

Gateway

Newsletter of the Brooklyn Community Association Inc

February 2018

(Next Issue May 2018)

President's Report

We are looking forward to a great year at the BCA and in our community. We have some new members on the committee, Ingrid Segovia, who is heading up our environment and sustainability subcommittee, Jayne Donnelly who has revamped our website and will be getting us onto a much better looking and efficient mailing program and Brian Scarsbrick. Now that Brian is newly retired he can join us on the committee along with representing Ward A for the Independent Hearing and Assessment Panel (IHAP). It is great news that someone with Brian's background will be helping to review planning in our Council.

After the input from Liz Surrent at our last meeting regarding the burnouts on Pacific Highway and how dangerous the road is, the BCA took up the issue with the Advocate and Matt Kean's office. Some of you might have read the grim statistics of the stretch of road from Brooklyn to Cowan. In the last five years, there have been 96 accidents with 44 serious injuries and 5 fatalities! Imagine if we added the accidents that happened on the M1 on that same stretch - it might be one of the most dangerous areas for accidents!

Both the Brooklyn Masterplan and Peat Island are in holding patterns. We were told that the Councillors would be getting briefed on the Masterplan as we go to press and our Ward Councillors and Mayor are still supporting the Masterplan. Nathan Tilbury will be at the meeting to provide a briefing. Property NSW tells us that there are no real changes to the Peat Island plan, they are still working to get a public exhibition together and it is taking longer than expected.

This year we are going to get started on our oral history project. If you are interested in helping, let us know at the meeting or email us at info@brooklyncommunity.org.

I would like to thank Jo Scarsbrick and her handy assistant Karen Arnold for putting on Chair Yoga for the community. Your generosity and that of King Tide who sponsors the cost of the meeting room are to be celebrated and admired, and as a community, we are very grateful.

Di Bowles, President Brooklyn Community Association

president@brooklyncommunity.org.au

Brooklyn Community Association General Meeting

10am-12noon Saturday March 3 2018

Brooklyn Community Meeting Room

*Guest: Matt Kean NSW Member for Hornsby and
Minister for Innovation & Better Regulation*

BCA Members, Guests and Friends welcome

Meeting
Dates

2018

Saturday

16 June

8 September

1 December

Brooklyn & Public School Events

- PSSA OZ Tag (Interschool sport competition)
- Moving Bodies Program (Gymnastics)
- Zone Swimming Carnival
- Leadership Camp (Gibberagong Education Centre)
- Science Fair
- Parent Information Evening/Film Night
- Hat Parade
- Australian Playhouse Performance

Commences February 16

Commences February 19

March 8

March 1,2

March 20

March 22

March 29

April 6

Brooklyn Public School: What's Going On

Thanks to the ongoing fund raising efforts of Bob and Bev Davis along with an anonymous (at the moment) donor, Brooklyn Public School will soon have a second flag pole so that we can fly the Aboriginal flag alongside the Australian National Flag. We will also be commissioning a carving in sandstone of the indigenous totem of this area which is the Stingray. Our children will be able to sit with the carver while he works and hear in detail the indigenous history of the Deerubbin. We hope that further smaller carvings can appear on the sandstone wall near the boat.



Did I say boat???

Yes, you might have noticed we have installed a sandy beach at the school, 33 tonnes of sand, and on that beach the school's own sailing ship is evolving. A pirate ship, a fantasy boat, a boat to explore the universe in. Wherever the children's imagination takes them.

We are looking for a treasure chest and anything else that might help them on their voyages.

We will be having a launching ceremony in the not too distant future so smarten up your sea shanties, bring out your pirate gear and join us for a jig and an evening of good cheer.

*Diana Aitken
Principal Brooklyn Public School*

Rural Fire Service Update

The month of January was a very busy month for the Brooklyn Fire Brigade volunteers. All up, we had 13 incidents to respond to, starting with the New Year's Eve tragic plane crash, 3 grass fires, 4 motor vehicle accidents, 1 truck accident, 2 fires in the rail corridor, one rescue of bush walkers and one diesel spill. 2 of our members also went away for a week to the Hunter Valley to fight the out-of-control bush fires. A very big effort from the whole brigade.

