



North Head Sanctuary Foundation Inc

Custodians of North Head

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Manly's 26th Ocean Care Day

Sunday 1 December, Ocean Beach walkway

Please call in and say hello to our volunteers staffing the stall as well as having a look at all the other exhibitors.

Native Plant Nursery

You are welcome to join us on any Tuesday or Friday morning between 8am and 12noon to help with the planting, weed removal or maintenance.

We are only closed between Christmas and New Year.

For more details email northhead@fastmail.com.au

Or just turn up and ask for Jenny, phone 0414735350.

Education Room - Bandicoot Heaven

Our community education room is open 10am to 4pm Saturdays and Sundays in Building 20. Call in and say hello and have a look at our displays.

Maybe you would like to learn about volunteering in our education room. Ask one of volunteers or contact Judy Lambert at twsombat@iinet.net.au

Thank you to Ivan Pixer-Wurfl for fixing our native animal display, on which the children enjoyed pressing the buttons.

Independent review of the Sydney Harbour Federation Trust

"The Sydney Harbour Federation Trust (the Harbour Trust) was established in 2001. Its role is to rehabilitate prominent former Defence sites on Sydney Harbour and open them for public access as per the Sydney Harbour Federation Trust Act 2001.

The sites managed by the Harbour Trust are Cockatoo Island, North Head Sanctuary Manly, Headland Park in Mosman, Sub Base Platypus in Neutral Bay, Woolwich Dock and Parklands, the former Marine Biological Station at Watsons Bay, and Macquarie Lightstation in Vaucluse. These sites are unique places, each possessing extraordinary natural beauty, rich heritage values and stories which need to be protected and preserved for future generations.

The Australian Government is conducting an independent review of the Harbour Trust and its legislative, financial and governance arrangements. With the Harbour Trust now approaching 20 years old, the review is an opportunity to take stock and ensure that arrangements are fit for the future."

For more details see

<https://www.environment.gov.au/about-us/shft-independent-review>

Submission close on 23 December 2019.

Calyptorhynchus funereus

A regular visitor to North Head, is the yellow tailed black cockatoo. They enjoy feeding on the honey flower or *Lambertia formosa*.

Photos by Ian Evans



Snake and Spiders Awareness

Kaye Lee

SNAKE BITES

Compression and Immobilisation – these are the two most important actions to take following a snake bite, SSSafe Director and wild life expert Craig Adams advised those who attended his snake awareness session recently. After showing us some of his poisonous slithery friends (a red belly black snake, tiger snake, a mulga, a deaf/death adder and a very lively eastern brown called Ninga) Craig advised the following

- If you encounter a snake, don't freeze. It might rise up initially as if to strike. Avoid sudden movements and slowly back away out of its strike zone, as it will want to seek cover under leaves;
- If bitten, have victim stop and drop to ground (lying on back);
- Don't take a wait and see approach if unsure — often there's no pain or discomfort;

- Apply a firm compression bandage along whole limb (if bitten on the arm for example, apply from fingers to shoulder) to immobilise it. If using the SSSafe First Aid Kit, (available at <http://www.sssafe.com.au> for \$54.95) apply Smart compression bandage, then splint, then a further elastic bandage;
- Seek urgent medical attention (000 or 112) as minimising time between bite and treatment with anti-venom is crucial to good outcome;
- Monitor the victim and reassure them.
- **DO NOT:**

- attempt to kill the snake;
- apply a tourniquet;
- cut, suck or wash site;
- apply chemicals or antiseptics;
- give medication or alcohol;
- let victim walk around or be physically active;
- take off bandages: to be removed only at hospital.

The most common problems encountered with snake bites are:

- Misidentification;
- Superficial marks;
- Lack of pain;
- Failure to act.

TO AVOID BEING BITTEN

- Wear protective clothing like long pants, boots, gloves (generally bites are on ankles, legs and arms);
- Don't assume you know what snake it is, as one type can easily be confused with another more deadly type, due to a range of variation in colour and pattern;
- Avoid any sudden movement that might trigger an attack;
- Maintain your visibility so snake can see you coming and escape;
- Always carry a snake bite kit and learn how to use it.

SPIDER BITES

- If stung by a funnel web, apply compression bandage and seek help. Anti-venom would be given in hospital;
- If stung by a red back spider, compression not needed. It may take hours till pain sets in. Again, seek help;
- If stung by a white spider, some people may react badly, but science is lacking.

Mosman High School 'Environmental Expo'

Judy Lambert

Friday 15 November: The culmination of lots of work by Year 9 geography students and their teacher Mr Alan Toner.

The event: An 'Environmental Expo' at which several organisations committed to protecting the environment

(including NHSF) were invited to come and set up displays and talk with students about their work.



Between 10am and 2pm several hundred students from Years 7, 8 and 9, their student environment & sustainability representatives and teachers, together with classes for Mosman Public School came by in waves to see what we had to offer and to chat with us about our displays and what we do. Star attractions at our stall were Toni's Banksia flowers and our Spring Wildflower posters, but we were outshone by Taronga Zoo's pythons.

Volunteering

Peter Nash

The volunteers from International College of Management arrived at 9:00am and after signing on, we took off down the hill to the area in front of the houses to the left of St. Barbara's Avenue. Using the large plastic buckets and the small trolleys, we dumped the mulch on the bare areas between the newly planted trees and shrubs, then one of the volunteers raked it smooth. While all this was going on, one of them was busy recording their efforts on video camera and, needless to say, when the camera was on someone, she worked furiously. We finished at about 10:45am and after admiring their handiwork, we went back to the shed and cleaned up. It was a good effort and they said they would pass on their experiences and recommend that other ICMS volunteers do the same.



Photo Toni Stevenson

Editors note

If you would like to receive a copy of our e newsletter, please email northhead@fastmail.com.au.