

THE VILLAGER

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FISH AND CHIPS, THE CATHOLIC CHURCH AND BIO-FUEL.

2011 is a big year for the Brits; the 150th anniversary of fish and chips, their national dish. They need to celebrate this because it's their only culinary achievement that went viral.

Balmoral's fish and chippery, the beloved and busy *Bottom of the Harbour*, has achieved its own distinction by serving up famously tasty fish and chips for the last 22 years.

In Britain you get whatever lands in the boiling oil. It's usually rather ordinary haddock, hake or cod pulled out of the polluted North Sea.

We are a bit luckier here in Mosman. *Bottom of the Harbour* gives you a choice of carefully selected, premium John Dory, Blue Eye Cod, Snapper, Jew Fish or Ocean Trout (and whatever Hans their fish buyer thinks is fresh and tasty at the market that morning.) And you get a choice of grilled or fried.

In Britain, the accompaniments vary according to geography, and how worthy the vendor thinks you are. It could be curry, mushy pea, tomato, or malt vinegar. The packaging is appropriately Rupert Murdoch's Sun tabloid.

Being slightly more sophisticated than our friends, the Poms, *Bottom of the Harbour's* fish and chips are cooked in 100% cholesterol free oil and are served with tangy house-made tartar sauce and a lemon wedge. (No doubt they have a large supply of malt vinegar for visitors or diehards!) And all this comes in a nice little box made of recycled cardboard.

Anyway, for the Brits this is also the year that their treasured fish and chips enter the bio-fuel industry.

How so? Because there are so many fish and chip shops in Britain, there is a massive amount of wasted oil. The insatiable British have just topped 300 million servings of fish and chips per year!

But how did this humble fast food couple become as popular as Elton John and Tom Jones? Well no one really knows.

The French invented chips from the then exotic potato which flourished in the high altitude and thin air of the Andes. Sir Walter Raleigh is believed to have imported them into Europe in the 17th century.

The first chip shop opened in Manchester and the dish soon became popular in London and South East England.

Fish shops did not have such a colourful origin. They started in the grey alleys of Britain's industrial towns. They must have been around in 1839 because Charles Dickens referred to a "fried fish warehouse" in *Oliver Twist*.

Only when these two lonesome foods eloped in the 1860's did they become a celebrity couple with their own association, the Federation of Fish Fryers. It remains one of the most popular and classless dishes in Britain.

Now a German company, Petrotec, is converting Britain's massive amount of used frying oil into biodiesel. Some Australian shops, including *Bottom of the Harbour*, are also recycling it. In fact, their oil supplier uses it in his own truck.

Now that's a chipper idea, isn't it?

HOW AN AUSTRALIAN GIRL MADE CHOCOLATE FOR THE QUEEN OF ENGLAND

Rebecca Kerswell's chocolate has gained the royal nod. It is so good it is now included in the Queen's Christmas hamper. How did she get to this level of excellence?

Her three ingredients of success were passion, art and craft.

Rebecca always had a love for good chocolate made with the finest ingredients. She also had a fierce determination to do something fantastic with her life.

To acquire the art, she first went to a design school and learnt about form, colour and texture. Then she set about learning the craft. She went to the world's most famous chocolate schools in France and England.

During all this time, she collected ideas for new and exotic taste combinations.

With the craft now in hand, she thought about where to open a business. However Australia had no chocolate culture. Rebecca chose Edinburgh, Scotland, because it was a very European but English-speaking city.

There she designed and made her first chocolates, opened a shop which became wildly successful and soon opened a factory.

Word spread about her sensational chocolates and soon making them for Harvey Nicholls, London's most famous department store. They were so good that Harvey Nichols included them in their annual Christmas hamper to the Queen.

Rebecca now has two shops here, in Kirribilli and Mosman. She also has an online business and soon a chocolate school in Balmoral.

She has just won the NSW Local Business of the Year award.

Not bad for a local girl from the North Shore.

IT TAKES A VILLAGE TO RAISE A CHILD

Mosman mentors its own young business aspirants.

Twenty-five highly regarded people from Mosman are mentoring twenty-five young local entrepreneurs who are passionate about developing their own successful business.

It's all part of the Young Entrepreneur Business Mentoring Program being sponsored by the NSW Government Industry and Investment, Mosman Council and North Sydney Chamber of Commerce. It is being managed by the marketing and web company Binarix.

The inspirational 3-month program is open to young business owners aged 18 to 30, who have been trading for one year, and who want to acquire new skills. The program is known for its spirited and passionate involvement and the rewarding experience for both mentors and mentees.

