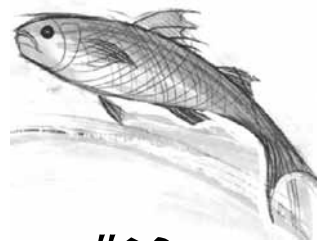




Mullet Mail



NEWS & VIEWS OF DANGAR ISLAND RESIDENTS

Easter 2013 www.dangarislandleague.net #38

A Knight in our midst!

Helen Kaminski

On the subject of my recent induction as a Knight of Madagascar, there were smiles on that exotic island off the coast of Africa and are again now on this small island in the Hawkesbury River. It is a grand title!

While I did not set out to become a “Chevalier de l’Ordre National” when I began my business in Madagascar, the happiest part of the knighthood is the reason it was bestowed upon me.

The dedicated workshops creating our designs employed many thousands of people in a country with high rates of birth, unemployment and poverty. The knighthood was in recognition that our company generated substantial wealth for many women in Madagascar.

As a side-product of our success, many others, seeing this, created their own small

and large raffia workshops where my ideas were reflected, copied or abandoned in favour of new, original ideas.

I saw for myself these old and new ideas appearing in the street markets of Antananarivo and then in the boutiques of Tokyo, Paris and New York.

In the mid 1980s I launched the re-immersion of raffia into the fashion industry. While raffia had once been used extensively in the hat and bag industries, it had fallen from use in favour of synthetic fibres.

Because the fibre grows in the tropical and equatorial regions of the world, as a result of our early design successes, raffia now provide decent work to thousands of village and city dwellers across those regions.

It was a wonderful period for me - adventurous, dangerous at times and always exciting. I travelled the tropical world and sat with the village people in their homes, on their beaches



or along the rice levies. There is no better way to get to know people than to work beside them.

My main reward was in knowing these skilled women and men and in watching their good health, their joy of life and their children blossom.

New look Mullet Mail

Like the Sydney Morning Herald which has recently switched from its traditional broadsheet style, we are trialling a new format and layout for this issue of the Mullet Mail. We would love to have your feedback on the articles, the layout and the new magazine type format. Please leave your comments at www.dangarislandleague.net/YourSay. And yes, I did just equate the modest Mullet Mail with the largest ex-broadsheet in Sydney - let's live up to it Dangar!! Your contributions are what makes the Mullet Mail special so please consider contributing on a regular basis. The next deadline for content is the **31st of May**, if you have any contributions of your own or if you would like to be involved please contact Mel at mel@frogpondstudios.com.au.

New arrivals brighten up the island . . .

EXCLUSIVE

The island has had an influx of new residents in recent weeks. Arriving from far flung destinations like Hong Kong, and Samoa or closer to home from Brooklyn and Wahroonga, we hope you enjoy being part of the island community.

Looking for a river change, a more relaxing lifestyle, the birds, a sanctuary or a dream come true, we meet the new arrivals in their own words.

The Ashbys

Murray and Claire Ashby moved into The Perch on Riverview in early 2013. Their two children, Myles (5) and Caetlin (3) are enjoying the new found freedom that island life has to offer. Murray is an architect that practices in Wahroonga and Claire works for Wyong council. The Ashby family are enjoying the relaxing and surreal pace of island life with the odd wet weather challenge thrown in.

Continued Page 2



New arrivals brighten up the island

From Page 1

The Kanaleys

Hi, our dads' name is Trevor Kanaley. He is the new arrival at 37 Grantham Crescent. He has three children, Lachlan, Meagan and Cassie. Dad is the best dad in the whole world! He has had a very exciting life, including working in Samoa, India and the US in overseas aid and development. Dad loves to fish, snow ski, watch the rugby and hang out. We grew up on a farm near Canberra (which was fantastic). He is very excited to be living on the Island (he has talked about moving here for ages and we are excited he finally did!).

Dad looks forward to meeting you all!

Cassie and Meagan



The Sheppards

Thanks to all the friendly people on Dangar Island who have made the Sheppard Family so welcome. In November we moved into 102 Riverview Ave. Our house had not been lived in for a while and so required a big clean up.

In our family we have Steve, Janet, Adair and Daniel and Logan our naughty woolly black puppy who is deaf. We have moved from Guangzhou

in China where we lived and worked for the last 3 years, Dangar is a huge contrast from living in an extremely populous and polluted city. We have had a great summer; we are gradually coming to grips with our boat and all the logistical challenges Dangar presents. Adair and Daniel are settling to their new schools, Adair goes to St Leos and Dan to Brooklyn. **Janet Sheppard**

Elliott, Angela and Jon

My name is Elliott. My mum is Angela she works at Broken Spines bookshop, she loves to clean. My dad is Jon he looks at brains at Macquarie university, he loves brains.

I'm very proud of my family. I love Dangar. I love all the birds on the island, my favourite is the cockerel.

Elliott Brock age 5

Pretty accurate (apart from the cleaning) we look forward to meeting you all.



The Dangar Island Sculpture Walk

Judith Doyle

The last addition of the Mullet Mail made a call to residents to register their interest in an Island Sculpture trail. Sculptures were to be in place on the roadside from 12th January through to Australia Day.

By early January fifteen names had been registered and the sculptures started to appear. Participation grew day by day to a staggering forty-nine!

Individual creativity flowed. The event brought residents together in unexpected ways. People ventured to parts of the island they'd not been to for months – in some cases years!

The **People's Prize**, judged on Australia Day, was awarded to Margret Ferrier for a sculpture, which was put together by all her childcare group.



