



p.2 **education & environment**



p.3-5 **sport & entertainment**



p.5-6 **arts & community**

## Weather didn't stop Duke's Day demonstrations



Although a blustery start, the 2nd Duke's Day at Freshwater Beach had a great turnout.

The dawn photo shoot conditions were testing, but even with the strong cold wind, very cloudy sunrise and a sprinkling of rain we were thrilled to see 28 boards line the horizon with a total of 35 people joining in for the annual picture.

The sustainability expo featured some fascinating marine life carefully collected by Freshwater's very own marine biologist, Belinda.

Sea horses and slugs always draw an audience but this year's the crowd pleaser was the bizarre decorator crabs covered in their camouflaged coral finery.

*Ecodivers & Surfrider*, two local environmental groups helped coordinate a beach clean where numerous buckets of plastic drink bottles and other rubbish items were collected off our lovely beach.

*Two Hands Project, Spot A Shark* and the *Wilderness Society* shared a simple message to help protect our precious marine life.

Outside continued to drizzle, but this did not dampen the enthusiasm of

*AccessSurf Hawaii*, who hit the waves with passion!

These guys make it possible for people with disabilities to enjoy the sand and surf. Their *Surfers with Challenges Expression Session* showcased incredible skill using some of the latest adaptive equipment from *Infinity Surfboards*.

With strong southerly winds, the introduction of *Duke's Paddle Challenge* saw all types of craft cover a 5km course of National Surfing Reserve from Freshwater Beach to Fairy Bower.

Paddle boards, SUPs and skis joined in for the challenge - plus hats off to the two guys who completed the course with toothpicks!

The *Tandem Surf Display* is always worth a look in, with professionals and amateurs alike rising to the challenge and invoking memories of Isabel Latham and our proud heritage.

This year had additional Hawaiian flavour with Hawaiian cultural dancers and guest speakers, thanks to the new friendship alliance between Warringah Council and Waikiki.

Freshwater's SurfNomes hosted another fantastic event and are already planning for 2013!

(above) The Dawn Photo shoot still attracted a crowd despite the weather. (below) Surfers with Challenges Expression Session. (bottom) The tandem surf display did not disappoint



## Behind the vale lies a secret garden



Not too far in the distant future, somewhere deep within Manly Vale there is *The Secret Garden*. A lush, green space - a food forest that drips with the promise of delicious bounty.

*...the scent of passionfruit curls around me, much like the vine that gnarls its way around the bamboo arbour through which I enter, it's fruits dangle from their twisted perch.*

*Pebbled paths wander through a forest of food that pushes through the soil with nutritious offerings.*

*A silent regiment of beans, every sort imaginable, hang ready for harvest; soft carrot tops tickle my ankles, lurching their orange bodies out of the earth.*

*Through an orchard of plum, apple and pear, I stumble into nests of pumpkin and zucchini and a plot of plump potatoes.*

*There are tangles of tomatoes, hedges of scented herbs and explosions of silverbeet and aubergine. All this barely contained by a pretty boarder of edible flowers that flutter like butterflies in the breeze.*

Imagination conjures imagery from Frances Hodgson Burnett's novel as the new addition to Manly Vale Community Garden (MVCG) flourishes.

**The Secret Garden** is the inspiration of Jaci Gallagher, a more recent resident of Manly Vale, and passionate member of the community group.

"I didn't know anyone in the area before, and now I feel like I'm part of a community."

As a mother, Jaci wanted to "create a magical flower filled garden, an edible, interactive space for kids. She says, "My daughter thinks this is her own backyard and loves showing other kids where to pick strawberries and teaching them about insects."

2012 will see an exciting calendar of events for MVCG. Construction of a pizza oven, many workshops for gardening, keeping chooks and even

laughing yoga; and events planned for National Permaculture Day and World Environment Day.

For more information visit:

website: <http://manlyvalecommunitygarden.com>

blog:

[mvcommunitygarden.wordpress.com](http://mvcommunitygarden.wordpress.com)

By Kirstine McKay from MVCG

Jaci Gallagher and daughter enjoy The Secret Garden



## Bottle refund effort kicks Butt in Manly

Manly beachgoers cashed in on Two Hands Project's "Bottle and Butt Refund" Initiative, hosted over 3 weekends in January.

