



# North Head Sanctuary Foundation Inc

## Custodians of North Head

ABN 97093480659 P.O. Box 506, Balgowlah, NSW 2093

northheadsanctuaryfoundation.org.au

email [northhead@fastmail.com.au](mailto:northhead@fastmail.com.au)

Newsletter No 179 September 2023

### Annual General Meeting –

Will be held on Saturday 16 September 2023 at 2pm in Bandicoot Heaven. Everyone welcome.

Our speaker will be Dr Helen Smith, Technical Officer in the Arachnology section Australian Museum and her topic, **Spiders and their silky secrets.**

Spiders are famous for their silken traps, but they actually use this marvellous thread for all kinds of things. Helen will talk about some local spiders; how different species use silk in their lives and how you can often tell 'who' is around just from the silky evidence.

### Education Room - Bandicoot Heaven

#### New volunteers needed

We are open on **Saturdays and Sundays between 10am and 4pm.** Please call in and have a chat.

We're sad to be losing two of our regular volunteers who are soon moving to other places. A big Thank You Katie and Tracey. We're keen to recruit new volunteers to help provide visitors with information about the bushland.

Anyone interested should contact Judy Lambert (email: [tswombat@iinet.net.au](mailto:tswombat@iinet.net.au) or phone 0427 217 580).

### Native Plant Nursery

The Nursery grows mainly Eastern Suburbs Banksia Scrub plants for planting by our volunteers into degraded areas of North Head.

You are welcome to join us. There is always planting, weeding and maintenance to be done. By weeding we are preventing the weed seed from entering the seed bank in the soil where native seeds are stored. Please call in any Tuesday or Friday morning between 8am and noon when we are open and see what we do, or email [northhead@fastmail.com.au](mailto:northhead@fastmail.com.au) if you would like to join us.

### Bandicoot Heaven & Native Plant Nursery:

To become a volunteer, you must be a member of North Head Sanctuary Foundation and be COVID vaccinated. <https://www.northheadsanctuaryfoundation.org.au/join/20190629%20NHSF%20membership%20form.pdf>

If you have a great photo or story about North Head that you would like to see in the Newsletter, please send it to [northhead@fastmail.com.au](mailto:northhead@fastmail.com.au)

### Open Day Q Station

The next open day will be on Sunday 10 September. We will be having a stall. See <https://www.qstation.com.au/community-open-day.html> for free tours to book and enjoy.

### Spring Wildflower Walks

Spring is here. Our guided wildflower walks will begin on Sunday 10 September. They are filling up fast.

Come on a 2-2½ hour walk led by Sanctuary Foundation



member Geoff Lambert.

#### Bookings are essential.

Numbers on each walk will be limited and COVID-safe conditions respected.

You can book by emailing [tswombat@iinet.net.au](mailto:tswombat@iinet.net.au) with your name, contact number, number of participants in your booking and preferred walk date, or call in to Building 20 (Bandicoot Heaven) on a Saturday or Sunday between 10am and 4pm and book on the sheet provided there. Walks are free, but of course, we always welcome donations.

This year's walk dates will be:

<b>Sunday 10 Sept:</b>	<b>Departing at 2pm</b>
<b>Saturday 23 Sept:</b>	<b>Departing at 10am</b>
<b>Wednesday 27 Sept:</b>	<b>Departing at 10am</b>
<b>Monday 2 Oct:</b>	<b>Departing at 10am</b>

**(Public Holiday)**

<b>Saturday 14 Oct:</b>	<b>Departing at 2pm</b>
-------------------------	-------------------------

We look forward to sharing the splendour of North Head with you.

### *Erythrorchis cassythoides*



or climbing orchid is getting ready to flower.

Photo 25.8.23  
by Jenny Wilson



## Philothea buxifolia

Jenny Wilson



or Wax Flower is flowering everywhere. Masses of pink flowers, with five petals, can be seen in the burnt areas. Note the different shades of pink in the photo.

We grow this plant from cuttings as its hard the grow from seed. Once the seed is ready it is released. It has a hard seed coat and can stay in the seed bank for several years until there is a fire.

### Back in Time

Jenny Wilson

The N.S.W. Red Cross record Vol 5. No. 4 (April 1919)  
"The Red Cross and Quarantine

In November last year the transport Medic arrived in Sydney and was sent to quarantine with a large number of men, suffering from pneumonic influenza. It was not until after Christmas that the last man from this vessel was discharged from quarantine.

During that time the Red Cross Society forwarded large quantities of comforts for these men, including daily papers, fresh fruit, cigarettes, tobacco, sweets, etc. There was a comparative lull after Christmas up till February last, when the first vessel to arrive under the new quarantine restrictions (the Argyllshire) dropped anchor off Chowder Bay with about 1,200 men.

Under the new restrictions, no person is allowed to disembark from a steamer arriving from Melbourne until four clear days had elapsed since the vessel's departure from Melbourne. As the trip usually occupies two days, this meant that the men were kept down the harbour for another two days before disembarkation. It was during this time that the Red Cross found opportunities to relieve the monotony of the men's enforced stay on the vessel whilst they were in sight of home. Daily papers, fresh fruit, cigarettes, lollies, fishing lines and bait, were sent down by launch with a representative who brought back hosts of letters and telegrams.

Since the "Argyllshire" arrived a steady stream of transports with sick and wounded has been arriving. Quite recently a new arrangement has been adopted whereby returning transports are permitted to drop the respective men at each Port in Australia providing the vessel does not come up the harbour, and there is no contact with the shore.

This has meant that vessels arriving at Sydney have dropped their New South Wales men and proceeded on to Brisbane after having spent but a few hours here.

Naturally, the Queensland men on board have very much appreciated the arrival of the Red Cross launch, loaded with the latest Queensland papers, fresh fruit, cigarettes, etc., which, by permission of the Quarantine authorities is allowed to run alongside the vessel, where the comforts are hauled up over the ship's side.

Unfortunately, however, the last two or three ships to arrive have had cases on board, which has necessitated a stay of seven days in Quarantine before the men are allowed home. In such cases the men are landed in Quarantine Grounds at North Head. At the present time about 2000 men are stationed there, anxiously looking forward to the day for their release.

The Red Cross, realising what a tedious time is in store for these men, has set to work to make their stay as comfortable as they possibly can. Books and games (quoits, draughts, dominoes), fishing lines and bait, chocolate and sweets, tinned fruits, pickles, cheese, and hosts of other comforts are forwarded daily.

The men do not hesitate to express their appreciation of the great work the Red Cross are doing down there, and numerous letters of appreciation have been received."

### Third Cemetery

Jenny Wilson



One of the seamen who died of influenza in 1919 was Arthur THOMSON, aged 29. He died on 17 April 1919 and was buried in the Third Cemetery. He was a crew member on the barque Woodburn. The photo show his marker which has faded over time and now has been removed from the Cemetery.