



**WORLD WILDLIFE  
FUND – AUSTRALIA**  
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**CONTEMPORARY ART FAIR  
AT CARRIAGEWORKS**  
THE REVIEW – pages 11-14

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# the South Sydney Herald

NUMBER ONE HUNDRED AND FORTY-ONE OCTOBER '15 CIRCULATION 22,000 ALEXANDRIA BEACONSFIELD CHIPPENDALE DARLINGTON ERSKINEVILLE EVELEIGH GLEBE KINGS CROSS NEWTOWN PADDINGTON REDFERN SURRY HILLS WATERLOO WOOLLOOMOOLOO ZETLAND



Natasha Sitanala in Redfern Photo: Claire Mahjoub

## Sustaining community development

ANDREW COLLIS

**ALEXANDRIA:** South Sydney Community Aid (SSCA) offers valuable social services to residents in Redfern, Waterloo, Darlington, Alexandria, Erskineville and beyond. The Multicultural Neighbourhood Centre in Alexandria Town Hall, Garden Street, caters to individuals and families: migrants and refugees, people on a low income or experiencing social isolation, the unemployed, seniors, and people living with a disability. Natasha Sitanala is the Bilingual Community Development Worker and Playgroups Coordinator at SSCA.

In July 2010 Ms Sitanala began as a “volunteer and part-timer” with a background in early childhood education. She recounts “falling in love” with South Sydney. “I saw such a good community,” she says. “The people were really lovely.” She recalls meeting then Acting Executive Officer Bill Yan and Community Development Worker Laura Kelly, along with four social work students from Sydney University, for a creative “brainstorming” session. Excited to be “starting from scratch”, the group were concerned with making SSCA “a better, more friendly and safer place to be”.

“We actually started, then stopped, a couple of programs,” she says. “Some,

including an Easter morning tea, seemed small-scale social activities but not really sustainable community development programs.” The defining characteristics of the latter include accessibility and inclusivity, the meeting of needs as expressed by the community (consultation and feedback are essential to the process), and, importantly, the interest and commitment of volunteers.

More than 30 volunteers are involved in various SSCA programs each week.

In regard to sustainability, two aims of the incorporated co-operative seem especially apposite: to stimulate and provide channels for individual and group participation in the development of services in the area; to stimulate

and provide opportunities for the development of adult education in the area.

New projects were established in 2011: a bingo group was started by a group of students on placement, a painting group, then two playgroups – one for carers from non-English-speaking backgrounds, the other for families wanting to enroll their children at local schools.

“I’m doing the playgroup in partnership with Connect Redfern, down in Alexandria Park Community School,” Ms Sitanala says. “The families come from Alexandria, Beaconsfield, Zetland, Waterloo, Redfern and Darlington.”

Continued on page 7

## New scholarship in support of Indigenous excellence

KERRIS MCLIVER

**REDFERN:** Tamara Murdock, a descendant of the Noongar and Yindjibarndi people of WA was awarded the inaugural Murray Chapman Memorial Indigenous Land Management Scholarship at the National Centre of Indigenous Excellence (NCIE) last month. “I’m just a girl from Geraldton, who achieved average grades and never thought I’d end up at Oxford,” she said in her acceptance speech.

Tamara is the first in her family to graduate from university, an accomplishment she is very proud of. “If you are committed and passionate you can achieve what you want. I spent a lot of time on country camping with family and I always dreamed of building a career that allowed me to work on country and with community,” she said.

In 2011 Tamara completed a Bachelor of Science (Environmental Management) with First Class Honours. This led to a position as a Project Coordinator at Yamatji Marlpa Aboriginal Corporation in WA.

A passion for promoting leadership within her community, and for building the capacity of traditional owners to manage their own environmental projects, developed into a desire to learn from the conservation community worldwide. Last year Tamara moved halfway across the world to study at Green Templeton College, Oxford, and is now in her second year of a Master of Philosophy in Geography and the Environment.

The scholarship sponsored by the Indigenous Land Council in memory of Murray Chapman, the ILC’s first Indigenous CEO, aims to support young Aboriginal and Torres Strait Islander students at the tertiary and post-graduate levels in a land management-related discipline.

Kerris McLiver is Communications Manager at the NCIE.



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Festival attracts arty crowd

BRUCE WARDLEY

SURRY HILLS: Thousands attended the Surry Hills Festival last month with an amazing variety of musical entertainment and food to suit every taste.

The action focused on Hill Street, Shannon Reserve, Collins Street Reserve and Ward Park with a brass band, choir, live music and a song competition. Food stalls provided something

from every culture, and art installations and guided tours provided a great showcase for the Surry Hills Creative Precinct. Funds raised from this year's festival will go towards community programs for marginalised groups such as the elderly, people who are homeless, those with mental illness and people on low incomes.

Photos: Bruce Wardley

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# Two generations of youth opportunities

New skills, fun, engaging with older people Photo: Supplied

JAMES HOFF

THE National Aboriginal Sporting Chance Academy (NASCA) has come up with a unique way of turning what might just have been after-school care into an exercise in empowerment, skills attainment and targeted sports training. NASCA has worked across many Aboriginal communities in Australia since 1995 and from

its base in Redfern has formed a reputation as a reliable, results-driven and fun organisation among many Indigenous young people and their families from inner Sydney.

NASCA Youth Opportunities (YO) is the newest program to work with young people in the area who are transitioning from primary school to high school and in the process seeking new skills and

challenges. Indigenous people who have completed or are completing high school are intrinsically part of the YO program also.

With a focus on teamwork, active lifestyles and opening new doors, YO introduces young people aged 8-12 to a new sport or experience while people aged 17-22 help to run the program and are then rewarded with formal accreditations. These accreditations relate to coaching

and refereeing or other skills that NASCA hopes will directly lead to employment for the older participants. It also builds mentoring skills and encourages positive interaction between young people from different communities.

Project Coordinator Amy Sarandopoulos oversaw the first instance of this project, which was run across Glebe and Redfern communities after school two days

a week from July until late August: "The response from the young kids to the older Indigenous mentors was better than expected. They not only learnt new skills and enjoyed engaging with older people from the community; we also feel these skills will directly benefit some of them as they transition into high school."

The mentors shared their passion for the future of their communities with the young people, while also realising that their own abilities exceeded expectations. Soon-to-be accredited basketball coach James Begley said: "I always enjoyed passing on my knowledge and understanding of the game to others. The young kids are great; I've had such an enjoyable time with all of them." James' enthusiasm following this term's program means he will be a paid facilitator for the next basketball program later in the year.

NASCA will focus on diverse sports this term to reflect the interests of the participants. Basketball will again be featured as well as soccer, netball, cricket and rugby league. Indigenous young people aged 17-22 are sought to become accredited with strapping, and first aid certificates are also available as part of the program.

All NASCA YO programs run over two weeks on Tuesdays (Glebe) and Wednesdays (Redfern) from 3:30 to 5pm. The program is supported by the NSW Department of Education and Communication. SSH

For more information contact Amy on 8399 3071 or amy@nasca.org.au

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# LOCAL COUNCIL AMALGAMATIONS

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All-too familiar congestion in Sydney Photo: iStock

# Does building more roads reduce traffic congestion?

BEN AVELING

**“DO you believe building more roads reduces congestion?” asked University of Sydney academics Professor Michiel Bliemer and Dr Matthew Beck at the closing lecture in the University’s Festival of Urbanism, on the night of September 10.**

Don’t believe it, was the advice from these two transport specialists. Contrary to intuition, they explained, research conclusively shows that additional roads never reduce congestion for long. Adding road capacity creates “induced demand”; it encourages people to drive more than they otherwise would, to shop further from home, to live further from work, and to drive instead of using alternatives.

In some cases, adding a high capacity road can even make congestion worse because new roads encourage drivers to all converge on the same route, exacerbating the effect of bottlenecks. Beck said that studies consistently show that people spend similar time travelling wherever they live, about an hour a day, whether in Perth or Sydney or anywhere else. Adding more roads means more traffic, but not faster traffic. Traffic is like gas; it expands to fill the available space.

Alternatives to building more roads are using existing roads more efficiently; using techniques such as reversible lanes, where traffic travels in different directions at different times; congestion fees, such as the specific charges drivers pay to enter world cities like London and Singapore; and transit lanes. Transport research suggests, then, that the key question for cities like Sydney is not: “How do we fund the building of more roads?” but rather: “How do we optimise the road infrastructure we currently have?”

Moreover, traffic behaviour is set to change in the not-too-distant future. Our roads are not futureproof. One reason for this is technological: the advent of self-driving cars. Google, and others, have already trialled autonomous vehicles on public roads, achieving safety results better than human drivers.

The advantage of autonomous vehicles is that because they can be relied on to react faster than humans, they can travel closer together, allowing five to ten times as many vehicles to use the stretch of road as is possible with human drivers, with fewer accidents. It is also estimated that 25 per cent of congestion results from traffic accidents, of which 94 per cent are caused by human error.

The other reason for changes in traffic behaviour seems to be a generational shift that is under way, with fewer young people choosing to travel by car. These impending changes mean that the traffic models that transport planners use to forecast road usage in the future are unreliable. We know that behaviour will change, but even the experts cannot be sure by how much.

In response to questions, Beck and Bliemer said that we can only reduce demand for roads if we provide people with alternatives to driving, and that will only happen once enough people are prepared to act to make it happen. The two experts concluded by reminding the audience that, in the end, traffic planning is all about deciding what sort of city we want to live in.

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 Readers seeking more information may wish to consult Beck and Bliemer’s piece, “Do more roads really mean less congestion for commuters?” published in the Conversation, April 13, 2015, available at: <http://theconversation.com/do-more-roads-really-mean-less-congestion-for-commuters-39508>

## MENTAL HEALTH MATTERS

# Two sides of a difficult coin

ANNE CAMAC & LAURA BUZO

**New South Wales has a Mental Health Act – a series of laws about mental illness and treatment. Every state has a Mental Health Act. Here are two different perspectives on the use of this Act. The first is of a doctor using the Mental Health Act to enforce treatment on a patient. The second is of that patient.**

### The Doctor:

John is my patient. I know he is unwell again. He’s getting paranoid about his Facebook account. He’s closed it down and bought a new iPad because he is convinced hackers have got into his account. Again. That’s the third iPad this year. When I saw him last week he said his mum was not his mum, she was an imposter who was working for the police, spying on him. His mum rang today and said he won’t eat any food she has prepared for him because it’s poisoned. He shouted at her and threatened her last night. She found his box of tablets in the bin, the tablets he is supposed to take twice a day to manage his mental illness. John has been in a psychiatric hospital twice this

year. He still doesn’t accept that he has an illness and needs treatment.

I visited John at home today with his case manager from the community mental health service. He seemed to be hearing the voices again and could be heard conversing with them in his room in angry tones. He had got his cricket bat out of the garage to keep in his room “for protection”. When I spoke to him I could see that his lips were very dry. I could smell that his breath was terrible and he smelled like he hadn’t showered for several days at least. I know John is very ill and at risk of being violent – perhaps towards his mother. I can see that John’s mother is frightened in her own home and can no longer manage him. I used the Mental Health Act and wrote a schedule to say he must go to a psychiatric facility. John has been violent before and refused to come with us to hospital, so the police were needed to get him there. Once at the hospital, he was seen by another psychiatrist and allocated to a treatment team. The team decided to keep him there for another fortnight. They are going to stop the tablets – which was not an effective treatment

as he wasn’t actually taking them. They plan to start John on a long-acting injectable medication instead. When he is discharged home from hospital he’ll be subject to a Community Treatment Order that obligates him to have the injection every two weeks. That should keep him well, keep his mother safe and prevent another admission.

### The patient, John:

The police came again. They dragged me out of my room and into their van. I was still in my PJs, I didn’t even have shoes on. I haven’t done anything wrong. I’m not a criminal, I’m the one who needs protection! That doctor is in on it. How dare she have me locked up like this. The neighbours all saw it happen – they’ll still be talking about it – bet it’s on Facebook already. Mum let them in – she did it last time as well. I know she’s been talking to that doctor about me behind my back. Some mother, huh. I knew she was against me.

No one ever believes me, they don’t believe what I go through. They haven’t had their accounts hacked, they haven’t had vicious lies

spread about them on the internet.

