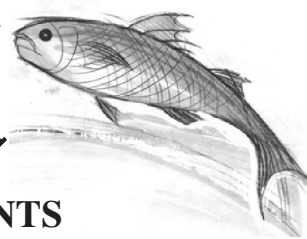


Mullet Mail



NEWS & VIEWS OF DANGAR ISLAND RESIDENTS

VOL. #43

www.dangarislandleague.net

WINTER 2014

History Celebrations on Dangar Island



Peter Wolfe, President, Dangar Island Historical Society.

The Historical Society hosted over 450 people for the 125th anniversary of the opening of the Hawkesbury River Railway Crossing over the 3rd and 4th May weekend.

The exhibition of over 75 photographs and artifacts chronicled the building and launch of the bridge and especially the role of Dangar Island. The Riverboat Postman and Banksia took tours on the river with commentary from Dave Reynolds. On land, Brenda Hall and Phillip Holland brought history to life with specially written stories of life at the time.

We were honoured to welcome Her Excellency Professor Marie Bashir AC CVO, Governor of New South Wales, together with our Federal, State and Senate Members, Hornsby Council Mayor and other council representatives. A historical

address was given by Ian Thom, Chairman of the Henry Parkes Foundation. The photographs and captions reproduced in this issue of the Mullet mail capture the interest and interactions of the event, especially with the many island children who attended.

No birthday party is complete without a cake and Adrienne did us proud with a giant bridge replica which was ceremonially cut by Her Excellency and quickly enjoyed by those present while listening to Colonial music from Judy, Phil and Dominic.

The colonial theme was followed with our very first Pop Up restaurant – the Colonial bistro with Adrienne's popular stew and damper. Tea, coffee biscuits and scones were in steady demand from our team of helpers.

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MULLET MAIL BACK ISSUES

Archived online

A selection of back issues of the Mullet Mail are available on our Community website. You can access the site at either dangarislandleague.net or dangar island.net.

ATTENTION ALL SPIRITUALISTS

- Have you ever been contacted by an Alien?
- Do you believe in an Afterlife?
- Have you ever received a message from the Other Side?

Notice of Annual General Meeting of the Dangar Island Spiritualist League.

**Don't contact us,
we'll contact you.**

Dangar Tides Revisited

Tony Partridge

Andy Payne's excellent article (*Mullet Mail*, March 2014) on tidal rise and fall and the consequent effect on islanders' activities reminded me of a friend in the city who was going to move a newly acquired yacht from Lake Macquarie to Sydney and planned to leave Swansea channel at a time when the road bridge there was scheduled to open. Fair enough except that, when they were asked what the tides would be doing at that time as the tidal current there could be as much as eight knots, responded "*but tides go up and down, not in and out*"!

Tide height, up and down, is certainly important to island residents with small boats, and

to residents wishing to swim without wading through the mud, but once out on the water it is the second factor, current flow in and out, that needs to be considered, at least for those of us whose boats are propelled by small engines or muscle power and for the sailors amongst us.

Andy's cited 'rule of twelfths' would suggest that flows, in or out, would be zero at high and low tides – at roughly 6½ hour intervals – and at a maximum midway between those times. However observation of boats moored off the northern side of the island, near our public wharf, indicates that those boats spend more than half of the time facing west, up river, and only swing to face east for

shorter periods. It would seem from that evidence that the ebb-tide duration is long and the flood-tide duration short – contrary to Andy's article. Indeed there have been a few occasions when river flooding has meant those moored boats remained pointing up-river for a couple of days – though the tidal rise and fall continued, as seen by the regular exposure and re-covering of the mudflats and lower portions of our beaches!

Andy, of course, is correct despite these apparently conflicting observations. The times of high and low water show that they do indeed occur at the predicted intervals - but closer observation shows that

there are times when the river is obviously flowing out (moored boats pointing up-river) even though the water level is rising! In the words of the unforgettable Professor Julius Sumner Miller, "*How can this be?*".

The answer, I think, is that salty sea water is denser than fresh river water and so tends to sink below it. (The density increase due to dissolved salt is most evident in the Dead Sea, in which people tend to float so high in the water that they - supposedly - can't drown, and many of us will have sensed that our buoyancy is greater when swimming off an ocean beach than in the upper reaches of the Hawkesbury River or in an inland lake.) The density of sea water (about 1025 kg/m³) is only 2.5% greater than fresh water but that is enough for it to

Continued Page 2

Dangar Tides Revisited

Tony Partridge . . . continued from Page 1

sink below the fresh water river stream, mixing being surprisingly slow. This effect is best known from the muddy surface plumes seen world-wide, extending well out to sea off major rivers.

Consequently, when an outward river flow meets an inward sea-water flow during an incoming tide the denser sea water sinks below the river water, though still rising and falling with the tide as explained by Andy. Consequently the upper, 'floating', layer of river water also rises and falls . . . but continues to flow outwards above the sea water (as shown by the moored boats as they only experience the surface flow) until the inward tidal flow eventually dominates. (Of course there are areas of turbulence and of reverse flow that muddy the waters, so to speak, because the water flows are also affected by the tortuous shape of the river's banks and bottom profile and the added complication of having our island mid-stream. To stay sane I will limit my comments to the water to the north and east of the island, past The Tanks and Wobby.)

