

THANK YOU, CARERS!

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Long fight to live pain free

Gaining control of her chronic pain, Grace Corcoran is doing more of what she loves, including scuba diving. (Inset) Grace Corcoran's chronic pain led to multiple surgeries and hospitalisations. Photos: Supplied

I study at the Australian Catholic University in Melbourne and will finish a double Bachelor Degree in Applied Public Health and Global Studies at the end of this year. I really believe that it is our role as global citizens to support our neighbours, and the rest of the world, in any way we can. I looked back on how I was treated in Australia, with one of the greatest and most developed health systems in the world, and realised that if it took me seven years to be diagnosed, and I had to fight for myself every single step of the way, even in Australia, what would it be like in a more developing country. It made me question if people on little islands of the Pacific had the resources to diagnose, treat and empathise with endometriosis patients, if we didn't even have that here in Australia. I would like to work with people in the Pacific to develop culturally-specific ways of managing and treating women's health issues, specifically endometriosis.

How will the videos and booklet launched by Chronic Pain Australia in National Pain Week help others in your situation?

Chronic pain is faced by so many Australians, and a lot of the time it is invisible to everyone else. As chronic pain patients, we need to be kinder to ourselves and know that we are not alone and there are resources out there for us. As Australians, we need to be more empathetic to those whose pain you cannot see but is very, very real.

What would you like to say to people struggling to manage chronic pain?

Chronic pain is real. My experience is real. Pain that causes you to spend days in bed, every single month, is not normal and is not a part of being a woman. Just because we don't look sick, doesn't mean we aren't sick. Just because we are in pain now, doesn't mean we won't get better. If you're out there and thinking that this is how your life will be for the rest of your life, I understand. I have been there. Please don't give up, because it does get better.

.....
The Faces of Pain video series (which tells the stories of everyday Australians living with chronic pain) and the **Understanding chronic pain** booklet (which explains what pain is and how best to manage it) were launched in National Pain Week (July 27 – August 2). See www.nationalpainweek.org.au #NPW2020

HEALTH

MARJORIE LEWIS-JONES

GRACE Corcoran, 24, lived with chronic pain from endometriosis for years. The pain started when she was 13 and, despite visiting an array of doctors and therapists, its source went undiagnosed until a few years ago.

What was it like to be a teenager living with such severe and long-lasting pain?

As a teenager I was told by numerous doctors that the pain was a normal part of being a female and that it was something that I would have to learn to manage. When I kept complaining about the pain, and realised that my friend's period pain was rarely as bad as mine was, I started to question if that was true. They then tried to tell me that it was in my head, which made me doubt myself. A lot of people didn't understand it and questioned if I was making a big deal out of nothing. Some friends were empathetic and others weren't.

Once I started spending a lot of time in hospital, the only friends I would see were those that would visit me in hospital or at home.

What were your main frustrations?

My biggest frustrations included fighting to be believed and the self-doubt caused by constantly being told this was "normal" or "in my head". As a young teenager, another big frustration was missing out on activities that many of my friends took part in. I would miss parties and social gatherings. Sometimes I wouldn't be able to wear the clothing that was "cool", which resulted in me being teased, because the clothing pushed on my stomach and caused me pain. As I got older and the pain became worse, this second frustration was replaced with missing out on activities that my friends took part in, such as being able to shower and drive independently. I spent one New Years and my best friend's 21st birthday party in the hospital, which were both big events that I was really sad to miss.

What finally helped you most to manage your pain?

The surgery with Simon Gordon kick started my final stage of recovery. I had spent years undertaking therapy to mentally manage the idea that I may spend the rest of my life in pain and dealing with the social issues I had faced. After the surgery in 2018, I completed six weeks of intensive work in the chronic pain clinic at Camberwell Epworth. This consisted of an hour a week of physiotherapy, psychology, occupational therapy and sport-physiotherapy. This, alongside the much better mental health state that I was in, allowed me to gain control of my pain again.

After living pain free, how distressing was it when you felt the pain returning?

Since being diagnosed with endometriosis, a two-year period was the longest I have lived without pain. Twinges of pain started coming back after one year and it began getting more and more frequent and painful. It was very distressing the first

time I felt pain again, and I had to calm myself down through some of the techniques I had previously learnt. I felt very anxious that I would become bed bound again and lose my independence. I tried to ignore the problem and focus on the present where I was mostly pain free.

How has being helped to manage your pain opened up your capacity to do what you love?

I began scuba diving once I was completely pain free again, but the first time I lifted up the diving gear I was very anxious that it would cause a pain-flare. When it didn't, and when the activity itself didn't, it gave me more confidence to try other things that I was scared of trying, in case they flared up my endometriosis pain. It allowed me to become a confident, young 20-something year old, who wasn't constantly worried and cautious of how my body would react to simple tasks.

Tell us about your studies and plan to work in Pacific Island nations?

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Pandemic exposes a social housing crisis

URBAN DESIGN

ADAM ANTONELLI

THE Covid-19 pandemic has been destabilising, putting pressure on economic, health and social systems. It has also disproportionately affected some of the most disadvantaged groups in our community.

The hard lockdown of nine social housing towers in North Melbourne called national and international attention not only to the Victorian government's response but also to the quality of Australia's social housing stock. Social housing estates have become known as places of concentrated social and economic disadvantage following years of disinvestment enabled by policy makers, with stigmatisation by the government and the media.

Following decades of neglect, social housing dwellings have become overcrowded and poorly maintained, offering the perfect environment for the virus to fester, as physical distancing is virtually impossible. Acting Australian Chief Medical Officer Paul Kelly described the towers as "virtual cruise ships" with explosive potential to spread the virus. The outbreak in North Melbourne's social housing estate warranted a large-scale response. The Victorian government chose initially to respond with police enforcement rather than prioritising the provision of medical and social services. It wouldn't be unfair to conclude that the response was disproportionate, reactionary, and lacked preparation.

In NSW, the virus arrived at a time when public servants



Photo: Getty Images

were still grappling with the restructuring of the government, with Land and Housing Corporation (LAHC) separated from the Department of Communities and Justice (DCJ). Has the separation of departments resulted in a more efficient and effective response? Initial experience and observations conclude no, not until later efforts by LAHC to implement regular cleaning in the high rises and increased communication with tenants by DCJ.

NSW Health should be congratulated for maintaining a robust detection, trace and isolate approach as well as a strong preventative response. Sydney Local Health District (SLHD) has encouraged testing

and information sharing across the Redfern and Waterloo area. Within the Waterloo social housing estate, SLHD and NGO counterparts set up a Wellbeing Clinic in early May – providing free flu vaccinations and Covid-19 testing, and more recently on Mondays, Wednesdays and Fridays from 2-4pm at Waterloo Neighbourhood Centre SLHD is operating a testing clinic in addition to the Covid-19 clinics at Redfern Community Health Centre and RPA.

While in NSW the approach is to move people with Covid-19 to a supported health location if the risks are too high to leave them in their current location, it is clear that the pandemic has exposed potential flaws in

the government's emergency planning and response to social housing estates. It has also highlighted the strength and excellence of our public health services which are often overlooked and undervalued. When it comes to the development of a human services plan for our social housing communities, people's health and wellbeing must be a priority. If the entrenched economic and social disadvantage within our social housing estates were to be framed like a public health concern, as the pandemic has been, then one might expect the government to take Australia's social housing crisis seriously. **SSH**

Adam Antonelli works at Counterpoint Community Services.

Pyrmont revitalisation – do we need it?

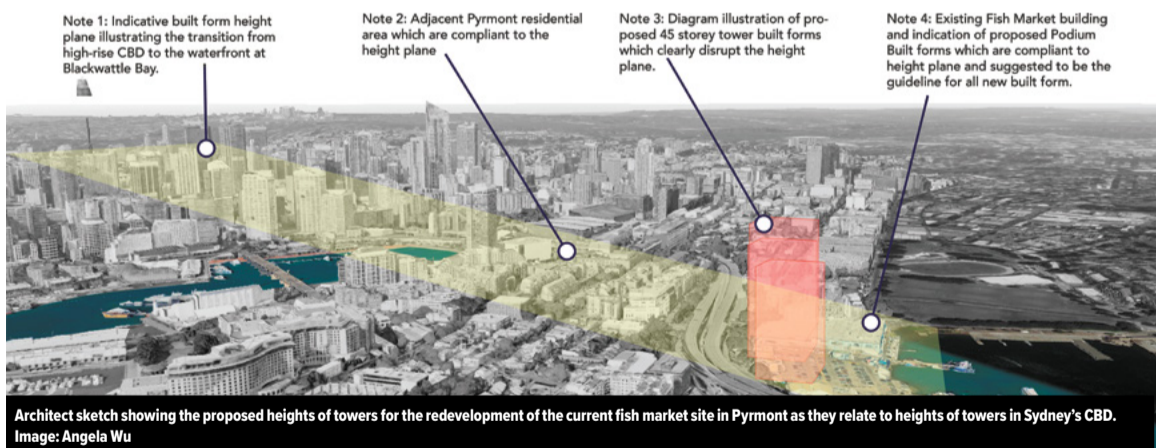
URBAN DESIGN

ELIZABETH ELENIUS

LIKE Waterloo, Pyrmont is threatened with "transformation" which could either enhance, or nullify its mixed development and heritage character.

