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Surfing provides good vibes for Waterloo kids



Children associated with Weave in Waterloo get tips from Let's Go Surfing about riding the white water at Bondi Beach. Photo: Supplied

The highlight of the day was seeing all the kids surfing, Ms Leudais said. "All of our kids stood up on the day. All of the kids actually rode white water waves," she said. "There was a little bit of fear there, and the kids that did have that fear, they were able to overcome that and they found their confidence and they were so resilient in the water and having a go at surfing." Another bonus was seeing new friendships formed. "Seeing these kids, who may sometimes struggle with social settings and to make friendships and to keep friendships, on this day, the kids were just being kids; there was no judgement," Ms Leudais said. "It was so beautiful just to watch this group come together and have fun and try something new."

This was just a one-day program, but Weave will run an intensive two-day program follow up in the September-October school holidays. "That will reconnect our group back and bring them back to surfing and hopefully provide that opportunity to get in the water, get outdoors in nature and make some new friendships and try something different," Ms Leudais said. "If there's anyone who wants to help support us to have ongoing funding to be able to do this again, we would welcome that." **SSH**
Contact www.weave.org.au/contact-us/

HEALTH

AMY CHENG

WEAVE Women and Children's Centre identified a need to give children, whose mums they are supporting, opportunities to access recreational activities that allow them to have fun and just be kids.

Weave applied for a small grant to run a surfing day for 12 kids from Waterloo. The kids were taken on a bus to Bondi Beach, where they were introduced to surf instructors, given learner surfboards, wetsuits and zinc, and participated in a 90-minute intensive surfing lesson with Let's Go Surfing.

During the lesson, the kids were taught how to paddle, catch waves and stand up on a surfboard. Afterwards, they were treated to a healthy "surfer's lunch", followed by games and a walk to the pools at North Bondi. Melissa Leudais, Women and Children's Case Worker for Weave, said surfing was the chosen activity because of its many benefits.

"There is something about being in the saltwater. It's the best therapy ever and kids really thrive in it," she said. "Once you get your surfboard and your wetsuit, surfing's free and surfing can be available to anybody. "If you can get yourself to the beach, it actually provides such a beautiful lifestyle and a healthy lifestyle."



Making their voices heard - students strike for a safer and more sustainable future. Photo: Andrew Collis

Climate strike - for sovereign land and water protectors

ENVIRONMENT

ANDREW COLLIS

ON Friday May 21 tens of thousands of students and their supporters walked out of classrooms and workplaces to join School Strike 4 Climate (SS4C) events around the country. The rallies are part of a global youth-led movement for urgent action on climate change.

Protestors gathered at midday at Sydney Town Hall and marched through rain to Prince Alfred Park. They chanted support of Indigenous-led solutions to climate change, resisting fossil fuel

developments and condemning the Morrison government's recent decision to fund a \$600-million gas-fired power station in Kurri Kurri (Hunter region, NSW). Gomeri man Ian Brown, a member of Gamilaraay Next Generation, a youth collective fighting against the Santos Narrabri Gas Project in the Pilliga Forest, urged people from all walks of life to come together to pressure leaders to take action on the climate. "There is no planet B," he said. "We've got to step up and take a stand. The land doesn't belong to us, we belong to it. It is our mother, our carer and our provider. We are striking for climate," **Continued on page 2**



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Jenny Leong MP
STATE MEMBER
FOR NEWTOWN

We are at a turning point in our centuries old campaign for justice for women in NSW. In the last few months we have seen a new generation of young people driving mass mobilisations on the streets and huge online engagements as thousands of young women speak out for the first time, demanding an end to the rampant injustice they face on a daily basis. We've seen heated debates about misogyny, sexual violence and power imbalances in our parliaments, workplaces and society in mainstream media and it is clear that there is a renewed appetite for change.

Whether we are talking about injustices in the form of sexual harassment and assault in the workplace or in society, consent laws, or how the justice system treats survivors, the conversation has changed. We are no longer debating IF women suffer as a result of the misogyny built into every aspect of society, but what can be done right now to change that.

On Wednesday, 28 April 2021, we were incredibly privileged to host some of the incredible young women on the front lines of this fresh charge, working to build the momentum, engage diverse communities, and implement the solutions that we need to achieve meaningful reform:

Jaime Evans, Director, Women's March Sydney

Chanel Contos, Founder, Teach Us Consent

Dr Amanda Cohn, Chair, Border Domestic Violence Network

Dani Villafañá & Erin O'Leary, Co-founders, YouthSurvivors4Justice

Dhanya Mani, Founder, Changing Our Headline

Dr. Karen Williams, Doctors Against Violence Towards Women

Saxon Mullins, Director of Advocacy, Rape and Sexual Assault Research and Advocacy

It was amazing to hear from these incredible activists, campaigners and communicators directly about the work they have been doing to push the boundaries, where we are headed next and how we can work together to get where we need to be.

Scan the code below to watch the event in full.



SCAN ME TO WATCH

The steady call for justice for women has become an almighty roar. Now it is up to us to grab hold of this new momentum, and join together to realise meaningful reform.

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**, funded using parliamentary entitlements.

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Karine Shellshear tours the student housing named in honour of her late husband Col James. Photo: Supplied

Pemulwuy – 'Col would be truly proud'

SPONSORED

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REDFERN: At the end of May, in the lead up to Reconciliation Week, Aboriginal Housing Company (AHC) CEO Michael Mundine and General Manager Lani Tuitavake took Karine Shellshear on a tour of the student housing, named in honour of her late husband, which has underwritten the financing of the Pemulwuy Project.

Karine was delighted that also present were Kim Crestani and Tony Caro, one of Col's early students, and now Principal NSW Government Architect, Dillon Kombumerri, a Yugembar-Goori man from the Design Integrity panel, Greg Colbran from Deicorp (representing the builders) and uncle Danny Eastwood.

"Thank you AHC for the brilliant tour to the 21st floor – I believe Col would be truly proud to know that 500 students will get this great accommodation in the heartland of the universities with absolutely spectacular views and the state-of-the-art setting," Karine said.

"The achievement of community here over years and years is quite

formidable! I am so honoured for Col's name to be acknowledged in Redfern and I know he'd be proud for the people that have achieved this and for what the future now holds, particularly for the opportunities in education that are so important to participation in an interactive and whole society."

