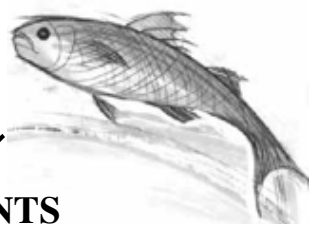




Mullet Mail



NEWS & VIEWS OF DANGAR ISLAND RESIDENTS

Vol. # 61

www.dangarisland.net

Spring 2018

Content found in this publication does not represent the views of the Dangar Island League



from the complete novice through to those with a more confident grasp of their instrument.

If you would like to experience the fun and learning that collaboration brings then why not join the band. Contact Rose at fosterrose18@gmail.com for further information.

More open mic highlights continued on Pg 7



*"...And the
livin' is
easy..."*

The October open mic night at the DIBC proved yet again what a talented community we live in. The weather might have been inclement but not enough to dampen Island spirits on an evening that swelled with music and song.

Of particular note Rose's Tuesday Night Brass Ensemble opened with their own steamy rendition of that timeless Ella Fitzgerald classic, 'Summertime' before moving through a repertoire that included a driving 'Born To Be Wild' and ended with the Afro American rhythms of Paul Simon's 'Call Me Al'.

Under the guidance of Rose Foster the ensemble meet weekly and consists of musicians with varying levels of skill



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Dangar Island League Presidents Report Spring 2018

Welcome to spring Dangar Islanders, and how welcome was that spring rain (with homage to The Go Betweeners for those old enough to remember that iconic 80s band)?

In the spirit of welcomes I'd like to introduce our 2018/19 DIL management committee. New committee members this year are Wendy McMurdo as Secretary, Caroline Coggins, Joel King, Genevieve Ginty and Brenda Hall. Trevor Kanaley (VP), Judith Doyle (Treasurer), Sue Merricks and myself will continue on for another year. New blood on the League committee is a must in my view - it keeps the ideas fresh and gives different islanders an opportunity to engage on behalf of the community, contributing their diverse and significant skills.

We've had our first meeting of the new committee, and have set ourselves a full agenda for the year. We've already secured a meeting in early November with Hornsby Shire Council's new General Manager Steven Head. A constructive relationship with Council is critical for the Island. Mr Head will be coming to Dangar and we've flagged various issues for discussion with him, including:

- *Road maintenance.* We are hoping to get grading and rolling of the unsealed sections onto the regular maintenance schedule rather than having to constantly lobby Council.
- *Toilet block.* We want to understand the responsibilities for cleaning and maintenance, and the plans for upgrading to meet community and visitor needs.
- *Waste Management.* This is an ongoing issue. The new arrangements, with large trucks and bins, were introduced to resolve workplace safety issues but, given the island's topography and aging population, these safety issues have now been transferred to residents. We will be seeking practical refinements to the system to reduce these risks and the aesthetic impact of the bins.
- *Brooklyn as a transport hub and associated parking issues.* Again, this is an ongoing issue that appears to be growing with every year. It's also linked to the Brooklyn master planning process and the redevelopment of Peat Island.
- *The community hall.* We'd like to confirm with the GM that small incorporated entities such as the League and Historical Society will not need to hold public liability cover to use the hall. This solution to

the recent impasse has been mooted by Council officers.

- *Ute and buggy.* We'd like to impress on the GM the importance of these services for the community and secure his ongoing commitment to Council support for the provision of these on a cost recovery basis.

Separately, and given the demographics of the Island that Trevor explored recently (have a look at the last Mullet Mail Express), we are looking into the services available to our older (and undoubtedly wiser), less mobile or otherwise indisposed residents. Have a look at Brenda and Trevor's piece in this MM edition. And for our commuters, we've sought a meeting with Matt Kean to explore the possibility of getting the DI ferry incorporated into the Opal card system - and importantly into the weekly spending cap. No promises here, but it's worth a try, and if successful could result in significant savings for commuters.