First Prize Sandra Burns
'Fish'

Second Prize Jo Karcz
'Scrabble'

Third Prize Sue Baxter
'Watering Can'

Funniest Sculpture
The Peddley/Rumsey family
'Low Tide'

Children's Prize
Ava, Romy and Zephyr
'Bird's Nest'

Thanks to the judges Heather Dorrough, Dimi Lattas, Dean Finnigan and Paige Antees.



A huge thank you to Hang Gallery, Broken Spines, Dangar Island Café, The Riverboat Postman and Ann Howard for their generous donations of prizes for the event. And a BIG thank you to Michael Liebenberg for the idea, encouragement and making it happen.

A photographic book of the sculptures was produced and presented to Michael with soft cover copies available to the community, contact Michael (0404 103 913) for details.

Breaking down barriers on the Lower Hawkesbury

Bronek Karcz

President Dangar Island League

In recent months the League Executive has made efforts to engage with our neighbouring communities on the Lower Hawkesbury River, namely Brooklyn, Mooney Mooney and Milsons Passage. Wobby Beach is on the list soon to be contacted. We all live in and share the same beautiful environment, problems and joys. It would seem obvious that it would be beneficial to all communities to get to know each other and work together to achieve common goals.

In February, the League Executive held the first combined meeting with our

counterparts on the Brooklyn Progress Association to get to know each other and share thoughts, issues and aims. The meeting was very friendly and co-operative. We may not agree on all issues but there is a much longer list of common problems and matters that both Communities would like to address. These include, a lift at the station, resolution of parking problems, upgrade of the ferry wharf area, issues involving the public school and transport. The list goes on. Our Committees have agreed to start co-operation on a number of the common issues. A follow up joint executive meeting will be held in July.

In the spirit of strengthening across the water ties, a Brooklyn/Dangar community BBQ is being organised for later in the year. Invites with the details will be placed in your letterbox closer to the date.

A relationship with Mooney Mooney and Milsons Passage executive members has been forged through the many joint meetings and contacts regarding the proposed development of Peat Island and the adjacent lands. This will continue but should be broadened to include other common issues. Regarding Peat Island our major

submissions have all carried three signatures, one from each Community Executive. This presented a powerful position and I am sure was one of the reasons our proposals to split the Peat Island mega-project into two distinct development plans were taken seriously and accepted.

The NSW Government is currently discussing the roll out of a Master Plan for Brooklyn which is morphing into a plan for the lower Hawkesbury including Peat Island, Dangar/Wobby and Mooney Mooney. Our Communities will need to work together in order to present a common and strong voice to Government to ensure that our way of life and the environment of the Lower Hawkesbury is enhanced and preserved.

Fanbuggytastic!

Sue Baxter

Judy Nicola

Dangar Island Vehicle Management Committee

On Thursday, 31st January, we saw the long awaited delivery of our new, definitely improved community vehicle. This was the culmination of 3 years planning between the Dangar Island Vehicle Management Committee (DIVMC) and Hornsby Council. Naturally, we have experienced some teething problems – like getting wetter inside the buggy than out in the rain and a few sharp edges. These are being addressed along with the creation of seat covers to protect the vinyl seats from bags, boxes and bottoms!

We are liaising with Qantas and Virgin airlines to fashion drop-down earmuffs similar to the breathing apparatus on planes to combat the ear piercing reversing alarm. But seriously, we believe the community to



be more than satisfied with the new vehicle, one comment

being “looks like a smart car, drives like a Mercedes”.

The battery system is different to the ‘yellow peril’ so we are confident that the batteries won’t run out of puff over the day’s usage. They actually recharge when the buggy is driving down hill.

The fare structure remains unchanged and we thank the efforts of our committee, the tireless volunteer drivers and of course, thanks to this unique community for its ongoing support.

New rules for old halls - time matters

Vanessa Payne

The Hall is an important part of our Community. There are new changes to how you book.

Booking the Hall is simply a matter of calling or emailing Vanessa to check availability and rates, filling in the relevant application form and arranging to pick up the keys.

When signing the keys out please ensure a name and phone number is included and list your purpose for hiring the hall.

On returning the keys, please enter the time you hired the hall for – EVEN if no fees are due – this is a new reporting requirement from council.

To book contact Vanessa Payne, Dangar Island Community Hall Booking Officer.

**nessrepublic@gmail.com
0414 317 260
9985 7488**

Hats off to new chef!

Fiona Mullen

Dangar Island Café & Shop are pleased to announce our new staff member. Chef Adrienne will be joining us and creating some new menu items. Some of you may know Adrienne and will be looking forward to her food. It will be a gradual process so keep popping in to see what’s new! Mothers Day

will feature a special meal and we will let you know closer to the date. Anzac Day come and have a cuppa and an Anzac biscuit, they will be packaged to take home too. See you at your shop!

**Dangar Island Café
9985 8539
www.dangarislandcafe.com**

Secret Swimming Pool

Susan Adams

Leave idle water lipping jetty pylons
slow ease into the channel
through the come and go of boats
out to the drag of deep river.

Alive at the throttle hair filled with the rush
there's voltage in my stance
adventure is the leash we follow
You marvel me as trees and banks blur speed
to a slur of colour.

The inlet is local knowledge hard to find
bare feet, soft skin, we climb
the high stone walls shedding light as lace
on the deep black surface.
Small plants cling in cracks ladled with the
spillage of waterfall hidden by towering trees
that turn their trunks to the distance
to give us grace.

Strip, and slip into the edges as time forgets to wind
together shine with wet on skin in sun.
Legs knot together we mate treading water
skin aches with the cold that burns.
Limbs slither each other like a long lasting story
our heads drown kissing water.

Hair parts into fingrils like ripped seaweed
we float under lost heavens as bush sounds return
an alignment with Earth.