Following the Independent Planning Commission NSW's confirmation of the Department of Planning, Industry & Environment's (DPIE) refusal of the Star's modification of development application for a 61-storey tower on the site of the former Pyrmont Power Station, the Premier called a snap review of planning parameters in Pyrmont, conducted by her Greater Sydney Commission (GSC).

Predictably, the GSC recommended "revitalisation" of what is already a vibrant precinct, focused on growth of their Innovation Corridor and the morphing of Pyrmont into the "gateway" to the Harbour City. A team in DPIE is preparing the Pyrmont Peninsula Place Strategy (PPPS) and will



Architect sketch showing the proposed heights of towers for the redevelopment of the current fish market site in Pyrmont as they relate to heights of towers in Sydney's CBD. Image: Angela Wu

finalise its recommendations by the end of September.

Concurrently, INSW (another development-focussed department reporting to the Premier) has released its vision for the Blackwattle Bay foreshore, comprising three almost identical scenarios for the current Sydney Fish Market site, each including three 45-storey towers to complement the wall of buildings on the Eastern boundary of Pyrmont and Ultimo which effectively shuts them off from the CBD. We fear that if any of these scenarios proceed, it will

establish a height precedent which will turn the peninsula into a series of narrow canyons, aping the towers which shut out the sun and the sky from the city streets.

In March, the PPPS team released its 10 Directions for the PPPS and we are pinning our hopes on the words of Direction 1 which foreshadow "development that complements or enhances the area ... in which buildings sit comfortably with terrace housing, smaller shops and heritage areas". We are particularly anxious that our current stock of social/affordable housing will

be protected and increased and that other much-needed social and physical infrastructure will be provided along with any new developments which arise with changes to planning instruments recommended by the DPIE team.

Pyrmont and Ultimo can support more growth but it must be respectful of their current characters and be transitional in form from that of the CBD to that of Glebe. But towers – no way. **SSH**

For more information email Pyrmont Action Inc. Convenor Elizabeth Elenius eelenius@bigpond.net.au

Young local wins grant to fund kitchen garden

EDUCATION

SSH

WATERLOO: Moore Park local Ezel Yildiz, aged 11, has won a \$10,000 grant to build a Stephanie Alexander Kitchen Garden after winning a nationwide Coles colouring competition.

The \$10,000 grant is one of three awarded across the country and will help Moore Park Children's Early Learning Centre in Waterloo to install a new kitchen garden full of fresh fruit and vegetables. It will also go towards purchasing kitchen essentials, including appliances, cookware, benches and pantry items.

With one in four Australian children either overweight or obese, the kitchen garden program operates in more than 2,000 schools and early learning centres across Australia and teaches children and their families how to grow, harvest, prepare and share fresh, seasonal food.

Moore Park Children's Early Learning Centre owners, Raquel and David Epstein, said Ezel's incredible achievement will have a lasting effect on the centre's children and educators.

"The grant will allow us to build our very own vegetable garden allowing our students to try the Stephanie Alexander Kitchen Garden recipes via our

school canteen services."

Stephanie Alexander Kitchen Garden CEO, Josephene Duffy, said she is happy that the partnership with Coles was helping more kids to eat fresh food.

"The Stephanie Alexander Kitchen Garden Program teaches children where their food comes from and to love fresh, healthy, delicious food. We are delighted that this partnership with Coles has allowed us to expand our program to the community at Moore Park Childcare."

Coles Waterloo Store Manager, Sam Urquhart, said it will be great to see local families put more fresh fruit and veg in their baskets when they complete their weekly grocery shops.

"This new program teaches children to prepare, enjoy and love fresh healthy food, which is something we are also passionate about at Coles. I'm looking forward to seeing some little chefs with their shopping lists come and visit us in store," he said.

Founded by renowned Australian chef Stephanie Alexander AO, the Stephanie Alexander Kitchen Garden Foundation reaches more than 250,000 Australian children and aims to make healthy eating second nature. Coles launched a three-year partnership with the charity in February.



Ezel Yildiz's colouring has won a grant to build a new kitchen garden at Moore Park Children's Early Learning Centre in Waterloo, which owner David Epstein (right) says will have a lasting effect. Photo: Supplied

Small ways to make a big difference

ANGELIQUE WATKINS

People consume more meat and dairy products now than ever before, particularly in the "developed" world. Instead of people keeping a few of their own animals for use, the high demands have led to mass industrial livestock and dairy production. This in turn means higher levels of greenhouse gasses being produced, the destruction of millions of square kilometres of forests and an ever-growing obesity problem.

Instead of disassociating ourselves from where and how our food comes to be on our plates, perhaps we could turn our eating experience into a mindful one. You may find that once you truly consider what was involved in

the process of bringing your food to you, the welfare of the animals, the effects on the environment and the effects on your own health, eating less meat and dairy may be much easier than you think.

There are so many wonderful plant-based foods out there. If you're not sure where to start, go to one of your local vegetarian cafes or restaurants and see what options they have. Try growing your own veggies or support your local farmers markets and don't be afraid to experiment with new recipes.

Go on, set yourself a mini challenge, five days each week consuming nothing but plants. It'll make a world of difference!

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Masterclasses on leadership post-Covid

SPONSORED

MICHAEL SPENCE

THE University of Sydney Business School will launch a unique program which includes a suite of masterclasses and workshops on leadership in a post-Covid world, available to students in Semester 2, 2020.



The first masterclass for Leading in a Post-Covid World will begin on September 15
Photo: supplied

Our community continues to support each other during this ongoing pandemic. It is more important than ever that we continue to look out for each other and do what we can to limit the spread – wash your hands regularly, keep your distance, wear a mask in public and get tested and then stay home if you have any symptoms.

We know that these measures are effective, but we also know that for people in insecure work or who are suffering financial hardship, staying home from work when you're sick is not that simple. For so many people, this may be a choice between going to work with symptoms to earn money to pay for food and rent, or going hungry to stay home to get tested. This is something that could be solved right now.

The Greens, along with unions and other organisations, are calling for the federal government to immediately implement paid pandemic leave for all workers. They don't need parliament to return to do this – they can act now.

With access to this type of leave, workers would have the time and space to stay home if they needed to self-isolate or go and get tested. It's also crucial that JobKeeper is extended until the pandemic is over, so that employers are supported to maintain their workforce during this time.

JobSeeker must also be expanded, rather than wound back to provide support to anyone who needs it, regardless of where they were born or the colour of their passport. When the pandemic first hit, the JobSeeker rate was raised in recognition that the previous rate was insufficient to live on. A return to the lower rate which was below the poverty line is not acceptable.

Now more than ever, we need compassion and care. The response to this pandemic needs to be supportive, rather than punitive. That means handing out masks instead of fining people for not wearing them, prioritising multilingual communications, instead of punishing those who could not understand the latest health measures. And it means increasing access to mental health support to help ensure that people who need to stay home can do so safely.

We need to respect all aspects of our democracy, including ensuring our parliaments can meet, our communities can peacefully protest in a COVID-safe way, and that those in positions of authority, power and influence are held to account.

This is a tough time for all of us, and for those who were already doing it tough before this crisis hit, it must be really intense. Please know we are doing all we can to support you and our community and continuing to advocate to ensure the state and federal governments do the same.

Let's support each other, so together we can get through this.

Jenny Leong, MP for Newtown

If you have a question or are keen to be involved, send a text to 0421 665 208 with your name, suburb and message and we'll give you a call or you can email newtown@nsw.greens.org.au

Authorised by
Jenny Leong MP
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The first masterclass for *Leading in a Post-Covid World* will begin on September 15. It will be delivered by professional speakers, leading employers, alumni and academics and is free for any student studying at the University of Sydney Business School.

With fewer opportunities for students to interact on campus since the coronavirus outbreak, co-sponsor of the program, Associate Professor Peter Bryant, said the program will bring students from different disciplines together and inspire creative problem-solving.

"From finance and big data to management and logistics studies, students from different disciplines and knowledge areas will work together during the workshops on real-world problems," said Associate Professor Bryant, Associate Dean (Education) in the Business School.

"In a post-Covid-19 job market, the need to look at complex problems from every angle and through different lenses will be even more important. This program offers students the opportunity to have a head-start to develop these critical skills."

Four leading experts will present one masterclass each, staggered over September

to November, on:

- 'You know nothing about yourself' by psychologist Milo-Arne Wilkinson
- 'Global finance and the path to economic recovery' by economist Bernard Salt
- 'The never normal: future business, consumer and tech' by futurist Chris Riddell
- 'When no one knows, but you are the leader' by consultant Jamie Fitzgerald

After each masterclass, students will participate in a highly interactive workshop, led by Business School academics, where they will work in small teams to crowd-source solutions to critical global, local and personal challenges impacting a post-pandemic world, such as how does society get to full employment when there are between 30 and 40 applications for every role, and how might the aviation industry get back on its feet while travel is restricted.

With academic and industry mentors available along the way, the program culminates in a pitch session where the winning team of each of the four topics will present their ideas to a panel of experts.

Co-sponsor of the program, Associate Professor Juliette

Overland, said the sessions aim to take students out of their comfort zone and question what they know.

"The pandemic has had pervasive effects on how students learn and how academics teach," said Associate Professor Overland, Associate Dean (Student Life) at the Business School.

"We've taken what we learnt in the first half of the year to develop an immersive program that will prepare students for the highly disrupted job market. We believe that, by participating in this program, students will be able to demonstrate to future employers that they are ready to respond to the many challenges that businesses will continue to face."