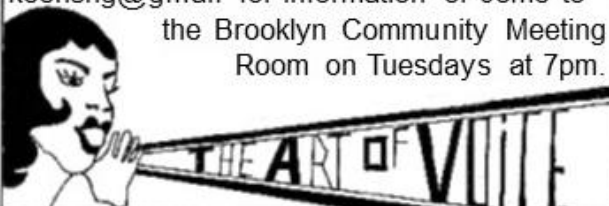
A special mention of fire fighter Roger Wilson for his efforts with keeping the station ready for action. He tirelessly ensures that the truck, boat and the gear is always ready to go out anytime of the day and night. He also keeps the garden around the station always looking great.

For the brigade to continue providing the incredible support to our community we need to maintain the level of volunteer membership. We are getting dangerously low with members, if you think you would like to help please ring me on 0402 772 550 to discuss if you would like to be a responder or to simply maintain the station ensuring its 24 hour readiness

Remember the fire season is not over so be prepared and have a plan in place.

*Steve Hayes
Captain Brooklyn Rural Fire Brigade
0402 772 550*

BROOKLYN COMMUNITY CHOIR
The choir is underway, and welcomes new members. Open to males and females aged 18 plus. No previous experience. Email keenshg@gmail.com for information or come to the Brooklyn Community Meeting Room on Tuesdays at 7pm.



Departs 10am daily
Includes Morning Tea
& Ploughman's Lunch



Bookings essential, pay on the day

THE RIVERBOAT POSTMAN

Gift vouchers available, valid for two years
Perfect for Christmas, birthdays & thank you's
www.riverboatpostman.com.au

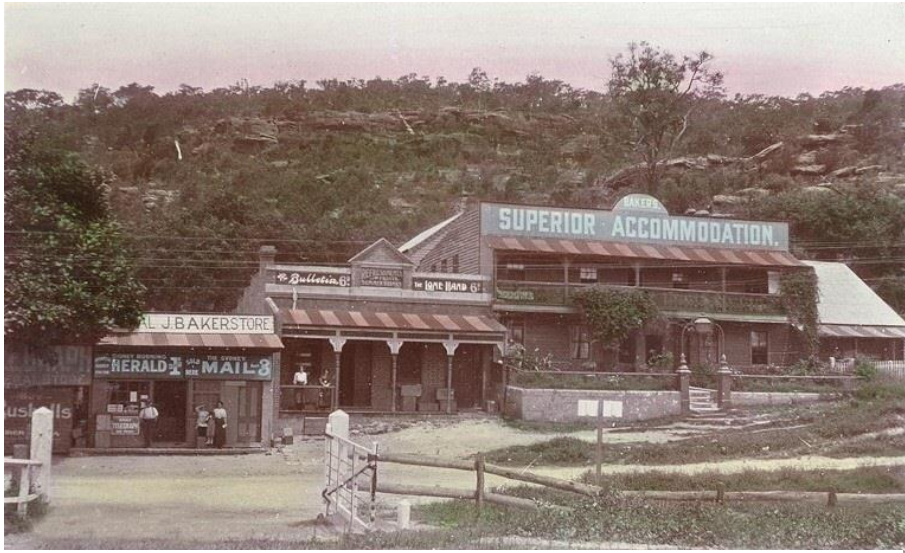
Tel: 02 9985 9900 Boat: 0400 600 111

BYGONE BROOKLYN

By Tom Richmond

JOE BAKER'S STORES

Joe Baker appears to have arrived in Brooklyn during the railway construction period. In 1886, he married Anne Absalom, the daughter of a navvy, James Absalom, who was a veteran from the Crimean War.



This postcard by William Broadhurst dates from about the end of World War 1. It shows Bakers' three business premises. The middle one had a top storey added to it and it is one of Brooklyn's oldest buildings.

Gradually, the Bakers became the main shop-keepers in early Brooklyn. A post card produced by William Broadhurst shows three buildings side by side on Brooklyn Road, just up the hill from the Hawkesbury River Railway Hotel (now the Anglers' Rest).

In the postcard, Baker's General Store is on the left. It served as the newsagency as well. In the centre was a teahouse, operated by Mrs Baker.

The large building on the right, advertising "Superior Accommodation", was the former Brooklyn Hotel, which became a boarding house.

It seems that the earliest of Baker's stores was the middle one, now partially occupied by the *Brooklyn Deli*.

In 1902, a fire broke out in this shop but it was extinguished thanks to the efforts of local railway employees who saw it at an early stage. It is interesting to note that the shop had been open until 11 p.m. on the previous night.

The Bakers faced a critical period in June 1910, when Anne Baker was taken to court over the condition of one of the shops. At that time, they were operating as a butcher's shop, but Mrs Baker was charged with keeping the premises in filthy condition. An inspector removed around a hundredweight of decomposing meat. Mrs Baker was fined two pounds, with six shillings costs.

