

Making Waves

November 2012

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

Enquiries, contributions, sponsorship, ECopy
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<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 Jo



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A test of endurance

In the Hunter Kayak Challenge organised by Hunter Wetlands Centre which was run on Sunday 23 September, Merewether SLSC members Kate Handley and Margaret Watson not only won the double ski category but were also first over the line in the whole event. This challenge involved the girls paddling a double ski from Lorn to Stockton - a distance of 60km. It took the girls 5 hrs 50 mins to complete the course.

Kate and Margaret used the challenge to raise funds for the charity Sids for Kids and they have raised \$3000 from their participation in this event.

Buoyed by this success, Kate is now "going solo" in the Hawkesbury River Canoe Classic with Margaret as part of her support crew. This event involves rowing from Windsor to Brooklyn – a distance of 111 kms, beginning at 6pm with a moonlight paddle which will continue through the night. The event is expected to take participants approximately 12 hours to complete.



This time Kate has chosen the National Breast Cancer Foundation as her charity. Donations can be made at:

Hawkesbury Canoe Classic

BSB: 732 569

Account No: 570052

Kate anticipates that her fundraising from the Hawkesbury paddle will



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culminate on 11th November with a “Girls Night In event for Breast Cancer” at Merewether Surf Club Coldies, where she intends to auction off the ski that she uses for the event.

Kate and Margaret have also assisted Hunter Women’s Rugby Union to raise nearly \$10000 for SIDS through other fundraising events.

I think you will agree that these 2 girls are certainly setting a standard in our community – it is one thing to participate in these endurance events but quite another to use them so successfully to raise funds for charity - Well done girls!

Pura Vida = Pure Life

Pura Vida Yoga has arrived at Merewether Beach!



merewether beach

📞 045 1303783

Alessandra

Yoga for the body, mind and spirit
overlooking Merewether beach,
upstairs in the surf club.



tue 6-7:15am
wed 6-7:15am
thu 6-7:15am
fr 6-7:15am

\$16 - 1 class
\$60 - 4 class
\$110 - 8 class

coming
soon

afternoon classes **TBA**

Alessandra has studied, practiced and taught yoga in Brazil and Central America for 7 years. Influenced mainly by Ashtanga and Hatha yoga, she is also an Ayurvedic massage therapist and has been a Steiner teacher and educational consultant for the last 15 years. Originally from Brazil, Alessandra now calls Merewether beach her home and on any given day you will find her on the sand playing with her daughter or surfing with her husband. While being a supermum she still finds time to harmonise the body, mind and spirit with a sunrise yoga session. Classes have already started and are \$16 upstairs in the SLSC Tuesday to Friday mornings 6 till 7:15am.

New times will be available in the coming months. For bookings or more information:

please call 0451303783 or email puraavidayoga.au@gmail.com



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Head High Cafe

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Ph: 0408 360 805



What Surfing/Ocean swimming does for me - part 3...

Steve is a surf club member, board rider and photographer



Steve: It keeps me calm. It also helped me come back from injury and surgery. The ocean nearly killed me then helped me get my life back. Even when I could hardly walk, I kept coming here with a walking cane and neckbrace at first, because I had to get back on my board.

KR: Why? What was it that drove you?

Steve: Love of the ocean, the challenge to overcome adversity. I had to get back in there – it's my life you know. I didn't want to live without that in my life.

KR: I can understand that – I feel that way. But what's happening inside?

Steve: Well, you know 80% of life on this planet is in there – in the ocean. So when you get in there it's like

KR: (prompting) ..something you recognise on another level?

Steve: Definitely. Connection. There is the unpredictability of the ocean, it energises you. You get that endorphin process in the brain and it keeps you coming back. It's addictive and helps manage stress.

Steve explains: I had a serious surfing accident 3 years ago. I broke my neck, sustained brain injury and dislocated my shoulder. I found myself paralysed, face down in the water, unable to move.

KR: That's nightmare stuff...

Steve: Yeah, at first, but after a while..it was beautiful.I got this amazing feeling of peace and calm. I could have just taken a breath of water and it'd be all over.

KR:..so what stopped you?

Steve: I don't know. Survival instinct maybe. I've seen the other side now and I guess I'm not afraid any more. Death is just a change – from this state to the next.

KR: (nodding) Yep, and I reckon it's better than this one.

