

Pittwater Online News

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May 22 – 28, 2011: Issue 7

Being Aware of Others is our theme this week. Pittwater has around 54 897 residents and 17 954 occupied households.

More at: <http://profile.id.com.au/Default.aspx?id=244>

Contents

Pittwater Online News issued every Sunday, 6am.



The last Palm Beach Market before the winter break in on this Sunday 22 May at Governor Phillip Park Palm Beach from 9am to 3pm.

Beautiful jewellery, cutting-edge fashion, homewares and fine food on offer. Live music as well while you shop! The markets will start again in September 2011. For enquiries about this market or becoming a stallholder phone Nikki Griffith on 9970 1355.

Quote for the Week

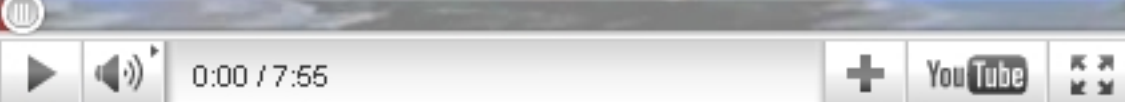
“You need to be aware of what others are doing, applaud their efforts, acknowledge their successes, and encourage them in their pursuits. When we all help one another, everybody wins.”

Jim Stovall

Jim Stovall is an American writer who is blind and works as an advocate for blind people through his capacities as wordsmith, producer and film maker.

More at: <http://www.jimstovall.com/>

Jim Stovall-Blind Guy Meets Deaf Guy Story



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| | | | |
|-----------|--|-----------|---|
| | Today Fine. Becoming mostly sunny. | | Tomorrow Few showers. Late shower or two. |
| 13 | 22 | 11 | 19 |

> Current Temp: 15.3 °C > [3 Hourly Forecasts](#)
> Feels Like: 13 °C > [10 Day Forecast](#)
> Wind: 13 km/h NNW > [Warnings](#)
> Rain since 9am: 1 mm > [Radar](#) | [Cloud](#) | [Lightning](#)

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Timor Leste Independence Day at Maria Regina, Avalon.

Nine years ago, on the 20th of May, 2002 Timor Leste won their freedom and the right to become an Independent Nation. Now every May 20th is celebrated as Timor Leste's Independence Day. Avalon's Maria Regina Primary School is a sister village with Soibada, a remote place in the mountains of the Manatuto district of Timor Leste, and each year celebrates their Independence Day in spirit and through activities. All pupils are given a 'uniform free' day and allowed to dress in the colours of Timor Leste; red, white, black and yellow. The morning began with a Liturgy for the people of Timor Leste, the Reading taken from Paul's address to the Galatians, from 5:1, 13-15.

"For, brethren, you have been called to Liberty; only use not liberty for an occasion to the flesh, but by love serve one another. For all the law is fulfilled in one word, even in this; Thou shalt love thy neighbour as thyself.

Article [Continues](#)



Tamara Sloper Harding, Consul-General for Timor Leste, Maria Jose, and Pittwater's Mayor Harvey Rose.

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Lenda Lafaek - The Crocodile Legend

A long time ago, a small boy found a crocodile struggling to make his way from the lagoon where he was born, to the sea. Suppressing his fear of the crocodile, and out of great pity, the boy took the crocodile in his arms and carried him to the seashore.

The crocodile, although very hungry and needing sustenance, suppressed his urge to eat the boy and instead returned the act of great kindness with a promise. He told the boy that should he ever wish to travel he should come back to the same spot and call to the crocodile.

After a while and during a period of restlessness the boy remembered the crocodile's promise and went to the sea to call for him. True to his word the crocodile returned. They were both very happy to be reunited with one another. The boy climbed onto the crocodile's back and together they travelled far and wide experiencing many great adventures together.

Much time passed and the crocodile was nearing the end of his life. The boy was stricken with grief for his great friend. Sensing this, the crocodile comforted the boy and asked him not to be sad. The crocodile told him that when he died his body would grow into an island on which the boy would continue to live, along with his family and all his descendants.

The crocodile died and became the island of Timor. The descendants inherited the boy's qualities of kindness, friendliness and sense of justice. To this day the people of Timor call the crocodile "grandfather" and whenever they come across a river call out "Crocodile, I'm your grandchild, don't eat me!"

**Crocodile Legend kindly provided by Tamara Sloper Harding.
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Timor Leste Independence Day at Maria Regina School, Avalon

During the Liturgy Consul-General of Timore Leste, Maria da F.M. de Jesus (Jose) gave an address thanking the school for their support and describing the horrendous conditions the peoples and more particularly in this instance, the daily challenges the children in Timor Leste continue to battle against. The Consul-General explained how some children have to cross rivers to get to school while others are so poor they cannot afford books or pencils and do not attend. These children do not get three meals a day and most are malnourished. There are no health services or medicines so poor health and disease are rife.

Her closing words, "On behalf of the people of Soibada and Timor-Leste, I extend my gratitude to all of you for your continuous support. I have a great hope that one day the children of Soibada and in the entire country will enjoy the same opportunities as all the children in Australia and in any part of the world enjoy."

Guests, Mayor Harvey Rose, Pittwater Council's Mark Ferguson and Community Engagement Officer, Jane Mulrone, members from the Friends of Soibada, a Lactation Nurse, Sue Williamson, who is going to Timor in a few months, teachers and Commodore Sloper and Mrs Dannie Sloper then attended a morning tea for Maria to discuss ongoing and future plans. At the school's morning play-break a stall, organised by Tamara Sloper Harding, with scarves and knitted brooches made by the Soibada Knitters, bookmarks and dolls and journals constructed from handmade paper made by the Soibadans and chocolate crocodiles made from cacao exported from Timor Leste were available for children to buy as a way of contributing to ongoing projects to provide basic needs to the children of Soibada. As you can imagine, the chocolate crocodiles soon disappeared. As did many of the knitted brooches and hair-clips.

Throughout the day each class celebrated Timor Leste's Independence by constructing bunting, by making lino cuts of Lenda Lafaek, the creation legend of Timor's island, by singing songs in Timorese, by making videos, cakes and even colouring in (Kindy class) cut outs of this famed crocodile.

At lunchtime the children were all served one bowl of rice in a banana leaf bowl, all their counterparts in Soibada would get to eat for the whole day. This focuses in by experience what children in Soibada live with each day.

As Tamara Sloper said in an interview last year, "To really assist people in need, in crisis, we need to give them the means to help themselves. We need to educate our own children about this."

Further Reading:

Australian Government's Plan to help Timor Leste:
<http://www.ausaid.gov.au/country/country.cfm?CountryId=911>

East Timor is one of the world's poorest nations, ranking 120 out of 169 countries in the UN's Human Development Index. Life expectancy is 60 years and 46 per cent of children are underweight for their age (0-5 years). Forty four per cent of people in East Timor are malnourished. Across the country, large numbers of people remain vulnerable to natural disasters, disease and food shortages.

Friendship Agreement between Pittwater and Soibada:

Liturgy: <http://www.newadvent.org/cathen/09306a.htm>
 and: http://en.wikipedia.org/wiki/Christian_liturgy

News for Timor Leste

ISF troops receive East Timor medal
 3 hours ago (20/5/2011)

Troops of the International Stabilisation Force (ISF) serving in East Timor have been honoured with the Timor-Leste Solidarity Medal, awarded by His ...

Australian Department of Defence - 4 related articles

Timor Leste: http://en.wikipedia.org/wiki/East_Timor

Timor Leste CIA: <https://www.cia.gov/library/publications/the-world-factbook/geos/ft.html>

Below: the song playing in classrooms, whose words the children knew.



Lenda Lafaek - The Crocodile Legend

At: [here](#)



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Marjan Schokker, secretary of Friends of Soibada, Tamara and Kathy Gee, Principal of Maria Regina School, Avalon.



Mark Ferguson, General Manager at Pittwater Council, Cathy and Rebecca, teachers at Maria Regina School, Avalon.



Commodore Sloper (Rtd.), David Haythorn-Thwaite, Mrs Dannie sloper and Mayor Harvey Rose.



Consul General Maria da F.M. de Jesus (Jose) and Jane Mulrone, Community Engagement Officer, Pittwater Council.



"liberdade" Dili Allstars

May 22 – 28, 2011: Issue 7

Being Aware of Others; Dravida Atoms Burrough, an everyday angel.

by Jane or Jo Smith

We sat there until the Mediterranean breeze shifted shorewards and the parade of a few million dusty pilgrims trudging in the footsteps of where Spirit may have been cleared from the cobbled street. We smile at stragglers puffing with the mountains they all carry on their backs. Some gaze steadily in front of them, fighting for each new step where their focus, due to being physical, may fall away. Some drag a toe, then a foot, their eyes loll up to sky and down to earth, lids half closing.

Dravida spoke of sacrifice as he watched them, and all we had yet to give. Looking around him to note how the word 'sacrifice' has travelled down through the centuries, how well it worked now, Dravida found people still determined to move beyond the skin they find themselves in. He calls it 'an instinctive striving to reclaim hidden wings', an aspect of any human being being. He collects case notes on those who go without one thing or another to achieve a something else and those who go without something so another may have something they need, be it education or crust of bread. There are many here who risk their most precious possession to give their flame over to some greater light, to keep it being, flickering in place and person, there for all to draw nearer to and get warm by. And they too do this invisibly, without anyone seeing. "Sacrificing indicates an altar though," Dravida proposes, wiping purple green jelly from his chin, "And the altar most sacrifice on or to is still love, truth and freedom. Adoration from Adoring Ones I suppose you'd call it."

I nod in agreement while bombs of jealousy fall around us, imposing deluded hate. Dravida smiles and flies up to catch them before they hit home, to kiss them tender, to cradle them in his arms.

All these are one; all these acts of feeding others, housing others, going without shoes until next month so your friend's child can get to go to the movies for only the second time in their young lives, and doing these things in a way that doesn't, innate bumbblings discarded, embarrass or belittle the one in need, spring from and are acts of love. You are loving them; the food, the money, the bed you are giving up is what you are sharing, in unadulterated, untainted, unmixed, original love.

From there, and that spark igniting to fill your being, blazing as notion becomes act, you can find you're giving and giving and others are taking and taking until they have it in mind that it is law, a common practice to take from you so they can have more than others and some of the more is assuming they are entitled to what is yours more than you are, and that you can go without and go without so they can have and have. Sooner or later they are taking the food from your mouth and the shirt from your back for the millionth time and this millionth time leaves you starving and naked. You have been sacrificed yourself.

There you stand, barefoot in the snow, hands shoved down into the pockets of your own skin, pockets that are a firm if flabby reminder of how opulent and corpulent and munificent you once could be. While you shuffle, casting your gaze to the other side of the fence at where people are housed and fed, you also glance down at your blue toes and wonder how long it takes for frostbite to set in. All your time has been taken doing for others, the time that is your lifetime that is. Do you ever glance a thought across those thousands who are homeless in your city as autumn sets in and it starts to get cold. Cold in summer too you know, just before dawn, when the balmy breeze shifts across the dewed sand and its cool edges touch skin unwarmed by sunlight yet. Is the sensation of a warm blanket of air being wrapped around you that comes in the falling asleep stage of hypothermia the love that is in the very air we breathe coming out of that substance, or our souls rising up with an aura to tend and wrap in love the physical form of us... mere metaphysical alchemies... or both.

So you shuffle to the underground, where all the derelicts and homeless go to have a little bit of midnight warmth, to thaw out a little, and the station cleaners tell the station manager another ragged stinking undesirable has just tried sneaking in. He comes out to tell you it is against the law to come and try and sleep here, his index finger pointing at the sign that says 'No Loitering' as he tells you where the nearest Shelter for 'your kind' is. He may not get that there is no 'that kind', just people in particular situations, he does get that he may need to help you slightly to be rid of you though. He gazes down at your feet and takes you through Lost Property to give you a pair of shoes that almost fit and a coat for your back to creep through the snow to that Shelter in. God bless him. It's more than any one of those million you helped will do.

On you shuffle and you're not surprised when it's you who answers the door to that Shelter, and you again in the rows of beds behind the you that answers that door. All night long it's you listening to all the tales of woe in that place, the wrestling with substance abuse, depression or all the prejudices practised against some of those bereft here. And this too is another kind of giving, and not just of your time and quiet voice, to the altar of love. It is more creating of love. Tomorrow you leave the Shelter and go out and get more work and make more money until you have secured a home, and food for your belly, just so you can give again.

"You begin again?" Dravida asks me, eyes in astoundment popping.

"Of course you do, you begin and give again."

You can call it Charity if you like but it's still the original love. And still the first way to create love; open flower, scent the air your green foliage has turned back into breath.

"We will be charitable for the rest of the day," Dravida announces.

Dravida is an eastern sun son. You just have to ask him a little of some ancient custom for his father and his fathers' father to spring up around him in smoky mists as snow capped mountains standing stolid, resolute, bottom lip pushed upwards Samurai style, Brahmin wile, to the just risen sun. Dravida was a molopolopous anthropological anthropologist when I met him too, only then his endless breathless commentary was a little more dour and disdainful, as though he'd spent too much time roaming among all the class of grubby human animals rather than his preferred tiptoe in reverence after milder herds of nobler creatures. Grinning inanely at him soon broke this thin shell of malodorous mumbling. I don't think they'd been too much smiling where he'd just been. He explained further he had just finished serving a 'term' in a country that had a curfew, which is a 'lights out' law imposed across a whole nation that probably doesn't apply to those with their fingers on the switch. He shrugged, standing a little further upright, until he could look out. He had been hunched chanting for the whole of his 'apprenticeship', some kind of sponsored slave labour that was better than starving to death in the perfumed dust of home. Dravida couldn't quite assimilate that he had got out, that he was here, in a curfew-free land where fools like me abound. That took a decade and a permanent resident's certificate. Two minutes later he took the citizen's oath, told me it went something like: 'I promise not to be rude, or nasty, or throw rubbish in the street. I will not pollute my rivers, my air, my keep....' stuff like that.

Dravida grew up in a place not only far away but also a long time ago, or a time and people that is far from where we are here...and now, and also here still in the bane of all of us because it was really only two minutes ago. It is a hot place, where some of these places are cool, and thick with green where some of these places have sparse salt bush, but it was a home, with homemade favourite dishes, and siblings to rub the edges off, and a teenage music dance shy shuffle and now to work, to work, walk by the side of the road in the dust, and this is how it smells after it rains, and the rain sounds like this in the summer, and this in the fall. I remember how much I threw up the first time I got drunk. And following the bright blue little birds, like humming butterflies, hovering, across the early spring lawn. They came for the mangoes, for their syrup...

Extract from *Seeing Things*. Copyright 2008. A J Guesdon.

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Park Bench Philosophers

We are seeking contributions from all Pittwater residents in the form of anecdotes, memories, stories or even matters you'd like to see addressed or changed in our area.

If you have something you'd like to share, something you'd like to start a discussion about, or even just a poem or story from yesterday or today we want to hear from you.

Contact us at: pittwateronlinenews@live.com.au

Please note that Pittwater Online News does not endorse any of the content of works contributed. Articles, poems, stories and anecdotes which contain swearing or may offend others will not be accepted. All works will be posted unedited unless you go on and on...

May 22 – 28, 2011: Issue 7

Rarely do we meet someone with such a keen awareness of other's challenges and the compassion, energy and drive to do something about it. **Tamara Sloper Harding** proves it is not just the beauty we wear as skin and smiles, it is the beauty inside that shines kind light into other's lives and the strength to go the distance, however far, however long. Quietly, steadily, humbly.

"While I know myself as a creation of God, I am also obligated to realize and remember that everyone else and everything else are also God's creation."

Maya Angelou
American poet

Tamara A. Sloper Harding

As the daughter of a Royal Australian Naval Officer and being one herself, Tamara has lived at many different places and travelled extensively. She was born at Liss in England but also lived overseas in Hawaii and again in the United Kingdom during postings for her father. She commenced her education at St Kevin's, Dee Why, continued at Haslemere in England before returning to St. Kevin's and then Mater Maria, Warriewood. Tamara completed secondary schooling at St. Clare's in Canberra before commencing a BA at Canberra University and then joining the RAN in January 1987 at the Australian Defence Force Academy, completing her training at HMAS CRESWELL, Jervis Bay in 1988.

