

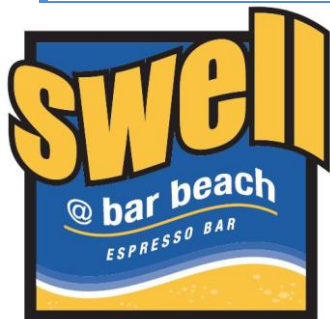
Making Waves

July 2012

A free community newsletter for Bar
Beach, Merewether, Dixon Park, and
The Junction

Enquiries, contributions, sponsorship, ECopy
Mob: 0423 305 242

E: glen_is@optusnet.com.au
<http://makingwaves.yolasite.com/>



- great new burger menu
- breakfast, lunch and dinner 7 days a week
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- fresh local seafood dishes
- from 7.00 am – breakfast through to dinner

Image by Toni



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From Merewether to the Walls of Jerusalem – by Kerrie Robinson

Kerrie could be regularly seen swimming, cycling or walking along the Merewether Bar strip. Unfortunately due to a recent traffic accident she was sidelined for a while but it's good to see her now out and about again.



In October 2011, MS Australia – ACT/NSW/VIC gave me a \$3,000 grant to spend on achieving a goal or dream. My goal was to pack hike in Tasmania's Walls of Jerusalem National Park with my husband, Graham.

We have done this twice before, ten years ago being the last. My challenge?

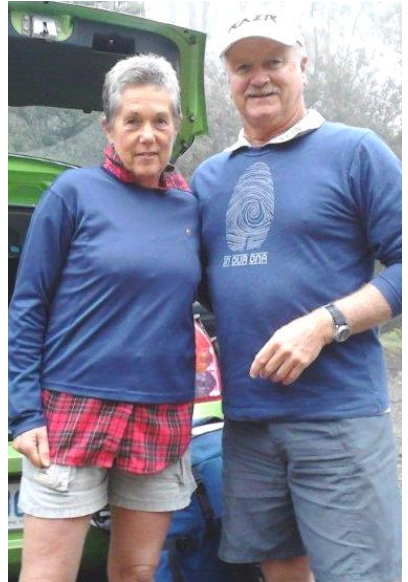
I am a 60 year old woman who has had Multiple Sclerosis for 30 years last birthday. Not ideal. I had trouble walking anywhere for 20 minutes at a time without tripping over shadows. A day's hike up a small mountain on rocky path while carrying an 11 kg pack seemed a ridiculous thing to contemplate. But I did. With the right intervention I believed I could.

There are few facilities in this NP: some tent pads in the plateau and pure natural spring water bubbling up out of the ground. It has been known to snow there any time of year so we must carry everything necessary for that.

This meant packs of 15 kg for Graham and 11kg for me.

The first 4 kms of this hike is a 1 in 8 climb up a mountain to a series of lakes. Then you come out onto the Walls of Jerusalem Plateau. Arrival at a delightful camp spot under 1000 year old King Billy Pines at Dixon's Kingdom is four hours further. If you have no mobility issues.

So I found Rohan O'Reilly, Strength Coach and creator of 'Smart Minds, Smarter Bodies' at Merewether Bathes (see April issue of 'Making Waves'). There were barriers to my doing this hike typical of MS: fatigue, weakness, impaired co-ordination and balance. Rohan is a physiologist who understands these. His aim: to make me strong. After a few training sessions with Rohan, I was confident his program could make the difference. Graham and I practised a walking protocol of 5 minutes walking and 2 minutes rest (Rohan suggested this), repeated at Barrington Tops and Glenrock Conservation area.



Rohan filled my hiking pack with steel balls up to 23 kg and trained me to climb and descend 15 of the Merewether Baths stairs, so that my 11 kg pack was going to feel light. It worked.

Saturday April 21, 2012 saw us begin in the Western Tiers of Tasmania. Air temp. 12 degrees. Conditions still and misty. Our ascent to the top took four and a half hours with regular rests and my walking protocol. By three thirty we had made it to Solomon's Jewels (lake area) but short of our intended camp. Day light was fading so plans changed.

We found a tidy camp spot beside one of the lakes with a dry area for our tent. The ground is spongy peat, alpine moss and dense, prickly thickets of scoparia. You can't set up just anywhere.

I had managed to walk with a hiking pack for eight and a half hours. Pretty surprising. However we didn't make it to the plateau so we stayed where we



were and slept 7 hours straight. Next day I woke feeling brilliant. Sunrise was an amazing pink and lilac in the sky and mirrored on the water. But then. . . . you know what they say about red skies in the morning.