Karine also gave credit to Angie Pitts, who worked alongside Col, on the Social Plan for the Pemulwuy Project, which in 2004 won the International CPTED Innovation Award (Crime Prevention Through Environmental Design). "It was] a formidable piece of consultative work aiming to integrate community diversity as far as possible. There is always compromise, but how fantastic to see the blueprint of self-determination in action and functionality in keeping the original thinking. The AHC have done a great job!"

Authorised by Michael Mundine, CEO, Aboriginal Housing Company Limited



Climate strike - for sovereign land and water protectors

Continued from page 1

to stand with sovereign land and water protectors."

Ruby Bron of Santa Sabina College said public money should be used to transition the economy away from fossil fuels: "[It] should be used to fund the creation of jobs that will fast-track solutions to the climate crisis."

Natasha Abhayawickrama of Tara Anglican School for Girls said students believed creating a "disruption" was the only way their voices would be heard. She added: "Morrison and his government could and should be protecting our climate, land and water. Their money-making agenda – at the expense of vulnerable Australians' wellbeing and prosperity – is fuelling the climate crisis."

Port Macquarie student Patrick Rudd described the government's funding of the gas industry as a "slap in the face" for people who had suffered through fires and floods in recent years.

Pitt Street Uniting Church hosted a pre-rally worship service from 10am, led by tertiary group

Christian Students Uniting; Uniting Church school students from Pymble Ladies College, given express permission to strike; members of the church's Pulse youth program; and members of Auburn Uniting Church. Matthew Powell from Christian Students Uniting and Milise (Ofa) Foiakau from Pulse delivered the sermon. Ofa spoke about the effects of the climate crisis on her home in Fiji.

SS4C is demanding the federal government turn its back on emissions-intensive energy sources by: resourcing Aboriginal and Torres Strait Islander-led solutions that guarantee land rights; creating secure jobs that fast-track solutions to the climate crisis; and funding projects that transition the economy to 100 per cent renewable energy by 2030.

SS4C invites groups, businesses and organisations to stand with them by signing onto their pledge to oppose public funds being spent on gas and instead call on the government to "fund our future not gas".

www.schoolstrike4climate.com

This page is sponsored by AC Law Group in memory of Trevor Davies, the *South Sydney Herald's* founding editor and a friend to all in the community.

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Stolen Generations' film broaches intergenerational trauma

FIRST PEOPLES

AMY CHENG

THE trauma inflicted on the Stolen Generations also affects subsequent generations and a new short film, featuring the descendants of several Coota girls, explores this painful reality.

Coota Girls Aboriginal Corporation released the short film *Walking Our Songlines* at the end of April.

Meagan Gerrard, Communications and Program Officer for the corporation, said she would like this film to be an educational resource for truth telling.

"I think a lot of people... have the wrong information. They've been brought up learning one side of the story in our education system," she said.

Ms Gerrard would also like the film to be an inspiration to Stolen Generations survivors and their families and communities.

The film is told through the stories of four different people who had parents and grandparents from the Stolen Generations.

"Overwhelming evidence suggests that trauma experienced by Stolen Generations survivors - so those are the girls and boys that were forcibly removed - the trauma that they've experienced has a direct impact on subsequent generations," Ms Gerrard said.

It's a complex trauma, she



Joanne Cassidy and daughter, Cherie Johnson, Auntie Lorraine Darcy Peeters and Peter Townsend spoke of trauma and resilience in the short film *Walking Our Songlines*. Photo: Joseph Mayer

said, and has been passed on in many different ways, and the community is still healing from it today.

The idea for the short film came from Ms Gerrard's own lived experience.

"My grandmother was a Coota girl, so she was forcibly removed at the age of four," she said.

"The idea was around my lived experience with intergenerational trauma and just working with it, our families and communities, and with the wider community."

The Cootamundra Domestic Training Home for Aboriginal Girls was a training institution for Aboriginal girls. The girls were forcibly removed from their homes under the Aborigines Protection Act (1909-1969) and trained to become domestic servants and farm hands in wealthy non-Aboriginal households.

The impact of intergenerational trauma is different for everyone, Ms Gerrard said, but the main theme is around a need for connections and being strong in spirit.

"For me, when there's fractures with our connections with Aboriginal people, to culture, language, community, country, because that was taken away from us, it can really affect you," she said.

"Growing up, you don't really understand about it until you start to learn about it. You feel like there's something missing and your spirit is unwell.

"I think once you start to strengthen those connections to culture, country, community,

you feel stronger spiritually."

Understanding intergenerational trauma can also help address contemporary issues faced by Aboriginal and Torres Strait Islanders.

Some families are battling with issues of addiction and substance misuse because of the lack of awareness of this type of trauma, Ms Gerrard said.

"They were all coping mechanisms. Not having an understanding of what was going on inside them, it was used as a way to deal with it," she said.

Ms Gerrard is also hoping that a greater awareness will help her community to move forward together.

"I think once there is that deep understanding within community, we have a better chance of being understood, having acceptance of what's happened and then more support moving forward together," she said.

"I think for there to be reconciliation: there needs to be healing; there needs to be acceptance. We need to stop racism."

The word "songlines" in the film's title refers to the singing culture of the Aboriginal community. A songline is the walking route that Aboriginal people travelled to cross the country. Each songline has an ancestral story attached to it.

To view the film, email Meagan@cootagirls.org.au



WRN - celebrating 25 years of advocacy for First Nations people. Photo: Lyn Turnbull

Women's Reconciliation Network calls for spirited action

FIRST PEOPLES

DEBORAH RUIZ WALL

"THE re-birthing of the Spirit spearheading women into action marks the 25th anniversary of Women's Reconciliation Network (WRN) with a lamp that guides their path and shines onto their feet," Auntie Ali Golding, Aboriginal Elder proclaimed. Auntie Beryl Van Plooy added that WRN's growing up stems from "knowledge sharing" of women members enabling the passing of legacy onto others.

WRN has a rich record and trail of achievements through its years of advocacy in support of justice and healing for First Nations people.

Back in 1996, at the NSW State Library, 300 women from different cultural backgrounds united in grief over the injustice endured by Aboriginal and Torres Strait Islander people. A searing song of lament by Tjanara Goreng-Goreng pierced the stillness and deeply moved the people who were there.

