



## 5 Lands Walk. Back bigger and better!

After two years of cancellations due to COVID 19, 5 Lands Walk President Pauline Wright has been delighted to announce that this feature event is back on, bigger and better. Pauline had this to say:

“For the more than 20,000 people participating annually, this occasion provides spectacular insight to our breathtaking land and seascapes along the 10km coastal trek from MacMasters Beach to Terrigal, celebrating the unique personalities and coastal lifestyles of each of the 5 coastal villages along the way, with music, art and more.

The 5 Lands Walk is now in its 16th year and is well-established as a key community event for the Central Coast. It provides a unique opportunity for everyone to connect, to explore and to learn more about the amazing history, cultures and environment right here on the Central Coast.”

### Lock in the dates!

**Friday 24th June:** A world class **Opening Ceremony 5pm at Avoca Beach.**

**Saturday 25th June:** The walk begins at McMasters Beach and ends at Terrigal. Avoca Beach is right in the middle of the action with a variety of top line music, a fabulous art show and all that goes with it.

Enjoy the sculptures and artists at work along the way.

Not a walker? Just turn up and join in the festivities.

**Sunday 26th June:** stunning exhibitions and more entertainment.

The event, Pauline adds, is timed to acknowledge the traditional importance to the Darkinjung of the humpback whale; and takes place at the peak of their northern migration along our shores (expect spectacular sightings). This extraordinary event is a gift to the community, made possible by the generosity of our sponsors and 700+ volunteers.

Pauline is one of many Avoca locals who pitch in and make this event something special. Each community makes its own contribution, and the entertainment will have an international flavour. The Opening Ceremony is the brainchild of Avoca’s amazingly talented Yantra de Ville.

A final word from Pauline: “We are so proud of this exceptional event, which we know you’ll love, so please diarise the dates June 24-26 to make sure you don’t miss out!”

For further details and registration visit [www.5LandsWalk.com.au](http://www.5LandsWalk.com.au)





# Council Capers

## The Administrator comes to Avoca

Our last general meeting saw Mr Rik Hart attend and address us on Council issues. Mr Hart took over from the first administrator, Dick Persson, about a year ago and has been working hard to solve Council's mess. It was heartening to learn of the progress being made and the long, slow, and difficult return to financial viability seems to be on track. There is no overnight fix, however. Rik Hart was forthright and generous with his time, although not always pleasing with his answers.

The question of rates was met head on. If the recent rate rises were not maintained, Mr Hart warned, services and Council staff would have to be cut even further (see below about our rates). The question put by Rugby Club members about an extension to the club (fully funded by the club) received a negative reply. Apparently, Council cannot afford depreciation costs of such a facility.

Mr Hart indicated that new Councillors would be elected sometime in 2023, and this would mark the end of his tenure. No doubt he'll be looking forward to that.

## Rates

As promised, IPART (Independent Pricing and Review Tribunal) has just handed down its decision about our rates. It'll be no surprise by now that the temporary three-year rate rise has been extended and will be in place for ten years. As Administrator Rik Hart, explained at our recent community meeting, there is no easy way out of Council's financial mess. Maybe this will result in the odd pothole being filled.

## Avoca Lagoon

The poor water quality of our lagoon remains a problem. Council's answer is yet another study and a focus group has been set up. I can hear the cynics now. To be fair, Covid 19 has severely interrupted attempts to get the focus group going and before extensive rehabilitation of the lake takes place there needs to be a scientific basis for any work carried out. For those who say cut to the chase and check the sewer pipes for leaks, then fix the leaky ones, it does seem an obvious start. However, we do need to follow due process.

At the invitation of Mr Warren Brown (Senior Estuary Management Officer), three members of the ABCA committee will shortly participate in an inspection tour of the catchment area of the lagoon. Warren is keen to have the lagoon included in the Coastal Management Plan which hopefully will raise its status and increase our chances of action finally taking place. We continue our quest.



