

# the South Sydney Herald

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Blues writer and performer Marlene Cummins (pictured with the Mum Shirl monument in Redfern) is a headline act at the 11th Sydney International Women's Jazz Festival. Photo: Stephen Webb

## Local blues legend headlines Sydney jazz festival

### MUSIC

STEPHEN WEBB

**LONG-TIME Redfern resident Marlene Cummins, considered Australia's foremost Indigenous female blues writer and performer, is a headline act at this year's Sydney International Women's Jazz Festival.**

Cummins is a jazz blues singer, saxophonist, artist, activist, broadcaster and proud Guguyelandji and Woppaburra woman.

While influenced by Ray Charles and legendary blues women Big Mama Thornton, Bessie Smith and Etta James, Cummins knows the blues, which she says is born of prejudice, from an Aboriginal woman's perspective.

Her performance at the Seymour Centre on October 28 will tell her story of vulnerability, strength and survival, while celebrating pioneering First Nations female jazz and blues artists.

Born in Cunnamulla, south-west Queensland, Cummins grew up amid the Aboriginal Protection Act of the 1950s and had a political "grassroots" upbringing.

By the time she became a founding member of the Australian Black Panther Party, campaigning for medical, educational and legal services, and land rights, Cummins, still a teenager, already bore the scars of institutionalised racism.

She continued to endure hardship, discrimination and abuse, even from within her own community, leading to a cycle of addiction that left her on the streets.

Cummins has since maintained an outspoken stance on political and other abuses committed against Aboriginal people, but prefers to continue the struggle through her artistic expression in music and art.

She said she wanted to sing about Black people, how they thought and how they contributed to the betterment of the country.

"I feel like I have some kind of responsibility because I have lived it," she said.

One of her paintings is of her favourite Aboriginal blues artist, Syvanna Doolan, a blues and jazz singer-songwriter in the 1960s whose mainstream exclusion is for Cummins an example of how institutional racism filtered into the music industry.

A Doolan song will be included in Cummins' performance for the jazz festival, as will her song about Aboriginal warrior Pemulwuy, who resisted the incursion of white settlers onto his people's traditional lands.

She said she would confront the audience with the song but balance it out with music people could dance to.

Now in its 11th year, the Sydney International Women's Jazz Festival continues to showcase some of the most talented, inspiring and creative musicians from home and abroad.

Performing with Cummins (sax and vocals) in "Marloo's Blues" at The York Theatre, Seymour Centre, October 28, 7:30-10pm, will be Clayton Doley (organ, accordion and piano), Zoe Hauptmann (bass) and Calvin Welch (drums).

The festival, which also includes such famed performers as Chilean saxophonist Melissa Aldana, Finnish ECM recording artist Iro Haarla, and Melbourne's Andrea Keller Trio, runs from Thursday October 27 to Saturday November 5.

Tickets are available at [sima.org.au](http://sima.org.au).



Blak & Blu sponsor Blak Douglas, artist Felix Morgan and judge Dee Smart. Photo: Andrew Collis

## Blak & Blu celebrates the bravery of using ballpoint

### ART

MARJORIE LEWIS-JONES

**FOUR prize winners were chosen from 20 finalists in the second Blak & Blu art award for drawings which use black and/or blue biro on A4 paper announced on September 10.**

Danielle Joy Golding (for "The Dream Police"), Felix Morgan (for "Breakfast with the Needy") and Neil Hicks (for "Crow Dreaming") were named joint winners of the *Blak & Blu* award, which carries a \$1,000 prize and specifies that works must comment on a social or environmental issue.

The junior award, sponsored by Art on King in Newtown, went to Jasmin Rose for her work "Mulberry Margaret" – a portrait of her beloved grandmother, Margaret Vazey, who died earlier this year and was an ardent conservationist and wonderful artist.

Three times Archibald Prize finalist Dee Smart, who judged the award, said she'd found it extremely hard to choose between the finalists because "each had hit the mark with what they were trying to say – and their narrative was important."

"I'm also a big fan of the blue and black pen," she said, "I think it's extraordinary. It leaves no room for anything but bravery."

*Blak & Blu* is sponsored by Redfern-based Dhungatti artist Blak Douglas (Archibald Winner 2022) who co-created the grassroots creative art prize with the Rev. Andrew Collis, minister of South Sydney Uniting Church.

Mr Douglas said he really enjoyed the fact *Blak & Blu* entries must be biro on A4 paper or card, "because most of us begin our art practices that way – drawing on something with a pen".

His favourite medium for playful dicking, he added, was ballpoint pen on a banana.

"There is no greater feel for your hand than a biro on a banana skin. And I bet you are all going to go home and try it!"

He said the *Blak & Blu* prize paid tribute to an Aboriginal artist who had been considerably unacknowledged in the course of history.

"Everybody knows Albert Namatjira – and he tends to be celebrated as the greatest Aboriginal artist in Australian history. But not many people are aware of Uncle Tommy McRae who is from the southern part of the continent and was the first Indigenous person to ever draw with a pen in a visual diary."

"You rarely see these artworks because they remain in visual diaries. But if you are lucky enough to visit the National Gallery of Australia or the National Gallery of Victoria, you'll see them laid out in a display case."

"We wanted to specifically acknowledge this award after Tommy McRae and his amazing artwork."

Erskineville resident, Sherwin Peniel Smith, received a highly commended award for her artwork "Loneliness", conceived in response to Covid-19 with its extended lockdowns and social distancing.

"I thought I would cope with Covid quite well

Continued on page 4

**Violin & Cello** Online-only

**SHARKS** Look sharp Online-only

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South Sydney Herald

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## TANYA PLIBERSEK MP

Federal Member for Sydney

### CHEAPER CHILD CARE:

We promised to make child care cheaper for Australian families, and recently we introduced legislation to do it. Almost every Australian family that uses childcare will be better off under Labor's plan. It will help relieve cost of living pressures, and make sure kids experience all the benefits of early childhood education and care. It's good for kids, good for families, good for the economy.

### NATIONAL ANTI-CORRUPTION COMMISSION

During the election, one thing people raised with me often was transparency and accountability in politics. That's why we promised to establish a National Anti-Corruption Commission, and I'm proud that recently Attorney General Mark Dreyfus introduced legislation to do it. It will be powerful, independent, and transparent - as it should be. **To find out more head to [www.ag.gov.au/integrity/anti-corruption](http://www.ag.gov.au/integrity/anti-corruption)**

### AUSTRALIA SIGNS GLOBAL NATURE PLEDGE:

Recently the Prime Minister signed the global nature pledge committing to reversing biodiversity loss by 2030. This is another important step to show the world that the environment is back under our government. We want to work together to better protect and conserve the world's land, sea, waterways and cultural heritage for future generations.

### IN THE ELECTORATE:

We are currently receiving applications for the Saluting Their Service Certificates of Appreciation for eligible veterans within the Sydney Electorate. The awards are given as an expression of our nation's gratitude to those who served overseas in Australia's Defence Forces whether in wars, conflicts or peacekeeping operations.