Susan Adams lives on Dangar Island. Her first book
Beside Rivers is due for release by Island Press in May 2013.

Adventurous of Life

Sofan Chan

It happened a while ago or yesterday. I am a bit unsure. It is because this river that we live in brings about uncertainties and adventures far too often.

It was dark, cold, windy and chilly out there in this deep wintery night; I needed to get the boat to Brooklyn for Rochman to come home after midnight. He had just called to let me know that he was running late and would not be able to get to Brooklyn according to his early plan around 8pm for me and the kids to pick him up in our tinny.

He had been driving all day with his last steam and was on the way home after spending a week in a country town about 700km southwest from Sydney, Narrandera working.

His delayed arrival to Brooklyn after midnight meant that I could not simply pick him up with the kids in our tinny. I had to go now and leave him a boat to come home to anytime in the morning when he reached Brooklyn. I glanced at the clock – after 8pm already. How could I get the boat for him to come back to the island with three little kids all sound asleep.

Nine o'clock at night. I had to go now, before all the kids were fully asleep. I convinced the kids it would be an adventure and it was beautiful out there in the river, when it was dark, cold and chilly.

Cassia, she's seven, perceived dark, cold and chilly as fear and became uncertain very quickly when I asked her to cross the river in the dark. She said, "No. I am not going."

I said authoritatively, "no one is going to look after you and I can not leave you at home. The only way your Daddy can come home tonight is if there is a boat on the other side for him." She said unwillingly, "Yes. I am coming."

She came with uncertainty. Jarrah's 5 and Ficus's 2, with their innocent young minds were so excited to make this little adventure. No matter what, to them it was going to be wonderful.

I was slowly towing our rowing boat behind the tinny to cross the river in the dark with 3 little kids, all with different opinions of what this trip would be like.

You know what, we all had so much fun! It was cold, chilly and windy on the dark water, filled with new sensations and experiences for the kids. They were so excited in the boat, like their lives started all over again.

The millions of stars cheered us on, the kids played silly pirate games in the boat, laughing and joking while the new crescent moon set mysteriously on the west.

I tied the motor boat on the mooring and climbed gingerly into the rowing boat with all my kids to row home in the dark, cold, and windy night. I was filled with so much joy and happiness and knew that all of us had touched fear and darkness. As a result, we had become bigger and taller.

One by one, they fell into sleep as I was rowing home, knowing that we were all in the adventurous of life. Excitement and the kids' gentle snores filled the night air and I was happy to be alive.

Broken Spines opening lines ...

Angela Brinn

The beginning lines of books from Broken Spines, but which ones?

BROKEN SPINES BOOKSHOP

1 Bridge Street, Brooklyn.

Open from morning tea til cocktail hour, closed all day Monday for lunch.



1 It was the best of times, it was the worst of times.....

2 It was a bright cold day in April, and the clocks were striking thirteen

3 "To be born again" sang gibreel farishta tumbling from the heavens, "first you have to die"

4 The sweat wis lashing oafay sick boy, he wis trembling

5 What is a rebel ? A man who says no: but whose refusal does not imply a renunciation

6 "Call me Ishmael "

7 The red country and part of the Gray country of Oklahoma, the last rains came gently, and they did not cut the scared earth

8 Mr Jones, of Manor Farm, had locked the hen-houses for the night, but was too drunk to remember to shut the pop-holes.

9 All children, except one, grow up.

First one to the bookshop with the answers gets a free book.

Trauma, mayhem and disaster hit Dangar Island

Chris Sanderson 15N

Passers-by were concerned to see a number of seriously ill persons scattered around the playground on Saturday March 9. Neutron bomb? Outbreak of some new disease? Far far too much to drink at the Club??? Fortunately, the victims of the mystery disaster were



successfully resuscitated. And we had quite a lot of fun in the process. It was all part of the first aid course run by Sashe Fischer and Margot Hurrell - who did a great, and extremely professional, job. A full day of mayhem and disaster flew quickly by, and certification was successfully achieved (as far as I know!) by all 12 attendees, followed by a complimentary drink at the Club.

The really positive outcome from the day was a significant boost in all participants' skills and confidence to provide potentially lifesaving treatment if someone on the island (or elsewhere) is in need. Getting

to play with a defibrillator was a major highlight of the day. Mullet Mail readers will no doubt remember that we recently had a public defibrillator installed on the verandah of the Club. As Jo Karcz said after the course, "I was pretty scared of the word "defibrillator". It makes you think of those medical programs on TV - scary! But now I know the machine tells you exactly what to do! And it is really really easy to use."

Congratulations to everyone who attended, and thanks to the Dangar Island League and the Dangar Island Bowling Club for their support. I will organise another course in about six months, for all of those who missed out this time.

Also - stay tuned for a public meeting with a representative of the Ambulance Service, who will meet with us to discuss emergency arrangements on the island, and whether or not we wish to set up a Community First Responder group here. Once the date is confirmed, information will be posted in all the usual places

Stop Press!!! Late arrival . . . of a new addition

Jacqui Cahill

Hello! My Name is Jacqui Cahill and I joined the lovely Dangar Island community in January 2013. Originally I am from England and came to Australia just over a year ago, but I have also lived in Scotland and New Zealand. My daughter is at university in the UK but she graduates

in July and will be coming over to live with me on the island. I teach biosciences at a university in Sydney. One of the reasons I live on Dangar Island is when I first saw it on a map I thought is said Danger Island..... Although I have only been here a short while, I have been made to feel very welcome, so thank you!

Birth of a new era

Peter Wolfe

Good news, the Dangar Island Historical Society was officially reborn at the meeting of interested parties on March 2.