Tamara has an extensive personal and family association with the Northern Beaches of Sydney. Her grandparents owned property in Trappers Way, Avalon before moving to Collaroy for over 40 years. Her parents did the reverse, owning at Collaroy before retiring to Avalon. Her mother was a very active supporter of the Long Reef Surf Club before her marriage. Of her two younger siblings, both born at Mona Vale hospital, her sister is a special needs teacher at Barker College while her brother, a lawyer, and his family live at Freshwater.

Her initial postings in the Navy were as an Administration Officer, generally in personnel management and community support areas, including Public Relations and media. This included time at sea onboard HMAS STALWART and HMAS TOBRUK. After qualifying as an Intelligence Officer, Tamara had operational postings in Maritime Headquarters, Headquarters Australia Theatre, at sea in USS CORONADO, Bougainville, Papua New Guinea, and finally as a member of the **Interfet** peacekeeping force under **General Cosgrove** in **September 1999** in Timor Leste (East Timor). Her exposure to the sufferings of the civilian population following the atrocities during the Timorese struggle for independence, led to her passionate involvement and desire to provide assistance. She became involved with orphanages and schools, organising food and aid packages to be sent to her for distribution while there and has continued this since then.

She married Adrian Harding, an Army officer, in September 1999, again keeping the Northern Beaches association, at St. Patrick's, Manly. (She received the phone call about the deployment to Timor Leste during the wedding reception.) They have four children and, on settling in Avalon, Tamara transferred to the RAN Reserve (inactive) as a Lieutenant Commander after almost 19 years in the RAN. Adrian working in a civilian defence support capacity, remains an active Army Reservist Lieutenant Colonel. Her children, aged 5, 6, 8 and 9 attend Maria Regina School at Avalon.

At Avalon she became very committed to community engagement, setting up, over the last five years, the Pittwater Friends of Soibada and being elected its inaugural Chairperson at their September 2010 AGM. Tamara is an active participant in the Aloa Foundation, involved in fundraising since 2005. She has supported the Cancer Council with Daffodil Day for 3 years and has held a 'Girls' Night In' for women's cancers at her house for the last 5 years with up to 200 attendees as well as being involved in the Blood Bank since 1990, coordinating buses, publicity and volunteers. She is a member of the Northern Beaches Social Justice Network – Meeting of the Minds and runs the Social Justice Ministry for the Catholic Pittwater Parish.

In March, 2011 she was honoured with the award of Pittwater Woman of the Year. She also recently received The Rotary International Service Award in recognition of outstanding human endeavour contributing to international peace and goodwill.

Could you tell us about the Friends of Soibada, what was the impetus and inspiration behind setting up this organisation?

Pittwater Friends of Soibada is a community group who have joined Pittwater Council in signing a Friendship Agreement with the people of Soibada, a remote village community in Timor Leste (East Timor).

I was one of the group from Pittwater that visited Soibada last year to formalize our friendship agreement. This was my third visit to Timor Leste. I served there in 1999 with INTERFET as a Naval Officer attached to the ground force. Conditions were extremely basic and the environment was high threat. I witnessed the results of the years of occupation and violence in Timor Leste and felt the true courage and strength of the Timorese spirit. However, I did not truly understand the full impact upon the women and children until I had children of my own. I also did not fully comprehend the journey of friendship I was embarking on in 1999, nor did I anticipate the love I would grow to feel for the East Timorese people. It has been a life changing experience that has influenced every aspect of my existence.

As an older mother, and having spent so much time in the Navy, I found it difficult to settle into life at home with (initially) 3 children under 3 (The fourth came about 20 months later.) with my husband away a lot with the army and living in Army Married Quarters in Brisbane far from family and friends. (I was on mat leave.) Even though it was what I had always wanted it was a huge culture shock. I couldn't let go of Timor Leste. I heard about Kirsty Sword Gusmao's Aloa Foundation (www.aloafoundation.org) and contacted her to see if I could assist at all to improve the lives of the women and children of Timor Leste. We corresponded regularly via email and when I returned to Sydney (after a brief detour to Canberra for a year) we met and I began organizing fundraising events. She came and spoke at Avalon and it was then that the Consul General of the time, Abel Guterres (now Ambassador) and I discussed approaching Pittwater Council to link us with a village in Timor Leste.

Australia has had ties to East Timor for far longer than most people are aware. – In WW2 over 40,000 East Timorese died as a result of assisting Australia. We promised them friendship and protection And we let them down.

Please outline what you wish to achieve.

The purpose of this agreement is to provide a basis for the Pittwater Community to support and assist the people of Soibada to improve their daily lives. By helping to provide that support for local projects and to build skills that will contribute to the long term independence and sustainability of the community. In this way we will also teach our youth about the difference we can make in our world, even with small acts. Why do they need our help? The people of Soibada have been rebuilding their small community of 3,000. However, our support is needed to increase the health, well-being and capacity of the village. We can provide that support for local projects and build skills that will contribute to the long term independence and sustainability of the community. **Lack of sanitation, food, health care and poor education are the major problems.**

Here in Pittwater we have had a link with Timor Leste for at least the last 11 years. Pittwater parish supported me in my efforts to ease the suffering of the locals whilst I was there. I was sent items for distribution including food, clothing, toys, books, pens, sewing material, equipment and daily essentials. The Pittwater Community's interest in and commitment to assisting Timor Leste began a couple of years ago at Maria Regina Primary School. With the support of the Parish and that of Pittwater Council it has since grown to encompass the wider community. It will be a sustainable lasting connection and to be successful it needs community support.

How do we achieve this? Any projects will be determined by the Soibada community and the Pittwater Friends of Soibada Group. Priorities include: constructing classroom floors and toilets at the local school, a building for 3-6 year olds, a youth centre and a women's centre. Education is very important as it is the means by which Timor Leste can grow as a nation. Our initial focus will be on education and restoring the school. There are very few resources. There is no electricity or computers.

How can you help? The community of Soibada has access to resources and tradesmen qualified to restore the old damaged buildings of the school yet no money. Fundraising is the place to start. It is a much better use of resources to employ local tradesmen and use local products. This way we assist in stimulating the local economy by providing jobs and giving people the means to help themselves.

The development of the relationship with the village of Soibada in Timor Leste has been very much a team effort. The people of the Northern Beaches have got behind this project with enthusiasm and determination. I am very grateful to Pittwater Council, Mayor Harvey Rose, and particularly Mark Ferguson and Jane Mulrone (who recently visited Soibada with me) for formalizing our community's relationship with Timor Leste.

I am so fortunate to have a fabulous support network of family and friends. My husband Adrian and my four beautiful children, are more than happy to accommodate my projects into their daily lives – putting up with the phone calls and emails during dinner, the piles of donated items that take up space in the playroom and my lack of time for the household! Dad and Mum are always there to assist. Especially with caring for the children when I visit Soibada.

My mother Dannie has backed me in my varied endeavours, even the ones that terrify her as a mother and those that she says sent her grey! This project would not have got off the ground without **Kathy Gee** and **The Maria Regina School Community** - this small Catholic school in Avalon is where the friendship between Pittwater and Timor Leste truly began. Kathy and her staff embraced Timor with such contagious enthusiasm that it soon spread to the entire Pittwater Parish. I must thank **The Pittwater Friends of Soibada Committee** and their supporters. They and the **Soibada Knitters** are a wonderful group of volunteers from varied backgrounds all drawn to the project by a common desire for social justice and a wish to assist our neighbours in Timor Leste.

How long have you lived in Pittwater ?

I have lived in Avalon for the last 5 years. Originally from the Northern Beaches the Navy drew me away, both through my Father's postings and then my own. It was a fantastic life of adventure. However, after marriage and babies my priorities changed and I knew I wanted to raise my children here. After 22 moves I felt I needed to settle permanently. I have lived in many places all over the world and my choice was Pittwater. It did help that my family were already here.

What is your favourite memory or place here?

I love the village atmosphere of Avalon and the vibes on the Northern Beaches in general. Most of the time I love that everyone knows each other, that Dave (local coffee shop) knows my coffee without me asking, and there will always be a friendly face and someone to have a chat with. Dave's is almost like an extension of my house! I love the smell of the ocean, the Norfolk Pines. It all feels like home. The strong sense of community and social justice is really evident up here. We are very privileged but there are people everywhere striving to make a difference in the wider global community.

The best parts of my childhood were up this way. One of my favourite memories from my childhood is of long days at the beach digging paddling pools and making sandcastles. Life didn't seem as frantic then – or perhaps it was just childhood.

What are your plans for the future ?

I am still in the Navy Reserve as a Lieutenant Commander, so one day I would like to go back and do some part time work. At the moment though, raising my children to be happy, healthy and globally aware is my priority.

Now that Pittwater Friends of Soibada is incorporated I would like to see the project registered as a charity soon. It must be sustainable. It is a very long term project for me. I would like to assist in furthering the education of children about Timor Leste and Soibada. I would like to go some way towards fulfilling the promises that we Australians made to the Timorese in WW2. My list goes on and on!

I hope never to leave Avalon. Whenever I worry about outgrowing our small house I remember my friends in Soibada and the conditions in which they live and our lives seem luxurious. (Adrian loves it when I come back from over there and don't hassle him about renovating anymore!)

What is your 'motto' or creed for life ?

I consider that the obligation of social justice does fall upon each of us as individuals. Sister Lourdes, (Mana Lou) is the most inspirational person I have ever met. One person can make the world a better place even through small acts of kindness. There are so many problems in our world at the moment. It can be overwhelming and difficult to know where to start - or if to try at all.

Mother Theresa said, "If you can't feed a hundred people, then feed just one."

The greatest thing I have learnt from my experiences is that an ordinary person really can make the world a better place, if not for many, but for at least one other person.

If/You/We can make a difference

To a family
To a child
To a village

Our sister village Soibada

As a child my favourite poem, and something I tried to live by, was by Emily Dickinson,

**If I can stop one heart from breaking,
I shall not live in vain;
If I can ease one life the aching,
Or cool one pain,
Or help one fainting robin
Unto his nest again,
I shall not live in vain**

Do not wait for leaders; do it alone. Person to person.
Mother Teresa

Further Reading

Friends of Soibada at: <http://pittwaterfriendsofsoibada.org/?p=46>
Interfet

East Timor - INTERFET/Operation Vantage
Following a democratic election voting for independence, East Timor was subjected to violence and heavy reprisal from the Indonesian Armed Forces (TNI) and pro-Indonesia militia groups. The violence began on 30 August, 1999. The Indonesian government was initially reluctant to accept outside help but relented on 12 September. On 15 September the United Nations (UN) authorised the establishment of a multinational peace enforcement force. It was named the International Force East Timor (Interfet) and was led by Australia. Its role was to restore peace and security, support other UN forces, and facilitate humanitarian assistance, where possible.

Books at: http://regimental-books.com.au/shop/east-timor-interfetop-tanager-c-14_37
Australian Forces led INTERFET:
<http://www.aph.gov.au/library/pubs/cib/1999-2000/2000cib03.htm>
INTERFET:
http://en.wikipedia.org/wiki/International_Force_for_East_Timor



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Above: Tamara with her personal hero, Mana Lou (Sister Lourdes). Below: Tamara, Father Abel and children from the Convent in Soibada



From the Tour Of Duty concert for INTERFET troops in East Timor, 1999.



Tamara, first day at school.

Dannie, Tamara's mum related that this daughter always had a lot of energy and they had to put the baby gates back up again when she was older as Tamara would get up at midnight, ready to run. Dannie remembers Tamara always being very aware of others, telling her, years later, what people wore to social occasions at their home, even though quite young when she met them.

One Timor Leste child's story



Related: See [Timor Leste Independence Day at Maria Regina, Avalon](#) and [Soibada Knitters](#).

Reservist's aid continues

By LCDR Mick Gallagher 2009



LADY ROSARIO: LCDR Tamara Sloper with East Timor orphans in 1999.

LCDR Tamara Sloper has a passion for the people of East Timor, which has been reflected in her involvement in organising a fundraising event at Avalon on Sydney's northern beaches on May 14. And she's planning a formal arrangement to provide more profound help to the East Timorese. LCDR Sloper joined the PNF in 1987 and transferred to the RAN/RANR in 2005. Her deployment to Timor in 1999 was quite unexpected. "I received the telephone call about the deployment during my wedding reception," she said. She then joined the Deployable Joint Force Headquarters – Maritime Element. "Based ashore in Dili my experience was very different to a regular naval deployment. I lived in Obrigado Barracks near the INTERFET HQ which was set up in the old Dili library. I worked with mostly Army. Personnel conditions were extremely basic and the environment was high threat at that time," she said. She became involved with the local community and spent any time off at an orphanage run by well known Sister Lourdes at Dare in the hills above Dili. "Many organisations, including Maria Regina Parish at Avalon and St Canice's Parish, at Elizabeth Bay sent me items for distribution to the locals while I was there. This included food, clothing, toys, books, pens, sewing material, equipment and daily essentials. Some items arrived in Dili by HMAS Tobruk. "The Timorese are predominantly Catholic. The rosary beads sent to me by the Australian nuns proved extremely popular. In fact I eventually became known as **Lady Rosario** among the children."

LCDR Sloper says that through Aloa there is a way that schools and communities in Australia can make a difference to the lives and education of the children in East Timor. "In doing this we are educating our own children about the wider global community and the impact they can have on it," she said. **More than 50 per cent of the population is under 15 years of age. It is a nation of children.** "Avalon's Maria Regina Catholic Primary School's association with East Timor has been steadily growing. I speak often to the children about different subjects in relation to life in Timor," LCDR Sloper. Later this year, and 10 years since her time in Timor with INTERFET, she will be revisiting East Timor to establish formal arrangement between Maria Regina School/Parish, and the village of Soibada, the home village of PM Xanana Gusmao, in Manatuto, the home district of President Dr Jose Ramos Horta. "I feel strongly that it is important when we help people to do more than merely give them handouts. While this is good and solves the problem in the short term, the problem is intrinsically deeper than that," said LCDR Sloper who is a now a mother of four. She thanks her husband, Adrian, for his support. He is a LTCOL in the Army Reserve with 21 years service as a Regular. He served with the UN in Iraq as part of the chemical weapons and bomb disposal group. LCDR Sloper has many military connections on both sides of the family. Her father is Navy Reservist CDRE Graham Sloper, who as president of the Avalon Beach RSL Sub-Branch will coordinate the Avalon Cadet and Military Expo on Saturday, June 13, 2009. "To really assist people in need, in crisis, we need to give them the means to help themselves. We need to educate our own children about this." LCDR Sloper has also been involved in many other charity works including the Cancer Council and the 2009 Victorian bushfire victims appeal.



Lieutenant Tamara Sloper with Corporal Jason Hewardine (now Captain) at the orphanage in Dare, East Timor, INTERFET, 1999.