And now I’m stuck here in this hospital. You can’t smoke in here! They don’t let you out except into a high-walled courtyard and man, there are some scary people in here. There’s nothing to do. The food is crap. The doctors and nurses just say “you have an illness John” and “you need medicine John”. That stuff, that medicine, really is poison. It makes me so zonked out I’m like a zombie, I am tired and fuzzy and I stack on the weight. My mouth is dry and my muscles are twitchy. It slows me down so I can’t do anything!

Now they’ve said I have to have an injection every two weeks when I get out of here. If I don’t, the cops will come for me. My dad got to stop his cancer treatment when it got too much, but I can get forced to have injections which make me fat and tired and that I don’t need. No-one ever believes me. ssn

.....  
 Between them, Anne and Laura have over 30 years of experience as mental health professionals. That said, this column is not intended to replace professional advice when it is needed.



Alexander and Robert, last of the former 1st Alexandria Cub Scouts Photo: Claire Mahjoub

## Locals prepare for a Scouts re-launch

MAANI TRUU

**ALEXANDRIA:** On November 8, Alexandria Scouts will hold their first open day in almost 20 years, in preparation for their 2016 re-launch.

Following a campaign by the group Friends of Alexandria Scouts to have the abandoned Scout hall on Henderson Road Alexandria reopened, Alexandria Scouts are now registering expressions of interest for families eager to become involved.

The open day will be held at the recently restored hall, which has been empty for over a decade and exhibits a number of its original features and early Scout memorabilia.

On the day, trainee leaders will showcase the activities planned

for the Scouts and the Scouts Regional Administration will conduct an investiture ceremony. There will be opportunities for interested people to get to know the committee and leaders and to meet other potential members.

Founder of Friends of Alexandria Scouts, Scott Lyall, encourages both children and parents to become involved, with parents able to volunteer either as helpers or trained leaders. "Scouts offers old-school learning by doing, outdoor adventure and leadership skills. Kids have a great time and parents can join in too. So many people enjoyed Cubs and Scouts as kids, and now want to share that with their children. Volunteering at the local Scout hall means they can," he said.

The re-launch comes at a time

when the decline in the number of families living in the inner city area has reversed. There are now enough leaders and interested participants to reopen the hall and maintain an active troop. Currently the next closest Scout troop is located in Paddington.

The venture is supported by the wider South Metropolitan Region Scouts organisation, which is currently maintaining the hall and funding the training for the next generation of leaders.

The Alexandria Scouts website is expected to launch the first week of October and will be taking expressions of interest online.

**Alexandria Scouts Open Day:**  
November 8, 10.30am, Alexandria Scout Hall, 130 Henderson Road, Alexandria.

## The cost of caring

ANDREW COLLIS

**CARING for a child with a mental illness brings many challenges. Kerry is a single parent and carer of Jan, her adult daughter.\* The past six years have been particularly demanding as Jan's illness has required around-the-clock care. As we meet for this interview Jan has again been admitted to hospital.**

For Kerry, the responsibilities often create anxiety and frustration. She remembers when her daughter was happy and well. She enjoyed sports, studies and employment. She socialised. She grieves for her daughter and suffers confusion and disempowerment in the wake of her daughter's illness and trauma.

"Institutions were closed years ago and we were promised community care. But without sufficient funding, it seems there's no care at all. It's very disabling. We've faced the same cycles of humiliation and mistreatment, again and again. Jan suffered some kind of abuse as a child and needs psychosocial treatment – not just hospitalisation and not just medication."

Mental health services frequently fail to meet the needs of people living with mental health issues.

Medications have many side effects. Despite improvements in trauma-informed care, services to deal with trauma remain limited. Community-based mental health care is hard

to come by, as are more general socially-based services and activities.

"At times the police have found Jan wandering the streets or shops and taken her to hospital. This can be very traumatising for her – she can be so upset she won't even enter a doctor's room or a medical centre."

Some days are more chaotic than others. Kerry appreciates the kindness of police who do their best to deal patiently and creatively with potentially dangerous or stressful situations. She has known the support of community groups and the positive influence of exercise, yoga, art and horticultural therapy, street art projects, group drumming and other musical activities.

"Increased funding for these kinds of things would be wonderful," she says. "Local and state governments could do so much more to encourage and integrate community support – activities like community gardening and kite-flying not only help people suffering with a mental illness but also help to reduce and dispel the associated stigma."

Of course, another major factor is housing. In order to qualify for assistance with residential art therapy sessions, for example, the house where Kerry and Jan live needed safety upgrades. At the same time, they have been on a long waiting list for basic repairs to their floors, plumbing and kitchen.

Much is still unknown about mental illness, both causes and

treatment. Kerry raises questions about the role of various hormones, genetic dispositions and the role of metabolism with regard to certain medications. She has sometimes felt anger towards a system slow to respond to her daughter's pain. Some psychiatrists have seemed not to recognise patterns of abuse and trauma, and have seemed overly eager to prescribe medications. Others have shown real wisdom and offered holistic care – concern for all aspects of Jan's experience and treatment.

Kerry pays tribute to the "brilliant treatment team" based at Rozelle and Croydon hospitals. She cites as inspirations Dr Jayshari Kulkirni, a psychiatrist from Monash University who specialises in women's mental health, and Associate Professor Alan Rosen, formerly at Royal North Shore Hospital and currently on faculty at Sydney University's Brain and Mind Centre.

"My daughter is a wonderful and complicated person. She is more than her illness. Medicines are not the only solution. I know there are others in our street who are suffering, too. I'm hoping we can come together and help one another. Funding is needed for our local gardens and parks, for local festivals and activities that promote sharing of stories and burdens."

\*Names have been changed to protect the privacy of individuals.



## Save ATP

Another crucial part of our diverse community landscape is under threat.

The Alexandria Hotel has received an interim heritage order, but we know it still has a tough fight ahead. Now its neighbour, the wonderful Australian Technology Park, is also at risk of being replaced with high-density housing. Though meeting the housing need locally is important, our community also relies on making sure there are enough local jobs and local social spaces.

ATP is the site of important historic and cultural heritage, and has quickly become a hub of innovation and technology in Sydney.

The Australian Technology Park is home to 100 tech companies and over 5,500 of Sydney's most innovative jobs. Australia needs to support tech companies to start up and thrive. We need to create more opportunities for them to develop skills and technologies, which we may not yet even be able to imagine, but which will be the driving forces of the jobs of the future.

And for many locals, the space holds fond memories of events and exhibitions, as well as being a wonderful visual reminder of the changing face of Sydney. None of these things can be dismissed. It is the combination of Sydney's history and Sydney's future that makes ATP so special.

Please sign Sydney Startups' petition to ensure ATP remains as a thriving hub of tech innovation at: <http://tinyurl.com/saveatp>

#SaveATP

Tanya Plibersek

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## VENDOR PROFILE



DREW

Drew has been selling the *Big Issue* for six years and can be found selling the magazine around Central station.

"I used to sleep on a bench in Camperdown Park. I did it for about seven months.

"I was doing casual warehouse work and rented a unit on Egan Street. Then I didn't get enough work and gradually got behind in my rent. Basically I ended up not having enough money, went from there to backpackers. Then when the money had totally run out I thought 'stuff it I can sleep in a park'.

"It's a bad idea when you start sleeping in a park. You just go downhill bad because you've got to spend all your time finding somewhere to leave your stuff, to get some sleep. You probably don't get a good sleep because you've always got to keep an ear open for any trouble. So then you're wrecked the next day. It's just a whole bad circle.

"In the day, I would go to bookshops and read books to keep me sane. I thought I was invisible because I didn't mix with anybody. I'd just pack up early, around six o'clock in the morning, hide my stuff behind a fence and go to libraries and bookshops.

"But people do see you, even though you think they don't. Some guy used to come along when I was sleeping, I've never seen his face, and he would come along in the middle of the night and leave me 20 bucks every now and then.

"One night a couple of idiots came along in the middle of the night and kicked the hell out of me as I was sleeping. They broke my collarbone so I had to stop sleeping in a park. I borrowed \$400 off a guy in a coffee shop I knew and got a room in a boarding house.

"A guy at the Newtown Neighbourhood Centre told me about the *Big Issue*, which I didn't know anything about. He called them up and that's how I got started."

If you or anyone you know could benefit from becoming a vendor for *The Big Issue*, please contact the Sydney office for more information: 125-127 Little Eveleigh St. Redfern; phone 8332 7200; email [sydney@bigissue.org.au](mailto:sydney@bigissue.org.au)

PHOTO BY SAMUEL CLARK

*The Big Issue* is Australia's leading social enterprise. It is an independent, not-for-profit organisation that develops solutions to help homeless, disadvantaged and marginalised people positively change their lives. *The Big Issue* magazine is published fortnightly and sold on the streets by vendors who purchase copies for \$3 and sell them for \$6, keeping the difference.

To find out more visit: [thebigissue.org.au](http://thebigissue.org.au)

# Interfaith support for survivors of abuse

HEATHER ROBINSON

FOR five years ASCA (Adults Surviving Child Abuse), the leading national organisation working to improve the lives of Australian adults who have experienced childhood trauma and abuse, has held a national day of awareness, now known as Blue Knot Day. Pitt Street Uniting Church and South Sydney Uniting Church have supported Blue Knot Day by holding a prayer service each year where truth is told and heard in a loving, caring, safe place.

This year the two churches are planning an interfaith service. People from Buddhist, Hindu, Muslim, Jewish and Christian faiths will name hurts and grieve, listen to the testimony of adult survivors of child abuse as told to playwright Alana Valentine, reflect in silence and with

gentle music played by Dr Nicholas Ng, pray for justice and healing, participate in singing and symbolic acts, and celebrate stories of survival and recovery.

For the first time Venerable Thubten Chokyi and Pundit Nanda Maharaha Das will join in representing their faiths. Redfern-based Gumbaynggir musician Tim Gray will again perform and offer an acknowledgement of country.

Childhood trauma has long-term effects. It is estimated to affect five million Australian adults. Many struggle day to day with their self-esteem and relationships as well as their mental and physical health. Research has established that people who have experienced severe early trauma can recover.

Childhood trauma can be confronting and difficult to talk about. Care is taken in the prayer service to be truthful in

acknowledging abuse and the effects of abuse while also finishing with hope and a positive message. Because sometimes people find stories of abuse distressing, a counsellor experienced in dealing with childhood trauma will be available at the gathering to assist those who need support.

The service itself can be a source of comfort. Feedback from last year's event included: "Incredibly powerful and poignant service. I was incredibly moved as I know was everyone there. It was sensitive, thoughtful, respectful and ever so pertinent." "I felt so much love. It was very helpful."

The Royal Commission into Institutional Responses to Child Sexual Abuse has brought more light to the prevalence of abuse and instances where religious and government institutions have failed the children in their care. Redress is

needed, as is continuing change in culture, policies and management within Australian institutions so that as far as possible sexual abuse is eliminated. Many survivors have bravely spoken to the Royal Commission, openly sharing their difficult and personal experiences. They are all to be commended for their fortitude, character and persistence in pursuing justice.

An open invitation is extended to all who would like to unite in support of adult survivors of childhood trauma to attend the Interfaith Prayers of Hope and Community to be held at Pitt Street Uniting Church, 264 Pitt Street, Sydney, on Saturday October 31 at 10:30am.

For more information contact Mrs Heather Robinson: [hero101@bigpond.com](mailto:hero101@bigpond.com), 0400 378 319. This event is in support of Blue Knot Day and ASCA.

## DOMESTIC VIOLENCE

### The mental health effect of domestic violence

KATIE GOMPERTZ

**I want you to close your eyes. Picture this: a woman is escaping her family home, it's not safe, he's violent, emotionally abusive and financially controlling. She is too scared to stay with her family as he knows where they live and she's also embarrassed to admit why she's leaving and she can't face the questions.**

What are we not picturing in this scenario? Many women who leave an unsafe house don't have children, but this woman? She has her three children with her; this now compounds her problem many times. With a 10 per cent chance of finding shelter (for safety) on any given day in Sydney, her odds are lessened due to having her children with her.

Thanks to not-for-profit organisations like Vinnies and Coast Shelter (see links below) the woman is granted shelter, and so, in our imagination,

what's next? For the mum, there is a barrage of things to organise, from family lawyers to finances, which we'll go into in the next article. But what about the children?

With increasing numbers of women leaving the family home with their children, we need to start thinking about reopening the reassigned homeless shelters for women and children only. Yes, Prime Minister Turnbull, I am looking directly at you. Look at how family violence affects our children and their mental and emotional health and at what support can be put in place in our communities, especially schools, to help identify children of homes with domestic violence.