I'm not a river hydrologist, as may already be evident, but particle and fluid flows in minerals engineering processes (my field) turn out to be very similar to flow in rivers, despite enormous differences of scale.

In brief, when a fluid flows around a bend in an open channel it will tend to move to the outside, resulting in higher velocities, increased scouring and a greater depth towards that side. That occurs along the north-east bank of our river, off Wobby.

But wait, there is more. Research also shows that there is a secondary flow, water near the surface tending to move outwards (in our case, towards the Wobby bank) and then returning to the inside (in our case, towards the island) near the river bed. In fact this 'piling up' towards the outside of the bend raises the water level a little, though not obvious to the eye. This secondary flow, Fig.1, in which depth is very much exaggerated, is perpendicular to the main flow along the channel, i.e. at right angles to the principal outgoing river flow. (In the diagram the "Inner Bank Region" corresponds to our island and the "Outer Bank Region" corresponds to the river's north-east shore).

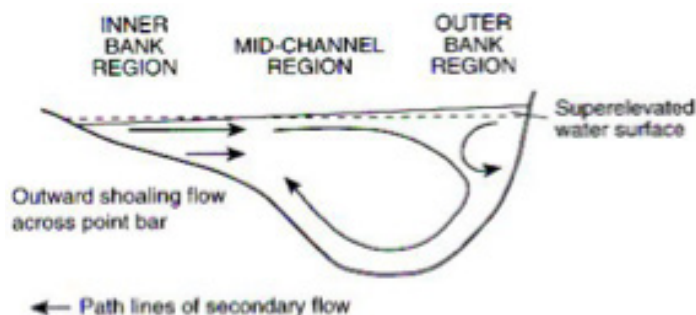


Figure (1) Secondary flow at a channel

[bendhttp://www.eng.buffalo.edu/glp/events/summer2008/week1/full/RiverMeanders-2008.pdf](http://www.eng.buffalo.edu/glp/events/summer2008/week1/full/RiverMeanders-2008.pdf)

The resultant overall flow pattern, as described in a recent University of Otago study¹, is that "when water flows around

a bend, instead of flowing straight it spirals around the bend, outwards near the surface, and inwards near the bottom".

But even this is still not the whole story. In Fig.1 it is seen that there is also a small anti-clockwise flow at the right hand side that results in a convergence of surface flows. ("two cells, exhibiting surface flow convergence, exist at meander bends" is the way the technical literature expressed it as long ago as 1975².) This may well be the explanation of the narrow line of flotsam (even pumpkins!) sometimes seen aligned down the river. Other studies indicate that this line meanders from side to side as the river winds its way.

However in an estuary such as the lower Hawkesbury there is that other consideration – the presence of two layers of water having different densities – that does not seem to have been covered in the literature. So my final 'explanation' is pure speculation! . . .

I imagine that the lower layer of salt water will tend to behave much like dense minerals in the industrial units I have studied and will move towards the inside of the bend, the island, while the lower density river water will be displaced towards the outer (Wobby) shore. I can also imagine that this lateral movement of the two layers could occur to the extent that the lower seawater might become apparent at the surface (seen as an upwelling) and that a distinct surface boundary line might become evident between the sometimes in-flowing sea water and the always out-flowing river water. I have certainly seen such a line, marked by flotsam and with a different water colour on each side but I can't be sure which flow was which!

I imagine fishing people or experienced yachties on the island can tell me? If not, perhaps I should go out there and take samples myself – though I would hate to disprove a nice idea!

Sources:

1. Russell, P. (2013). *Observations of Secondary Circulation Around Curved Open Channels and Coastal Headlands* (PhD Thesis, University of Otago).
2. Richard D Hey and Colin R Thorne, (1975). *Secondary Flows in River Channels*, AREA J., Vol. 7, No. 3, pp. 191-195.

ISLAND ETIQUETTE

Dog Mess

As a dog owner I am fed-up and can understand why non-dog owners complain about loose dogs. Every day I walk my pooch. No I don't have it on a lead but it is under my control. I pick up after it – and this is my issue – and other peoples' dogs.

I'm sick of it. Today I collected two messes and saw two more splattered across the road probably by the garbage guys. Not their fault of course.

If you own a dog it is your responsibility. It should have a secure yard or veranda for its or others' security and when it is out it should be with a responsible person – not a young kid – and you pick up after it. It is your shit not anyone else's.

Unwanted objects.

The island is generally beautiful and pristine but there is an increasing tendency for people to dump unwanted objects beside the track at times when no Council clear-up is scheduled. Please realise that if you don't want to look at something nor do other residents or visitors – so please keep unwanted items out of sight until a pick-up is due.

The official version of drownings

Courtesy of *Ash Breeze* magazine.