## Cape Three Points Rd and Austral Ave

Council has responded to the many submissions put in and it looks like a badly needed pedestrian refuge will be put in place adjacent to the walkway that comes out opposite Ascott Ave. Stop and give way signs will be moved forward and new centre lines put in place at the Austral and Warren Ave intersections. It's not a pedestrian crossing, but it does aim at improving pedestrian safety. Council tells us it's not a suitable place for a proper crossing.

In the meantime, the ABCA is campaigning for the removal of buses on Austral Ave. improved access and visibility from the Round Drive to Avoca Drive and more safety signage with improved entry/exit from Avoca servo.

## The Landslide

Here's a Council update on that dramatic gash in the cliff face on Avoca Drive just south of the village, provided by Michael Scobie, a man who remains on top of the problem: 'Council have had a Consultant Geotechnical Engineer's assessment done and resulting from this a cost estimate of proposed works on the Council reserve above Avoca Drive will be submitted to TFNSW (Transport for NSW), together with a funding application. When the funding is approved construction work will be tendered based on the current availability of contractors, and the current backlog with many, many sites requiring attention.' I think that's Council speak for don't hold your breath.

Incidentally, it's not the only significant landslip in Avoca. Take a walk around the southern rock platform and check out three or four major spots on the cliff where mother nature has had an impact. Be careful!



Landslides onto the rock platform

**Editorial credits: Steve Fortey: Editor  
Angela Kennedy: Advertising**

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Send to [avocabeachca@gmail.com](mailto:avocabeachca@gmail.com)

Also if you'd like to contribute to the newsletter, get in touch.

# President's Report

## ANZAC Day.

The heavy rain between 4 am and 5 am on ANZAC morning had organisers worried. Needlessly as it turned out. A big crowd turned out for a simple, heartfelt service. As a community we were able come together to show our respects to those who have paid the ultimate sacrifice in the service of our wonderful country. Many thanks to all who contributed to make it a meaningful event. Once again students from Kincumber High and Avoca P.S. and our Kiwi anthem singers made it a special occasion. Shaun Williamson, who gave the keynote address, left a lasting impression. So much so that we asked him if we could print his address in this issue (see page 6).

Thanks also to our trusty crew on the BBQ and to Adam from Avoca Beach Butchery, together we raised \$800 for a very worthwhile cause, Legacy.



KHS students lay a wreath. Lest we forget.

## 5 Lands Walk

Congratulations in advance to the huge number of volunteers who contribute to make the 5 Lands Walk such a momentous event for our beach. Fingers crossed for the weather. Looking forward to a great weekend.

## Avocans who make our community special

A feature of this newsletter is the way we can recognise local personalities who in their own way make significant contributions towards our community. It's a special place to live, largely because of the people in it. This is clearly demonstrated in this issue with Damien Benson, Shaun Williamson, and Dr Tom Ford.

Steve Fortey

# Doggy News

Attention all you dog owners: It is of interest to note that Council, to update its dog ownership rules, produced a 'Draft Responsible Dog Ownership Policy' and placed it on public exhibition from August 11 to September 8 last year. The purpose of the policy is to "promote and manage responsible pet ownership in line with the Companion Animals Act 1998 (NSW)".

One hundred and twenty-four submissions were received, including requests for additional signage, greater enforcement, more off-leash dog areas, how to handle barking dogs, and a request to prohibit dogs from enclosed non-tidal lagoons. In response to the



submissions, several minor changes were made to the draft policy including vets to update Council when de-sexing dogs, controlling dogs when walking using short rather than extendable leashes, and issues relating to socialization of dogs with other dogs and the public, particularly in off-leash areas. Also, a revised section conveying the complaints handling process. So overall, it seems more of the same in fact.

*Biscuit on the beach. Off Leash area of course.*

Interestingly, there was no mention of any revision of dog exercising areas, either on- or off-leash. However, this may be yet to come in a draft 'Dog in Open Space' strategy, currently being prepared, which will consider current and future needs across the Central Coast LGA and address gaps in the provision of dog off-leash areas and revise existing ones. This will be placed on exhibition before long for community input.