I heard rumblings the other day: a teacher friend had mentioned that they could soon be receiving some training to help identify potentially radicalised students in the school (at least in Queensland). Now at first, this seems like a great idea. Radicalisation in any form is a scourge on our

country, actually any country for that matter. But then I sat on it for a bit. Something didn't feel right. Yes, radicalisation needs to be addressed, though I am unsure whether teachers are best placed for this, but the mental health of a child? One known to be affected by domestic violence? Yes, that's who the teacher should be trained to look out for.

Federal funding for mental

health has increased over the past seven years by about \$1.5 billion, but with no clear direction on the lack of both clinical support and community services for remote areas. Australia still has a way to go. With the only child-specified initiatives being headspace and KidsMatter, to coin a popular culture reference "won't someone please think of the children?".

#### IMPORTANT LINKS

COAST SHELTER [www.coastshelter.org.au/kara](http://www.coastshelter.org.au/kara)

VINNIES [www.vinnies.org.au/page/Find\\_Help/NSW/Domestic\\_and\\_family\\_violence/Crisis\\_Accommodation\\_For\\_Women\\_and\\_Children\\_Escaping\\_Domestic\\_Violence/Family\\_Relationships\\_Online](http://www.vinnies.org.au/page/Find_Help/NSW/Domestic_and_family_violence/Crisis_Accommodation_For_Women_and_Children_Escaping_Domestic_Violence/Family_Relationships_Online)

FAMILY RELATIONSHIP ADVICE LINE 1800 050 321 or [www.familyrelationships.gov.au](http://www.familyrelationships.gov.au)

HEADSPACE [www.headspace.org.au](http://www.headspace.org.au)

KIDSMATTER [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)

In the event that you have a child who has been in an unsafe home, or if one is known to you, these are the services available to you in NSW: [www.health.nsw.gov.au/mhdao/Pages/camhs.aspx](http://www.health.nsw.gov.au/mhdao/Pages/camhs.aspx).

#### DO YOU NEED SUPPORT?

- If you feel you need to find somewhere safe, Jan from the Moving Forward organisation can be contacted on 9599 3217 or email at [manager@movingforward.org.au](mailto:manager@movingforward.org.au).
- If you or somebody you know is in immediate danger, call 000 now.
- 1800 RESPECT is a 24-hour hotline for any Australian who has experienced, or is at risk of, family and domestic violence. Call 1800 RESPECT (1800 737 732) or visit [www.1800respect.org.au](http://www.1800respect.org.au)
- Safe Steps is a 24-hour family violence response centre. Call 1800 015 188 or visit [www.safesteps.org.au](http://www.safesteps.org.au)
- Lifeline provides all Australians with access to 24-hour crisis support and suicide prevention services. Call 13 11 14 or visit [www.lifeline.org.au](http://www.lifeline.org.au)
- Relationships Australia provides support services for individuals, families and communities. Call 1300 364 277 or visit [www.relationships.org.au](http://www.relationships.org.au)

04

Women dead from domestic violence in September

63

Women dead from domestic violence in 2015 to date

83

Children dead since 2005

This page sponsored by UnitingCare NSW.ACT, the Board of the NSW and ACT Synod of the Uniting Church responsible for the work of community services, chaplaincy and social justice advocacy.

"All our work is inspired and guided by the principles of justice and compassion."

[www.unitingcarenswact.org.au](http://www.unitingcarenswact.org.au)



## Sustaining community development

**Continued from page 1** The art and bingo groups continue to be held at Poets Corner in Redfern. "Our location [in Alexandria] is 'off the beaten track' for the Redfern and Waterloo community. The Poets Corner groups serve as outreach, telling the community in Morehead Street and surrounds that we exist."

Natasha's workload and schedule have steadily increased from two to five days per week. She recounts the establishment of an Indonesian support group, which after just three months included over 60 members.

There are now several cultural groups – Indonesian, Eastern European, Vietnamese and Chinese.

The SSCA website lists many programs and facilities, from a free telephone, fax, photocopying and internet service to a free translation service, from English and computer classes to a free multicultural knitting group. There are bus trips and meeting rooms, Tai Chi and Mahjong, information, advocacy and referrals.

"It's hard to get funds for community events these days," Ms Sitanala

says. "The City of Sydney owns our building. We are very lucky to have received an accommodation grant from them." SSCA also receives funding from the Department of Family and Community Services, as well as contract funding from Jobs Search Australia under the Work for the Dole scheme, which sees participants engaged in community research and expression. An e-publication called Voices of Waterloo features commentary on social and political issues by local residents.

Co-Worker Angelo Legaspi oversees the Work for the Dole program. "There are currently two groups, with five participants per group," he says. "We receive referrals from employment agencies all over Sydney – then interview them, do the inductions and support the work as it happens. Voices of Waterloo is our first blog and photo gallery. We'll soon be adding others."

Mr Legaspi speaks of instilling a sense of community within the community. "Activities lead to friendships," he says.

Ms Sitanala is encouraged by involvement in the Lift Redfern campaign that has led to a commitment

from government to installing a commuter lift at Redfern station. She also enjoys the Welcome Dinner Project (Joining the Dots) that gathers new and established Australians – Indigenous elders, citizens, migrants and refugees – around a common table for the sharing of food and drink, stories and aspirations.

She looks forward to taking part in community events in Mental Health Month including the Go Nanas lunch at SSCA (on Friday October 23 – bring a banana as your ticket!), the Inner City Team Marbles Challenge at Northcott Community Centre in Surry Hills (on Friday October 9), and Unleash Your Creativity – a celebration of creativity and its positive effects on mental health (from 11am to 2pm, Tuesday October 6, at Redfern Community Centre). **SSH**

South Sydney Community Aid,  
73 Garden Street, Alexandria, is open  
9.30am-4.30pm Monday-Thursday and  
9.30am-12.30pm on Fridays.  
Free hospitality – tea, coffee and biscuits,  
and friendly conversation – is offered to all.  
[www.scca.org.au](http://www.scca.org.au)

## Torres Strait Islander and Filipino yarning

SSH

**MEMBERS of the Torres Strait Island community on Hammond, Horn and Thursday Islands engaged in yarning (informal conversation) recently with Sydney women who visited to explore their oral history about Filipino and Islander shared heritage.**

The team, led by Filipino Australian Deborah Ruiz Wall and Peter Sabatino of Hammond Island, have a dream of sharing stories of early pearl divers in Torres Strait more broadly. These divers formed families with the Islanders, and their descendants now mark seven generations since the late 19th century.

The day after arrival, the Sydney visitors attended a mass on Hammond Island. Fr Saju, a priest from India who looks after the Catholic parishes of Hammond and Thursday Islands, presided at the mass, which was held at St Joseph's Church. Affectionately called the stone or the rock church, St Joseph's was constructed "stone on stone", primarily with the assistance of Filipino men called "Manila men", Filipino pearl divers or pearl diver descendants.

From the 1860s to the mid 1880s, the pearling industry recruited Filipino, Malay, Japanese and South Pacific Islanders as divers. Some of the indentured workers who stayed on the islands intermarried with the locals. The team's oral history project focuses on the stories of Australian Aboriginal and Torres Strait Islander and Kimberley Aboriginal people who are descendants of Filipino pearl divers.

It was at St Joseph's Church where the team first met members of the Hammond Island community. After mass, we were led to a primary school at Hammond where we sat down, introduced ourselves and talked about the purpose of our project. After a few days of yarning and joining activities at the Home and Community Care (HACC) Centre on Thursday Island, where older and retired people gather once a week and socialise, we felt that we had gained locals' trust and formed lasting relationships. At HACC, community members get together once a week and engage in craftwork, sing-along and dancing, and share a meal.

Several generations of Torres Strait Islanders, who were able to trace their heritage over seven generations, yarned with us over the week. Those who



(L-R): Denise Barry, Peter Sabatino, Fr Saju, Deborah Wall and Robyn Hutchinson in front of St Joseph's Church (the "Rock" Church), Hammond Island. Photo: Supplied

shared their stories included Peter Sabatino, Josephine David-Petero, Josie Cowley, Camilla Sabatino, Mary Binjuda, Mario Sabatino, Regina Turner, Patrick Mau, Lillian Majid and Mary Bowie.

*Bipo Taim* (before time), a phrase used by elders, intrigued us. *Bipo taim* is a time of innocence as recalled by elders when they were children. It was a time when they frolicked in the sea, played in the sand, enjoyed relative freedom on their pristine islands, before the onset of colonial rule and missionary church regulations on orphanages and schools.

Adopting children "out" was another practice that drew our attention, when a young narrator enumerated his siblings and named one who was "adopted out". The narrator explained that one or two of the children were given to the extended family to raise. In sparsely populated, isolated islands, one could imagine the sharing of responsibility for raising families that transcended Western notions of "exclusive" nuclear families. Some narrators, now in their seventies or eighties, were raised in families numbering ten or more children.

In an interview with Jenni Enosa of Radio4MW, Deborah Wall and Peter Sabatino explained how Filipino pearl divers ended up working in Australia's pearl shell industry. One factor was the opening of the Philippines to international trade in 1834. Shipping links began between the two countries; coal was exported by Australia; and coffee, sugar and rope products were imported. Second was the migration revolution, where some Filipino men left the country at the onset of Filipinos' revolutionary struggle against Spanish colonial rule. Third, the booming pearling industry in Australia recruited

indentured labourers from the ports of Singapore, Hong Kong and Colombo.

Filipino cultural influences were also evident in Torres Strait Islander cuisine, such as dishes like *dinuguan* (using pig's blood) and *adobo* (using vinegar in cooking pork and chicken), and rice wine called *tuba*, which some descendants recall their grandfathers produced.

The oral history team aims to publish a coffee-table book, which will feature people's own stories and photos, both old and new, coming from two locations: Broome and Torres Strait Islands. Other spin-offs are also emerging, with folk wanting to explore their own heritage by one day visiting the islands in the Philippines where their ancestors were born.

Our narrators' stories were captured on tape and film, and will be transcribed, and approved by storytellers before going to print. Assisting Deborah and Peter were Robyn Hutchinson who took photographs of the yarning journey and Denise Barry, artist, who sketched as we yarned.

The book project team also includes Dr Christine Choo from Perth and Dee Hunt from Brisbane. Apart from using contemporary photographs, they plan to include archival photographs and documents that reflect the policies and governance of earlier times that shaped the community's past experiences.

A sign inscribed on the footpath on Thursday Island hit a chord that was a touchstone for our project: "The past must exist, for the present to create the future (E. Bani)." **SSH**

Deborah Wall and Robyn Hutchinson are members of the Institute of Cultural Affairs, Australia, and the Women's Reconciliation Network, Sydney.



**Jenny Leong MP**  
STATE MEMBER  
FOR NEWTOWN

## Stay Connected – Keep in Touch

It is with much pleasure that I write the first of what will be a regular column in our wonderful independent local paper the *South Sydney Herald*.

Six months ago thanks to strong support from the community I was elected the Member for the new seat of Newtown – which stretches from Surry Hills to Petersham.

During this time, I have had the pleasure of meeting with many of you – and connecting with key groups and organisations in our local community.

I've attended the opening of RedLink, the new Integrated Services Hub at the Redfern public housing towers, and participated in Redfern Neighbourhood Advisory Board meetings to hear how we can improve our public housing communities. I've joined the Alexandria Residents Action Group at a packed meeting to Save the Alex Hotel, which has led to promising outcomes. And I've participated in a panel at Belvoir on the Future of Sydney's Nightlife, looking at how we keep it vibrant and safe.

WestConnex remains a huge issue for residents in our area, with the Baird Government pushing ahead on this dirty tollway. I continue to work alongside the community, who have collected thousands of signatures on a petition calling for a halt to construction and a full parliamentary inquiry.

Our neighbourhood is the focus of much Government action at present – with UrbanGrowth's Central to Eveleigh plans, the intended sell of the Australian Technology Park site, light rail construction and a focus on affordable social and public housing. I look forward to working with you to remain engaged, connected and active so that the things we love about our local area are protected.

**Jenny Leong**

**Can we help?**

If you are concerned about a local issue, please get in touch.

