

# Gateway

Newsletter of the Brooklyn Community Association Inc December 2020

Next Issue Feb/Mar 2021

## President's Report

What a year! It has been a very unusual but busy year for Brooklyn and the BCA.

We had the bushfires right on our doorstep at the end of the year, and then we rolled right into COVID. Our community became even busier during lockdown. Everyone I have spoken to about their experiences with COVID-19 is very grateful that we live in this wonderful community where people care about each other, and we can immerse ourselves in the beautiful nature around us.

This year the BCA committee was busy behind the scenes. Despite not being able to hold meetings, we remained focussed on improving our community. Discussing Brooklyn issues with the Council, our State and Federal Members, and organisations such as Transport NSW, the Police and the RMS. This work is all possible because of a dedicated BCA committee and also the two subcommittees – Cottage and Sustainability, and for the many people in the community that put up their hand to help. We hope you can celebrate managing through this year and our wins for our community at the AGM on December 5th. It is starting at 3:00 pm with the Christmas end of year celebration afterwards.

A summary of our work for the year:

- Meetings with Council and Councillors regarding the Brooklyn Place Plan
- Working closely with the Lower Hawkesbury Coalition to find a new process of moving forward for parking, movement and the Place Plan issues
- Four Submissions to Council – The Parking Study, Community and Cultural Facilities Plan, the Walking and Cycling Strategy and the Economic Development and Tourism Strategy.
- Correspondence with Matt Kean and Transport NSW supporting dual naming of the train station
- Correspondence with RMS about derelict boats in the Gut and moorings.
- Correspondence with Sydney Water and Matt Kean's office regarding our inoperable hydrants and getting them fixed
- Many communications to Police, Council, Matt Kean during lockdown and the issues we have in Brooklyn with overcrowding, hoons and problems on the weekends.
- Brooklyn Neighbourhood Watch started up and attending the Crime Prevention Forum
- The Cottage – Negotiated and signed a new lease for 2021, two cottage reports, 24 volunteers, and over 1400 people visiting the Cottage.
- Working to improve and clean up Brooklyn - resurfacing Brooklyn Road, sandstone blocks at the boat ramp, many trailers removed, signs cleaned up, park benches at Kangaroo Point fixed, Wharf Street bench installed, and fixing the parking areas at Saltpan Reserve and Brooklyn Oval.
- Works on the list for 2021 including repairs to the tennis courts, renewing the road surface on Dangar Rd (following completion of the railway station), wider footpath in front of The Cottage, road improvements near the RFS station and signage in Lower McKell Park.
- BCA general meetings (unfortunately only 2 held) and many BCA committee meetings
- Gateway publishing 4 times in the year- including the historic Pandemic edition
- Lower Hawkesbury Coalition meetings

We continue to ensure your views are heard and understood at the different levels and agencies of Government and that Brooklyn is in the front of their minds. The 2021 year will focus on what we can do to make our community an even nicer place to live and finding agreement for a new process to resolve the parking and traffic issues in Brooklyn.

**Di Bowles, President Brooklyn Community Association**

*president@brooklyncommunity.org.au*

## Brooklyn Community Association

*Annual General Meeting & Christmas Drinks*

*3pm-5pm Saturday 5 December 2020: RFS Station Saltpan Reserve*

BCA Members, Guests and Friends welcome.

## Marine Rescue

Marine Rescue Hawkesbury is proud to have a great working relationship with other local emergency agencies including local RFS Brigades. Recently, Captain Dave Kissick and Deputy Captain Dave McMonnies from Berowra Waters RFS attended our base to present several of our members with the NSW Premier's Citation for their assistance in the fire season of 2019/2020. Our members assisted in multiple roles including the transport of crews and equipment to the fire which burnt at Eleanor Bluff, assisting with possible evacuations, patrols of local National Parks during total fire bans (with several camp fires located and extinguished during these days) and manning of the Bushfire Information Line. Captain Dave Kissick also complimented the unit on their rapid assistance to a structure fire at Bar Point only a few weeks ago, with our vessels once again providing vital transportation for crews, equipment and standing by to aid in evacuations should the need have presented itself.



