

# Our Point.

April/May 2024 Edition

Community News for Stuarts Point and Districts

## Community round up

Lots of good things happening in the community.

SPaDCO have organised a community sign that will be installed in front of the tennis courts. The sign will have manual lettering so it can be used for reminding the community of upcoming events and to inform the community in times of emergencies. It will be installed by the end of May. Many thanks to Sarah Boughton for providing the photograph.

The caravan park at Stuart Point is getting a new roadway. The piles of dirt beside the community hall are part of the project and will be removed at the completion of the project.

The Grassy Head caravan park is getting a new playground. The work is currently underway.

The drainage work at the end of Kimpton Rd has been completed, and should now operate efficiently to drain water from the town. SPaDCO is waiting for more information regarding the drainage.

Clean Up Australia was a opportunity for the community to come together and do all we can to keep our environment safe and clean. Unfortunately, again used needles were found. There are 2 sharps bins at Stuarts Point. One is a large bin beside the community hall and the other is in the toilet block in the park. Please use these bins to dispose of needle and keep our community safe.

## Introducing a community artist: Barbara Huntington

Training as a Diversional Therapist with the Australian Red Cross Society in Sydney in their rehabilitation centre gave me a good grounding in several creative techniques. Later I built on these skills with a Craft Textiles Certificate at TAFE Strathfield followed by a Batchelor of Arts degree majoring in Textiles Studies at Newcastle University.

Barbara explains what methods she undertakes to create:

Creativity has been central to my life from an early age, it provides solace in hard times and a source of joy for celebrations.

The arts have enhanced my appreciation of our environment through the sourcing of natural dyeing materials to colour silk and wool. Observing when to collect and what is available when needed for dyeing.

Involvement in textiles has strengthened my connection to others through shared interest in textiles of many kinds. I exhibit with the Fibre Artists Network which formed in the early 1990's. We meet monthly and exhibit yearly.

The techniques I use are slow stitching, natural dyeing, weaving and felt making. Through using these techniques, I express ideas, explore techniques and emotions. The rhythmic action of slow stitching helps me maintain equanimity when news is so negative.

Natural dyeing using windfall Eucalyptus leaves not only gives great prints on silk, linen or cotton it also fills the house with a great aroma. Natural dyeing, I feel contains an element of magic, I never start until it feels just right. It can be both very exciting and disappointing.

Currently, as I no longer have a dedicated studio, I am working in segments that can be joined together to make a larger piece.

At times I exhibit with friends or the Fibre Artists Network (FAN). Currently we are working on the theme "Looking Back moving forward.....bringing the past with us". For this project we are reimagining a traditional technique of our choice. I have decided to use the old quilting technique of Suffolk Puffs. I am recycling found doilies and left- over pieces of dyed silk and cotton, pieces of lace and some embroidered linens for the puffs.

Most of my materials come from Second- hand shops which are a great resource for the textile artist, providing threads, fabrics and surprises to delight. Using these found threads is a further connection to others, whom I may never meet, but who I know share my interest and love of textiles.

## What's On

### Markets

Fridays 2.30 Eungai Creek

Farmers Market

Last Sunday bi-monthly

Funkya@Unkya Markets

Thurs 2pm Gordon Park

Nambucca Heads

Yarrahapinni Walkers

Thursday and Sunday 8am

**Stuarts Point Community**

**Hall Wednesday GASP**

Friday 9.30 East Coast Yoga

### SPWRBC

Tues 11.30 Bingo

Wed 6.30 Trivia

Thurs 12.30 Mahjong

Thurs 12.30 Social Bowls

Sat 9am casual mixed Bowls

Meat raff es Fri 6 and Sun

12

**Stuarts point preschool** is

running a playgroup for non

school aged kids every

Monday at 10 am at the

preschool.

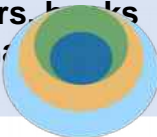
**Stuarts Point Library**

**(Tues, Thurs & Sat )**

**computers, papers, books**

**and Free seed sharing**

**opportunities.**



Our Point is published by Stuarts Point and District Community Organisation.

A stronger future together.

Contributions welcome. Postal Address 21 Ocean Avenue Stuarts Point NSW 2441

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Mild weather is making the gardens look lovely.

#### Instructions for a simple compost bin/worm farm

Dig a hole big enough for a 20lt bucket with a lid.

Drill 8 x 12mm holes 50 mm from the base of the bucket.

Place bucket in hole and back fill with lid 100mm above the soil level. Place food scraps in bucket and replace lid to stop flies. You can seed with worms but they will turn up naturally.

Its a good time to plant winter veg.

Happy Gardening PB

#### Winter Beef casserole

Brisket (beef) is well priced at the moment and makes an excellent casserole or soup. If you have a slow cooker, dice and add onions, and any left over vegetable (old vegetable that have seen better days are great) to the slow cooker. Brown the brisket in a frypan and add to the slow cooker. Add a can of tomatoes if you have one in the cupboard. Or add 2 cups of water. Let cook slowly for 8 hours. At about the 6 hour mark peel and cut potato, pumpkin and carrot, and continue to cook for 2 more hours add salt and pepper to taste.

Remove all the ingredients from the slow cooker and thicken the liquid. Break the brisket in to large chunks and serve with bread. It can also be served with rice or noodles



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### Bowling update

Pennants in recess until after Easter. We are coming second at this stage

Mick Cummings and Rick Teunis won the major pairs final 21-20 with Mick's last bowl against George and Ash Botfield.