Joseph Baker was involved in another court case in 1906, when a local market gardener shot his bull. Always with an eye for improving business, Joe Baker had acquired the only bull in Brooklyn. He let it roam freely, reasoning that if a cow produced a calf, it would be sold and the owner would have money to spend in Baker's store.

Anne Baker died in 1924 and Joseph followed in 1930. Both are buried in Brooklyn cemetery.

The buildings still largely exist. The former tearoom, which is the oldest of the shops, had a second storey added to it and the levels at the front have changed. The building is, however, still recognisable from the postcard and it is now well over a hundred years old.

In the section of this old building that is now occupied by *Brooklyn Deli*, there can be seen a former window that opened into the Brooklyn Hotel. Among his other enterprises, Joe Baker ran an illegal S.P. bookmaker service, taking bets through the window.

The large former Brooklyn Hotel was destroyed by fire in about 1930.

Tom Richmond uncletom@optusnet.com.au

A Sustainable Life

Imagine a bubble. A thin layer of material defines the edge of that bubble. Now imagine the earth inside that bubble. Our atmosphere is defined by a relatively thin layer of gases known as the stratosphere. This thin layer of gases protects the earth from the sun's ultraviolet rays. The earth is a closed system except for the energy that is delivered in the form of sunlight, and the occasional meteor. Everything else is continually being recycled by the earth's natural cycles.

Let's consider water. Why water?

Water is the most essential to maintain life. Humans can survive, on average, 5 days without water and 21 days without food. This is because the adult human body is made of 60% water.

Did you know that the water that is on earth today is the same water that was here when dinosaurs roamed the earth! That same water sustains you! The earth has natural cycles that recycle water through different stages, cleaning it and purifying it as it goes.

Water evaporates, condenses and returns to the earth in the form of rain that infiltrates the soil and is filtered and cleaned. It runs along rivers, and is then taken up by plants and animals to sustain life. Water again evaporates, and the cycle starts again. This is how the earth naturally keeps water clean.

What can you do?

1. Don't litter. Carry a bag so you can pick up after your pets
2. Participate in Clean up Australia Day
3. Or even better - Pick up 3. This is a public education campaign that encourages everyone to pick up 3 pieces of rubbish when they go for a walk. The rubbish on our streets ends up in our rivers and oceans.
4. Reduce your use of chemicals including pesticides and synthetic fertilisers.
5. Recycle - Recycling items -- and properly disposing of items that cannot be recycled keeps them from making their way to rivers and oceans.
6. Dispose of other waste properly. Particularly chemicals there are special chemical disposal points. Look up your council website.

Ingrid Segovia, Brooklyn resident & Environmental Scientist

Chair Yoga

Back to the Good Old Days - On our Tricycles!

On Thursday the intrepid Chair Yoga Group of 16 accepted the challenge to peddle Bob Davis's red hot tricycle.

On a beautiful (not too hot) day with shade courtesy of the Brooklyn Community Association gazebo, we enjoyed a barbecue lunch in McKell Park ably supervised by Bob Davis and Brian Scarsbrick.

With a little encouragement the group began demonstrating their peddling prowess. Jeanette ably provided support and push power while Jo, Karen, Nancy, Jan and Helen gave support to the fun group activity. Bev got into the spirit of the good old days with her hair in very fetching pigtails. Heather and Pat demonstrated their peddling skills while the rest of the group applauded. All agreed it was a very exhilarating and fun afternoon.



Jo Scarsbrick & Karen Arnold
j_yoga@bigpond.com

VRA Hawkesbury

VRA Hawkesbury is alive and well - formed some 30 years ago by a very dynamic lady Barbara Kariden (aka Bar Point Barbie) at Bar Point - formerly known as Bar Point Rescue. The reasons for Barbie setting up the organisation are just as valid today as when it was first formed.

During the mid-nineties Bar Point Rescue affiliated with the NSW Volunteer Rescue Association giving the organisation more structure and a name change to VRA Hawkesbury. Then mid-2000s negotiations commenced with the RFS to formalise our working relationship. This made a lot of sense as VRA's business model is more closely aligned to the RFS than any other organisation.



We recently held a training exercise conducted by the RFS putting us on track to become compliant with the Australian Maritime Safety Authority's requirements for volunteer marine rescue organisations.