You'll notice that we have reverted to hard copy for this MM, and it is also available for download from the website. The previous decision to move to the predominantly digital format (with limited copies available at the shop) was both financial, as the cost of producing the hard copy MM exceeds our annual DIL levies, and environmental. There was a bit of community disquiet about the change and the issue was raised at the AGM, so we've reverted to hard copy while we undertake a review of this, and more generally about how we communicate with the community. To this end, a small DIL subcommittee will devise some options for the future for the MM and website, and we'll flag these in the next edition for community feedback. While on the MM, I'd like to thank Marina Garvey for continuing her sterling work as editor from outside of the DIL committee - a great model for many DIL activities in my view, and one we'd like to extend to other areas of our community work.

Finally, a reminder to all that the DIL committee meetings are held on the second Saturday of each month at 8.30am on the club deck. We encourage any resident who wants to come along and listen, engage, express concerns or pitch ideas - the committee needs to be a voice of the community.

Cheers to all,

Vanessa O'Keefe
DIL President



Aging on Dangar Island

**Will you need help to stay in our little patch of Paradise as you age?
Will you be too @\$%^&* stubborn to ask for it??**

Following-on from discussion at the DIL AGM, the League has met with the Ku-ring-gai Neighbourhood Centre (KNC) to talk about 'the aged-care system' and how we can access services from Dangar Island. The KNC is a voluntary organisation that provides services to the aged and disabled in the Sydney North region.

Here are the key take aways:

1. Dangar residents (aged 65+) who are finding it harder to do the things they used to do ARE able to apply for exactly the same aged care services as 'the mainland'.
The moat is NO barrier.
2. KNC is in regular contact with medical centres across the North Sydney region. They told us that while many Dangar residents are likely to be eligible for assistance, virtually none have applied. They attribute this to our concerns about government interference, the complexity of having to apply and be assessed for services, but most of all ... to our fierce community ideal of independence!
3. The Government WANTS to help people stay in their homes as long as possible. Assistance at home is much cheaper than the cost of aged care residential facilities. The subsidised provision of residential care is already hurting the budget's bottom line and it's getting worse due the ageing demographic. There is generous assistance available to help us STAY where we would actually prefer to be – at home and on the Island.
4. The main form of assistance is an Australian Government subsidised home care package. There are four levels of assistance based on a client's needs. 'Care' might be bringing in the shopping and washing the floors once a week. Or it might be a visit from a qualified nurse to get the client out of bed, shower them and re-dress their leg ulcers every day. Think also about: -
 - transport to shops or medical appointments
 - modifications to homes, such as hand rails or ramps
 - equipment like walking frames
 - nursing, physiotherapy and other personal care
 - meals and help with cooking
 - household jobs like cleaning or gardening or minor repairs
5. 'Care' isn't always long term; it can be short term after a hospital stay, or 'respite' allowing family carers to take a break.
6. The first all-important, no-obligation step is to be REGISTERED with My Aged Care. There's an application process, some off-putting questions and financial assessments ... and you'll be thinking, 'dealing with the government ... it's all too hard' ... BUT it is worth the effort
7. Services under aged care packages are provided by PAID, registered service providers and the Government subsidizes the cost. Importantly, people who already perform work on Dangar Island such as gardening or house cleaning may be able to register in order to provide these services at a more affordable price, given the subsidy, to residents who qualify for an aged care package.

Establishing a pattern for the provision of Government services is never easy, but inertia can be overcome if the community bands together and pushes change. The League can help with this but ultimately it depends on older residents wanting these services and being willing to register and apply.

At this stage the League just wants to evaluate the community need / interest. (Sorry ... but we are not going to send someone round to tidy up your garden this week!). Some possible roles for the League might include:

(Cont on Pg 4)

Aging On dangar Island (Cont)

- Having our own subject matter experts on Dangar to guide members of our community ... in complete confidence ... through the application process to the best result given their circumstances. KNC has offered to provide such training and considers it could help simplify and reduce the anxiety of the application process.
- Establishing a register of local service providers who may be used under the aged care arrangements (gardeners, cleaners etc)

As a starting point, if you have any comments or ideas on how or whether the League should involve itself in this area please contact:

Brenda Hall brenda.hall458@gmail.com **0411 447 555**

Please also contact Brenda if you are interested either in:

- 1) ACCESSING aged care services for yourself or someone you are caring for
- or 2) PROVIDING aged care services.

All conversations involve no obligation and will be completely confidential.