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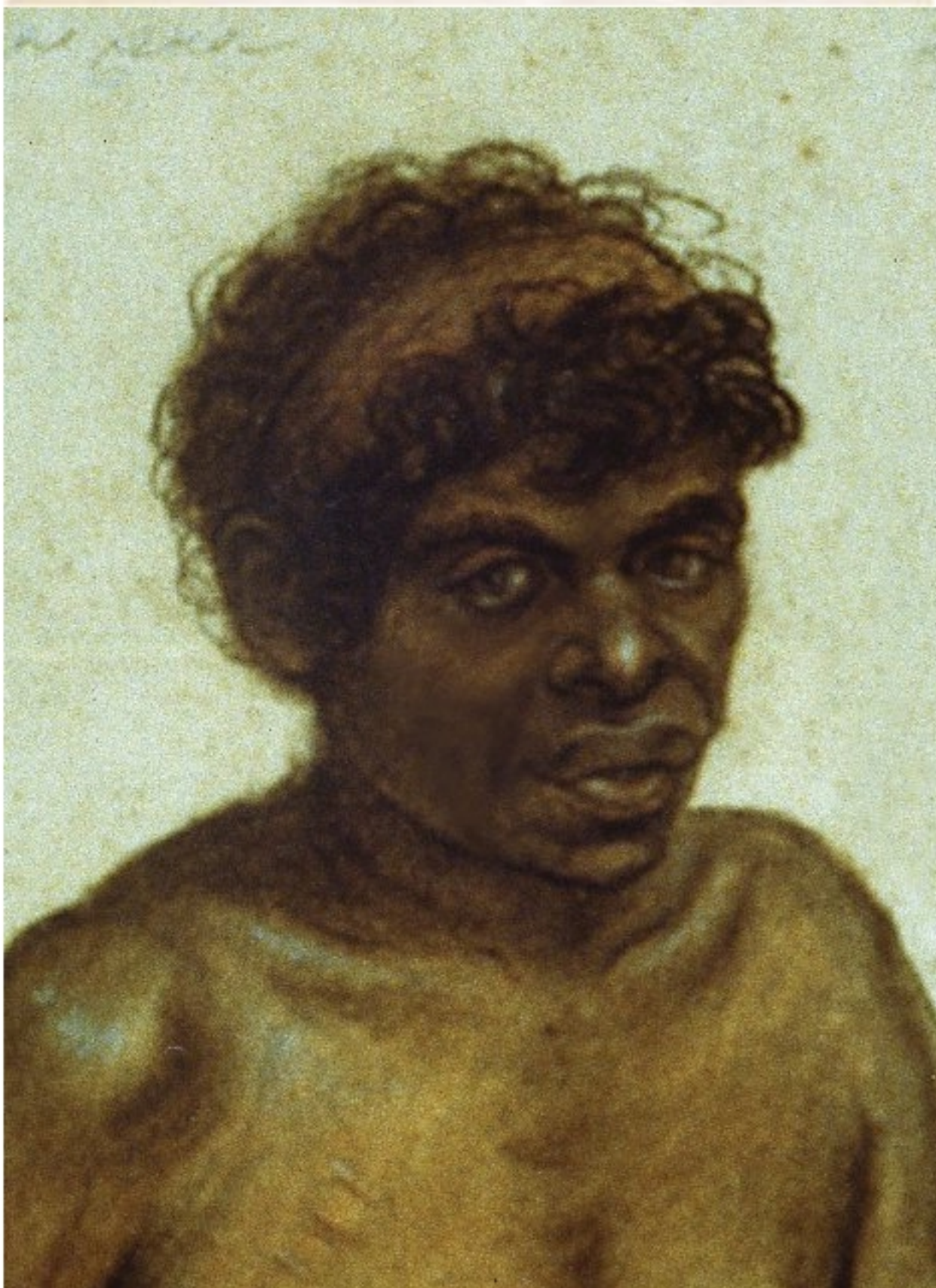
May 2011: Men of Note

Our second month of historical articles celebrate men who have lived and worked in Pittwater. From all walks of life, professions and interests, they give us an insight into dynamic characters with limitless horizons. They also let us glimpse what Pittwater was like during their heydays.



Above: the Customs Shed at Barrenjoey, courtesy National Library of Australia.

Below: A view of Pittwater from 1788 with Lion Island in the distance.



Manly Warringah and Pittwater Historical Society

This Society has kept the only continuous records of historical documents, mementos and research of the Northern Beaches. They are one of the oldest suburban historical Societies in Australia. Visit their informative website by clicking on logo:



Bowen (or Boin) Bungaree 1797-1853



Bowen Bungaree was the eldest son of the Broken Bay leader 'King' Bungaree and his first wife Matora or Madora who took her name from muttaura, meaning 'small snapper' in the Awabagal language of the Hunter River, where she may have been born. Bungaree, possibly born at Patonga, was of the Garigal Clan and Pittwater People. Matora was named 'Queen Gooseberry' by English speakers. In 1829 William Govett surveyed the Northern Beaches and wrote of the Koories living a traditional life along the coast. He described, in the Saturday Magazine, large numbers of Aboriginal people at Cowan Creek, Broken Bay and Barrenjoey. Govett's drawings of Garigal people fishing at Bilgola Beach and North Narrabeen are available at the Warringah Library.

Bowen led a varied and adventurous life, mixing comfortably with the new colonial hierarchy. A skilled fisherman and boatman, he became a sailor, interpreter, guide, go-between and tracker of bushrangers and escaped convicts. When aged 21 he was taken as a go-between by John Oxley on the cutter Mermaid during his exploration of the Pacific Ocean coast north of Port Macquarie, seeking a site for a possible new convict settlement.

In 1832, the year his son Mark was born, he moved his family, wife Maria, two daughters, Theela and Theda (Jane), and newborn Mark to Pittwater, settling beside the old Customs House on Barrenjoey headland. Maria's parents Nan and Jonza came with them. According to correspondence from Customs Officer Howard, Maria and Bowen's children were all baptised at St Mary's Church Sydney. Here Bowen and his clan worked as trackers and traded fish with the settlers. He was noted as being particularly good at finding illegal stills in the upper reaches of Mc Carr's Creek, on one occasion a William Farr being detained. Howard recognized Bowen's skills and recommended to the Collector of Customs in Sydney that Bowen should "have a second boat which would cost about four hundred pounds and enable him to get a living for himself and family consisting of two daughters and a son. ... as he will be liable to insult and oppression for having aided me". Later Howard writes "I am reluctant to employ (Bowen) ... without the protection of a constable as I have reason to believe that violence would be used towards him." He continues to work successfully as a Police Tracker though. In 1837 the Sydney Morning Herald reports he has given information that lead to the capture of three bushrangers, "A black fellow named Bowen told Brophy that the other bushrangers were on another island near Mooney Mooney Creek". (Sydney Morning Herald, 17 April 1837)

During 1849 he sailed with Richard Hill to the goldfields in California, soon returning because, "That country! No wood for fire, but plenty cold wind ... no good for me! No good for blackfellows!" On his return he resumed his duties as a tracker of bushrangers and convicts and finding illegal stills. He was good friends with farmer John Farrell of Newport (Farrell's Beach). Farrell describes him as a bit of character in his choice of dress, "He was in full rig with dress coat, his hair knotted up behind with three feathers stuck in it".

Bowen was shot by a bushranger, Casey, on Bushrangers Hill, Newport in 1853. Bowen had been supplied with a gun to hunt this man but Casey and three other bushrangers ambushed him as he sat by his fire at night and killed him first. John Farrell seems to have found his body and probably even heard the gunfire ring sharply around Newport's hills. His was then taken to St Lawrence Presbyterian Church cemetery but later was reburied in the Pioneer Park at Botany. He was 56 years old.



Above: John Farrell on his farm.

Right: Matora, Bowen's mother.

2011 'One Voice' Guringai Festival details on [Events page](#).

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Being Aware of others: This time of year is for Whale Migrations

Humpback Whales are migrating past your eastern sea door at the moment, on their way north; go try to see one or sing to them from shore. You never forget where and when you see a whale and the feeling of sighting one of those giant tails, or watching them breach, is something you'll have forever.

Some believe a whale sees your soul when they look into your eye. To American Indians they were the keepers of all knowledge from ancient times. Their songs, echoing through all oceans, disclose this ancient knowing to those who can hear it, to their souls. Wisdom, providers, intelligence, and kindness are their attributes. People with whales as their totem are said to be very intelligent and to have a strong sense of family and loyalty.

In Australia the whale is the totem of the Darkinjung people of the Central Coast of NSW. All along our coasts there are strong associations with this mammal of the sea between Koori peoples. Some rock carvings of this creature are estimated at being 1000 years old. Stranded whales were used as a food source, their blubber utilised in varnishing spears, boomerangs and tools, their bones used as shelter and for making utensils.

Further Reading at:

Australian Legends: Why the Whale Spouts, the Starfish is Ragged, and the Native Bear has Strong Arms; <http://www.sacred-texts.com/aus/mla/mla08.htm>

Darkinjung Peoples: <http://www.darkinjung.com.au/default.aspx?id=4>

Rock Carvings in Sydney: <http://www.thegreatnorthwalk.com/rockart>

Whale Migrations: <http://www.wildaboutwhales.com.au/whale-facts/about-whales>

Whale Myths from around the world: <http://www.worldtrans.org/creators/whale/myths0.html>

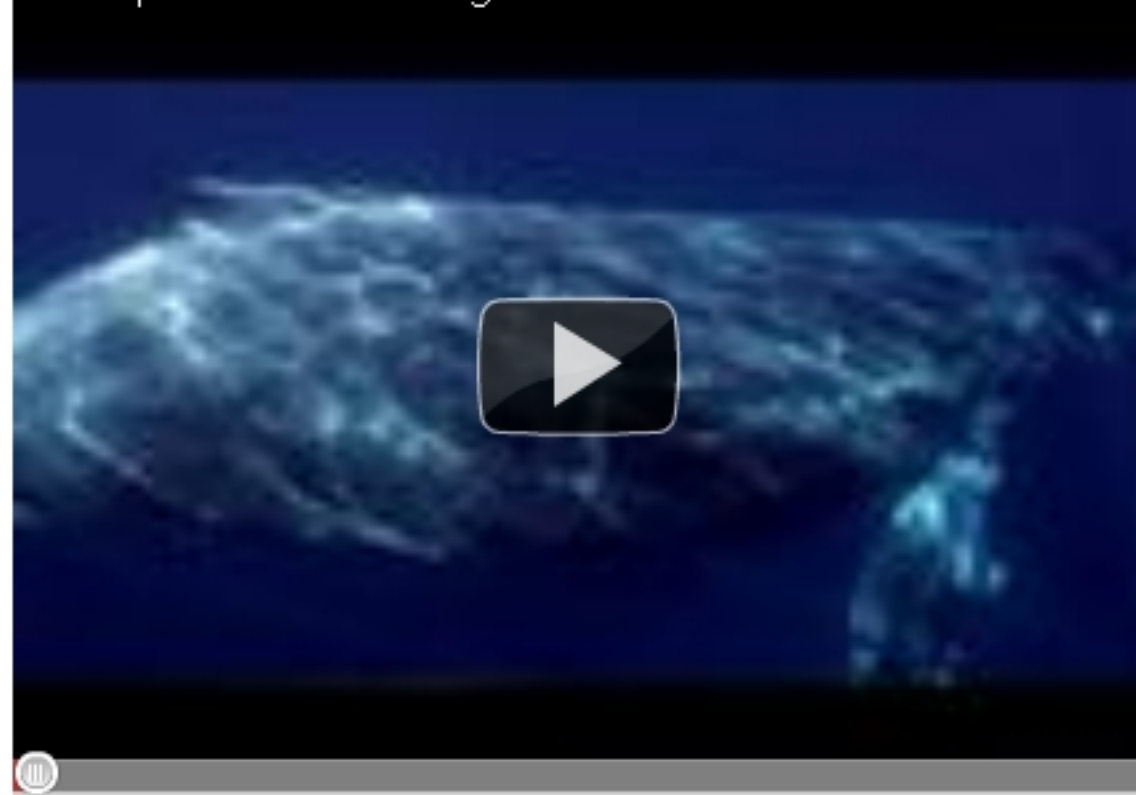
Whale watching in Sydney: <http://www.whalewatchingsydney.net/>

Whale watching Discounts at: <http://www.spreets.com.au/whale-watching>

humpback whales filmed up close and underwater



Humpback Whale Song



npcic
national cannabis
prevention and
information centre

2011 Poster Competition

The National Cannabis Prevention and Information Centre (NCPIC) Poster Competition gives secondary school students between the ages of 12 and 18 years the opportunity to showcase their creative talent and express their thoughts and ideas about cannabis. This year the competition will focus on how the use of cannabis may impact negatively upon young people and their sporting performance.

Closing date

All entries must be received by 29 July 2011. A submission will not be accepted unless the entrant has agreed to the terms and conditions.

Announcement of winner

The National winner will be notified by 5pm on Friday 30 September 2011. The name and state of the winner will be published in The Australian on Saturday 8 October 2011.

[Click here to download an entry form](#)

2011 Short Film Competition

The National Cannabis Prevention and Information Centre (NCPIC) Short Film Competition gives young people aged between the ages of 15 and 25 years the opportunity to showcase their creative talent and express their thoughts and ideas about cannabis. This year the competition will focus on cannabis and its negative impact upon young people and their sporting performance.

The film can be in any style or genre (i.e. drama, comedy, documentary, science-fiction, etc.), but must creatively explore the issues associated with the use of cannabis and its impact upon sporting performance. Research shows that young people's cannabis use may lead to an increased risk of problems such as lung and respiratory damage, affecting fitness and sporting performance, as well as a reduction in the user's co-ordination, reaction time and motivation. These problems could lead to missing out on team selection or practice/training sessions which in turn, may result in letting yourself and your team mates down.

[Click here to download an entry form](#)

• Announcement of winner:

The national winner and runner ups will be notified on Friday 2 December 2011 by 5pm and their names will appear in the Public Notices section of the Weekend Australian on Saturday 10th December 2011.

A wider or more altruistic attitude is very relevant in today's world. If we look at the situation from various angles, such as the complexity and inter-connectedness of the nature of modern existence, then we will gradually notice a change in our outlook, so that when we say 'others' and when we think of others, we will no longer dismiss them as something that is irrelevant to us. We will no longer feel indifferent."

Dalai Lama (Head of the Dge-lugs-pa order of Tibetan Buddhists, 1989 Nobel Peace Prize, b.1935)

[Click on logo to visit website and information](#)



Youth Development and Support Program 2011- 2012



This year the Youth Development and Support Program will focus funding on projects under the theme 'Youth arts and creative enterprises'. Applications should demonstrate how the projects will enable young people to engage in the arts and creative enterprises.

These projects will enhance wellbeing and build resilience of young people and/or demonstrate the social and economic benefits of engaging with the arts and the broader community. Applications from Aboriginal and Torres Strait Islander organisations are strongly encouraged.

The Youth Development and Support Program is a national program designed to provide financial support to non-government, not-for-profit organisations that deliver youth-led community-based projects to develop young people by creating practical and innovative opportunities in their communities. **The Program funds eligible organisations to support initiatives that inspire and encourage young people aged between 12 and 25 years to develop skills and connections within their communities.**

There are two streams of funding support for eligible organisations. Stream 1 offers grants of up to \$40,000 and is targeted at **community-based organisations** to provide opportunities for Young People in their local community. Stream 2 offers grants of up to \$70,000 and is open to national youth organisation operating in more than one jurisdiction, to provide opportunities for Young People from across Australia to become involved in community-based activities, or to engage in initiatives that are across state borders through national youth organisations.

Organisations have up until **Friday 27 May 2011** (5pm AEST) to apply for funding.

For more information or to apply go to

http://www.youth.gov.au/News/Pages/ydsprogram_010410.aspx

Too Many Too Soon Project; addressing Youth Suicide; [here](#)



New Website for Northern Beaches Youth

Manly Council has recently launched a website for young people that is run by young people on the Northern Beaches. Any young people with web design skills who want to get involved in the project are very welcome. Manly Council also posts activities and events on their Facebook and MySpace Youth sites. If you Friend them you'll get the most up to date info. Links for all are posted below:

www.northernbeachesyouthinfo.net.au

www.facebook.com/manlyyouthcentre

www.myspace.com/manlyyouthcentre



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Macular Degeneration Awareness Week 2011

MD Awareness Week 2011 will run from Sunday 22 May to Saturday 28 May 2011. There are many ways you can be involved in your local community, or for our computer savvy clients, why not become an online "Everyday Hero".

Call our support line on 1800 111 709

To find out more click here
<http://www.mdfoundation.com.au/>



The Senior Newspaper Online

Click on logo:



Common Courtesy is Being Aware of Others

Mildred Gertrude Smythe

They've asked me to address 'being aware of others' as a topic this week and at first I was flabbergasted; how are any of us not aware of each other? It must be a generational thing. We must continue to teach each inheriting generation that it is 'uncool' not to offer your seat to the elderly on the bus, not 'modern' to refuse to open doors for girls, and that we are here to help each other, to lift each other up, not tear each other down.