The Instinctive Drowning Response – so named by Francesco A. Pia, Ph.D., is what people do to avoid actual or perceived suffocation in the water. And it does not look like most people expect. There is very little splashing, no waving, and no yelling or calls for help of any kind. To get an idea of just how quiet and undramatic from the surface drowning can be, consider this: It is the number two cause of accidental death in children, age 15 and under (just behind vehicle accidents) – of the approximately 750 children who will drown next year, about 375 of them will do so within 25 yards of a parent or other adult. In ten percent of those drownings, the adult will actually watch them do it, having no idea it is happening (source: CDC). Drowning does not look like drowning – Dr. Pia, in an article in the Coast Guard's On Scene Magazine, described the instinctive drowning response like this:

1. Except in rare circumstances, drowning people are physiologically unable to call out for help. The respiratory system was designed for breathing. Speech is the secondary or overlaid function. Breathing must be fulfilled, before speech occurs.
2. Drowning people's mouths alternately sink below and reappear above the surface of the water (I have seen this happen in my own five year old child when he fell overboard before I could rescue him). The mouths of drowning people are not above the surface of the water long enough for them to exhale, inhale, and call out for help. When the drowning people's mouths are above the surface, they exhale and inhale quickly as their mouths start to sink below the surface of the water.
3. Drowning people cannot wave for help. Nature instinctively forces them to extend their arms laterally and press down on the water's surface. Pressing down on the surface of the water, permits drowning people to leverage their bodies so they can lift their mouths out of the water to breathe.
4. Throughout the Instinctive Drowning Response, drowning people cannot voluntarily control their arm movements. Physiologically, drowning people who are struggling on the surface of the water cannot stop drowning and perform voluntary movements such as waving for help, moving toward a rescuer, or reaching out for a piece of rescue equipment.
5. From beginning to end of the Instinctive Drowning Response people's bodies remain upright in the water, with no evidence of a supporting kick. Unless rescued by a trained lifeguard, these drowning people can only struggle on the surface of the water from 20 to 60 seconds before submersion occurs.

(Source: *On Scene Magazine*: Fall 2006)

This doesn't mean that a person that is yelling for help and thrashing isn't in real trouble – they are experiencing aquatic distress. Not always present before the instinctive drowning response, aquatic distress doesn't last long – but unlike true drowning, these victims can still assist in their own rescue. They can grab lifelines, throw rings, etc.

Look for these other signs of drowning when persons are in the water:

- **Head low in the water, mouth at water level**
- **Head tilted back with mouth open**
- **Eyes glassy and empty, unable to focus**

- **Eyes closed**
- **Hair over forehead or eyes**
- **Not using legs – Vertical**
- **Hyperventilating or gasping**
- **Trying to swim in a particular direction but not making headway**
- **Trying to roll over on the back**
- **Ladder climb, rarely out of the water.**

So if a crew member falls overboard and looks O.K. – don't be too sure. Sometimes the most common indication that someone is drowning is that they don't look like they're drowning. They may just look like they are treading water and looking up at the deck. One way to be sure? Ask them: "Are you alright?" If they can answer at all – they probably are. If they return a blank stare – you may have less than 30 seconds to get to them. And parents: children playing in the water make noise. When they get quiet, you get to them and find out why.



Dangar Island Playtime Playgroup



Vanessa Payne

PLAYGROUP NSW

All preschoolers and carers welcome.

Dangar Island Hall 9:30-11:30am on Fridays in school term.

Morning Tea. Great company. Plenty of fun for the tots.

Contact Vanessa for more info 0414 317 260.

Small fee to cover hall costs.

History Celebrations on Dangar Island

Peter Wolfe, President, Dangar Island Historical Society.

... continued from Page 1



The event was supported with a community grant from Hornsby Shire Council and with printing and other help from Bendigo Bank Berowra.

For me, the best part of the event was seeing what the team achieved. A dedicated team was involved and for some it was days of work before the event as well as a full commitment over the weekend. The Historical Heroes were undoubtedly Rosemary Curtis and Dave Reynolds, supported by Terry Dorough and Gary Mahoney. The PR team led by Ross Higgins and Trevor Kanaley did an amazing job, with coverage on Radio and local press on multiple occasions. Jenny Pakes kept us organized and our website humming. Hans dealt with the complicated Insurance arrangements and the Financial compliance associated with the grant. We have mentioned other helpers above but I have to give special thanks to my wife Lynda who put up with me for the several weeks before the event while our house became History central. Also thanks for her help alongside Jo, Leanne, Lynne and others providing refreshments on the day.

Feedback on the event has been amazing and much appreciated. We showcased our small community in the most favourable light and for me was a reminder of why we live here.

Our historical archives are increasingly available on our website dangarislandhistoricalsociety.org and follow us on Facebook.

Photos by Bill Robinson



A GREAT GIFT! Limited numbers

DANGAR ISLAND
Coffee Mugs \$10 each or
6 for \$50

Ross Higgins 9985 8552
Peter Wolfe 9985 7800





Autumn Bird Influx

Ben Miller

Each May the swamp mahoganies (*Eucalyptus robusta*) behind the main beach flower profusely, attracting unusual nectar-feeding birds as well as the usual suspects. A large flock of maybe 60 musk lorikeets has been encamped in these trees during all of May, apart from late afternoons when the birds fly to tall blackbutts near the fire shed to roost. They also feed in the lemon scented gum (non-indigenous) which overhangs the shop patio and also flowers in May. During the rest of the year there are no musk lorikeets to be seen on Dangar Island. In size they are two-thirds the size of the well-known rainbow lorikeet, mainly green in colour with a red forehead and a red band extending from the back of the eye to the neck. Looking up at them you can also see a large yellow patch on the upper flank. It's not easy to get a good look at them as they are continually on the move, running from blossom to blossom like

