



Grapevine

From the Editor



My apologies for the lateness of this edition of the Newsletter, I don't think my brain has been sufficiently in gear this month.

Words. English words and language.

I am fascinated with words, their derivation, their meaning, their complexity, their strangeness, their weirdness. That said I am hopeless at Scrabble and crosswords which requires a different brain set.

But let me bore you for a moment with some of the vagaries of the English language. Some claim the English language is the hardest language is the hardest to learn – it isn't, Finnish apparently is.

What is difficult about learning English, particularly spoken English, is its weirdness. "However, it can be understood through tough thorough thought though".

What is weird and difficult (but wonderful) to understand is the many English words which sound the same when spoken but spelt differently and have the opposite meaning, for example raise and raze, one to build up, the other to knock down.

What about bound (meaning to go) and bound (meaning to tie or restrain), cleave (to split apart) and cleave (to bind tightly together). And there is the problem with words that are written the same way but have a different meaning depending on context: 'the farm was used to produce produce', 'since there is no time like the present, he thought it was time to present the present', 'the insurance was invalid for the invalid' and so on.

I have been the editor of Grapevine since the first issue. I feel it might be time for a fresh pair of eyes and ideas to continue the editing role. If you would be interested in taking on the editor's role, please email me or Kevin Lewis.

Ray Cooper

From Your Residents Committee

The Committee was elected at the Annual General Meeting on Friday 22nd February, 2019 and promptly met again on Sunday 24th February, 2019 to decide who would be the Office Bearers with the following appointments:

- Glenda Thomas, Chairman
- Peter Meadows, Deputy Chairman
- Elizabeth Whitehead, Secretary
- Di Lewis, Member
- Peter Franklin, Member.

At the August, 2018 Quarterly Residents Meeting, a Notice of Motion was tabled to amend the OCR Constitution "to allow the Residents Committee to interact with management and outside third-party interests". The Constitution will now be emended accordingly.

Residents Survey 2018

As a result of the resident survey conducted last year, Management have donated an amount of \$10.00 for each completed survey, a total of \$830.00. This money has been received and is being held in trust in the OCR Social Committee bank account.

This amount is for the benefit of all residents and, pending submissions from the various groups, will be distributed for the purchase of items relative to their activity. For example, the knitters may require wool, the tennis players additional balls and so on.

All groups are invited to submit bids by 29 March 2019 to the Residents Committee for consideration. Bids should be submitted via email, 2019ocrrc@gmail.com or alternatively placed in #168 letterbox.

The Committee is looking forward to a rewarding year working for the residents of Ocean Club Resort.

Glenda Thomas
Chairman Residents Committee.

Important Update on the future OCR Conversations Series.

It has been necessary to swap the next two presentations in the Conversations Series. Accordingly, the following information is provided for the information of all residents.

Conversations Series #2

The second presentation in the series of 'Conversations at Ocean Club Resort' for 2019 will be given by Terry Feltham #98.

The Victoria Cross is a rare award, given when the nation is at war, and it recognises individuals who, by their extraordinary deeds of bravery, and sometimes at the sacrifice of their own lives, provide leadership and example to all around them.

The Imperial Victoria Cross - 1856 to 1991 was the highest form of recognition that could be bestowed on a soldier for remarkable and unselfish courage in the service of others.

In 1991 Australia extended its own system of honours and awards (some examples - AM, AC, OAM etc) by instituting THE VICTORIA CROSS FOR AUSTRALIA.

The Australian Government advised HM The Queen that Australia would no longer 'officially recognise' Imperial Awards (some examples being - Imperial VC, BEM, MBE, OBE). HM was advised further that, while Australia would understand, and would not object to, an award by HM to an Australian, any such Award would no longer take precedence over an Australian Award.

Over the past 162 years (1856-2018) The Imperial VC has been awarded to 96 Australians.

The Victoria Cross for Australia has been awarded 4 times since 1991. However, despite many examples of the highest level of Valour by Officers and Men of the Royal Australian Navy (RAN), NO member of the RAN has ever been awarded the Imperial VC nor the VC for Australia.

Terry will explain why.

Speaker: Terry Feltham #98

Time & Date: 9:00am - 10:30am, Thursday, 21 March 2019, The Clubhouse Theatre.

Conversations Series #3

The third presentation in the series of 'Conversations at Ocean Club Resort' for 2019 will be given by Glenda Thomas #168.

Undoubtedly one of the biggest challenges facing the world with the rapid development of technology is our very own personal online security.

Do you ever ask yourself about the security of your own technology or are you aware of the very real threats that all of us can be confronted with at any time?