I thought I'd express my wish for all of us to retain and promote respect for each other. We all come from many varying backgrounds and points of view, 'process world-view' is the current term for our social developments, a growing awareness of how we are all interlinked. Frankly, and I suppose Georgely too, I'm not sure when we weren't, apart from all those generations who came before us and managed to exclude so many from the basics of human dignity and accord due to skin colour or creed. That was then and this is now though, and right now is what we have. I relish the opportunities to meet others and learn from them. I approach them by finding out a little of how to so I don't cross their thresholds with what may be interpreted as disrespect. We do, however, live in a land where mateship is the creed and this is expressed by a smile when we don't know the lingo, and by extended hands when we don't know the dance. Ours is a land built from the dirt up from hard work and sweat where all have contributed and from their essence, shaped a place where we can eat foods from all cultures and hear songs from all lands. We are rich, and I mean rich as in the 'deep' original definition of this word.

To George and I it all comes back to having a few basic manners yourself, to approaching all as a source of new wonders. Every being here has a soul we may commune with, laugh with, share insights with. Perhaps we need to remain ever mindful of this and also remember to remain open to others, to give and receive. We are lucky to live in an area where people greet each other with a smile, where we want to grow community through ensuring we too keep growing. It is in concentrating more on our commonalities instead of distinguishing our lovely individualities that concord, born from common courtesies, thrives. And we with it. We are ladies and gentle-men, no matter which generation we are born into. Being aware of others stems from being aware of ourselves, of the way we want to conduct ourselves, the person we wish to become. If we never take our eyes off this prize we, all those souls we meet, and our community and nation cannot fail to become as we would have it. High Hopes perhaps, but certainly very achievable in small things every single day.

Manners are a sensitive awareness of the feelings of others. If you have that awareness, you have good manners, no matter what fork you use. Nothing is less important than which fork you use. Etiquette is the science of living. It embraces everything. It is ethics. It is honor."

Emily Post (American authority on social behaviour who crafted her advice by applying good sense and thoughtfulness to basic human interactions. 1872-1960)



Avalon Computer Pals for Seniors

AVPALS is a volunteer organisation dedicated to helping seniors improve their computer skills. Started in 2000 it now has 20+ trainers and many hundreds of students. At a really low cost (about \$30 a school term) they can provide one to one training on most matters connected with computing. From the smallest problem (how to hold the mouse!) to much more serious matters, there is a trainer who can help.

The training rooms are under the Catholic church in Avalon and training is conducted Monday to Friday from 9am to 4pm. For more information visit AVPALS web site www.avpals.com or ring the co-ordinator Jenny McLaughlin on 02 9999 1348

BENEFITS OF EXERCISE FOR SENIORS

By Ingrid Davey

Older Adult Trainer/Instructor Heartmoves

- * You get to meet new people and make new friends
- * You get to go out and have a coffee after exercise classes
- * You regain your independence
- * Your quality of life improves
- * Your bone density improves
- * Your balance improves
- * You feel better and stronger and move better
- * You not only benefit physically but more importantly mentally

So what are you all doing sitting at home, get out there and join a walking group, have dance lessons, play golf, attend Heartmoves or any other structured exercise class and live life to the full.



Heartmoves is a low-moderate intensity exercise program. Regular participation in Heartmoves will help to:

- Better manage weight, blood sugars, blood pressure and cholesterol
- Improve fitness, balance, co-ordination and flexibility
- Enhance your quality of life and meet other people

Ingrid Davey is a qualified Older Adult Instructor and accredited Heartmoves Leader who will guide you through an exercise program that is fun, safe and modified to suit you.

Tuesday 9.30am and Thursday 10.30am at Nelson Heather Centre, 4 Jackson Road Warriewood. New people welcome every week. \$8.00 casual

Phone Ingrid to secure your spot on 0405 457 063.

www.heartfoundation.org.au



Jan's Story...Enable Me in action

Jan is 76 and full of vitality despite having a number of medical issues. Jan took part in the Enable Me program because she is determined to remain living in her home and would like to get back to travelling on public buses. Jan has a history of cardiac concerns and osteoarthritis in her spine and has lost her confidence.

Jan finds shopping, gardening and cleaning the house difficult. At the beginning of the Enable Me program Jan said "My husband David does all the clearing, but I would love to get back to helping him out. I'm worried that I won't be able to cope if David is not around. I would like to be stronger and able to manage on my own just in case."

An occupational therapy assessment was carried out to make sure Jan's home was set up in a way that was safe for her given her particular needs. The OT organised for a rail to be installed in the shower and some equipment to help open jars and cans was purchased for the kitchen. The OT also provided Jan with some education around how to avoid falls as she is a high falls risk.

To work on increasing Jan's strength and confidence we arranged for her to see the physiotherapist who, along with the exercise trainer, developed an exercise program. We purchased Jan a set of light weights which she used during her weekly exercise session with the trainer. At the end of the program Jan showed vast improvement in her strength and mobility.

The exercise trainer left Jan with a hard copy of the exercise program, which was made up of photos of Jan doing the exercises the trainer had done with her during the program. Jan said that she finds this very helpful. "I would like the program to continue. I have particularly liked the exercise program. I am planning on continuing the exercises Lisa has given me."

Jan found the Enable Me program to be extremely helpful. She said "My quality of life has improved. I am feeling much stronger. Yesterday I even went to Manly on the public bus!"

Contact Community Care Northern Beaches by clicking their logo:



Ladies Golf at Bayview Golf Club

Bayview Golf Club has a very active female membership base of over 330 members, which represents approximately 28% of total membership. Their Ladies Competition is run on every Thursday and they vary the competition played to include stroke rounds, stableford, foursomes and team events for example. Bayview regularly has over 100 ladies playing in their Thursday competition. They also encourage their older and long standing members to continue playing, by holding a 9 hole competition.

Bayview also offers a popular beginners program called "Swingers" where you can learn how to play golf and the rules and etiquette.

The club holds a number of open days during the year in which they invite visitors to play and enjoy both the course and our hospitality at Bayview. These days are:-

Teams Stableford (2 scores to count) – 30 May

Silver Salver (0-20 handicap) – 28 July

Bronze Bowl (21-36 handicap) – 28 July

Gala Charity Day (Teams Stableford 2 scores to count) – 13 October. Click on Logo to visit their website:



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Seasonal Foods that Warm: Pumpkin

The pumpkin crops are coming in so it's time for pumpkin soups, pies, breads, muffins, curries, casseroles and roasted pumpkin. You can cut the top off, take out the seeds and stuff them with spinach and feta or rice and chorizo combinations and bake for a wholesome meal. These yummy vegetables provide fibre, Vitamin C and carbohydrates to warm you during winter months while the seeds, *pepitas*, contain protein, iron, zinc, manganese, magnesium, phosphorus, copper and potassium and fatty acids to kill parasites. Below are a few of our favourites for you to try.

Spicy Moroccan Pumpkin and Chickpea Soup

Preparation Time: 20 minutes

Cooking Time: 45 minutes

Serves: 4-6

1 tablespoon olive oil
1 medium onion, diced
2-3 large cloves garlic, crushed
1 teaspoon dried mint
1 teaspoon salt
1/2 teaspoon black pepper
1 teaspoon freshly ground cardamom
1 x 400g can chickpeas (or 1/2 cup dried chickpeas, soaked overnight and cooked)
2 medium carrots
400g pumpkin
1 x 400g can diced tomatoes
4-6 cups vegetable stock (see page 36 or use cubes or liquid stock)
1 large cinnamon stick
1 bunch fresh mint, chopped

Heat oil in a large saucepan then add onion, garlic, dried mint, salt, pepper and cardamom. Fry until onion is translucent. Add chickpeas with juice and simmer. Meanwhile, chop two large carrots into 1.5cm bits and add to saucepan. Chop pumpkin into chunks slightly larger in size than the carrots, add to saucepan with tomatoes. Cover ingredients with stock, add cinnamon stick (if you only have ground cinnamon, add it with the cardamom). Bring to a boil then simmer, with lid, for 45 minutes. Stir occasionally. Add water, stock or tomato juice if soup is too thick. Add half chopped mint to soup and stir in. Serve remainder as a garnish.

from Las Vegan Nirvana Cafe, Melbourne.

Soup for all Seasons

Aduki independent press

by Las Vegan cooks Lia Vandersant & Liam Davies

ISBN 978-0-9803351-4-9

RRP: \$11.95

Paella-filled whole pumpkin from Australian Women's Weekly May 2008

INGREDIENTS

3kg whole kent or jap pumpkin
30g butter
¼ teaspoon smoked paprika
2 cloves garlic, crushed
150g chopped chorizo
1 single (200g) chicken breast fillet, cut into 2cm cubes
1 teaspoon olive oil
1 medium (150g) brown onion, chopped finely
½ medium (100g) red capsicum, chopped finely
3 cups (750ml) chicken stock
large pinch of saffron
1 cup (200g) paella or arborio rice –
1 medium (150g) vine-ripened tomato, chopped finely
¼ cup finely chopped fresh flat-leaf parsley
½ cup (40g) frozen peas

METHOD

Preheat oven to 180°C/160°C fan-forced.

Using a small sharp knife, carefully cut the top off the pumpkin, cutting down and in towards the centre of the pumpkin so you cut a nice "lid". Using a spoon, scrape out all seeds and fibrous parts from the centre of the pumpkin and some of the actual pumpkin flesh too so that the wall of the pumpkin is about 2.5cm thick all over. Melt half the butter and combine with paprika, half the garlic and salt and pepper. Brush the mixture all over the inside of the pumpkin. Roast pumpkin and "lid" on an oven tray for about 1 hour or until tender.

Meanwhile, cook chorizo in a large pan until golden brown and fat has started to run; remove from pan, drain on absorbent paper. Add the chicken to the same pan; cook until just browned; remove from pan.

Heat half the butter with olive oil in same pan; cook onion, capsicum and half the garlic over low heat until translucent.

Heat stock and saffron in a small pan until hot; keep at a gentle simmer.

Add rice to the onion mixture; cook, stirring, until it is coated in the juices. Add ½ cup of the hot stock; stir until absorbed. Repeat with remaining stock until rice is almost tender. Stir in the chorizo, chicken and tomatoes, parsley and peas into the rice mixture, season to taste with salt and pepper.

Spoon hot rice mixture into the prepared pumpkin. Place pumpkin lid on. Bake for about 20 minutes or until rice is tender. Stand 10 minutes before cutting. Serve with lemon wedges, if desired.

Not suitable to freeze. Butter and stock mixture suitable to microwave. Serves 6-8.



Image Copyright ABC Radio 936 Hobart, 2008.

Pumpkin Facts

The word pumpkin originates from the word *pepon* which is Greek for "large melon". The French adapted this word to *pompon*, which the British changed to *pumpion* and later American colonists changed that to the word we use today, "pumpkin". The origin of pumpkins is not definitively known, although they are thought to have originated in North America. The oldest evidence, pumpkin-related seeds dating between 7000 and 5500 B.C., were found in Mexico, making them an ancient vegetable. Pumpkins belong to the genus *Cucurbita*.

Australian pumpkin varieties range from the sweet butternut to the Queensland blue. All are great for roasting or using in soups and last for many weeks as one of our definitive winter vegetables.

Sally Wise's (ABC Radio) Pumpkin Chutney:

<http://www.abc.net.au/local/recipes/2008/10/22/2398341.htm>



Stuffed pumpkin Image Copyright Australian Women's Weekly 2008.



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Pittwater Online News

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Community News Avalon Tattoo 2011 Pictures News From our Inbox Books Events

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CANNES RESERVE PLAN ON EXHIBITION

A plan of management for Cannes Reserve and Gunyah Reserve Place in Avalon will go on public exhibition for comment between 21 May and 18 June.

The Council decided to place the plan on exhibition at its meeting this week, following a lengthy period of community consultation. The five-year plan covers management practices for the reserve, aimed at conserving two endangered ecological plant communities – the Pittwater Spotted Gum Forest and Littoral Rainforest - and a colony of Grey-headed Flying-fox. The flying-fox colony currently numbers around 360.

A working party of key stakeholders will meet on a six monthly basis or as required to monitor progress on implementing the plan.

Key points of the plan include:

- Ensuring a balance between the needs of local residents and viable habitat for the flying-fox colony.
- Preserving endangered vegetation in Cannes Reserve
- Retaining Gunyah Place as a recreational area with the existing playground
- Upgrading the walking track from Cannes Reserve to Therry Street and the steps at the corner of Net Road and Cannes Drive.

Mayor Harvey Rose thanked the participants in the working group for their cooperation and commitment to finding a solution.

"We believe the plan provides a foundation by which the residents and flying foxes can coexist," he said.

To view the draft plan, visit www.pittwater.nsw.gov.au/exhibition or at the Council's customer service centres at 1 Park Street Mona Vale and 59A Old Barrenjoey Road Avalon. Comments should be in writing and received by the closing date of Friday 1 July 2011

How Green is a Spotted Gum when Wet?



WASTE WATCH IN PITTWATER

Pittwater Council will be carrying out an audit of domestic, recycling and garden organic waste throughout Pittwater between 16 May and 8 July. Council's Environmental Compliance Manager Jeff Lofts said the audit was being undertaken to establish future waste and recycling needs in Pittwater and across the northern beaches.

"The audit involves collecting a variety of waste materials from randomly selected households to establish the amount, type and recycling present," he said.

Mr Lofts said that households would be randomly selected for the audit and collection would take place from the kerbside on normal collection days. "If you are selected, we encourage you to allow the contractor to collect material from your bins," he said. "There is no reason to change your normal behaviour."

Data gleaned from the audit will be used in a collective way to help the Council investigate more efficient waste management and reduction strategies. The information will also help the Kimbriki waste facility at Ingleside with their future planning.

Recycling bins located at Pittwater beaches will be audited to improve education programs about recycling away from home. Mr Lofts said that in an average year, over 10,000 tonnes of garbage and around 8,000 tonnes of recycling material was collected across Pittwater.

For more information on waste management visit www.pittwater.nsw.gov.au/local_services

NRM Conference, Sydney 29th June to July 1st, 2011; file for below

 [NRM Conference June 2011.pdf](#)
Size : 1147.432 Kb
Type : pdf

<http://www.petitionspot.com/petitions/savethetamar>



2006-05-14 10:36 [Kyle sb](#) 874x536x8 (51987 bytes) Tamar river from Brady's lookout (near [[Exeter, Tasmania|Exeter]]).

Pittwater Native Fauna Draft Plan of Management Document



Think before you print ; A kilo of recycled paper creates around 1.8 kilograms of carbon emissions, without taking into account the emissions produced from transporting the paper. So, before you send a document to print, think about how many kilograms of carbon emissions you could save by reading it on screen.

Sydney Harbour Foreshore Authority Carbon Footprints Document



For tips on how to be more energy efficient, visit **Climate Action Pittwater at:**
<http://www.climateactionpittwater.org.au/>

"I bind myself today to the power of Heaven, the light of the sun, the brightness of the moon, the splendour of fire, the flashing of lightning, the swiftness of wind, the depth of the sea, the stability of the earth, the compactness of rocks." — from the Prayer of Saint Patrick



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[Government inaction killing forest agreement - The Wilderness Society](#)
<https://secure.wilderness.org.au/cyberac...>
Save Tassie's forests We need your help to convince our governments to keep the Agreement alive and to deliver a win-win outcome for both Tasmania's ancient forests and its forest industry. - [Online Action - Have your say](#)

URGENT!
Tasmanian forests.
Your help needed now.



Eight months ago, we signed on to the Tasmanian Forest Agreement. For the first time in history, loggers and environmentalists had sat down together and agreed on a way forward to end thirty years of conflict over Tasmania's forests.

The Agreement was signed in recognition that not only were high conservation value forests being logged but the timber industry in Tasmania was also in crisis. Forests were being logged and workers were losing their jobs. This lose - lose situation had to change.

Please ask the Premier and Prime Minister to publicly commit to negotiations with the signatories to implement the Forest Agreement.