Brenda Hall and Trevor Kanaley
DIL Management Committee

BUGGY and UTE NEWS

BUGGY - A big thanks to all passengers who have taken on board our notices requesting that the appropriate fare be paid on the buggy and a reminder to others that fares are directly linked to mobility issues - if have trouble walking, you pay \$2.20 and your carer pays \$2.20. Otherwise, the fare is \$5.50. Children under 4 years of age are free. Remember that buggy drivers are volunteers and they deserve respect and patience, as do their passengers. We have one buggy for 270 people. Advanced notice is appreciated, especially for the 7:15 ferry at night.

UTE - We encourage people to hire it out. The cost is \$50 cash per hour or part thereof and bookings can be arranged by calling 0499935103. Again, advanced notice is appreciated, we need to use it or we'll lose it!!

Thanks,

Judy Nikola



Are We Losing Our Hall?

The Dangar Island Community Centre, aka The Hall, is in trouble. Back in the 1960s Dangar Islanders raised the funds and built The Hall, and it has seen so much of our community's life and love in the half century since.

Just in my time here The Hall has hosted over 100 film screenings, three plays, film-making workshops, shamanic drumming, art exhibitions, craft workshops, play groups, antiques fairs, at least a dozen bands from as far afield as Tasmania and Zimbabwe, recording sessions, births, deaths, marriages, and of course countless comings-of-age.

But the Shire runs The Hall now, and it's not pretty.

Bookings are right down, prices have trebled in just two years, and the small associations that are the lifeblood of a village like ours are being asked to stump up for \$20 million public liability insurance by companies that a) are already insuring the Shire, and b) are making virtually no PL payouts to anyone.

The Hall's safety record is unblemished: this is a good, old-fashioned rip-off.

After the turn of the century, The Hall was run by a committed and passionate committee of locals under the local gov't 377 structure. Those faithful friends of The Hall are still here today, but they've had all their powers stripped. Ugly fights over governance and probity elsewhere in the Shire, insurance company double-dipping and just general neo-liberal ratbagery have seen the Hall that WE BUILT taken from our control. What's next? Does The Hall become a stranded asset, sold off to a party donor for a song?

It's Our Hall.

What do you think about this? Give me your thoughts at globe5@aanet.com.au, or crack on to our Facebook group **Friends of the Dangar Island Hall**. Share your photos, your memories, and help us bring the beating heart of our community back to life!

Jonathan Sykes

Air Quality and wood heaters

Although we are heading into warmer weather and you may not be using your wood burning fire heater this message is still relevant.

Sometimes I go for a walk at night just to be in the night atmosphere, to see the night shadows, the stars and moon. This year I have felt the cold and venturing out of my warm house into the cold darkness hasn't been as inviting. At times my strolls, are cut short by the smoky foul smelling fumes from the wood fires.

Grantham is a low part of the Island and it seems that smoke and fumes from the wood fires from Grantham and surround streets settle and hang above the road especially when the night is still.

If the foul air sends me home, I wonder how its affecting others and what harm it is doing their health?

Government authorities such as the Environmental Protection Authority and NSW Health recommend **against** installing or using wood fires. This is because burning wood produces toxic gasses and these gasses have **known effects** on our air quality.

The KEY message from these agencies is *if you can smell or see smoke, it is affecting you* and maybe causing adverse health affects in your neighbor's. It is a fact that people with respiratory disease (eg. asthma, emphysema) are likely to be affected by air quality.

Some of us are dependent on our wood fires for heating and others just like the ambiance. In either case, there are a **few simple things** you can do to reduce the harm that fumes from your fire are causing yourself and your neighbors:

- 1 Get your fire box/place serviced by a qualified chimney sweep each year or two before you use it (also lowers the risk of house fires)
- 2 Read the instructions that come with your wood fire box
- 3 Follow the recommendations about burning wood (e.g. only burn wood that is seasoned, non-treated or painted, no sleepers etc). Some woods should not be used at all (e.g. oleander, treated pine)
- 4 Burn your wood with the mix of air don't leave it smoldering over night
- 5 Make sure your chimney is not directing smoke and fumes into your neighbor's house.