**Jenny Leong MP**  
State Member for Newtown

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[Newtown@parliament.nsw.gov.au](mailto:Newtown@parliament.nsw.gov.au)





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# 'Crown of Thorns' a disaster for inner city

## OPINION

BEN AVELING

THE WestConnex Delivery Authority (WDA), the body responsible for managing the WestConnex project, has released a "community update" showing its plans for the St Peters Interchange, which is to be built on the western side of Sydney Park.

From 2019, the M5 will terminate at the interchange. The new M5 will have a carrying capacity of 150,000 vehicles per day, 50 per cent more than the existing M5. Potential traffic will be further increased by a similar amount, if two extra stages that are planned are ever built: the "Sydney Gateway", which is intended to provide a tollway from the St Peters Interchange to the airport, and the M4-M5 link. Neither the M4-M5 tollway nor the Sydney Gateway are currently funded.

The WDA claims that the extra traffic from these tollways can be accommodated by widening Campbell Street to two lanes, widening Euston and Gardeners Road to three lanes, and by building two new bridges over the Alexandria Canal. The truth is that these roads

are all already clogged. Adding extra lanes won't help because the roads that these roads feed are also clogged.

The WDA has carried out traffic modelling and a business case, which it is refusing to release. Alexandria Residents Action Group, like many other community groups, believes this is because the modelling shows that WestConnex will make congestion worse, not better, and because the business case shows that WestConnex is not financially viable.

will have not one but two exhaust stacks within a few hundred meters of St Peters Public School, local homes, and Sydney Park.

We are shocked, but not surprised.

If this goes ahead, it will be a disaster for the inner city. But it will be almost as bad for Western Sydney commuters. They'll be paying up to \$26 a day for roads that might carry more traffic than the current M4 and M5, but at the same speed that they currently travel. Money spent

... modelling shows that WestConnex will make congestion worse, not better...

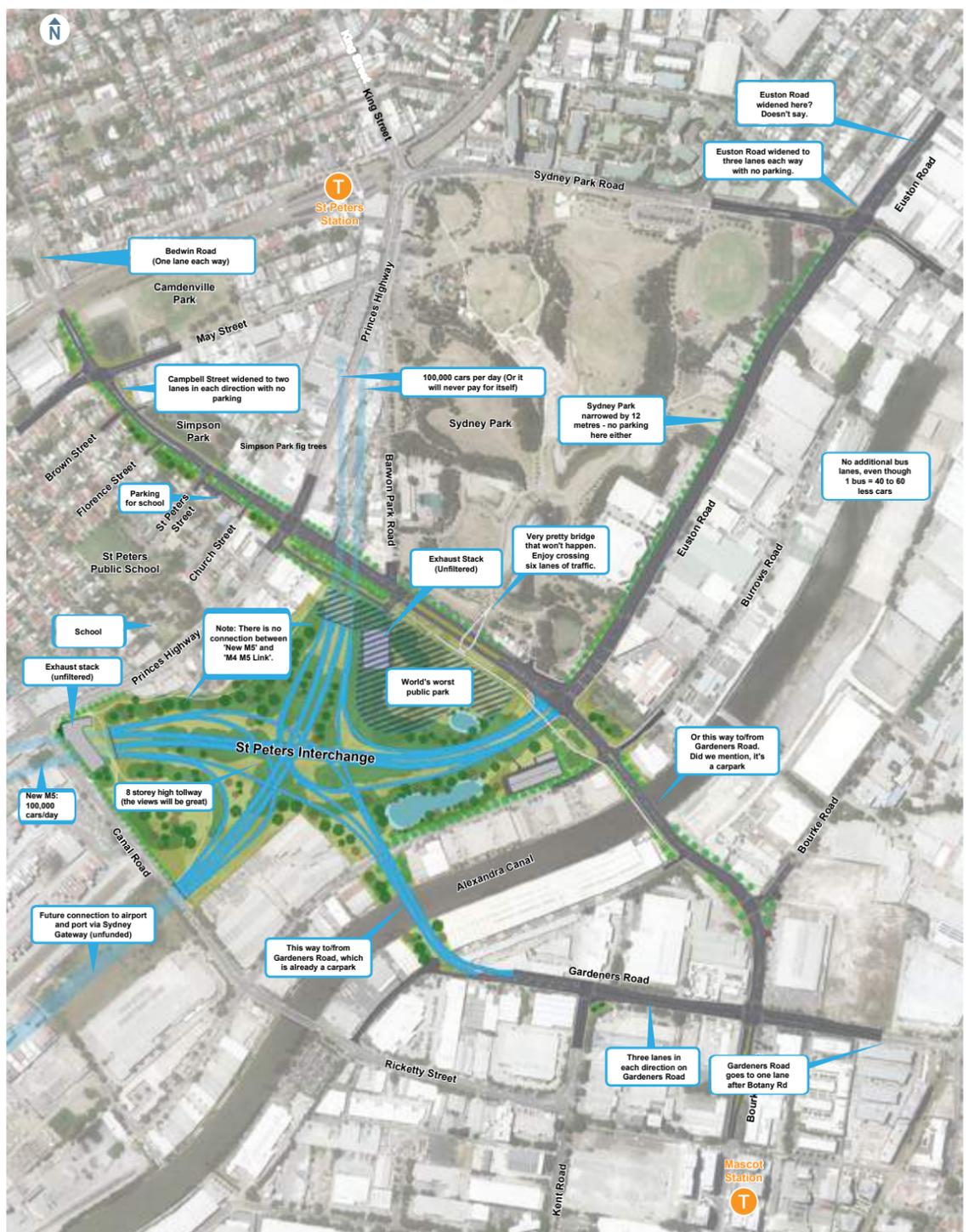


We call on the WDA to release these documents. Without the full facts, there can be no genuine consultation on the merits of this project.

The interchange, which we are calling the "Crown of Thorns" because of its resemblance to the starfish, is planned to be some 30 metres high, approximately the height of an eight-storey building. It

on WestConnex is money that isn't being spent on schools, hospitals, local roads, public transport and all the infrastructure necessary to create jobs in the West. What governments of both stripes ought to be doing is creating jobs where people live.

Ben Aveling is Co-convenor of the Alexandria Residents Action Group.



**Tibetan Buddhist Wisdom**



With revered Tibetan lama His Eminence the 7th Dzogchen Rinpoche, Jigme Losel Wangpo

## Letting go of the Past

Public Talk - Wed 28 Oct, 7:30pm

Redfern Town Hall, 73 Pitt Street, Redfern  
\$25 (\$20 concession)  
www.trybooking.com/DEDU

0416 404 826 / nsw@shenpenaustralia.org  
www.shenpenaustralia.org

# On being loyal companions

## EDITORIAL

SSH

ON Sunday October 4, South Sydney Uniting Church held a service to commemorate 13th-century saints Francis and Clare of Assisi. The service included a special blessing of companion animals and took up a collection in support of Monika's Doggie Rescue.

The saints were remembered for simple and radical faith in a Spirit of Creation; for commitment to the Earth and its most vulnerable people and creatures.

Parish minister Andrew Collis referred to a conversation with Father Paul Ghanem from the St Francis of Assisi parish in Paddington, who said: "You might not realise how seriously Francis and Clare took their vows of obedience.

"Francis, for instance, didn't just visit the pope one time (to seek formal recognition for his order) but many times. He annoyed the local bishop time and time again. He wasn't interested in mere permission to live a life of poverty and chastity. He was passionate about the gospel and about rebuilding the church - for everybody.

"Clare didn't just write a couple of letters. As Abbess it's likely she never left the grounds of San Damiano, yet she wrote hundreds of letters to noble men and women, bishops and cardinals. In the end, they wrote as many letters to her."

Francis and Clare might have started a sect, but instead revitalised Christian communities throughout Europe, then diverse communities on every continent. Their deference to authority was motivated by a desire to bring the whole church with them. Their respect for authority was at the same time a respect for difference, for the rich diversity of the church and creation.

Their sense of loyalty to the church may serve as encouragement for us to resist sectarian arrogance or moralism, so often the condition for violence. It may serve as exhortation

to a more inclusive, universal, even cosmic consciousness.

One wise parishioner, Alan Ah-See, suggested that a dog's obedience, a dog's loyalty, is often a means of guiding a human companion into wider and more joyful realms.

A saintly obedience or loyalty can be very inspiring.

When we hear, for instance, about thousands of greyhounds discarded and killed by the racing industry - one greyhound dies every day on an Australian racing track; up to 50 per cent of greyhounds sustain one or more injuries in any one race - we are rightly troubled, stirred to protest and reform.

There are approximately 20,000 greyhounds bred for racing in Australia every year. Injury and death are commonplace. Greyhound racing cannot exist without breeding and disposing of large numbers of greyhounds.

In the last 10 years in NSW approximately 90,000 greyhounds were born, yet only 2,550 were alive as companion animals in 2012. Less than 3 per cent of greyhounds born have been saved and are living as pets.

It's terribly sad to see gentle, sociable and affectionate animals exploited and killed in the name of gambling and greed. Greyhounds thrive on human companionship. Placid, quiet and low-energy, greyhounds make excellent indoor pets. Short bursts of energy and long bouts of lethargy typify the greyhound's character, making them suitable companions for suburban and inner-city life. This is in stark contrast to the routine, desolate life of existence in a cage or kennel.

Gone Are the Dogs is calling for a stop to greyhound racing in NSW. The campaign indicts taxpayer-funded support for the racing industry, the exportation of dogs, racing industry self-regulation and the falsification of injury and death statistics. It urges a boycott of greyhound racing, and support for greyhound rescue and adoption services.

[www.gonearethedogs.com](http://www.gonearethedogs.com)



cartoon: norrie may-welby

## READERS' LETTERS

SSH

### Re New Metro station

The SSH has given space to Sydney University's campaign to locate the new Metro station on its campus ("Strong case for Metro station at Sydney Uni", Sep. 2015). When will we see an article promoting the competing claim of

Waterloo? Siting the Metro station at Waterloo makes more sense as the nearest stations would be over a kilometre away and there are better opportunities there for urban renewal, development of affordable housing and population increase. The new Metro station on the University campus would be just 600 metres from Redfern station. If it were ever built it would be an example of waste and bad planning.

The SSH should be more than a mouthpiece for the developers in the Sydney University administration.

Peter Prineas  
Darlington

[The article in question was a sponsored comment piece authorised by the University of Sydney's Vice-Chancellor, as indicated. Moreover, in August and September the SSH published several articles on various options re the new Metro station. Eds.]

# Making our own good luck

## FAITH

DOUGLAS GOLDING

**THE three religions which call themselves the religions of Abraham - Judaism, Christianity and Islam - have so much in common that it's almost criminal that they spend so much energy competing with and even fighting each other.**

For example, take the common words of wisdom, "you reap what you sow". All three religious traditions warn us that what happens to us is often a result of the way we treat other people.

### JEWISH SCRIPTURE

"Give freely and you will become more wealthy; be stingy and you will lose everything" (Proverbs 11:24).

### CHRISTIAN SCRIPTURE

"Do not be deceived: God cannot be mocked. We reap what we sow" (Galatians 6:7).

### MUSLIM SCRIPTURE

"If you do good, you do good to yourselves. Likewise, if you do evil, you do evil to yourselves" (Qur'an 17:7).

Three expressions of the same truth.

All three of these great religions originated in agricultural societies, so it's not surprising that they often express profound truth in terms of the routine of rural life. This makes

it even harder to apply some of their truth to today's challenges. It's bad enough that our sacred scriptures were written in another culture, in another time, in another language, and we have to translate the message into today's urban Western culture. We often just don't get it!

Most of us live in cities. More and more of us are living in the inner city, where farms are unknown and we have to fight to preserve open space against the greed of developers, and sometimes of local councils and state governments.

The sowing and reaping we do may be limited to the veggie patches and flowerbeds in our small yards or on our balconies or in our window boxes. But we do know that if we plant lily bulbs we are likely to get lilies, not freesias; if we plant seed potatoes we will get potatoes, not parsnips; and if farmers plant wheat, they are most likely to get wheat, not oats or barley. In the same way, if we smile at others, we are more likely to get a smile back; if we help people when they need it, we are more likely to find help when we need it; if we are grumpy or rude to others, we are more likely to find other people are grumpy and rude, too.

This is what Buddhists call karma: what we see as "good luck" and "bad luck" may often result from what we have said and done in the past. "According to the seed that's sown, so is the fruit you reap therefrom. Doers of good will gather good, doers of evil, evil reap; Sown is the seed and you shall taste the fruit

thereof (from the Samyutta Nikaya).