Paul Sharp, Founder of Two Hands Project says, "It's astounding how a simple 10c refund can compel the general

public to pick up cigarette butts, one of the dirtiest forms of litter. "We were amazed to receive over 4,150 butts in the first 2 ½ hours."

With assistance from Freshwater **Community Bank**® and the *Total Environment Centre* over 10,000 refunds,

or \$1,000 was given to the general public in exchange for collected litter items over three Sundays.

In South Australia, the state Refund System has been going strong for decades, and recently in the Northern Territory, state government enacted the Container Deposit Legislation. It's time for the rest of Australia to follow.

Many beach goers seemed confused as to why there is no National Refund System in place when evidence shows that refund systems more than double the recycling rate of beverage containers.

Paul Sharp added, "cigarette butts and beverage containers are the most common litter items on Australian beaches - "They pose immediate ingestion risk to wildlife, as well as introducing toxins to the food web, which can in turn find their way into the seafood we eat.

To see this campaign in action, visit Dee Why Beach for Music on the Beach, March 25, 2012.



Two Hands Project volunteers show how much can be collected with a basic refund system

## All swimmers welcome to chase the Barney

It's on again! The white sands and crystal clear waters of Freshwater Beach will be plundered by enthusiastic competitors in The Barney Mullins Swim Classic.

Named after Life Member and Freshwater swim legend George 'Barney' Mullins, registrations were restricted to Club members until 2007.

Now, keen swimmers from all over Sydney enter the 1.5km race and enjoy refreshments and presentations afterwards.

As Barney passed away in October 1995 his son George travels from Queensland each year to attend race day and commemorate his father's legacy.

This event is proudly hosted by Freshwater SLSC and sponsored by Freshwater **Community Bank**®.

The event is being held on Sunday 4th March, 2012 at 10am. Get down there early for registration.

For more information please visit the website: [www.freshwaterslsc.com](http://www.freshwaterslsc.com) and follow the links, or email: [functions@freshwaterslsc.com](mailto:functions@freshwaterslsc.com).



Swimmers race for the shore to secure pole position in The Barney Mullins Swim Classic

## Men in green climbing the Shire ladder

Sitting in 4th place, in the overall Sydney Shires Competition, Warringah Cricket Club are looking for their killer instinct to outrung the competition.

First grade teams are leading the front in the their division. Led by former Manly first grader, Danny Reynolds, the boys have only lost 1 game all season and are hopeful of making the finals this year.

The rest of the club is also doing extremely well, with all grades in the hunt for finals berths.

This year we welcomed our second 5th grade side into the Tim Creer cup competition.

The 5th grade teams are comprised of mostly young junior players who are part of the Manly-Warringah *Pathway Program*, which aims to develop junior cricketers in the area through the Warringah Shires club and before heading on to Manly grade cricket.

Greg Boyer, Pathway's Manager, is an asset to the club and the Youth Development Program.

Also in 2012, we welcomed back David Gainsford, who has rejoined the Warringah ranks this year as Club Coach. Having played first grade for both

Manly and Warringah his experience, together with coaching staff members Bob and Greg Rollins, is leading the teams as they plow through this stellar season.

On the field we have had several outstanding performances.

Dan McKenna (pictured) has taken 36 wickets thus far, he also picked up a hat-trick in the second grade Twenty20 match just before Christmas.

Geoff Tucker, a past Manly first grader playing in his return season to the club, has been wielding his bat whilst mentoring his young fourth grade side. Tucker has scored 356 runs thus far, including 2 centuries.

First grader Dan Tabrett has also been in good form, so far accumulating 332 runs, with the highlight being a swashbuckling 74 not out in the Twenty20 match against Macquarie Uni.

Batting sensation for the season is young Hamish Ferguson. Hamish is also a member of the *Pathway Program* and despite being only 16 years old, has cemented his position in second grade this season with an unbeaten 107 runs against Roseville in the first game of the



New Year - Watch this space!

Off the field, the club remains a great family organisation, with a fun and friendly environment. After match presentations and the various social functions throughout the season, its vibrance extends way past the pitch.

This year the club has launched its own Youtube channel, Warringah Cricket, which has various club related videos and entertainment. Visit: [www.youtube.com/user/warringahcricket](http://www.youtube.com/user/warringahcricket).

