal Government levels. To date the problems have been identified, letters have been written and the Residents Associations of Dangar, Mooney Mooney and Brooklyn have agreed to work together on this common issue. In the New Year the process of formal meetings with our State and Federal members will begin in earnest.

Other programs and issues of interest for the Executive Committee in 2014 are: Provision of individual jetty numbers to guide Emergency Services; planning for the

upgrade of the park and public toilets; protecting Peat Island from inappropriate development; update the League Constitution; Mullet Mail publication and liaison with the Hawkesbury Estuary Committee for the provision of educational bird signs on the rocky point off Bradley's Beach. The Committee will also liaise with and consult the other Independent Groups on the Island that are so important and include the Buggy Group, Fire Brigade, Hall Committee, Mooring Co-op, Club and the Community First Responders Group which is in the process of being formed.

On behalf of the Executive Committee I wish you and your families a Merry Christmas and all the best for the New Year.

Deerubbin Island Film Society presents...

Babette's Feast

with
8-course
degustation
menu



Cinema In The Park on Dangar Island
8:00pm Sat 14th December

Dining tickets \$25 on sale
@ Bowlo b4 Fri 13th

Screening to members. Membership = \$10 for a whole year!



Felt Workshop

Lisa Hayes

Would you like to learn how to make felt?

I'm hosting a one-day workshop for a small group of 5-6 people, in the Community Hall, around the 18th of January, TBC.

While learning the basics of felt-making, you will produce a unique and beautiful scarf to take home.

Morning and afternoon tea will be provided. Total cost \$95, including materials. A range of colours will be available for you to choose from.

Please call or email Lisa Hayes: 0405 005 745 or lisahayes.aus@gmail.com if you are interested or would like more information.

Dangar Island Playtime Playgroup

Vanessa Payne

The last playtime for 2013 was Friday 13th December. We have had a wonderful year learning through play.

Playtime will resume Friday 31st January 2014 in the hall from 9-11am.

Morning tea and crafts are provided. \$4/child.

Don't forget to renew your Playgroup NSW membership www.playgroupaustralia.com.au/nsw

Kayak Fun

Warren Brown

As I look at the kayaks skimming past
I wonder how much energy, and aghast
They're impressive, all the young and old
Who venture the river to find health gold
Why does one want to travel in such a way
When speed boats and ferry are the mainstay
It is of course because it offers such a nice
Release from the weights and woos of normal life
Tis also pollution free, so one should embrace
Take up kayaking and get a tan on your face

Managing Your Weight in 2014

Leanne Bremner - Bachelor Naturopathy/ Diploma Nutrition

Research shows popular diets don't work. Diets focus on weight loss rather than overall reduction of body fat.

Muscle is stripped when the body is deprived of calories. Rapid weight loss throws the body into a defensive, fat preserving condition. Hence a diet restricting calories to 800-1200 daily will result in 45% of weight loss coming from the body cannibalising its own muscle tissue.

Retaining muscle is essential for losing body fat. Body fat has very low metabolic activity. Muscle, however, is a furnace in which body fat is burned. The less muscle you have, the lower your metabolic rate, and the harder it is to lose fat.

Low calorie diets cause rapid muscle loss and rapid fat loss initially. The body interprets the rapid fat loss as an attack on its energy reserve and immediately takes defensive action by increasing activity of the enzyme lipoprotein lipase, the main enzyme used to collect and store fat. The body also slows the basal metabolic rate (BMR), further reducing its ability to reduce fat. As a result 2 actions continue after the diet has ended, because the body has a memory of exactly how much fat is had and want s it back!. The common result of post diet fatigue and a ravenous appetite, will re-establish old fat levels, plus a little extra for insurance against future famines.