Despite our best efforts there are always new viruses and hackers endeavouring to access your systems - to your detriment.

This session will give you a greater awareness of these challenges and the things that you can do to be better prepared to protect your personal security.

Speaker: Glenda Thomas #168

Time & Date: 9:00am - 10:30am on Thursday, 11 April 2019

Venue: Clubhouse Theatre

At the Movies.

At the recent AGM Terry Feltham thanked all present for their contributions to Cancer Research over the past three years - a total approximating \$3,500.00.

At least one person 'assumed' that the contribution had been raised over one year!

Terry would like to clarify his comments as follows. "From Terry # 97 and Brian # 105. At the recent AGM Terry thanked all in attendance for their \$3500.00 contribution, over **three** Music Evenings, 2016, 2017 and 2018, to Cancer Research. Some of you may have concluded that the \$3,500.00 was raised over one year (2018). Sorry for the mix-up. Mid this year, Brian and I will present for you another cracker of an evening.: Watch this Space. Best Terry and Brian."

Don't forget to check the OCR Residents Guide for upcoming movies on the OCR big screen.

The OCR Residents Guide.

Many new residents may not be aware of the OCR Residents Guide, which has a great deal of information relevant to living in OCR.

A trade directory where residents have placed recommendations of local providers of various trades, appliance repairs, plumbing, building repairs etc;

A 'residents to the rescue' page listing residents who are willing and able to help with putting flat packs together (a must assistance for new residents), assistance with transport needs (to doctors, to the railway station at Kenndal or Wauchope), Justice of the Peace etc;

A calendar and activities guide listing what activities are available and when they are on;

Updates on upcoming movies and events;

An Items 4 Sale page;

A photo gallery of images from events held over the past years, Melbourne Cup, New Year's Eve, the 2017 Art Exhibition and more.

<http://www.ocrresidentsguide.com.au>.

E-Bikes at OCR – the why, what, and for who.

Quite a few OCR residents who have traditional push bikes may like or benefit from owning an

electric bike. Others who may find traditional bikes beyond their fitness level but would still like to get out and about may also be interested in what is now available. There are a few residents who currently own e-bikes, Vic and Jackie Rogers, Liz Garnell and others. Following are a few notes put together by Vic Rogers, (with a few extra notes from me, Ray).

Motoring by electric cars, trucks, buses etc is looming ever closer. The push towards the associated technologies – efficient battery storage and controllers - is a consequence of a desire for cleaner, more efficient energy.

Cyclists have not been forgotten in the move towards electric technologies. In fact, the development of electric bikes – e-bikes – is the fastest growing category in the cycling industry worldwide as more and more people move to cycling as an alternative means of transport and leisure.



An e-bike is a bicycle with an integrated electric motor offering some form of assistance to a rider in propelling the bike forward. This assistance can come in many forms including hub assist, however, pedal, or pedelec assistance is by far the most popular option. E-bikes have been around for a number of years however have now become more practical. As with most things, as more and more items become available the cost comes down; battery size and weight have been reduced whilst run time has increased; electric controls are more user friendly.

Why use an E-bike?

They will help you go further, faster, longer. Whilst it may seem counterproductive to exercise, in that riders of e-bikes may seemingly use less effort per kilometre, they typically rode longer distances with

the fitness dividend being much the same or greater.

They will get you riding more. Because it may seem easier with a power assisted bike there is an encouragement to ride more often and longer distances, thereby helping you keep fit. Socially, partners or friends of riders of traditional bikes who would like to go riding with them but are not able to do so due to their level of fitness, can now accompany their traditional bike riding partners.

E-bikes also make ideal touring bikes. Fatter tyres are standard and many have eyelets to allow panniers and racks to be fitted. Which means riding long distances will not only be more comfortable but also more manageable, because again that motor can be called on to help out when the weight of your camping kit makes your legs feel like stopping.

They are simply huge fun to ride.

Types of E bikes available.

Despite featuring relatively “new” technology in relation to their traditional pedal-powered cousins, the sheer amount of e-bike styles on offer is almost as wide as traditional bikes.



Commuter or urban e-bikes are among the most popular options available on the market today.



Electric mountain bikes are amongst the most powerful e-bikes on offer. Effectively a normal mountain bike but with pedal-activated power assistance located in the bottom-bracket, these capable trail shredders are typically available in either hardtail or dual suspension configuration.



One of the latest categories to score electrical assistance, **electric road bikes** marry together the rolling and aerodynamic efficiency of a traditional road bike with the effortless power of a pedelec drive unit. The result allows cyclists of all abilities to tackle any climb or epic ride with a little more ease.