little green rats, or being chased away by rainbow lorikeets and having to resettle elsewhere on the tree. They are most easily located by their call which is noticeably higher-pitched than that of the rainbow lorikeet. Higher again is the call of the little lorikeet which is also here in small numbers to feed on the swamp mahoganies. Unlike the musk lorikeet, the little lorikeet doesn't move around in big groups, rather in twos and threes. It is a very small bird, shorter and plumper than a budgie and mainly green with a red face. Little lorikeets are very hard to get a good look at as they are very edgy and just when you are honing in on them with the binoculars they take off like a rocket, screeching loudly. According to my book, both of these less usual lorikeets occur from Queensland down the east coast and around to about Adelaide as well as occurring in Tasmania. They are nomadic, following the blossoms, and apart

from swamp mahoganies there doesn't appear to be much else available at the moment.

The other less usual nectar-feeding bird here at the moment is the noisy friar bird, a large honeyeater of a drab grey and white appearance. The head and neck are unfeathered and they have black skin which has led to the name 'friar' bird. Their most interesting characteristic is their call, which is very loud and sounds like an attempt at human speech.

Probably Australia's most numerous native bird is the yellow-faced honeyeater, a smallish grey-brown bird with a yellow strip through the eye, sandwiched between black stripes above and below. In Autumn the south-eastern population heads for the sunshine state and huge twittering flocks pass over Dangar Island, just above treetop level. Occasionally a group will take a breather in the tops of one of

the Blackbutts before pushing on relentlessly north. Their gentle twittering always draws my attention to them and with effort I can usually detect large black dots heading for the tanks.

One other feature of Autumn is the commencement of lyrebird calls, being discharged at volume from the north bank of the river. Lyrebirds are common on the dense semi-rainforested slopes between Wobby and Mullet Creek and they ascend to the better lit escarpment to display each Autumn being a Winter breeder. When gardening on the north side of the island when there is no wind or wave noise I often hear their signature shrieks and sometimes a repertoire of other calls mimicking whip birds, currawongs, kookaburras and others. The lyrebird's rendition always seems to be better than the original.

Dangar Island Fire Brigade

Philip Doggett, Captain Dangar Island RFB

We all want to get our message delivered. On Dangar Island the preferred method is to put a poster on a power pole, usually with sticky tape. The power poles, however, are also used by local emergency services to indicate the location of fire hydrants. Those odd, rectangular red and white H R, H P, S V and green H tags show the fire crew where the nearest hydrant is relative to the position of the pole.

The faster the fires find the hydrant, the sooner a fire is going to be brought under control. Other tags on the pole identify its location to the energy service provider, critical information if there is an incident involving electrical service.

Please do not cover the pole tags with your important community announcements.



Dangar Island Bowling Club

Henry Innis

The Club has had a busy few months leading up to Winter, with a host of events including Open Mic Night (which seems to be bigger every month) and a host of smaller events – including supporting broader community initiatives.

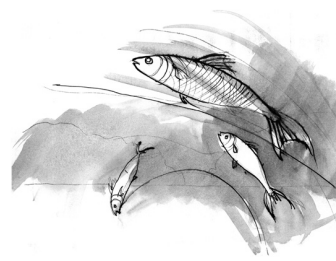
We have also been focusing on fundraising for the First Responders. At recent Open Mic Nights we have been passing around a tin to collect money to support this initiative – anyone who has been injured on the island knows how important these services are to the community.

Going forward, we will be keeping Open Mic nights for Winter, as we go into a quieter period of the year. Our Open Mics will be July 4th and August 1st. We're also still regularly serving food and drink on Friday and Saturday night, as

well as Sunday lunch.

The Bowlos will still be going regularly on a Sunday – so feel free to come down and take a crack (you can't be worse than Director Innis Junior!). We've also got our regular Thursday Pizza night which is always a cracker.

Look forward to seeing you at our great community club, and thank you all for your ongoing support. As always, volunteers are welcome to contribute with ideas and assistance – we'll never say no!



Dangar Island Café

Fiona Mullen

Your humble shop was honoured and delighted to have the Governor of NSW visit to view the bridge artwork displayed for the recent celebrations. However the work that particularly caught her eye was the kookaburras on the wall done quite a few years ago by the talented Sue Baxter.

We shall have some new faces when you visit the shop. And some old ones too! The menu will be trimmed and enhanced as we finally head into the cooler weather. Adrienne is currently keeping us well stocked with the popular Sausage Roll.

Wally, after 5 years, is stepping back from organising the BBQ roster. His input has been wonderful and he has created a great template for the roster. We are looking for someone who would like to take charge of the roster. Wally has all of the details, please drop into the shop or email info@DangarIslandCafe.com.

Denice Steele is our latest artist. Her work encompasses local and regional subjects. A Berowra resident she is very familiar with the river and the island. Pop in have a look at her lovely use of light.

A reminder to all artists, that we do aim to have a monthly change of exhibition. If you would like to display your work please contact the shop on the above email or have a chat with Michael Leibenberg who continues to assist so well in all matters artistic!