The idea of forming the group initiated by former NSW Coordinators for Reconciliation, Elaine Telford

and Shelley Reys, was inspired by the thought that the powerful way women do things is formidable.

Reconciliation on a national scale originated from former Prime Minister Paul Keating's proclamation of a decade of Reconciliation (1991-2001) - his government's response to the Royal Commission's Report on Aboriginal Deaths in Custody. Keating set a decade timeframe to advance a national process of reconciliation.

Lifting social consciousness through education and training, writing letters and submissions to government, creating training resources, organising forums, making films, producing books, meeting via Zoom have all been part of WRN's call to action.

WRN has produced films: *Around the Kitchen Table*, a record of stories shared by First Nations and non-Indigenous women from other cultures; *Exploring Perspectives: Conversation on Constitutional Recognition*; and the life stories of Auntie Ali and Auntie Beryl. WRN has also produced books: *Healing our Nation through Women's Wisdom*; and Deborah Ruiz Wall's *Reconciliation, Love and Other Poems*. More recently, WRN gathered many submissions and letters to government about the process of hearing the Voice of First Nations people to be embedded in the Constitution.



Students from Christian Brothers' High School in Lewisham have taken part in the Ration Challenge for the last two years and raised a total of \$31,674 and have registered again this year. Photo: Supplied

School children put on rations for refugees

HUMAN AFFAIRS

SSH

SCHOOLCHILDREN and teachers are being invited to eat like a refugee during the week leading up to World Refugee day (June 14-19); get sponsored; and raise much-needed funds to help children and families threatened by conflict and disaster around the world.

Every student registered by their teacher will receive a ration pack in the mail, containing the same rations, in the same quantities, as those distributed to Syrian refugees in camps in Jordan - just a small amount of rice, beans, chickpeas, lentils, fish, oil and flour. Since 2018, the Ration Challenge schools' program established by Act for Peace has raised more than \$1 million.

Register at: schools.rationchallenge.org.au

TANYA PLIBERSEK MP

Federal Member for Sydney

BUDGET UPDATE

In May, the Treasurer delivered a federal Budget that was just another shameless political fix, rather than the genuine reform needed to make Australia's economy stronger, broader and more sustainable.

Despite spending almost \$100 billion and racking up a record \$1 trillion in debt, the Morrison Government's Budget reveals real wages will go backwards.

This Budget is a MorrisonKeeper Budget. The Government is running up close to \$1 trillion of debt in order to fix problems of its own making.

Like with everything Scott Morrison does, you always have to check the fine print. When you look at the T&Cs on this Budget, at its heart is wages going backwards and a tax hike for millions of working Australians.

VACCINE ROLLOUT

Scott Morrison said he would have had four million Australians vaccinated by the end of March and he hasn't delivered. Frontline healthcare workers, vulnerable aged care residents, disability support residents and too many others are still waiting for their vaccine.

The Government botched the vaccine rollout from the start; first failing to secure early contracts for vaccines, then failing to get them to GPs and creating confusion about the rollout.

The longer this rollout takes the more jobs lost, businesses closed and families kept apart.

The Victorian lockdown shows just how vulnerable Australia continues to be until we get the vaccine rollout right.

Australians should be proud of our own efforts to minimise the spread of Covid-19. The state governments have mostly done an excellent job. Australians need the federal Government to fix the vaccine rollout and get jabs in people's arms.

ELECTORATE OFFICE

My electorate office provides support with Centrelink, Veterans' Affairs, Medicare, Immigration, NBN and other federal matters.

My office also provides Justice of the Peace services - simply call to make an appointment. Services are available on: Mondays (2pm-4.30pm) Tuesdays (10am-1pm) and Thursdays (2pm-4.30pm).

TANYA PLIBERSEK MP

Federal Member for Sydney

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Statement from the Heart wins Sydney Peace Prize

SPONSORED

STEPHEN GARTON

THE *Uluru Statement from the Heart* has been announced winner of the 2021 Sydney Peace Prize; Australia's only international prize for peace.

Proud First Nations leaders and drivers of the *Uluru Statement*, Professor Megan Davis, Cobble Cobble woman from the Barunggam Nation in South East Queensland; Pat Anderson AO, Alyawarre woman from the Northern Territory; and Noel Pearson, Guugu Yimidhirr man from Hopevale on the Cape York Peninsula, jointly welcomed the announcement and will receive the prize together at an official event later in the year.

Delivered in May 2017 at the National Constitutional Convention, the *Uluru Statement from the Heart* is an "historic offering of peace" that calls for the establishment of a "First Nations Voice" in the Australian Constitution.

Professor Davis, Ms Anderson and Mr Pearson worked tirelessly to deliver the statement in 2017 and have spent the past four years leading the campaign for a referendum. The announcement of the win coincides with National Sorry Day, and marks four years since the *Uluru Statement* was originally endorsed by First Nations people from across Australia.

"The *Uluru Statement* was the culmination of a dialogue process designed to take agreement and disagreement and elicit a pathway forward on the vital question of recognition," Professor Davis said.

"This is a tribute to the men and women of the dialogues who crafted a roadmap to peace for the nation. We are accepting



Professor Megan Davis, Pat Anderson AO and Noel Pearson. Photo: Supplied

this prize on behalf of all of the First Nations that participated in the *Uluru Dialogues* and the National Constitutional Convention at *Uluru* in 2017."

The Sydney Peace Foundation at the University of Sydney chose the *Uluru Statement from the Heart* as a stand-out winner from over 200 community nominations for its dedication to bringing Australia's First Nations people together around a "clear and comprehensive agenda" for healing and peace.

"The *Uluru Statement* was issued as an invitation to the Australian people to walk with us First Nations people, and to compel the politicians we elect to embrace change and not be afraid of change. As Australians we walked together once before, in 1967, and it was the highest 'yes' vote in Australian constitutional history. We are going to have another run at it," Ms Anderson said.

"As long as First Nations peoples remain unrecognised, then Australia is missing its most vital heart," Mr Pearson said, emphasising the need for Australian people from across government, business and the

community to come together behind this pathway to peace. "The *Uluru Statement* was the answer to the Commonwealth's desire to recognise First Nations in the Constitution. The evidence four years later is overwhelmingly that Australians will support giving us a Voice. It's time."