We also have our latest round of Saluting Their Service Grants available. If you are interested in applying, you can contact my office on **9379 0700 or at [Tanya.Plibersek.MP@aph.gov.au](mailto:Tanya.Plibersek.MP@aph.gov.au)**

### ELECTORATE OFFICE

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

**If you require assistance, then please don't hesitate to call us on 9379 0700 or email [Tanya.Plibersek.MP@aph.gov.au](mailto:Tanya.Plibersek.MP@aph.gov.au)**

## TANYA PLIBERSEK MP

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# New Waterloo estate consultations

## URBAN DESIGN

GEOFF TURNBULL

**FOLLOWING a long absence, the Land and Housing Corporation (LAHC) is back with its consultants in Waterloo. LAHC wants to talk with the community and stakeholders about a "People and Place guiding framework" it is developing for the next stage of the redevelopment.**

LAHC says the framework aims to influence decisions about redevelopment, including what goes in contracts. Below are details of the areas of work, who will lead them and some of LAHC's expected outcomes.

- **Connecting with Country** – led by Murawin will reach out to the Aboriginal community and plans to deliver some "guiding principles", "enduring outcomes" and "key activities" through community chats and targeted briefings.
- **Place Making** – led by Hatch Roberts Day plans to deliver some "guiding principles", "enduring outcomes" and "key activities" through community chats and targeted briefings.
- **Future Human Services** – led by Urbis plans to supplement the existing Waterloo Human Service Plan to "enhance existing and deliver new community assets and activities to support the future mixed community".
- **Tenant Relocations and Support** – led by Department of Communities and Justice, Aboriginal Housing Office and LAHC. They have already been talking to the Waterloo

Redevelopment Group and others to propose a relocations plan (due early 2023) "which supports tenants with certainty and wrap-around support services". While LAHC has said that relocations will not start until 2024, notices to impacted tenants are likely to be delivered mid-2023 to provide the promised six months' notice.

- **Engagement** – led by LAHC and Urbis is about establishing connections with the wider community and stakeholders through community chats, briefings and the quarterly newsletter that goes to tenants. You might run into the engagement team outside Woolworths, in the Oz Harvest queue or at the Will2Live Saturday BBQ.

LAHC hopes to introduce the proposed framework to the community and test some ideas that might shape the final framework prior to the caretaker period that precedes the NSW election on March 25, 2023. With the end-of-year shutdown, this will be a huge task if the consultation is to give the community a real say rather than just provide consultants reports with a few community quotes.

In parallel, the rezoning of Waterloo South is expected to be finalised by the end of the year.

Following assessment of the Expressions of Interest (EOI) in October, LAHC expects to go to the Request for Proposal (RFP) stage with potential development consortia in December 2022, with the stage 2 RFP in June 2023 and a contract for the redevelopment awarded in December 2023.

**Geoff Turnbull is a co-spokesperson for REDWatch.**



Natalie Mitz. Photo: Andrew Collis

# Heart to heart - classical and pop hits

## MUSIC

SSH

**"MUSIC is healing. Music holds things together." – Prince**

*Music for Your Heart* brings to life a selection of classical and contemporary hits to uplift and inspire. Pitt Street Uniting Church will reverberate with the sounds of spring – in every note on piano, guitar and violin.

You will be mesmerised by the majestic music of Bach, Beethoven, Shostakovich, as well as sing along to the

memorable songs of the Beatles, Elvis, Frank Sinatra and more.

Concert organiser, Natalie Mitz, is a pianist, lyrical composer and music educator. She is on a mission to empower other musicians through collaboration and passion for music.

She hopes to give exposure to and opportunities for many talented artists of various backgrounds and ages.

***Music for Your Heart*, Sunday October 23, Pitt Street Uniting Church, 264 Pitt Street, Sydney, 2-4pm. Bookings: [www.trybooking.com/CCCYO](http://www.trybooking.com/CCCYO)**



# Anti-monarchy protest expresses anger and sadness

## FIRST PEOPLES

SSH

SEPTEMBER 22, a National Day of Mourning for Queen Elizabeth II, saw Abolish the Monarchy rallies in Brisbane, Melbourne, Canberra and Sydney.

First Nations representatives expressed anger and sadness at ongoing injustice in the name of the Crown.

The events, organised by the Warriors of the Aboriginal Resistance (WAR) and the Fighting in Solidarity Towards Treaties group (FISTT), drew hundreds of supporters.

Lizzie Jarrett, Lynda-June Coe and Gwenda Stanley led proceedings at Sydney Town Hall.

Ms Jarrett, a Gumbaynggirr, Bundjalung and Dunghutti woman, said she felt “sick” hearing about the Day of Mourning. “Once you got around the initial hurt and pain, you realise that of course Australia is going to follow suit, but it’s 2022, why are we still under the Crown?”

“It’s become blatantly clear that since the death of Queen Elizabeth Indigenous responses and experiences to colonisation and dispossession have been largely erased,” she said. “Resistance in this country has never ended, neither has the war against our people.”

Ms Coe, a Wiradjuri and Badu Island woman, said the sudden declaration of a Day of Mourning for the late monarch was “a real insult to First Nations people”.

“Our mob have been calling



Lynda-June Coe at Sydney Town Hall. Photo: Andrew Collis

for our Day of Mourning for over 80 years,” she said. “It really does show that there are two sides of this story and ours unfortunately continues to be silenced.”

On January 26, 1938, a group of Aboriginal men and women gathered at Australia Hall in Sydney. It was the first national gathering of Indigenous people protesting against the

prejudice and discrimination, according to the National Museum of Australia.

Sandy O’Sullivan, a Wiradjuri professor of Indigenous Studies at Macquarie University, said the idea of expecting Indigenous people to feel comfortable around celebrating the Queen’s life and to participate in mourning her death is “outrageous”.

“This was someone who did have leadership of this country, and to suggest that she was just a figurehead whom we should be celebrating forgets that this was somebody who had a lot of power and chose not to use it in important ways.”

For Ms Coe, the death of the longest-reigning monarch should re-start the conversation

about Australia’s independence. “At the forefront of that we’re demanding First Nations sovereignty be addressed and more importantly realised,” she said.

“We can’t move forward as a nation if we still have underlying, unfinished business. It’s about our voices being elevated and heard.”

SSH

## Step up for your bone health

### HEALTH

MARJORIE LEWIS-JONES

**WHEN Amanda Bath slipped on a tile and broke her foot it took many more weeks than it should have to heal.**

Her doctor’s concern led to a DEXA scan to measure Amanda’s bone density.

Her shock diagnosis was osteoporosis – a chronic condition that weakens bones over time, making them more likely to break.

“My doctor fast-tracked treatment – prescribing Denosumab injections, Vitamin D and calcium supplements, as well as lifestyle changes like limiting alcohol.

“Once the fracture healed, I got straight back into weight-bearing exercise, knowing this could help me build stronger bones and improve my coordination and balance to prevent further breaks.”

Osteoporosis is vastly underdiagnosed and undertreated. It is often called the silent disease because there are usually no signs or pain until the first break.

Worldwide, millions of people at high risk of fracturing bones remain unaware of the underlying disease.

In Australia, osteoporosis is quite common. It affects over 1.39 million Australians and approximately 15 per cent of the Australian population aged over 50 years. Osteopenia, an early sign of osteoporosis, affects a further 52 per cent of people in this age bracket.

October 20 is World Osteoporosis Day and this year’s theme is “Step up for bone health”.