We shall be launching a Facebook page soon to keep everyone updated with exhibitions and other doings. We will be putting together a bit of an album. So if anyone would like to share photos of anything to do with the shop, no matter how old, please email them through.

Again, thanks to Wally who has eased back from the BBQ and some other island activities. He really has been wonderful with this and in many other aspects. We wish him well in his fishing endeavours!



Nespresso capsules giving you the guilts?

Andy Payne

Did you know that each cup of Nespresso coffee produces 1g of aluminium waste. The current (but fast growing) rate of global consumption is 6.4 billion capsules per year or 6,400 tonnes of aluminium. It takes 211 GJ of electricity to manufacture a tonne of aluminium, so that's 1,350,400 GJ of electricity or around 46,000 tonnes of coal that just goes into the manufacturing process. Looking at it another way, each capsule requires electricity generated from burning around 7g of coal. (converunits.com)., That's before they've been shipped, stored or sold.

More sobering than a double shot Kazaar after a big open mic night. But there's always recycling right?

Most capsules don't get recycled for a number of reasons. Firstly they can't be put in with normal recycling unless all the coffee grounds have been removed. People who enjoy the convenience of a capsule are reasonably unlikely to clean the capsules (they are also too small for many recycling plants and end up in landfill anyway). Secondly people valuing the convenience of home delivered capsules are unlikely to schlep their used capsules to the Nespresso store in Sydney

Which is where I can happily assuage your guilt, for a small donation to the Community First Responders group.

There is a green bin on the inside of my garden fence by the back gate at 59 Grantham Crescent. For the miserly sum of \$5 per hundred capsules I will do your schlepping and take all the capsules in to the Nespresso store on a monthly basis. Just leave an envelope with coins in the bag you bring capsules in. Any questions give me a call on 0412 093 762.

IMPORTANT Hall Hirers – Please Read

Vanessa Payne

DANGAR ISLAND HALL – CHANGES TO METHOD OF PAYMENT FOR HALL FEES

As of 1st June 2014 Dangar Island Hall hire fees will NOT be able to be paid in cash on the island as they have in the past.

There are several methods of payment available to you. Regular fee paying hirers will be invoiced monthly. All of this information is on the back of the invoice for hirer information.

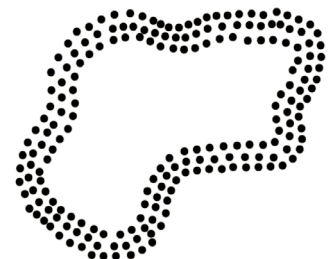
METHODS OF PAYMENT

- **Internet Payments** via Credit Card Log onto our website, www.hornsby.nsw.gov.au.
- **Direct mailing facility** for the convenience of customers, an after-hours mail box is located in the front door of Council's office entrance.
- **Payment in person** – bring this account to Willow Park Community Centre Complex, Wallarobba Arts Centre, Level 2, 25 Edgeworth-David Avenue, Hornsby. Council accepts payment via cheque, EFTPOS

and credit card. Cash payments not accepted at Wallarobba Arts Centre.

- **Payment through mail** – Make cheque payable to "Hornsby Shire Council", cross "not negotiable" and send to PO Box 37 Hornsby NSW 1630
- **Credit Card** – Complete credit card details on bottom of invoice and post to PO Box 37 Hornsby NSW 1630 or fax to (02) 9847 6505.
- For Regular Hirers there is an additional payment method such as BPay

Dangar Island



Community Hall

Please note that to book or enquire about the hall you still contact Vanessa Payne 0414 317 260 or nessrepublic@gmail.com

These are changes for us all. I hope that the transition is a smooth one.

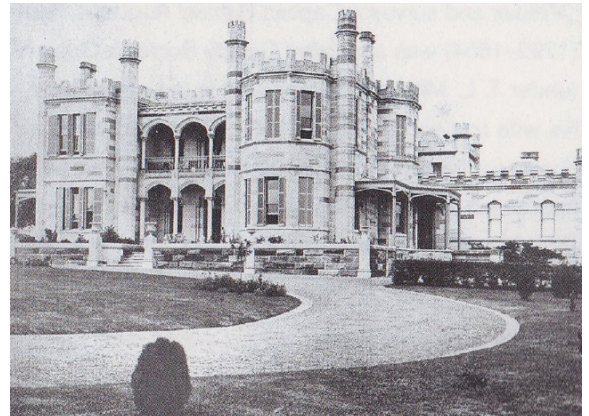
Island History

David Reynolds



< Mullet Island was purchased by Henry Carey Dangar on February 15th 1864. Until he leased the island to the Union Bridge Co from 1886-1889 he cleared Apple Tree Flat, planted orchards and swam cattle across from Brooklyn. The Stanbury family was installed as the island caretakers. During this period Mr Dangar resided at his Potts Point mansion Grantham. It wasn't until after the bridge was completed that Dangar House was built in 1890 and the Dangar family finally came to stay on the island.

> The Dangar family mansion Grantham in Potts point circa 1880. Henry Carey inherited it from his father in 1869. Grantham was considered a rather pretentious building, and became known locally as 'The Pepper Pot' on account of its turrets. You can see from this photo where his inspiration for the Dangar Island water tower came from!