The Sydney Peace Prize recognises leading global voices that promote peace, justice and nonviolence. Former winners include Patrick Dodson, Archbishop Desmond Tutu, Arundhati Roy, Mary Robinson, Noam Chomsky, Naomi Klein, Professor Joseph Stiglitz, the Black Lives Matter Global Network and the #MeToo Movement.

For over two decades the Sydney Peace Prize has been awarded in partnership with the City of Sydney.



Authorised by Vice-Chancellor and Principal Prof. Stephen Garton.
Enquiries: 9351 2000
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Support for pets and people

LOCALS

ANDREW COLLIS

WATERLOO: Following the cancellation of the event last year (due to public health orders in response to Covid-19), it was wonderful to see the return of the Redfern-Waterloo Pet Day at Waterloo Green on Saturday, May 22.

The event, organised by the City of Sydney with support from Counterpoint Community Services, invites social housing residents to bring their pets for health checks, tips, information sharing and fun.

Veterinarians and students offered free pet health checks and advice, along with free cat and dog vaccinations, microchipping and de-sexing bookings. City of Sydney staff engraved pet tags. Pet food, flea and worming prevention were provided by the Petbarn Foundation.

Stallholders included the Cat



Matthew McClennan with beloved companions Coco, Roxy and Princess. Photo: Andrew Collis

Protection Society NSW, RSPCA NSW, My Vet Waterloo and Vets Beyond Borders.

Adam Antonelli of Counterpoint said: "Redfern-Waterloo Pet Day is a wonderful event that brings the community and furry companions together. The free services would otherwise be an unaffordable bill for many in the community."

For local dog-owner, Matthew McClennan, the day is a calendar highlight. "My dogs mean so much to me," he said. "Coco, Roxy and Princess have been companions over many years. I really appreciate the support and all the good advice. It's nice to get out and meet with other people and their pets, too."

Housing update

URBAN DESIGN

GEOFF TURNBULL

THE Planning Proposal for Land and Housing Corporation's (LAHC) 600-660 Elizabeth Street Redfern site, is now on exhibition with a drop-in community consultation on-site at PCYC South Sydney on June 9 from 4pm – 6pm.

The proposal is on the Policy & planning changes section of the CoS website. Hard copies of the documents are available at The Factory, Waterloo Neighbourhood Centre and RedLink for local residents to access.

A change the NSW Government made to the initial CoS proposal was to reduce social housing (30 per cent) and affordable housing (10 per cent) to a total of 30 per cent

combined. Given the 10 per cent Aboriginal affordable housing call on Government developments in Redfern and Waterloo there is likely to be community pushback to this reduction, especially as no dedicated Aboriginal affordable housing is included.

For Waterloo South, the Government's proposal is expected within the next week or so if Minister Stokes' timeframe is met. The Waterloo Redevelopment Group wants tenant representatives and agencies briefed before they read about it in the papers. There will be some delay between when the proposal is public and when consultation starts. The section of the planning department handling the consultation says it will consult with CoS, LAHC and local groups to tailor the consultation to meet the needs of the Waterloo public housing community. SSH

Affordability - good news for the City's renters

URBAN DESIGN

CATHRYN CALLAGHAN AND JOHN ENGLER

MUCH has been said about what we have learned from the Covid era. There's the obvious appreciation of a well-funded and organised public health system and workforce of course. Beyond that, we think there has been some strong reminders about home, community and the workers who keep the place running.

Have you noticed the local supermarket staff? The nurses patiently working at Covid testing stations in your local area? Ever wondered where they live?

Unfortunately, and well before the pandemic, Greater Sydney, and the local government area of the City of Sydney has become increasingly unaffordable for ordinary people to live in. The forces of gentrification and an overstimulated housing market have combined to make the city unaffordable especially for renters in the private market.

There's a fair chance that the workers we spoke of have been forced out of the city.

The City of Sydney has calculated the housing crisis to be so great that it will require an additional 1,971 social housing dwellings and a staggering 10,000 affordable rental dwellings between 2016 and 2036.

The responsibility for delivering social housing falls squarely in the lap of the NSW government. There is lot to be done there, but all levels of government have a role to play in delivering affordable rental housing.

Earlier this month, Rob Stokes, Minister for Planning and Public Spaces, announced his approval of the City of Sydney's proposal to amend its planning controls to extend its affordable rental housing scheme across the local government area. This is good news.

These schemes will require new development to make a financial or floor space contribution towards new affordable rental stock. The rates will be 3 per cent for residential and 1 per cent on non-residential floor space phased in over the next couple of years. Developers will be

able to provide this through a direct dedication of affordable dwellings or by a monetary contribution. The City has had similar schemes in operation at Green Square, Ultimo/Pymont, and Southern Employment Lands for many years now. These schemes have been successful though limited in their geographic reach. The City estimates that close to 1,000 affordable units have been delivered – a long way short of the 10,000.

The announcement of this approval is good news for the people of Sydney. It offers something practical for a group that is often overlooked – financially stressed, low- to moderate-income renters in the private residential housing market. The scheme will be pitched at these households and charge rents that are no more than 30 per cent of gross household income. Affordable housing properties are usually managed by not-for-profit community housing providers like City West.

Our vision of Sydney is one of a socially diverse residential population, representative of all types of income, culture, family, and household types.

The lack of diverse, affordable rental housing has "hollowed out" the city, driving people on ordinary incomes further out. This includes important key workers from the Aboriginal community who may traditionally have lived in the communities they service. This hollowing out threatens communities and the economic viability of the city.

The overall housing system is overstimulated with taxation incentives distorting what should be one of the most important and basic areas of public policy – ensuring everyone has a secure and affordable roof over their head.

While all levels of government have a role to play in addressing the housing affordability crisis, we often see local government missing in action. We commend the City of Sydney for persevering over a number of years to produce a municipality-wide plan for boosting the stock of much needed affordable rental housing. It won't solve the housing crisis but it will provide help for a great many people. SSH

Cathryn Callaghan is Senior Policy Officer and John Engler CEO of Shelter NSW.



cartoon: norrie mAy-welby

Coercive control checklist could save lives

EDITORIAL

SSH

NO idea what coercive control is? You're not alone.

