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## **SBA NEWSLETTER WINTER 2010**

It's time for Jack Frost or some Vicks Vaporub.. What is your favourite thing to do in this season? Many may look forward to some hot soup and comfort food in front of a warm fire or snuggle up under a cosy doona when it's freezing outside. How about a Christmas in July or a trip to the snow with friends or family? Instead of hibernating, you could do something to stay fit and healthy. Try doing a workout at home to some music or stroll outdoors in these dark months to soak up some essential vitamin D from the available sunlight, Look around for the beauty of Winter

### **Once Upon a Time at Smiths Beach**

**Reflections by Ingrid Makowsky-a long time visitor. (Ingrid was our SBA President in 1994/95.) Previously, in Parts One and Two of her story, she remembered living how it was in her early days of Smiths Beach.**

#### **Part Three**

I am immensely grateful to my parent's friends who originally invited our family to visit and stay with them and to my own parents who decided to purchase their own cliff-top house on stilts with amazing views of the coast. They have owned this house ever since. It gave us the opportunity to see the coastal environment from a whole new perspective, one that became a very important part of my family's life. The impact on my life has been enormous and I just couldn't imagine giving it up!

I must have been about 11 years old when I discovered snorkelling. I found some old goggles washed up on the beach and a few days later a snorkel. It was time to try it out! The goggles leaked, but that didn't matter, my eyes were opened to a most magical world! I was hooked and still am. I still go snorkelling as often as I can and in more recent years have taken up underwater photography in an attempt to capture some of the magic!

I am currently compiling a photobook of some of the underwater wonders hidden at our doorstep at Smiths Beach.



In some ways, Smiths Beach itself hasn't changed much. Although, the daily movement of the tides constantly reshapes the sand providing frequent new surprises. I love the diversity of our local beach. It has a magical power and beauty that enchants me. Whether we enjoy swimming, surfing, boogie board riding, body surfing, meandering and exploring the rock pools, snorkelling or diving, fishing or walking or running along the beach or just watching the waves roll in; Smiths Beach has it all.

#### **Ingrid Makowsky**

**Ian Shand. SBA Newsletter Editor**