< James 'Big Jim' Stanbury was the first white child born on Dangar Island on 25th February 1868. The son of the island caretaker, Jim started rowing at an early age and went on to become World Champion sculler in both 1896 and 1905.

Jim Stanbury was a big, powerful man, hence the nickname "Big Jim". Legend has it that he could single handedly load telegraph poles onto a dray, snap saplings off at the roots, and easily lump wheat and corn bags that usually took two men to carry. In later life one of his tricks was to stretch out an arm and from it suspend 3 of his 8 stone (50kgs) daughters for minutes on end!



^ The massive pontoon that supported the bridge spans being constructed on Dangar Island in 1887. In this shot the planking for the underside is laid down. In the background is the completed framework with its floodable compartments.



Dangar Island Historical Society
Facebook <https://www.facebook.com/dangarhistory> and
dangarislandhistoricalsociety.org

< Amongst the impressive VIP guest list at the bridge opening on May 1st 1889 was South Australian four-legged icon **Bob The Railway Dog**, who travelled from Port Augusta to Brooklyn on top of a locomotive driver's car. He is pictured below at the Port Augusta Railway Yard in 1887.

Birth of the Dangar Dory

PART 4

Heather Menzies . . .
continued from last issue

We tried the race from the south beach one year, but it wasn't the same and it really didn't work. The northern beach lends itself well. It brings a focus to this north area as a beach of importance, aspect and usefulness, a perfect size for gatherings like this. Barbeques were tried, to fund-raise for prizes and the fire-brigade, and the shop tried to be involved. Some things work and others are better another day.

Silk screened t-shirts from a cartoon drawn of everyone in the same boat were donated. Other prizes were found when old trophy cups were seen in a recycle metal place. 'George and Joan's wedding 1969' would be on a beautiful but tarnished goblet and became a great flower vase for a winning rower. More of these cups were collected and people got together to polish them. They shone in the sun at prize time. Cybele carved wooden spoons into oars for prizes. Egg cups, gold coins and Easter-eggs were donated by anyone who came to the day.

Sue Baxter had a computer (what a marvellous invention!) and she printed certificates for all. Anyone who went in the round island race got a certificate. Oldest, youngest, most colourful, here last year, broke an oar, etc. She also ensured the children were given due inclusion in the day's events, knowing how keen the children were to join in. She ensured there were enough chocolate eggs for their prizes. She also helped stabilise the growing need for careful time recording as people naturally developed a strong interest in their results, even if they weren't really a competitive type of person!

It was a day to recognise inventions and new ideas, but we know the children of today are the adults of

tomorrow and we have seen it so clearly here. Those children are winning the races today. Asher Ashford and Louisa Murray are the repeating record-time setters. Cybele Shorter and her girls are always hard to beat. John Murray continues to set the bar with Jonathan Sykes and other contenders for the front places. Roger Bryson from Patonga appeared and was the winner for a number of years, not to be beaten. Sadly, a collision put a hole in his boat one year and after mending it, he said it now pulls to one side, but we were amazed that he still won that year, before paddling off back to Patonga! Was he some secret Olympic champion we wondered, or just a quiet achiever?

Decorated boats were encouraged and dress-ups were definitely part of the frivolities after Florence Murray donned her grass skirt. John Murray wore a red suit from a well remembered island resident and boat inventor. He now dons an ever significant red and white striped coat and captain's hat, also perfect for his Brunkenkunjekrub putt-putt boat river picnic trips.

An amazing bunch of women came together around this time and there must have been a special energy in the air because they made yet another but similar special event bringing people together and which carried on for years to follow. It started as the Dangar Does Dallas night! It was a big change, to throw off the gum boots, forget about the tidal mud, don some sparkles, heels and your gorgeous man, get to the hall on time and dance the night away. A Latin band was brought over, given beds. Food, splendourous food was spread by all. These glitz nights changed things for Dangar it seemed we thought, but actually it was the way it used to be. Once upon a time dances were the main social event that helped any community of those times bond and hold together, but especially here. The story was told that Nan Higgins could play the piano so well she did it with her feet! The dances were where lovers met and life was given a special push of merriment as it continued on, just as the river keeps flowing.

The original Hoss dory and its design had an attempt of challenge by Jim Ray. He quietly made a longer more rounded hull on his veranda, planning we think, to arrive

one day with the secret weapon. It was taking a long time to build and eventually John Murray took a mould off it and reshaped certain aspects. He created the John Dory which is what works so well today. The 'Original Hoss Dorys seem to have one by one dissolved and gone to their heaven, a land for dorys that have served a purposeful, joyful and 'valuable to the future' existence in their time in a special place, here on earth.

This 2013 Easter Sunday 31 March, was the 30th event.

On Dangar Dory Derby Day a funny little suitcase appears that holds a few funny 'trophies', an exercise book of times recorded and a stop watch. The day happens because the people who turn up care enough to keep a casual day at the beach safe, friendly and family fun. It becomes purposeful because they get to compare paddling inventions and rowing-boat designs and give personal bests an opportunity. People step in to watch over the children's races and adult sprints, just like a big family reunion. It is a day of 'be your own responsibility' but we are all doing it together, at the same place, same time.