A key part of the Agreement was a moratorium on the logging of high conservation value forests. It is essential that logging is stopped before any more of our precious forests were lost and while the implementation details of the Agreement were finalised.

However, months after the deadline for logging operations to have ceased in many of Tasmania's irreplaceable forests, logging and road construction continues.

Lack of leadership

It is becoming apparent that the Tasmanian and Federal Governments are failing to show the leadership needed to deliver a lasting solution for Tasmania's forests.

Logging roads are still being ripped through the heart of remote forests and the Tasmanian Government has made no commitment to legislate for the protection of high conservation value forests.

The Federal Government had no funding in the 2011-12 budget to provide the necessary exit funding for native forest logging contractors and other workers or for new jobs and opportunities in a truly sustainable timber industry based on plantations.

And six weeks after it was presented to them, neither government has formally responded to the interim report by the facilitator they appointed in December 2010.

Time for action

It is time for the Tasmanian and Federal Governments to begin negotiating with signatories over the implementation of the Agreement. It is time for them to back up their words with real action and demonstrate their commitment to ending the conflict over Tasmania's forests.

Until they do, we are suspending our involvement in the Agreement.

The Wilderness Society remains committed to the principles of the Tasmanian Forest Agreement and constructive dialogue with any and all of the groups involved. The Agreement is the best way to protect Tasmania's forests for future generations - and the only way forward for the timber industry.

But until both governments commit to negotiating with stakeholders and investing in the solutions, further talks appear fruitless.

We need your help to convince our governments to keep the Agreement alive and to deliver a win-win outcome for both Tasmania's ancient forests and its forest industry. You can take action now by sending your message to Prime Minister Julia Gillard and Premier Lara Giddings. [Click on link at top.](#)



Related to the Bottlebrush (cleansings) tree, and flowering in Autumn and Spring, the Paperbark tree, genus Melaleuca, creates glows of white in our parks and streets. Our original Custodians utilised this plant and its bark for wrapping food, for sleeping mats and for medicine; some varieties contain an antibiotic in their oil. Their flowers and times of blooming symbolise a cleansing and return to spirit. In Spring this is a leaping up of the life force, in Autumn they mark a time for meditating on our own core spiritual essence and the coming of snows as affirmation of this.

Current CSIRO Magazines on Environment, Sustainability and Climate Change

[Click on cover for more information](#)



LIFE IS BETTER WITH NATIONAL TREE DAY



Australians urged to take part in this special day to improve their local environment. Planet Ark is calling on individuals, school teachers and members of community, faith, sporting and green groups to register and run activity sites for Schools Tree Day or National Tree Day happening on Friday 29 July and Sunday 31 July 2011.

Volunteers who register a school or public site with Planet Ark before **Friday 27 May** will go into the draw to win a visit to their site from celebrity landscape architect and all round great guy Costa Georgiadis of SBS's Costa's Garden Odyssey.

"If you have a passion for the environment and love gardening then you are the perfect candidate to be a National Tree Day Site Coordinator," says Planet Ark spokesperson Rebecca Gilling. "You don't need to be an expert. Planet Ark partners with local councils and Toyota dealers nationally to help provide you with information and assistance to make your event a success."

"We encourage anyone who wants to make a difference and get involved in a worthwhile community activity to register a National Tree Day site," says Gilling.

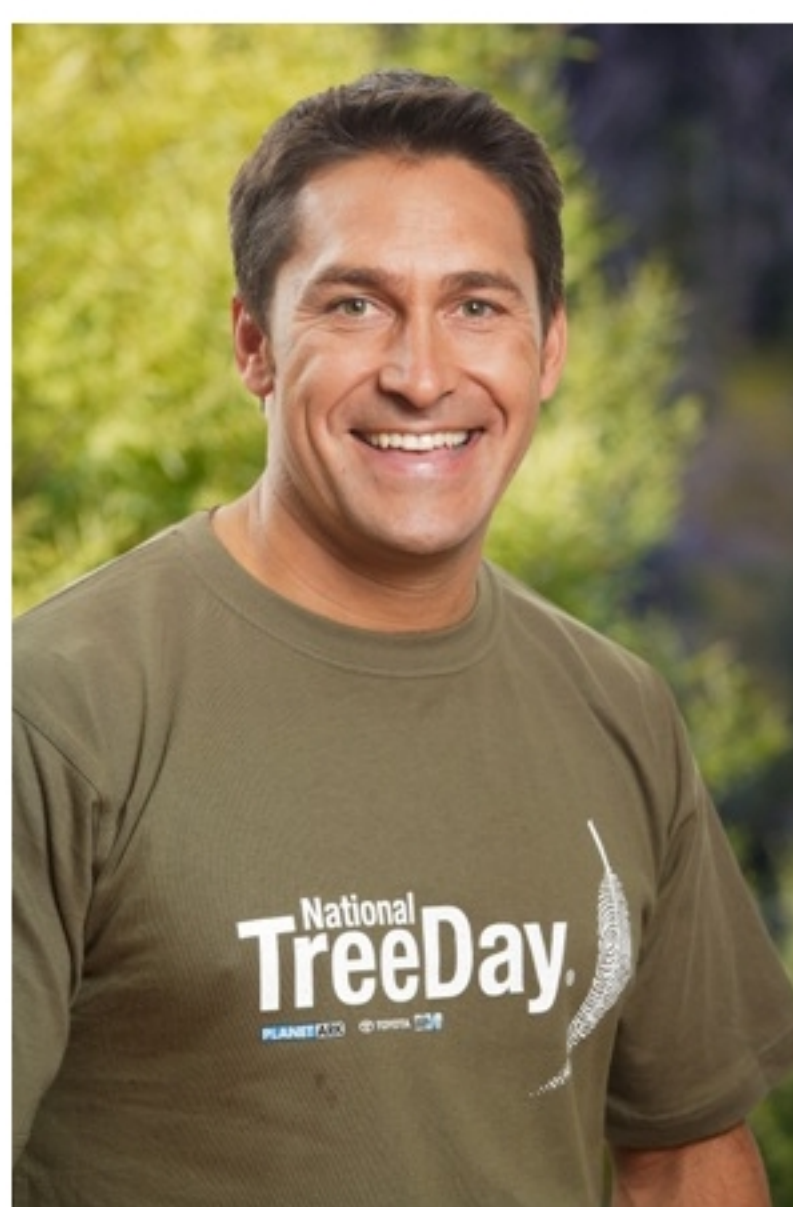
John Tucker, from Tamworth Manilla Landcare Association has been a National Tree Day Site Coordinator for two years. "There is not a more rewarding experience in nature than collecting and planting native tree seeds and waiting for the first leaves to emerge through the soil."

Celebrating its 16th year in 2011, National Tree Day has seen the planting of more than 15 million native trees and shrubs over the years. Site Coordinators can also run a number of other activities such as bush regeneration, seed collecting or maintenance at a previous site.

To register a National Tree Day site or for more information, visit <http://treeday.planetark.org> or call the National Tree Day Hotline on 1300 88 5000.

National Tree Day is organised by Planet Ark in partnership with Toyota and its dealer network which provide on-the-ground support at local and community tree-planting sites Australia wide.

Bilgola resident and Tree Day Ambassador, Jamie Durie



Currawong Saved Icon copyright Michael Mannington 2011.

May 22 – 28, 2011: Issue 7

Standing Up And Speaking Out: June's Gemini New Moon

Bit by bit... she had claimed herself. Freeing yourself was one thing; claiming ownership of that freed self was another. Toni Morrison

No man is good enough to govern another man without that other's consent. Abraham Lincoln

We need to find the courage to say NO to the things and people that are not serving us if we want to rediscover ourselves and live our lives with authenticity. Barbara De Angelis

To sin by silence when they should protest makes cowards of men. Abraham Lincoln

The limits of tyrants are prescribed by the endurance of those whom they oppose. Frederick Douglass

Freedom – to walk free and own no superior. Walt Whitman

Freedom is the emancipation from the arbitrary rule of other men. Mortimer Adler

Emancipate yourselves from mental slavery. None but ourselves can free our minds. Bob Marley

June's new Moon in Gemini falls on June 1 in the United States and June 2 in Australia. The theme is one of 'freedom versus slavery' and it brings with it some interesting opportunities and challenges. **The Sabian Symbol for the new Moon is Gemini 12: A Slave-Girl Demands Her Rights Of Her Mistress.** The following is from my book *The Sabian Oracle: 360 Degrees Of Wisdom*:

If you are in a situation where you are spoken to badly, or treated with less respect than you deserve, make a stand – don't just put up with it. It's time to break the pattern and move ahead with self-respect and self-determination. This will encourage others to show respect and acknowledge that you should be taken seriously. You can take responsibility for your own life and how it is lived. Whether you are the 'Slave-Girl' or the 'Mistress', it is important now to allow some changes or adjustments to the usual order and the established distribution of power. Nothing stays the same in a world of such broad experiences. It is how we react to others that measures our humanity. Parents can fall into this 'Slave' trap and children sometimes need to show maturity by having sympathy for the dilemma their parents face in their own lives. State what you want clearly and simply and see how your situation improves. Keeping quiet can lead to illness and disgruntlement that simmers until it explodes. Whatever side of this situation you find yourself, it's better to act now.

Keywords: Rising above conditioning and limitations. Standing up for one's self. Demanding better treatment. Seeking recognition and self-respect. Being in charge of one's life. Breaking away from oppression. Wanting a raise in pay or conditions. The need for freedom. Desiring property and rewards. Rising up from an "underdog" position or situation. The quest for identity.

The Caution: Feeling hard done by. Being demanding. Blaming others. Bucking authority. Demanding to be recognized or noticed. Feeling used and abused. Oppression and slavery. Jealousy and envy. Exploitation.

This Symbol seems to be saying that it may be time to remember your value, your contribution, your talents and your true place in the world. This new Moon is a partial solar eclipse, which gives it more impact and punch. Where are you compromising your self, your values, your time? Where do others expect you to do everything? Clean up the mess? Pay for everything with your money, time or effort? Perhaps we have to get like Peter Finch (an Australian actor, by the way) who, in the movie *Network*, implored us to go to our windows and shout out ([Watch the scene on youtube here](#))

"I'm as mad as hell and I'm not going to take it anymore!"

Sometimes, "demanding our rights" can be confronting and you may run the risk of not being understood; merely complaining, making a mountain out of a molehill, being demanding or generally disturbing the peace. The question to ask is: are you going to continue 'taking it'? Perhaps you have someone in your life that wants to say this to you - are you listening?

I saw a great Mark Twain quote the other day:

"Never allow someone to be your priority while allowing yourself to be their option."

I know this is 'preaching to the converted' here, but I couldn't resist posting this youtube video as well... how prophetic is this?

Are you as "mad as hell and not going to take it anymore"?

Talking about 'Prophecies', **Pluto is on Capricorn 7: A Veiled Prophet Speaks Seized By The Power Of A God.** Going to join the Rapture party, anyone? ;) This Symbol shows the enormous power of those who know how to use words, ideas and messages. It can speak of the channelling of information all the way up to hypnosis and issues of control of the masses. The trick here is to be selective in what one listens to or gives their attention to.

It seems certain that this coming period is going to be about 'battles' of some sort. **Mars is on Taurus 17: A Symbolical Battle Between 'Swords', The Disciples of Might, And 'Torches', The Disciples Of Enlightenment.** This is about battling, arguments, fighting for ideals, light versus might and might versus light, the pen being mightier than the sword, peace marches, candles, torches, weapons, the might of the media. The 'war' or 'battle' may be within yourself, and it may have its origins in the outside world, but it seems that the internal battle is the hardest fought. How are you going with your crusade? What are your terms of engagement with others?

The Quest Symbol (the degree following) of the new Moon speaks of reminding yourself (and therefore others) of your abilities, talents, creativity, right to respect and acknowledgement. The Symbol is Gemini 13: A World Famous Pianist Giving A Concert Performance. One doesn't have to be a pianist, a musician or a particularly gifted 'performer' in order for this degree to work. It shows the need to show what you're made of, what you're capable of and what sets you on fire.

The Karmic Condition (the degree before) of the new Moon is Gemini 11: Newly Opened Lands Offer The Pioneer New Opportunities For Experience. What new opportunities can you move towards? What is beckoning you? Is it somewhere other than where you are now? Is it doing something different? New approaches? New realities?



Mercury is the planetary ruler of Gemini, hence it's the planetary ruler of this new Moon and it brings an interesting message. It asks for people to work together as a team, not with one being 'the master' and the other being 'the slave'. Mercury is on Taurus 29: **Two Cobblers Working Side By Side At A Table.** This shows equal responsibilities and equal labor, people sharing quietly and persistently in their jobs or chores, partnerships, work benches, demarcations of work, the marriage of minds, sharing materials, tools and tasks. It seems that Mercury is bringing the message of equality and partnership - a different picture than one presented by the new Moon 'slave' image.

The Karmic Condition of Mercury is a wonderful degree that speaks about the renewal of love and romance. It's Taurus 28: A Woman In Middle Life

Stands In Rapt Sudden Realization Of Forgotten Charms, In Unexpected Recovery Of Romance. This is a lovely Symbol that speaks about 'second chances' on many levels.

Venus seems to be asking that you slow down and take notice of any messages coming your way. **The Symbol is Taurus 21: A Moving Finger Points To Significant Passages In A Book.** It speaks about finding the essential details, it's reading and writing books, keeping records, instruction manuals, lawyers and the law, reviewing, reference books, looking for clues, reading the Oracle, memories, quoting scripture, testimony and rules. What are you noticing? What messages are coming your way now? Venus seems to have a significant role in this new Moon as it is the planetary ruler of Taurus and Venus, Mars and Mercury are all in Taurus now. Check your messages, check your intuition, listen to the clues.



Chiron, the Wounded Healer and the significator of 'the stories we tell ourselves' is on a Symbol that also backs up the message of the new Moon. It speaks of having to be on duty, to have to be dressed and ready and on guard and prepared to go into the battle in some way. **Chiron is on Pisces 6: A Parade Of Army Officers In Full Dress.** This can show people being stressed about constant talk of war, constantly having to be the one on time, the one who shows up and puts their lives on the line for some ideal that may not even be theirs. Of course, it can signify that you want to show up, do the right thing, help out

people, make a difference in your community. More the question is what are you doing that you don't want to be doing? What are you doing because it looks good that you're doing it? Being true to one's self, again, is the issue here. Gritting and bearing it won't work any longer, at least not when you're looking for a more authentic version of your life.

Neptune, the planet of dreams, illusions and beauty, is on Pisces 1: A Crowded Public Market Place. This speaks of big business, corporations, money, the way we are controlled by the 'powers that be'. On a more personal level, it asks us to define how we're going to take our goods, our services, our desires, out into the public market in order to truly make a living, to make a difference, to be seen and heard, to be appreciated for our talents. Neptune can have it all seem rather hard and illusory, but connecting with your visions, dreams, thoughts and aspirations can find you getting out there, in amongst the market and being more able to fulfill your place in the scheme of things. The 'Public Market Place' can lead us astray (as with the film *Network*, see the link above), but it can also enrich us, bring us closer together and provide us with ways to exchange what we do well with others.

For many, loneliness is an issue, especially with Uranus now on Aries 4: Two Lovers Strolling Through A Secluded Walk. This Symbol can speak of lovers, yes, and it can show people together, enjoying each other and their company. It can show people sharing their lives and yet having enough space for themselves to do the things they want to do. However, it can, with Uranus here, show people alone and lonely and walking that 'Secluded Walk' alone and it may be time to do some in depth work around this issue (whether you're alone or in a relationship).

Jupiter is on a Symbol that speaks of connecting with family and loved ones. The Symbol is Aries 30: A Duck Pond And Its Young Brood. This is about realizing the joy inherent in having a family, good friends and people you can rely on. It's about finding friends and family that enrich your life, feeling safe in one's environs and it's about communes and communities. This Symbol can bring joy and beauty to your life, although you may be wanting to expand that 'Duck Pond's' boundaries to include others, to include other places or scenarios. It may be time to think outside the square.