Council staff are also currently conducting a signage audit to clarify where dogs can be on- or off-leash, or are prohibited, and support enforcement. They will also schedule educational "pop-up stalls." This will have to be seen to be believed!

In the meantime, pat your pup, pick up its poo and be a responsible dog owner as always. The onus is on us all to do this, because if not we could all suffer the consequences of further dog restrictions.

Michael Scobie

Avoca Beach Community Association Inc.

## **Membership Application**

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Support your community through membership of the Association.

Send the completed form to our email address (above) or mail PO Box 105, Avoca Beach 2251.

Annual fee is \$10 per member. Payment to the ABCA bank account BSB 032545 | Account No. 128465; or by mail.

(Donations also welcome.) Providing your email enables us to send you local information.



# Damien Benson

Most locals recognise that the Avoca Beach Surf Life Saving Club is an integral part of our community. It connects hundreds of people socially, competitively, and of course through its core business of saving lives. A successful club like Avoca's relies on a huge amount of work put in by administrators, coaches and ordinary members willing to pitch in and do their bit.

In this issue we give the example of one standout member who has made an exceptional contribution to our surf club. Damien Benson. Known as 'Beno'.

Here's a glimpse of Beno's achievements over the years:

- Coaching at Avoca Beach SLSC for over 25 years
- Life Member of Avoca Beach SLSC
- Central Coast Representative Coach for 10 years
- NSW Assistant Coach 2 years
- Central Coast Coach of the Year – on 5 occasions
- SLSA Technical Official
- SLSA Level 2 Coach
- SLSA Mentor Coach- development and mentorship of coaches



Central Coast Coach of the Year (5 times)



Aussie Champions

Over years of coaching, Beno's athletes have achieved amazing results in the ultra-competitive surf lifesaving movement. Multiple numbers of state champions and state medallists, Australian Champions, Australian Medallists, World Champions. He has also had six athletes in the professional ironman/women series.

But results, as good as they are, do not tell the full story. Ask him, and Damien will tell you that coaching is not a title, it is a behaviour. He endeavours to treat every athlete training under him with the same respect and gives all 100% of his commitment but in return expects the same. He only asks

each athlete to give 100% of the effort and execute what he asks for in training and racing. Trust the process and the program.

It is apparent to all who observe that Beno considers the athletes he coaches as his extended family. The many hours he spends each week coaching at Avoca and the many carnivals during the season are hugely demanding, yet he will tell you seeing his charges achieving their goals is reward enough for him.



Reading the surf



Emotions run high at 'Aussies'

It was no trouble seeking tributes to this much loved and appreciated coach:

'Beno's commitment, dedication, and enthusiasm towards the training of myself and other fellow competitors allowed me to achieve results I never thought possible. The highlight being the Australian Board Relay Title in 2015, where I saw how much we all meant to Beno. Not only did Beno help me compete at the highest level, but he also taught me lifelong lessons that have shaped the person I am today. I will always be grateful for what Beno has done for me.'- Kane Douch



Learning from the master

'Beno started coaching me as a young nipper crying on the beach scared of the waves, right thought to my late teens where I truly loved the sport. He's been the most supportive coach who has taught me so much about the ocean, self-discipline, to trust the process and what it's like to feel completely buggered after a session. I'm honoured to have had the opportunity to be coached by Beno. He's there every session, rain, hail, tsunami warning or cyclone, through the highs and lows. Emma Livingstone

'I have been one of the lucky ones to be around when Damien Benson started coaching at Avoca, Beno coached me from the age of 10 into professional Uncle Toby's (then Nutri Grain) Series. Some of the best moments during this time were with Chris Parker, Daniel McClelland, Darren Clarke and myself winning board relays, swim teams. Just about everything we did we won with Beno around our shoulders guiding us into the right spot, keeping us calm and smiling- and our parents away!