The Society has been re-registered with the Office of Fair Trading and has adopted their standard constitution. Initial committee members, until an AGM in September, are:

Lisa Hayes and Rosemary Curtis, who will jointly manage the collection, Jenny Pakes (Secretary), Hans Pol (Treasurer), Judith Doyle (Public Officer), Dave Reynolds (Vice President and Historian), and Peter Wolfe (President).

Thanks to interim funding from the League, we have purchased a computer and scanner to enable us to start digitising the collection. This

is part of a larger project to catalogue, inventory, conserve and rehouse the collection to ensure it is archived and stored safely.

We would appreciate the return of any Historical materials that may have strayed from the Hall, so that the full collection can be catalogued.

Dave will continue to lead Island Historical tours, which have been a good source of funds in the past and are a great way to share our history with interested folks. We invite anyone who would enjoy being an ambassador for the island to join us for training as a tour leader.

Over the coming months we will be preparing and sharing our plans and inviting membership. Please speak to any of the Committee if you have any ideas or thoughts as we relaunch the Society.

peterdwolfe@bigpond.com

Chemical clean out!

Judy Nicola

Dangar Island League
Executive Committee

The League has investigated the possibility of a chemical clean-up on the island on behalf of the residents. It was found to be problematic due to the nature of the materials to be collected i.e. acids/solvents/etc and occupational health and safety restrictions. Hornsby Council have a collection depot at Beaumont Road, Mt Kuringai and a chemical collection is

scheduled for the weekend of **June 23/24** this year. Also, there is a state-run website (www.cleanout.com.au) which details everything they will collect. It therefore lies with the individual to dispose of unused chemicals responsibly by taking them to the council depot rather than putting them in the general waste collections. Don't forget that the council depot also takes electrical waste i.e. old computers/TV's/etc for recycling.

Dog Walker

Rory Golledge, whose mother is too mean to buy him a dog, is now available to walk your dogs at \$5 for half an hour.

When needed. He loves dogs. And really wants one.

In the meantime he is available for yours.

Regular walks. Call Rory on 9985 8781.



Doing the Stingray shuffle

Chris Sanderson

One of the creatures that lives on our tidal beach is the stingray. If you don't want to become a member of the island elite who have been stung by one of these critters (I believe it hurts like hell) here is what you need to know.

Where



The stingrays bask in the mud and feed there when the weather is warm. Their eyes are on top and their mouths are underneath, and they tend to bury themselves in the mud. They are not aggressive, and only attack if stepped on or threatened. At low tide you often can see the squareish patches where they have been – about the size of a handkerchief. And once you start to recognise these, you will have an idea of how many stingrays are hanging around out there. Lots!

When

The weather when you feel like swimming is probably the weather that the rays are most likely to be feeding on the beach – warm spring, summer or autumn days.

About our stingrays (info from the Australian Museum)

The *Estuary Stingray* usually inhabits estuarine habitats including seagrass meadows and mangrove swamps. It was thought to be common along the east-Australian coast but its population has declined as its habitat has become increasingly affected by coastal development.

Estuary Stingray, *Dasyatis fluviorum* (aka Brown Stingray, Estuary Stingaree, River Stingray).

Identification:

Yellow or brown in colour, with a long tail and row of spines that start at the base of the tail and reach the middle of the back. The disc is rhomboid-shaped. The Estuary Stingray grows to a length of around 130 cm.

What you can do to protect yourself

Do *The Stingray Shuffle*. Slide your feet along the mud rather than lifting them. This will stop you from stepping on top of a stingray – the most common way of getting stung by the serrated stinger on its tail. Plus, the movement warns stingrays that you're in the area. Generally if there is a bit of splashing around on the beach they will head off fast, but you don't want to take them by surprise. And if you're getting out of a boat – swish around in the mud with an oar or a stick to move them on before you leap into the water.

FIRST AID FOR A STING

Place the victim's stung hand or foot in hot water (no hotter than the rescuer can comfortably tolerate). The heat kills the venom that causes the intense pain.

NB - Test the water before immersing the stung area. Not appropriate for infants / small children who might be burned.

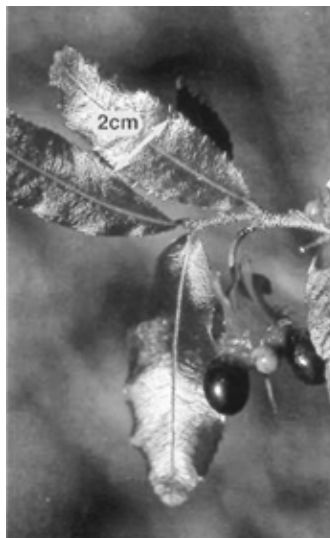
In the uncommon event that heat does not relieve the pain, paradoxically the application of cold may be effective.

Then, get medical attention to remove the sting. You may also need a tetanus shot.

Taking the Mickey

Cybele Shorter

Also known as Mickey Mouse plant, the Holly Weed is *Ochna serrulata*, a medium shrub that grows up to about 2 m tall, with shiny dark narrow oblong leaves 2 – 6 m long, with fine toothed undulating margins.



The species produces solitary yellow five petal flowers on short stalks in spring and summer, that develop into green to black round berries surrounded by striking bright red sepals that look like the flowers in Autumn. Save yourself years of follow up work, if you cannot find time to remove the plants, at least prune off the seeds before they drop a new crop.

A native in southern Africa that spreads by seed often dispersed by birds, or from dumped garden waste, this plant is noxious, highly invasive and difficult to weed out. From a very small size removing the *Ochna* plant is made complicated by the cork screw like twist of the tap root.

This Estuary Stingray was found washed up on Bradley's Beach on Tuesday the 19th of March, he wasn't a little one either, being bigger than a dinner plate!