Many brightly coloured and shaped hats are appearing atop the crowd that lines the shore, looking like an Easter Bonnet Parade about to begin. Perhaps this colour will increase in the years to follow. Fancy dress has always been encouraged and Guy Menzies-Saunders keeps turning up in wild head gear from various eras and cultures, Rastafarian beret and dreadlocks, Viking helmet, feathered chief's head-dress... what next? we can't wait.

Guy is coxswain for John Murray's restored surf boat called Swankterbosh. Guy was one of the fourteen in playgroup and now brings keen adult friends from his now northern beaches home-life. He passionately returns to the river in the red rocket speed boat and his enthused and able crew seem to show an awakening deep respect for this environment through their appreciative exchanges when sharing in the river and its ways. On John Murray's surf boat Guy keeps the rhythm for the crews of both round island races. He is the team weaver and has become dedicated to the aim of finding maximum skills

of teams for a performance test of the boat's prowess. This boat has all these extra hands and smelly muscle power with an extra water length but it still can't beat the dory.

Some first time round the island men have lately admitted to going in the women's race with a bright flowery hat for disguise, perhaps to avoid causing threat to the prowess of the usual men? or perhaps to get some private practise in before they become a challenge in years to follow (Go Wally!)

Dorys change hands depending on who leaves the island and who comes to live there. It's exciting to come to this day of reunion and discover your own dory being loved again by a new owner who still paints it with the same colour and stripe. New ones appear and we wonder who owns them. People smile all day because of the wonder of it all. This event is not run with formality, it holds a spontaneous aura, with an ingrained order of events. The people seem to make it happen, but we must thank those that do the foundation work and hope they will have other passionate folk to step in and continue this tradition which has unfolded, because of the antics of a Hoss and John generation and their friends.

To see the looks on the children's faces as they gather at prize time and look up to the speakers, listening to the stories and seeing the unusual treasures given out as recognition of achievements, is a precious moment in time. It is what makes the future real and promising because it IS real and actual, and this gives endless possibilities of a rise to new ideas.

To see the return of familiar faces and hear their voices again, give hugs and catch up on their now-life since island-life is also a pure and rich, valuable, positive energy. It bonds souls in its own unique and especially warm way that helps friendships to develop, sustain and remain in a moving and changeable world.

Congratulations to all who get involved with DDDD, as they keep this little island event happening in its precious significance for joyful watery travel. Hurrah for the youth of yesteryear becoming the beautiful adults they are today.

Mythbusters

Andy Payne

Readers of last edition of the Mullet Mail will be relieved to learn that many of the causes of cancer listed in the article on page 9 are nothing of the sort. These claims are anecdotal and not based on scientific evidence.

Let's just look at the first four causes in the article.

MYTH #1

Increased stress levels correlate with increased cancer risk

FACT:

Cancer Research UK say: "Many people believe that stress can cause cancer, particularly breast cancer. But the evidence for this has been poor. Stressful events can alter the levels of hormones in the body and affect the immune system. But there is no evidence that these changes could lead to cancer."

Most scientific studies have found that stress does not increase the risk of cancer. One study had even found that high stress levels can actually reduce the risk of breast cancer, by lowering oestrogen levels. And even in the event that stress and cancer are linked, the effects would be very small compared to other factors such as lifestyle, age or family history."

MYTH #2:

Microwaves ... caused significant decreases in nutritive value for all foods .. minerals altered into cancerous free radicals ... cause stomach and intestinal cancerous growths.

FACT:

This is not true. "Food cooked in a microwave oven is as safe, and has the same nutrient value, as food cooked in a conventional oven." – World Health Organization

MYTH #3:

Aspartame is a tumour causing chemical ... several studies confirm increase in cancer with aspartame use.

FACT:

Aspartame has been used in soft drinks and other low calorie or sugar free foods for more than 25 years. With the exception of the risk to those with phenylketonuria (a rare genetic disorder affecting approximately one person in every 10,000), aspartame is considered to be a safe food additive by governments, worldwide, and major health and food safety organizations.

The European Food Safety Authority says aspartame is safe at the levels currently used in food and drinks. It has ruled out a potential risk of aspartame causing damage to genes and causing cancer. It says there is no evidence that the sweetener harms the brain, the nervous system, or affects behavior or mental skills in children or adults. The authority also says the sweetener poses no risk to a developing baby.

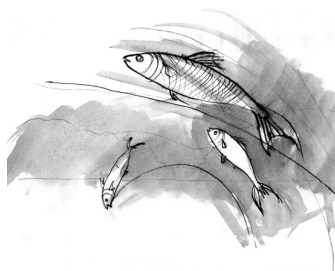
MYTH #4:

Sweetener (950) ... also known to have caused cancer and tumors

FACT:

See Myth 3.

I'll admit I didn't read the rest of the article. Always apply a sceptical eye, things aren't always as they seem and the internet has made this sort of uninformed material available to a largely uncritical audience.



Bridge Building

Historical Society

Photos and text taken from the Dangar Island Historical Society Facebook page <https://www.facebook.com/dangarhistory>



Taken by acclaimed photographer Henry King, the rising piers of the first bridge in 1887.



The superstructure is finally complete January 1889.



March 1889 and the deck and rails have been laid.

THE BIG LIE

Dedicated to Leni Riefenstahl

"The sky is falling, the sky is falling",
and Chicken Little is in full Flight.
Radio shock jocks with their fear and loathing
incite their audience to attack on sight.