We maintain a radio watch by dedicated Volunteers on 27Mhz ch88, VHF ch16 and other marine frequencies. Our rescue vessel the 'Spirit of Brooklyn' assists those that need assistance on or along the Hawkesbury River be it a pleasure craft, professional operators or those with no road access. We maintain a marine radio base at Peat Island and hold monthly meetings for active members to train in first aid, boat navigation, marine radio use and boat maintenance.

Should anyone require assistance on the river or wish to become actively involved with us please call 02 9985 1111.

*Bob Brownrigg President VRA Hawkesbury
brownrigg42@gmail.com*

Hawkesbury River Yacht Club

HRYC has been sailing in and around Brooklyn for 25 years now, with our boats moored in Parsley Bay. Most of the owners feel almost like locals, having built up friendships in the broader Brooklyn community over the years.

We try to keep the emphasis on enjoying ourselves, but occasionally the winning bug takes hold, and the need for speed, (and to win), takes over. We undertake a range of sailing and social events, such as fortnightly Saturday races, as well as a variety of social get-togethers and twilight sailing/BBQ's during the week.

We welcome all those interested in sailing, and invite visitors to join us as guests, crew, or to bring your own boats.

Find us at <http://hryc.asn.au/> or on Facebook, or call Cliff on 0425 310 930.



*Eikon, competing in the BBIC race
December 2017*

Lee Malone



Hawkesbury River Sailing Club.

The Hawkesbury River Sailing Club (HRSC) is a trailer yacht club based in Brooklyn offering an annual calendar of sailing events encompassing racing, cruising and off-water activities.

Occasional cruises are undertaken within the Hawkesbury River, Pittwater and Brisbane Waters area. Most cruises are over a weekend with extended cruises over long weekends or holiday periods.

The racing calendar comprises a series of eight to ten Sunday races competing for two trophies, the Hawkesbury River Cup and the Club Championship Trophy. Mixed fleet handicapping is employed for these events using PHS (performance handicapping) and yardstick systems to ensure all boats, fast or slow, have a chance of winning these trophies.

The current 2017/2018 sailing season is now half over with five races of the Hawkesbury River Cup and the Club Championship Trophy now completed.

Point score leading boats in these events are currently "Matnagar" in the Hawkesbury River Cup series and "Nottle" in the Club Championship series, with three more races to be sailed.

Unfortunately two races had to be abandoned due to strong wind warnings which will reduce the total number of races to eight to be sailed to complete the season.

Pictured is part of the fleet assembled on Gunyah Beach prior to a race briefing before commencing to race down river and out on to Broken Bay. A start and finish line is set mid-stream off Gunyah Point, the total course length being some nine nautical miles.

Hawkesbury River Sailing Club is always on the lookout for new members with or without a trailer-able yacht. We can be contacted via our website, www.hrsc.org.au or by calling one of the contact numbers listed on the website.



*Malcolm Sinclair Secretary Hawkesbury River Sailing Club
0408 670 611 malcolmws@bigpond.com*

Happenings around the River – Mooney

- The Peat Island rezoning proposal passed the Gateway process at the Department of Planning. Central Coast Council advised that the required three month long Community Consultation is likely to begin in the New Year. But no news yet on the Community Consultation. All news will be published on the Peat Island Facebook page: www.facebook.com/peatishandhawkesburyriver/
- All river residents are welcome to use the Mooney Library. Story Time for pre-schoolers on Mondays 10 -12. Also open Tuesdays 2 -5 and Saturdays 9 - 12
- Mooney locals have started up a "crop and swap" at the Mooney library when it is open on Tuesdays and Saturdays. Actual days see the "Mooney Crop and Swap" Facebook page.

*John Andrews Secretary Mooney Cheero Progress Association
andrews.johnb@outlook.com*

Contact the BCA on
info@brooklyncommunity.org.au

or Robert Arnold on 0418 404 902
for photos or larger printed copies of the
Gateway (*limited*)

Expressions of interest.

**Retail / commercial space rent or
share**

in Brooklyn Village.

Enquiries: Ring Miriam on 0414 464 375

7 Secrets to Grow Younger and Live Longer

Tap into your inner reservoir of unlimited energy, creativity and vitality.

1. **Change your perceptions of: your body, aging and self-image**

Perception is a self-selective act of attention and interpretation. What you experience as “reality”, including your physical body is shaped by your habits of perception. While we have grown up thinking of the body as a biological machine, we can CHOOSE to begin seeing it as a field of energy, transformation and intelligence that is continually renewing itself.

Begin to observe your inner talk, “I am not good enough to..., too old to..., I am too stiff to.....”. Change what you are telling yourself - you believe most what you hear yourself say...