Even small pieces of root can re-sprout so the recommended removal involves scraping the stem to expose the vascular tissue and applying undiluted Glyphosate-based product within 30 seconds.



Alternative plants recommended for gardens on Dangar Island are the beautiful flaky black barked Tea tree *Leptospermum trinervium* or one of the fun Geebungs of which we have three species *Persoonia levis*, *P. linearis* and *P. pinifolia*.

See our next Mullet Mail article for more or join us in Kiparra Reserve on the second Saturday of each month to learn about the special vegetation community of Dangar Island.

Check out the plant list on the League website for lots of indigenous plants for your garden. Other helpful information can be found at the Pittwater Council and Hornsby Library websites as well as Australian Weed Committee site www.weeds.org.au (photos from www.weeds.org.au).



Chocolate river funds Fire Brigade

Jonathan Sykes
RFS Captain DI Brigade

The Dangar Island Brigade is a group of dedicated volunteers, spending weekends training and ensuring the appliances are in a state of readiness in the event of an emergency.

The Dangar Island RFS annual Easter Fundraiser will be held on the evening Easter Saturday and will feature a screening of Roald Dahl's 'Charlie and the Chocolate Factory'. It's as weird and wonderful as Roald Dahl could have imagined, and the songs are superb.

Entry to the movie is free, and food and drink prices are still the best in town. It's a great way to feed the whole family on the holiday weekend, and enjoy a fun night at the movies to boot.

The barbecue will be sizzling and the mulled wine flowing. Stop by our famous Table O'Cake, and don't forget **free soft drinks for the kids!**

I'm hoping this will be our best fundraiser yet as we'll be demolishing and rebuilding the station this year and the money raised will be used to improve the amenity of the new station.

The new station is designed by

local architect and volunteer fire fighter David Turner, and it will house our new, slightly bigger Category 7 truck. Our trusty old Mazda has only done 14,000km, but she's nearly a quarter of a century old and needs replacing. David's design is compact, sympathetic and rather stylish, housing the larger truck and roomier accommodation without increasing the overall bulk of the building.

Thinking of joining the Brigade? Come along to a meeting and find out a little bit more, first Sunday of the Month at 9am. Next meeting 7th April.

We welcome new members, and the RFS offers heaps of opportunities in all kinds of areas, such as first aid or chainsaw training, remote area bushcraft, leadership development, or just getting to know your neighbours. We're a small and friendly brigade where women have a strong voice and consensus rules. Why not drop by the shed at 9am first Sunday of the month and meet the gang? Some of us are quite nice, and the coffee's not bad either. **You can find out more about the RFS at www.rfs.nsw.gov.au**



Easter egg hunt at the Bowling Club

Matt Johnson

As usual the club will be open over the Easter Weekend, so see you there!

Like the rest of NSW we are unable to sell take away alcohol on **Good Friday**, but the bar and restaurant will be open for restaurant and on premises sales.

Easter Sunday will be celebrated with a PIG ON THE SPIT roast as well as usual menu, and there will be an EASTER EGG hunt for the young folk. Timings will be on posters and our website and Facebook page.

After Easter we are ceasing our Saturday lunchtime opening, except for prior group bookings, until next spring. So we will be open Thursday,

Friday and Saturday evenings and Sunday lunchtime/afternoon.

Please remember that as a registered club in NSW we have to enforce membership or sign in for entry to the premises. Don't blame the staff; they are doing what we have to do by law. Also, under 18s must be accompanied by an adult at all times and cannot be served from the bar.

The green is looking great after its recent top dressing and all the rain, so come on down and have a bowl.

Playtime on Dangar Island



Dangar Island Community Hall, Wednesday 2:30-4:30pm

We are a fun and casual meeting place for parents and caregivers of small children. We provide a stimulating, and usually very noisy play time, afternoon tea and an opportunity to see friends and make new ones.

Dangar Playtime has welcomed some new members this term, and farewelled some others as they move on to preschool.

\$3 per child, per session. Afternoon tea provided.

For more information contact Vanessa Payne on 0414 317 260 or 9985 7488



Making a difference

**Andy Payne
Peter Wolfe**

Recognising people making a difference in our Community.

Last year, the Directors and Members of Dangar Island Bowling Club had the pleasure of recognising two long term island residents, Manfred Merl and Ross 'Pav' Higgins for the contribution they had made to the Club over many years. It was a rare event. Only one other person has been made a life member of the Club since 1998. A celebratory lunch was held, well attended by members, and judging by the tears and laughter well received by Manfred and Pav. The recognition from their friends and neighbours meant a lot to them.

It got a few of us thinking that while our special way of life on the island would not be possible without the high level of volunteerism, there is no one opportunity where we come together as a community to recognise people who have made a difference through their contribution over the course of a year, or over a lifetime.

We are proposing to establish an annual event to provide a forum for islanders to recognise others who've made a significant contribution to our special way of life. An opportunity to say thanks. There would be a nomination period in May and all islanders would be given the opportunity to nominate people the Community should recognise. Following a review of the nominations there would then be a recognition 'night of nights', hosted at the Bowling Club, on the Queen's Birthday long weekend in June.

The idea has been shared with and received wide support from many of the groups on the island who rely on volunteers.

If you are interested in helping shape this event or are able to being involved in some other way please let me know via payniac@me.com or call me 0412 093 762.

More information will be available on the Community Website and elsewhere in the first week in May.

Winter Warnings

Vanessa Payne

Dangar Island Brigade Community Liaison

Winter fire safety tips. While we will shortly emerge from the 2012/13 fire season, winter is the high risk time for house fires.