There's another lesson we can learn from the farmer, too. He plants perhaps a hundred seeds but expects to harvest thousands. By being generous to others we may find people are even more generous to us; if we are mean with our time or our money we may find people are even meaner to us.

Here, as in many other ways, we can learn from the accumulated wisdom of the past, as taught by our great religious traditions. We can help ourselves, as well as others, through random acts of kindness - perhaps a phone call when someone is in hospital, a visit when they come home, with a ready-to-heat homemade meal ...

A friend of mine went to India recently and met a taxi driver who was upset by the number of beggars who would crowd around his cab pointing to their mouths. He did not want to give them money, so he began to hand out little packets of biscuits to help ease their hunger. Their gratitude makes him happier than anything they could ever give him in return. He is making his own good luck.

Dr Douglas Golding is a long-time journalist and lecturer in journalism at several Australian universities. Now, in his "retirement", he is the seniors minister in the Anglican parish of South Hurstville and a lecturer in history and religion at WEA Sydney. He has various degrees from the universities of Sydney, Queensland and Hawaii.

# Querying mental health funding

## COMMENT

SUSAN CLAIR

I live in a recently gentrified suburb. Our local psychiatric inpatient facility is renowned for its innovation, high standards of care, and its humane treatment of "mental health consumers".

I'd like to tell you about some things that I've seen as a patient in this facility. It might help you understand why "consumers" might become "treatment resistant", and why peer run advocacy groups argue so strongly for patient dignity. I'd like you to understand why giving people medication doesn't always work, and funding beds in mental hospitals won't stop people committing suicide.

People who work in mental health facilities have a tough job. They are often put in a position where they feel just as hopeless and degraded as the patients, except patients will eventually be released - the staff

know that they are there voluntarily, being abused and abusing others.

I have seen male psych nurses reach into women's tops to grab (illicit) cigarettes without a second thought for touching "consumers" genital areas, seen three psych nurses drag a patient who worked nights into seclusion for refusing sleeping pills administered at 11pm to "help her form a routine". I saw her resulting bruises.

I have seen psych nurses telling patients that "Temazapan isn't addictive" - if they thought it was addictive, they might not take it. I've seen psych nurses tell a voluntary patient who lost a baby that she wouldn't be allowed to leave if she didn't stop crying, and joke later about restraining her. Would you trust mental health workers if you had been put in restraints as a punishment for crying after a miscarriage?

A man was collected from work by police for missing an appointment - because of work.

The staff kept him in hospital to "stabilize" him for six weeks whilst he lost his job and his home. Would you leave hospital feeling more "stable" after that "treatment"?

That was a small selection from hundreds of stories. My own litany of complaints involves being

medicated and sent home to rot, doctors believing the tormentor, ignoring their own paperwork that says don't talk to this man, administering involuntary doses. What I needed, and eventually got elsewhere, was help to leave. Nothing is simple, certainly not

mental illness. But the "dose those lying psychos up with tranquilizers and blame their insanity for their objections to our treatment" strategy practised by mental health workers in NSW is degrading and pointless. These practices certainly do NOT need any more beds funded.



A majestic hump-back whale Photo: iStock

# Wildlife advocacy and activism

*Speaking up for a baby whale killed tragically, planting food trees for struggling black cockatoos, trying to stop pollution harming the Great Barrier Reef. At World Wildlife Foundation – Australia there is never a dull moment, and these are just some of our activities in the last few months.*

MARK SYMONS

## Black cockatoos losing food trees

In July, to celebrate National Tree Day, WWF-Australia, with the help of supporters and volunteers, planted 3,000 black cockatoo food trees at Karakamia Wildlife Sanctuary in Western Australia's southwest. Black cockatoos are well-loved with their characteristic haunting cries and big personalities, but they are also under serious threat.

We hope that planting food trees like banksias, marri and she-oaks will help to bring black cockatoos back from the brink after a dramatic decline in bird populations in recent years. Black cockatoos have lost many of their food trees and homes after years of land clearing for agriculture and continuing urban development. Southwest Australia has the highest concentration of rare and endangered species in Australia and is considered one of 34 global biodiversity hotspots, but land clearing and introduced species have exacted a huge toll.

## Dugong and baby whale found dead

Over in Queensland another creature is in trouble. Surveys reveal as few as 600 dugongs survive between Port Douglas and Bundaberg, so the loss of a single animal is a serious blow to the species. Therefore, when a dugong turned up dead near Mackay, WWF called on the Queensland Government to conduct an autopsy. We wanted to know if there was

any sign this animal had drowned after being caught in a commercial gill net. WWF believes that this incident reinforces the need for the introduction of satellite monitoring of gill net operators.

Satellite monitoring would reveal if commercial net operators had been fishing in the area in recent days. If there were none, we could immediately rule out gill nets as a cause of this dugong fatality, or alternatively, authorities would know which operators to question.

Just a few days later, south of Mackay, there was another sad death of a marine animal – this time a baby hump-back whale. It was found lodged beneath a tugboat at Hay Point coal port.

Again, WWF called for a full investigation. We told reporters that every effort should be made to determine what happened and what lessons could be learned to prevent future whale fatalities. WWF believes that the death of the baby whale highlights the challenge of operating a mega industrial port alongside the natural wonders of the Great Barrier Reef. A study last year found that if a ship travelling at only average speed hits a whale there is a 50 to 70 per cent chance the animal will die.

## Marine life plummets and food security at risk

As a science-based organisation, WWF produces reports to shine a light on issues of concern at home and around the world. There has been a lot of interest globally in the

special emergency edition of WWF's Living Blue Planet Report. It estimates that nearly half of the world's marine mammals, birds, reptiles and fish have been lost in a single generation with frightening implications for human welfare and food security. The report by WWF and the Royal Zoological Society of London found that marine vertebrate populations have declined by 49 per cent between 1970 and 2012, with some fish declining by close to 75 per cent. The analysis tracked 5,829 populations of 1,234 species, making the data sets almost twice as large as past studies and giving a clearer, more troubling picture of ocean health.

In the space of just one generation, human activity has severely damaged the ocean by catching fish faster than they can reproduce while also destroying their nurseries. Species essential to commercial and subsistence fishing – and therefore global food supply – may be suffering the greatest declines. Underscoring the severe drop in commercial fish stocks, the report details a 74 per cent decline in fish populations belonging to the family that includes tunas, mackerels and bonitos.

Overfishing, destruction of marine habitats and climate change have dire consequences for the entire human population. The private sector has a critical role to play in reversing the fish stock decline and it's promising that many seafood operators and providers are showing a commitment to more sustainable operations. Fishing and aquaculture

must be conducted legally, according to relevant regulations, and must meet standards of sustainability like those set out by the Aquaculture Stewardship Council and the Marine Stewardship Council.

## Queensland tree clearing

Back at home, a major investigative report, by WWF-Australia's Dr Martin Taylor, found the destruction of bushland in Queensland was rapidly increasing. He mapped 94 locations where over the last three years native vegetation had been cleared or approved for clearing since the previous Queensland Government watered down tree clearing laws. Native vegetation cleared annually has more than tripled from about 78,000 hectares in 2009-10 to about 278,000 hectares in 2013-14.

The current Queensland Government made an election commitment to reverse these changes, but is yet to deliver. Much of the clearing is in Great Barrier Reef catchments, risking increased levels of soil and chemicals being washed into the Reef lagoon. WWF called on the Queensland Government to deliver on its election commitment

## Great Barrier Reef Report Card

Perhaps not surprisingly, the Federal and Queensland Governments' own Reef Report Card, released in September, showed the Reef's condition remains poor. WWF is concerned about outbreaks of coral-eating Crown of Thorns Starfish. Nitrogen that washes off

farms in the Wet Tropics causes algal blooms which feed baby starfish. More starfish survive than nature ever intended with devastating consequences for the Reef. Scientists say that to stop these starfish we must reduce nitrogen in the Wet Tropics by 80 per cent and the Federal and Queensland Governments have committed to achieve this by 2025. But the report card estimates we've only reduced nitrogen pollution in the Wet Tropics by 14.5 per cent since 2009. WWF believes that existing regulations to stop overuse of fertilisers must be enforced. Leading farmers are showing that it is possible to achieve big reductions in fertiliser pollution while still being profitable.

## Can you help?

So there you have it – just some of our work over the past few months. At WWF we know that if you remove threats then populations of species recover. The annual migration of humpback whales is some of the best evidence of this. When commercial whaling came to an end, populations of humpbacks rebounded.

Over in Western Australia WWF is helping a population of black flanked rock wallabies recover – we protected their habitat, removed feral predators, and let nature do the rest. SSM

.....  
If you would like to help save the Reef, feed a cockatoo, or speak up for a baby whale, or see what else we do please go to [www.wwf.org.au](http://www.wwf.org.au)

Mark Symons is the Senior Media Officer of WWF-Australia.

## Ballet gives you wings

SSH

**ALEXANDRIA: The development of young children through adolescence is aided by a passion that keeps them on the right path. Alexandria-based ballet studio, Academy Ballet, is teaming up with charity, Ballet Wings, to give a local child the chance to get passionate about ballet and reap the benefits.**

Children from less privileged backgrounds do not always get the opportunity to attend activities such as ballet due to the cost of classes, costumes, uniforms and shoes. However the benefits of attending ballet classes are substantial both physically and mentally.

Sinead Vidler, Studio Director of Academy Ballet, has spent years developing a program that nurtures the physical training of dancers as well as their mental development. "Keeping teenagers busy and giving them a passion through 'those' years keeps them out of trouble."

Lisa Howell, Director of Perfect Form Physiotherapy, stresses the physical benefits of good ballet training that gives "individuals a great focus on looking after their bodies, improved coordination and musicality and of learning how to train safely".

Often ballet is criticised for being too tough on young girls, however, Andrea Gatt, a former ballet student of Academy Ballet, says: "The best advice I was ever given as a ballet student was that if someone has taken the time to give you a criticism, it is because they believe you have the ability to correct the flaw. This is advice that I use every day in my professional life [as a lawyer]."

Ballet Wings Founder, Dee Smart, relishes the opportunity to get children from some of the toughest backgrounds enrolled in some of the most elite ballet schools. Ms Smart relies on the generosity of the highest quality schools "to bring ballet to underprivileged kids and hope they learn the rewards to be gained through life from hard work and consistency".



Ballet brings out the best in young children and adolescents Photo: Supplied

**Young children benefit from ballet training, they:**

- ▶ Learn to follow instructions and self-discipline;
- ▶ Learn co-ordination and balance;
- ▶ Are confident and comfortable performing before groups;
- ▶ Develop flexibility, physical strength and agility;
- ▶ Develop an understanding of music and rhythm.

**Adolescents continue benefitting from ballet training, because they:**

- ▶ Develop long, lean and strong muscles;
- ▶ Develop a sense of pride in their own work and gain self confidence;
- ▶ Learn about proper nutrition and health;
- ▶ Are culturally enriched;
- ▶ Have an unwavering passion that keeps them busy.

The right training undoubtedly brings out the best in young children and adolescents.

Academy Ballet along with Ballet Wings is holding auditions at the Redfern PCYC on Thursday October 22 at 4pm. No experience needed, just a love of dance and music, and aged between 6-10 years.

## A campus for everybody

MICHAEL SPENCE

**ONE of the wonderful things about working or studying at a university is being part of a tremendous community. There's a real buzz about working in a place where there is so much going on. There are always activities and events taking place, a great many of them free. And at the University of Sydney, we open the majority of our events and many of our facilities to the public.**

The Seymour Centre, for example, is a suite of theatres where many performances are held at very reasonable prices. There's an excellent school holiday program, and during the warmer months, bands perform in the courtyard outside the main entrance every Friday evening. You are welcome to sit and have a drink while listening to great music. Find out what's happening at [www.seymourcentre.com](http://www.seymourcentre.com).

Further afield, many low-priced or free concerts are held at the Sydney Conservatorium of Music. It's worth being on the mailing list so you can find out what is going on in advance. See [music.sydney.edu.au](http://music.sydney.edu.au).

There are some fantastic talks you can attend at the Camperdown Campus. During October, for example, there are free talks on

subjects ranging from the future of cancer care to environmental activism. Find out more at [sydney.edu.au/sydney\\_ideas](http://sydney.edu.au/sydney_ideas).