While these mentees come from a variety of businesses, such as professions, retail and trades, they all have one similar characteristic - they all think outside the square and they all have a passion to become the best in their chosen field.

The mentees will have 10 hours of one-on-one mentoring as well as 15 hours of Small Group Business Skills Interactive Workshops conducted at the Mosman Council Chambers and the Mosman Art Gallery on Monday nights.

Binarix has devised the program content and are carefully matching the mentors with the mentees. Binarix was chosen because of their "partnership" approach to sales and customer training; and their success with other mentoring programs.

The Mosman community thanks the mentors for passing on their wisdom, and wishes the mentees well.

Their business success is our community success.

THIS YOUNG MOSMAN DESIGNER JUST CAN'T STOP.

Paul Conley is no ordinary Mosman 25 year old. He's a freelance designer- graphic, industrial, print, packaging.

You name it, he designs it!

While he is currently freelancing between branding and fashion projects, Paul also has a business with two other colleagues. Their *St Soco Design* specialises in designer objects and accessories; with a new range being released this year.

How did this young freelancer cook up all this creative energy?

Lego may well be responsible. As a youngster, he was always busy with it, inspired by it's endless construction possibilities and potential to create tangible objects. He also liked drawing and anything with eye-catching packaging or type-faces.

Then his interest in Scandinavian functionality and minimalism kicked in.

Paul graduated with first class honours in Industrial Design at UTS Sydney. His major project was the 'Ambit Chair'- a functional ergonomic seating unit for lap top Wi-Fi users in public areas. It won two student awards - the IKEN Workstation of the Future competition, and The Box and Dice model-making award.

His 'Cooking Hub' design won first prize in the BBQ Surround Design Competition, held between Electrolux and UTS. The hub combined food preparation, cooking and dining; its inspiration coming from campfire and Japanese low-table settings. It was prototyped and exhibited at Design Ex 2008 in Darling Harbour.

Paul's work has also been featured on ABC's 'The New Inventors' and in the prestigious Design Quarterly Magazine.

His future plans? To create sustainable designs and advance his fashion label.

Reckon he gets much sleep? I don't think so.

DEEPAK CHOPRA'S MEDICINE AND TEACHINGS COME TO MOSMAN

Deepak Chopra (MD) is one of the leaders in alternative medicine and continues to transform our understanding of health.

He is the author of over 55 books and electronic titles in 30 different languages. Time magazine recognized him as one top 100 'Heroes Of The Century'.

For Deepak Chopra, health is a lively and balanced integration of body, mind and spirit. Meditation and self-awareness have important roles in illness and healing, and maintenance of optimum condition.

Chopra's integrated approach combines western medicine with the wisdom of the east; the Indian Ayurvedic medicine tradition. "Ayu" means life and "Veda" means knowledge or science, therefore Ayurveda means the science of life.

In Ayurvedic medicine, when the body's rhythms become imbalanced, it becomes sick. The state of your mind and body is described by "doshas". They are the "passwords" of your body. Doshas can become imbalanced due to inappropriate diet, change of season, climate, lifestyle, or stress, illness or disease.

Once you understand your unique password, you will become aware of how your body works, how to keep it balanced and healthy, and lead a life that is in harmony with your individual nature.

Anahata Therapies is a new Mosman practice providing yoga, meditation, adult and baby massage, organic facials and body treatments, and naturopathic, nutritional, fertility and Ayurvedic lifestyle consultations.

Anahata offers the only services in Sydney which combine the ancient Ayurvedic philosophy in its treatments, products and services together with Deepak's "Primordial Sound Meditation" and "Perfect Health" courses which are taught by Chopra Certified Instructors.

Anahata Therapies is truly a unique new service in Mosman.

CHOWDER BAY aka "DIXIELAND"

Chowder Bay has a colourful history that not everyone may know about.

The bay's development began in 1825 when the Superintendent of the Botanic Gardens unsuccessfully tried to create an orchard there.

But it was American sailors in the 1830's who gave the bay its name. With their whaling ships anchored nearby, they rowed to the beautiful bay to collect rock oysters for their beloved clam chowder.

One of the whalers, a Captain Cliffe, bought the orchard and built a home which he named Cliffeton. When he died, his estate was auctioned and divided up.

In 1871, the *Clifton Arms Hotel* was built, followed by another public house, the *Marine Hotel*. The area became a popular picnic spot but had a reputation for drunkenness and brawls. To attract a better demographic, a dancing pavilion and a wharf were built. A skating rink followed.