Steve: (with a smile) Anyway, another wave came along and flipped me over onto my back so I could breathe again but I couldn't move. Later, the doctors said I had



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an incomplete injury of the spinal cord. They said I may never walk again let alone surf. Recovering from that has taken me through PTSD and depression. It wasn't until I got back into the water that I started to win that struggle. The ocean helped me through that. "what takes, can give"

KR: How long did it take to get back in the water – after the accident I mean

Steve: I guess I was back down here inside a month, but not in the water. It took me some time to get to that. I was seeing doctors, neurosurgeons and a clinical psychologist for PTSD and they weren't happy with me getting back into this environment too soon. They didn't tell me why though. The first time I actually put my head under, it freaked me out! I had this flashback to the time when i was floating face down and paralysed, just staring at the bottom and wondering if I was going to drown. That was bad. It kept happening each time I submerged. It took a while to get over that but I kept on and persisted with mind training until I was experiencing forward progression – the mind/body connection!

KR: and it's alright now? You look relaxed and confident..

Steve: it's all fine now. There is still a lot of pain and i am working on that. It'll be gone one day – nothing lasts forever (laughs).

Note: Steve is a self taught photographer with a good "eye" in my opinion, for composition, background, light effects etc. He gave me significant technical help with his image photo. The in situ image is by Jenni who is also a talented photographer and proficient at staying deep under water long enough to get a shot like this.

Kerrie Robinson



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Darby St, Cooks Hill Ph: 4929 1229

NEWCASTLE – NOVEMBER 2012

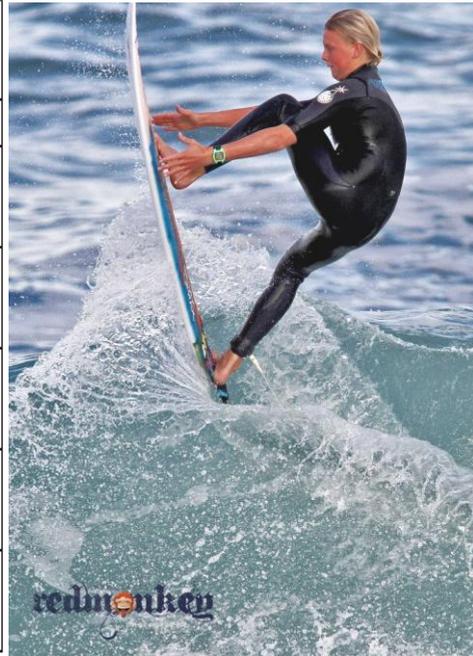
LAT 32° 56' LONG 151° 47' TIME ZONE – 1000
TIMES AND HEIGHTS OF HIGH AND LOW WATERS

☐ Denotes Public Holidays

SUN	MON	TUES	WED	THURS	FRI	SAT
TIME						
				1	2	3
				0252 0.51	0328 0.55	0405 0.60
				0924 1.74	0959 1.71	1036 1.67
				1554 0.41	1633 0.43	1715 0.47
				2155 1.33	2235 1.29	2318 1.25
4	5	6	7 ☐	8	9	10
0447 0.65	0007 1.22	0102 1.21	0205 1.23	0309 1.29	0406 1.39	0456 1.51
1116 1.62	0535 0.70	0630 0.74	0736 0.76	0847 0.73	0957 0.67	1059 0.56
1800 0.50	1201 1.56	1254 1.50	1354 1.47	1500 1.46	1602 1.47	1700 1.51
	1851 0.53	1947 0.53	2045 0.51	2138 0.47	2227 0.41	2313 0.35
11	12	13	14 ●	15	16	17
0543 1.65	0629 1.79	0043 0.28	0130 0.28	0218 0.31	0310 0.36	0404 0.43
1156 0.44	1249 0.32	0715 1.91	0803 2.00	0853 2.04	0945 2.03	1037 1.98
1755 1.54	1848 1.55	1343 0.22	1436 0.15	1530 0.12	1625 0.14	1720 0.19
2358 0.31		1943 1.55	2037 1.53	2133 1.50	2230 1.45	2329 1.41
18	19	20	21 ☐	22	23	24
0500 0.51	0029 1.38	0130 1.36	0234 1.38	0335 1.43	0430 1.49	0517 1.56
1130 1.88	0601 0.59	0706 0.65	0816 0.69	0930 0.70	1039 0.67	1140 0.62
1817 0.26	1227 1.75	1326 1.62	1429 1.50	1533 1.41	1634 1.36	1728 1.33
	1915 0.34	2013 0.41	2107 0.45	2158 0.48	2243 0.49	2324 0.50
25	26	27	28	29 ○	30	
0600 1.63	0002 0.50	0039 0.50	0115 0.51	0150 0.52	0227 0.54	
1230 0.56	0638 1.68	0715 1.73	0750 1.76	0825 1.78	0900 1.79	
1815 1.33	1312 0.50	1349 0.45	1425 0.41	1500 0.39	1536 0.38	
	1900 1.32	1940 1.33	2019 1.33	2058 1.33	2136 1.33	

© Commonwealth of Australia 2010 – Bureau of Meteorology
National Tidal Centre Datum is Lowest Astronomical Tide

Add one hour to the times when Daylight Saving Time is in force



InZane Football is Newcastle's first Football Academy to cater for junior and youth players.