Its key message is that a bone-healthy lifestyle is vital for strong bones and a mobile, fracture-free future. It urges people to “step up for bone health” by ensuring:

- Regular weight-bearing and muscle-strengthening exercise

- A nutritious bone-healthy diet and adequate vitamin D

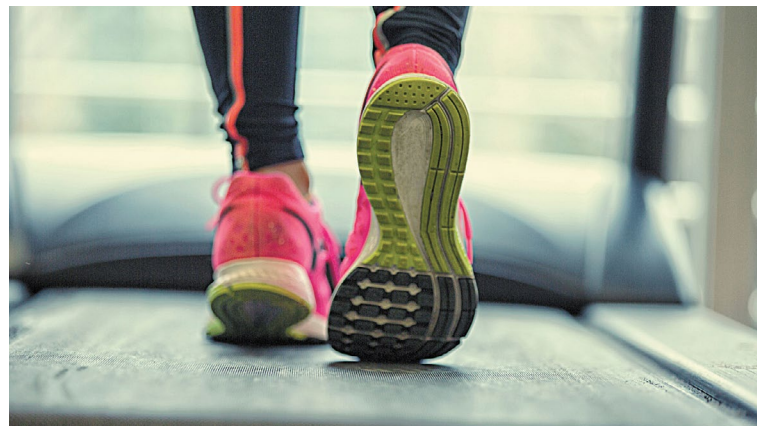
- No smoking and avoiding excessive alcohol intake

Say no to the Big O, an Australian campaign led by Amgen, advises people not to wait for a fall to see if they have it. “Take control of your bone health today and make an appointment with your doctor.”

The campaign also stresses that for people over 70 the first DEXA scan is bulk billed; and despite pervasive myths, osteoporosis doesn’t just affect women, men can get it too.

#### Protecting your bone health

- Discover if you’re at risk of osteoporosis by answering a few simple questions using The Big O educational tool – [www.thebigo.com.au/education-tool](http://www.thebigo.com.au/education-tool)



Weight-bearing exercise can help build stronger bones and can help to prevent osteoporosis. Photo: Supplied

- Make an appointment with your doctor – and you can check what information you’ll need to have on hand for this appointment on The Big O website.

- If your doctor thinks you’re at risk, you can ask them to organise a DEXA scan (a special X-ray) to measure your bone density. It’s quick, painless and you may be eligible for a rebate.

- A standard X-ray may suffice if you’ve suffered a recent break.

Amanda says, “Don’t be shocked like me to find you have a chronic condition. Take your bone health seriously *before* you break a bone. It’s so easy.

“Much easier than the severe impact a fracture will have on your independence.”

SSH

[www.thebigo.com.au](http://www.thebigo.com.au)

[www.worldosteoporosisday.org](http://www.worldosteoporosisday.org)  
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## JENNY LEONG MP

### MEMBER FOR NEWTOWN



#### Workers' rights under threat

The past months have seen an unprecedented level of union protests and strike action as the squeeze on workers' pay and conditions has reached breaking point.

Teachers and university staff, nurses, paramedics, transport and childcare workers, who were all on the frontline throughout the last two years of the pandemic, are now sounding the alarm but the Liberal National government's response is to try to shut them down.

Rather than take action to address the growing discrepancies in wages and conditions in our community, the government has chosen instead to try to introduce an anti-strike bill with huge fines for unions that take industrial action. This knee jerk reaction is typical of a right wing government that's stripped down the wages and working conditions of huge numbers of workers in this state over many years.

So many in our community are experiencing the pressure of steep rises in the cost of living as rents skyrocket and power and food costs continue to soar. But wages haven't risen in line with these costs or with inflation – leaving millions of workers out in the cold. Public sector workers wages have been stagnant for years due to the unfair wage cap which severely limits any wage rises.

Instead of whacking unions with big fines, this government must fix the conditions that are pushing our teachers, nurses and public sector workers to strike in the first place.

The Greens know that our public sector workers – including all the nurses, midwives, health workers, paramedics, teachers, university staff, and transport and front line workers who went above and beyond during the pandemic – deserve more than thanks. They deserve decent wages and conditions. They don't need increased fines for taking action, they need the public sector wage cap scrapped.

The Greens will always support the right of workers to take industrial action and strike.

We congratulate all those in our community who are taking this action to protect rights which generations of unionists fought for in the past. We support their hard won legacy and stand in solidarity for urgent action on workers' rights.

Sign our petition to end public sector wage caps:



*Jenny Leong*

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](mailto:newtown@nsw.greens.org.au)



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#### SPONSORED

MARK SCOTT

**IN September, the University of Sydney released our 10-year strategy, with immediate commitments to more than double scholarship support for under-represented domestic students and invest nearly half a billion dollars in a world-leading biomedical precinct.**

The strategy was developed during ongoing geopolitical, environmental and economic crises at the fore, but with genuine optimism for our future as one of the world's great universities.

The first priorities of the 2032 strategy were to build advanced research and teaching facilities and to improve access and support for domestic students from low-socioeconomic backgrounds.

We are determined to level the playing field, and by 2032, we will have doubled the number of scholarships available for domestic students who have traditionally been under-served and under-represented in higher education. Our immediate commitments also include a new scholarship package called MySydney.

We will provide holistic support to ensure university life, not just academic study, is possible for them. This includes increased financial support for the duration of the degree – not just for a student's first year, as is the current scholarship program – to help cover tuition fees and costs of living, accommodation, dedicated learning and careers advice, mentoring and network-building as needed.

It's our first step to ensure many more of Australia's best and brightest will have the opportunity to study at Sydney – regardless of their circumstances or background.

#### Sydney in 2032

Sydney in 2032 focuses on aspirations – what the University wants to be known for in 2032. It will be delivered over three-year periods, with the planning of the first 2023-25 action roadmap completed by the end of this year.

This isn't a plan that will just sit on the shelf: it will be implemented and reassessed every three years to ensure it's delivering for our community. So in 10 years, when people



The University of Sydney has made an immediate commitment to more than doubling scholarships for under-represented domestic students. Photo: The University of Sydney

talk about us, we want it to be how our world-class research is solving the greatest challenges and how our teaching is transforming people's lives.

Institutional culture will be key to enabling our success over the next decade, wherever our work happens.

High trust and accountability to deliver leading performance are key, and our policies, processes, systems and services must help us achieve our ambitions. However, the most complex problems also require partnership to deliver and being an outstanding partner of choice in our local, national and international communities will improve the influence and impact of our teaching and research.

#### Delivering our strategy

Chancellor Belinda Hutchinson AC said the University had made major accomplishments in the past decade, with the 2032 strategy designed to continue improving and refining its aspirations.

"I'm so proud of what the University has achieved over the last decade, including a reformed undergraduate education, investment in research facilities and genuine outcome-driven multidisciplinary research collaboration," Chancellor Belinda Hutchinson AC said.

"We committed to a stronger and more accountable partnership with Aboriginal and Torres Strait

Islander people and increased our focus on diversity and inclusion. And we saw our efforts recognised through the results of a sector-leading philanthropic campaign.

"But we know more is required of us. In realising our aspirations, our work will be more compelling – and more important to society – than at any other time in our history. We believe our best days are ahead of us."

More than 6,500 of our staff and students have contributed to the development of our strategy, and we're enormously grateful for their input.