After brekkie and a headache inducing 'swim' in the lake we packed up in time for icy rain and wind to roll over us. We had to bail out. Everyone did. Other hikers from further up in the plateau caught up with us, soaked to the skin. Six and a half hours after breaking camp and 2 hours faster than the previous day we arrived back at the car park. I was disappointed we didn't make the plateau but astounded by my strength and endurance. I was stronger on the second day than the first thanks to my husband Graham and my Strength Coach Rohan. Thanks to you both and MS Australia – ACT/NSW/VIC .

We'll try it again next year . . . though maybe at a drier time.

Head High Cafe

199 Union Street, The Junction
Ph: 0408 360 805



Skye Cassidy – Fully Tubed

In 1988 this photo, taken by well-known local photographer Allan Chawner, was seen by people in Paris, Grenoble, Newcastle-upon-Tyne, Muswellbrook and Newcastle in the *Hunter Valley People* exhibition under the auspices of the *Association Culturelle Franco-Australienne* (founded in Paris in 1980 by Jean-Paul Delamotte). Newcastle writer Paul Kavanagh talked with Skye and by cutting and rearranging her words created the poem “Fully Tubed” which accompanied the photograph in the exhibition:

*Summer every day, spring and autumn four times a week or more
in winter very little because the surf gets humungous
I can go surfing in about up to six foot and not real messy
if it gets messy six foot never
it's not really the waves so much it's like paddling out
because I just get pushed back and upside down and it's pointless
I just get wiped out again
apart from how bad that is you get caught
and you just get worked and worked
ergh I'm dead and I'm packing shit and I really want to die.
Up at Merewether we get tubes sometimes it just depends
on where the banks are moving what tide it is and how the wind's blowing.
I've never made it when I got fully tubed I've just been pounded
but I don't care because it's fun while you're in there.
We don't have very thick lips around here
like there's not that much water coming over and you can see through it
and if you look at the shore it's all kind of green and distorted
it looks so weird and you go urgh*

*and looking at the clubhouse that's going glg glg
 I just let myself go and enjoy it
 and if you really get done that's because they're so high
 they really go straight down on you
 it's not like being hit by the lip you're being hit by the roof
 and if you're inside you're upside down
 and your leg rope goes around your neck and you go agh
 it's horrible completely horrible.
 But yes summer every day, spring and autumn four times a week or more.*

Paul Kavanagh 1988

Emeritus Professor Ken Dutton from the University of Newcastle produced a French version of the poem for the exhibition. According to him, it was the most difficult of the poems in the exhibition to translate: 'when you don't know what it means in English,...'. There were even a few expressions that both the poet and translator differed on their meaning, for example "messy". Fortunately at the time, there was an international surf carnival in Newcastle and Prof Dutton met a French-speaking Tahitian who was able to help him with the difficult technical expressions that are so familiar to surfers.

[My recent attempts to find Skye were unsuccessful. Can you help?

– Marie Ramsland 49696948]



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In 2010 South Newcastle Rugby League Football Club celebrated it's centenary. Last year "Making Waves" highlighted some of the characters who represented the "red and whites" with distinction, and this winter we continue the series.

Paul Merlo

Paul Merlo is the only South Newcastle produced player to play State of Origin Rugby League. He represented NSW in 1982.

Paul was accidentally introduced to Rugby League in 1965 when he was picked in the school rugby league team at St Joseph's Merewether. His Italian –born father George thought he had given permission for his son to play soccer as that was the only "football" he knew. Souths and the rugby league community are grateful for this error which led to one of league's best locally produced players. Paul went on to play junior rugby league with South Newcastle and in 1974 his u19 side, coached by Barry Lawrence won the grand final. He progressed to the grade sides in 1975 and 1976 proved to be a benchmark season for Paul, establishing him in the premiership winning 1st grade side as well as representing Newcastle in the Country Championship.



In 1977 he moved to Penrith Panthers under Don Parish and then it was on to Western Suburbs Magpies under the master coach Roy Masters for 2 years and then Terry Fearnley. The 1982 season under Fearnley was where Paul "came of age" and after being chosen for City Seconds, Merlo was selected to represent New South Wales as a second-rower for game III of the 1982 State of Origin series.

He moved to Cronulla Sutherland in 1983 where he again was coached by Fearnley and then the maestro Jack Gibson.

He returned to Newcastle as Captain Coach of Western Suburbs but was lured back to South Newcastle by Ken Shine where he brought all his coaching skills gathered from his 9 years in Sydney to achieve success with the first grade side winning premierships in 1988 and 1989. In 1991-1992, Paul coached the Newcastle Knights junior representative side.

Paul is currently the football manager and a committee member of Souths.