Weight Management Tips

1. Lose no more than 0.5 kilograms per week: the body constantly monitors its 'fat point' with hormonal messages which warn the brain to take defensive action if even an ounce of a fat is used for fuel. By slowing the metabolism, increasing fat storage and increasing appetite, the body will maintain its fat point. It takes years of overeating to grow fat i.e. the fat point is shifted up very slowly. To shift it down you have to work in the same way i.e by losing no more than ½ kilogram per week. Food intake should not be reduced more than 10%. Over 12 months, the fat point will decrease by 3-6% without arousing the body's defences.
2. Include some fats. Low fat diets have been proven to not work. Saturated fats can be eaten in moderation. Also include good non saturated fats sources :coconut oil, nuts, seeds, flaxseed oil, salmon and sardines. Fats in the diet are required to absorb nutrients from your foods. Fats stimulate hormones in the body to burn calories. Avoid trans fatty acids found in processed foods and in particular margarine.
3. Eat mainly complex carbohydrates and low GI foods. Simple sugars (white bread, sugary foods) trigger insulin and send blood sugar levels seesawing. The excess insulin is converted to triglycerides, which are stored as body fat. Complex carbohydrates (of low GI variety) don't disrupt the insulin metabolism, and are slowly absorbed thus releasing energy over long periods. Maintain adequate lean proteins. Whey shakes can be beneficial here.
4. Eat a high fibre diet. Fibre helps to regulate insulin metabolism. It retards the digestion of sugars and fats and creates a slow even energy uptake into the system. This favours the use of foods as fuel rather than as body fat.
5. Maintain omega 3 fatty acid status: EPA and DHA found in fish oils help regulate insulin metabolism.
6. Weight train to maintain lean mass: weight training is the fastest most effective way of preserving and increasing muscle mass. This makes it easier for the body to burn fat. Consider a couple of sessions with a personal trainer or get a programme written for you at your local gym. Combine with regular aerobic training. When possible train in the mornings on an empty stomach. This has a positive effect on your basal metabolic rate throughout the day.
7. Ensure adequate water intake. Approximately, 1.5 litres per day. More, when exercising intensely and in the summer. Dehydration slows metabolism. Drink a good quality green tea. Its healthy, full of antioxidants and has some fat burning properties.
8. Never eat food while working or watching television. This effects digestion and hence metabolism.
9. Ensure you find sometime each day to relax. A stressed person has raised cortisol levels. Raised cortisol levels effect the bodies fat burning capacity. Other hormones such as leptin are also implicated in increasing our appetite when we are stressed. Hence stress can cause weight gain. Yoga, breathing exercises may assist the stressed person in longterm weight management.
10. Avoid alcohol! Small amounts at occasional social gatherings only. 12 drinks a week can equate to 1800 calories that is nearly a whole days calorie intake.
11. As per our recent facebook article. Make sure your diet has plenty of Vitamin C sources this winter. Research shows that your body needs sufficient vitamin C to burn fat. In one study, people who had low blood concentrations of vitamin C and walked on a... treadmill for an hour burned 25 percent less fat than people with adequate C. But a dose of C brought fat-burning levels back up to par. Why? Seems C is essential for creating carnitine, a substance that turns fat into fuel. Seasonal kiwi fruits, goldfruits and mandarins are excellent sources of Vitamin C. Others include strawberries red bell peppers, broccoli, and brussels sprouts.
12. The Chia Seed is a dieter's dream come true. The tiny, healthy seeds can be made to taste like whatever you want, and their unique gelling action keeps you feeling full for hours. Hunger is a main enemy of real weight loss, and you don't want to fight it with jittery expensive pills. When a chia seed is exposed to water, it forms a coating of gel, increasing its size and weight. Since the gel made of water, it has no calories. It's also difficult to remove from the seed, meaning that it helps your body think it is full, without adding calories!

For more information on improving your health please visit my website www.naturopathvitamins.com.au



Joanne Karcz
- Secretary Hall Committee

The hall on our Island is a community facility available for you to hire and enjoy. Unfortunately some people have seen fit to use the space beneath the hall as a dumping ground. Recently various items of building rubbish were discovered under the hall including an old toilet and corrugated roofing. Please arrange to have your rubbish removed in the proper way and do not dump your rubbish under the hall.



Attention Hall Hirers - Rubbish, Fires and Application Forms.

Vanessa Payne

Hello to all the hirers of the Dangar Island Hall, I have just a few things to keep in mind when hiring the hall

1. All hirers are asked to remove ALL rubbish at the end of their use of the hall. Bin liners are provided and are stored under the sink. Please line the bin before placing rubbish in.
2. Hirers wishing to BBQ or spit roast outside the Hall are required to do so well away from the building on cleared ground, to fully extinguish before leaving unattended, a responsible person oversees the activity and there is a standing source of water on hand. No fires are to be lit on Total Fire Ban days.