We had a blast in those days with Beno, not only did he push us in coaching but also in life, It's a great coach who cares more about the person than the sport.' Daniel Shade



Winners are grinners. Beno, Bronte, Natalia and Mia

'Beno has been my coach for the past 11 years. I am now competing as an opens competitor and Beno has played a major role in my continued enjoyment and commitment to the sport of Surf Life Saving. His efforts and devotion towards improving his athlete's performance is what has driven Avoca's success. Beno is a role model for the younger generations of this club, and he has played a significant role in shaping the person I am today. He always believes in my ability as an ironwoman and the possibility of continuing to strive for improvement. Beno's development as a coach, into the level of expertise that he currently displays, is admirable. Beno is a genuine and humbling person; he is always a pleasure to be around. I could not be able to achieve what I have without Beno on my team.' Ellie Richardson

There are many such tributes.

There is no doubt the past few seasons have been testing, as they have been in all walks of life around the world. With the pandemic dominating all aspects of life, keeping the kids motivated and focused on the end goal has been challenging. This season the NSW State Titles were cancelled due to the extreme weather patterns being experienced in Australia. With great relief the Australian Titles were able to be held on the Gold Coast from 2-10 April. This year the East Coast Low threw a very challenging, heavy swell at the competitors. Many, many competitors from all clubs fell to mother nature and the Avoca athletes were no different. Every athlete from Avoca took on the conditions with everything they had, some successfully and some taken down by the conditions. Often finishing a race was an achievement. Avoca made it to 12 different finals and 'medalled' in three of them. It's not surprising their coach is proud, and Avoca Beach team members can hold their heads high.

Damien Benson is married with two children- all in the family are members of the surf club and both children have been competing since under 8's and are now in the senior ranks competing and active patrol members at Avoca. As many coaches will tell you, coaching your own children over the years can be a challenge.



Some of 'the team'

As in every sport, participation and retention is of great concern, in surf lifesaving it is the ages from 14-15 where the numbers tend to drop. These are the age groups leading into the senior club, where young men and women are being influenced a lot more by peer pressure and dropping out of the sport. Damien has been a very big advocate on doing everything possible at club and branch level to keep these young adults actively in the surf lifesaving movement.

At the beginning of this article, we mentioned that the surf club runs successfully as a result of the efforts of many contributors. We conclude with congratulations to long serving president, Garry Clark and outstanding administrator, Brett Beswick, both of whom have been awarded Life Membership of Central Coast Surf Lifesaving. Just reward for significant contributions over many years.

Steve Fortey



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# Shaun Williamson



Shaun Williamson is an Avoca resident, family man, beach goer, and like so many other locals, does his patrols as a member of Avoca Beach Surf Club.

What sets Shaun apart is his two tours of Afghanistan as a member of the special forces where he was awarded a Commendation for Gallantry (for bravery under enemy fire). We invited Shaun to give the keynote address at this year's ANZAC Dawn Ceremony and asked him to speak of his experiences. This is not something he has done before, preferring a low profile.

So many people were impressed with Shaun's speech that we have asked permission to put it in this issue.

## 2022 - Anzac Day Speech

I'd like to kick-off today by thanking Jack Bartlett.

For those that don't know of Jack, at the young buck age of 98, he is the last of our World War 2 veterans here in Avoca Beach.

This last year I was fortunate enough for Jack to find some time to sit down and have a brew with me. We sat at his residence up on Chapman Cr. in the sun and traded war stories. For the most part, I don't think much about my time in the military, most of the stories I recalled through my chats with Jack I thought I would have preferred not to remember. But that time with Jack made me realise the importance of those memories, how they have shaped me, and yes, how I have experienced some of the worst in humanity, but more importantly a lot of the best.

So, thanks Jack it truly meant a lot.