Associate Professor Bryant added, "Students will be challenged to not only acquire knowledge and skills but to apply them. This program is the glue between academic courses and real-world experience, which will be key to succeeding in a post-pandemic job market."

Leading in a Post-Covid World is available to all University of Sydney Business School students in Semester 2, 2020.

More information:
www.sydney.edu.au/business/study/student-experience/leading-in-a-post-covid-world.html



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Waterloo South – Council releases details

URBAN DESIGN

GEOFF TURNBULL

SINCE Land and Housing Corporation (LAHC) released the Waterloo South artist impressions, Council has released further details. A map with building heights compares LAHC's current proposal with its 2019 preferred plan and Council's alternative proposal. A detailed presentation to REDWatch is now also available as a webinar on Council's website.

Officers expect to present their planning proposal and the 10,000 pages of LAHC material they have considered, to Council around November 2020. Some material is promised before then.

Council distinguishes between the planning framework (the controls that they have to determine) and the reference scheme (masterplan) supplied by LAHC as a test of the framework. The reference scheme's artist impressions are just one of many outcomes possible under the controls. Once determined, the controls will provide the

framework for the developer to produce its designs to be assessed and exhibited at a later stage.

In the webinar, Council details "improvements" LAHC made to its 2019 preferred masterplan, including: the large central park opposite the new metro station; more sunlight in parks; George Street remaining a street; no development over existing streets; some streets widened; building heights reduced to meet Sydney airport requirements and regional bicycle path retained (but back to being a "shared path" running between the towers whose elderly residents had convinced LAHC to reroute via the metro station for safety reasons).

Eddie Ma from Vigilanti says the new park is the same size as the existing open space on the estate, but will need to service many more people. Council emphasises the new park is not privately owned and becomes public space.

Heights and density are two concerns for community. LAHC proposes around 3,000 dwellings in nine towers of between 20 and 32 storeys, three buildings of 15 storeys and a range of other buildings up to eight storeys high. On its website,

Council has made it clear that "it is likely changes will be made to the proposal the corporation has submitted". Eddie Ma points out that the highest building in Green Square is 28 storeys.

LAHC proposes one 32-storey building with 10.55 times more floor space than its land area. Council says this is "typical of floor space ratios (FSR) in the centre of the city and rarely found outside the city centre".

The FSR proposed across the total site is 3.09:1, which is what LAHC proposes for privately owned sites. LAHC gets greater FSRs on its land by adding the floor space it could have built on the 40 per cent of the site it is giving Council for parks and streets. LAHC also proposes its floor space not be spread evenly so a private block might have only 29 per cent of the development potential of a nearby LAHC tower.

Discussions are underway about how Council can best help people understand the proposal and consult the Community during the public exhibition in the first half of 2021. Council's webinar is an excellent start – just search for City of Sydney Waterloo.



Yvette Lever with artist Danny Eastwood at the Tin Humpty. Photo: Andrew Collis

The Tin Humpty – vibrant and inclusive

LOCALS

ANDREW COLLIS

REDFERN: The Tin Humpty in Redfern Street is a vibrant and inclusive café, known for its distinctive Strawberry & Bush Lime Jam, Wattle-Seed Brownies and Lemon Myrtle Cheesecake. The coffee is delicious too.

Over the last two years, café owner Yvette Lever has built a successful business on passion and firm principles – community service, creativity and hospitality. “I always enjoy meeting people,” Ms Lever says, recalling community Elders, local football stars, American tourists and Koori Radio presenters. “Koori Radio broadcast live from the café for the Yabun Festival.

“The Governor, Margaret Beazley, came to visit last year. And actor Luke Carroll drops by sometimes. It’s always good to welcome young people, too – we have a space out the back for gatherings and meetings. Kids know they can come here for a meal.”

The Tin Humpty is open Monday to Friday, 7am to 3pm. Breakfast and lunch menu favourites include the Tin Humpty Omelette with Indigenous herbs and the Old School Bacon & Egg Roll.

The café will soon open for pre-dinner platters, fine wine and locally brewed beer. “We imagine a relaxed vibe, from 4 till 9pm, somewhere to meet friends before going out,” Ms Lever says.

Another exciting project sees the completion of a mural outside the café on Renwick Street.

“The artist, Danny Eastwood, has done a brilliant job. It’s taken about two weeks to finish it – a bush scene with traditional figures, black cockatoos, kangaroos and eucalypts.”

Danny Eastwood is a Ngemba-Kamilaroi artist, cartoonist and teacher. As well as creating murals for various councils throughout the city, and being one of the official artists of the Sydney Olympics in 2000, Mr Eastwood was the recipient of the 2008 Parliament of NSW Indigenous Art Prize.

Ms Lever is grateful to regular customers, and to co-workers who help make the Tin Humpty a warm and welcoming place – barista Elsy and assistant chef Shun, and niece Eva Munro who is learning the business of café management.

SSH

Pemulwuy – making great strides

SPONSORED

AMANDA FLEMING

Housing

We have been very excited to see the apartments and the gym space finally revealed as the external facades have been completed and the scaffolding has come down. Our affordable housing comprised of 26 apartments and 36 townhouses has been making great strides.

The townhouses are progressing with ongoing bricklaying and on the Eveleigh Street side the roofing will be commencing this month. Final stages of the internal walls of the townhouses are being completed.

Student Accommodation

The Col James student accommodation will also be unveiling itself over the next few weeks. The structure of

the building will be finished in August as the two top levels are due for completion. External panelling installation is continuing and internal fit out is ongoing with walls and bathrooms being carried out level by level.

The colour scheme of the whole “Pemulwuy Project” encompasses tones from nature such as green, ochre, grey and brown. Elements from the past and present are incorporated, including the geological and natural landscape, and the current context of an inner-city setting like Redfern.

We are looking forward to moving 62 Aboriginal and Torres Strait Islander families into their new homes before the end of this year.

Please see our link to the flythrough video for the “Pemulwuy Project” pemulwuyproject.org.au/video/

SSH



Mick Mundine with the Pemulwuy townhouses taking shape. Photo: Supplied



Authorised by Michael Mundine, CEO, Aboriginal Housing Company Limited

COVID-19 UPDATE

TANYA PLIBERSEK MP

Federal Member for Sydney

JOBKEEPER

The JobKeeper Payment was due to run until 27 September, but it will now be available to eligible businesses until 28 March.

The payment rate of \$1,500 per fortnight for eligible employees and business participants will be reduced on 28 September 2020 to:

- \$1,200 per fortnight for full-time employees; and
- \$750 per fortnight for those working fewer than 20 hours per week

Further reductions will occur from 4 January 2021 to:

- \$1,000 per fortnight for full-time employees; and
- \$650 per fortnight for those working less than 20 hours per week.

The extension of JobKeeper is welcomed as it has been a lifeline for many workers and businesses. In the Sydney electorate alone 21,139 businesses are accessing JobKeeper to pay 80,328 workers.

However, millions of workers have been deliberately and continuously excluded from support, including many casual workers in industries that have been hardest hit by government restrictions.

The extension does nothing to create jobs for the almost one million Australians who have already lost work. This is despite Treasury forecasting even higher unemployment in the JobKeeper in the coming months.

Scott Morrison’s admission that he was wrong to commit to a September snapback comes after costly delays and weeks of uncertainty which pushed more workers into unemployment and forced more businesses to close their doors.

TELEHEALTH REBATES

At Labor’s suggestion, the Government introduced telehealth rebates during the COVID-19 crisis. Telehealth rebates are set to end in September.

We know that the need for telehealth items won’t end in September. Labor continues to urge the Government to extend the items, so that those unable to visit a health provider in person aren’t left behind.

Now more than ever, we need people to look after their health, and rebates for telehealth services play an important role in allowing people to do that.

TAX HELP

Hopefully Tax Help will be able to run from my office this year as it has in past. But as we need to consider social distancing requirements it is not currently guaranteed to operate. For further information about Tax Help and how to access it please get in touch with my office (contact details below).

ELECTORATE OFFICE

My electorate office provides support with Centrelink, Veterans’ Affairs, Medicare, Immigration, NBN and other federal matters - please contact us anytime for assistance.

JUSTICE OF THE PEACE

My office is open and Justice of the Peace services are now available – but appointments are essential. Please call my office to arrange an appointment.

TANYA PLIBERSEK MP

Federal Member for Sydney

1A Great Buckingham St, Redfern NSW 2016

T: 9379 0700 E: Tanya.Plibersek.MP@aph.gov.au



Unsung heroes safeguarding older Australians

HEALTH

SSH

AUSTRALIANS are being urged to thank aged care workers – the forgotten heroes of Australia's response to the pandemic – in a new campaign launched by one of the largest not-for-profit providers of aged care, Uniting NSW.ACT.

Chief Executive, Uniting NSW.ACT, Tracey Burton said: "As restrictions ease, our carers, cooks, cleaners, drivers, nurses, pastoral carers and administrators are still working passionately to keep home care clients and aged care residents safe and supported.

"These dedicated and hardworking people are part of a diverse community of 366,000 aged care workers who every day support more than 1.2 million older Australians.

"Many aged care team members continue to isolate outside of work to minimise their chances of contracting the virus. And they'll still be going above and beyond to support our residents' wellbeing and to stay connected to loved ones.

"Aged care workers are the unsung heroes of Covid-19. They deserve our praise and support through this extremely difficult and stressful time."