More opportunities will come as we work to develop the first three-year action roadmap, including how we can best deliver our 2032 vision through commitments at all levels of the University – including our existing strategies such as Sustainability, One Sydney, Many People, Western Sydney and Student Experience. I'm eager to see this collaborative work progress and, most importantly, the positive real-world change it will bring.



Authorised by Vice-Chancellor and Principal Prof. Mark Scott.  
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## Blak & Blu celebrates the bravery of using ballpoint

Continued from page 1

because I've always lived on my own but I found I really missed mundane conversations.

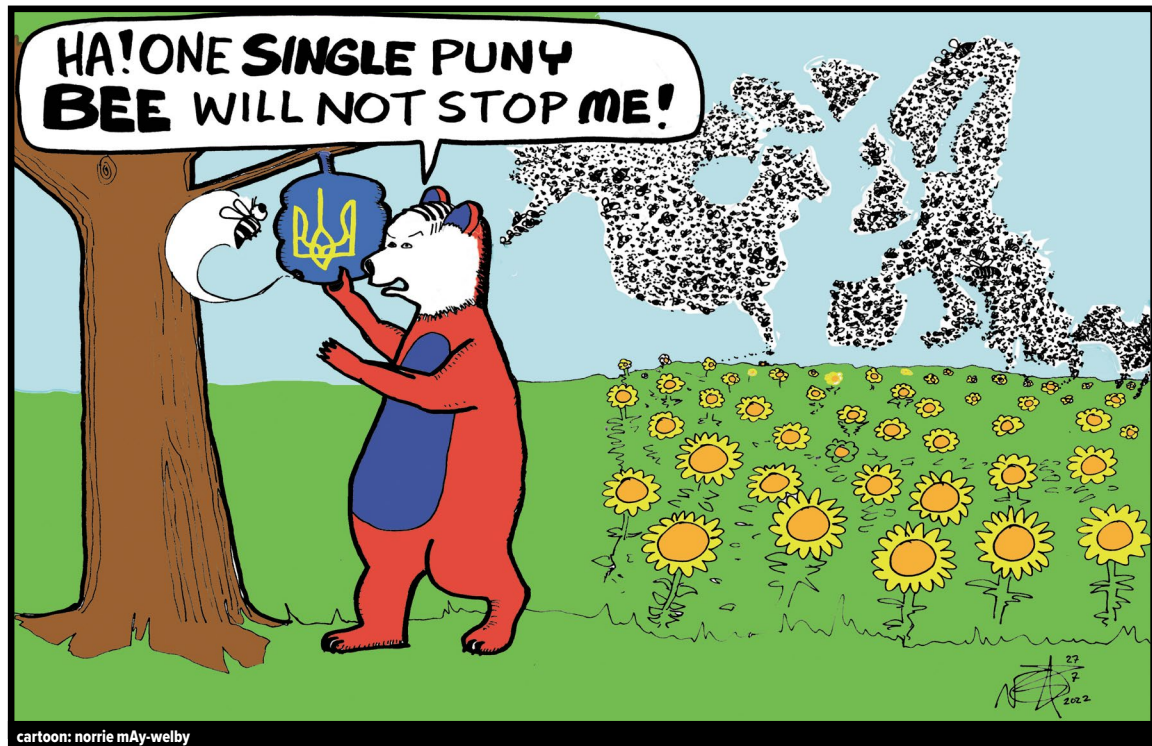
"It was also really interesting to go back to something so basic in the drawing skill – and it's actually very hard to draw with a biro. You don't have the subtlety of a pencil."

Ms Smart said the focus of the award on biro drawings reminded her of when her mother was dying. "We were all sitting around her bed for a long time and, in her bag, was the pen. So, I drew her; many portraits of her. And to me they are the most poignant, special pieces of art that I've been able to communicate ..."

Ms Peniel Smith said the *Blak & Blu* prize was great because you could enter without the huge expense of having your work framed.

"There must be so many people in the same position who would like to show artworks to other people but they don't get the option. It's a fantastic venue."





cartoon: norrie MaY-welby

## Blue Knot Day - for survivors and supporters

### SSH

**BLUE Knot Foundation (BKF) calls on all Australians to unite in support of the more than five million Australian adults who have experienced complex trauma. Blue Knot Day 2022 will be held on Thursday October 27.**

Blue Knot Day's annual Festival of Healing will focus on the theme "Nurturing Mind, Body and

Soul – Exploring What You Need". BKF will deliver a range of resources through its social media channels, cutting through the buzzwords to provide practical information.

Nurturing our mind, body and soul is not a one-size-fits-all. Blue Knot Day will explore a range of methods and topics to help survivors and supporters on their wellbeing journey.

Here are some ways to show your support:

- Hold an event in your workplace or community
- Share awareness through social media
- Purchase Blue Knot merchandise
- Fundraise on behalf of BKF
- Make a one-off or recurring donation

.....  
[www.blueknot.org.au/get-involved/blue-knot-day](http://www.blueknot.org.au/get-involved/blue-knot-day)

## Get to know your feathered neighbours

### ENVIRONMENT

STEPHEN WEBB

**NATIONAL Bird Week, Monday October 17 to Sunday October 23, is a great opportunity to do something to help understand and preserve our urban bird diversity.**

Participating in the Aussie Bird Count will connect people with local wildlife and that, according to a growing number of experts, can help protect animal species, including our own.

Sydney is home to about 365 species of native birds, many of which, with Covid lockdowns, we have come to know more intimately.

Zoë Sadokierski, one of the authors of *A Guide to the Creatures in Your Neighbourhood*, said lockdowns allowed us to discover how the world becomes larger as you slow down.

And that was good for us. Griffith University ecologist Carly Campbell is the author of the study, "Big Changes in Backyard Birds: An Analysis of Long-term Changes in Bird Communities in Australia's Most Populous Urban Regions", published in *Biological Conservation*.

She said there were important but unseen functions that birds played in our environments. The loss of bird biodiversity was not only an indication of a breakdown of ecosystem functions; it was also a loss for humans.

Simon Mustoe, author of *Wildlife in the Balance: Why*

*Animals are Humanity's Best Hope*, places even more importance on understanding how much we depend on the animals we have been pushing out of existence.

"In order to rebuild a habitable world we need to surround ourselves with wildlife and re-find our place within nature," he said.

Urban environments can be hotspots for threatened species and may even serve as the last refuge for some species in the future.

But the increasing infill of greenspace and the densification of existing urban landscapes are likely contributing to a homogenising process that is reducing biodiversity.

Campbell's study used citizen science data to examine the prevalence and diversity of bird species across Sydney, Melbourne, Perth and Brisbane.

She found some birds like the very aggressive noisy miner were doing really well in cities and urban areas but they were driving other species away.

Species disappearing weren't just the rare and threatened ones – some were those considered common or iconic. In several areas, the galah and kookaburra were experiencing relative declines.

Campbell said not only were cities and suburbs expanding, but also more people in urban areas were subdividing and removing trees, plants and bushes in the process.

"We need to change how we're structuring our vegetation, because what we do with the vegetation in cities and suburbs

is really important as to what species thrive," she said.

"Planting more diverse forms of native vegetation, particularly less nectar-rich species like wattles and she-oaks, can help maintain a diverse ecosystem that keeps encouraging a diversity of bird life to thrive in our cities and suburbs."

### Citizen science

Campbell's study highlights the importance of monitoring and conservation action in suburbs.