Remembering to invite happiness in is most likely the highest priority of this new Moon. The Moon's north node is on Sagittarius 24: A Bluebird, A Sign Of Good Luck And Happiness, Is Standing At The Door Of The House. This speaks of beauty, joy, happiness and good luck.

Perhaps you want to shout out the window "I'm as mad as hell and I'm

not going to take it anymore", or, perhaps you think that letting Peter Finch in *Network* do it while you make some interesting discoveries about what you will and won't put up with.

I wish for you that the Bluebird Of Happiness lands at your doorstep!



Avalon resident Lynda Hill, FAA Pract. Cert . has been a professional astrologer for more than 18 years. 2010 marked her 25th lecture tour of the States, in addition to the many lectures she has conducted for astrologers and the public throughout Australia, England, Scotland, Wales, Ireland, Russia, South Africa, New Zealand and Canada. Lynda is the astrologer for Take Five Magazine, and writes astrological commentary for publications all over the world. She divides her time between Sydney's beautiful Northern Beaches and the World Heritage-listed Blue Mountains (when she's not travelling the world delivering lectures).

To schedule a psychic astrology reading with Lynda or to give feedback or ask questions, please email her at sabiansymbols@gmail.com

What are the Sabian Symbols?

The ancients divided up the sky, just like any other circle, into 360 degrees. They assigned each of the 12 constellations (star signs or zodiac signs) 30 degrees each: 12 times 30 = 360. The Sabian Symbols are a set of 360 phrases of words that correspond with each of the 360 degrees of the wheel of the zodiac, from Aries 1 to Pisces 30. Consisting from as little as 2 words (Virgo 2: 'A Harem') to as many as 21 words (Taurus 5: 'A Youthful Widow, Fresh and Soul-Cleansed From Grief, Kneels at an Open Grave to Receive the Secret of Eternal Life), each one of these Symbols holds both a story and a unique energy field of their own. These images hold meaning for those degrees of the signs. Although the Symbols have their foundations in astrology, absolutely no knowledge of astrology is needed to use them.

The Sabian Symbols were given birth in San Diego, California, in 1925 by Marc Edmund Jones, a noted American astrologer and spiritualist and the gifted clairvoyant Elsie Wheeler. Jones was interested to find a set of word images to go with every degree of the zodiac. Elsie Wheeler was an extraordinary clairvoyant confined to a wheelchair for most of her life. Jones chose Elsie Wheeler as his partner in this 'experiment' (as M.E. Jones called it) as she had a remarkable ability to "see" messages, images and symbols. She used this talent to help her clients, but was rather weary of the standard questions she received, such as "when will I be rich?" and "when will I meet the love of my life?" She was eager to take part as she believed that this was an opportunity to really contribute something to astrology.

For more Information: [click here](#)



Pittwater Online News

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May 22 – 28, 2011: Issue 7

WARRIEWOOD VALLEY UP FOR REVIEW

Undeveloped land in the Warriewood Valley will be subject to a joint review by the NSW Department of Planning & Infrastructure and Pittwater Council. The Council voted at its meeting this week to participate in the review, following a recommendation by the state government's Planning Assessment Commission. The Commission recommended a review of the Warriewood Valley after it approved the Merton proposal for up to 447 units at 14-18 Boondah Road Warriewood. The Department of Planning & Infrastructure confirmed the joint review would go ahead last month.

The review will include the area to the south of the Sydney Water sewage treatment plant up to Jacksons Road Warriewood, known as the 'southern buffer'. It is expected to take into account current height and density standards in the Valley, the role of Centro Warriewood, transport and road networks and other infrastructure needs. On the density issue, the Council's planning controls for the Warriewood Valley area currently allow up to 25 dwellings per hectare.

Mayor Harvey Rose said any proposed increase in density must be matched by the necessary infrastructure and management of risks such as flood-prone land. The Merton proposal for Boondah Road has set an unwelcome precedent as there are still no guarantees on funding for proper road networks in the area which are desperately needed," he said.

Mayor Rose said he was pleased to see that the strategic review would be carried out by a project group of officers from the NSW Department of Transport, in addition to planning staff from the Department of Planning & Infrastructure and the Council. "We'll be writing to affected landowners shortly letting them know what's proposed and any strategic review will of course not take place without consultation with our community," he said.

To read the Council report on the strategic review visit www.pittwater.nsw.gov.au/meetings_and_committees



RABBIT CONTROL IN THE SPOTLIGHT

Pittwater Council has voted at its meeting this week to set up a working group including relevant experts and state government representatives to develop solutions to the feral rabbit problem in Pittwater. The resolution comes as a result of a notice of motion by Cr Jacqui Townsend calling for the Council to lobby the Local Government Association for a statewide approach to the issue.

Cr Townsend singled out kindy farms and pet shops for allowing young rabbits to be kept on school premises or 'baby-sat' in residents homes. "This can contribute to impulse buying by families," Cr Townsend said.

The Council resolved to call for mandatory de-sexing of rabbits before being sold to the public and controls on the numbers sold.

Mayor Harvey Rose said the vote to set up a working group would mean that all the issues concerning rabbits would be examined. "The group will be formed from residents, relevant state government authorities, animal experts and Council representatives," he said. "This is a community-wide problem that needs a cooperative approach. Lobbying relevant authorities for changes in the way rabbits are sold is one possible solution, community education is another."

Mayor Rose said the working group would be formed by the middle of this year.



Paul Sironen, Daryl Brohman and Veronica, local lass, at Careel Bay Ovals on Thursday.

A Stroll in the Park

Had to go to Avalon on Thursday and came across the above people filming a new commercial for Lowes. Terry Hill was a bit late, 'Catching a ferry probably,' one of them remarked. Very nice people, as many jokes off camera as on.



Pittwater Offshore Newsletter Update 16/5/2011; click on Logo. Extensive local directory.

Scotland Island - Western Shores - Mackeral Beach

Pittwater Offshore Newsletter

To contact Julian: editor@scotlandisland.org.au

Sumba Foundation Australia Article at: [here](#)

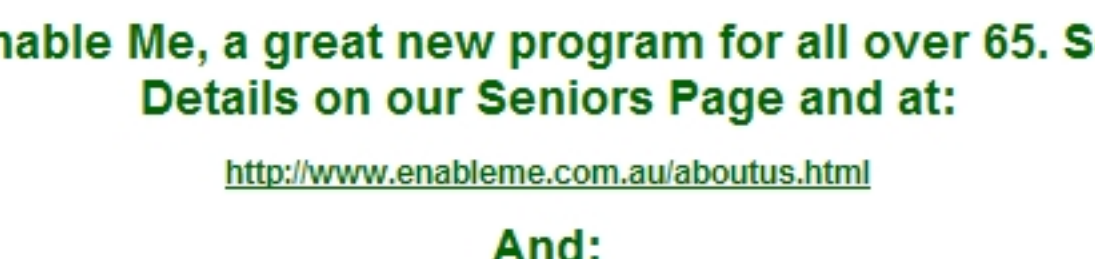
Website at:



Enable Me, a great new program for all over 65. See Details on our Seniors Page and at:

<http://www.enableme.com.au/aboutus.html>

And:



WHAT ARE PITTWATER'S MOST SCENIC STREETS?

The Council voted at its meeting this week to seek nominations from the community on Pittwater's most scenic streets. Local residents have until Friday 20 May to nominate what they believe to be Pittwater's most stunning street.

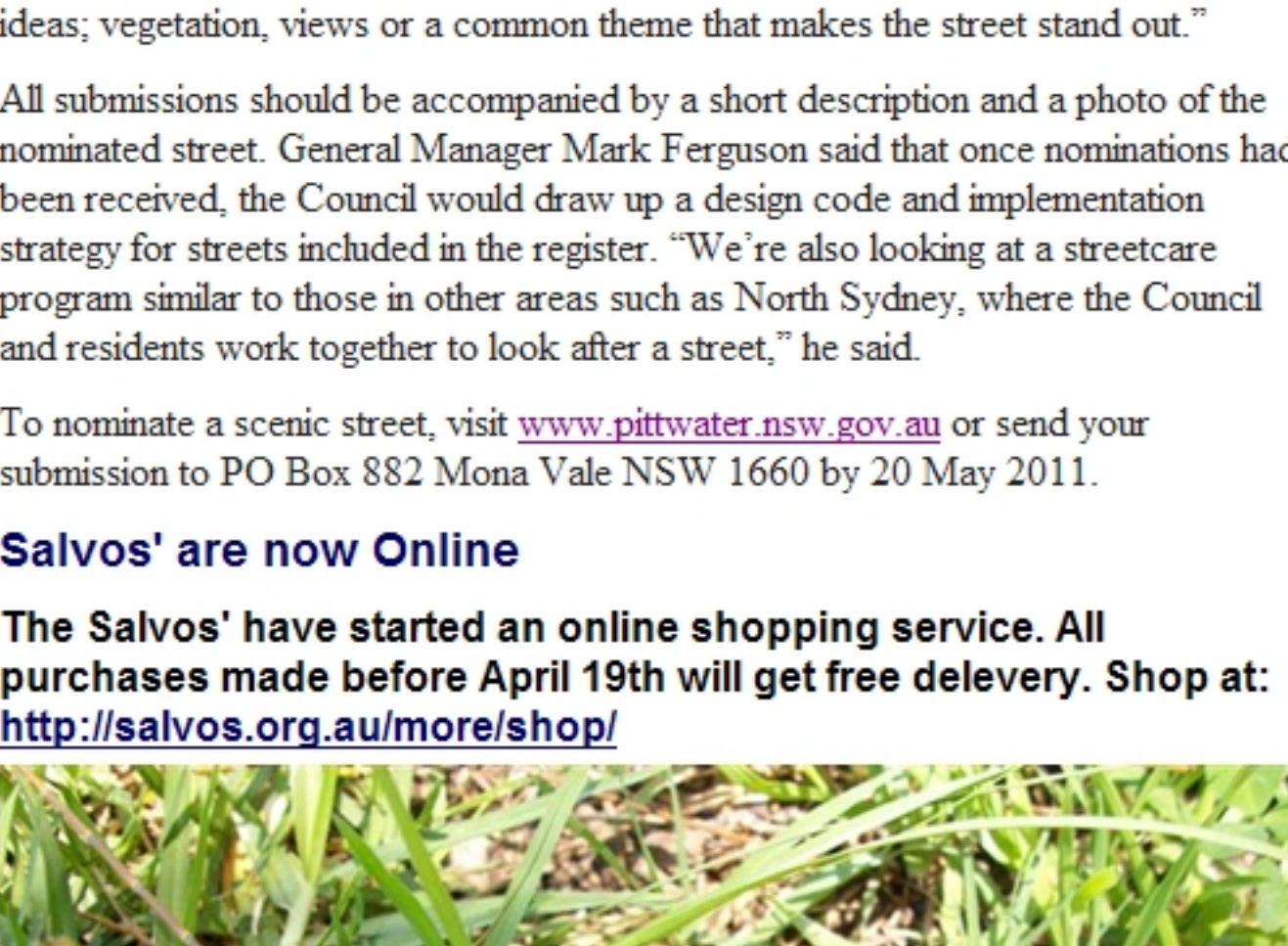
Last year the Council voted to create a register of scenic streets in Pittwater, to prevent view loss from public land such as nature strips. Mayor Harvey Rose said scenic streets were not limited to those with coastal or water views. "Some of our most beautiful areas are in a bushland setting," he said. "We're hoping that our community can tell us where the most spectacular streets are, based on three main ideas; vegetation, views or a common theme that makes the street stand out."

All submissions should be accompanied by a short description and a photo of the nominated street. General Manager Mark Ferguson said that once nominations had been received, the Council would draw up a design code and implementation strategy for streets included in the register. "We're also looking at a streetcare program similar to those in other areas such as North Sydney, where the Council and residents work together to look after a street," he said.

To nominate a scenic street, visit www.pittwater.nsw.gov.au or send your submission to PO Box 882 Mona Vale NSW 1660 by 20 May 2011.

Salvos' are now Online

The Salvos' have started an online shopping service. All purchases made before April 19th will get free delivery. Shop at: <http://salvos.org.au/more/shop/>



Submit your Event

Name of Event

Date of Event

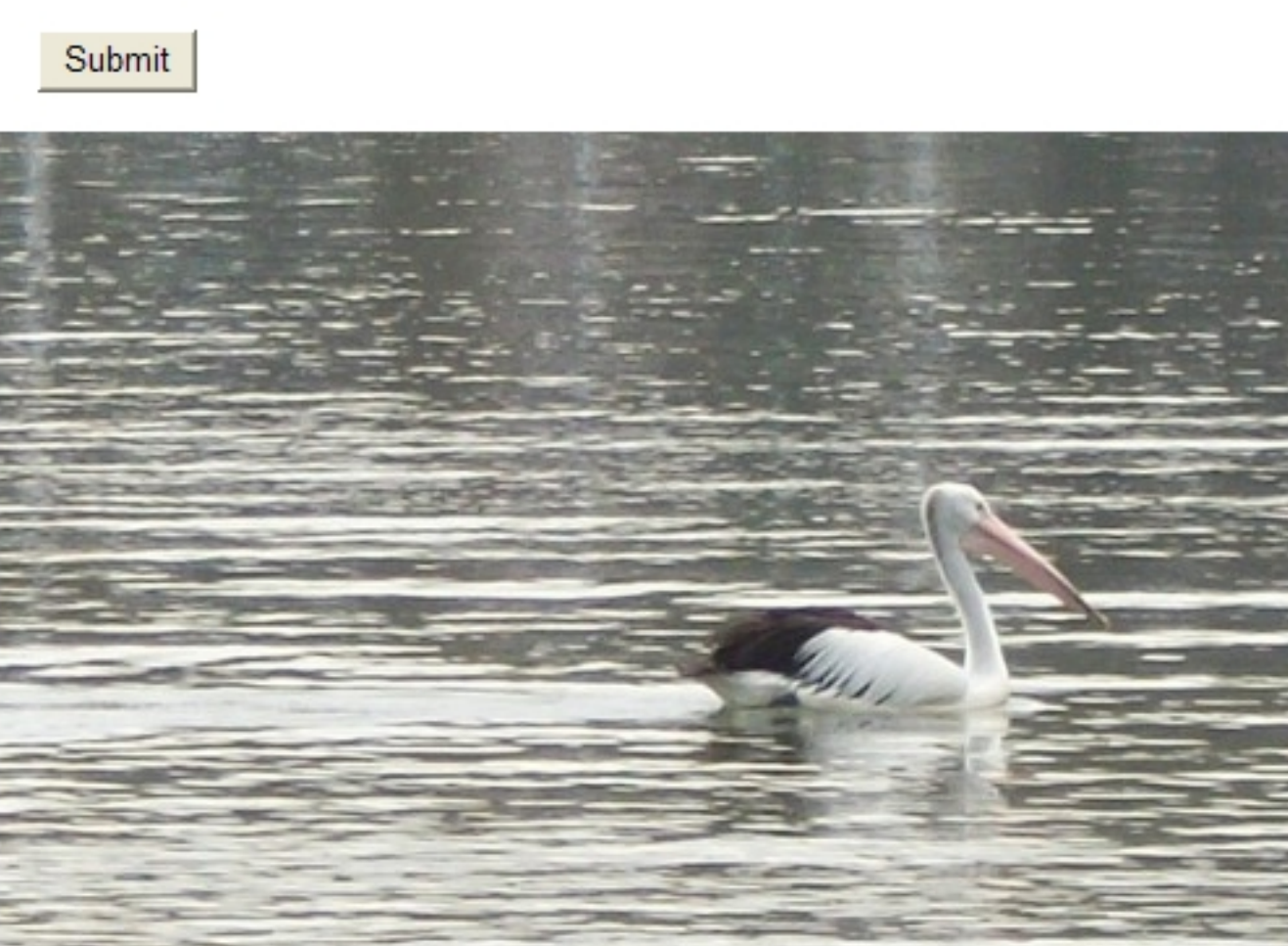
Address of Event

Description of Event

Contact Name

Contact Phone Number

Website or Email



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2011-2015 DELIVERY PROGRAM ON PUBLIC EXHIBITION

The Council has agreed to place on exhibition the draft 2011-2015 Delivery Program and Budget at its recent meeting. The program is a public exhibition for comment until 10 June 2010. Mayor Harvey Rose said the Delivery Program and Budget identifies the key actions that Council will undertake over the next four years. "It also offers detailed information about the budget and proposed expenditure as well as fees and charges," said Mayor Rose. "The Council strongly believes in the principle of consulting the Pittwater community about spending priorities and choices and we encourage you to have your say", he said.