Despite coercive control being an overwhelmingly common experience in abusive relationships – as well as being a significant factor in most deaths resulting from domestic violence – most people in the community don't know what coercive control is or how it might manifest.

One way to learn about coercive control is to watch Jess Hill's *See What You Made Me Do* on SBS On Demand until May 2022, a three-part documentary which explores what she calls "the crisis of domestic abuse in Australian society".

A quicker way is now also available.

An easy-to-read, pocket-sized brochure featuring information

about coercive control was released in May to coincide with Domestic and Family Violence Prevention Month.

A Pocket Guide to Relationships, Domestic Abuse and Coercive Control aims to help people understand how you can still be in an unhealthy or abusive relationship even where there is no physical violence. Produced by the St George Domestic Violence Committee, it provides a healthy relationship checklist plus general information about support.

The brochure defines coercive control as an abusive behaviour used to cause fear and/or control a person or situation. "This type of domestic violence is known as domestic abuse and can go undetected in intimate partner relationships for years," it says.

If not recognised, controlling behaviours like gaslighting, stalking, technological abuse and more can escalate to physical, life-threatening violence – so

people should seek advice and support even if they're unsure this is what they're experiencing.

"There are people around us whose lives are not what they seem," Jess Hill says in the opening of *See What You Made Me Do*. "They walk among us but carry an invisible burden. They are victims of domestic violence, over 3 million adults and children in this country."

To help people find the support they need before the violence escalates, the coercive control brochure is available in English, Simplified Chinese, Arabic, Nepali, Thai, and Bengali and can be downloaded FREE here www.movingforward.org.au/resources/. SSH

If you are worried about domestic violence, call the 24 hour Domestic Violence Hotline on: 1800 656 463. Always call the Police on 000 if you are in danger. For more information on Domestic Violence please visit: www.facs.nsw.gov.au/domestic-violence/resources

Meditation is our mainstay

FAITH

DHARMACHARI DHARMANANDA

IN this world there always have been, always will be, many challenges. The challenges may be simply the ups and downs of daily life or they may be seemingly intractable problems, such as the challenges of climate change. They may be more immediate threats to safety and security, such as the Covid-19 pandemic.

In the face of some of these challenges we may be able to put our faith in the reasoned guidance of science; but we may not be able to have deep faith in science. Religion offers us something in which to have faith; and that deeper emotional trust can sustain us when life's challenges and

suffering ask much of us.

We can respond to the reality of suffering with all manner of negative responses, but faith can be the key to acting more creatively and wisely to challenging situations. For Buddhism, faith can be thought of as how a person, imbued with a feeling of loving kindness towards all, will respond to reality. Reality may be seeing the freedom gained by the Buddha or the reality of the suffering in what is always before us. We can respond with all manner of negative responses, but faith can be the key to responding more creatively and wisely to our situation.

Meditation is the mainstay of Buddhist practice. Through developing mindful awareness and loving kindness Buddhist practice helps build personal strength. It also provides a

method of learning to reflect more deeply upon the nature of our existence, as human beings in an ever-changing world. One of its core tenets is the recognition that this kind of existence is inherently characterised by suffering or dukka. Dukka includes the pain associated with physical and emotional harm, changing circumstances, and illness, old age and death.

Faith in Buddhism draws from confidence that there is a way beyond all sources of dukkha, to final liberation and peace in a changing world. Buddhist meditation can guide us, through progressive reflections, to accept the realities of life that we call dukkha. More importantly it can lead us to an emotionally positive experience of the possibility of resolving life's challenges. Here, compassionate faith looks beyond this life to solve its challenges. SSH

The Review

Arts & Culture in Your Neighbourhood

'Stop killing the canary in the coalmine'

- Q&A with artist Bettina Kaiser



Artist Bettina Kaiser says, 'Just as there is a reckoning and demand for truth telling in many other areas of life, this slow, but devastating climate crisis, needs truth telling, and immediate action. Big changes are necessary and must be accomplished through government policies and regulations.' Photo: Jessica Maurer

What prompted you to invite viewers to collect waste in exchange for one of your art works?

While working on my small still lifes of trash that I had collected by the roadside, called "Waste Life", I was thinking about how the works can have a meaning beyond an interesting framed work or observation. So, I am now offering an exchange system, where visitors can collect rubbish off their local streets and bring it in (or send in a photo) and in return they can pick one of the still lifes and take it home. My hope is that the work then also acts as a reminder to make it a habit to pick up rubbish and help our waterways and animals from plastics in our stormwater and rivers.

Describe your exploration around "canary vs coal" in "Requiem for a Canary".

The saying, and with it the image, of the canary in the coalmine kept coming back to me time and again. So, I investigated how the birds were taken in their little cages into the

mineshfts. Their lives were put on the line to alert miners to impending danger. A keeled-over bird served as the warning system for the miners. The image speaks to me on so many levels. The small animal being sacrificed in our hunger for fossil fuels. The small bird as a sentinel species - able to sense the danger where we humans lack the ability. Species that are dying or becoming extinct, that are more sensitive to the changes in our environment, foreshadowing where we are headed.

While researching this theme I also found a quote by writer Kurt Vonnegut where he muses about how artists, being more sensitive, are society's canaries in the coalmine, and therefore take on a role as messengers. I do believe art will play a role in the changes we must make.

This year you designed and illustrated Dear Ibis a book by author Kate Liston-Mills. Why did you ask her to write some microfiction for "Requiem for a Canary"?

It was uncanny how Kate also expressed her deep climate future fears and real-life experiences from the 2020 bushfires in her *Dear Ibis* short stories. Kate is living

on Yuin Land in Pambula, where the fires hit so hard. Some of the texts are hard to read. Some of her scenarios are apocalyptic. I relate to it very much. The texts for "Requiem" blew me away when I got them. They are written in the voice of the canary and talk directly about the harsh reality and future scenarios. Haunting. I printed the stories using the risograph printer and it became a series of 10 prints. It actually became rather dark and I found myself pretty disconcerted.

What would you most like people to take away from *Natura Morta*?

We, together, must act now, we must change our ways and demand our governments take a leading role in addressing the climate crisis and loss of flora and fauna. I hope to initiate actions. I am hoping to have interesting dialogues and maybe new inspiration for how I best can use my skills and passion to work against an unliveable future and to protect the precious nature we have left.