2. **Stress Reduction and Meditation (Mindfulness).**

Meditation is a simple yet powerful tool that takes us to a state of profound relaxation that dissolves: fatigue, accumulated stress (stress accelerates aging) and reduces pain. Research shows that those who meditate have less hypertension, heart disease, anxiety and other stress related diseases that speed up aging. Come to “Yoga”, Chair Yoga” or go online for instruction of Primordial Sound Meditation

(<https://www.chopra.com/ourservices/meditation/primordial-sound-meditation>).

3. **Restful Sleep**

We need between 6-8 hours of restful sleep each night (without the use of alcohol or pharmaceuticals). Eat only a light meal about 3 hours before sleep so your sleep won't be hampered by your digestive processes.

4. **Nurture Your Body and Brain with Healthy Food.**

Dead foods accelerate aging and decline. Other foods renew and revitalise the body. Good way to explore eating healthy foods is to include a variety of tastes: sweet, salty, sour, bitter, pungent and salty in your meals. Fill your plate to a rainbow of colours. Foods that are deep blue, purple, red, green or orange are leaders in antioxidants to boost immunity and enhance health.

5. **Exercise - seek your doctors approval**

Research shows that “physical activity” sparks positive changes not only in the body but also renews the brain with BDNF (*Free 1:1 yoga class 30 mins, who rings me with this meaning first*).

6. **Love and Friendship**

Cherish your family and friends. Stay connected and open to new relationships. Resist the impulse to go into semi-isolation because you assume society expects you to. No amount of work, reading and TV substitutes for human contact. Become involved in your community and nearby. We are lucky in Brooklyn, we have a great community.

7. **Maintain a Youthful Mind**

When we cultivate flexibility of who we are, we renew ourselves in every moment and reverse the aging process. Exercise: write down 2-3 things that you can do that are childlike. eg. colour in pictures, walk on the sand and build a sandcastle, ride an adult tricycle, be cheeky...

Joanne Scarsbrick - Brooklyn resident
B. Bus. MSc. Candidate Doctorate & PhD, Integral Medicine
Yoga Teacher & Therapist, Personal Trainer Cert IV Fitness.
j_yoga@bigpond.com 0414 240 342

Brooklyn Park Bushcare Group

What a difference a year makes! A lot has happened since the Brooklyn Park Bushcare group started the removal of invasive weed species in March 2017.

This time last year, the site located at the eastern end of Brooklyn Park was choked with Buffalo Grass and Morning Glory. The volunteers have since methodically and patiently removed the majority of the weeds present on site under the guidance of their Bushcare Trainer. A resounding achievement in such a short period of time! This will allow native grasses, groundcovers, vines and shrubs to re-establish and improve the aesthetics of the park.



Despite initial successes, there is still plenty to do. If you enjoy the outdoors, good company, exercise (and a great morning tea), come along and give Bushcare a try. Hornsby Shire Council supports 400 volunteers across 60 different sites in the shire.

- No prior experience required – all tools provided. Just bring your enthusiasm!
- Where: Brooklyn Park (near Baden Powell Avenue entrance)
- When: 4th Thursday of the month – 9.30am-12.30pm
- Contact: 9847 6364 or <http://www.hornsby.nsw.gov.au/environment/trees-plants-and-bushland/bushcare>

McKell Park Steps

Council Contractors will upgrade the steps between Upper & Lower McKell Park (behind the playground) over the next 8 -12 weeks. During this time the track will be closed. We apologise for the inconvenience. If you have any enquiries please contact HSC Natural Resources 9847 6976

Ana Rubio

Environmental Scientist (Estuaries)

Natural Resources Hornsby Shire Council arubio@hornsby.nsw.gov.au



Personal Training Yoga and Fitness in Brooklyn

Jo Scarsbrick Grad. Cert. Yoga Therapy,
Diploma Yoga teaching, PT.; MSc. B. Bus.
Enquiries ring Jo on M: 0414 240 342



*Summer menu,
range of ice creams
and catering for functions*

Come in and join us for lunch.

We look forward to seeing you soon.
Open Thursday to Monday - 9.00am to 4.00pm
The Brooklyn Deli, 212 Brooklyn Road Tel: 02 9985 7291

We would like to acknowledge the contribution to the BCA of RW Corkery & Co who kindly provide committee meeting facilities and print the Gateway newsletter, and Gary Robertson, Brooklyn's postie and musician, and his associates, who kindly deliver the Gateway in the community.