Members of the public are being asked to take two minutes to thank aged care workers at uniting.org/thankyou.

Ms Burton encouraged people to take the time to send a short message: "We know aged care teams have had a challenging year. Taking a few minutes to recognise the contributions of these incredible people will make a difference in their day."

The campaign is part of Uniting's wider aim of increasing appreciation of older Australians and their contributions to society. SSH



Working passionately to keep home care clients safe and supported. Photo: Uniting

Domestic Violence NSW calls for more social and affordable housing

HUMAN AFFAIRS

MARJORIE LEWIS-JONES

DOMESTIC Violence NSW (DVNSW) has called on the NSW government to invest in the construction of 5,000 social housing properties every year for the next 10 years to address the significant shortage of long-term affordable housing for women and children who have suffered domestic and family violence (DV).

"Without additional social housing vulnerable women and children will remain in crisis and transitional housing for much longer than is appropriate and often with nowhere to go afterwards," said Delia Donovan, Interim CEO of DVNSW.

"This creates additional stress and anxiety for women and children who have escaped abuse only to be in constant fear of the risk of homelessness or actually finding themselves faced with a dire choice of either homelessness or in some cases being forced to return to the perpetrator."

DVNSW is also asking for a 20 per cent lift in funding to specialist homelessness services (SHS), coupled with a minimum five-year contract.

This injection of funds would help SHS providers, which include women's refuges, to support the surge of women and children requiring support during Covid-19 and also to handle the increased complexity of their cases.

"This [complexity] has included an increase in the level of violence women are experiencing before the point at which they seek help," Ms Donovan said, "and, most concerning, an increase in the use of weaponry."

Feedback from DVNSW members shows it has been

very difficult for women to access support because they are in isolation with the perpetrator.

A report from 1800Respect also indicated a significant increase in people accessing its website after midnight.

"That tells you a bit around how victims of violence are having to think about how they're going to reach out to get help," Ms Donovan said.

"It's an extreme level of violence – and most concerning."

In such a tough climate, Ms Donovan said, providers are extremely overstretched and many had been working for years before the Covid-19 crisis with no increase to their funding.

"They're very passionate, very expert, very exhausted."

Ms Donovan said one provider of specialist, domestic violence trauma counselling in the Eastern Suburbs had seen a 111 per cent increase in new referrals in March 2020 compared to March 2019.

Another Sydney-based service reported that two women on Temporary Protection Visas (TPVs) it had been supporting had exhausted their temporary accommodation quota. Neither woman was eligible to transition to long-term housing because they held TPVs and were not Australian citizens.

"Their only option now is either to return to the perpetrator or to sleep rough with their children. And this means they will probably be on a park bench, the service told us."

Crucial work

Ms Donovan said SHS staff do crucial work under challenging conditions. This often means providing services to a far greater number of vulnerable people than they are contracted to support and working in a climate of uncertainty in which they



Without additional social housing vulnerable women and children will remain in crisis and transitional housing for much longer than is appropriate and often with nowhere to go afterwards. Photo: Andrew Collis

have to accept contracts with no guarantee of ongoing funding.

"I've worked in services where you've got the most incredible people doing lifesaving work and, every year, they don't know if they are still going to be doing that work – and that's actually not good for sustainability and attachment with clients."

Longer-term five-year contracts, or rolling contracts, she said, would support services in their business planning – assisting with staff retention, measuring the success of interventions, and adapting service models to meet the changing needs of their clients.

DVNSW also believes 20 per cent is the minimum that should be added to SHS budgets to ensure providers are well-equipped to address long-term trauma, offer meaningful therapeutic help, and transition clients carefully out of their services into longer-term housing.

"This is why we are calling on the government to provide sufficient funding and certainty to the sector to

assist in the development of a sustainable service model."

Ms Donovan said building the additional affordable housing would put jobs into the economy and women and children escaping domestic violence into homes.

"It is estimated that 85,000 construction jobs and 97,000 small or medium-sized businesses are at risk due to the economic impacts of Covid-19. By taking this approach, the NSW Treasury can stimulate the economy whilst providing critical long-term affordable housing to women and children who have suffered domestic and family violence."

Recent funding from the federal government of \$150 million (announced in March) and of \$3 million (announced in mid-July) provided to some DV services as part of its Covid-19 response was welcomed by a sector struggling to meet demand.

We're grateful, Ms Donovan said, and it's "certainly progress".

However, women's health services were yet to receive any additional funding during

Covid-19, she said, and positive longer-term outcomes for DV survivors could only be achieved through the provision of sustainable housing options such as public and affordable housing.

Housing pathway needed

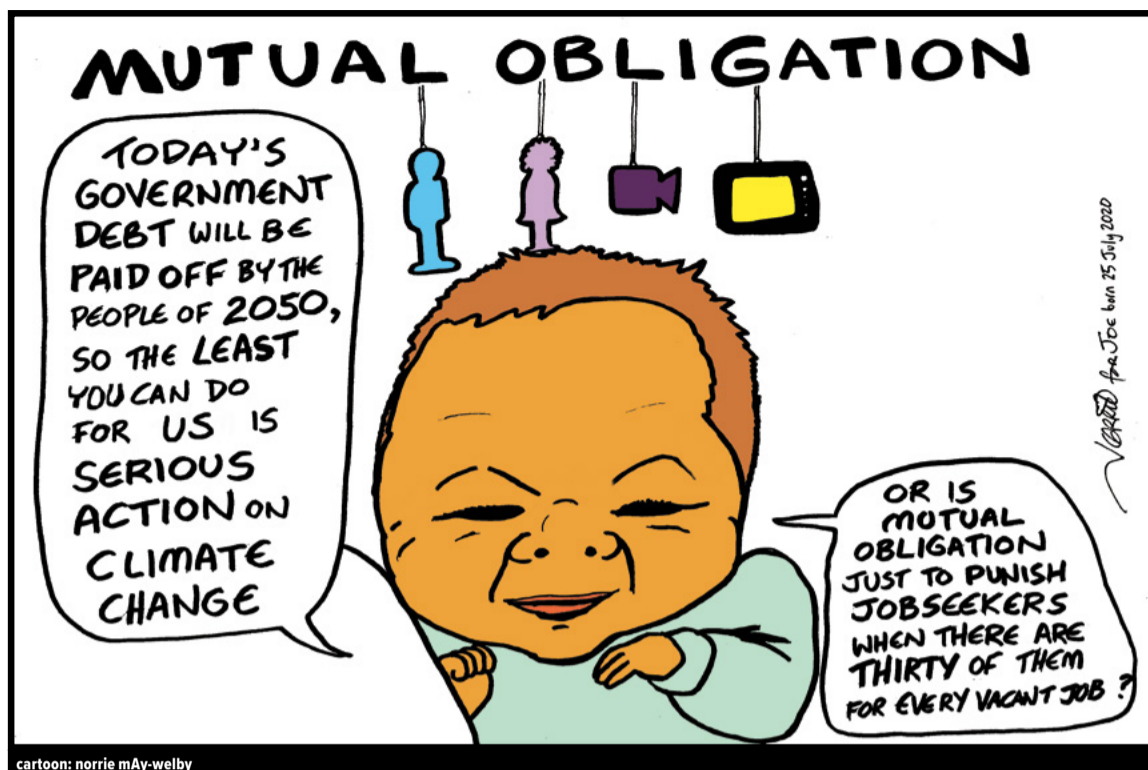
Ms Donovan said DVNSW's 2020 housing policy launched in mid-July identified the absence of a "housing pathway" for DV survivors but official homelessness statistics suggested that government funding for an additional 5,000 social housing properties per year would go a long way to providing a meaningful response to the housing crisis.

There was also a need for DV violence research, data and literature that examines women's journeys between different points in the domestic violence response system and indeed the long-term outcomes for women who access these services.

"The funding we get is a drop in the ocean if we think about the importance of prevention, of early intervention work, of crisis work, and then the work after the crisis [with both women and children], which we never talk about."

Ms Donovan also said she hoped the Morrison government's parliamentary inquiry into domestic violence would include an investigation into the impact of the Covid-19 crisis, put survivor voices at the forefront, and identify gaps for marginalised communities by listening to the voices of Aboriginal and Torres Strait Islander people, elders in the community, and the LGBTIQ+ community, which are often excluded. SSH

Domestic Violence NSW was formerly the NSW Women's Refuge Movement. The organisation dates back to March 1974 when a group of feminist activists started the first women's refuge in NSW named Elsie, which was in Glebe.



Transforming despair into action

EDITORIAL

CATHIE HARRISON

2020 feels, for many, a year of one catastrophe after another. The recent experience of bushfires, smoke, drought, flooding and hailstorms has been somewhat upstaged by the current Covid-19 pandemic. Added together, this series of challenging and for some traumatic events have been damaging to physical, social and mental health and wellbeing.

The Climate Pastoral Care Conference, held online at the end of July, was therefore a timely and much needed event.

Begun in 2019 by Jessica Morthorpe, the Rev. Jason John and others from Uniting Earth, the Climate Pastoral Care Conference emerged from personal experience of climate anxiety and the need to transform individual despair into collective action. The conference has grown in scope and scale in response to the increase in climate anxiety and the increasing demand for climate action.

The 2020 Climate Pastoral Care Conference, sponsored by Uniting,

Common Grace and the Five Leaf Eco-Awards, brought together over 200 people from across Australia as well as from New Zealand and the US. Conference presenters and participants gathered online to share stories, listen to wisdom, and to generate hope and action for a just and sustainable future for all.