For those who prefer sport, it's worth checking out the Sydney University Sports and Fitness centre at [www.susf.com.au](http://www.susf.com.au). In addition to the fully equipped sports and aquatic centre, there's also another smaller gym on campus, and a climbing centre, all of which are open to the public. The centre also hosts a range of short courses, from dancing to Pilates, and we have tennis and squash courts, martial arts, boot camps ... the list goes on. Anyone can join our gym, or organise to use our excellent sporting facilities, and a great many community tournaments are held on campus.

The University's museums and galleries are also open to the public for free. The Nicholson Museum is home to the largest collection of antiquities in the Southern Hemisphere. The Museum often features special exhibitions, and at the moment you can bring your children to see the Lego Pompeii. The Egyptian mummies are also bound to have them talking. The Macleay Museum has a great collection of natural history, while the University Art Gallery owns more than 7000 works, including Chinese art, Japanese woodcuts and a broad range of Australian art. Find



Sea of Hands on campus Photo: Supplied

out more at [sydney.edu.au/museums](http://sydney.edu.au/museums).

On the more social side, the University of Sydney Union runs two bars on campus. Manning Bar and Hermann's Bar each have regular bands, cheap meals and events including trivia and movie nights, and are open to the public as well as our students and staff.

Finally, we have a series of festivals

all year, ranging from Vivid to concerts, such as this year's Freedom Ride concert, to celebrations for Chinese New Year, to Disability Awareness Week. The campus is always open; come and see what we are up to, or keep an eye on our website for further information. On behalf of the University of Sydney, I welcome everyone.



Authorised by Michael Spence, Vice-Chancellor of the University of Sydney. Contact Details - Security & After Hours: 1800 063 487 (24/7). Enquiries: 9114 0523; [local.community@sydney.edu.au](mailto:local.community@sydney.edu.au)

# The Reviews

## Theatre Review by Catherine Skipper



**Life of the Party**  
Written by Mark Lee  
Directed by Zoe Tomaros  
Erskineville Town Hall  
September 9-13, 2015

*Life of the Party* is a brave little play seeking to dramatise the anguish of those suffering from a depressive disorder. At a time when many people are affected by these symptoms, this performance highlights the importance of gaining insight into the headspace of a clinically depressed person. To this end, the performance area becomes a mindscape in which the central character's struggle with depression is played out.

Charlie (a very convincing Mark Lee) is overwhelmed by grief following the death of his beloved wife Anna, after two years of marriage. For the amiable but not very self-confident Charlie, his relationship with the outgoing, lively and loving Anna (a charming Maddie Pottinger) has given his life quality and meaning. He is bereft not only of her presence but also of himself as he was with her.

When we first meet Charlie, a prone, despairing figure slumped upon a divan, he has literally fallen in a heap. He has lost his job and is likely to lose his unit, but it seems that nothing can motivate him to take charge of his life again. Instead he becomes a battleground for two figures, who have been silent up to this moment, and are seated either side of a chessboard in the background.

Both figures wear the sinister bird mask with elongated beak of the Plague Doctor, one white, and one black, suggesting their hallucinatory origin. While both represent themselves as healers – their credentials enhanced by iambic pentameter – they compete with each other to win over Charlie to their personal agendas.

The white-masked, confident Salus (Maia Cohen) tempts him to live only in the good memories of his relationship with Anna, in effect intensifying his loss. The seductive, dark Lues (Scott James), on the other hand, urges him to dwell upon his negative memories, reinforcing his guilt at having failed to cope with Anna's illness and blaming himself for her death. However, if either creature gain ascendancy, Charlie will be drawn further and further away from reality and ultimately into psychosis. Charlie's torment is powerfully and physically enacted, as Anna becomes the axis about which Salus and Lues revolve, vying for control of Charlie's mind.

For those like Anna, who suffer a physical illness, the possibility of being brave in the face of pain is uplifting, but for those whose anguish is mental there is the extra burden

of feeling somehow diminished. Charlie is not able to reveal his inner torment to others for fear of being thought crazy, and it is this exact stigma that Lee's play so passionately seeks to erase. A most thoughtful and challenging play, well supported by quality performances and high production values. Many thanks to Simone Smith, production manager, for her dedication.

Depression is a serious mental health condition and can be treated. If you feel you need to know more about the symptoms of depression you can contact Beyond Blue on 1300 22 4636.

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

## Film Review by Lindsay Cohen



**Everest**  
Director: Baltasar Kormákur  
Starring: Jason Clarke,  
Keira Knightley, Jake Gyllenhaal  
Genre: It's there

Everest is spectacular. The mountain that is *Everest* the movie? Well it's pretty impressive too. Indeed, it's hard for a film about Everest to not be impressive given how spectacular the mountain is. Which begs the question of whether you need to see *Everest* in 3D.

Everest is showing in 2D and 3D and also in 3D at IMAX where I saw it. Films shot in the massive IMAX format are a brilliant way to experience and understand the capabilities and possibilities of filmmaking. A few years ago I saw *Space Station 3D* at IMAX and walked out feeling like I'd walked in space.

But for other films, 3D or not, IMAX adds nothing. 3D effects are not better just because a screen is bigger. And while the sound quality at IMAX is great, it's great at most other large cinemas too. So it's difficult to justify the \$33.50 to watch a film that's on everywhere.

Similarly with 3D, unless a film is shot in 3D (*Avatar* and the *LOTR/Hobbit* series are the best recent examples) then the special effects are not substantially improved. And then there is the hit to your wallet.

*Everest* is not a documentary but not really an eco human vs mountain thriller either. As a result it is torn between the human-scale drama of trapped and dying mountaineers and the scale of the mountain itself.

Contemporary films such as *127 Hours* (man cuts off arm to free himself) and *Touching the Void* (man trapped in a glacier crevasse) didn't need 3D to be gripping and dramatic. *Everest* doesn't need 3D, or IMAX, either.

Rating: Three-and-a-half frostbitten fingers.

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

## Festival Review by Gabriel Azzi



**2015 Sydney Contemporary Art Fair  
Carriageworks  
September 10-13, 2015**

If art has a ceiling, the sky would be the limit. It was completely amazing what you could see at the 2015 Sydney Contemporary Art Fair. Although I am used to going to museums and exhibitions in Australia and overseas, I think that my conception of art was challenged and changed by the richness and innovativeness of what I saw during this fair.

One of the most interesting things was an art procession, exactly like religious processions that I've seen in Catholic Spain. At the fair, we saw couples holding paintings and strolling around with their art object like a ritualistic thing. The concept was fantastic in my opinion and it added to the event's success.

Videoart was also featured, and I believe that we are really expanding our creativity in this area.

Over 90 galleries from 14 countries, covering four continents, were represented and offered cutting-edge art from some of the most famous international artists. Guided tours, talks and performances were organised in this huge place, and the crowds looked very pleased by what they perhaps didn't expect to encounter.

I particularly liked the work of an emerging Australian artist, Naomi Hobson, whose colourful abstract paintings were so dynamic that they left us the impression that every one had an individual identity. She used a vivid colour palette and a unique gesture to create rich yet abstract compositions. It left us with the freedom to explore and grow.

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

## Book Review by Emily Straney



**Whelp**  
Anthology of Children's Writing  
Sydney Story Factory, 2015

I was first introduced to the Sydney Story Factory in September last year, upon attending A Night with Dave Eggers, at Carriageworks in Eveleigh. 826 Valencia, which Eggers established in San Francisco in 2002, was the inspiration behind Redfern's very own Sydney Story Factory.

The Sydney Story Factory is a place where children aged 7-16 are able to express exactly what

they are best at – their creativity; and teachers, graduates, writers and lovers of the written word alike can come and give their time and skills for the betterment of young people. What could be better? I only wish that there were a story factory for adults.

On September 1 this year the Sydney Story Factory released an anthology of student work entitled *Whelp*. This delightful anthology showcases everything from stories, poems and songs to monologues and letters; topics as far-reaching as time travel to France in the 16<sup>th</sup> century; and mythical creatures like Poopy the dinosaur with one hundred heads and only one eye. Invoking the awesomeness of an otter, but multiplied by the uniqueness and potential that is yet to be unleashed in the babies of the species, the title of the book does well to draw comparisons to the Factory's young writers.

My favourite story in *Whelp* is "Untitled", written by 15-year-old Fred Bekker about his brilliant imagination, the "concoction of a pixie, a goblin, a dragon and a deep-sea-water fish all mixed together". Greater still than the joy of reading it for the first time was the realisation that I'd heard this story before, being one of the fortunate people in the audience that night when Mr Eggers invited Fred onstage to read his story aloud.

All of the works in *Whelp* are as unique and inspiring as "Untitled", as I'm sure each of the children are themselves.

To support the Sydney Story Factory or learn how you and your children can get involved visit [www.sydneystoryfactory.org.au](http://www.sydneystoryfactory.org.au) or head on down to the Martian Embassy (Sydney Story Factory's headquarters and gift shop), at 176 Redfern Street, Redfern, to pick up your own copy of *Whelp*.

## Book Review by Catherine Skipper



**Playing for Time: Making Art as if the World Mattered**  
Lucy Neal  
Oberon Books, London, 2015

The Transition Network was founded in 2005 as a response to the double threat of climate change and peak oil. Transition vision with its emphasis upon "getting it right for the future", is a move towards self-sufficiency at community level in energy production, in food cultivation and even by the creation of local tender.

Lucy Neal, a theatre-maker and community activist, has been an active player in Transition since its beginnings and was co-founder of Transition Town Tooting (UK) in 2008. Neal was drawn to Transition by its language of "engaged optimism" and its emphasis on making "a change in how you live where you live". Transition, Neal feels,

nurtures innate cultural values that transcend self-interest and resist the dominant consumer culture and cultivates resilience in both individuals and communities.

Neal's experience in organising community and celebratory events such as a Trashcatchers Carnival resulted in her advocacy of what she calls "transitional art practice". She sees art-making and community-making as closely connected and is passionately convinced that the present cultural narrative of exploitation and greed can be subverted through the communal use of creative skills to reimagine an earth where life is cherished and sustainable.

In *Playing for Time*, Neal presents readers with the work and words of 64 artists and activists who are engaged in reforging the values of community, connection and collaboration. In keeping with the spirit of the influential artist and thinker, Joseph Beuys, who declared "every human being is an artist", the contributors are, on the whole, not well-known, and drawn from a variety of fields such as archeology, filmmaking, dramaturgy, social justice, journalism, administration and horticulture. Further, art is extended to mean not a commodity to be consumed, but a practice that transforms the world directly.

As a fundamental need, food is of central concern to the artists-activists. As food buying has replaced food growing for most, the imagined future is one in which the "food web", community-focused local food systems, replace the "food chain" of industrialised agriculture. A small project such as San Francisco's Seed Library becomes a creative act of resistance against the three companies that own half of the global seed market. Public participation projects like the Edible Fruit Routes, Campuses and Bus Stations rebuild lost connections between the soil and an urban population.

One of the more memorable projects is Dougie Strang's performance of the Rannoch Wolf inspired by a campaign to reintroduce wolves into Scotland as a means of reducing deer numbers and regenerating woodland. Strang prowled the moor in a wolf mask and fake fur coat with the hope of prompting travellers to consider the possibility that the land should be shared with other species.

However, waking up to the wider ecological world of which we are part and taking the responsibility of living within its sustainable limits could be an intimidating and frightening prospect.

Significantly, the greatest pleasure of Neal's *Playing for Time* is the joyful and playful invention of those who gather together to reskill, to repair, to replant and to rescript the future and the generosity with which they share their "recipes" and "tools" for cherishing life on earth. The whole is best summed up by Sholeh Johnson's declaration that "creativity is the most sustainable and renewable resource on the planet. Let's use it."

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

# Recycled items on show

LOUISA DYCE

**WATERLOO:** If you are looking for affordable pre-loved household items and furniture you need look no further than Waterloo Recycling Workshop (WRW), open from 8.30am to 12.30pm each Friday at the garage under the Turanga flats (1 Phillip Street). The Friday market, under the auspices of Counterpoint Community Services, is managed by Naomi Ward and 11 wonderful volunteers.

If you're looking for something a little different, you might find it at the market where John English, John Gain and Russell Walker repair, paint and construct new items from recycled timbers. Diane Bateup, with assistants David Cully and Daphne Spry, finds all the discarded goods – from furniture to household items like cups, kitchenware, glassware, curtains, cane baskets, books and picture frames. Anne Camac provides morning tea. Both she and Elisabeth Chamberlain are very adept at multitasking. They clean, chat with and serve customers all at once. Natasha Vukelich is the

merchandise who finds the perfect place for everything. David Young will assist you in delivering purchases if you live in the immediate environs.