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Southside Surf Team 1967 - Reunion



This image shows the Newcastle Southside Surf Team girls with some of the Kurranulla Wahinis from Cronulla – Taken at Terrigal -1967.

In a recent edition of PLB, Robyn Harvey from Crescent Head talked about the planned reunion of the 1967 Southside Surf Team at Crescent Head on August 31-September 1 this year.



Black and White image:

Back Row L to R: *Sandy Wilson, Kerry Wilson, Senone Chryniowski, Gloria Mundy, Jill Lloyd, Laura Knight, Fay Maher*
Front Row L to R: *Judith Clements (Dec'd), Rhonda Johansson, Terry Brice, Anne Kozar, Robyn Harvey, Pam Lane.*

Robyn has located most of the team, but is still looking for Sandy Wilson, Jill Lloyd, Fay Maher and Anne Kozar.

If you can help locating any of these Southside Surf Team members please contact Robyn on robyn@women-in-waves.com.au or 0418 155 259.



ELECTRISAFE
TESTING AND TAGGING

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Darby St, Cooks Hill Ph: 4929 1229

NEWCASTLE - JULY 2012

LAT 32° 58' LONG 151° 47' TIME ZONE - 1000
TIMES AND HEIGHTS OF HIGH AND LOW WATERS

▼ Denotes Public Holidays

SUN TIME M	MON TIME M	TUES TIME M	WED TIME M	THURS TIME M	FRI TIME M	SAT TIME M
1 0546 1.41 1127 0.48 1810 1.94	2 0054 0.33 0848 1.43 1224 0.46 1905 2.02	3 0147 0.25 0746 1.47 1319 0.45 1958 2.06	4 ○ 0238 0.21 0841 1.49 1413 0.45 2048 2.06	5 0327 0.21 0932 1.51 1505 0.47 2136 2.00	6 0413 0.24 1021 1.51 1557 0.51 2222 1.90	7 0457 0.30 1108 1.51 1646 0.57 2306 1.77
8 0539 0.38 1154 1.50 1737 0.85 2348 1.82	9 0819 0.46 1240 1.49 1830 0.71	10 0031 1.48 0659 0.53 1328 1.48 1928 0.77	11 ○ 0119 1.35 0740 0.59 1418 1.49 2033 0.79	12 0216 1.28 0826 0.84 1512 1.51 2145 0.77	13 0324 1.20 0917 0.86 1607 1.55 2252 0.72	14 0431 1.20 1012 0.87 1659 1.80 2349 0.64
15 0531 1.22 1104 0.86 1746 1.66	16 0035 0.56 0822 1.26 1153 0.63 1830 1.72	17 0115 0.49 0707 1.30 1237 0.60 1912 1.78	18 0153 0.43 0748 1.34 1318 0.56 1951 1.82	19 ● 0228 0.38 0828 1.38 1400 0.53 2029 1.85	20 0303 0.34 0907 1.42 1440 0.51 2107 1.85	21 0339 0.31 0946 1.46 1523 0.50 2145 1.83
22 0415 0.30 1029 1.50 1609 0.51 2226 1.78	23 0454 0.32 1112 1.53 1658 0.53 2309 1.69	24 0535 0.35 1159 1.55 1752 0.57 2357 1.58	25 0618 0.39 1249 1.58 1854 0.80	26 ○ 0052 1.46 0707 0.45 1346 1.60 2005 0.61	27 0159 1.35 0803 0.50 1450 1.64 2125 0.58	28 0318 1.28 0908 0.53 1557 1.71 2243 0.51
29 0433 1.28 1013 0.53 1700 1.79 2349 0.41	30 0542 1.32 1116 0.50 1800 1.87	31 0045 0.31 0642 1.38 1215 0.46 1854 1.93				



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All New Menu

MONDAYS	Steak Night - \$12.90
TUESDAYS	Pasta - \$9.90 and Pool Comp
WEDNESDAYS	Schnitzel Night - \$9.90 and Trivia
THURSDAYS	Hamburger Night
SUNDAYS	4PM Live Entertainment followed by DJ at 7PM

FRIDAY to SUNDAY - Newcastle's Best Live Entertainment

Well known Merewether identity Graham Tamba Adam has been keeping a daily record of events for over 30 years. **11 June 1985 – State of Origin Game 2**

In 1984 when I was living on the Gold Coast, I met Paul McCabe, who played for Manly, Qld and the Australia 2 Invincibles. I put him up for a few nights on the GC where I lived across the road from The Patch, and he wanted to return the favour to me some time. So when I travelled down to Sydney for my first (and only) live State of Origin, I stayed at his place in Dee Why. It so happened that he had been dropped for the game and was being replaced by Wally Fullerton – Smith so I went to the game with him and his wife, who was also a Qlder. It was a very tight and close game and the Blues were behind by a couple of points when with just 1 minute to go, Brett Kenny dashed over for the decisive try 1 minute from full time!