Experts in the various fields of education, medicine, psychology, communication and theology, generously gave their time to share current research and best practice regarding climate pastoral care, climate communication, and church climate action and advocacy. Their words fell on appreciative ears.

Participants engaged enthusiastically and were moved by the power and authenticity of presentations such as those given by Brooke Prentis, CEO of Common Grace, and Rebecca Huntley, climate activist and social researcher, Stephen Robinson, Chaplain and National Disaster Recovery Officer, Byron Smith, ecological ethicist and Christian minister.

The research evidence presented at the conference suggests that many people, young and old, struggle with climate anxiety.

Grief and depression seem to have become increasingly pervasive as climate events increase in intensity and frequency.

It was clear that Christian groups represented at the conference are responding to these challenges and opportunities and exploring ways to offer pastoral care and support. The commitment to walking alongside those most in need was demonstrated as was the desire to enable and empower collective action.

An inspirational highlight of the conference was the presentation by youth leaders from School Strike 4 Climate. These young people have channelled despair into action and agency, and like other youth leaders from around the world remind us that the time for climate action is now.

For further information:

www.unitingearth.org.au

www.commongrace.org.au

www.christians_together_for_climate

www.fiveleafecoawards.org

Dr Cathie Harrison is a subeditor at the SSH, chair of the South Sydney Uniting Church congregation, early learning consultant, and advocate for children and the Earth.

'The body uncurls, the clenched fist opens'

FAITH

PATRICIA MORGAN

THE central teachings of contemplation are relevant for us now as we are forced to slow down due to Covid-19 and lockdown restrictions.

Contemplation is also regularly practised and described by religious poets and mystics, and these writings were the focus of our South Sydney Uniting Church Bible study group last month.

We discussed passages from the Spanish mystic Teresa of Avila and the exiled priest Ezekiel – Teresa's having an interiority that contrasts starkly with Ezekiel's poetic-prophetic activity.

To help us reflect on the readings, we were introduced to the socio-cultural context of the times in which Teresa and Ezekiel lived.

Saint Teresa was born in Avila, Spain, in 1515, to a wealthy merchant family. In her lifetime, Spanish secular law was based on Roman law, where women were understood to be under male guardianship in all matters. Fathers governed daughters, husbands governed wives, and uncles or any male relative ruled widows.

The aristocracy and the church wielded immense power and, despite the popularity of Marian cults, women were seen as second-class citizens – stereotyped either as virginal goddesses or evil temptresses. As a woman of Jewish background, Teresa was subjugated both by prejudice and the law, which in part may have led to her valuing the interior world. As one of our group questioned, her interior world may have been the only space Teresa experienced any sense of freedom.

Ezekiel was a priest born into a priestly lineage in Jerusalem. He was also a Hebrew prophet called to his mission through

a powerful vision of God's chariot – four living creatures and wheels within wheels. This vision is described in the Book of Ezekiel and is thought to be Ezekiel's inaugural vision where he is called to minister to God's people after they are exiled by the Babylonian King Nebuchadnezzar.

Ezekiel is said to have had many more visions across the course of 22 years, occurring for five years before the destruction of Jerusalem, and after this when he and his fellow Judeans were taken into captivity by the Babylonians. The last of his visions speak of the return to and rebuilding of Jerusalem. The vision of the chariot is wild and vibrant and full of fire. Teresa's vision is very quiet by comparison; an intense interior vision in which she speaks of feeling the presence of Christ.

Where the visions converge is they both speak of divine presence. For Ezekiel this was the Spirit of God among exiles, amid despair, and for Teresa it was the sense of Christ standing beside her.

Having discussed the differences and similarities of these visions, our group considered making poetic responses. One group member wrote this beautiful poem, which expresses the importance of stillness and reflection: "A deeper breath, draws me to a space of suspended animation / I sense this moment, full of portent / Silent, I wait, watch, and wonder / And in the silence, I hear and in the darkness, I see ... / The body uncurls, the clenched fist opens, the small spirit spark glows a little brighter, and my heart cracks open."

This poem also reinforces a central message in mystical and contemplative experience about change, transformation and the strength we can gain from the refiguring of our experience through contemplation.

An important message for these challenging times.

Good news for Carriageworks

COMMENT

SSH

EVELEIGH: Carriageworks, Australia's largest and most significant contemporary multi-arts centre, will reopen to the public on Friday August 7. Visitors will be offered free access to a range of visual art installations by leading Australian and international artists, including eight new commissions as part of the 22nd Biennale of Sydney, a major exhibition by Giselle Stanborough and public artwork by Reko Rennie.

The weekly Carriageworks Farmers Market also resumes from Saturday August 8, providing the freshest seasonal produce from the

best growers and producers from around NSW. Strict health and safety measures will be in place at the Carriageworks Farmers Market and they will continue to operate as a strict shop-and-go service for the community.

Carriageworks CEO Blair French said: "The future of Carriageworks has been secured thanks to extraordinary support from a group of donors and commitment to providing a long-term precinct lease from the NSW government. The impact of our closure has been felt across a wide range of communities. We are now excited to welcome the public back to Carriageworks to reconnect with and support producers from across the state through the much loved weekly Carriageworks Farmers Market as well as to experience

powerful works by Australian and international artists."

Cinopticon, a major new installation by Australian artist Giselle Stanborough, will be physically unveiled to the public for the first time, following its installation in March 2020. The artist uses searchlights, sculptural forms, colossal wall diagrams and mirrored digital surfaces to reflect the performative experience of social media platforms. As the subject and object of her own system of visual scrutiny, Stanborough is the ghost in her own machine. *Cinopticon* was commissioned by Carriageworks as part of Suspended Moment: The Kathly Cavaliere Fellowship, which awarded \$100,000 to each of the three female artists to

present new work concurrently at Carriageworks, Mona and the Australian Centre for Contemporary Art.

Carriageworks will present eight new commissions as part of the 22nd Biennale of Sydney. The works were created especially for the exhibition titled NIRIN and curated by Indigenous Australian artist Brook Andrew. The artists that will be presented at Carriageworks as part of NIRIN are: Tony Albert (Australia), Hannah Catherine Jones (UK), Randy Lee Cutler (Canada) and Andrew Rewald (Australia), Iltja Ntjarra/Many Hands Art Centre (Australia), MzRizk (Australia), Teresa Margolles (Mexico), Adrift Lab (Australia) and Trent Walter and Stuart Geddes (Australia). These works were initially

exhibited at the National Art School for 10 days, prior to the temporary closure of museums and galleries in March due to Covid-19.

Kamilaroi artist Reko Rennie's large-scale public artwork REMEMBER ME will continue to be presented at Carriageworks, following its installation earlier this year. With this work located at the entrance to Carriageworks and spanning some 25 metres in length and five metres tall, Rennie has created a present-day memorial in recognition of the frontier wars, the massacres and the survival of the original sovereigns of the country.

Carriageworks Opening Hours: Wednesday to Sunday, 10am-5pm (from August 7). Farmers Market: Saturday 8am-1pm (from August 8).

Women shoulder brunt of household work during Covid-19

HUMAN AFFAIRS

AMY CHENG

WOMEN are performing the majority of household duties, despite men and women both spending more time at home as a result of the Covid-19 pandemic.

Locals Nicole* and her husband, both began working from home when restrictions came in.

Although the two were spending an equal amount of time at home, most of the household duties fell on Nicole.

"It evolved to a certain degree, but very much my husband was really hands off; he kind of just assumed that I would take care of it," Nicole said.

She was also mostly responsible for caring for their four-year-old daughter. Her husband took her to the park for an hour in the morning and again in the evening, but Nicole spent about four hours extra every day to care for her.

"He is spending more time with her but ... his contribution to the house is unpacking the dishwasher each day and that's the extent of it," she said.

Nicole normally takes Fridays off from her paid job, where she works as a manager. However, to make up the hours lost, this was no longer possible.

A recent study by the Australian Institute of Family Studies (AIFS) found that the pandemic had minimal impact on the way men and women shared childcare and housework responsibilities.

Life during COVID-19 surveyed more than 7,000 Australians over May and June and found that 52 per cent of those surveyed said mothers "always or usually" looked after the children, compared to 54 per cent before the pandemic.

When it came to housework, 41 per cent said the female partner "always or usually" does the housework, compared to 43 per cent before the pandemic.

AIFS director Anne Hollonds said these findings showed



'Dishes', 2020. Image: Patricia Morgan

how strong those patterns of behaviour are at home.

"Those patterns that indicate that we see caring for the family, either in terms of caring for people or doing the housework, I call both of those things caring for the family, that both of those things are seen as women's work," she said.

Nicole believes her husband is "domestically blind" and said he will only help out around the house when asked to.

"If you say, 'Hey, can you mop the floor' he'll totally mop the floor, but he won't do it when you need him to do it necessarily, and he won't do it the next time," she said.

"It's that whole mental load thing where you're the manager of the household and you need to direct your staff to do what you need done."

The impact of women taking on more unpaid care work in the home can be multipronged, according to Ms Hollonds.

"Women get very tired and, worse than that, some suffer anxiety and depression as a result of finding that juggling very difficult," she said.

An Oxfam survey, which interviewed 6,385 women and men across five countries, showed similar findings but also found that women living in poverty or marginalised communities reported the biggest increase in unpaid care work.