In the early hours of the morning on the 23rd May 2011, my platoon were huddled into the old Marine Air Wing helicopters bound for Keshmesh Khan, Helmand province Afghanistan for one reason, to pick a fight with the deeply entrenched Taliban in the region, in fact no military unit had been into Keshmesh Khan since the war began 10 years earlier in 2001.

Throughout the day we came under heavy fire from several positions and my team was tasked with clearing out a particularly annoying one.

It was the middle of the day and we approached through an aqua duct, which is kind of like a small creek line, it gave us cover and there was minimal chance of IEDs. A few hundred metres into the assignment we were in TIC (troops in contact)... I remember to this day SGT Brett Wood or Woodro, turning and looking at me with a big smile on his face: "How good is this! Let's get it!"

We went house to house, clearing each room, constantly fighting the enemy whilst they continued to retreat to new, pre-established ambush locations... rinse repeat.

Time is a funny thing in combat, what felt like 2 minutes for us, was about 45 minutes of fighting.

Eventually our luck ran out, we found ourselves in an ambush, and Woodro stood on an IED we had so desperately tried to avoid.

In the moments that followed I don't know if he knew I was there, or if indeed he was aware of what just happened, but on that day, I watched the life fade from the eyes of a mentor and a mate, as my team of 6 tried to both save Woodro's life and fight for our own.

The scars of war run deep...

That story is but one tiny battle, albeit an impactful one for me. War is made up of thousands upon thousands of these moments, these seemingly small battles. They affect what in isolation seems like a small group of men and or women, but at scale amount to families, towns, cities and nations.

The scars of war run deep...

Woodro was 1 of 3 brothers we lost on that deployment, more wounded and many more still return with demons and scars for life, an increasing number of which are cut short by their own hand: to free themselves of their past.

Don't be too quick to judge those who have returned from wars past

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and present, the split-second decisions they made almost every day brought themselves and most, but not all of their mates back home.

The scars of war run deep, deeper than you think.

The ANZAC Spirit represents a sense of purpose and direction. In times of war, when a mate was injured, disabled or perhaps even no longer with us, ANZACs take extraordinary risks under extraordinarily difficult situations to bring them back to a safe place, to bring them home. The original ANZACS knew their purpose, they knew of the dangers and the difficulties, but they persevered and did not let those difficulties stop them from ultimately achieving success. We can apply this to our everyday lives. We can show commitment in our working lives, engage in community service to make our country greater, have a sense of compassion and understanding for others and of course watch out for you mates at all times.

We cannot bring back those who gave their lives, we cannot undo the horrors of war, but we can remember the sacrifices made, we can continue to nurture the sense of purpose, acceptance of responsibility and unselfishness in whatever we do to make sure the ANZAC Spirit is always part of life in Australia.

To finish up I would like to quote John Gorton, his words ring as true today and they did in 1946.

“I want you to forget it is I who am standing here. And behind me I want you to see instead an army, regiment on regiment of young men, dead. They say to you, burning in tanks and aeroplanes, drowning in submarines, shattered and broken by high explosive shells, we gave the last full measure of devotion. We bought your freedom with our lives. So take this freedom. Guard it as we have guarded it, use it as we can no longer use it, and with it as a foundation, build. Build a world in which meanness and poverty, tyranny and hate, have no existence. If you see and hear these men behind me - do not fail them.”

Lest we forget

Shawn Williamson

Footnote: Shaun is retired from the defence forces nowadays and works in cyber security for the software company, Atlassian.

Steve Fortey



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More info by email at [avocasharks@gmail.com](mailto:avocasharks@gmail.com)



# Dr Tom Ford and Heart Health



Dr Tom Ford is an Avoca Beach resident with a passion for matters of the heart. He is a highly credentialed interventional heart specialist with a desire to educate people about the importance of good heart health. Tom is a co-founding member of the small group of interventional cardiologists at Gosford Hospital providing 24/7 emergency heart attack care for Central Coast patients. He is the driving force behind Central Heart – a rapidly growing specialist Cardiology practice providing cardiac testing, consultation and interventions.