Farewell to the age of entitlement
we've had it too good for too long.
So much for the poor, the sick and the weak
our country returns to the arms of the strong.

To those paragons of virtue
who should lead by example.
left with their snouts in the trough
they are caught in the trample.

The spotlight of ICAC shines into dark corners
revealing the greed of the political class.
To all those in business it's now open slather
buying power and influence just like a free pass.

If all seems so angst ridden and desperate
there is really no need to despair.
For the great and the good all amongst us
we really and truly do care.

We are the lucky country
despite what the naysayers bleat.
In truth what does really define us
is our ability to still find our feet.

Bruce Lambert



Jon Brock

Elliott and I went for a walk to get
some inspiration for a bush poem.

This is what he came up with:

"The"

The palm is the hand
The hand is the human
The human is nature
Mother nature is everyone

Pav's Pantry

Ross Higgins

Zucchini Pie

3 cups grated zucchini
1 ½ cups Grated cheese
1 grated onion
4 eggs lightly beaten
1 small clove garlic crushed
3 rashers bacon chopped
¾ cup self raising flour
Salt and pepper

Mix together well and pour into greased pie plate and
bake about 1 hour in 180C oven till pie is browned.

Serve warm or cold as required

Honey oat Slice

Mix together:
2 cups rolled oats
2 cups sultanas
1 cup whole meal flour
1 teaspoon baking powder
½ cup raw sugar
1 cup coconut

Stir in 310 g melted butter
And 4 tablespoons of honey

Press into lamington tin,
greased and lined with baking powder
180°C oven for 30-40 minutes, until firm.

Rocks

Warren Brown

It is said that rocks can last for all eternity
If that be true, then Dangar is a fraternity
As there is an age in those boulders that surpasses
Anything that modern day may teach in classes
How long have they been there where a standing
Water high & low above or below current landing
Impressive in size, weight & their ultimate beauty
The river has tried to erode over years with cruelty
But yet they stand instead still in all their madness
Those from overseas have awed in their grandness
Will they pervade and stand long after man ends
Let time say and be the purveyor of what life lends



School Holiday Activities

Hornsby Shire Council

Holiday storytime Berowra Library

Join us for stories, songs, craft and refreshments.

Where and when:

Berowra Library
Friday 27 June, 10.30am

Ages: Children 18 months and older for all sessions. Children 7 and under must be accompanied by an adult.
Cost: \$2.00 per child
Bookings: Essential. Book online. Tickets are not refundable.

Holiday storytime Hornsby Library

Join us for stories, songs, craft and refreshments.

Where and when:

Hornsby Library
Thursday 3 July, 10am

Ages: Children 18 months and older for all sessions. Children 7 and under must be accompanied by an adult.
Cost: \$2.00 per child
Bookings: Essential. Book online. Tickets are not refundable.

book online for all activities: <http://www.hornsby.nsw.gov.au/my-lifestyle/events/july-school-holiday-activities-2014>

Captain Flash and the fantastic flying machine

This fun, colourful show tells the story of two little mischievous dogs named Scruffy and Tuffy who go on an adventure to the Land of Whatnot.

Ages: 2-8. Children 7 and under must be accompanied by an adult.
Cost: \$9.00 per child
Bookings: Essential. Book online. Tickets are not refundable.

Where and when:

Berowra Library (Main hall) - Friday 4 July, 10.30am-11.30am

You can do it Circus show

In this interactive show, the children will follow a band of eccentric characters on a magical journey where they'll learn that anything is possible. A must-see for primary aged kids.

Where and when:

Hornsby Library
Thursday 7 July, 10.30am-11.30am
Ages: 5-12. Children 7 and under must be accompanied by an adult.
Cost: \$9.00 per child
Bookings: Essential. Book online. Tickets are not refundable.

My Pet Dinosaur

Come and experience an exciting and educational presentation on dinosaurs. In this hands on show you will also meet Cera the baby Triceratops and Rexie the 4m tall baby T-rex!

Ages: 5-12. Children 7 and under must be accompanied by an adult.
Cost: \$10.00 per child
Bookings: Essential. Book online. Tickets are not refundable.

Where and when:

Hornsby Library
Tuesday 8 July, 10.30am-11.30am

Echidna Kids: Discover the Bush

Discover the magic of Carrs Bush at Fagan Park on this special bush discovery walk. Children will engage with a guide to discover the secrets of our local bush, followed by a craft activity. Please note this walk is not pram friendly.

When: Tuesday 8 July, 10am-11.30am
Where: Fagan Park, details provided on booking
Ages: 5-9
Cost: Free
Bookings: Essential, call 9847 6832

Compost and Worm Farm Workshop

Composting is a fun and easy way to recycle your garden and kitchen waste, and this workshop will teach you how to compost and create your own worm farm.

When: Sunday 13 July, 10am-12.30pm

Where: Fagan Park Eco Garden, Arcadia Road, Galston

Cost: Free

Bookings: Spaces are limited, book online at hornsby.nsw.gov.au/whatson or call 9847 4856

book online for all activities: <http://www.hornsby.nsw.gov.au/my-lifestyle/events/july-school-holiday-activities-2014>