"The reality is the coronavirus crisis is making existing inequalities much worse," Oxfam Australia Chief Executive Lyn Morgain said in a media release.

"For example, 42 per cent of women surveyed in Nairobi's informal settlements said they were unable to do their usual paid work because of increased care commitments."

Ms Hollonds would like to encourage couples to sit down and talk about teamwork at home.

"Experiment with different ways of doing things, and there are no rules. For some couples, (the traditional way) may well be the best arrangement for a whole lot of reasons... but there might come a time when that needs to be reviewed."

Nicole would like to see a change in the way men think about work and family life.

"I wish that men weren't so single minded that the only thing that's important is the job," she said.

"By prioritising the job, you're actually causing damage to your family. The most important thing in all this is keeping your family safe and happy."

However, these entrenched gender patterns may take some time to change, according to Ms Hollonds.

"For men, the role of work is a very big part of their identity as men, less so their role at home, whereas it's the reverse for women," she said.

*Name has been changed

SSH Instagram Gallery

Tag your Instagram pics #sshphotos and we will include 5 of the best photos, from all suburbs in South Sydney, here each month. See all photos online:

southsydneyherald.com.au

SELECTED BY MARJORIE LEWIS-JONES

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The Review

Arts & Culture in Your Neighbourhood

New memoir holds a mirror to our 'quirky, baffling country'

MARIJE NIEUWENHUIS

ASHLEY Kalagian Blunt's new memoir *How to Be Australian* details her move from Canada with her husband to live Down Under and was launched for a global audience via Zoom from Better Read than Dead in Newtown in June. In this Q&A she reveals how the heartfelt and humorous story of her own struggle to fit in has been resonating with readers.

Your book has been well received since its launch. What response have you received from readers?

One of my favourite things since moving to Australia – other than caramel slice – has been speaking to Aussies about their country. I wrote this book for Australians, in the hope of reflecting this quirky, baffling country back to itself, and sharing some of the delight and puzzlement I've experienced over 10 years here. I knew fellow newcomers would connect with the book, but my great joy has been locals relating how much they learned from the book and how much it made them laugh.

As a memoir writer, do you have a rule for what personal information about others to include?

My first consideration, regardless of anything else, was what needed to be in the book, what was essential to the story. Next, I ensured that, of everyone portrayed, I was the most exposed. From there, my approach was to be honest but sensitive. My parents aren't keen on being written about, for example, so I've included them in broad brushstrokes only.

After a rocky start in a cockroach-infested suburb in Newtown, things improved when you moved to Camperdown, where you still live. What, have you learned, are essentials for finding a sense of home?

Two things: developing knowledge of the place, and making local friends. The first one was easy. I travelled around the country, watched *Kath & Kim*, read history books, and figured out what the heck a bushranger is. The second one was trickier, but after many false starts I now have a wonderful community of both expat and local friends.

What authors have most influenced your writing?

In *How to Be Australian*, I attempt to combine Bill Bryson's blend of detailed research and witty charm with Helen Garner's eye for detail and distinctive, plain-spoken style.



Ashley Kalagian Blunt's memoir released in June shows that finding your feet in a new country involves much more than finding a place to live. Photo: Supplied

Good writing makes the process seem effortless, but anyone who writes knows it's not. What are common traps for aspiring writers?

One of the most challenging aspects of writing is gaining insight into how readers experience your work. When you write, you have insider knowledge of all the rich detail and the character's emotional interiority, either because you were there or you imagined it. But readers only have what's on the page. If friends and family are honest, they might say your writing isn't working, but they'll struggle to

say why. For me, finding a group of writers who could give me insight into what wasn't working on the page made the biggest difference.

You received your citizenship in 2016 and the book ends there. How are you now? Any major changes?

The book ends tidily, but life continues in its messy way. In 2017, I became increasingly ill and was diagnosed with chronic fatigue syndrome. My recovery has been gradual. Being so unwell I struggled to get out of bed for months forced me to think about what I want

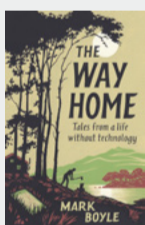
most from life – which is to write and connect with people through stories. This pushed me to work harder at achieving my dreams, and my first book came out in 2019.

How can readers be in touch with you?

I love hearing from readers! I'm happy to make appearances at book clubs, either virtually or locally in person. There's a book club discussion guide on my website, as well as recipes for cocktails I created to go with the book – lemon myrtleini, anyone? Find me at ashleykalagianblunt.com or across social media.

Five things slow and soulful

SELECTED BY MARJORIE LEWIS-JONES



Life unplugged

Covid-19 iso offered inklings of a slower, soulful existence but would any of us go as far as Mark Boyle? In winter 2017, he turned off his phone, laptop, internet and electricity and started life afresh with just a smallholding, a stream and a cabin, and without a car, radio or lightbulb. In *The Way Home: Tales from a Life Without Technology* we learn that living at his own speed on his own terms was satisfying but hard work. The Blasket Islanders, who subsisted off the West Coast of Ireland long before Boyle's quest, cemented his conviction to live simply. An eloquent look at life unplugged.



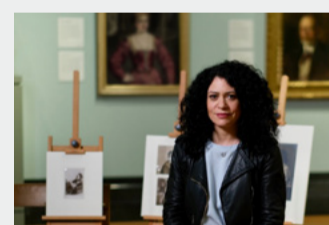
Stop paying attention?

"What does it mean to construct digital worlds while the actual world is crumbling before our eyes? ... I see people caught up ... in a mythology of productivity and progress, unable not only to rest but simply to see where they are." Through writing *How to Do Nothing: Resisting the Attention Economy* Jenny Odell says she "inadvertently radicalised" herself by learning the importance of *doing something* to stem the cultural and ecological devastation around her. While she suggests "doing nothing" and periodically stepping away from the "attention economy" and the feeding frenzy of 24/7 news cycles, to help heal and sustain ourselves, don't expect a pamper-yourself, self-help guide.



Pull against the pace

The glacial grace of Kelly Reichardt's film *Certain Women* worked like a lullaby for me in a stressful period. "It all just seems everything is getting faster," Reichardt says, "Faster, faster, faster. We all want things faster. I guess there is a part of me that likes the pull against that. Montana has a different pace than maybe another place would." Laura Dern, Kristen Stewart and Michelle Williams play professional women who are tired of the misogyny that surrounds them. Newcomer Lily Gladstone plays a horse-wangler whose silences speak volumes. Life has dealt her a duff hand but she pursues what she desires – even if it could crush her.



Pioneer portraits

British composer Jessica Dannheisser used seven portraits of trailblazers from the National Portrait Gallery in London to create *Orchestral Portraits: Seven Pioneering Women*, and it is grand, sweeping and filmic. Dannheisser celebrates Amy Johnson's solo pioneering flight from England to Australia, Malala Yousafzai's activism for female education, Jocelyn Bell Burnell's co-discovery of the first radio pulsars in 1967, Doreen Lawrence's successful fight to change the criminal justice system, Vera Brittain's writing, Lee Miller's photography and Vesta Tilley's performance prowess. This inspiring album helped me enormously in those post-lockdown days when leaving home and facing co-workers in something other than my sweatpants seemed impossible.



Margoyles measures up

British actress Miriam Margoyles, aka Professor Sprout in *Harry Potter*, became an Australian citizen in 2013. Her documentary *Almost Australian* had me in stitches and misting up – just as she does when some conservationists say they'll name a koala joey after her! Margoyles bungs on her hilarious Aussie accent to break the ice – but her quest to discover what it means to be Australian is mostly more serious. "Are we the lucky country?" she asks. Not, she concludes, if we continue to put our heads in the sand about mining and climate change, our harsh treatment of refugees and asylum seekers, and the racism which harms our Indigenous people.

The Reviews

Festival Preview by Catherine Skipper



Global Fringe
Live Stream, September

In 2019 the Sydney Fringe Festival featured more 1,600 performances by over 2,000 artists presented across 25 postcode areas. In May 2020 Kerri Glasscock, Sydney Fringe Festival CEO, made the devastating announcement that the 2020 Festival planned for September would not take place owing to the uncertainty posed by the Covid-19. The blow to the creative sector can hardly be underestimated as well as the loss to a large culturally diverse audience of varied ages and interests.

What began in Newtown as a small group of venues hoping to promote the locality as an entertainment destination celebrated its 10th year in 2019 as the largest independent alternative arts and culture festival in NSW. While most of its theatre performances and comedy took place in the Inner West, the Fringe was poised to “really paint the CBD pink” in 2020.

However, it was not to be. Bravely, and in common with many other art and cultural events, the Fringe sought other ways to bring artists and audiences together. As a consequence, the decision was made to partner with five other international Fringe Festivals – Stockholm, Brighton (UK), New Zealand, San Diego and Hollywood – in the presentation of an online *Global Fringe* to be live streamed this coming September.

The program will premier five Sydney-produced events: *Our visions begin with our desires – Chapter 2* performed by Blackbirds, a response

to the lack of representation and the misrepresentation of Women of Colour in the Australian arts; the physical theatre company Clockfire’s new production *We, the lost company*, inspired by Brett Whiteley’s beach paintings; *A Murder Story Retold* by Ninefold which features Max Richter’s recompositions of Vivaldi’s *Four Seasons*; a celebration of Sydney’s queer underground in *Queer Stories Fringe Edition* hosted by Maeve Marsden; and author Oliver Mol’s theatre debut in *Train Lord*, a true tale.