Cargo e-bikes are quickly becoming a viable option for both commuters and businesses to move goods. Combined with the effortless power on offer from an electric drive unit, cargo e-bikes are perfect for people wanting a bike capable of commuting to work, or carrying kids, pets and shopping. Weather permitting, a cargo e-bike can be a viable replacement for an around town car.



City Bikes are perfect for those limited on storage space or wanting to use a bike in addition to bus and train travel. A city bike is small in stature, making it more compact for storage and portability.

Prices. Considering the amount of technology that goes into an e-bike, the cost of e-bikes is going to be higher than a traditional bicycle and can range from AU\$1,000.00 to AU \$5,000.00.

Entry-level commuter and urban type electric bikes typically cost between AU\$1,000.00 to AU\$2,000.00.

Higher spec urban e-bikes and sportier flat bar road e-bikes and eMTBs can cost between AU\$2,000.00 and AU\$3,500.00.

E-bikes in the AU\$3,500 to AU\$5,000 price range typically feature drive units with increased capacity, more integrated accessories such as racks, lights and higher capacity batteries, for example, eMTB'S and electric road bikes.

Above AU\$5,000 expect to find dual-suspension eMTBs, super-commuters loaded with tech, and the latest and greatest carbon fibre framed e-road bikes in this bracket.



A note from the Lake Cathie Progress Association regarding the status of Lake Cathie waterway.



There has been much recent comment in the press and by local actions groups concerning the condition of the Lake – it is more a sand lake rather than a water lake.



Lake Cathie is classified as an intermittently close and open lake or lagoon (ICOLL) and is one of 70 similar systems in NSW. These water bodies are generally created by small catchments with little water flowing, however, during wetter times can remain open to the ocean for extended periods.

In times of reduced rainfall, ICOLL entrances close more frequently and stay closed for longer periods of time. It is common for many ICOLLs to remain closed for several years at a time.

The opening and closing of ICOLLs occurs naturally with the marine and estuarine life they support

evolving in response to these forces. To maintain a healthy lake system, it should be left to open and close in a cycle which is as close to nature as possible.

Why is the Lake sometimes artificially opened?

The entrance of Lake Cathie to the ocean is affected by an elevated sand dune that blocks the entrance to the sea. Since the 1960's Lake Cathie has been artificially opened on occasions to reduce the potential for localised flooding of nearby properties. The opening of the entrance needs to be carefully considered to take into account environmental and social constraints including water level, salinity, water quality and water bird nesting impacts.

When is the Lake opened?

Expert studies in conjunction with Government agencies and many years of research and community consultation has resulted in an "Opening Strategy" for Lake Cathie. A decision to artificially open the lake usually triggered by a number of factors: when the Lake height reaches or exceeds 1.6m at the Ocean Drive Bridge – this level creates flooding of properties in Kenwood Drive / Lakeside Way on the western side of the Lake – or when poor water quality or high lake levels threaten breeding cycles of critical habitat.

Why is the Lake dredged?

The build-up of sand in the lower estuary east of Ocean Drive Bridge through deposition caused by the action of ocean waves, tides and prevailing winds will close the sea entrance to the Lake. As can be seen at the moment, the closing of the ocean entrance leads to the accumulation of sand and the formation of sand banks in the lower Cathie Creek area on both sides of Ocean Drive Bridge which then inhibits recreational use.

Periodic dredging is undertaken to ensure the recreational amenity and environmental values are maintained within the waterway with sand recovered from the dredging used to nourish the nearby foreshore to help protect properties from the impacts of coastal erosion.

Why is the Lake brown?

The brown colour of the Lake is caused by natural tannin from tea trees in the lake catchment area. The tannin is not harmful and is believed to be one of the reasons why Lake Cathie prawns taste so good. Council regularly tests the water to ensure that its quality meets Australian Standards and is safe for swimming and recreation.

Future action

Even though an opening strategy trigger point has been reached Council has indicated the lake will not be opened due to several risks associated with the action. These include the low lake water levels which limit the success of an excavated channel remaining open, the likelihood of excessive sand build up in the recently dredged area and potential risk for red weed to enter and become stuck in the lake should it naturally close quickly. Insufficient flushing of the lake and system shock when very cold ocean water meets warm lake water is likely to have adverse effects on the ecology of the lake. Source, Port News 14th February, 2019

Water Restrictions

The combined dam level of Port Macquarie Dam and Cowarra Dam was 70.9% on 13th March, which is getting very close to the level (70%) at which level 1 restrictions would be imposed.

Calling all artists.

If you are an artist painter, watercolour, pastels, acrylic, come join the Fine Arts Group in the Activities Shed at 9.30am every Tuesday