From chimney fires caused by poorly maintained sooty flues, through to fires from electric heaters igniting nearby fabric or overload power boards, it's important that all islanders consider fire risks within their home.

Did you know that more than half of all house fires start in the kitchen?

SIMPLE KITCHEN FIRE SAFETY TIPS:

DO:

- Keep children away from hotplates and ovens whilst cooking and consider installing a stove guard.
- Heat cooking oil carefully and slowly in the right size saucepan to avoid fat splatters.
- Turn pot and pan handles inwards so they won't be knocked over.
- Clean your stove grill after each use and clean the range hood filter and all kitchen appliances regularly.
- Install a fire extinguisher and fire blanket in the kitchen and know how to use them. They should be situated at least 1 metre away from the stove and between the stove and the nearest exit.
- Install non-slip matting around the stove and sink area.
- If cooking oil catches fire, turn off the hotplate and slide the lid over the pan or use the fire blanket to smother the fire.
- If a kitchen fire occurs and you don't feel confident you can put it out, switch off the appliance, leave the premises and call the NSW Fire Brigade on **Triple Zero (000)** from a safe place.
- Ensure that all cooking appliances are turned off after use.

DON'T:

- Leave your cooking unattended. If you must leave the kitchen whilst cooking, turn off the hotplate.
- Wear clothes with loose fitting sleeves.
- Keep your tea towels, oven mitts and other flammable items near the stove or cooktop.
- Use water to put out fat and oil fires. Water can cause the fire to spread rapidly and cause horrific burns.
- Carry pans of hot or burning oil through the house as this may spread the fire and cause serious injury.
- Please test your smoke alarms regularly and remember to change the smoke alarm batteries when you change your clocks at the end of daylight savings.
- Even though we will be outside of the Fire Season, it's important to keep clearing your properties of fine fuel (anything with a diameter less than 6mm, or a pencil) and maintaining good bush fire preparedness around your homes.



Friendship

Bruce Lambert

Friendship is a small flower
reaching for the warmth of the sun.
The benign rays of an omnipotent god
gently caress the delicate petals below
And are rewarded by
the hesitant opening of each tiny bud
To finally reveal a bloom
that is one of nature's gifts

True friendship is like a flower.

It thrives in the warmth of tolerance
and understanding
Yet friendship owes allegiance to no man.
you cannot buy it.
For in so doing
you buy those who would despise you.
Seek it out
and you fail to find the very thing you seek.
But you earn it
and your riches are immeasurably greater.

10 ways to boost your energy levels

Leanne Bremner

We live in a busy modern world, with some of us commuting long hours to the city. This causes our mental, physical, emotional and brain energy to be depleted, leaving us feeling wiped out and unable to function. Here's a few tips to prevent burnout and create some balance in your life.

1 LOWER ALCOHOL CONSUMPTION: A few too many at the bowling club? Alcohol depletes your nutritional status of B vitamins, magnesium and zinc. It also dehydrates the body and causes insulin sugar spikes followed by energy slumps.

2 EXERCISE: Research suggests regular exercise can increase energy levels even among people suffering from chronic medical conditions associated with fatigue, and heart disease.

3 MEDITATION AND YOGA: Yoga enhances circulation and recharges our body. Regular meditation is essential for facilitating the flow of energy. Normally, about 20 minutes a day is enough to be effective. Luckily we live on an island that offers many relaxation and meditative benefits.

4 MAGNESIUM RICH FOODS: Spinach, broccoli, silver beet and rocket are high in magnesium. All magnesium rich foods enhance energy levels. Magnesium requirements are higher during times of stress, illness, consuming alcohol, intense physical activity and working long hours.

5 SLEEP: We can all attest to the restorative properties of sleep. Researchers discovered the initial stages of sleep appear to

dramatically recharge energy levels in brain regions that are active during waking hours.

6 HYDRATION: Water has a profound effect on brain function and energy levels. A deficiency of water can alter the concentration of electrolytes such as sodium, potassium and chloride which has a negative effect on the function of the brain.

7 FIBRE: Again a lack of fibre causes constipation which has a significant impact on our energy levels.

8 WORK LIFE BALANCE AND RELAX TIME: Very hard for some to achieve. At least try and get out the door on time, 2 times a week. Take regular holidays. Take time out, and spend time alone each week. Read the newspaper in the sun, have a relaxing walk around the island, or stop for a coffee and read the paper at the

Dangar Island Café.

9 DETOX THE BODY: Regular detoxes from modern life will help alkalize, detox and recharge your battery. For more information visit our detox diet and liver detoxification page on my website.

10 SUPPLEMENTS: When your energy levels are challenged it is important to select the correct supplements that are most suitable for your needs. These include Siberian ginseng, B multivitamin, magnesium, coenzyme q10, liver herbs and sleep herbs. Ask your island naturopath.

For more information on improving your energy levels please visit my website
www.naturopathvitamins.com.au or email leanne@naturopathvitamins.com.au

What is Traditional Old Style Lomi Lomi Massage?

Joanne Cameron

Lomi Lomi is a gift you give yourself. This sacred, unique form of bodywork has been handed down through the ancient master healers of Hawaii for generations.

When the body is nurtured and the heart is open, it activates your own inner pharmacy and the person heals from within.

Lomi Lomi's gentle rhythmic style technique releases blockages caused from pain. Lomi Lomi relieves muscle tension, relaxes the body, promotes new life force energy and positive clarity.

Blood and lymph flow is gently activated, invigorating the body and leaving you feeling uplifted.

It is important to drink lots of water following a massage to assist in regenerating and restoring the body back to natural health.