More information should be obtained from me or your friendly RFS captain before lighting any fires. (See Captains report)

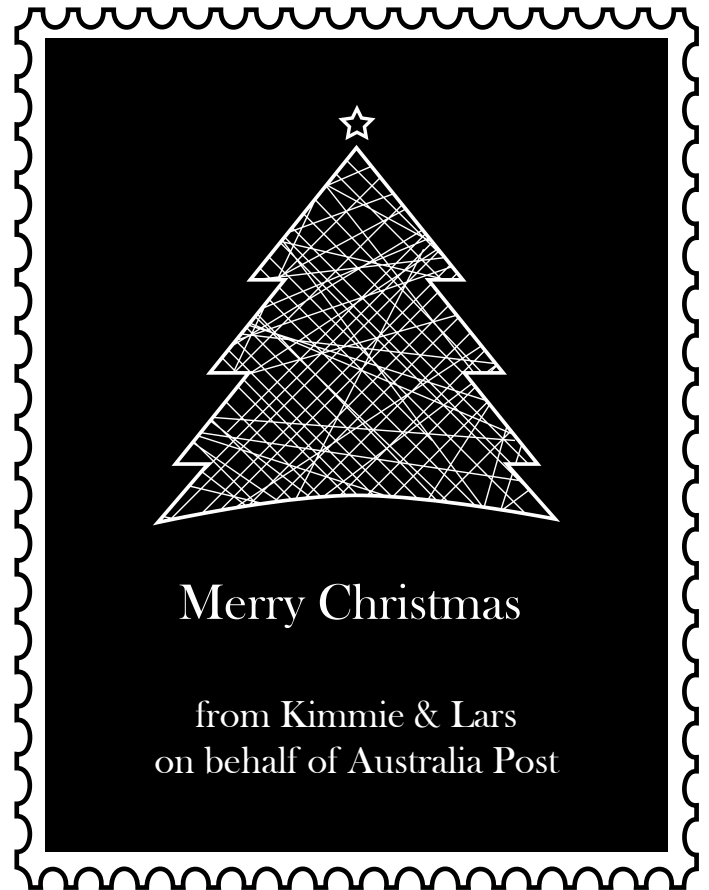
3. Application forms are required for all hirers and can be found here www.dangarislandleague.net/Groups/CommunityHall or obtained from me on request.

Please fill your forms in and return to me, preferably before your event.

Looking forward to a busy Summer period the New Year.

Happy Christmas!

Vanessa Payne -
nessrepublic@gmail.com
0414 317 260
9985 7488



Southerly

As the night lays dark blankets over the river
Still calm water begins to shiver
The leaves catch a breeze and begin to dance
As all around is caught in a trance

When the breeze becomes a rolling wind
We decide to snuggle in
Shaking water begins to leap
And with it all creatures of the deep

This wind becomes a roaring gust
Gum tree branches begin to bust
Leaves lose their harmonic sway
As winds push them out of their way

Roofing sheets begin to flap
And possums are shaken from their naps
Just as things could not get worse
The wind dies out; the land still thirsts

By Maggie Knight
Age 10

20 things you may not have known that you didn't know

Andy Merl

1. Sea lions were originally bred to be mermaids for dogs.
2. More people pray to Spiderman than Jesus when falling from tall buildings.
3. The Unicorn was originally named the Unihorn but was changed because of worries about innuendos'.
4. 84 percent of all statistics are made up on the spot.
5. The word budget originates from two Latin words 'bud' as in the marijuana flower and 'get' as to go and score some.
6. Barbara Streisand's prize Bullfrog, Fernando, has sired more than 100 prize frogs.
7. Scottish born actor, Sean Connery, turned down the lead role of Gandalf in *The Lord of the Rings* trilogy because he didn't understand the script.
8. Tardophobia is the phobia of *The Cure's* Robert Smith for which, ironically, there is no cure.
9. Onions, when frozen, taste like avocado.
10. Russell Crowe holds the world record for fastest cross-stitching, despite having absurdly small thumbs.
11. Alcohol is considered legal tender and is recognised as the purest form of liquid assets on Dangar Island.
12. Cat herding is still practiced in The Houses of Parliament as per tradition, dating back to 1679.
13. Shallots are the only vegetable Burt Reynolds is able to ingest without shrinking to the size of a small domestic cat.
14. Both members of 80s pop group Duran Duran own successful bean farms in Woy Woy and are highly regarded in the bean world.
15. The lead singer from rock group Guns and Roses, Axl Rose, has, ironically, a series of Tulips named after him.
16. Bitumen is legal tender on Wobby Beach.
17. The small tower of Spencer on the Hawkesbury River, is home to the most webbed feet per person per capita, beating Ducktown Arizona by nearly 50%.
18. Iraq was the first country to make Movember compulsory for both men and women.
19. The small town of Brooklyn in NSW has made it illegal to participate in Dry July.
20. Over 90% of all garden worms are actually claustrophobic.

Which Way is Up?

Bruce Lambert

Million dollar profits
and shareholders all rejoice.
Tempered by savage job cuts
leaves workers with little choice.