This meant that NSW had won the series and had finally ended Qld's siege of supremacy and rendered Game 3 at Lang Park a dead rubber.

What really surprised me was when Paul's wife started clapping and when I looked over she had a big smile on her face. She was a staunch Qld supporter, but she was so happy Qld were beaten in such a decisive game after they had dropped her husband following game 1.

As we were leaving the ground, we ran into Blocker Roach and Steve Folkes who asked for a lift into Peter Tunks' nightclub in the city and as I was the driver I agreed and was invited to join them inside – I wasn't going to miss that! Many of the players were there as well as Jeff Fenech and it turned out to be a long..and a great and memorable night.



HEADMASTER RETIRES -BEGINS AND ENDS CAREER IN SAME SCHOOL

MR. P. W. RILEY'S 48 YEARS SERVICE

Saturday 18th November 1933

Mr. P. W. Riley, B. A, Headmaster of the Junction Public School, has just retired after 48 years service, from the Education Department. It is a coincidence, probably unique in the Department, that Mr Riley should end his teaching career in the school where he began his education.

He was enrolled in the Infants Department of the "*Newcastle South Public School*" in 1874, passed through the school and then entered the West Maitland Boys High School. There he passed the "*Junior University Examination*" in 1885, after a studentship of only "*Nine Months*" gaining the late R. W. Thompson's Gold Medal for the highest proficiency.

In the same year Mr Riley was appointed Pupil Teacher at Newcastle Superior Public School now Newcastle High School, the Headmaster being Mr C. J. W. Friend. After three years Mr Riley took up duties at the Junction under the late Mr George Cotterill.

Gaining a "*First Class Scholarship*", he entered the "*Teachers Training College at Fort Street*", Sydney, being awarded the "*Jones Memorial Gold Medal*" for the "*Highest Pass in the State*". He was the first male country teacher to gain this distinction. After leaving the training college with a "*2A Certificate*", Mr Riley attended Sydney University as an evening student and gained a B. A. Degree in 1894.

When at West Maitland Superior Public School, he received *the 1B Certificate* and was then appointed first Assistant at Junction Public School. While there he was acting Headmaster for some time and was then transferred to Newcastle Superior Public School as first Assistant. His next move was to be first Assistant at Erskineville, Sydney. Mr Riley was Head Master at Drake, Quirindi, Wallsend, Adamstown Junior Technical, Wickham Junior Technical and the Junction Public schools.

Mr Riley has two sons in the Education Department;-Mr S. P. Riley, B. Ec, Headmaster of Mulwala Public School and Mr K. J. Riley, assistant at Richmond District Rural School.

Recently Mr B. C. Harkness, M. A, chief Inspector of Schools, paid a visit to the Junction School and in the presence of the boys and girls and the whole Staff, "*Farewelled Mr Riley*" on his own behalf and on the behalf of the Education Department. He spoke of Mr Riley's long and meritorious career as a teacher and



the part he played in cricket, football, running and other activities. Mr Harkness advised his young hearers to try and follow in Mr Riley's footsteps and said that probably one of their number would achieve the distinction of their Headmaster, in passing from the Infants Department to occupy every possible position as teacher and finally retire as Mr Riley was about to do.

Patrick W. Riley was born Newcastle (1869-1948) to John and Bridgett. He married Catherine Coleman (1874-1924) at Newcastle in 1896. Both Patrick and Catherine died at New Lambton. Children of the union were:- 1898-Kathleen M, died 1899; 1900-Eileen C; 1901-Stanislaus P; 1904-Keiran J, died 1929; 1906-Clement B; 1907-Laurence B, died 1964; 1909-Kevin J, died 1971; 1911-Kathleen.

Bill and Del Rich, 2 of Mr Riley's graduating year 6 students in his final year went on to marry and make their home in Merewether where they still live today.



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Pedestrian crossing Safety

With all the changes to our streets and crossings lately, it is hard for residents, both drivers and pedestrians to keep up –signs seem to be changing overnight in our area. Lets all take care and remember the words of Iftekhar Sayeed when using our streets:

"Here lies the body of William Jay

Who was defending his right of way.

He was right, dead right, as he sped along

But he's just as dead as if he was wrong."



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Merewether Baths Cleaning Schedule
July 2012

12 July	Thursday	4.30 AM	0.6
26 July	Thursday	3.30 AM	0.5

Jetset

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Original image by RedMonkey



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