Physical benefits of massage include:

- increases oxygen and improves circulation
- restores joint movement
- rejuvenates
- tones facial tissues and enhances complexion
- balances energy flow
- relieves chronic neck, shoulder and back tension
- relieves tension headaches

Massage is truly a wonderful gift and an experience not to miss whilst on beautiful Dangar Island.



To book your Lomi Lomi massage on island contact
Joanne Cameron
0422 061 876.

Joy

Dangar Island Writer's Group

They named me Joy, ironically as it turned out.

The weight of expectation prevented me from reveling in the prophecy, it tied me down to earth. The injustices of this world sat heavily in my heart, creased my brow, sharpened my tongue and dimmed my light. Mumma's spirit whispered to my aching heart "just dance baby", energy coursed through my body, a smile snaked across my scowl and I was released into freedom.

Crash, I married Mr Ride. Constantly being chased with thrilling pace, we never slowed down. But life caught us, our final ticket was issued. Clamped, impounded, I was towed away.

Now I find myself in this cave, decayed, edging away from the advancing sunlight; but the sunlight—warm, light, nutritious—is inevitable.

I am returning from whence I came. Joy.

Star-tell

Morgaine

APRIL

Arians will have some interesting ideas brewing, though not able to make up their minds yet. Thinking things through and getting the facts is advisable. Don't let anyone pull the wool over your eyes. Physical activity is a good outlet for possible hot tempers.

Radical Uranus catapulted into your sign in May 2010 and will be making changes in the lives of those with Aries prominent in their personality for many years to come. Value your uniqueness and be open to look at things from a new perspective.

The sun leaps from feisty Aries into the constellation of laid back Taurus on the 20th. Life is slowing down, enjoy good food and working with the earth. Think before speaking and acting....not like a bull at a gate!

Full moon is in Scorpio with partial lunar eclipse, teamed with Saturn retrograde asks Scorpions to make, emotional responsible decisions, no 'poor me's' please.

MAY

The Sun plods from Taurus into Gemini on May 21. Both mercury and Venus follow suit heralding busier times. Abundant and fortunate Jupiter is keeping company here in Gemini as well.

Light, chatty, flirty, party times are on the cards just don't overdo it. Study and travel are probable.

Full moon in Sag with eclipse energy. Sag may need to stop in full gallop and talk through some emotional stuff, try not to over react.

JUNE

For star sign cancer... The Sun flits from Gemini dropping into watery Cancer on 22nd. Both Mercury, Venus and Jupiter flow into the pool as well. Talking, doing and nurturing around family will be a priority. D and M's likely. Mercury retrogrades on 26th, communication and transportation problems are possible for the next month. House keys may go astray.

Full moon in Capricorn being affected by transformative Pluto and radical Uranus could be emotionally hell or high water for seemingly sure footed, self controlled Goats. A trip to the movies is recommended to keep things sunny.

Morgaine works at Gnostic Forest, Woy Woy. Doing psychic readings incorporating Tarot, Astrology, Numerology and Past Lives. She also practices at Gnostic Healing Centre with the modalities of Reflexology, Massage and Bereavement Therapy. Contact 0417 769 929

Letters

Thank you

A mainland friend recently asked me if Dangar Island was "a sort of old peoples retreat", to which I responded that, no, we had a very active population ranging in age from under one year old to more than ninety. Thinking more about our extraordinary community I then contrasted it with Glebe, where I was very happily resident for twenty-five years, and realised that my street in the inner city, despite having much the same number of residents, didn't have anything like the same sense of community, or a café, or a shop, or a club, or a bowling green, or boats and beaches or leafy retreats, or our amazing birdlife, or a buggy (and drivers), or a volunteer fire brigade of its own, or a film society, or an Open Mic night, or community parties at any or no excuse, or musicians and artists (good artists) around

every corner, or confident children who look you in the eye and greet strangers (rather than regarding adults as the enemy), or caring people who do so much and in so many ways for the community, or a League (by any name!), or plans for a berthing co-op (OK, that would have been difficult in Glebe), or the amazing variety of people, young and old. (No, sorry, no one is old on DI, no matter their years). Nor, of course, did it have a Mullet Mail of any description. And I can't imagine how my Glebe street would have coped with an influx of over 600 strangers on Australia Day! ... with fifty households creating a remarkable Sculpture Walk? - I don't think so!

I had great neighbours in Glebe, close to my home. Maybe a couple of dozen. Here, within no time, I found I had many, many more. Thank you - all of you.

Tony 147R

Don't forget to utilise the Dangar Island League website. Andy Payne has built an amazing platform for the community to connect and share and it's not just the Mullet Mail that needs your contributions ...

check it out: www.dangarislandleague.net

Dangar Island Horoscopes

Our unique position on a rock in the middle of the river means we, more than most, are influenced by the moon in our tides of emotion. At the junction of fresh and salt water we live in an emotionally charged environment. Read on to discover your river horoscope.



ARIES

Those waves mean nothing. You know you can conquer them. Just watch out when the tide turns, you could end up in the mud.



TAURUS

It's time to get your house in order! Out with the old and in with the new to reap the rewards that come with hard work and success!



GEMINI

You will join NASA as a space suit model. The stars in your eyes will blind you to all things mediocre and dull. Get back down to earth!



CANCER

Everything that can go wrong will go wrong. Don't be surprised to find yourself up a creek without a paddle. It's your time to surrender.



LEO

Why argue when you have superior physical strength? Use your muscle for important things, like running lines at low tide.



VIRGO

Oh dear, dear, you'll get over it ... in the meantime, stay inside as much as possible and work on your patience and tolerance.



LIBRA

You embrace your feminine side and empower yourself with womanly graces. Now is the time for that makeover - you have no ugly!



SCORPIO

You will continue to be addicted to air and water. It's time to run naked through the mud and open your heart and hands to possibilities!