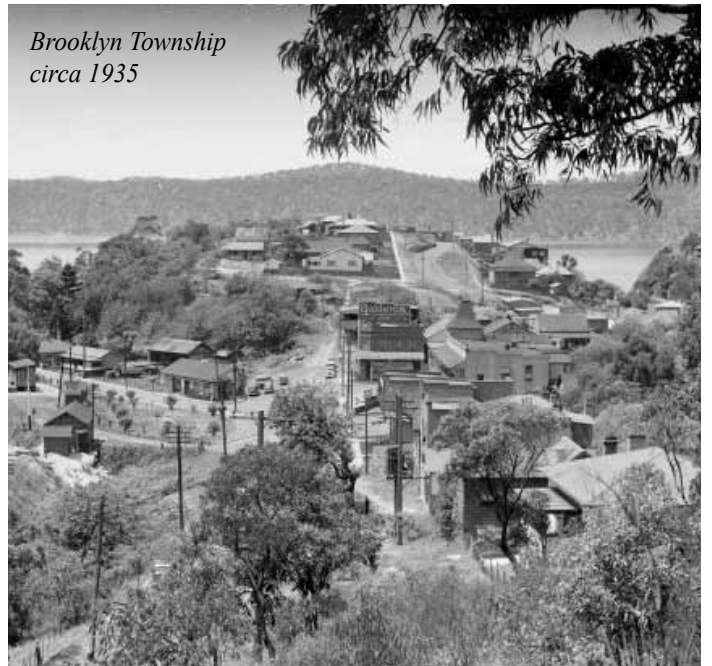
All those media types and sports stars
on contracts obscene in their measure.
Contrast with nurses and caregivers
and all those that we really should treasure.

Our politicians perks and allowances
sees a ride on the long gravy train.
Too bad that the Newstart Allowance
causes life to be still such a pain.

The mindless acceptance of drinking
that brings violence and death to our door.
Strange that the thought of decorum
is a state that we now must abhor.

With bankers as rich as Croesus
the party goes off like a treat.
That is till the ledgers are balanced
with us trying to still find our feet.

*Brooklyn Township
circa 1935*



Before the bridge

Dates for your diary

DECEMBER

- Fri 13** - **Last Playgroup 2013**
9-11am, Community Hall
- **Ferry Decorating Workshop**
6pm Community Hall
Craft materials and light snacks provided. Please bring gold coin donation to cover hall hire.
- Sat 14** - **Bush Regeneration**
9am, Main Access Kiparra Park
- Sat 14** - **Big Screen in the Park**
Movie - Babette's Feast
8pm, with Degustation menu
- Sun 22** - **Christmas Carols in the Park**
- Sun 22** - **Christmas Carols on the Boat**
2:45pm Dangar Public Wharf
- Mon 24** - **Christmas seafood deliveries**
(orders to be placed and paid for with Josh 1 week prior)

JANUARY

- Sun 5** - **Dangar Rural Fire Brigade**
9am Community Hall,
Monthly Meeting and Training
- Fri 10** - **Open Mic Night - Hawaiian**
Bowling Club
- Sat 11** - **Bush Regeneration**
9am, Main Access Kiparra Park
- Mon 27** - **Australia Day**
Barefoot Bowls, pig on the spit
Bowling Club/Park
- Fri 31** - **Playgroup Resumes**
9am-11am Community Hall

FEBRUARY

- Sun 2** - **Community First Responder BBQ - ALL WELCOME**
12:30-3pm in the Park
- Fri 7** - **Dangar Island PLAYTIME**
9am-11am Community Hall
- Fri 14** - **Dangar Island PLAYTIME**
9am-11am Community Hall

- Sat 8** - **Bush Regeneration**
9am, Main Access Kiparra Park
- Fri 21** - **Dangar Island PLAYTIME**
9am-11am Community Hall
- Mon 24** - **MULLET MAIL**
Deadline for submissions
- Fri 28** - **Dangar Island PLAYTIME**
9am-11am Community Hall

MARCH

- Fri 7** - **Dangar Island PLAYTIME**
9am-11am Community Hall
- Sat 8** - **Bush Regeneration**
9am, Main Access Kiparra Park
- Fri 14** - **Dangar Island PLAYTIME**
9am-11am Community Hall

**deadline for next
MULLET MAIL
24 February**

Not-so-Evil Sudoku

Sudoku courtesy of sudoku.com.au/

		3			1	6		8
4				7	3	1	2	
2	8				6			
8	9				5	2		
	6		1		8		4	
		7	4				9	5
			5				7	4
	3	9	6	2				1
1		5	3			9		