***Natura Morta* is at Chrissie Cotter Gallery, Piccock Street, Camperdown May 26 - June 6.**

ART

MARJORIE LEWIS-JONES

CAMPERDOWN: Bettina Kaiser's *Natura Morta* exhibition challenges viewers to recognise the climate crisis and to act on it, including by collecting rubbish off their local streets in exchange for one of her artworks.

***Natura Morta* (literally "Dead Nature" or "Still Life") is quite a disturbing title for your exhibition. Tell us more?**

I want it to be taken literally, to be clear and not sugar-coating anything. All works in *Natura Morta* are related to the state of nature, the environment and the climate crisis. Some express the fragility of our natural environment, some are calling for action, others are observations following the 2020 fires.



Counterpoint's Elle Brind with curator Catherine Skipper at the Orchard Gallery prior to the opening of COLLAB. Photo: Andrew Collis

Creativity at the centre of our neighbourhood

ART

ANDREW COLLIS

WATERLOO: On May 15 the Orchard Gallery at South Sydney Uniting Church hosted its first in-person opening in more than 12 months. The *COLLAB* show in partnership with Counterpoint Community Services marked Neighbourhood Centre Week.

Curated by Catherine Skipper, the 16 works were produced by participants of South Sydney Uniting Church's Saturday Art Workshop and the Poets Corner Art Group. Artists received a small canvas (supplied by Counterpoint) and created the works in just seven days.

The opening saw more than 30 in attendance, including Elle Brind and Bill Yan from Counterpoint.

Local music teacher Jonathan and violinist Grace provided a warm and welcoming soundtrack.

Tighter health and safety restrictions meant we needed to wear face masks and offer drinks and chocolates to guests on departure. The mood was celebratory.

Elle Brind said: "A project like this brings out the best of our local community spirit even amid a pandemic. Neighbourhood centres are the heart of our community."

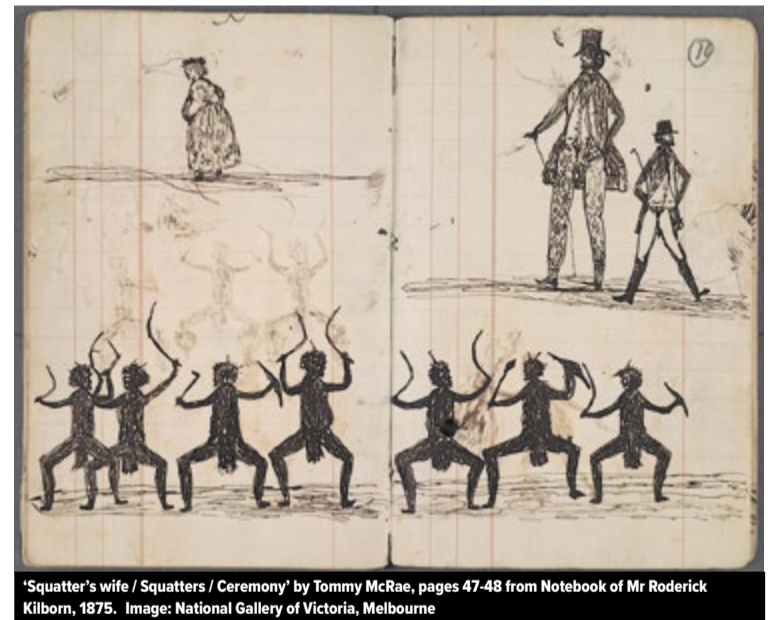
All exhibits were priced at \$100, 15 per cent going to the Orchard Gallery, and 85 per cent to the artist. The show closed on May 30.

In her opening night speech

Catherine again thanked the church council for generous support of the arts. "Distributing canvases of the same size was an effective means of encouraging creativity and collaboration," she said.

Artist Rosalind Flatman, whose oil painting took a day to make and three days to dry, said: "I thought the diversity was wonderful, so many ways to depict the community theme."

Margaret Vazey recounted working alongside her great-granddaughter Grace, aged 7. "Grace loves to draw and paint. Rabbits and dogs are her favourites, trees and gardens too. Her contribution to the show featured her pet rabbit Fluffy, with hibiscus flowers expertly observed."



'Squatter's wife / Squatters / Ceremony' by Tommy McRae, pages 47-48 from *Notebook of Mr Roderick Kilborn, 1875*. Image: National Gallery of Victoria, Melbourne

Announcing the Blak & Blu prize

ART

ANDREW COLLIS

THE Orchard Gallery is excited to announce its first art prize.

The *Blak & Blu* prize is inspired by 19th-century Aboriginal artist Tommy McRae, who used art to comment subtly and not-so subtly on social conditions - satirising colonial culture, calling out entitlement and injustice.

Blak & Blu is sponsored by Redfern-based Dhungatti artist Blak Douglas, whose own politically-charged work includes painting, photography, sculpture, commercial campaigns and communal projects.

"Tommy's drawings were made

in pen and ink," Douglas explains. "*Blak & Blu* invites artists from South Sydney and beyond to submit drawings on A4 paper using black and/or blue pens. The paper should be at least 300 gsm and the work should comment in some way on a social issue."

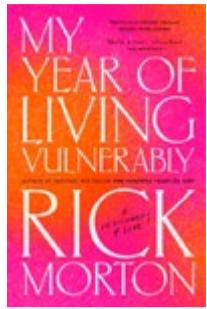
There will be a \$1,000 prize, as well as formal commendations and opportunity to have work included in an exhibition at the Orchard, opening September 11 (2-4pm) as part of the Sydney Contemporary art fair.

Please send submissions by post to *Blak & Blu*, PO Box 3288 Redfern NSW 2016. Closing date for submissions is Friday August 6.

www.blakdouglas.com.au
@orchardgalleryau

The Reviews

Book Review by Catherine DeMayo



My Year of Living Vulnerably
Rick Morton
Harper Collins, \$34.99

Two years after his widely acclaimed *One Hundred Years of Dirt*, journalist Rick Morton has produced another gritty but inspiring work, *My Year of Living Vulnerably*.