A senior lecturer at Newcastle University, Tom is the NSW representative to the Royal Australian College of Physicians for Cardiology training and is invited to speak as faculty at major national and international conferences on the latest treatments in heart health with a focus on ischaemic heart disease.

Over 3 years ago, Tom says he jumped at the chance to move to work at Gosford hospital. There was a need for a 24/7 emergency heart attack service, and Tom and his wife Naomi loved the Central Coast from previous holidays. They moved to Avoca Beach and have recently welcomed their baby boy Harry into the world. Tom tells us he and Naomi feel very lucky to be in a beautiful part of the world with amazing community, beaches, surf, sand (and golf courses). Early mornings on the beach before work are special to Tom. The photo above taken by Tom of the beach at dawn says it all. To quote Tom: “I feel fortunate to live here doing a job I love.”



It is a measure of Tom’s commitment to his profession that he only did this article on condition that we focus it not on himself, but on heart health. And it was opportune that we recently talked to Tom during Heart Week.


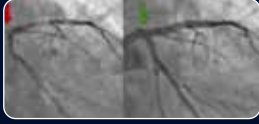
So, what does Dr Tom have to say about heart health?

**“Ischaemic (coronary) heart disease remains the leading single cause of disability and death in Australia and globally. Most living things need oxygen to**

survive, and the heart muscle is no different. When heart muscle is starved of oxygen, you can develop a heart attack, angina, or heart failure.

How can we prevent our local community suffering from these bad outcomes? I like to divide care into **prevention** and **intervention**.”



	
<b>Prevention</b> <ul style="list-style-type: none"><li>• Family history</li><li>• Smoking</li><li>• Diet</li><li>• Activity &amp; Stress</li><li>• Weight</li><li>• GP</li></ul>	<b>Intervention</b> <ul style="list-style-type: none"><li>• Medications</li><li>• Stenting</li><li>• Surgery (Bypass Grafting)</li></ul>

## 1. Prevention

Emergency re-opening of blocked arteries may be dramatic and rewarding but prevention is better than cure. Prevention is a much better option! Key steps to stopping heart disease include:

- **Family history**
  - We cannot change our genes (or our family)! If siblings or parents/grandparents have had strokes, heart attacks or bypass/stent treatments under age 65 then your risk of heart disease is significantly higher.
  - This should trigger stricter targets for the risk factors above including close follow up with your GP and/or heart specialist to consider preventative treatment in addition to the lifestyle changes above.
- **Smoking**
  - Quit smoking (or don’t start)
- **Diet**
  - Focus on meal plans and eating less refined carbohydrates, more good oils, fish and fibre with plenty of fruit and vegetables.
  - Avoiding foods with excessive hidden salt/sugar is a good start.
- **Activity & Stress**
  - Aim for 30 minutes a day of moderate exercise or physical activity.
  - Stay active throughout life – we are so lucky where we live so use it to your advantage.
  - Stress is unavoidable but offloading it can be therapeutic – exercising, meditation and socialising can all be beneficial.
- **Weight**
  - If you are overweight set realistic and achievable weight loss goals – losing 5 percent of your weight will significantly reduce your risk of major heart problems and will drop your blood pressure



- **GP**

- Ensure close and regular GP review to assess and help manage risk
- Know your numbers – what is your blood pressure and cholesterol? Can they be improved?