There is good information on the internet websites;

- <https://www.epa.nsw.gov.au/you're-environment/air/open-burning-reducing-pollution>
- <http://www.health.nsw.gov.au/environment/factsheets/Pages/wood-smoke.aspx>
- <https://www.jetmaster.com.au/best-australian-firewood/>

LET'S LOOK AFTER OUR AIR QUALITY

Pauline Foote, Grantham Crescent

Whorls Within Whorls

From the delicate spiral of a snail shell to the unimaginable size of a spiral nebula, whorls are found everywhere.

The tip of a finger with the familiar image of a fingerprint and the vortex of a tornado are further examples of whorls.

That scene in a movie when we see the hapless victim sucked down into the depth of the whirlpool is one that nightmares are made of.

Perhaps we can distract ourselves from the thought of that whorl by whipping up something nice in the kitchen. Scrambled eggs sounds good.

I look down at the whisk in my hand and realize that I have just created another whorl in the mixing bowl.

With such an inane thought in mind I wash everything up from the meal and then pull the plug from the sink.

As the washing up water gurgles down the plug hole I look down and realize, "oh no, another whorl."

Just then as the power goes out I fumble with a torch in the dark as I unscrew the end to replace the batteries. My fingers touch the spring in that end and I realize I have found another whorl.

About the only surprise left is to check what is in this box. As I lift the lid I stumble backwards while the maniacal jack-in-the-box bobs about on its spring coil.

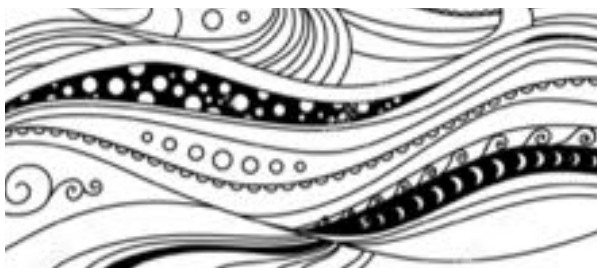
Coil springs are another example of whorls and then I realize with horror that coil springs are found everywhere.

From car springs to bed springs this is all getting a bit much.

It is at this point I am beseeching you, my gentle reader. "Is there anyone out there to save me from this whorl of whorls?"

Bruce Lambert

Bradley's Beach Encounter



On the morning of Thursday 30 August I was writing at my desk overlooking Bradley's beach. Below my window I saw three blonde women walking along the sand. Plenty of people do at all times of day –holiday makers determinedly in beachwear even when the weather is cold, tour groups from aged-care homes, even sometimes from China or Korea, and Dangar residents in any old clothes, often messing about in boats. But these three women were different because they were in smart streetwear, in earnest discussion as they peered at the beach houses.

Estate agents! I thought, an opinion seemingly confirmed when a white drone hovered into view, skimming above the beach, past other houses, then insouciantly circled my front deck, at the level of my window.

I headed downstairs and out to the beach to discover what was going on. I spoke to Mickey, the drone operator, standing next to a guy with a professional-looking camera. He told me they were a team from *Sixty Minutes* doing a story here.

'What about?'

'An Australian woman author who was inspired by this place.'

'I'm an author, I might know her, who is she?'

'Liane Moriarty.'

'Ouch!!' I laughed. 'No, I don't know her, but I wish I had her success!' I've never read a Liane Moriarty novel, but I knew she'd written more than a few, was a publishing triumph with a couple of her books made into films.

Mickey took me over to meet the three blonde women. The youngest, quite ravishing, was Gracie Otto, the director (daughter of the actor Barry Otto and younger sister of Miranda). The next was veteran *Sixty Minutes* interviewer Liz Hayes, not looking a day older than she did thirty years ago. The third, who had a pleasant open expression, was the author herself. I congratulated her on her success (having no idea how commercially spectacular it actually is) and asked her if she'd lived at

some place along this beach.

She said no, but she'd visited the island, walked along the beach and found inspiration for a book. The cameraman was setting up for an interview with her so I made my leave, asking when the item would be on air. Liz Hayes said mid to late September.

Back in the house I naturally consulted the Google oracle. Liane Moriarty has sold 14 million books in 40 languages, had three of her books on the *New York Times* best-seller list at the same time, one of them made into a film starring Nicole Kidman and Reese Witherspoon, another optioned by them. The new book, *Nine Perfect Strangers*, is to be released on 18 September and is presumably the one inspired by our island. According to its synopsis blurb: 'The retreat at health and wellness resort Tranquillum House promises total transformation. Nine stressed city dwellers are keen to drop their literal and mental baggage and absorb the meditative ambience while enjoying their hot stone massages...'

