



HELM



Heritage of East Lake Macquarie

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AUG-SEP

LIVING IN THE SEVENTIES

2022

Whilst the 1970s are often remembered as a time of innocence, they were also a time for new trends; social changes and new technologies. It became the era of bellbottoms, platform shoes, high-waisted jeans and hot pants; accessorised by love beads and mood rings. Halternecks and tube tops often graced young ladies, some of whom burned or threw away their bras. Germaine Greer's book, "The Female Eunuch", released 1970, became a must-read; and Helen Reddy's hit, "I am Woman", became the anthem for the emerging women's movement.



The music scene was epitomised by the Sunbury music festival and discos. Rock'n'roll had declined in popularity, overtaken by pop. Now a wide variety of genres emerged – funk, jazz, soul, rock, punk. Whilst disco was a very relaxing entertainment, it was rather commercialised and short lived; but we still remember and dance to hits like The Bee Gees "Jive Talkin" and "Stayin Alive"; and the Village People with "YMCA" and "Macho Man".

As a result of the 1965 Freedom Ride bus led by Charles Perkins, a greater awareness emerged about the struggle for Indigenous Rights. Neville Bonner was selected as the first Aboriginal MP; and the Aboriginal Tent Embassy demonstrating for land rights was set up outside Parliament House, adopting the Indigenous Flag. It was an age of technical innovations. The first jumbo jet flew from New York to London; colour TVs became available. The computer industry began to take off with Microsoft; the Apple Computer Company; computer video games; emails; floppy disks; barcodes and laser printers. Great medical advances were made with the development of the MRI scanner; and the pioneering of IVF and the birth of the first "test tube" baby.

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Save the Date!!
Join HELM for fun, food, news and nostalgia

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Join us for nibbles and a natter

And a journey into the fabulous 1950s with a Cavalcade of History and Fashion

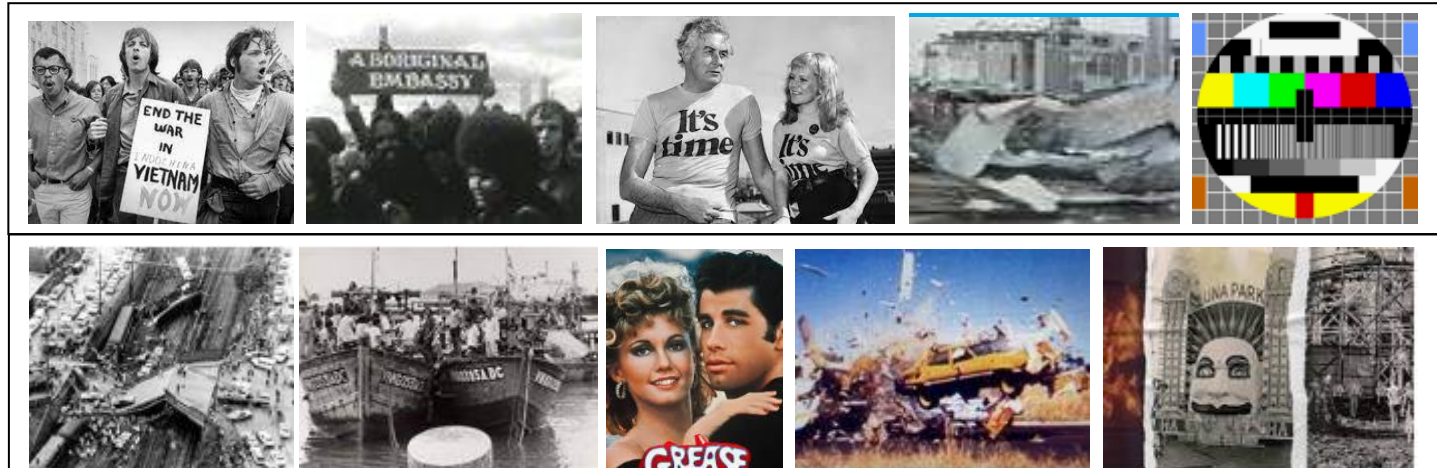
Wednesday 28th September 2022, 11.00am (for an 11.30 start) Swansea RSL Club

Details to come. Be on the look out!

Thank you to Pat Conroy and staff, kindly supporting our community; and encouraging the preservation and sharing of our heritage.