## 2. Intervention

- **Diagnosis**

- Coronary artery disease (blocked arteries) can develop slowly over time and symptoms can vary widely – breathlessness or chest pain are common but sometimes the first symptom can be a sudden bad event. For this reason, early diagnosis can help to direct care and improve outcomes.
- Testing can involve ECG (heart tracing to measure the electrical heart activity), echo (ultrasound of the heart muscle and valves), stress testing (treadmill test to see the hearts response to physical stress).
- Coronary plaques (or blockages) can be seen directly either non-invasively with a CT scan (a ‘virtual angiogram’) or the gold standard invasive coronary angiography (involves a catheter placed from the wrist up into the heart)

- **Treatment**

- Coronary artery disease with elevated risk should be managed with heart attack prevention tablets. The most commonly used medications that stabilise blockages in the heart and vascular system are statins. They reduce the risk of plaque rupture or stroke in high-risk patients even in people with relatively normal cholesterol levels.
- Revascularisation (replumbing)
  - This is typically done with coronary stenting or open-heart surgery (bypass).
  - Stenting is attractive for most patients as the recovery is very quick.
    - A metal scaffold is inserted into the blockage the reopen and provide better flow down the artery. The scaffolding around the artery helps to keep the artery open.
  - Open heart surgery (bypass) is useful in diabetic patients or with very widespread complex blockages (especially in patients under 75).
    - The heart surgeon will implant a new vessel to the area of heart muscle which is not receiving its full blood supply after the blockage.

- **Emergencies**

- In some heart attacks, the irritable heart muscle stops beating entirely (often due to dangerous heart rhythms).
- Cardiac arrest causes sudden loss of consciousness and early effective cardiopulmonary resuscitation (CPR) may be lifesaving.
- For adults and older children: attend a basic life support course to learn basic CPR
- The memory aid ‘DRSABCD’ is a useful reminder:

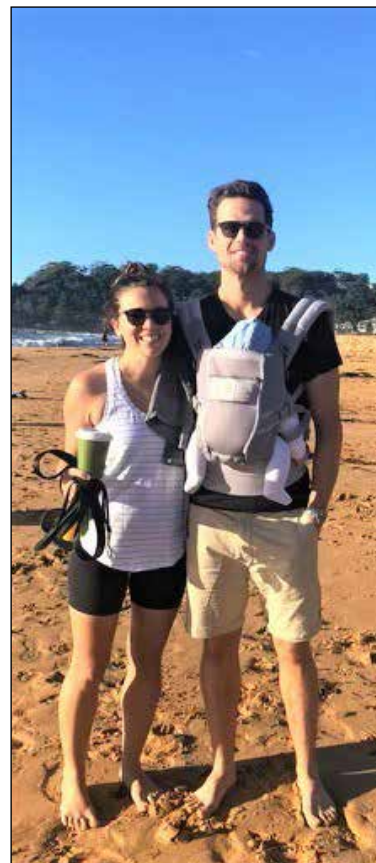
Assess Danger, Check Response, Send for help, open Airway, Chest breathing, Start CPR, Attach Defibrillator (AED).

- In the hospital we see the potential lifesaving benefits of CPR in cardiac arrest which helps prevent brain and other organ damage.
- Effective chest compressions are very important. The best compressions are:
  - Performed without delay
  - Applied between the nipples in the middle of chest
  - Compress at least 2 inches down (using straight arms)
  - Rate of around 100 per minute (‘baby shark’ song can help time).
- The defibrillator (AED) is vital to resetting the heart out of dangerous rhythms and is most effective when used in early arrest.”

### A Defib machine in the village.

Tom’s devotion to his cause is evidenced by his practice (Central Heart) providing funds for a Defibrillator machine to be installed for public use in the heart of the village centre at Avoca Beach. We thank the body corporate at the Ambassador apartments for their cooperation in this venture, especially Eric from the Pizzeria, for allowing the defib machine to be placed prominently outside the pizza shop. This way the machine has significant public accessibility and awareness. The machine is to be installed very soon by the Community Defib Project, who will also be responsible for its maintenance.

Thanks Tom!



Tom, Naomi and Harry





Another rainy day in paradise



Mugg's: photo courtesy David Benson



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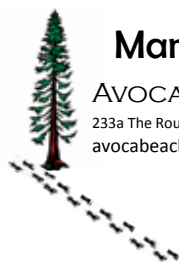
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