*Captain Dave Kissick and Deputy Captain Dave McMonnies from Berowra Waters RFS with Marine Rescue members who received the NSW Premier's Citation for their assistance in the bush fires.*

We are proud to announce the start of building our new vessel, which will replace our current 8.0m Marlin Broadbill Catamaran. The new vessel, an 8.3m Sailfish Catamaran is being built by Sailfish in Altona on the NSW Mid-North coast and is expected to be delivered March 2021. The vessel is slightly longer, wider and more powerful than the existing vessel and will be a great asset to the unit and local area with the latest in Search and Rescue equipment fitted and the ability to carry more people which will greatly assist in situations such as ambulance transfers from Dangar Island in which we regularly carry our own crew, plus Paramedics, Patients and the Patients loved ones. While we eagerly await the arrival of our new vessel, the current vessel will remain in service until the arrival and commissioning of the new vessel.

As always, our Facebook and Instagram pages remain the best way to remain up to date with what we are doing as an organisation.

*Jamie Abnett-Miller [pr.Hawkesbury@marinerescuensw.com.au](mailto:pr.Hawkesbury@marinerescuensw.com.au)*



December: Open Tuesday to Sunday, closed Mondays  
9.30am – 4.30pm weekdays. Close at 4pm weekends.  
January open 7 days a week.

Closed Christmas day, Boxing Day and New Year's Day.

[www.pearlsofaustralia.com.au](http://www.pearlsofaustralia.com.au)  
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Visit NSW's only pearl farm and discover the Central Coast's best-kept secret! Discover the story of the Australian pearl at our newly opened Broken Bay Shellar Door in Mooney NSW. Meet the people behind the pearls as they share their expertise with passion as you delve into this unique and Australian industry. Join a tour, cruise to our farm, browse our locally grown pearl jewellery and immerse yourself in this fascinating Australian story.



We will be open all days throughout the Christmas period except the 25 and 26th of December. Tours will be opened up by request.  
[www.sydneyoystertours.com](http://www.sydneyoystertours.com)  
[info@sydneyoystertours.com](mailto:info@sydneyoystertours.com)  
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We offer immersive culinary tours one hour from Sydney. We are a family owned oyster farm that has been operating for 14 years. Our tours take participants on a boat ride out to the oyster leases to learn about the evolution of farming and see the current cultivation methods we use to grow both Sydney Rock and Pacific Oysters. Taste freshly opened oysters that you have learnt to shuck yourself.

## The Essence of Brooklyn

With the pending Grand Opening of our long-awaited station lift in mind, I have delivered to The Cottage a donation to the Brooklyn Community of one of my framed Artworks. My hope is that it can be used to further the potential of The Cottage and possibly raise funds, in assisting and supporting the many Artisans of our village, whilst also contributing to our history.

I shall attempt to give a little insight into the subject:

The piece is a semi-Abstract Collage, Mixed Media Collage, approx. 90x120cm, based on the notion of 'Place'.

I feel I have captured the essence of our beloved village of Brooklyn, featuring the Hawkesbury River Railway Station at the time, 1997-8, and incorporating familiar surroundings, such as one of the tall palms which line the road down to the Marina in Lower McKell Park. Pieces of various materials and symbols were used to capture the early, industrial surrounds of the SRA grounds and highlight our exciting visits of the 3801 to our station.

An emphasis was put into the scene viewed from my old homestead, shared with my late husband, Oyster Farmer, Bayou Bill Smith (RIP William Page Smith 1924-2002). Note the colourful reflections of the long freight trains on the still waters of the Gut and the underground tunnel.

*Geraldine Carter-Smith  
Artist and Brooklyn Resident*



## Hawkesbury River Station Lift

The Hawkesbury River Railway Station lift is taking shape and the excitement grows. The barricades will soon disappear. Work on the station continues in December:

- road and footpath work on Dangar Road
- construction of a garden bed around the monument
- installing new signs in the station precinct
- completing the power supply connection to the station.

Nightwork will take place on Tuesday 15 December and Wednesday 16 December 2020 from 1am to 5am.

### Opening Sweep

To celebrate the opening, we are running a sweep. Buy a numbered ticket for \$5 that will match with a time and date. There are 200 Tickets. You won't know the time and date for your ticket until all tickets are sold. The time and date closest to the official ribbon-cutting opening will win \$150 and will get one of the first rides on the lift. All proceeds will go to the BCA for the benefit of the Brooklyn community.