Good turnout last Thursday social bowls with 32 Players attending

WRONG BIAS

#### WOMENS Result

Ladies have new triples champions. Lin Walker, Gail Wilmot and Jan Tisdale Congratulations

Chicken Pear and Leek soup.

( Generously supplied by Heather Kind)

Ingredients

2 medium chicken breasts

1 liter of water

500 ml of chicken stock

3 medium leeks - cleaned and thinly sliced

3 pears

1 large onion - chopped

Tablespoon of Oil

Salt, pepper, cayenne pepper, other seasonings as desired

150ml cream

Fresh mint

Method

Put chicken breasts in water, bring to boil reduce to a simmer.

Simmer for 10 minutes.

Lift chicken out and allow it to cool. Cover and set aside.

Retain cooking liquid.

Fry off onions in oil, add some of the chicken cooking liquid, add leeks. Saute/cook for 5 to 10.

Peel, core, and chop two of the pears and add to leek and onion mixture. Add remaining chicken cooking liquid,

chicken stock, salt and peppers, seasonings.

Bring to boil reduce to a simmer. Cook for 30min. Cool a

little, puree, return to pan. Cook over low heat till heated

through. Slice cooked chicken, peel, core and slice remaining

pear and add to pot. Stir and heat through for about 5

minutes. Adjust seasonings to taste.

Ladle into bowl, add dollop of cream and fresh mint.

Serves 4+

## A poem by Jen Hetherington

'Living in the land of midges'

They rule, sun or wind or rain

Itch, scratch, twitch, strain.

Not a hot or cold shower enhance refrain

I'm sure they have somehow invested my bed

And now maybe my head, my brain!

Meditation sometimes offers liberation

While resisting the urge for barbituaion

The tiny pill antihistamine does not suffice

Not even when taken thrice

In this remarkable paradise

We share with biting parasites.

## Energy Saving Tips

Have gas appliances checked before the winter starts, and a reminder to also clean the dust from the grille.

Adding heavy curtains over your windows is a great way to keep heat inside your home. Now is the time to get out the sewing machine and run up some new curtains with block out backing. One way to save on curtains is to buy the block out backing as the curtain material and sew them as curtains. Add your own decoration as a feature.

## Resilience

5 Points to Remember

- Know your risks
- Plan now for what you will do
  - Get Ready
  - Be aware
- Look after each other

Prepare your home now for what the future might

What makes up a pressure sewer system? The pressure sewer system is made up of four key elements,

1. Property Discharge Line The property discharge line is a small diameter pipe that connects the property's grinder pump to the pressure sewer in the street.
2. Boundary Kit The boundary kit ensures that wastewater which is already in the pressure sewer cannot re-enter your property and enables maintenance staff to isolate the grinder pump from the reticulation system in the event of an outage.
3. Collection Tank and Grinder Pump Installed underground, with only the top of the collection tank (or lid) visible, this component of the system includes a grinder pump and collection tank.
4. Alarm Panel A small panel mounted to the wall of the house that provides power to the grinder pump. Includes both the audible and visual alarm systems for the purpose of providing adequate warning when the system needs to be serviced by Kempsey Shire Council.
5. Inspection Shaft The inspection shaft is a plumbing fixture that allows plumbers to inspect and service your property service drain. It is a key fixture for future inspections and maintenance works that may be required on the property. It is important that property owners maintain access to this fixture. The inspection shaft is the responsibility of the property owner.
6. Overflow Relief Gully An overflow relief gully protects the interior of your home or building from sewerage overflow. It is a drain-like fitting located outside the property that is an important part of the plumbing system. In the event of a sewer blockage, the overflow relief gully is designed to release any sewerage flow away from the interior of the building and outside to a garden or external area. It is important for property owners to keep the overflow relief gully clear and unimpeded at all times. The overflow relief gully is the responsibility of the property owner.
7. Property Service Drain The property service drain is the section of gravity pipeline connecting the sewage pipe outlets from the house to the inspection shaft adjacent to the collection tank. The property service drain is the responsibility of the property owner.
8. The MSB is the main electrical switchboard that connects the property to the power supply system. It will have a connection point and circuit breaker designated for the power supply to the alarm panel and grinder pump. The supply of power and associated costs is the responsibility of the property owner.

Why has Council decided to proceed with the scheme now?

The progress of the project is in line with Council resolutions from 2018 and 2020 outlined above. The key driver for the Stuarts Point Sewerage Scheme is addressing the issues with existing on-site sewage management systems. Typically homes within the scheme area are 40 years old, or older, and their sewage systems do not comply with modern standards for treatment and disposal. These systems risk groundwater contamination and associated public health impacts via overflow events and ineffective treatment. All the properties in Stuarts Point, Grassy Head and Fishermans Reach presently rely on onsite sewage management systems to treat and dispose of effluent. Many residences are served by septic tanks equipped with absorption trenches or pump-out systems.

Council is focused on providing the most sustainable sewerage service to benefit and meet the needs of the community.

The proposed modern centralised sewerage scheme will have numerous benefits for the entire area, including a positive environmental impact by reducing onsite system leakage and eliminating odour and water quality issues.



Its exciting to see the new tennis courts taking shape. Please book the courts at the supermarket on the corner.

The project includes:

- accessible toilets
- viewing deck
- kitchen area
- improved stormwater drainage.

The new clubhouse will be available to hire.

Council would like to acknowledge the Stuarts Point Hall Committee and

Stuarts Point and District Community Organisation for their help in securing funding. An official opening will be happening soon.

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**Next SPaDCO Community Meeting is 6pm**

May 22nd in Stuarts Point Community Hall