Where can I find a hot stone massage on this island to banish the green-eyed goblin?

Anne Whitehead



Dangar Island Community First Responders

For medical emergencies on the Island

...Call Triple Zero...

•We run a 24/7 roster that provides emergency medical response for islanders and visitors

•We provide emergency care, and we liaise with the paramedics so they can get to you quickly.

•In an emergency, please don't call individual CFRs on our mobile numbers –

•At the same time an ambulance is being dispatched for you, the CFRs on duty are called up by the NSW Ambulance control centre.

•Pensioners and those with health insurance are covered

•If you're not covered, consider taking out "ambulance only" health insurance

Open Mic Highlights cont from Pg. 1

P-dog and Pauline warmed the crowd. Steve from Fisherman's Pt and his mate from Brisbane wooed with the sweetest of harmonies from the likes of The Hollies and Simon and Garfunkle. Dargar Pete, Piano Pete and Windsor Pete went on to impress with virtuoso performances on guitar, trumpet and piano. An impromptu guest singing Lazybones led into a lengthy and at times raunchy blues session which then tempted other local talent onto the stage....all in all another memorable open mic night.

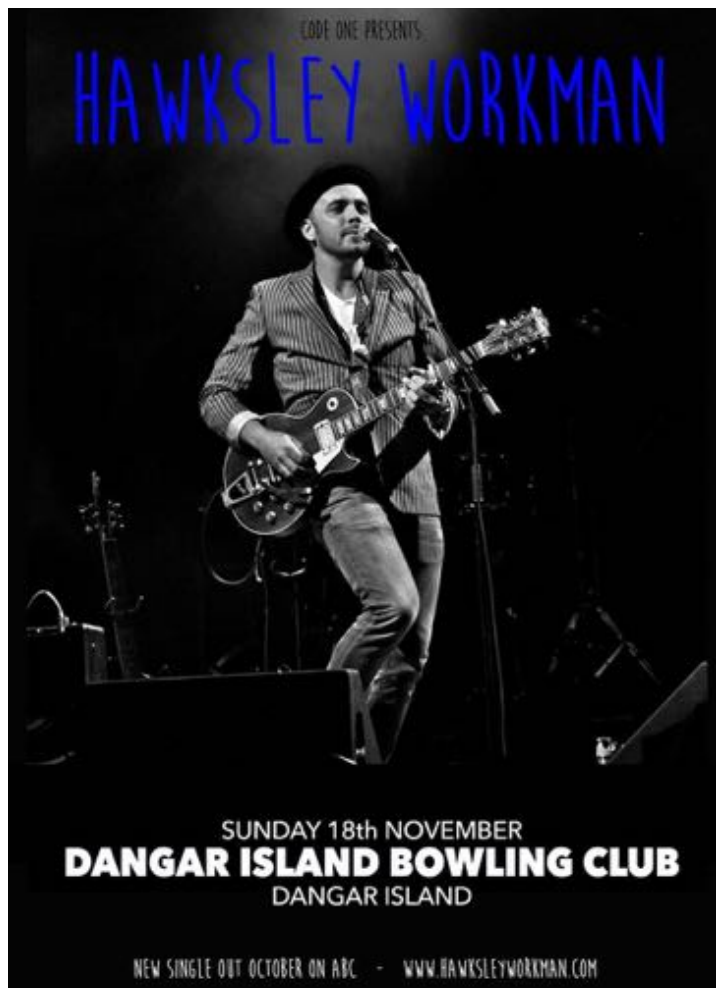


DIBC Update



Sunday 28 October - Mic Conway live @ Dangar Island

Once again, we are extremely proud to be able to present one of the most enduring and talented performers in Australia in the inimitable shape of Mic Conway. In a circus of comedy, music and magic, Mic presents an hilarious array of idiosyncratic songs that will make your jaw drop, toes tap and sides split. Audiences who know Mic from his days with "Captain Matchbox Whoopee Band" and Circus Oz will be delighted by this incarnation: Mic as storyteller of tall tales and true. There are new songs and some oldies close to Conway's heart. He croons "It's Only a Paper Moon" and a heart-breaking version of "Mad World", dispenses good advice in "Never Bite a Married Woman on the Thigh" and revisits Captain Matchbox classic "My Canary Has Circles Under His Eyes" and Tom Lehrer's "Masochism Tango". There's magic, juggling, cavorting and that trademark tongue-in-cheek sense of humour. Stripped back, irreverent, and shameless... it's surreal vaudeville for crooning and swooning. <http://www.micconway.com>