Birds in Backyards said it was a timely reminder of the importance of citizen science in monitoring bird species.

You can get involved by joining Birds in Backyards ([www.birdsinbackyards.net](http://www.birdsinbackyards.net)) or Birdlife Australia ([birdlife.org.au](http://birdlife.org.au)) or by becoming an urban field naturalist ([www.urbanfieldnaturalist.org](http://www.urbanfieldnaturalist.org)) or a citizen scientist and participating in the biggest bioblitz across the southern hemisphere ([www.greatsouthernbioblitz.org](http://www.greatsouthernbioblitz.org)).

Read *A Guide to the Creatures in Your Neighbourhood* ([www.urbanfieldnaturalist.org/book](http://www.urbanfieldnaturalist.org/book)) and tune in to the richness and diversity in your local environment. The book is packed with interactive projects, and nature writing and sketching activities. Combining science with art, philosophy, and storytelling, it aims to cultivate a sense of wonder and appreciation for our remarkable natural world.

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.....  
**Follow @southsydneyherald on Instagram to see our birds of the day and learn about protecting urban biodiversity.**

## Reshaping questions of faith

### FAITH

ANDREW COLLIS

**THE Season of Creation is a period of prayer and reflection inviting renewed commitment to the world around us. This year's themes (September 4-25) focused on Oceans, Flora and Fauna, Storms and the Cosmos. A Blessing of the Animals (October 2) coincided with commemoration of saints Francis and Clare of Assisi.**

Celebrations at South Sydney Uniting Church included symbolic table settings, contemporary songs and prayers. The special themes enabled fresh insights and reshaped questions of faith.

On Ocean Sunday we read from the Book of Job. The God who appears to Job in flashing images of power and beauty evokes the sea – tumbling, shifting the shoreline, smoothing the rocks – the sea's paradoxical power to make calm – a creativity beyond the certainties of reason and morality. Job says to God: "Formerly I knew you only by word of mouth, but now I see you with my own [ocean] eyes". Everything looks different after such an encounter.

Our reading from Luke's gospel depicted disciples in a boat on the Sea of Galilee. Two symbols caught our attention: "the deep" and "a new kind of fishing".

Amazing fact: In the ocean's shadowy twilight zone, between 600 and 800 metres beneath the surface, there are fish that gaze upwards through their transparent heads with eyes like emerald orbs. These domes are huge spherical lenses that sit on a pair of long, silvery eye tubes – hence its common name, the barreleye fish.

On Flora and Fauna Sunday we read the familiar words of Jesus about ravens, wildflowers and grass (Luke 12), noting evocative phrases: "more than food", "more than clothing", "more (to) value", "more (to) caring". Wisdom invites our giving up a certain "worry" (self-centred, short-sighted) in favour of a certain "giving" (as carers and fellow creatures).

We also looked at several landscape paintings by Idris Murphy, for whom a tree is more than a tree. It is part of a living and moving world – in relation to the sky and soil, the birds and animals at home with and within it, in relation to light, colour and shadow, the "alive-ness" of the picture, the memory and creativity of the artist. Murphy says: "The tree is no impression ... but is bodied all over against me and has to do with me, as I with it – only in a different way."

Amazing fact: It's hard to overstate the importance of trees. Their debut more than 300 million years ago was a turning point for Earth, helping transform its surface into a bustling utopia for land animals.

Storm Sunday brought opportunity to reflect on a prize-winning artwork by Blak Douglas. "Moby Dickens" depicts Wiradjuri artist Karla Dickens in the context of recent floods in her hometown.

"It just happens that I was there in Lismore immediately after the first deluge in February and saw the shock and horror on people's faces," Douglas said. "Karla had just reached a pivotal point in her career and almost immediately the flood catastrophe happened. So, when she should have been excited about where her career was going, she was harbouring three families in Lismore as part of her own rescue mission."

Dickens said: "The painting shows a grumpy white sperm whale in muddy water ready to rip the leg off any fool with a harpoon who dares come too close. The painting not only has an incredible likeness to me and my mood in the last months, but this killer work pays homage to each and every person who has found themselves knee deep in mud, physically, emotionally, mentally and financially after the natural disaster that has destroyed so many lives in the Northern Rivers of NSW and beyond. Let art be our witness ..."

Storms can be epiphanies (events of sudden realisation or revelation). The answers are blowing in the wind ... all around us, calling us to care wisely (for one another, for the Earth in its electric glory), to create and build wisely (to help build resilience and biodiversity).

Amazing fact: There are, on average, approximately 100 lightning strikes per second across the planet.

On Cosmos Sunday we read from John's gospel where Jesus says he is the "living bread come down from heaven". We considered the meaning of this – in terms of generosity, humility, courage – via Wisdom theology and Stoic concepts of the Logos embodied in the true Sage, and so on – and moved to consider ourselves the living bread from heaven.

For we are all children of the cosmos. We are all made of stardust. We are elemental. We are miraculous.

Amazing fact: The James Webb is NASA's largest and most powerful space telescope, designed to capture infrared light emitted by stars and galaxies formed over 13.5 billion years ago.

Regarding the Greek verb *meno*, "to abide" (a key term in John's gospel), and alongside a comment piece by ABC analyst Stan Grant (on the sadness and anger of First Nations people), we concluded that the following abide and hold us together: Jesus and bread; Wisdom and the cross; the unveiling of empire and the revealing light of love; salvation histories and sovereign lands; the ways of Creation and community.

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# The Review

Arts & Culture in  
Your Neighbourhood

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## LOCK'D unlocked – an interview with Dirk Kruithof

### EXHIBITIONS

MARJORIE LEWIS-JONES

**CAMPERDOWN:** Darlinghurst-based artist Dirk Kruithof's solo exhibition *LOCK'D* is fun, grungy and confronting. Birthed during Covid lockdown, it's also littered with contradictions, rife with musical references and revels in the repurposing of found objects.

This is a Covid-lockdown born exhibition. What got you started and kept you going?

Lockdown gave me more opportunity to focus on my work as everything else had completely dried up for me. There were challenges and changes but art-making has its own momentum and it seems the more I do the more I need to do.

Why is the show called *LOCK'D*?

I first came up with the tragically unimaginative working title "Lockdown", which I then abbreviated to *LOCK'D*, which sounded way cooler.

There are paintings referencing Covid, homeschooling and vaccination. But there's also quite a large section of non-lockdown themed paintings in the show dedicated to musical heroes of mine, icons I painted from the punk and jazz eras that I was listening to as I worked.



Image: Dirk Kruithof, Smoking Props #1.

You're an inner-city artist with a gritty/grungy/graffiti flavour to a number of your works. Why focus on the urban?

I guess having grown up and lived in Sydney all my life, the "urban" is ingrained into my mindscape. Plus my

love of pop art, abstract expressionism, and a lot of the music I love was born into and so has that urban flavour.

What are the themes in the show?

The daily grind of city life – having enough money to get by, the noise, the energy, the advertising. And the "street", which was a place to wander and reflect, and which didn't change too much during lockdown.

Can you tell us about the text you scribble, scratch and apply over your work?

The text, words and "jokes" are sometimes intentionally quite bad, they can be there goading, deflating or sabotaging my own pretensions, or generally being critical of things in the painting, myself or society.

Which artist is doing something unexpected that you admire?