In 1905 Chowder Bay was subdivided and bought by the then entrepreneurial Sydney Ferries. They built a swimming bath, boat shed and tramway and named the area *Dixieland*. It may be the most successful thing they have ever done.

Alas, partying with Sydney Ferries gave way to defence. *Dixieland* died when Chowder Bay became out-of-bounds; the base for the Submarine Miners Corp who planted mines in the harbour.

In 1970, it became a Maritime School and the navy continued its privileged private occupancy of one of the most beautiful locations on the harbour.

Sydney Harbour Trust has made the area again accessible. Walking around there now, it's hard to imagine *Dixieland* in little Chowder Bay.

THE GREAT FACILITATOR

Once again, the Chamber of Commerce proves to be one of the business world's great facilitators, helping local businesses and improving our community.

While the central office provides specific business improvement products and services, local regional representatives create invaluable opportunity for informal local networking and education.

The Mosman Chamber of Commerce, managed by local businesswoman Sue Boyd, now has 130 members. Three new businesses in the area recently joined the Chamber.

Julianne Crosby started her business Crosby Promotions in 1996. She specialises in sourcing promotional products and merchandise for businesses and corporate clients.

She moved the business to Mosman in 2006, joined the Chamber and soon found the friendly and supportive Business After Hours functions provided valuable interaction with others. She was keen to meet other business owners, learn about their ventures, and what was happening in the area.

When she wanted to do a special promotion, the Chamber helped her email a promotional flyer to other businesses in the Chamber.

"I have had some nice business from being a member of the Chamber. Often it's word of mouth via members to others outside the Chamber."

The Chamber has also made her feel part of the community.

Scott Anderson and Margaret Hewson recently opened the New Level Personal Training Studio in Raglan St Mosman. They joined the Chamber a few months ago.

Scott looks forward to the Chamber's Business After Hours monthly gatherings and the Educational Breakfasts. Being a Personal Trainer, he knows the value of networking and forming relationships with other businesses. He is investigating joint marketing ventures with similar companies, such as those in the beauty industry.

Scott also runs a boot camp on Balmoral Beach, and his membership to the Chamber has given his company a lot more credibility. The Council also now better understands the nature of his business.

"Fitness is a relatively new service-based business. Being a member of the Chamber has made us a lot more accepted."

Chris Bawn is Manager of the Spit Junction Community Bank, a branch of the Bendigo Bank, in Military Road, Spit Junction. He joined the Chamber in 2009.

For him, the Business After Hours gathering is the most rewarding aspect of being a member. There, every month, every business talks for 30 secs and snapshots their state of play to everyone else. For him the repetition of monthly meeting promotes a feeling of longevity which he feels is of great value to the business community.

Chris is quite aware that many firms have suffered from the economic downturn and new shopping malls opening.

He also appreciates the Chamber's contact with council. "The Chamber is working hard, talking to Mosman Council about redesigning the streetscape so that it is a more attractive destination for shoppers"

To be able to network in an accepting, supportive and friendly atmosphere is of great value to small businesses.

The Mosman Chamber of Commerce's functions and lobbying have made a significant difference for the businesses here and that has helped the community in general.

Mosman should be thankful of their active presence here.

HOW NATURE, A COUNCIL, AND A GALLERY MADE MOSMAN A DESTINATION FOR ARTISTS

Mosman's natural beauty has consistently attracted artists to its foreshores. No other area has such a long history of artistic interest.

This began with the artist's camps at Balmoral Beach in the late 19th century. The beauty of the foreshore attracted the likes of Arthur Streeton and Tom Roberts. Many took up residence here, such as Lloyd Rees and Margaret Preston.

In 1947, the Mosman Council established the Mosman Art Prize as an annual event. Margaret Olley won the inaugural prize and her winning piece was purchased by the Council.

The Council continued to purchase winning pieces and now has a unique and significant art collection which documents the direction of Australian painting over the past sixty years. The prize is now second only in popularity to the prestigious Archibald Prize.

The Mosman Art Gallery, which opened in 1998, also raised Mosman's profile as a destination for artists and collectors. Margaret Olley and Ken Done were the initial benefactors.

The gallery has twelve eagerly awaited exhibitions every year including the Artists Mosman show for local artists. It is now the biggest regional gallery in Australia.

Through both the gallery's and council's mission of further developing the artistic community, Mosman continues to draw painters and sculptors to the area. At Headland Park twenty artists are currently working in their own studios which are set in an inspirational natural environment.

Mosman is fortunate to be blessed with extraordinary natural beauty, for without that the artistic community may not have developed here.