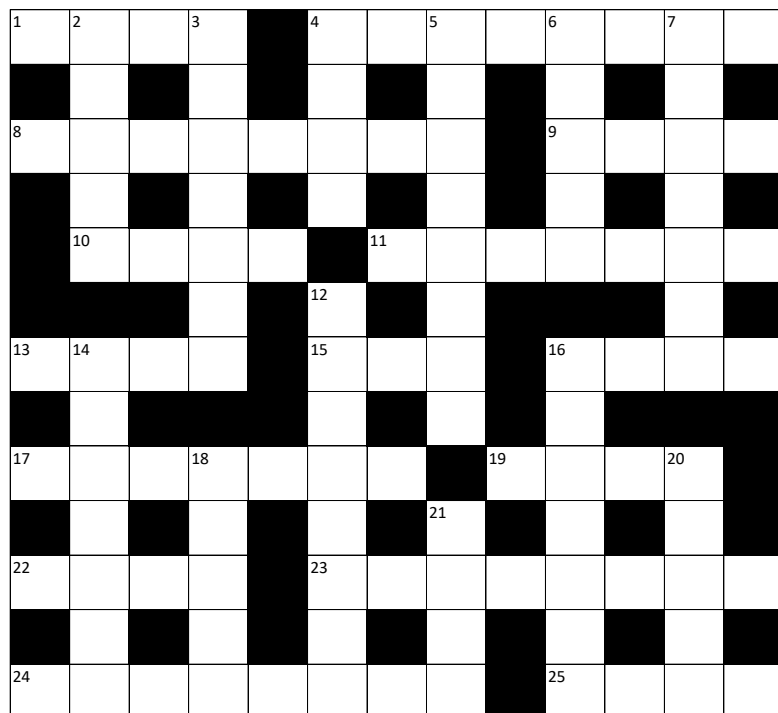


CRYPTIC XWORD

008 by Chico

Spring 2018

Cryptic crosswords setters like to move with the times – fifty years late! So you should watch out for words like “key”, “bit” and “domain” used in their IT senses. Also in this ed I’ve included a *triple-def*, a dinky-di Aussie usage, and a word so obscure you will probably never see it again. Good luck!

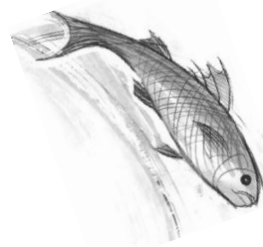


Down

2. Part of Darwin either way! (5)
3. Light working needs oxygen for ape (7)
4. Grains for kids lack gravity (4)
5. Unsettles saucy old city nonsense (8)
6. At no time is first lady in Nauru domain (5)
7. Book anaesthetics (7)
12. Gently mix in support for stage monitor (8)
14. Motor debt swallows second-rate reindeer (7)
16. Prisoners holding on to chimney stacks (7)
18. Ivana Trump perhaps heard Bill (5)
20. Happy to lose first two facilitated (5)
21. New follows lavatory, idiot! (4)

Across

1. Work metal card (4)
4. New pope not welcoming new adversary (8)
8. Supplier of lines in sexed-up report about politician (8)
9. Intro siren (4)
10. Please look on yourself, leaders, for a cunning plan (4)
11. Two pints for Her Maj's neighbourhood (7)
13. Point headphone at MRI (4)
15. Mate backs sphere (3)
16. Warm firms, sure (4)
17. Come before gear and wane (7)
19. Sad fight (4)
22. Among the reeds, among zero Boers (4)
23. I am mixed up with Scots radical theist (8)
24. Stags' family leather (8)
25. Drink in El Paso Dam (4)



Dangar Island Mullet Mail

Unleash your inner writer....your stories, poems, opinion pieces....have your say (respectfully and kindly of course) and send to:

marina.mulletmail@gmail.com