



BUSINESS in profile

Don't let winter get you down - get happy with Zumba!



Jude Walters teaches Zumba.

Jude Walter is Zumba-ing her way around Mullaway and has a line of people right behind her.

"Almost one year since Zumba started I've made so many new friends and we've had so much fun learning all new routines," Jude said.

Zumba is a Latin inspired dance fitness class that incorporates Latin and international music and dance movements to create a dynamic, fun, different, easy and effective fitness system.

After furthering her Zumba qualifications with an Instructor 2 certificate a couple of months ago, Jude has now added Belly Dancing, Bollywood and Flamenco to the sessions at Mullaway Public School every Tuesday and Saturday.

"There is always someone new coming to class so there's no worries about not knowing all the dances - most steps are repeated so eventually you get them," she said. "Those that do know forget sometimes and everyone absolutely loves it when I forget the steps too!"

"I usually preview new stuff before class so if you're new come five minutes early and you can catch up on what we're doing that night."

She said new people quickly pick up the routines and everyone has plenty of fun trying to get the steps right.

"Yes you get the wonderful health benefits you get from regular exercise, yes you get fabulous toning of your muscles but forget about all that - come and do it for the fun of it!"

ZUMBA WITH JUDE

JOIN THE party™

Warm up this Winter with Zumba!

ZUMBA fitness

Fully qualified Zumba instructor

Classes are every Tuesday and Wednesday evenings from 6.30pm and every Saturday morning from 8am at Mullaway Primary School Hall or phone Jude on 66542 725 for further class information.

JUDE ON 6654 2725 FOR MORE INFO ABOUT HER EXCITING ZUMBA CLASSES

To see your **Business in Profile** contact Amanda at The Advertiser on 6654 2133

Indians 'beat Bass'

■ From: P1

THE crew of the Sydney Cove were travelling from Calcutta to Sydney Cove under the ship's master, Gavin (or Guy) Hamilton.

The boat started to leak west of Tasmania and the pumps had to be manned continuously. As the weather deteriorated and the ship was in danger of sinking, Hamilton was forced to ground the stricken vessel on what became known as Preservation Island in Bass Strait on February 9, 1797.

According to Mr Kenna and Ms Jordan's research, all the crew including eight Anglo-Indians, 44 Lascars who were mostly believed to be Indians and one Indian man servant, were able to get off safely and the salvaged rum was stored on nearby Rum Island.

Part of the crew including the four Anglo Indians and 13 Lascars then continued on an amazing sur-



HISTORIC: The crew of the Sydney Cove suspected a channel where the Bass Strait was.

vival journey, rowing across the strait and landing near Ninety Mile Beach in Victoria when they were again wrecked.

The sailors started the long and arduous trek to Sydney.

They were the first non-Aboriginal people in the south eastern corner of Australia and relied heavily on the help of the indigenous population on their journey, alth-

ough many of the men died en route.

The final surviving three men, including one of the Indian sailors, made it to Sydney and reported to Governor Hunter that based on the south-westerly swell, tides and current, there was probably a channel linking the Pacific and southern Indian Ocean, breaking Tasmania from the mainland.

John Hunter then wrote to the Colonial Secretary, Lord Grenfell, that it seemed certain a strait existed.

The existence of the strait was confirmed when on Hunter's instruction, George Bass was sent to investigate. Bass sailed 100 miles easterly into the strait, then returned to Sydney.

Bass and Matthew Flinders circumnavigated Tasmania in 1798 and Flinders recommended that the strait should be named Bass Strait.

Tip the bucket on garbage service

THE Northern Beaches Residents Association wants your help.

The association is asking for comments from residents having problems getting a garbage collection service to their home.

"Apparently the council's private garbage contractor will now collect bin from properties on unpaved roads," a spokesperson for the association said.

"Our association is attempting

to ascertain exactly why this is so and if in fact there are households on unpaved roads that do not receive garbage collection."

Any comments can be sent to PO Box 520, Woolgoolga, 2456.

Do you need help to live independently at home?

Commonwealth Respite and Carelink Centres

are here to help.

A Centre can:

- Provide you with information on local aged & community care services available to suit your needs
- Arrange help for carers to take a break from their caring role (respite)

To contact your local Centre call Freecall™ 1800 052 222*

To find your nearest shopfront visit www.commcarelink.health.gov.au

For emergency respite outside business hours call Freecall™ 1800 059 059*

Carer Advisory and Counselling Service

For family carer support and counselling you can contact your state or territory Carers Association on 1800 242 636*



Australian Government
Department of Health and Ageing



* Calls from mobile phones are charged at applicable rates

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