The traumas that weave their way through Morton's first book reappear in his second, and the reader learns early on that Morton has – after years of seeking answers – been diagnosed with complex Post Traumatic Stress Disorder.

If this leads you to expect this book to be tremendously depressing, please think again. Yes, Morton describes pain and violence. Yet his writing is nothing less than luminous, and occasionally funny. That he survived and pursued a successful career in journalism is testimony to his strong and loving mother, Deb, some close and devoted friends, and (though Morton would probably deny this) his own perseverance and strength of character.

Like *One Hundred Years of Dirt*, *My Year of Living Vulnerably* shifts between Morton's memoir and related topics. Sadly, for the author, just as he began researching this book, Covid-19 rapidly closed many doors. Still, he manages to visit New York (where he ruminates on homelessness) and Japan (where he is entranced by the PARO therapeutic robot, an adorable robotic harp seal which has brought joy to thousands of lonely elderly people).

Morton explores the idea of intergenerational trauma; his family is a compelling case study. His father was cold and emotionally unavailable, but his paternal grandfather was a brute; Morton believes his forbears were likely perpetrators of frontier violence. (The author is frank about his own struggles with mental health, and his brother Toby had major struggles with ice addiction.)

This is a beautifully written book. Writing about forgiveness, Morton describes it as “a garden in bloom. You are never guaranteed the beauty of those flowers, though your best chance is and has always been to tend to them nevertheless.”

Having read Morton's first book prior to this one, I found *My Year of Living Vulnerably* a perfect companion piece; I finished *One Hundred Years of Dirt* wanting to know more. While the two complement each other beautifully, one can still appreciate this book on its own.

» books@ssh.com.au

Theatre Review by Catherine Skipper

A Passage to India
Writer: E.M. Forster adapted
by Martin Sherman
Director: Mark G. Nagle
Genesian Theatre
May 15 - June 19, 2021

Set in the time of the British Raj and the Indian independence movement of the 1920s *A Passage to India* revolves around four characters: Dr Aziz (Atharv Kolhatkar) a Muslim doctor, and Cyril Fielding (Mile Boland) principal of a local college, who are trying to achieve a meaningful relationship between an Indian and a European, and Adela Quested (Christiane New) who has come to India to decide whether or not to marry a member of the British colonial administration, and her potential future mother-



in-law, Mrs Moore (Susan Jordan). Both women are eager to experience India rather than the stiff formality of British colonial society.

On a whim Mrs Moore visits a mosque by moonlight and encounters Dr Aziz. Her acceptance of the rules governing entrance to the mosque impresses Aziz and he feels, as does Mrs Moore, the possibility of mutual respect. Kolhatkar is perfect as Aziz, generous and garrulous, an easily moved lover of poetry, and Jordan convinces as the open-minded Mrs Moore whose Christian faith is summed up in “God is love”. While Aziz does not warm to the over-earnest Adela,

he nevertheless out of politeness and his warmth of feeling for Mrs Moore offers to organise an expedition to the Marabar Caves to give Adela an experience of “the real India” she craves before she makes a decision about marriage.

Both women have frightening but different experiences in the Marabar Caves. Once in the dark cave, Mrs Moore experiences an attack of severe claustrophobia and her panic is dramatically evoked by the heavy sticks that obstruct her attempts to escape. Adela's belief that she was followed into the cave by someone, whom she later claims is Aziz, and who “touches” her,

is skilfully handled and gives the impression perhaps of a hallucinatory experience. The consequence of Aziz's expedition is that he is accused of assault, and a profoundly confused Mrs Moore leaves for England abandoning both Adela and Aziz whom she knows is innocent.

Such a mess and it is partially resolved when Adela endures the ignominy of admitting she was mistaken in accusing Aziz in court. However, the Indian experience has been a disaster, and it is over.

The play opens and ends with Dr Godbole (Gaurav Kharbanda) who believes in the unity of the cosmos and the insignificance of individual human suffering. A minor character, he is nonetheless central to the sprawling narrative and Kharbanda brings an authenticity to this difficult role.

While long, this adaptation maintained its audience's interest in the narrative as it is relevant to our own post-colonial hearts and by its evocation of an intriguing Indian world. Through music (tabla player and singer, Aman Pal), authentic and colourful costumes and in particular in the graceful movements of Sweta Kumar we are given glimpses of a dreamy, philosophic beauty.

» theatre@ssh.com.au

Kate Wadey Trio brings silky sounds to Zetland



Kate Wadey with Samuel Dobson on double bass at Ruby's Socials on May 7. Photo: Marjorie Lewis-Jones

MUSIC

MARJORIE LEWIS-JONES

A couple of weeks ago, I got to hear the Kate Wadey Trio at Ruby's Socials – a classic outdoor music club in Zetland.

It was a balmy night and Kate's voice was silky on classics like “Tea for Two”, “There's a lull in my life”, and “I didn't know what time it was”. She also sang some lovely songs from an album she wrote during Covid times when she was “very pregnant” and which will be released on

CD and vinyl later this year as *Moon Songs*. If you haven't been to Ruby's, do yourself a favour and go. Ruby's is taking a Winter break but the “socials” will be back in Spring when you should check them out. Part of the fun is watching the locals from the surrounding units getting set up on their balconies to enjoy their drinks with a free evening of jazz wafting up to them from down below.

Thanks @sima.jazz for keeping the great live music coming.

sima.org.au

SOUTH EVELEIGH SOLSTICE FESTIVAL

Fri 18 June
5pm - Midnight
Sat 19 June
11am - Midnight

Proud Event Partner



FOOD
DRINKS
MUSIC
ART



Locomotive Street, Eveleigh
southeveleigh.com

Stunning art for Sydney Kings kit

STEVE TURNER

AN artwork by Kymeesha Shillingsworth, 9, and her grandfather Bruce Shillingsworth Snr has been chosen to feature on the Sydney Kings kit for the NBL's 2021 Indigenous Round (May 26-31).

Kymeesha grew up in Brewarrina and is currently living in Bourke where she attends Koinonia Christian College. Kymeesha has family in Brewarrina and part of the design is inspired by her experiences on and knowledge of the Brewarrina Baaka (Darling River).

Bruce Shillingsworth Snr, a Redfern local, attended an announcement at Olympic Park in Homebush and gave a talk regarding the artwork.