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Remembering Clive Churchill

When Cooper Cronk was awarded the Clive Churchill medal after the recent NRL Grand Final, something prompted me to look a little further – and I am glad I did.

Clive Bernard Churchill (1927-1985), footballer, was born on 21 January 1927 at Merewether, second son and fourth



child of Herbert Hilton Churchill, and his wife Vera. He was educated at St Joseph's Convent, Merewether, and at the Marist Brothers' High School, Hamilton.

As a schoolboy Churchill excelled at Rugby League. Playing without boots, he kicked with either foot, though mainly the left, and developed a quicksilver elusiveness at five-eighth, occasionally at full-back. Known as 'Tigger', he played for Central Newcastle in 1945.

Concentrating on full-back, in 1947 he played for Country Seconds against City, and so impressed the South Sydney Club that their patron, Dave Spring, signed him up for £12 10s. per match. Churchill moved to Mascot, on the southern fringe of the club's area. He fitted perfectly into the distinctive ethos of the club, and into the traditional free-flowing style of its team; he soon shone at full-back.

He was selected for the 1948-49 Kangaroos' tour of Britain, followed by a tour of France. This experience consolidated his exceptional talents. He represented Australia thirty-seven times. Throughout his tours, he not only dominated on the field; he also enlivened his team-mates with his mimicking, singing and telling of tall tales. The English regarded him as bad tempered and spiteful but to the Australians he was 'the little master', a will-o'-the-wisp with a sting.

In January 1982 he was seriously injured when his liquor shop at Randwick was robbed; his assailants were ordered to pay him \$5000 each. In December 1984 he was hospitalised with cancer. Next May a packed testimonial dinner raised about \$50,000 for him and in June he was appointed AM. Survived by his wife and their son, he died on 9 August 1985.

The Clive Churchill Stand at the Sydney Cricket Ground is named after him, and the Clive Churchill medal is awarded to the best player in the grand final of the National Rugby League competition.





All New Menu

MONDAYS	Steak Night - \$12.90
TUESDAYS	Crumbed Lamb Cutlets and Pool - \$15.00
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. He regularly shares a day from his life for us -This month we go to Friday July 6, 2012.

Once again I headed up to Port Stephens for the weekend. As usual I went for a ski paddle around the spit and as usual, I trawled for fish off my ski and caught a nice tailor. When I got back to my car at Fingal, I was having some fruit when a car pulled up beside me. In it were 3 people, an old couple and their son. They asked me if I knew

where the whale lookout was and I told them to follow me in the car as the elderly man looked very



Fingal Bay from Barry Park

frail. In fact the lookout is called Barry Park after the Barry family I wrote about last month. We were at the lookout for about ½ hr in which time they introduced themselves as Jack, Mary and Jack Jnr and they were from Canberra. It turned out Jack snr had never seen the ocean in his life and after reading a pamphlet on Port Stephens he decided that this was where he wanted to go to see the ocean and

hopefully some whales and dolphins. He also told me that he only had 3-4 months to live and the doctors had told him to plan his last days. He realised then that his priority was to see the ocean.

Like me they were staying at Shoal Bay, and we were just about to leave the lookout when I sighted a large whale breach about 1km out off Fingal Bay Heads, so I pointed it out. It played around for about 15 mins before disappearing behind Lighthouse Island – he had seen his whale!

We drove back down to Fingal and shared some sandwiches they had with a cup of tea. While eating lunch, a pod of dolphins arrived right in front of us and put on a show – he had now seen his dolphins!

I asked if he ate fish and when he said yes, I gave them the tailor that I had caught earlier for their lunch the next day.

That night we caught up again at the Country Club for dinner and I learned that he hadn't had a drink, smoke or a punt in over 30 years – in fact he even used to own greyhounds in his young days but when Mary had put her foot down and said "its me or the dogs" – he chose Mary!

That night he did have 1 whisky and we each put a \$5 bet on a greyhound ..and we won \$20 each!