On the Friday of my visit I was fortunate to meet Maggie, a recycler extraordinaire. She invited me into her home nearby where she has taken pre-loved furniture items, all purchased from the WRW, and by clever refurbishment has turned them into beautiful and elegant pieces. She does it all by hand. No power tools are used. I don't know her age (Maggie appears timeless), but this artisan is an inspiration to all.

Maggie showed me how she created her beautiful home and I was sincerely impressed. Feast Watson is her product of choice as it gives a good colour and finish, for example, a favourite piece is a pine desk refinished in a warm walnut sheen. Maggie documents the recycling process, providing the WRW with "before" and "after" photographs, and I was dazzled by her creations – shelves, tables, flower stands and a stunning water feature. Maggie said time and again that coming to the Friday market is the highlight of her week.



Maggie in her fabulous home Photo: Andrew Collis

Four talented artists associated with the WRW, Rosemary Fleming, Peter Fagg, John English and Diane Bateup, will show works at the Orchard Gallery in Waterloo from October 17. Rosemary Fleming does wonderful things, including mosaics – recycling coffee pods, tin lids and bottles. Peter Fagg repurposes wooden pallets. He makes many things from them – shelves,

toys, planter boxes and more – to his own unique designs. Diane Bateup upcycles furniture and changes their use in delightful and playful ways. Tables can be made from clock-faces and broken mirrors. John English is a wizard with old bed slats, bringing them to new life. I've previewed the exhibition and I really like how they've given each item a second life.

**Second Life**  
Works by Rosemary Fleming, Peter Fagg, John English and Diane Bateup  
Curated by Naomi Ward  
Opens Saturday October 17, 5-6.30pm  
Until December 10, 2015  
The Orchard Gallery  
56a Raglan Street, Waterloo  
Phone 0438 719 470

# Everyday life in Nauru

SSH

*NAURU Diary: Impressions of an Island* is a mixture of gentle yet sharp observation through photography and personal diary entries, combined with a small collection of reproduced historic photos from the archives of the State Library of NSW and State Library of QLD.

Sally McInerney is an established photographer based in Sydney. She travelled on two occasions over the last 12 months to the tiny remote Pacific island. "My first visit to Nauru was in November 2014," she says. "I had a friend who was working there at the time and a \$50 tourist visa. I booked the most flexible plane ticket of all, in case it was a nightmare landscape riddled with phosphate dust, with perhaps a few seabirds clinging to life among the pinnacles of the hinterland.

"So many things were being said about Nauru and most of them were derogatory. It was called a barren moonscape, a pile of birdshit, a hellhole, a failed state, a decrepit country, a clapped-out quarry, even 'Scott Morrison's wretched island'.

Yet 12,000 humans were living



Nauruan children at Buada Lagoon with a fighting rooster Photo: Sally McInerney

there: about the same population as, say, Cowra, my hometown. Two thousand of them are refugees, 10,000 are Nauruan. How do they live on such a small remote island, 21 square kilometres shaped like a kidney bean? I wanted to wander about in my usual way, in accord with my 'artistic practice', looking at everyday things, talking to strangers: the grainy texture of being there, the odd scraps that the senses gather to puzzle the mind; besides, I had always wanted to see the pinnacles in the mined-out phosphate fields.

"I stayed on Nauru for six days. I took photographs, kept a sort of diary. There were many mysteries ...

"Small strategically-placed islands often become the plaything of bigger forces intent on their own battles. Nauru was cut off from the rest of the world during the war in the Pacific and little was known about how it was faring. Its unique people nearly died out. They celebrate their survival each year on Angam Day, October 26. Much can be said about the effects of war on a country's civilian population, displaced by war in their own country, exiled on remote islands."

*Nauru Diary: Impressions of an Island*

Artist Sally McInerney  
Curated by Sandy Edwards, Arthere

Dates 30 September - 11 October  
OPENING Wed 30 Sept 6-8pm  
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A collection of drawings, paintings and prints by  
JANNE BIRKNER  
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LOTTE SMITH  
Showing from the 8th Oct - 14th Oct  
Opening night  
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M2 Gallery, 4/450 Elizabeth St  
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# Little gallery shows work of high quality

ANDREW COLLIS

**CHIPPENDALE:** Upon entering the Harrington Street Artists' Cooperative Gallery, an array of small to medium-sized paintings – oils and acrylics on board and canvas – dazzles the eye. The quality of the work, displayed within three impeccably clean and well-lit rooms, is impressive. On a rainy Friday afternoon, I am welcomed by a friendly and knowledgeable guide, Rika, one of 14 participating artists in the September exhibition entitled *By Bread Alone*.

The gallery's annual theme show comprises contemplations of material and non-material (spiritual, perhaps) needs and desires. Standout works include Rika Bendler's "The Traveller" (the crisp blues and oranges of the outback fill the window of a speeding train), Marita Brahe's "Play" (young people toss a ball in a composition reminiscent of a dance scene by Matisse, shadowy foreground figures play chess), Ross Coady's "Developer's Dream" (a motorway slices through a green mountain), Jennifer Jungheim's "Boat People" (contrasting merry-makers and asylum seekers), and Helen Tuthill's pure-colour composition, "Circus".

Harrington Street Gallery has been exhibiting paintings continuously since 1973, firstly in Sydney's Rocks area and since 1986 at 17 Meagher Street, Chippendale. The idea of establishing a registered artists' cooperative was the inspiration of the late John Ogburn (1925-2010), who recognised the need for a gallery that would assist both developing and established artists to exhibit their best work without having to satisfy commercial demands. The gallery does not receive government grants, but keeps running costs to a minimum through the generosity of volunteer-members and friends.

A newsletter and various information sheets are available from a stand near the entrance. An account of the gallery's



"The Dance", lino print, 1950s Image: John Ogburn

history reveals the purpose to exhibit quality works of art irrespective of commercial appeal. Membership does not guarantee exhibition space, nor is it a prerequisite for showing work in the gallery. Directors, elected annually, receive no remuneration. The non-profit cooperative has been granted tax exemption so gifts to the gallery can be claimed as tax deductions.

*By Bread Alone* runs until October 4, to be followed by *A Celebration of the Nude*, a special survey exhibition of 38 paintings and drawings selected from the life's work of Ogburn.

Hungarian art historian, Dr Emese Revesz, has described Ogburn's nudes as "filling the painted world with the dignity of presence and the joy of being" and "an homage to the polychromatism of the substantial world and the beauty of the life-giving female body".

Ogburn identified as a realist and on one occasion observed: "I regard our natural world as an unending source of renewal and discovery, which is why it is mistaken to imagine that realist painting is 'exhausted' ... The best painters only approximate nature, but never dominate it."

*A Celebration of the Nude*  
Paintings and Drawings  
by John Ogburn

Sunday October 11 until Sunday  
November 8, 2015  
Opening Sunday October 11, 11am  
Gallery Hours: 10am-4pm, Tuesday-Sunday (closed Monday)  
17 Meagher Street Chippendale  
[www.harringtonstreetgallery.com](http://www.harringtonstreetgallery.com)

# South Sydney Puzzle *by David Angell*

## Problem

Adam, Betty, Clara, Dan and Ellen have 10 coins, all of equal value, and are going to share them by the following procedure.

- \* Ellen will propose a distribution of the coins (so many to herself, so many to Dan and so on). The other four will vote on it. If 50 per cent or more of the votes are in favour of Ellen's proposal it is accepted and the coins are distributed accordingly.
- \* If Ellen's proposal is rejected then she receives no coins and goes home. In this case Dan makes a proposal which is voted upon by the other three. Once again, if 50 per cent or more are in favour then Dan's proposal is accepted; if not, Dan goes home with nothing.
- \* As long as proposals are rejected, the procedure continues, with one person fewer each time. If, eventually, Betty has a proposal rejected, then Adam gets all the coins.

If all the participants can foresee the precise consequences of their actions, and a person proposing or voting on a distribution of coins will always act entirely in their own [monetary] best interests, how many coins will each person receive?

**FIRST CORRECT ENTRY WINS A PRIZE.**

Send to South Sydney Puzzle, PO Box 3288, REDFERN NSW 2016.

## Last month's puzzle

A square of numbers is called a magic square if the total in each horizontal row, each vertical column and each of the two longest diagonals is always the same. For example in this case (first diagram) the numbers add up to 12 in each row, each column and each long diagonal. Can you fill in the blanks to make the following a magic square (second diagram)?

2	3	2	1
1	2	4	1
3	1	X	Y
2	2		Z

2	3	2	1
1	2	4	1
3	1	1	3
2	2	1	3

# Wordplays

## Islands of Memories: Torres Strait Islands and Manilamen

The calming sound of the rolling waves, the soft sea breeze that whispers in our ears, the tales of lives led, islands of memories gently awakening our minds and hearts to recognise our original face, our ancestral heritage, the spirit of seafarers from the Orient.

Flashback images of fresh young faces, of lads, many not quite twenty, who sailed southward through the Strait, landing on groups of sprawled Torres Strait islands,

life-changing twist of fate that made them emerge as indentured foreign divers for the once globally sought after gem – the glistening pearl – the risky venture sustained their survival.

Some, like birds, flew back and returned to their home nest, *Las Islas Filipinas* (Philippine Islands) once poetically called the "Pearl of the Orient" [*Perla del mar de Oriente* or *Perlas ng Silanganan*].

Others stayed, making their new adopted land their home, their lifeblood mingled with the locals, destined to be transplanted on the ancestral land of other seafaring people,

the kaleidoscope of integrated cultures defied definition, their descendants naming themselves beyond borderlines, honouring their forefathers' uncharted lives spent tilling the soil and working the waters for their families, with industry's development and growth relying upon their toil.

Melanesian, South Pacific Islanders, Manilamen, wherever they came from, became hardened survivors beyond the artificial construct of white, black or coloured, simply embracing the fascinating diversity of distinct cultures, allowing the ghost of the past

from the bottom of the ocean permeate consciousness so that the land and seas can speak freely, reclaiming nature as the sound of the drums that beat the heart of our shared heritage, unwilling to deny the truth of our becoming, recognising the thread that weaves the fabric and designs of the pattern of life – the living testament of identity, who we really are – the spirit of the land, the soul of the earth that echoes the lives of people who have merged with Australia's Dreamtime.

– Deborah Ruiz Wall, *Island Villas, John Street, Thursday Island, July 25, 2015*

**WORDPLAY – CREATIVE WRITING GROUP CLUB REDFERN, 2/159 REDFERN ST – October 7 & 21. Contact Yvonne on 0415 226 854. All welcome.**

# SSH Instagram Gallery

SELECTED BY CLAIRE MAHJOUB

Tag your Instagram pics **#sshphotos** and we will include 5 of the best photos, from all suburbs in South Sydney, here each month. See all photos online: [southsydneyherald.com.au](http://southsydneyherald.com.au)



**Darlington**  
@vintonn



**Redfern**  
@featogrefi



**Circular Quay**  
@vintonn



**Waterloo**  
@andrewhcollis



**Alexandria**  
@neeravbhatt

**Uniting Churches**



**South Sydney Uniting Church**  
56a Raglan St, Waterloo  
Worship (Eucharist) 10am Sunday  
Evening Prayers 5pm Sep 13  
(every 2nd Sunday of the month)  
Rev. Andrew Collis 0438 719 470  
www.southsydneyuniting.org.au

**The Sacred Lounge**  
Cnr St Johns Rd & Colbourne Ave, Glebe  
Worship 7pm Sunday  
'Colbourne Ave' intimate candlelit concerts 8pm Thursday  
Office 9518 9413  
www.sacredlounge.org.au

**Leichhardt Uniting Church**  
3 Wetherill St, Leichhardt  
(near Norton St, free parking behind church)  
Worship 10am & 6.30pm Sunday  
Rev. Dr John Hirt 0408 238 117  
www.leichhardtuniting.org.au

**Mustard Seed Uniting Church**  
Cnr Quarry St & Bulwara Rd, Ultimo  
Worship 9.30am Sunday  
Rev. David Gore 0449 875 065  
mustardseed.unitingchurch.org.au

**Newtown Mission**  
280 King St Newtown  
Worship 9.30am & 6pm Sunday  
Rev. Graeme Tutt 9519 9000  
www.newtownmission.org.au

**Paddington Uniting Church**  
395 Oxford St, Paddington  
Worship 10.30am & 7.30pm Sunday  
Rev. Ben Gilmour  
Office 9331 2646  
www.paddingtonuca.org.au

**Pitt Street Uniting Church**  
264 Pitt St, Sydney  
Worship 10am Sunday  
Rev. Dr Margaret Mayman  
Office 9267 3614  
www.pittstreetuniting.org.au

**Wayside Chapel**  
29 Hughes St, Potts Point  
Worship 10am Sunday  
Rev. Graham Long  
Office 9581 9100  
www.thewaysidechapel.com

**SUPPORT INDEPENDENT MEDIA**  
Help distribute the SSH in your area

*"Every month I do a little service for each and every household in my neighbourhood and I am rewarded with smiles, the joy of exercise and community involvement. Sometimes there is a challenge, when someone says they don't want unsolicited mail, but when I tell them it's the South Sydney Herald, the local independent not full of real estate ads but real community news, their eyes light up, and they ask eagerly if the delivery will be regular"* (Norrie, Erskineville).