## sport &amp; entertainment

## Manly Bombers return to Weldon and welcome in 2012



Under 12's celebrate success in the 2011 final

The Manly Bombers Junior AFL 2012 season is underway with the team formations and pre-season training just around the corner.

With a strong Auskick Program this season looks set to match the success of 2011.

The Auskick program caters for Under 5's to Under 8's and there are multiple competition teams being fielded in all the Under 9's to Under 16's age groups.

Auskick's contribution to the Manly Bombers was complimented by the club's return to Weldon Oval and a newly resurfaced green.

Manly Bombers' home has been restored at Curl Curl with clubhouse and facilities transformed.

With the support of a proactive committee and passionate club members, Manly Bombers are hoping 2012 will bring forth another great season of AFL.

Last year there were 15 teams in the AFL's Sydney Harbour Juniors Competition - the third largest club contingent.

Under 12's, Division 1 secured a premiership win and Under 12's Division 3 team took runners up at the Grand Final.

Under 16's Division 1, a composite team with the Pittwater Tigers, were also final round contenders but were unsuccessful in their bid for a finals place.

Manly Bombers play competition games on Sundays with an evening training session during the week.

Auskick (5-8 yrs) meets on a Friday night and a Sunday morning.

If you would like to try AFL or are interested in knowing more about the Manly Bombers Junior AFL Club, then contact Club President, Kelvin Millsom on 0407 228 443 or visit the Manly Bombers website: [www.manlybombers.com.au](http://www.manlybombers.com.au).

## Frogs Legs twitching for cooler waters

Although it has been a considerably mild (and wet!) summer, The Harbord Frigid Frogs are twitching to get back into the cooler waters at South Curl Curl rockpool.

Every Sunday from the 15<sup>th</sup> of April, these Winter amphibians brave the cold for their weekly swim at 10am.

Handicap swim races are followed by a hearty breakfast and a few laughs in the clubroom overlooking the pool.

Amongst their ranks they have members who are Over 90, belong to local surf clubs and are current or past Olympians!

Every September the club participates in the Australian Winter Swimming Championships against other Winter sportspeople from NSW, QLD & WA.

With over 1,000 competitors, this annual event boasts many of Australia's current & past swimming champions & water polo stars.

The Frogs have been fortunate enough to win the champion club award points score for the past 5 years in succession – an Australian record!



These winter amphibians enjoy a social gathering after every swim meet

2012 will see The Frogs travelling to Southport on the Gold Coast to defend this title & enjoy the camaraderie of other like-minded, Winter swimmers.

The Frogs are always happy to receive new recruits for their chorus. Swimmers of all ages & abilities are welcome to join.

It doesn't matter if you're not a serious swimmer, all you need is to be able to swim 50m and be prepared for a good time.

Come along on Sunday, April 15th or any Sunday after that & register. If you need more info please call Robert Taylor, Club President, on 0402 142 325. Croak croak!!

## Long Reef Boardriders ASC Nomination



The boys at Long Reef have grassroots club spirit on the beach

Congratulations to Long Reef Boardriders Association who were recently nominated for the Simon Anderson Award as part of Australian Surfing Awards hosted to coincide with the Australian Open of Surfing, Manly.

The *Simon Anderson Award* acknowledges an 'Australian boardriders club whose outstanding performances in the water have been matched by grassroots club spirit on the beach.'

Longy Boardriders were up against Queensland's Snapper Boardriders and Lennox Women's Boardriders.

Although the club didn't bring home the title, Carl Musker, President said, "It was just an honour to nominated against such a strong club such as Snapper Rocks."

"We have done so much for the younger members over the last few years, and with no professionals in our ranks - yet! We are performing really well in the circuit."

## arts & community

### Sailability sensations in Manly Cove

Skippers and crew of Manly based Sailability, the group who give sailing experiences to people with disabilities, tested their racing skills in a recent regatta.

Several boats competed on the waters of Manly Cove, in very light shifty winds, with skipper Denis Linney of Queenscliff and Manly's Eli Demeny, coming out winners.

Alan Bimson pulled in close behind, and was awarded a trophy for perseverance.