He also told me that night that after seeing the ocean, the whale and dolphins that day that it had made him so happy that he would really like to have his ashes spread off the beautiful Fingal Bay. I offered to do that for him when the time came and swapped phone numbers with Mary before we parted that evening.

On October 5, I received a call from Mary to say that Jack had passed away. The family had held a private funeral in Canberra and she asked if I was still able to spread Jack's ashes at Fingal when the time is right. Of course I said yes, you name the date and I will be there!

RIP Jack



Mick Phillips
SALES CONSULTANT
Mobile: 0437 686 249

<p>Seascape and Beyond</p> <p>ART EXHIBITION</p>	<p>Calling all artists to exhibit 22-24 March 2013</p> <p>Closing date for entries Thursday 28 February 2013</p> <p>Enquiries 0411 744 041</p>	<p>Proudly supporting beyondblue</p>
	<p>Info and artists' entry form – www.seascapeandbeyond.wix.com/seascape-and-beyond</p>	<p>THE UNIVERSITY FOUNDATION THE UNIVERSITY OF NEWCASTLE AUSTRALIA</p>

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Bathing Prosecution -6th November 1905 Before Mr. M. S. Love S.M

Ernest Cox, Ernest Moore, Henry Hardy, William Wilson, Stanley Dyad, William Clarke, Henry Oates, Thomas Milton, Leslie Williams, Walter Bramble, David Dolan, James Higgins, and Archibald Payne were all charged with bathing at Merewether Beach on October 19th exposed to view. The defendants, with the exception of Hardy, pleaded guilty.

Constable Bishop gave evidence that upon the day in question:-defendants were bathing at that part of Merewether Beach known as the "Bar" at 11 a.m. in a nude condition. Sub-Inspector Goulder informed the magistrate that there had been continual complaints about men bathing at this place, and the Police were compelled to take action.



Walter Bramble, one of the defendants, stated that he had been going to this spot and bathing for the past 35 years, had never been asked to wear a costume, and had only ever seen one woman on the beach. If a notice had been placed there it would have had the effect desired, and no such action was taken.

The first intimation they received of any wrong doing on their part was when they were visited by the police. On occasions he had seen as many as 500 people bathing there on a Sunday Morning. Sub-Inspector Goulder at this stage pointed out that the law prohibited bathing under such conditions. This gave the magistrate the opportunity of remarking that the law of common sense demanded that people should have a bath occasionally.

The Mayor of Newcastle, who was present in Court, informed the Magistrate that the



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Municipality was largely to blame for not having notices up.

Sub-Inspector Goulder:-Why, amongst those caught bathing there on one occasion was an Alderman of the City.

The Magistrate:-But surely an Alderman wants a bath some times.

Mr. T. D O’Sullivan, who was present, informed the Magistrate that personally, he had been bathing at the “Bar” for 25 years. Frequently he had seen “Clergy Men” there, and on one occasion a Bishop.

Sub-Inspector Goulder:-Well, if we had caught a Bishop, he would have been here too.

The Magistrate said in view of the facts placed before him, any action of the court should be taken more as a warning than any thing else. He inflicted in each case a fine of 1s, together with 6s costs, in default 24 hours imprisonment. In the case of Hardy, who had pleaded not guilty, the information was proven upon the evidence of the police, and he was fined a like amount.

Then on the 4th December:-Six lads from Carrington were ordered to pay 6d [pence] each for bathing in a waterhole behind the power house of Hetton Pit at Carrington.

And on the 5th December, James Russell, James Loveday, and John Gray, “Three Lads” were proceeded against by Constable Gillies for bathing without proper clothing on the Newcastle Beach near the “Gulf” on Sunday 26th November. Each was fined –1s [shilling], with 6s costs. The “Bar” is in the corner of the sand and cliffs at Bar Beach.... and the gulf?



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JEWELLERY
AFFAIR

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WATCH WATER PRESSURE TESTING

WATCH BATTERIES

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JUNCTION



THE JEWELLERY AFFAIR

DAVID MCKAY - WATCHMAKER & JEWELLER



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November 2012

2 November	Friday	1.30 PM	0.4
5 November	Monday	2.00 PM	0.5
9 November	Friday	7.00 AM	0.6
12 November	Monday	9.30 AM	0.2
16 November	Friday	12.30 PM	0.1
19 November	Monday	4.30 AM	0.5
23 November	Friday	7.30 AM	0.6
26 November	Monday	9.30 AM	0.4
29 November	Thursday	12.00 PM	0.3

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August 11, 2012 – Image by Toni



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