Residents are invited to a community meeting to discuss the program and budget on Wednesday 1 June at Nelson Heather Centre, 4 Jackson Road, Warriewood from 6.30pm. "The program is strongly influenced by the community's wish to see major capital works and infrastructure improvements in Pittwater," he said.

Key continuing works projects include:

Improving energy saving initiatives in the community and in public buildings. Improvements to Pittwater's roads, footpaths and boardwalks. Extending cycleways network. Upgrades to Palm Beach and Mackeral Beach wharves. Constructing a regional playground in Warriewood. Rehabilitating Narrabeen Creek corridor. Upgrading Elanora commercial centre. Implementing Mona Vale Cemetery plan.

The Delivery Program and Budget for 2011-2015 will be on exhibition at www.pittwater.nsw.gov.au/exhibition and at the Council's customer service centres and libraries. Comments should be in writing and received by 10 June 2011. The final version of the program and budget will go to Council at the end of June.

Draft Narrabeen Lagoon Plan of Management

Exhibition period from 6 May 2011 to 10 June 2011.

Community comments are invited on the draft Narrabeen Lagoon Plan of Management. The exhibition is being undertaken by Warringah Council in its role as manager of the Narrabeen Lagoon Reserve Trust.

The draft plan was prepared following two previous community consultations and this is the third phase prior to finalisation of the Plan. The draft Plan includes actions for the care, control and management of the Lagoon.

[Narrabeen Lagoon Draft Plan of Management \(PDF 6.46MB\)](#)

The draft plan of management can be viewed during normal business hours via link above or at:

Warringah Council's Civic Centre, 725 Pittwater Road, Dee Why; and on Council's website www.warringah.nsw.gov.au; and Crown Lands Division office, Level 12, 10 Valentine Avenue, Parramatta

Community feedback is now invited on the draft plan with written submissions to be addressed to:

"Draft Narrabeen Lagoon Plan of Management"
Warringah Council,
725 Pittwater Road,
Dee Why NSW 2099;

by email to council@warringah.nsw.gov.au or online at www.yoursawarringah.com.au/narrabeenlagoonPOM

DON'T LET SMOKE GET IN YOUR EYES!

Pittwater residents are being asked to help improve winter air quality by checking they are using wood heaters correctly. Particularly in cold weather, wood smoke particles from inefficient heaters float in the air and can be seen as a smoke haze that sometimes sits over built up areas. Wood smoke can cause breathing difficulties, especially for people suffering existing respiratory conditions, such as asthma, and for very young children and older people.

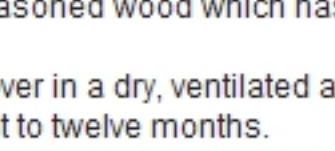
"As temperatures drop and winter sets in, the incorrect use of wood fire heaters can seriously affect local air quality," said Mayor Rose.

Mayor Rose said the Council was encouraging residents with wood fires to reduce the amount of wood smoke pollution this winter by using aged dry wood and ensuring wood heaters are correctly maintained and ventilated.

Simple steps to reduce wood smoke pollution are:

1. Don't let your heater smoulder overnight – keep enough air in the fire to maintain a flame.
2. Do not burn 'green' unseasoned wood which has moisture, causing a fire to smoke.
3. Store your wood under cover in a dry, ventilated area. Freshly cut wood needs to be stored for at least eight to twelve months.
4. Never burn rubbish, driftwood or painted or treated wood. These are air pollutants and can produce poisonous gases.
5. When lighting a cold heater, use plenty of dry kindling to establish a good fire quickly.
6. Use several small logs rather than one large log and stack them loosely in your heater, so air can circulate around them. Don't cram the firebox full.
7. Keep the flame lively and bright. Your fire should only smoke when you first light it and when you add extra fuel. Open the air controls fully for 5 minutes before and 15 to 20 minutes after reloading the heater.
8. Check your chimney regularly to see how well your fire is burning. If there is smoke coming from the chimney, increase the air supply to your fire.
9. Have the chimney cleaned every year to prevent creosote build-up.
10. If you are buying a wood heater, make sure it meets Australian standards.

"It's the responsibility of all wood heater owners to follow these easy steps and minimise the harmful effects of smoke pollution on their neighbours and the environment," said Cr Rose.



WHO'S WHO AT MONA VALE CEMETERY

Family members and friends of those laid to rest at Mona Vale Cemetery can now trace the location of their loved ones via a new search tool on Pittwater Council's website. The new Deceased Search Tool allows family or friends to search for those buried in the cemetery by their surname, date of birth or date of burial. Details of the gravesite, a locality map and a picture of the site are all available online. The tool can be found at www.pittwater.nsw.gov.au/cemetery_search

General Manager Mark Ferguson said the new search facility provided an opportunity for family members to claim the burial licence for graves at the cemetery. "Many people are unaware that as relatives they may be eligible to claim the site for their use. New laws now allow unused burial licences to be revoked 50 years after the purchase date, if family members do not come forward to claim them.

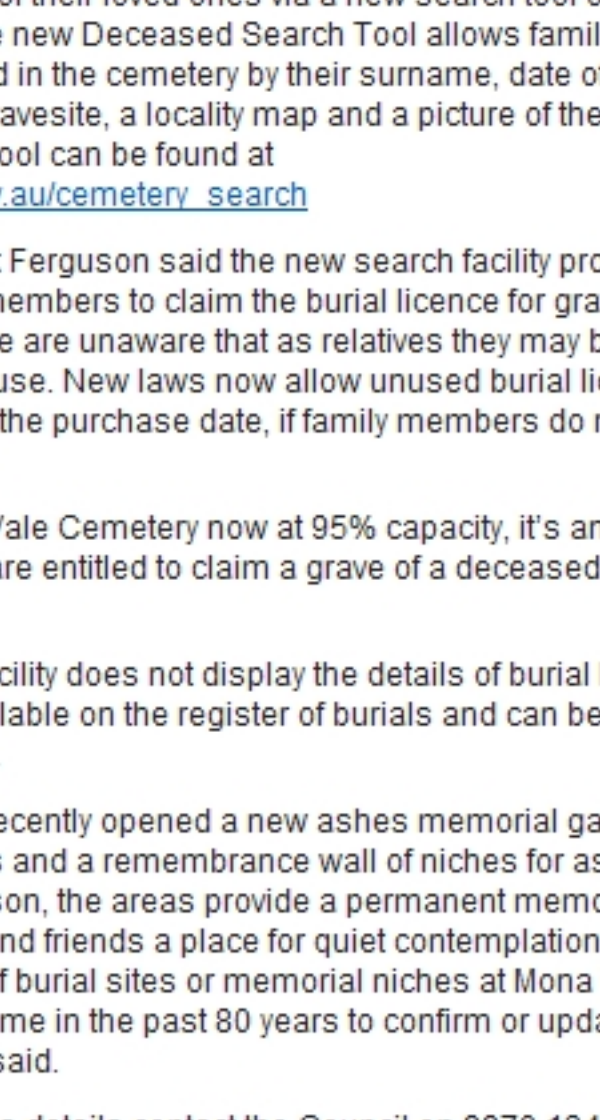
"With burials at Mona Vale Cemetery now at 95% capacity, it's an ideal time for families to see if they are entitled to claim a grave of a deceased relative," Mr Ferguson added.

Although the search facility does not display the details of burial licence holders, this information is available on the register of burials and can be obtained by contacting the Council.

Mona Vale Cemetery recently opened a new ashes memorial garden, as well as three other gardens and a remembrance wall of niches for ashes. According to Mr Ferguson, the areas provide a permanent memorial of historic value and give family and friends a place for quiet contemplation. "We are encouraging owners of burial sites or memorial niches at Mona Vale Cemetery who have moved any time in the past 80 years to confirm or update their details," Mr Ferguson said.

To update your address details contact the Council on 9970 1341, by mail to PO Box 882, Mona Vale 1660 or by email at pittwater_council@pittwater.nsw.gov.au

PDF of Events Brochure on Events



[Page](#)

Technical Skills for Women in Business

TAFE NSW is offering a 5 week course in technology skills for women at Mona Vale Library. The course runs for five Mondays from 23rd of May to 27th of June from 10am to 1pm at Mona Vale Library and costs \$180.00. Reigstration essential. Call 9448 4429 or email robyn.woolley@tafensw.edu.au

UPDATED FLOOD MAPS OF PITTWATER RELEASED

Pittwater Council has released updated maps for public comment showing potential inundation of Pittwater's foreshore land during very high tides from storm events. The draft maps, which will be on exhibition from 6 May until 10 June, take account of predicted sea level rise impacts due to climate change. The maps assume a 40 centimetre increase in sea levels to the year 2050 and 90 centimetres to the year 2100, under direction from the NSW Government's Office of Environment and Heritage.

According to a report presented to the Council at its meeting this week, 1882 properties in Pittwater will be classified as affected by 'foreshore inundation risk', either as a result of tidal movements due to oceanic storms or because of their proximity to the foreshore. The Council is inviting these property-owners to book into individual information sessions to discuss any concerns they may have about their properties.

General Manager Mark Ferguson said the maps used the latest topographical mapping available as well as the new sea level rise benchmarks. "We now have a definitive picture of foreshore inundation around the Pittwater estuary and can use these maps to further refine planning controls in the future," he said.

Mr Ferguson said that of the 1882 properties being notified, 300 had not previously been classified as being affected by tidal inundation from storm events.

The maps and the associated report can be viewed at www.pittwater.nsw.gov.au/exhibition and at the Council's customer service centres at 1 Park Street Mona Vale and 59A Old Barrenjoey Road, Avalon.

NSW MicroBiz Week on Sydney's Northern Beaches

Warringah and Pittwater Councils are hosting two free small business seminars as part of NSW MicroBiz Week 2011 which runs from 30 May to 3 June. The two seminars include 'How to Surround Yourself with Ideal Clients' on Tuesday 31 May at Harbord Diggers Club, Freshwater at 8.30am and 'Smarter Marketing for a Stronger Business' on Friday 3 June at Long Reef Golf Club, Collaroy at 9am.

All business operators are invited to attend as part of the NSW Industry & Investment's celebration of 'micro businesses'. The week of events highlight the contribution of very small businesses to the NSW economy and update business owners on pressing issues facing them in today's dynamic business environment. The seminars will be packed with hands-on information and practical tips, including recognizing and clarifying your ideal client, effective marketing techniques and best use of social media.

The two featured presenters are Robert Gerrish, author of the best-seller 'Flying Solo: How to go it alone in business' and Carolyn Loton, Principal of Juntos Marketing and lecturer at the Sydney University Centre for Continuing Education. Both are well known experts and advocates for micro business.

Micro businesses employ four people or less and are often run from home, shared offices or can be mobile. The micro business sector is the one of the fastest growing in the NSW economy, making up over 85% of NSW small businesses. The rapid growth in micro business can be linked to trends in pursuing work – life balance, the high levels of professional skills on the northern beaches and rising attraction of telecommuting.

Warringah Mayor Michael Regan said that high levels of job containment on the northern beaches support working from home, which can bring enormous social and environmental benefits to families in the Warringah and Pittwater areas". Pittwater Mayor Harvey Rose said that all micro business owners were encouraged to come along to the seminars as part of a series to be held over 2011. "The seminars provide a great opportunity to network with a wide cross-section of regional micro business owners", he said.

To register for either of the seminars visit www.smallbiz.nsw.gov.au/microbizweek

For more information call Paul William-Smith on 9942 2233 or paul.william-smith@warringah.nsw.gov.au

LEGO AT THE LIBRARY

Local children will have the chance to join a club specialising in one of the most enduring playthings of childhood from May. Mona Vale Library's Manager Cathy Howie is starting up a Lego club on the first Sunday of each month from 2pm to 4pm from 1 May.

The club is open to children aged between seven and twelve years of age, with younger children welcome with parental supervision. Mona Vale Library's Manager Cathy Howie thanked the generosity of Pittwater residents who have donated Lego for the club's use.

"Many residents have fond memories of playing with Lego when they were children. The idea of the club is a place where children can play and explore their creative side with Lego, as well as developing their problem-solving skills," Ms Howie said. "The children can bring their favourite Lego creation to the first session to inspire others."

Ms Howie said that library staff would co-ordinate the two hour session but would welcome parents who would like to be involved in the program. If you are interested in attending the first Lego at the Library session on Sunday 1 May, contact the library on 9970 1622 or book in person at the library, 1 Park Street, Mona Vale.

SLOW DOWN PITTWATER!

Pittwater Council and the NSW Roads and Traffic Authority have joined forces through the Local Government Road Safety Program to run a Slow Down In My Street campaign to reduce speed on Pittwater's local roads. Drivers travelling on roads through Pittwater will be targeted during this campaign. The campaign will use mobile speed displays, free bin stickers, police enforcement and advertising to remind drivers to slow down around schools.

The Slow Down In My Street campaign starts on Monday 2 May and runs for four weeks until 29 May. The Council's Road Safety Officer Michelle Carter said police were concerned by high number of speed related accidents in Pittwater compared with other Sydney areas. "A 2009 RTA report showed that 16% of accidents in Pittwater involved speed. This compares with 10% in the Sydney Region as a whole."

Ms Carter said that young drivers aged in the 17-25 year age group are involved in 53% of all local speed-related accidents. "These statistics are extremely worrying and show that speed plays a major part in the injuries and loss of life on our roads."

Pittwater Mayor Harvey Rose said he hoped the Pittwater community would get involved in the campaign to reduce speed on local roads. "By putting the Slow Down in my Street stickers on their garbage bins residents can give drivers a strong message," the Mayor said.

The Slow Down in my Street bin stickers can be obtained from Pittwater Council's customer service centres at Avalon or Mona Vale or by calling 9970 1196. For more information about Pittwater Council's speed reduction campaign on local roads, please call 9970 1196.