See the BCA website [brooklyncommunity.org.au](http://brooklyncommunity.org.au) or contact the BCA by email [fundraising@brooklyncommunity.org.au](mailto:fundraising@brooklyncommunity.org.au)

*Bob Davis & Jayne Donnelly 0438 821 305*



*Under new ownership*  
**No change of ownership.**  
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## The Cottage at Brooklyn

The Cottage at Brooklyn is about to reopen its doors on Friday 4th December with Postcards from Brooklyn, an exhibition of works on postcards by the students of Brooklyn Public School. The exhibition will run from Saturday 5th December – Sunday 10th January so there is plenty of time for the kids to show their work to friends and family.



On Sunday 13th December The Cottage will be hosting our Christmas Markets with a range of market stalls that will help you find those last minute presents you need to get for Christmas!

From the 16th January – 14th February, The Cottage will host an exhibition of work by Lyndall Beck and Viola Davis, with exhibitions of work by Mel Anderson and The Press Gang from Wallarobba Art Centre to follow. The Cottage will be open on weekends again for you to stop in, look at art, learn about history and join in on a workshop.

*The Cottage at Brooklyn invites you to an exhibition of works on postcards by the students of Brooklyn Public School*

**Exhibition Dates:** Sat 5th Dec - Sun 10th Jan, open weekends only 9-4pm

**Address:** The Cottage at Brooklyn, 10 Dangar Road, Brooklyn 2083

*Image Credit: 1/KR, Collaboration, Hawkesbury River Railway Bridge, oil pastel on card, 32 x 90 cm*

You can keep up to date by going to The Cottage Facebook page at:

<https://www.facebook.com/The-Cottage-at-Brooklyn-107916553992979>

We look forward to seeing you at The Cottage for our reopening and in 2021!

## A Stitch in Time ...

'For many years a group of women have been meeting in the Community Health Centre Meeting Room on the 1st and 3rd Wednesdays of the month at 10:30am for a day of stitching, sewing, craft, quilting and whatever project they'd like! Although socialisation is an important part of their meeting, the purpose is to help support our Brooklyn Community Health Centre, which includes the General Practice Unit, by selling or raffling their creative work. All are welcome to join these crafty get-togethers. Please call 9985 7717 if you would like further information'.

*Nancy Davis and Vicki-lynn Swain 02 9985 7717*



The Gateway is published by the Brooklyn Community Association. Contact the BCA on [info@brooklyncommunity.org.au](mailto:info@brooklyncommunity.org.au). While every attempt is made to publish content as submitted, some editing of material may occur during publication.

We would like to acknowledge the contribution to the BCA of RW Corkery & Co who kindly print the Gateway newsletter and Gary Robertson, Brooklyn's postie, who kindly delivers the Gateway in the community.

The Gateway Newsletter is produced in both printed form; distributed to some 600 households in Brooklyn and the Lower Hawkesbury; and in online form, on the Brooklyn Community Association's website. Some pages in the printed form of this edition of the Gateway Newsletter are in black & white, and the online form is in colour.

The full colour edition can be found at <http://brooklyncommunity.org.au/about-bca/gatewaynewsletter/>  
[www.brooklyncommunity.org.au](http://www.brooklyncommunity.org.au)

Facebook: Brooklyn Community Association-BCA. The Cottage at Brooklyn

## Business Opening Hours



info@brooklyncentral.com.au\_\_02 9985 8870  
6am-5pm every day,  
Closed Christmas Day



**Homer's  
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Saturday: 9:00am-12:30pm



Closed Christmas, Boxing & New Year's Day  
Closing at 2pm Christmas Eve & New Year's  
Eve



*Welcome to the*  
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Closed Christmas Day and New Year's Day



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Breakfast and Lunch  
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Closed 25 & 26 December  
and probably 24 December (*call to check*)

# 7 Secrets to Grow Younger and Live Longer

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

## 1. **Change your perceptions of your body & aging**

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 getting too old to ...”, ‘I inherited my dad’s bad back ...”. Keep in mind your cells are eavesdropping on what you say both mentally & verbally & they will obey your every word! So, stop telling them that “you have your dad’s bad back”, “I’m too old to ...”



## 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 that accelerates aging. During meditation our breathing slows, blood pressure & heart rate decrease & stress hormones fall- **the body & mind relax**. Research shows that those who meditate have less hypertension, heart disease, anxiety & stress-related diseases that speed up aging. A recent study from a US General Hospital showed just 8 weeks of meditation not only made people feel calmer but also produced changes in the brain in areas that improved: memory, empathy & positive attitude to self. It is another proof of the ‘brain’s plasticity’ that the brain can grow & change at any age-we are NOT hard-wired!