AUSTRALIAN HEADLINE STORIES

	1970
May	Vietnam war moratorium demonstrations were held across the country.
October	The West Gate Bridge span collapsed in Melbourne, killing 3 people.
	1971
May	Neville Bonner became the first Aboriginal member of an Australian Parliament.
July	Evonne Goolagong won the women's singles tennis final at Wimbledon.
November	Nui Dat: Australia's combat role in Vietnam ended.
	1972
January	The first Sunbury Music Festival was held in Victoria.
	The Aboriginal Tent Embassy was set up in Canberra in a demonstration for land rights.
September	Temperature measurement was changed from Fahrenheit to Celsius.
October	A teacher and 6 schoolgirls were kidnapped for a \$1 million ransom in Faraday Vic.
December	Gough Whitlam and the ALP won the Federal election – the first Labor win in 23 years.
	1973
February	Australia's first legal casino opened at Wrest Point, Tasmania.
October	The Sydney Opera House was officially opened by the Queen.
	1974
April	Advance Australia Fair was announced as the national anthem following an opinion poll.
December	Cyclone Tracy destroyed Darwin in the early hours of Christmas morning, killing 65 people.
	1975
March	The first colour broadcast went to air on ABC TV.
November	The Governor General, Sir John Kerr, sacked Prime Minister Gough Whitlam.
	1976
April	The first Vietnamese boat people began arriving in Australia's north; refugees after the war.
September	Cigarette and tobacco advertising was banned on radio and TV.
	1977
January	Granville train disaster:- road bridge collapsed as derailed morning train hit supports. 83 died.
May	Dinosaur footprints discovered at Longreach; believed to be largest concentration in the world.
	1978
June	The first Gay and Lesbian Mardi Gras is held in Sydney. Movie <i>Grease</i> is released.
October	Australia's Rock'n'roll king Johnny O'Keefe (aka JOK and The Wild One) died at the age of 43.
	1979
April	Release of the first of the iconic <i>Mad Max</i> cult series, starring Mel Gibson.
June	A fire on the ghost train at Luna Park in Sydney claimed 7 lives.



Memorable images from the decade: Vietnam War protests; Aboriginal Tent Embassy; "It's time" slogan for Whitlam and the ALP; Cyclone Tracey; ABCTV color test pattern; Granville train disaster; Vietnamese boat refugees; Movie *Grease*; *Mad Max* filmed in Silverton; Luna Park ghost train fire. Source: abc.net.au

JUST A MEMORY

20 cents bought a large bag of assorted lollies at the tuck shop. Phones were connected by a long cord to a central spot. The Comm Bank gave out metal money boxes; very hard to open. Playing marbles, jacks, hopscotch, cats cradle, skippings at school. Splinters from wooden seesaws; and burnt legs from metal slides.



School canteen menus included: Peanut butter sandwiches – 11c; sausage rolls - 12c; ice cream buckets – 12c. Recording your own music on cassette tapes from the radio; and using a pen to fast forward and rewind tapes. Shag carpet was very comfy to lie on; but you got a shock if you touched a door handle after shuffling on it. Bikes were a must – even better if you pegged a card to the spokes; had handlebar streamers; wore no helmets. Playing outside until the street lights came on and it was dinner time. A big night out was going to the Pizza Hut. High fashion comprised mood rings, platform shoes, psychedelic prints, flares, and hair just like Farrah Fawcett.

NEWCOMERS STILL WITH US.