Clayton Thomas will be performing a short improvised set on the double bass on my opening night, which should be brilliant. I've heard him make his instrument sound like a four-piece percussion group.

Why should people come to your show?

I've always wanted my work to be accessible to anyone. The paintings are fun and colourful and you can enjoy them simply for that. Opening night should be a good party anyway!

**LOCK'D** by Dirk Kruithof

Chrissie Cotter Gallery, Pidcock St, Camperdown

Until Sunday October 9

Gallery hours 11am-4pm, Thurs to Sun

## 'When I'm down, I play the chicken dance!'

### MUSIC

MARJORIE LEWIS-JONES

**SYDNEY-BASED** musician Philip de Villiers is on a roll – performing in the Sydney Fringe, Melbourne Fringe and then heading off on a whistle-stop tour of retirement villages from Sydney to Cairns. His positivity is contagious.

You just finished performing your show *Smile* at the Sydney Fringe Cabaret Club – how did it go?

Everything came together just beautifully. I loved the camaraderie I shared on stage with three young orchestra-pit musicians. The material I selected was for an older audience, but they embraced it and put their own stamp on it. It's impossible not to have fun with accordion, banjo, mandolin, piano and an upright bass.

Overnight during Sydney's Covid-19 lockdown in 2021 you went from regularly performing in aged care facilities and at other venues to having no work at all. Tell us how you pivoted.

I reached out to my neighbours and my friends all over the world to support a public Zoom concert where they could pay what they wanted. I earned ten times what I'd normally



'I love dancing with the piano accordion,' says Philip de Villiers. 'It instantly lifts my mood and relaxes me.' Photo: Andreas Zimmerman

get paid for a concert! My immediate next-door neighbours supported my concert even though I wasn't allowed to see them or interact with them physically. Now they follow my music career, whereas before we hardly spoke.

What was it like when you finally got back to performing in aged care?

I really missed connecting with real, breathing people in-the-flesh during the lockdown. When I returned, they were still seated 1.5 metres apart, with masks and told not to sing or dance. I completely choked up when I sang "Sweet Caroline" – "hands, touching hands, touching you, touching me".

How did you develop your affinity with older people?

I guess I've always been one of "them". I spent all of my seaside holidays at my grandmother's house, and on Sunday afternoons she would sit and page through her magazine while I played the organ. After each song she'd say, "mooi," ("beautiful" in Afrikaans), no matter how badly I played. She'd invite her friends over, and they'd play bridge while I built Lego castles. I'd go with them to the movies and sit with them at church. By the age of 5 I thought I had retired! When Gran moved to an aged care home, I'd often

go and perform there for free.

I love the frankness of old people. If they don't like your show, they're free to leave, so you better not waste their time.

What are your top three showstoppers when you're performing in aged care settings?

"Over the Rainbow", "O Sole Mio", "Perhaps, Perhaps, Perhaps".

What can younger people do to help ensure older people lead happier lives as they age?

My advice: go visit an aged care

home, you'll leave feeling much younger. Visit your loved ones when they have entertainment and enjoy it with them.

Why is humour so important in your shows? How do you stay upbeat?

Laughter releases tension – not only for the residents but also the staff. When they laugh, it's a sign that you're connecting with them, that they "see" you and you see them. When I feel down, I play the chicken dance! Music is a great antidepressant.

www.philipdevilliers.com

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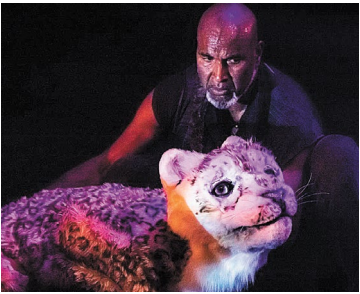
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Theatre Reviews  
by Catherine Skipper



**Arc**  
**Artistic Director: Scott Wright**  
**Writer: Alana Valentine**  
**Studio Theatre, Sydney**  
**Opera House**  
**September 24 – October 7, 2022**

The remarkable puppet-based production *Arc*, created by the inspired team from Erth, focuses attention on the plight of rare and vulnerable species. Each species, *Arc* argues, is of intrinsic value to the earth and in learning about them and understanding their wondrousness, the desire to nurture and protect them will flow from the well-springs of the heart.

Written for the young, who from their whispered oohs and ahs respond immediately to both animals and puppets, the show is enthralling. The stage set, a darkened and rather mysterious old-fashioned living room, is a signal to expect the unexpected and their curiosity is piqued by the momentary emergence of a tiny possum, by the hint of a shark behind the sofa and by a long furry tail sliding over the sofa back. Clearly they expect things to pop out from the boxes stacked at either side of the room and when the white bearded narrator (a passionate Scott Wright) takes the stage in check pyjamas, they anticipate that he belongs to the genre of eccentric enchanters.

And so he does, but with a difference. His enchantment is not of the supernatural kind but lies in his capacity to evoke through the words of writer, Alana Valentine, what is remarkable, beautiful, strange or comical about the procession of creatures that float, crawl, glide, fly or dart through this instant ark. He is not one of the happy Dr Dolittles of the fantasy world, but instead a man near despair, who grieves over an irretrievable loss. As he meets with each of the amazing creatures of land, water and earth he finds renewal and is inspired to defend and protect them against human carelessness.

Real magic lies in the silent black figures that slip noiselessly around the stage manipulating a pangolin, a pushy magpie, a trio of lively kakapos, or a belligerent cassowary without intruding too far into our consciousness. They pass through the auditorium, dipping and diving, hammerhead sharks across the heads of the audience as the stage is transformed into an undersea world. Manipulating the angle of the large head of a polar bear they make his dark eyes plead for more understanding, and the rolling of his body and upturned paws express a reciprocal joyfulness in human affection.

As puppetry, the huge animals are truly awe-inspiring, and the young are duly impressed. The Sumatran Pygmy Hippopotamus elicits the sympathy of the narrator, and support, as its ungainly

appearance makes it a target of offensive remarks. Valentine has immense fun finding complimentary words that rhyme with the generally assumed unrhymable “hippopotamus” like “dangerous”, “generous” and ending with “splendiferous” – which indeed it is. The entry of a magnificent elephant signals the opportunity for the tiny Leadbeater’s possum to climb its long trunk, underscoring the incredible diversity of life on our planet.

A last-minute interactive element brings a young boy from the audience to participate in a scenario from neolithic times. As the narrator and boy sit close to a fire in the mouth of a cave we are reminded of not only how many animals pre-date humans – the polar bear for instance was roaming what today is Norway 120,000 years ago – but also of the many creatures that have become extinct. The lively and curious children of the audience embody the hope for a world where wilderness and wildlife are valued for themselves.

As the stage darkens we gaze into the red blaze of the fire and think of Valentine’s final words: “We are all a part of the one beating heart.”



**Waru**  
**Director: Stephen Page**  
**The Studio Theatre,**  
**Bangarra, Wharf 4**  
**September 24 – October 9, 2022**

Created by Stephen Page together with writer, Hunter Page-Lochard, and Bangarra alumni dancers and choreographers, Elma Kris and Sani Townson, *Waru* is Bangarra’s first dedicated work for children. Following the journey of Migi, a small green turtle, on her way back to the beach where she was born, this gentle and endearing Torres Strait Islander story, while raising contemporary environmental concerns, is anchored in traditional wisdom.