"The artwork is about the Parramatta River, 'parra' meaning eels and 'matta' meaning river. Kymeesha decided to choose the river as it's close to home and reminds her of the Baaka (Darling River) that runs through Brewarrina and Bourke. The Parramatta River, just like the Baaka, was a place for kids to swim and hang out as well as a meeting place for clan groups and nations. Along the river there would be games similar to basketball, with balls made from animal skin. Also, it is depicted that the spirits are always present, making sure the right thing was being done."



Bruce Shillingsworth with the Sydney Kings kit for the NBL's Indigenous Round. Photo: Supplied

Wallabies face daunting Bledisloe Cup task

A dark cloud has begun to develop over Australian rugby following a series of poor performances by the nation's teams so far in this year's Super Rugby Trans-Tasman – and its shadow is threatening to overwhelm the Wallabies. After two rounds, Australia's five teams are 0-10 against New Zealand opposition. The results beg the question: if the Australians cannot win at the provincial level, how will the Wallabies defeat the All Blacks in the Test arena?

In the clash of champions, the Reds fell 63-28 in Brisbane, while

the Brumbies lost 40-19 in the contest between the runners-up in Hamilton. After the game, Reds co-captain Liam Wright lamented that they did not think they did much wrong, but everything they did wrong was punished.

That is one of the main differences between the two nations' teams. In Super Rugby AU the other Australian sides failed to capitalise on the Reds' mistakes, particularly handling errors. They will not get away with it against the Kiwis, who base their attack around turnover ball.

Despite all of this, we wish them luck.

Volunteers' News

PAT CLARKE

It would have been the 65th birthday of founding editor Trevor Davies on May 25, and this month it will be 10 years since his cheerful presence was stilled forever in South Sydney. Trevor is remembered with love and affection, for his caring for all in the community and for his unerring political nous, and sense of humour.

2021 National NAIDOC Week

Sun July 4 to Sun July 11 "HEAL COUNTRY!" is the theme this year, which calls on all to seek greater protection for our land, our waters, sacred sites and cultural heritage from exploitation, desecration and destruction. Events include: **National Indigenous Art Fair** – Sat July 3 and Sun July 4, 12-6pm at the Overseas Passenger Terminal, The Rocks **NAIDOC Family Fun Day** – Tues July 6 at Steele Park, Illawarra Rd, Marrickville **NAIDOC in the City** – Sat July 10, 11am-3pm, Hyde Park North. Family fun including music and performances, dance workshop, weaving, jewellery making, boomerangs and stalls.

Sydney Solstice 2021

The Winter Solstice will be on Mon June 21, and this festival is a new event for Sydney. It seems a good enough reason to celebrate winter and for you and your families to join in at:

South Eveleigh Solstice Festival

– June 18, 5pm-11.59pm at Australian Technology Park, Eveleigh

Darling Harbour Winter Festival June 8-20 featuring live DJs, food markets fireworks at Tumbalong Park and harbourside ice rink at the Convention Centre Forecourt.

Sydney City Farm – Herb Propagation (hands-on sessions)

Sat June 19 from 10-11am and 1-2pm at Sydney Park Pavilion, Euston Rd, Alexandria. Cost is \$30 for adults and \$22.50 concession. To book contact 9246 7269.

The farm has an orchard and farm site, and you can visit the farm, take part in activities and volunteer. Subscribe for updates at cityfarm@cityofsydney.nsw.gov.au/.

Refugee Week 2021

Sun June 20 to Sat June 26 This year's theme is "Unity the Way Forward". If you are interested in participating in any events please contact: refugeeweek.com.au/.

ROLL UP! ROLL UP!

For the great SSH Cartoon Show by norrie mAy-welby

Sat June 26, 5pm at the Orchard Gallery, South Sydney Uniting Church, 56a Raglan St, Waterloo. Those of you who read the SSH regularly will be aware of the brilliant, witty and biting cartoons of norrie mAy-welby. And if you are a new reader, then you are in for a treat. Norrie will have her own show of hand-drawn original and digital prints, with applications on mugs, aprons, t-shirts, fridge magnets and tote bags. There will be something for everyone.

volunteers@ssh.com.au



In appreciation for all you do!

Volunteers Week and Neighbourhood Centre Week celebrations at Counterpoint Community Services in Waterloo included an Appreciation Day to recognise "amazing ladies from all walks of life". Special thanks to Counterpoint's Mum, Auntie Di (Diane Rodgers) for 30 years of service, and to hairstylist Alisi who volunteered her time and talents for the day.

Photos by Andrew Collis.



Cooking with chokos



Chokos at Eden Community Garden – DM @edencommunitygarden to order free chokos. Photo: Murray Gillett

SPONSORED

MURRAY GILLETT

NEVER cooked with chokos? Well, here you go! These vegetables are full of nutrients but without flavour. Use like tofu. Will absorb the flavours of whatever you're cooking. Texture of a pear. Use in soups, stir-fries, curries, casseroles, pies – even sweet pies.

In fact, there was a rumour in the '80s that McDonald's were using them in their hot apple pies – a perfect example. They take up the flavour of whatever you're cooking. Live dangerously and try cooking with a choko!

Column sponsored by
BADDE MANORS CAFÉ
37 Glebe Point Rd, Glebe
Tel 9660 3797 (Open seven days & nights)
Authentic coffee-house culture of the 50s and 60s.
Warm and inviting.

Murray's Choko, Apple and Peach Pie

INGREDIENTS

Frozen puff pastry sheets
3 large chokos
3 Pink Lady apples
5 ripe peaches
Plain flour (2 heaped tablespoons)
1 egg
Raw sugar
Icing sugar

- Chop all fruit and veg into large cubes, leaving skin on.
- Stew in saucepan with water and 1 cup of raw sugar, until soft.
- Stir through 2 tablespoons of plain flour, until consistency of jam.
- Line pie dish with baking paper.
- Place thawed pastry sheet to fit dish on top of baking paper.
- Pour fruit-veg mixture into dish.
- Cut pastry strips, 10cm width to fit dish in criss-cross pattern.
- Brush top of pastry with raw egg.
- Bake for 20-30 mins in low-heat oven, until top is golden brown.
- After pie cooled, sprinkle with icing sugar.

Enjoy!