Bunnings Warringah Mall kindly donated their prize vouchers, and their new sports polos were donated by Freshwater **Community Bank**<sup>®</sup>.

Sailability has been operating since 1991. Now with over 50 branches across the country, they give all kinds of people with special needs the opportunity to enjoy the open water and feel the wind in their hair.

With a dedicated group of volunteers, Sailability Manly is open to people who want to try something new and always encourage new volunteers.

For more information visit the website: [www.manlysailability.com.au](http://www.manlysailability.com.au).



(back) Race Organisers Peter Singer and Jan Jensen  
(front) Race winners Eli Demeny and Denis Linney

## arts &amp; community

## Meet your community

**Scott McAlpine****Exclusive Tiles, Brookvale**

What's the best part about living in the area? The casual lifestyle. What sporting code do you support? All sport – love it!! If you could be anything in the world you would be ... loaded What is your signature dish? My wife would say - Over-cooked BBQ! What three guests would you invite to dinner? Michael Clarke, Wayne Bennet, Kirt Firnley Dog or cat person? Dog definitely! If you could travel back in time...when and where would you go? Northern Beaches 100 years ago and buy lots of land! Favourite movie? Shawshank Redemption The best advice someone gave you was... "Don't miss a minute of your son growing up"

## Volunteers make it happen

Freshwater News is created for the community by your local Freshwater Community Bank®.

We have been operating since 2002 and have delivered over \$1 MILLION dollars back into the area via sponsorship for schools and sporting organisations, and donations to not for profit groups and events.

Our bank is managed by a group of dedicated volunteer Directors who make up the Board of Harbord Financial Services Limited and contribute their free time to help make decisions on behalf of the bank.

Many of these Directors own or work for local businesses, have raised their

families here and have a passion to see our community thrive and prosper.

Meet Garry Chadwick, Treasurer for Harbord Financial Services Limited.

A CPA Accountant, Garry has also had experience as a management consultant, property developer and is the owner of Solartint, Brookvale.

Garry has lived in Freshwater for the most part of 25 years.



## Upcoming Events

March

**Sunday 3rd: Barney Mullins Swim Classic, Freshwater Beach 10am**  
www.freshwaterslsc.com

**Sunday 11th, 18th & 25th: Music in March** - by Warringah Council, Ted Jackson Reserve, Dee Why Beach  
www.warringah.nsw.gov.au/services/MIM2011

**Saturday 24th & Sunday 25th: Northern Beaches Orchestra**, Manly & Avalon visit: nbo.org.au

**Monday 26th - 29th: Northern Sydney Symphonic Wind Ensemble**, Concert Series at Forest High School, Frenchs Forest visit: nsswe.org.au

**Saturday 31st - April 1st: Sydney Multicultural Festival**, Passmore Reserve, Manly Vale

April

**Sunday 15th: Harbord Frigid Frogs Season start** - South Curl Curl Rockpool

**Saturday 21st: Manly Warringah Avicultural Society 54th Annual Bird Show**, Douglas Pickering Pavillion, St Ives Showground.

**Saturday 28th: Outback Car Trek Auction Night, Royal Flying Doctor's fundraiser**, North Curl Curl SLSC 6:30pm

**Sunday 29th: South Curl Curl 2km Ocean Swim**, South Curl Curl Beach, 9am

May

**Saturday 26th: Harbord Public School 20th Annual Trivia Night**, Harbord Public School Hall, 7pm

for more information about these and other events we sponsor visit:

[www.harbordfinancialservices.com.au](http://www.harbordfinancialservices.com.au)

If you would like to receive this newsletter via email, please contact [info@harbordfinancialservices.com.au](mailto:info@harbordfinancialservices.com.au)



## Banking that's good for AND good for your community

With every product or service Bendigo Bank offers, money goes back into the community to support local projects and initiatives.

It means that as a customer you benefit from competitive products and great service and get the satisfaction of knowing your banking is contributing to your community.

**So make a difference to your own banking and to your community. Call into 20 Albert Street, Freshwater or phone 9939 6744.**

Freshwater  
Community Bank®  
Branch



Bendigo and Adelaide Bank  
Limited ABN 11 068 049 178  
AFSL 237879 (S37228) (10/11)

[www.harbordfinancialservices.com.au](http://www.harbordfinancialservices.com.au)