Aimed at a 3- to 7-year-old audience – but appealing to any age – the young are supported in making the transition from the daylight world to the world of story. The setting is evening, and beneath a starry sky, a woman sleeps in her island home, covered by silky sea-coloured cloth, evoking both dream and peacefulness. There is time to settle, and soothed by the voice of Migi Maai, caretaker of all the water, time to slip into the quiet attentiveness that lets a story work its magic.

When the woman (the truly wonderful Elma Kris) awakes, it is in response to the return of Mother Turtle to the place of her birth. Intimately connected with this heroic and mysterious creature, she introduces herself as Aka Malu, caretaker of the island, and in a loving and playful way she transmits the customary rituals for care of the turtle. Sand must be swept from its path, and in a lovely moment of interactive

theatre, the willing children are asked to help push the weary turtle (Aba Bero capturing its slow lateral gait) into its nesting place.

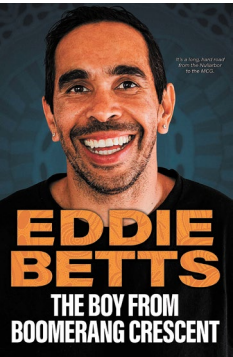
The deep magic of the life force is created by the projection of the two moons that mark the incubation of the eggs, by the glowing egg in Aka Malu’s reverential hands and the “birth” of little Migi as she appears in projection form. As she begins her journey from the shallows into the ocean Aka Malu invites the audience to imitate the little turtle’s gliding movement and the sweep of its flippers – imitations that form the basis for dance.

Her journey is arduous and long, and many of the challenges she faces are those generated by human practices, but she returns and again Aka Malu will sense her coming, again the laying of the eggs and again the journey. It is in the connection between turtle, island, and islander that the continuity of life resides.

*Waru* is well considered and imaginative theatre for children. There are moments of sheer fun, for instance, an intrepid Aka Malu, admirer of the martial arts, defeats a greedy lizard (Bero) in search of Mother Turtle’s eggs, and a moment of simple joy as Kris and Bero perform a Torres Strait Islander song. There is time before and time after the performance to learn about the danger posed by ghost nets through well set-up craft tables, to play with turtle puppets and look at some fascinating curios from the sea.

» [theatre@ssh.com.au](mailto:theatre@ssh.com.au)

Book Review  
by Catherine DeMayo



**The Boy from Boomerang Crescent**  
**Eddie Betts**  
**Simon & Schuster, HB \$49.99**

Eddie Betts – who played for AFL teams Carlton and Adelaide over his 16-year career and is now on Geelong’s coaching staff – is convinced that football saved him. He describes his childhood in Kalgoorlie and Port Lincoln as happy, with a loving and loyal extended family. Still, by his mid-teens, he was disengaged from school and getting into trouble.

“Footy was going well: I was kicking goals and playing in rep teams, but Mum was getting worried about my behaviour off the field.”

Eddie’s mother (who raised him and his siblings as a single parent) found a program run by Broadmeadows TAFE in Melbourne for Aboriginal players. She did more than find the program for 15-year-old Eddie – she moved to Melbourne with him, Eddie’s two younger sisters, an aunt and several cousins (two of whom were also in the football program).

“We didn’t have a house there for starters ... We just camped on the floor of the garage ... As a family we made sacrifices and hard choices to seal opportunities for each other.”

These eventually paid off, and Betts ultimately signed with Carlton. His career surged, but there remained painful reminders of the racism that still plagued the sport and society.

As a prize for his Goal of the Year award, Betts won the use of a brand-new Toyota Aurion. Pulling into a car park to eat his lunch one day, he saw a police car pull in after him. Two cops got out and repeatedly questioned him: Whose car is it? Why are you driving it? He repeatedly told them he played for Carlton and won the car for kicking Goal of the Year. Finally, with no apology, they left.

“But for any Blackfulla sitting in a shiny, expensive new car, sadly that scenario is all too common.”

Betts has also copped spectator abuse, including having a banana thrown at him, and faced verbal abuse from other spectators, as well as vile comments on social media.

Despite the racism he encountered, Betts is generous in

No safety in numbers for  
Aboriginal footballers

**HUMAN AFFAIRS**  
**CATHERINE DEMAYO**

**EXPLOSIVE allegations of racism raised by an external review into the Hawthorn Hawks have again put the AFL and its relations with Indigenous players in the spotlight. Eddie Betts and several others have responded that the allegations make them sad but not surprised.**

Despite their prominence in Australian Rules Football, Aboriginal players continue to cop racial abuse in the sport, as described by Eddie Betts in his recent autobiography.

Of course, racism in Australian sport, AFL included, is hardly new. The late Sir Douglas Nicholls, to whose memory a round of the AFL season is dedicated each year, was initially turned down by Carlton, who claimed that he smelt. (He subsequently went on to play for Fitzroy.)

Nicholls’s rejection by Carlton happened in 1927. Today, Aboriginal representation in the AFL is far higher than their percentage of the population (10 per cent of AFL players vs some 3 per cent of the Australian population). Yet Indigenous players regularly cop soul-destroying racial abuse and vilification.

When Kysiaih Pickett kicked the winning goal in the last 11 seconds of a Melbourne Demons–Carlton Blues match in August, there was jubilation among Melbourne fans and tears for Carlton. Within hours, though, the Demons revealed that Pickett has been subjected to racial abuse on social media within minutes of the final siren.

The Demons immediately spoke out in support of their player, releasing a statement: “Last night a Melbourne player was again subjected to racism on social media. This sort of behaviour is abhorrent and needs to stop.

acknowledging the support he got from countless others: a range of coaches and other staff, fellow AFL players, mentors and friends.

Unbeknownst to his employers, Betts was illiterate when he started his football career. Game strategies on the whiteboard looked like squiggles. A literacy program run by the AFL Players Association was life changing, opening doors that allowed Betts to further his education, write a series of children’s books and play leadership roles.

AFL fans, particularly those who knew Betts from his days with Carlton and Adelaide, will no doubt enjoy learning some of his backstory. The book’s relevance, though, is wider; it highlights how Aboriginal athletes are lauded as heroes one moment, derided with racist insults the next.

Says Betts in its final chapter: “I want the AFL to be a safe place, where our people can thrive, not just survive ... and our ways are celebrated.”

The preceding 300 pages are a reminder of how far we still have to travel.

» [books@ssh.com.au](mailto:books@ssh.com.au)

“It is saddening, angering and unacceptable that this behaviour continues to occur.”

And yet it does occur, time and again.

The previous week, the Lions’ Cam Ah Chee was vilified (again on social media) after Collingwood’s Patrick Cripps avoided a two-game sanction for a bump that left Ah Chee concussed. Yes, the player who caused the injury got off without sanction, while the one with the head injury copped the abuse.

In August, Eddie Betts released his autobiography, *The Boy from Boomerang Crescent*. Much of the book’s publicity has focused on the disastrous and controversial 2018 camp run by the Adelaide Crows; Betts’ revelations about the camp have drawn apologies from Crows management and threats of class action.

Yet relatively little of the publicity surrounding the book has dwelt on the racial abuse copped by Betts, of which he describes several incidents. These included a spectator throwing a banana at him and the receipt of an anonymous letter calling him an “Abo faggot”. Betts says his social media accounts continue to attract abuse – including the loaded use of monkey emojis – and sometimes they emanate from social media accounts registered to children. Yes, children who think it’s okay to, essentially, call an Aboriginal player an ape.