Whether audiences will be watching from their sofas or in person at a restricted theatre screening, the *Global Fringe* offers amazing opportunities. Sydney artists will benefit from having their work seen internationally and audiences everywhere will benefit from seeing performances not otherwise available to them. While some may feel that digital is the future, it has to be remembered that it is live small theatre that generates new writing, and that the Sydney Fringe has a very important role in fostering talent.

» artfestivals@ssh.com.au

Theatre Review by Catherine Skipper



Bangarra Dance Theatre
Online

Bangarra Dance Theatre’s new work, *SandSong*, telling the stories of the land and the people of the Kimberley country, was set to tour Canberra, Brisbane, Melbourne and Bendigo in June to September this year but owing to Covid-19 the tour was postponed until

2021. Meanwhile, the dancers continued to work from their homes, looking forward to being able to perform and reconnect with audiences when it is safe again.

However, Bangarra found creative ways to fill the gap and stay in touch during lockdown. Initially, the powerful *Bennelong* (2019), depicting the life of the iconic Aboriginal figure Woollaraware Bennelong, a Wangal man caught up in the clash of cultures between the white invaders and traditional owners, was digitally streamed on April 11, 2020.

Bennelong attracted a massive popular response, and three other Bangarra performances were made available online: *Terrain* (2012), inspired by Kati Thanda (the area known as Lake Eyre); *Ocbres* (1996), a portrayal of the significance of each of its four colours in Aboriginal culture and personal favourite; and *Waramuk – in the dark night* (2012), a collaboration between Bangarra and the Australian Ballet (AB) celebrating the AB’s 50th anniversary.

To further deepen connection with their audiences by giving them the opportunity to explore these performances in more detail, Bangarra launched a behind-the-scenes platform, *Nandbu* – meaning “to be close” in Wiradjuri – on May 7. An extension of Bangarra’s performance archive, Knowledge Ground, *Nandbu* “unpicks the strands woven into each work, and enriches our understanding with accompanying interviews, how-to classes and other insights”.

For those who would like a more in-depth experience, they can be guided through a warm-up and then into a movement from “Salt” (a section from *Terrain*) by Bangarra dancer, Rikki Mason. They can immerse themselves in the unique and gorgeous costumes designed by the incomparable Jennifer Irwin who first joined the Bangarra Dance Theatre by cruising the photo galleries.

As a special delight *Nandbu* offered excerpts from “Nyapanyapa” from the fabulous triple bill *Our land people stories* (2016) throughout July. Sensitive choreographed by Stephen Page, this performance pays tribute to the prominent Yirrkala

artist Nyapanyapa Yunupingu whose beautifully textured works inspired Jacob Nash’s spectacular sets. Of the five interludes that make up “Nyapanyapa” the poignant “Lost Wendys” is an outstanding example of Bangarra’s collaborative and profoundly original creativity.

In all, digital has proved, to quote Stephen Page, Bangarra’s greatly revered and longtime artistic director, “a fantastic way to keep connected with our beloved audiences and allows the outreach of our stories to be extended well beyond Sydney”.

When recently asked to comment on the killing of George Floyd Page said that “Bangarra constantly reconciles the Black Lives Matter message which lives in our work on and off stage” and Bangarra’s recent move to digital is a powerful means of spreading that message.

» theatre@ssh.com.au

Book Review by Catherine DeMayo



The Gospel of the Eels: a father, a son and the world’s most enigmatic fish
Patrik Svensson, 2020,
Translated by Agnes Broomé
Pan Macmillan, \$34.99

Author Patrik Svensson describes *The Gospel of the Eels* as a “strange and nerdy book”. He isn’t wrong; his book (subtitled “A father, a son and the world’s most enigmatic fish”) is part memoir and part natural history with musings on other topics (the birth of the modern environmental movement and the meaning of miracles, for example) skillfully interwoven.

The Gospel of the Eels is Svensson’s first book and a bestseller in his native Sweden. As a child, Svensson fished for eels with his father in “a tranquil stream meandering through

the greenery like a silver chain glinting in the last slanted rays of the setting sun”. (Kudos to Agnes Broomé for her elegant translation.)

This is not a syrupy father-son story. Svensson “can’t recall us ever talking about anything other than eels and how best to catch them ...” Once caught, the eels are speedily dispatched by Svensson Senior, and while Svensson Junior loves fishing, and expresses no squeamishness at their demise, he cannot stomach them.

After his father’s death, Svensson, a journalist, began researching eels, which are indeed enigmatic. No one has actually seen eels breed, and they refuse to do so in captivity. Only in the early 20th century were the breeding grounds of the European eel discovered (the Sargasso Sea).

Some things I learned from this book: Aristotle was convinced that eels simply sprang from the mud; a 19-year-old Sigmund Freud spent several fruitless months dissecting hundreds of eels in a vain attempt to find their reproductive organs; eels can live for decades and thrive in both salt and freshwater at different life stages.

The eel has a major image problem. Other than the Japanese, few people still eat eel, and the reaction of most of the people I told about this book was, “Eels? Yuck.”

Perhaps, Svensson theorises, a misunderstanding of God’s directions in Leviticus contributed to the widespread distaste many felt for the eel. (“But anything in the seas or the rivers that has not fins and scales ... is detestable to you.”)

The eels’ fins and scales are hard to make out, but unlike ordinary fish, which became a potent Christian symbol, the eel remained “detestable, if not to all, then to many”.

Sadly, eels are now increasingly endangered, but our lack of knowledge hampers conservation efforts. Perhaps we would care more if they were cute, like baby seals, or majestic, like whales.

Whether or not this “strange and nerdy book” converts you to an eel aficionado, the human story within it is likely to touch your heart.

» books@ssh.com.au

Artist Andy ventures into the blue

ART

ANNA NORTH

FOLLOWING the success of her first sell-out show, artist Andjana (Andy) Pachkova’s new show, *Ferrweb: Into the Blue*, will run at the Stanley Street Gallery in Darlinghurst from August 13 to 28.

The show is dedicated to the artist’s late mother, Anna Pachkova, “who loved the sea, above all else”.

Andy is also a mother, a wife, a lawyer, and a keen surfer, who lives a long way from her motherland. At the moment she, her husband and three boys share their time between Sydney and Byron Bay.

Born in Ukraine, Andy, her mother and stepfather moved to Moscow where they lived a wonderful life visiting the Bolshoi Theatre, the symphony and various museums all of which expanded her horizons and her taste for the arts.

However, her parents wanted to be sure their daughter had a means of fending for herself throughout her life so they encouraged Andy to study economics and law in Russia and later in the United States.

During that period she maintained the belief that “there was more in the cosmic plan for me than being a lawyer or a business person ... I just had that inkling, that stirring in the soul that whispered ‘believe in your dreams and they will come true’”.

Andy trusted the cosmic plan and her dreams. Since the age of 13 she had attended private classes taught by talented artists who also held teaching positions. Understandably, she wanted to continue.

In 1997 she applied for and won a Davis Fellowship to study liberal arts. After overcoming a significant period of culture shock, she made an incredible connection with her teachers and professors and her work flourished.

In 2013 Andy, her husband



Andjana Pachkova. Photo: Supplied

and sons came to live in Australia. Learning to surf has helped her to understand and respect her mother’s love for the sea, and

guided her toward a new and liberating approach to her art.

I hand the last word to Andjana (Andy) Pachkova: “It is obvious to

me that my next step is to allow the paint to sing a new song – one that sings a new ode, both to my mother, and to the sea.”

Where can I get a free print copy of the South Sydney Herald?



ALEXANDRIA

- > Counterpoint Multicultural Centre, 73 Garden St
- > Dee Jays IGA, 1/68 McEvoy St

BEACONSFIELD

- > Beaconsfield Neighbourhood Centre, Victoria St

CHIPPENDALE

- > Soul Origin Central Park, 26-60 Broadway
- > Eveleigh Hotel, 158 Abercrombie St

DARLINGHURST

- > IGA, 23 Oxford St

DARLINGTON

- > Café Ella, 274 Abercrombie St
- > Eatz on Abercrombie, 262 Abercrombie St
- > Chippendale Scoop, 256 Abercrombie St
- > Café Abercrombie, 333 Abercrombie St

ERSKINEVILLE

- > Erskineville Railway Station
- > Rose of Australia Hotel, 1 Swanson St
- > Erskineville News, 89 Erskineville Rd

EVELEIGH

- > Lobby Boy Café, 5-7 Central Ave

GLEBE

- > Badde Manors Cafe, 37 Glebe Point Rd
- > Glebe Assistance and Partnership Program, 132 Glebe Point Rd
- > IGA, 215 Glebe Point Rd

HAYMARKET

- > Thai Kee IGA, Market City, 9-13 Hay St

MARRICKVILLE

- > The Bower and Food Pantry, Addison Road Centre, 142 Addison Road

NEWTOWN

- > Gould's Book Arcade, 536 King St
- > Hum on King, 271 King St
- > Lloyd's IGA, 259 King St

POTTS POINT

- > Wayside Chapel, 29 Hughes St
- > Kings Cross Newsagency, 91-93 Macleay St

REDFERN

- > Mickey's Fruit & Veges, 86 Pitt St
- > Redfern Convenience Store, Cnr George and Redfern St
- > Park Café on Chalmers, 51 Redfern St
- > Redfern Newsagency, 130 Redfern St
- > Tin Humpty Café, 137 Redfern St
- > Ambour's Hardware, 93A Redfern St