## 3. **Restful Sleep**

We need at least 6-8 hours of restful sleep each night (without the use of alcohol or pharmaceuticals). To tune in with sleep cycles it is best to go to bed to sleep about 9-10pm & waking 6am. Or if you are waking earlier go to bed earlier. Or try Power Naps- 30 mins or 1½ hrs during the day to get 8+ hours daily. Eat only a light meal about 3 hours before sleep so your sleep to ensure deep REM sleep. Try a walk after an early dinner, go into the garden...Also, it can be beneficial to download your thoughts by keeping a journal before bed- so your thoughts don’t keep you awake. Keep it beside you so if you awake can “jot “down that important thought.

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

Dead foods accelerate aging and decline. Living 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. Typical diet is dominated by sweet, sour and salty. Pungent, bitter and astringent tastes are really good as they are anti-inflammatory and increase metabolism: radishes, ginger, spinach, mushrooms, tea, lentils, etc. Fill your plate with antioxidant foods- rainbows of colours to boost immunity & enhance health.

## 5. **Exercise**

Research shows that “physical activity” sparks positive changes not only in the body but also renews the brain. Walk daily, find a friend to walk with or join the Brooklyn and Environs “Chair Yoga” Friends.

## 6. **Love and Friendship**

Stay connected & open to new relationships. Resist the impulse to go into semi-isolation, assuming society expects you to. Losing spouses & friends is part of life’. Try seeking, another emotional bond that means something to you, that offers continued meaning to your existence. No amount of reading and TV substitutes for human contact. Become involved-dare to reach out! You won’t be disappointed!

## 7. **Maintain a Youthful Mind**

There’s an ancient Indian saying “Infinite flexibility is the secret to immortality.” When we cultivate flexibility of who we are, we renew ourselves in every moment and reverse the aging process. Children are the finest example of openness and flexibility. They play and laugh freely, & find wonder in the smallest things- At Chair Yoga we may play Tunnel Ball or enjoy BarBQ’s where we can “pretend” & thrill at being young again or physically ride a tricycle or join in by visualising it-your brain does not know the difference...inner change verily happens!

By re-experiencing our child-nature we not only cultivate a youthful mind, but we also connect to the part of us that was never born and never dies- our eternal spiritual essence or our soul.

**Fall in Love - with Yourself.**

*Jo Scarsbrick j\_yoga@bigpond.com 0414 240 342*

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## The Story of Pat

*About 16 human and 112 dog years ago I lost a very close mate called Pat. Pat the dog.*

*Pat was born from an upper class pedigree Jack Russell mother named Beatrice.*

*She came about with great fanfare and much expectation.*

*Born amidst designer cushions and tender affection Pat emerged snow flake white with a few tan spots to a world of warm smiles and much love.*

*Her owners (my folks) Bob and Bev Davis had designs to share the love and perhaps make a few bob off a litter from their most popular and distinguished princess: Beatrice.*

*They arranged an overnight stay for Beatrice at Australia's most reputable breeder of this country's finest Jack Russell's. Beatrice would be sired with the most exclusive seed in the land.*

*It was the early 1990's and the JR craze was about to hit Australia. The waiting list for a Jack Russell pups of this distinction was long and getting longer.*

*It took days to cull the list of potential owners down to an elite group of most worthy candidates. Not just anyone could care for one of these exclusive pups. The pedigree of the new owners needed to be at least the length as that of the new pups. (Hard to find on the banks of the Hawkesbury).*

*Through breathless phone calls of anticipation, the folks finalised the adoption papers to the fortunate few. It was during the last of these phone calls that Bev glanced down at the puppies; balls of joy and hope rolling amongst the freshly fluffed cushions.*

*How could she ever part with them? Was it the play of light and shadow on their silky white fur that first caught her eye? Or were there indeed dark and ashen dots appearing all around their pink little round bellies?*

*Bev did a double take. She felt faint. The phone fell to the floor.*

*The callers questioning cries faded from hearing. Bob rushed in from the garden to assist.*

*Holding Bev upright he pleaded: "what's the matter?" Bev tilted toward the pups.*