1970: The hardback Australian Womens Weekly Cookbook, compiling over 700 tested recipes, was published.
1970: Wynn's perfected the wine cask, aka "Chateau cardboard", helping to make wine an everyday drink.
1971: First Australian McDonald's opened in Yagoona, Sydney. Prices: Burger 20c; Big Mac 49c; Apple pie 20c.
1971: Hungry Jack's was launched in Australia by US chain, Burger King, in Perth.
1971: Big Pineapple opened in QLD. Later a section of rainforest; zoo; treetop walks, music festival were added
1972: Aussie owned fast-food chain Red Rooster began in WA as a family business. Whole roast chook = \$1.95.
1973: Free school milk in primary schools was abolished, cheered by students who hated getting warm milk.
1973: Crock-pots were introduced; inspired by a slow cooked Jewish stew, cooked the day before the Sabbath.
1974: Bankcard was launched, offering a 55-day interest free period. It was superceded by Mastercard and Visa.
1974: Pink Lady apples were developed in WA by horticulturalist crossing Golden Delicious with Lady Williams.
1974: Breville Snack'n'Sandwich toaster replaced the old-fashioned jaffle iron, making fast, no mess toasties.
1975: Colour TV was introduced into Australia, during the "Aunty Jack" show on the ABC.
1975: Leggo's changed to specialising in Italian dishes, promoted by Gina Lollabrigida. Leggo is a Cornish name.
1975: Meadow Lea's iconic "You oughta be congratulated" jingle. Few words rhymed with polyunsaturated.
1976: Kraft singles cheese slices, now individually wrapped so they would not stick together, were launched.
1976: The first muesli bar in Aust. – Crunchola Bar, was launched by Uncle Tobys; it was a rather hard chew.
1977: Our first 7-Eleven convenience store opened in Melbourne, from 7am to 11pm; bringing the "Slurpee".
1978: The Décor Insulated Wine Carrier, holding 2 bottles of wine, was an essential for BBQs/BYO restaurants.
1978: McDonalds 1st drive-thru at Warrawong for the nearby military, who could not get out of cars in fatigues.
1979: Chicken salt, invented in a chicken shop in Gawler, SA, as a seasoning for roast chickens, went commercial.
1979: Our first supermarket began barcode scanning in Vic. In USA, the first item was Wrigley's Chewing Gum.
Sources: "A timeline of Australian Food" J. O'Connell; MAAS Museum; Your life choices.



TRAINS TERMINATED AT BELMONT

Have you ever ventured along the Fernleigh Track and wondered about what happened along here in the past? The Awabakal people enjoyed the beauty of the area and the natural resources that were available amongst the varied environment of coastline, swamp land and forest.

As the abundant deposits of coal were found by European settlers it was recognised that a train branch line would be economically beneficial to haul coal from the eastern coast mines to the cargo ships in the safety of Newcastle harbour. The coastline was rocky and fraught with danger for any shipping that came in too close. In the late 1880s construction began on a rail line extension from Adamstown to Belmont, where the railway terminated. The line opened in early 1890's. The single track with an interchange at Fernleigh loop was



privately owned by the Redhead and Estate Coal Company. As the local population increased with the mining activities, so did the demand to travel into Newcastle. Roads were in very poor condition; cars and public transport were not common. Due to demand, an extra passenger service was added, with the first train arriving at Belmont in 1916 to welcoming crowds. Buses, horses and carts conveyed further south. *Sources: Herald, LMCC.* Three times a day the passenger train left Newcastle. The scenic journey on the Fernleigh extension, started at Adamstown winding it's way through the valley and along the coastline with stations at Kahibah, Whitebridge, Redhead, Jewells; terminating at Belmont. Some interesting memories were shared by those who lived in the vicinity of the rail line. The steam trains were the bane of many women's lives on washing day, trying to juggle drying between trains and soot. Mothers took their children into Newcastle on the train to Winns on Hunter St – *the* place to shop and eat. It was a special treat to have pie and chips in the self serve cafeteria. The challenge was to get a prime seat near the windows to get the view. Some resorted to table hopping – as one was vacated, they would move to a table closer to the coveted window positions. The building of the railway resulted in large holes being dug alongside the rail line and transporting the sand to use as fill. When it rained, these holes transformed into swimming pools. Not wanting to waste such an opportunity for fun, some of the local boys would strip off for a swim. If a train came along, they would duck dive showing parts of their bodies normally clad. The firemen tried to protect their passengers from such a sight, by throwing clumps of coal at the lads. The station mistress for 20 years at Whitebridge saw the trains in and out of the station and then attended to her housework in between times. Some advocated for a double line; and more passenger trains. Others wanted the line extended to Swansea; plans were drawn; but never eventuated. In 1967 diesel trains replaced steam. As time went by roads improved, and cars became more accessible. Buses, some double decker, with their more frequent services and stops began to take over. With the introduction of the 40 hour week in 1948, people were leaving work earlier, but the train timetable did not change to accommodate this.

With the decline in patronage, the last passenger train left Newcastle station, 5.10pm 8th April, 1971; and the service to Belmont was terminated. The last coal haul from Lambton Colliery at Redhead came in December 1991, and the line closed. From 2003-11 transformation into the Fernleigh Walk and Cycle Track was completed. *Sources: LMCC; Ed Tonks; Ian Healy; Industrial Equity.*



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