And while the bulk of the abuse is directed at Indigenous players, African and Middle Eastern players also cop plenty of it.

The AFL was the first football code to outlaw on-field racial sledging, back in 1995, when it introduced Rule 35: Discrimination and Racial and Religious Vilification. Spectator abuse, and the often anonymous social media vilification continues. For Aboriginal AFL, there is no safety in numbers.





Roger Federer in London. Photo: Reuters

## Swiss ace bows out in style

### SPORT

STEVE TURNER

**ROGER Federer had to hold back the tears as his Laver Cup defeat alongside Rafael Nadal brought his illustrious career to an end, but the 20-time Grand Slam winner insisted he was not sad.**

The champion recently announced he would bow out from competitive tennis with one final match at the Ryder Cup-style competition which was his brainchild. It is a Team Europe vs Team Rest of the World format. London was the destination for the fifth edition of the Laver Cup, the city for some of Federer's greatest triumphs, but the Swiss superstar could not add one more victory to his CV.

Team World duo Jack Sock and Frances Tiafoe proved the pantomime villains with a 4-6 7-6 (2) 11-9 victory but it was still a celebration for the 41-year-old.

Federer enjoyed a lengthy hug with old sparring partner Nadal at the conclusion of the match before he was given one final standing ovation by a sold-out crowd despite the clock being well beyond midnight.

Federer leaves behind a massive legacy after a stellar career. His five consecutive Wimbledon singles final wins (2003-2007) may never be emulated. Federer's impeccably fluid style of play, often described as ballet on the tennis court, was always tantalising to watch. Over and out Roger!

### Spring Racing Carnival heats up

Sydney's and Melbourne's spring racing carnivals are well and truly underway. Super sprinter Nature Strip, trained by Chris Waller, scorched turf recently to win over 1100 metres when resuming from a break. He is right on target to defend his Everest (1200 metres) title at Randwick later this month. Ciaran Maher's dynamic 3-year-old filly Coolangatta is also progressing well towards the Everest, after brilliantly winning first-up over 1000 metres in Melbourne.

The James Cummings trained Anamoe has dominated in two first-up wins on his way to the Cox Plate (2040 metres) at Moonee Valley this month. The 4-year-old is aiming to atone for his 2nd placing in the race last year. Star middle-distance horses Zaaki and I'm Thunderstruck, trained by Annabel Neasham and Mick Price respectively, are also being aimed at the Cox Plate.

Champion mare Verry Elelegant has gone to France to compete in one of the world's most prestigious races, the Prix de l'Arc de Triomphe (2400 metres), to be run later this month. The 2021 Melbourne Cup winner is on target after running a great 3rd over 2000 metres at her second start in France.

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## Volunteers' News

PAT CLARKE

**THIS month you will note that my thoughts and writing have turned to art, and especially the heritage-listed National Art School in Darlinghurst.**

### 24th Annual Sculpture by the Sea – October 21 to November 7

Returning again this year, it's hard to believe that this 2km coastal walk from Tamarama to Bondi is the largest free exhibition in the world, with 100 works and installations from artists from Australia and across the world. Don't forget, sunscreen, hats and water. It can get hot. Download maps, and other information at [www.sculpturebythesea/bondi](http://www.sculpturebythesea/bondi) or you can phone 02 8399 0233.

### National Art School and Gallery at the Old Darlinghurst Gaol

The current exhibition *Captive* which ends on October 30 is a program of stories ranged across this heritage-listed campus, where building of the Gaol commenced 200 years ago. Opening hours are Monday to Sunday 11am-5pm. Entry is free and well worth a visit, just to be part of the history of the site: [www.nas.edu.au/captive/](http://www.nas.edu.au/captive/).

### Japan Foundation Art Gallery Level 4, Central Park Mall

Open Monday to Friday 10am-6pm, and Saturday 11am-4pm with free entry. I've never been to this gallery, but it comes highly recommended. The current exhibition *Story Makers in Contemporary Japanese Art* features works by five contemporary artists until January 28, 2023. For more information: [www.jpfa.org.au/events/](http://www.jpfa.org.au/events/).

### National Mental Health Month – October 1-31

This year's theme is *Building Resilience: Communities and Connections*, and will be launched at Parliament House, Sydney on Saturday October 1, between 10am-12pm. Unfortunately all tickets are allocated, but the event will be livestreamed for those who are interested. For details see [www.mhfa.org.au/](http://www.mhfa.org.au/).

### Celebrate Spring at the SSH Volunteers and Supporters Picnic – October 15 (Redfern Park 12-2pm)

I know I'm a hypocrite, but I hate picnics. This is a longstanding problem from my childhood in Scotland, when the local gentry would open their grand estate to the hoi polloi, and where picnics were cold. I got thrown off a bad-tempered Shetland pony, and probably ruined my relationships with horses for ever! But don't let this deter you from joining us on October 15 as we celebrate our wonderful SSH family with a day of relaxation and fun. A special gift for all volunteers! We will meet at the Park Café on Chalmers, with thanks to Peter and Elly for coffees and muffins. Volunteer distributor Eleanor will emcee a Special Trivia Quiz with prizes. You might like to form a trivia team of 4-5 people – and think of a fun name for your team. The Sydney Street Choir will perform too. Bring a blanket or chair, sun hat and sunscreen.

And, finally, the **Royal Commission into the Robodebt Scheme** resumes public hearings in Brisbane on **October 31**. Hopefully there will be justice for the thousands of unsuspecting people caught up in this scandal.

Until next time,  
Pat Clarke

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# Northcott Diversity Festival

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Celebrating Cultural Diversity & Inclusion



**FREE food and drinks, entertainment, activities & information stalls**

**Hosted by Counterpoint Community Services**  
(02) 9698 9569 [info@counterpointcs.org.au](mailto:info@counterpointcs.org.au)  
In case of wet weather, the event will be postponed.




SUPPORTED BY





## Health Peer Educators wanted

**The Sydney Local Health District is recruiting and training 15 Waterloo residents to join the Waterloo Peer Education Program as Peer Educators, to deliver health information workshops.**

The project is about health and wellbeing, sharing knowledge about staying healthy.

Research tells us that education delivered by peers is better received and understood by the local community – so this is your chance to have an impact. Topics will include understanding mental health, drug and alcohol issues, how to stay healthy, helping someone in an emergency, making sure your neighbour is OK, and how to get support when you need it.

### Becoming a Waterloo Peer Educator

- We will provide you training in a short series of workshops.
- On completing the training, have a say in which information to share with the local community in the form of education sessions.
- **You will be paid an allowance for each session.**

Shane Brown, Healthy Living Program Manager at Sydney Local Health District, will coordinate the project. Shane is the Health Navigator for Waterloo. You may have met Shane at Redfern Health Centre or Counterpoint Community Services on Wednesdays.

Contact Shane Brown on **0408 257 986** or [Shane.brown1@health.nsw.gov.au](mailto:Shane.brown1@health.nsw.gov.au)

AUTHORISED BY DR TERESA ANDERSON AM, CHIEF EXECUTIVE, SYDNEY LOCAL HEALTH DISTRICT.