*Bobs decades long love of dogs and horses gave insight into the matter.*

*With team and detective work as well as sightings from neighbourhood watch the two soon put the pieces together.*

*Beatrice's petite 6 kg frame belied the power and potency of her "on heat" pheromones which once emitted would disperse along the lower Hawkesbury River.*

*From Spencer to Patonga riverside hounds were driven wild with desire.*

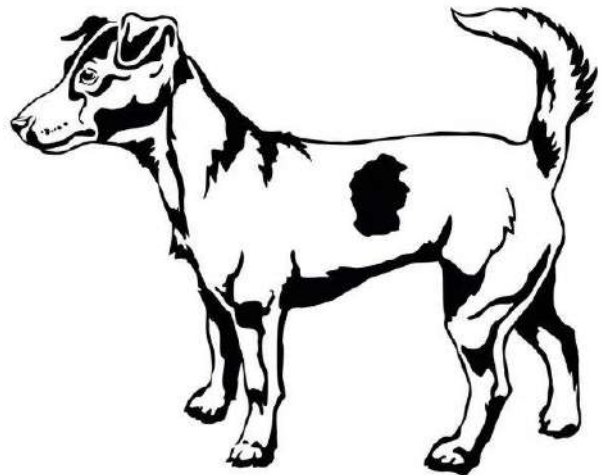
*On one summer afternoon a south easterly breeze picked up the exotic perfume of Beatrice's estrus and carried the scent, wafting from opposite Wharf Street, Brooklyn to Kangaroo Point and beyond.*

*Dozens of dogs were seen noses lifted skyward crossing Brooklyn Bridge, each one in a swoon. Trancelike they stumbled toward the source.*

*With a head start on the many Mooney Mooney mutts the first to reach the prize was a mongrel river rat (mostly cattle dog) breed called Nelson Mandela from Kangaroo Point, Brooklyn.*

*Through prying fingers separating venetian blinds our reliable (if nosey) neighbour watched horrified as Nelson and Beatrice consummated their puppy love on the sacred grounds of the Catholic Convent just across the road from Beatrice's abode.*

*Beatrice the purest, prettiest pedigree had lost her maidenhead to Nelson the ugly rogue, from the wrong side of the mangroves. An unholy meeting of protestant and catholic.*



*Peter Davis peter.john.davis@det.nsw.edu.au*

**To be continued in the next edition of the Gateway**



Brooklyn, Dangar Island, Mooney Mooney, Cheero Point, Little Wobby

Hawkesbury River Home Builders

9985 1525



ryan@HRHB.com.au

HawkesburyRiverHomeBuilders.com.au

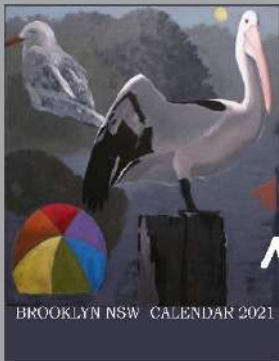
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YOU'RE INVITED TO CELEBRATE WITH US

## CHRISTMAS CAROLS

SATURDAY DECEMBER 12  
5:00PM - 7:30 PM

Mooney Mooney Chapel - outdoors on the grass  
**BYO picnic blanket/ chairs**

Children's presentation first and then old fashion CAROLS with LIVE MUSIC for all ages. This is a COVID safe event - social distancing and hygiene protocols will be observed.

**FREE BBQ PROVIDED**

ALL WELCOME

Presented by 'The River Fellowship'

ph Bruce 0413 779 979 or Annette 0408 659 575

## Brooklyn Fitness Tribe

Brooklyn Fitness Tribe launched last month, bringing a much needed highly professional service to our local community. Cheero Point local resident Angela Brislo is the face behind The Tribe who you can find jumping around with members of the community each day near The Pavilion.

There are 11 classes from Mon-Sat, and members can choose from Circuit Class, HIIT Strength, Cardio Endurance and Boxing. Ang always offers up a modified move, making the classes suitable for all fitness levels and adaptable for those with injuries. Parents are also free to bring their bubs/kids along.

It's no surprise that word is spreading fast and the feedback has been extremely positive.

You can find more information and reviews at [www.brooklynfitnesssribe.com](http://www.brooklynfitnesssribe.com) by following the Facebook page.



Contact Ang Brislo [angela@brooklynfitnesssribe.com](mailto:angela@brooklynfitnesssribe.com).