If you'd like to help distribute the SSH in your local area, we'd love to hear from you. Please contact the South Sydney Herald: [distro@ssh.com.au](mailto:distro@ssh.com.au)

**ADVERTISE WITH THE SSH**

Community connections, competitive rates. Phone Duncan on 0402 525 061 or email [adverts@ssh.com.au](mailto:adverts@ssh.com.au)

**Congratulations Maggie and Al**

Married on September 5, 2015  
Cataract Scout Park, Appin



"Due to the explicitly exclusionary language contained in the Marriage Act, Maggie and Alexander feel that they cannot in good conscience seek the recognition of the State for their marriage. They consider the recognition of their family and their community (including, in Alexander's case, the Church) to be sufficient."

**SATURDAY ART CLASS**  
South Sydney Uniting Church  
(56a Raglan St, Waterloo)  
12-4pm Sat Oct 10 & 24  
More information phone 0438 719 470.

All materials provided.  
Previous & new participants welcome.  
Gold coin donation.

Photo: Andrew Collis

**VILLAGE 2 VILLAGE**

**FREE SHUTTLE BUS**  
Thursday and Friday ONLY

South East Sydney Community Transport operates 4 free shuttles within the City of Sydney.

Open to the public  
Call or download the timetables...  
Phone. 8241 8000  
[www.villagetovillage.com.au](http://www.villagetovillage.com.au)

**NEW SELF-HELP GROUP FOR PEOPLE WITH ANXIETY**

People with anxiety disorders or phobias can join a new self-help group which starts on Monday 12th October in Surry Hills and is free of charge. The group is part of the Facing Anxiety Program developed by the Mental Health Association NSW which runs for 12 weeks, teaching people how to overcome their fears and anxieties.

There will also be an Anxiety Self-Help Group commencing in Bondi Junction on Tuesday October 5th.

For information contact Linda (02) 9339 6093.

**VOLUNTEERS' NEWS**

PAT CLARKE

**DON'T FORGET** From Monday October 4 there will be new bus routes and timetables into the CBD. [www.transportnsw.info](http://www.transportnsw.info) or phone 131500.

October is a busy month and we've got:

**Ocober** - all of October to challenge ourselves to an alcohol-free month, and raise funds for Life Education: [www.ocober.com.au](http://www.ocober.com.au)

This is also **Safe Work Australia Month**: [www.safeworkaustralia.gov.au](http://www.safeworkaustralia.gov.au)

**Pink Ribbon Breakfast Month**: [www.pinkribbonbreakfast.org.au](http://www.pinkribbonbreakfast.org.au) and

**Buy Nothing New Month**: [www.buynothingnew.com.au](http://www.buynothingnew.com.au)

It's also a month for outdoor sculpture exhibitions including:

**Rookwood Cemetery - Hidden Sculpture Exhibition** until Sunday October 11.  
Are you like me and love a wander around a cemetery full of history, tranquillity and stillness? Then our own Rookwood is one of the best and Australia's oldest, and is said to be the largest Victorian-era cemetery still operating in the world.

If you can't get to the Sculpture Exhibition, **Friends of Rookwood Inc** organise tours of the historic old part of Rookwood. I have done a tour with them and found it really fascinating and a must for history buffs. Contact [www.friendsofrookwoodinc.org.au](http://www.friendsofrookwoodinc.org.au)

**Sculpture by the Sea** - October 22 to November 8. Daily. Free. The Bondi-Tamarama Walk will again be host to the outdoor sculpture exhibition of over 200 artists from Australia and around the world. The 2km walk features the beautiful, the amazing and the weird. It's simple to get from Bondi Junction to Tamarama by bus and help to ease traffic congestion in the area. Details at [www.sculpturebythesea.com](http://www.sculpturebythesea.com)

**Marrickville Festival** - Sunday October 18, 10am-5pm. Marrickville Road and part of Illawarra Road in Marrickville are closed for this vibrant annual event. Plenty of music, dancing and a Kids Play Park.

**Newtown Festival** - Sunday November 8. The annual Newtown Festival is the main fundraiser for Newtown Neighbourhood Centre at Camperdown Rest Park. Also plenty of music and activities.

Until next time.  
.....  
Pat Clarke & Ross Smith  
[distro@ssh.com.au](mailto:distro@ssh.com.au)



**Women's Reconciliation Network**

Meetings are held on the 4th Thursday of the month.

10AM-12PM at the Redfern Community Centre.

Hugo Street Redfern.

10am cuppa followed by meeting till 12 noon.

**BABANA ABORIGINAL MEN'S GROUP**

Babana Shed open Mon-Fri  
(Cnr St Johns Rd & Colbourne Ave, Glebe)  
Contact: Mark Spinks 0411 282 917

**Waterloo Recycling Workshop**

Workshop and market open Fridays 9am-12pm.

Turungah Flats, 1 Phillip St, Waterloo (lower car park).

Affordable furniture and household goods.

Donations gladly received (no white goods or electrical apps).

Volunteers welcome - phone Naomi on 0407 576 098.

**REDWatch**

Meetings first Thursday of the month at The Factory Community Centre.  
Phone Geoffrey Turnbull (02) 8004 1490.  
Email [redwatch.org.au](mailto:redwatch.org.au)

YOUR LOCAL MEMBERS



**Tanya Plibersek MP**  
Federal Member for Sydney  
150 Broadway, Broadway NSW 2007  
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F: 02 9379 0701  
[Tanya.Plibersek.MP@aph.gov.au](mailto:Tanya.Plibersek.MP@aph.gov.au)



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**Jenny Leong MP**  
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[Newtown@parliament.nsw.gov.au](mailto:Newtown@parliament.nsw.gov.au)



Laura, Angelo and Bill on a roll Photo: Supplied

# Marble-ous teamwork

EMILY STRANEY

**I once heard a saying, "When 'I' is replaced with 'we', even illness becomes wellness". It seems fitting when talking about the great lengths that the local community at St Vincent's Hospital Inner City Health Program have gone to, creating the Inner City Team Marbles Challenge.**

To celebrate Mental Health Month the annual Marbles Challenge will be held at Northcott Community Centre from 3.30pm on Friday October 9. The fun team-based competition is comprised of activities with a message about mental health and breaking the stigma. The

Marbles Challenge also raises awareness and funds for the Recovery Cave, the third floor space of the O'Brien Centre at St Vincent's Hospital which aims to be a leader in the conversation of recovery.

Bill Yan from South Sydney Community Aid, the captain of the green team for two consecutive years, says that, "The different tasks required of the Marbles Challenge have created different platforms to engage with the public." Bill continued that this has helped strengthen the message and brought enhanced commitment from participants and supporters alike.

In the lead up to the event, each team, comprised of one team captain and four additional members, will

set up a team Facebook page and encourage the general public to like their page. The team will also garner support by registering supporters up until the commencement of the Marble Challenge. The team with the greatest number of Facebook likes and supporters will receive the most points.

On the day, the six teams, led by their team captains, will begin by assembling their marbles ramp. The team who takes the least time to do this will gain the most points. In their last chance to receive points, up to 50 marble rollers per team will roll 50 marbles through their structures. Again, the team who takes the least time will secure the greatest number of points.

# Sad September for Souths

MICHAEL PAGE

**WHAT a difference a year makes. Last year's September was a golden one for Souths. Supporters watched in glee as the Souths juggernaut rolled its way into unbeatable form, dusting off archenemies Manly and Easts en route to the Grand Final.**

One year on and the September story is a sad one for Souths, who were barely recognisable as the team that rose to glory in 2014. A series of visits to the Sydney Football Stadium knocked the confidence out of the supporters and the team. Week after week opposition teams pounced on an increasingly poor Souths team, who appeared unable or unwilling to summon the passion and determination they'd shown the previous year.

The lead up to the semi-final series saw Souths unravel. George Burgess found a unique way onto the suspension list, by throwing water bottles at opposition players. Others farewell Redfern, such as Issac Luke after failing to address his compulsion to shoulder charge opposition players. Key players including Inglis and Sutton were hobbling either on or off the field.

By the time of the final game against Cronulla the faithful had lost their faith, with the Sharks inflicting

a mercy kill on a team hopelessly out of confidence and lacking in hunger.

To top it all off, two of Souths' most promising players, Dylan Walker and Aaron Gray, made post-season headlines after being rushed to hospital suffering from an overdose of painkillers.

It is hard to say what went wrong in 2015. Coach Maguire will point to the many injuries and the challenge all year in putting his desired team and combinations on the paddock. After all the praise directed at Maguire in 2014, rumours of an unhappy dressing room steadily emerged in 2015, gaining more and more momentum as the losses mounted. Maguire's game plan was criticised. Too many predictable one-pass moves and not enough expansiveness or imagination. Others have accused the very disciplined and fit Maguire for overtraining the team and leaving them depleted of energy on the field.

All does not appear to be well in the state of Redfern, but losing teams are rarely happy places to be. The challenge for Maguire is big in 2016. All eyes will be on recruitment initiatives and whom he brings in to fill the gaps caused by the departure of Issac Luke and Glen Stewart. Souths supporters will be hoping that he can somehow win back the dressing room and reinstall the self-belief that took Souths to glory in 2014.

When speaking about the impact of the project, the Consumer Participation Officer of the Inner City Health Program, Douglas Holmes, stated that, "Already both the Team Marbles Challenge and the Recovery Cave have started to change the conversation

about mental health care in and across the Inner City, by becoming part of the acceptable language of the mental health service." In the future he hopes to see the Team Marbles Challenge grow to teams for each colour of the colour palette.

# Free FITNESS TRIAL

7 DAY FREE GYM TRIAL\*

Includes access to both cardio & weights gym, outdoor training pit, 25m pool, basketball court, and all gym classes!

\* Conditions apply upon signing up.

**FIND US AT**  
180 George St, Redfern, 2016  
02 9310 1033  
info@ncie.org.au

NATIONAL CENTRE OF  
INDIGENOUS EXCELLENCE

## Would you like to understand more about addiction?

### Addiction – Alcohol and other drugs

Please join us for a free information evening and dinner for family, friends, GPs and community members, presented by Wesley Hospital Ashfield and Kogarah.

John Saunders (Professor and Consultant Physician in Internal Medicine and Addiction Medicine) will discuss common addictions and addictive disorders. You will also hear him speak with a member of the community who has 'lived experience' in addiction, followed by an interactive Q&A session.

<b>Date</b>	Monday 19 October
<b>Registration and buffet dinner</b>	6.30 – 7.30 pm
<b>Discussion</b>	7.30 – 9.30 pm
<b>Venue</b>	Rydges Sydney Central – Crown Room 28 Albion Street, Surry Hills

Meet key members of Wesley Hospital Ashfield and Kogarah and receive information about our various programs.

Bookings essential: [Contact Carla Liesch \(02\) 9275 2853](tel:0292752853) or [Carla.liesch@wesleymission.org.au](mailto:Carla.liesch@wesleymission.org.au)

Parking is available at Wilson Parking, located on the corner of Elizabeth Street and Goulburn Street.

Wesley Hospital Ashfield and Kogarah is a private mental health hospital. [wesleyhospital.org.au](http://wesleyhospital.org.au)  
Wesley Mission is a part of the Uniting Church in Australia.