SAGITTARIUS

Dig your heels in, you know you're right. But ... make sure you factor in an escape plan just in case your bilge pump quits.



CAPRICORN

Your tides will be high and your battery will stay charged. Use this energy to jump start your dreams, it's your time to shine!



AQUARIUS

You will be right. If you're not right it won't matter because you won't listen anyway. Lucky for you it will all fall in place despite appearances.



PISCES

You're just going to cry all day. Deal with it. On a happier note, the nights will be great. Buy a lottery ticket, it can't get any worse.

Ninja Chase

NINJUR-CHOS. ↑

Theo Tillson

Episode 1: The Beast and the Crocodile

A Ninja fights two other Baddie guys - and wins!

THE BEAST AND THE GROUND
UDUKOL



THEU
↓

2 BLOB
↓
O NINJUR
FUIS TO UT
BODGUS AND
WINS!



Evil Sudoku

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

The Bus Stop

Think outside the Box.....

You are driving along in your car on a wild, stormy night. You pass by a bus stop, and you see three people waiting for the bus :

1. An old lady who looks as if she is about to die.
2. An old friend who once saved your life.
3. The perfect soul mate you have been dreaming about.

Which one would you choose to offer a ride to ... knowing that there can only be one passenger in your car ?

THINK BEFORE YOU CONTINUE This is a moral/ethical dilemma.

You could pick up the old lady, because she is going to die, so you should save her first. Or you could take the old friend because he once saved your life and this would be the perfect chance to pay him back.

However you may never be able to find your perfect dream lover again.

What do you do?

A piece of string

Imagine you have a piece of string long enough to stretch around the equator of the earth. Then you add an extra metre of string. Now you spread this extra string around the Earth, supporting it somehow, so that the string forms a circle off the ground.

1. How high off the ground would the string be?
2. What if you did this on a sphere the size of the universe?

The bucket list

You have a 5L bucket and a 3L bucket. How do you get exactly 4 litres?

ANSWERS:

All the answers to the puzzles contained on this page are to be found on the Dangar Island website <http://goo.gl/dPFL0>.

A Fine Tea

Guerilla Writers

And she thought of

Neatness and death and fragments and breaking isolation and white-walls and edges made crisp, too crisp so they couldn't cry and loose ends tidied-up and ordered and the nerveless eye snapping and catching and embalming.

Always she thought of

love and her mothers softness and remembered her name and if she was a butterfly she'd be a silver hairstreak or nothing at all and her dust would be everywhere and everywhere and sometimes unexpectedly.

And her thoughts were like forever

Dates for your diary

MARCH

- Sat 23** - FIRE BRIGADE AGM
Public welcome. 3pm @ Hall.
- Wed 27** - DANGAR ISLAND PLAYTIME
PLAYGROUP
2:30-4:30pm @ Hall.
- Fri 29** - BOWLING CLUB
Restaurant OPEN (no takeaways)
- Sat 30** - FIRE BRIGADE
FUNDRAISER FILM NIGHT
Charlie and the Chocolate Factory
Dinner and treats from 6pm
Movie from 7pm @ Hall
- Sun 31** - BOWLING CLUB
Spit Roast and Easter Egg Hunt

APRIL

- Wed 3** - DANGAR ISLAND PLAYTIME
PLAYGROUP
2:30-4:30pm @ Hall
- Fri 5** - BOWLING CLUB Open Mic Night
- Sun 7** - DI FIRE BRIGADE MEETING.
9am @ Fireshed
- HAZARD REDUCTION
Kiparra Park
- Wed 10** - DANGAR ISLAND PLAYTIME
PLAYGROUP
2:30-4:30pm @ Hall
- Sat 13** - BOWLING CLUB
Community Meeting 11am
- Thu 25** - BOWLING CLUB
Anzac Day 2-up
- Sat 27** - BOWLING CLUB
Dangar meets Wobby Dinner

**deadline for next
MULLET MAIL
submissions
31st May**

MAY

- Wed 1** - DANGAR ISLAND PLAYTIME
PLAYGROUP
2:30-4:30pm @ Hall
- Fri 3** - BOWLING CLUB
Open Mic Night
- Sun 5** - DI FIRE BRIGADE MEETING.
9am @ Fireshed
- Wed 8** - DANGAR ISLAND PLAYTIME
PLAYGROUP
2:30-4:30pm @ Hall
- Sat 11** - HISTORICAL SOCIETY MEETING
2pm in the hall. All welcome.
- Sun 12** - BOWLING CLUB
Mother's Day lunch
- Wed 15** - DANGAR ISLAND PLAYTIME
PLAYGROUP
2:30-4:30pm @ Hall
- Sat 18** - BUGGY MEETING 9am @ Hall
- DIFS Soirée (Invitation Only)
Movie Night
- Wed 22** - DANGAR ISLAND PLAYTIME
PLAYGROUP
2:30-4:30pm @ Hall
- Wed 29** - DANGAR ISLAND PLAYTIME
PLAYGROUP
2:30-4:30pm @ Hall
- Fri 31** - MULLET MAIL
Deadline for submissions.

JUNE

- Sun 2** - DI FIRE BRIGADE MEETING.
9am @ Fireshed
- HALL COMMITTEE MEETING
10:30am @ Hall
- Wed 5** - DANGAR ISLAND PLAYTIME
PLAYGROUP
2:30-4:30pm @ Hall
- Fri 7** - BOWLING CLUB Open Mic Night
- Sat 8** - COMMUNITY AWARDS LUNCH
(provisional date)
- Wed 12** - DANGAR ISLAND PLAYTIME
PLAYGROUP
2:30-4:30pm @ Hall