ROSEBERY

- > IGA, 741 Botany Rd

SURRY HILLS

- > Title Music Film Books, 501 Crown St
- > Trinity Bar, 505 Crown St

ULTIMO

- > Mustard Seed Op Shop, Cnr Quarry St & Bulwara Rd

WATERLOO

- > Weave Youth & Community Services, 2 Elizabeth St
- > IGA, Botany Rd
- > Rag Land Cafe, 129 Raglan St
- > Factory Community Centre, 67 Raglan St

WOOLLOOMOOLOO

- > Frisco Hotel, 46 Dowling St
- > Slashed Burger, 2/57 Cowper Wharf Rwy

ZETLAND

- > Victoria Park Café, 33/106 Joynton Ave

...or download from: southsydneyherald.com.au/archive

VOLUNTEERS' NEWS

PAT CLARKE

Covid-19 and masks

I suppose, like me, you will have noticed a lot more people out and about wearing face masks. I've been trying to find out a bit more, and frankly it is confusing. While Melbourne is now in a Stage 4 lockdown, as of August 2, NSW Health is issuing **strong recommendations** that people wear masks in enclosed spaces, such as on public transport or when buying groceries; when attending a place of worship; while working in customer-facing roles in hospitality or retail, and if you are in an area of high community transmission. All the other usual precautions are still advised, and there are protocols for putting on and taking off your mask, should you decide to wear one. Information is available at www.nsw.gov.au/covid-19/face-masks

What to do with used stamps

Have you had a bit of a cleanout, and maybe found used stamps you don't know what to do with? I found a large envelope full, returned to me from an organisation that was no longer collecting them. Well, our wait is over. Lions Australia collects and sells donated stamps, and all monies are passed on to the Australian Lions Children's Mobility Foundation to buy walking frames for children born with cerebral palsy. Stamp club secretary Ross Paine, OAM, from Queensland, can be contacted about donating at rosspaine@bigpond.com or phone 0419 449 881. (Information courtesy of *The Senior*, July 2020.)

For your diary

While the Federal Parliament doesn't look like sitting in the near future, the **Parliament of New South Wales** is scheduled to reopen on August 4.

Archibald, Wynne & Sulman Prizes September 26 to January 10, 2021.

Ticket information will be available from August 1 at www.artgallery.nsw.gov.au/exhibitions.

Sydney Festival 2021 dates have been announced: January 6-26, 2021.

SSH Volunteers' Meetings

The latest update is that meetings will revert to Zoom sessions until further notice.

If you haven't already done so, you can subscribe to the SSH Update to receive Zoom details each month. www.southsydneyherald.com.au/subscribe

SSH PDF version

Keep up to date with PDF copies of print issues on www.southsydneyherald.com.au/archive

Reminder – 2020 Volunteer's Agreement

If you've forgotten about the Agreement, it is important as a health and safety measure. Send your signed Agreement to Allison at distribution@ssh.com.au.

Daffodil Day Appeal August 28

There will be no volunteers on the streets this year, but you can assist the Cancer Council's research and buy a virtual daffodil by donating at www.daffodilday.com.au.

Father's Day is Sunday September 6

Until next time, still keep safe and well, and enjoy Sydney's sunny winter days.

Pat Clarke

volunteers@ssh.com.au

Uniting Churches



South Sydney Uniting Church

56a Raglan St, Waterloo
Public worship suspended
Follow @sundayssuc for prayers, music and reflections
Rev. Andrew Collis
0438 719 470
www.southsydneyuniting.org.au

Leichhardt Uniting Church

3 Wetherill St, Leichhardt (near Norton St, free parking behind church)
Public worship suspended
Revs Radhika & Adrian Sukumar-White
www.leichhardtuniting.org.au

Mustard Seed Uniting Church

Cnr Quarry St & Bulwara Rd, Ultimo
Public worship suspended
Rev. David Gore
0449 875 065
mustardseed.unitingchurch.org.au

Newtown Mission

280 King St Newtown
Public worship suspended
Rev. Graeme Tutt
9519 9000
www.newtownmission.org.au

Paddington Uniting Church

395 Oxford St, Paddington
Public worship suspended
Rev. Danielle Hemsworth-Smith
Office 9331 2646
www.paddingtonuca.org.au

Pitt Street Uniting Church

264 Pitt St, Sydney
Public worship suspended
Revs Karyn and Gareth Burchell-Thomas
Office 9267 3614
www.pittstreetuniting.org.au

Wayside Chapel

29 Hughes St, Potts Point
Public worship suspended (Please note that Wayside is still open for those in need)
Pastor Jon Owen
Office 9581 9100
www.thewaysidechapel.com

St Stephen's Uniting Church

197 Macquarie St, Sydney
Public worship suspended
Rev. Ken Day
Office 9221 1688
www.ssms.org.au

YOUR LOCAL MEMBERS Phone or email to make an appointment



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Halep withdraws from Palermo Open

STEVE TURNER

WORLD number two Simona Halep has withdrawn from this month's Palermo Ladies Open following Italy's decision to impose a mandatory quarantine for people coming from Romania and Bulgaria amid the coronavirus pandemic.

Italian Health Minister Roberto Speranza said on July 24 that people who had been in Romania and Bulgaria the previous 14 days would be quarantined upon arrival in Italy, a move aimed at preventing the importation of Covid-19 cases.

"We found out with great bitterness the decision of the world number two to cancel her participation," the tournament's director Oliviero Palma said in a statement.

Palermo will be the first professional tennis event across the WTA and men's ATP tours after a five-month break, with action scheduled to get underway on the clay courts of the Sicilian capital from August 3.

"Given the recent rise in Covid-19 cases in Romania and my anxieties around international air travel at this time, I made the tough decision to withdraw from Palermo," Halep said on Twitter. Halep, the reigning Wimbledon

champion and 2018 French Open winner, will compete in the Prague Open, scheduled to start on August 10.

Legge to have leg surgery

British driver Katherine Legge will have surgery on her left leg following a crash in testing ahead of the European Le Mans Series opener in Le Castellet, France.

Legge, who competes for the all-female Richard Mille Racing team, also broke her right wrist after her car went off track on the exit of the Signes corner and crashed into the guardrail. "Big thank you to everyone who had a part in looking after me ... I really do appreciate all your work and efforts to get me out and as comfortable as possible," Legge said on social media.

Souths' proud Indigenous history

The Rabbitohs have always been proud of their rich Indigenous history – and an 11-minute video released to fans and members certainly does a lovely job detailing what went into the Indigenous jersey design.

Latrell Mitchell, Cody Walker, James Roberts, Braidon Burns, Alex Johnston, Troy Dargan, Josh Cook and Dane Gagai, whose family are Torres Strait Islanders, all feature in the video. The jersey was designed in collaboration with Uncle Joe



Simona Halep. Photo: Supplied

Walker, who is Cody's uncle.

Skipper Adam Reynolds also speaks proudly about being connected to the culture through his wife and four children. The club's stars play the didgeridoo in the middle of Redfern Oval, a scene which was filmed at the start of the year when Mitchell had just arrived at the club. They also break into a dance and giggle.

Cody Walker shows his two sons the jersey and explains the importance of appreciating history.

"Here at South Sydney we get

to have an input into the design of the jersey," Walker says. "And what I think is great with the jersey is there are so many boys from so many backgrounds and different areas of Australia, and we're all connected through that bunny."

"We have a great representation of Aboriginal players who have played for South Sydney over the years. Greg Inglis was a huge figure, Nathan Merritt, I had a little bit to do with Chris Sandow when he was here.

"But I really admired someone

like Dean Widders who played for the club and then went into the community, coached the Redfern All Blacks to three premierships, and he's still a part of the local community today."

The Indigenous jersey was worn by Souths for the NRL's Indigenous round clash against St George-illawarra on July 30. The Rabbitohs outplayed the Dragons 32-24, with all six Rabbitohs tries by Indigenous stars – Alex Johnston (3), Cody Walker (2), and Latrell Mitchell.

SSH

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VOLUNTEER POSITION AVAILABLE Community Garden Coordinator

Eden Community Garden (in the grounds of South Sydney Uniting Church) is looking for a coordinator. The Garden is a safe, enjoyable place for anyone to come to grow food, relax, contemplate and build relationships. We have a lot of dreams for the future and are looking for someone who can provide leadership in community development and gardening knowledge and skills. The garden currently has 12 garden plots, as well as 13 chickens and 3 ducks.

THE COORDINATOR WILL:

- Live in Redfern/Waterloo – or close enough to come to the Garden at least once a week.
- Initiate and coordinate systems that will support the growth of the garden community, including regular communication, rostering, and troubleshooting. Good people skills are important in this role.
- Have a commitment to organic gardening and permaculture principles (or be interested in exploring permaculture).

THIS IS A VOLUNTEER POSITION BUT WE CAN OFFER:

- The satisfaction of contributing to community health and wellbeing
- Connection to a community of enthusiastic experienced and beginner gardeners
- Opportunity to practise and build your community development and gardening skills
- Access to at least one plot of your own in the garden
- Possibly some assistance towards further relevant education

This role involves contact with children and vulnerable people, so will require a current Working with Children Check. Those who express interest will be asked to provide a current CV and two referees.

If you're interested in knowing more, including visiting the garden to check it out, please contact Eden Garden convenor Megan Weier at edencommunitywaterloo@gmail.com