Pittwater Council News May 2011

Woorak Reserve upgrade

After residents are notified, work will begin by June on upgrading Woorak Reserve at Palm Beach. The work will be centred on creating shared parking for boat trailers and other vehicles, plus pedestrian access to the reserve. Woorara Road will be permanently closed between the two areas of reserve. The closure forms part of the masterplan as adopted in the Plan of Management (approved last year). For enquiries contact Mark Eriksson on 9970 1356

Winnerreremy Bay makeover

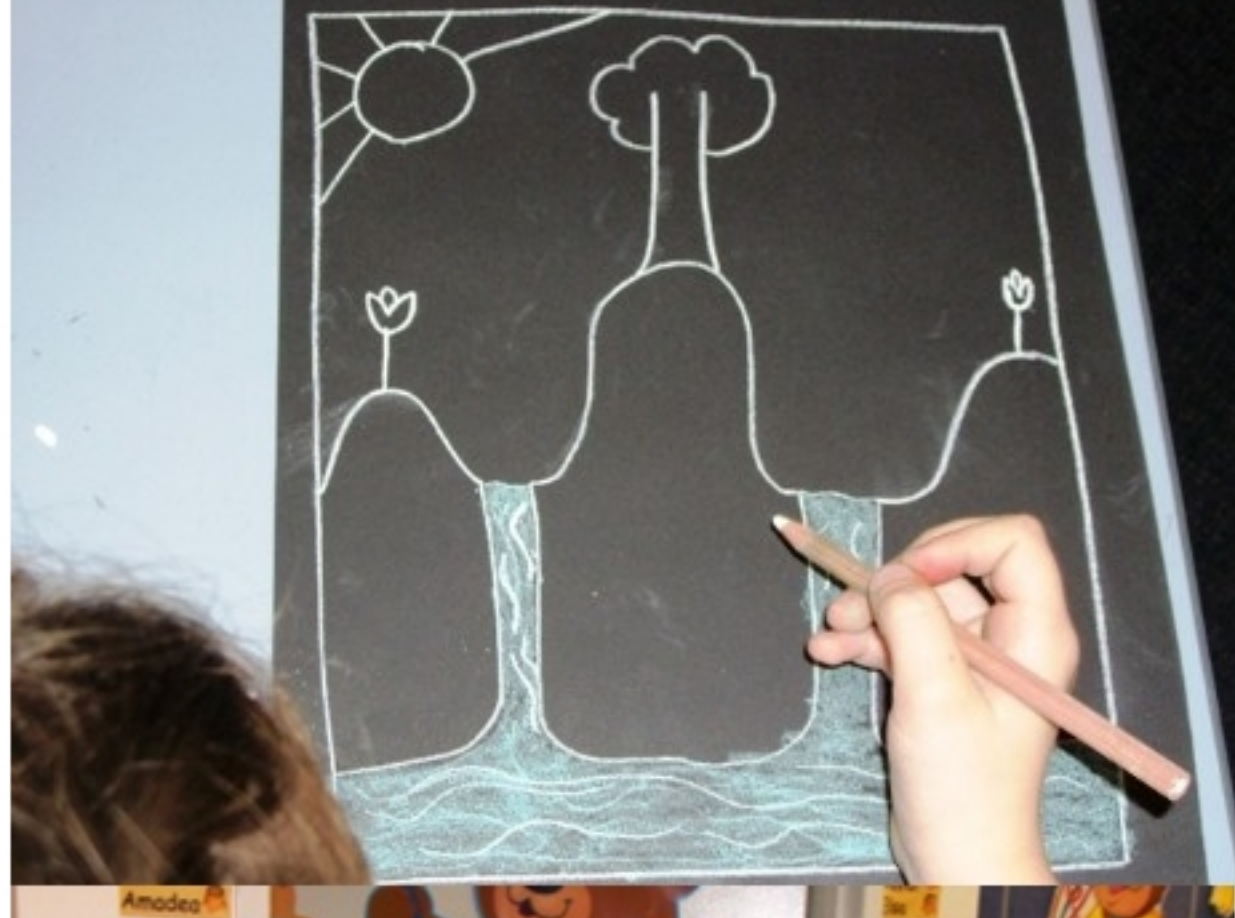
Winnerreremy Bay park at Mona Vale will be closed from Monday 23 May to Friday 27 May for resurfacing, construction of a new concrete path, landscaping and drainage works. The playground at the popular park will also be fitted out with \$70,000 worth of new play equipment. "The toddler area of the park will be between Monday 23 May and Friday 17 June while Council upgrades all the play equipment in this area," said Mr Hunt. Work will not affect access to other areas of the park, so families can still visit and use the bike path and picnic areas. More details can be seen at: www.pittwater.nsw.gov.au/reserves

Free Child Restraint Checking

The Council is giving away free vouchers to have child restraints in your vehicle checked by an authorised fitter. To get your free voucher phone 9970 1196.

May 22 - 28, 2011: Issue 7

Soibada Day at Maria Regina School, Avalon.



May 22 – 28, 2011: Issue 7

Pittwater Online News receives a lot of information from various sources each week. For Your Interest:



Help save the lives of dogs in Bali

Right now in Bali, every dog is in terrible danger. In fact, their lives are in our hands. Rabies has spread across Bali. And with no experience in controlling this deadly disease, the Balinese government felt that they had no other option than to order a mass cull of all dogs. They sent teams, armed with strychnine-poisoned darts, to villages and towns. Thousands are already dead. Many were just innocent puppies. And all died in great pain and fear. Rabies is a terrible way for a dog to die, but being killed slowly by strychnine poison is even worse. Thankfully, after months of negotiation, WSPA and our partners the Bali Animal Welfare Association have secured the Balinese Government's agreement to stop the mass culling if we complete an island-wide emergency vaccination program. We need to vaccinate over 70% of 460,000 of Bali's dogs against rabies, or the culling could begin again. With your ongoing support, we can deliver this vital program to save the dogs of Bali from a cruel death. Giving each month is important because it takes time, money and persistence to tackle animal welfare issues at the root of the problem and achieve lasting solutions. It costs just \$30 to vaccinate and save the lives of 18 dogs. By joining WSPA's Animal Rescue Team with a monthly donation of \$30 you can help save the lives of Bali's dogs, and also help protect stray dogs and other animals around the world from cruelty. Together we can achieve practical, long-term solutions to protect the dogs of Bali and other animals by:

- Providing rescue teams to save abandoned and neglected animals and those stricken by disasters.
- Exposing animal abuse and working to enforce stronger laws.
- Breaking the cycle of cruelty through education programs that are changing hearts and minds, so animals receive the respect and compassion they deserve.

If you love animals like we do and can't sit by while they suffer, please join WSPA Animal Rescue Team, or make an urgent donation today. Contact us: https://donate.wspa.org.au/campaigns/balidogs2/index.asp?utm_source=ninemsncpa&utm_medium=banner&utm_campaign=phd_april_2011

There are a number of other ways you can make a donation and help animals around the world. Phone: Contact us on 1300 13 9772 if you wish to donate over the phone or organise a direct debit facility. Post: WSPA Australia, GPO Box 3294 Sydney NSW 2001 Fax: 9906 1166

Australia's Biggest Morning Tea

At:



Online Discounts At: click on logos



Marine and Freshwater Research Volume 62 Number 4 2011

From: <http://www.publish.csiro.au/nid/126/issue/5630.htm>



NSW WRITERS' CENTRE MEDIA RELEASE



2011 BLAKE POETRY PRIZE

NOW OPEN FOR ENTRIES

Exploring the Religious & Spiritual Through Poetry

Monday 11 April 2011: The 2011 Blake Poetry Prize presented by the NSW Writers' Centre and the Blake Society is now open for entries.

This national award, now in its fourth year and generously supported by Leichhardt Municipal Council, offers a cash prize of \$5,000 for a new poem that best explores the religious or spiritual.

The prize is non-sectarian and encourages Australian poets to write a new work of up to 100 lines displaying a critical awareness of issues relating to the religious or spiritual. Poems sympathetic to those concepts are also equally welcome.

Tasha Sudan, winner of the 2010 Blake Poetry Prize for her poem "Rahula" said, "It is so important to have a prize that focuses purely on the spiritual. The Blake Poetry Prize is a wonderful opportunity for poets to engage people with the deeper questions of the human heart and mind."

Rev. Dr Rod Pattenden, Chairperson of the Blake Society added, "It has often been through the slow shy work of poets and artists that Australians have accessed the mysterious depths and prickly irritations of what we might consider the religious and spiritual imagination to be. This Prize gives an opportunity to enjoy the unique contribution of poetry to this important cultural conversation."

The NSW Writers' Centre exists to promote writing-based culture and the rights and interests of writers in NSW. The Centre provides a dynamic program of activities including workshops, seminars, festivals, competitions and mentorships.

The Blake Society, named for the poet and artist William Blake, aims to stimulate the interaction of ideas and spiritual thought across all artistic media in Australia.

Entries must be received by 5.00pm, Friday 3 June 2011 and the winner will be announced on Thursday 15 September 2011.

Entry forms and more information are available at www.nswwriterscentre.org.au or call 02 9555 9757.

For interviews and further information: David Ryding, NSW Writers' Centre, 02 9555 9757 or blake@nswwc.org.au



MELBOURNE AUSTRALIA | 23-30 JULY 2011

The Australian botanical community invites you to Melbourne, Australia in July 2011 to participate in the XVIII International Botanical Congress. Australia has a vibrant scientific community active across all botanical disciplines and its researchers play a prominent and highly collaborative role in international biological sciences.

The Australian flora, with its many endemics and strong Gondwanan element, provides a unique opportunity full of inspiring experiences for the botanical visitor. Its ancient landscape includes vast deserts, tropical and temperate rainforests, floristically rich heathlands and unique eucalypt forests. Marine environments include a rich flora and the most extensive coral ecosystem, the Great Barrier Reef.

Australia's botanical community is eager to welcome our colleagues from around the world to the 2011 IBC for an intellectually stimulating and socially memorable occasion.

Judy West, Congress President

Information and Registration at: <http://www.ibc2011.com/Default.htm>

Black Fella's Dreaming "Keeping Place"

by Melitta Lewis



Last November we agreed and moved from the shed on the Eveleigh Railroad into rented premises of Kennards Storage at Waterloo. The state government paid in advance for this storage until May 23, 2011.

We thank the Woolloomooloo Arts Centre, Head Solicitor, Delwyn Everard and Freehills Solicitors, Frances Drummond for mediating and advising us.

As May 23 approaches, when our artworks will become homeless, we are searching frantically for an alternative. The collection needs security. The stress of losing it to an auction to pay for the storage bill is now imminent. We are not in position to save the collection alone anymore.

We are not confident that the Liberal Party will pick up the pieces. We have contacted Malcolm Turnbull however we have not heard back from him.

Rev. John Queripel has allowed us to put up into his Uniting church at Bondi Beach, (Chapel By The Sea, 95 Roscoe St., Bondi Beach), a display of 40 to 50 important paintings to show samples of work from various Aboriginal artists in our collection. This church is in Malcolm Turnbull's electorate.

Eric Nair, World Aids Day, is mounting a national campaign "Save the Keeping Place collection of Aboriginal Art".

OUR WISH LIST

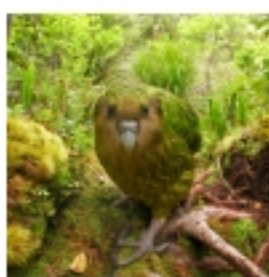
Step 1. Security for the collection- sell or lease artworks.

Step 2. Re-open in a safe building to the public THE NATIONAL MUSEUM OF THE AUSTRALIAN ABORIGINALS.

Step 3. Aboriginal people running the museum in a sustainable way to attract tourists and education groups and educate the general public in order to "keep the culture" and to "lessen racism" in Australia.

More at: <http://www.thekeepingplace.org/>

Tribute to conservationist Don Merton



Tributes have been paid to New Zealand conservationist Don Merton.



Pandora Adds 10,000 Comedy Clips to Its Archives - mashable.com

Pandora has expanded from music to jokes with the addition of 10k comedy clips from more than 700 comedians to its Internet radio...

Vote in the 2011 People's Choice Award and win!

This year we're pleased to announce that the NSW Premier's Literary Awards People's Choice Award is being awarded once again to the candidate with the most votes. Candidates for the prize are drawn from the Christina Stead Prize for Fiction:

- Peter Carey - *Parrot and Olivier In America*
- Stephen Daisley - *Traitor*
- Lisa Lang - *Utopian Man*
- Alex Miller - *Lovesong*
- Kristel Thomell - *Night Street*
- Ouyang Yu - *The English Class*

VOTE HERE - <http://www.pla.nsw.gov.au/peoples-choice-award>

This year we have some fantastic prizes on offer, including 6 book packs worth over \$200 each, a Collector's Box Set of signed copies of the 6 nominated titles plus more prizes still to be announced.

Each week we'll be giving away one of the bookpacks - to be in the running all you need to is go to <http://www.pla.nsw.gov.au/peoples-choice-award> and register your vote for your favourite book. It takes about 30 seconds!

Voting is open to Australian residents only and will close on May 8. There is strictly one vote per person.

Visit www.pla.nsw.gov.au to see the shortlists or to find out how to book your tickets to the Award Ceremony being held at Sydney Writers' Festival on May 16.

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Old Books
May 22 – 28, 2011: Issue 7



Red Stevens was a self-made man who gave his family everything – and ruined them in the process. Now, as his estate of mega companies is divided among greedy and self-serving relatives, one member is singled out for a chance to do something special: Red's great-nephew, Jason.

The Ultimate Gift takes the reader through Jason's incredible work to gain his Uncle Red's inheritance through a series of challenges. Every step of the way, there is a lesson for Jason and the reader. It's a quest for what it means to live life well that has captivated millions of readers throughout the world, and has also become the basis of numerous educational and philanthropic initiatives that build upon the inspiring insights that unfold in this stirring story.

Available at: <http://www.theultimategift.com/book.htm>



I Can Do It! 2011 - Sydney Weekend Pass
A Weekend Retreat for Your Soul

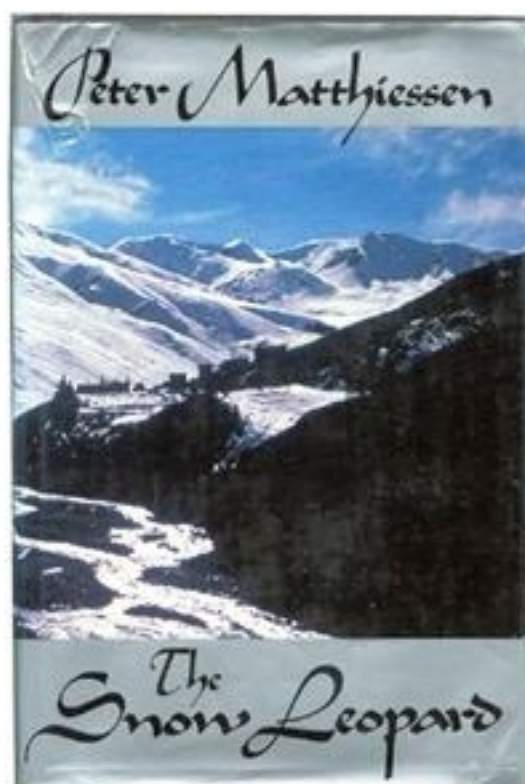
July 30-31, 2011, 9:00am - 6:00pm
Featuring Deepak Chopra, M.D., Louise L. Hay, Robert Holden, Ph.D., John Holland, Denise Linn, Doreen Virtue, Ph.D., Marianne Williamson
Expand your mind, nourish your soul

Now you can spend the weekend listening to some of the most inspiring authors of today in a unique setting, the I Can Do It! Conference.

HayHouse.com.au: \$295.00 - \$345.00

New from CSIRO Publishing

[Soil Research](#)
Volume 49 Number 4 2011



The Snow Leopard is a 1978 book by Peter Matthiessen, which is an account of his two month journey along with naturalist George Schaller in 1973 to Crystal Mountain, in the Dolpo region on the Tibetan Plateau in the Himalayas. In the autumn of 1973, the writer Peter Matthiessen set out in the company of zoologist George Schaller on a hike that would take them 250 miles into the heart of the Himalayan region of Dolpo, "the last enclave of pure Tibetan culture on earth." Their voyage was in quest of one of the world's most elusive big cats, the snow leopard of high Asia, a creature so rarely spotted as to be nearly mythical; Schaller was one of only two Westerners known to have seen a snow leopard in the wild since 1950. Published in 1978, *The Snow Leopard* is rightly regarded as a classic of modern nature writing. Guiding his readers through steep-walled canyons and over tall mountains, Matthiessen offers a narrative that is shot through with metaphor and mysticism, and his arduous search for the snow leopard becomes a vehicle for reflections on all manner of matters of life and death. In the process, *The Snow Leopard* evolves from an already exquisite book of natural history and travel into a grand, Buddhist-tinged parable of our search for meaning. By the end of their expedition, having seen wolves, foxes, rare mountain sheep, and other denizens of the Himalayas, and having seen many signs of the snow leopard but not the cat itself, Schaller muses, "We've seen so much, maybe it's better if there are some things that we don't see."

Available at: <http://www.amazon.com/Snow-Leopard-Penguin-Nature-Classics/dp/0140255087#>

The Snow Leopard Trust

At: <http://www.snowleopard.org/>



Avalon Library Hours

Monday to Friday 10am to 5pm

Saturday 10am to 1pm

Sunday 2pm to 5pm

59a Old Barrenjoey Road

Phone: 9918 3013 Fax: 9918 7046

Email avalonlibrary@ozemail.com.au

Web Address www.avalonlibrary.org.au

To Contact us regarding your forthcoming Book or Literary Event click: [here](#)

Children's Storytime at Mona Vale Library

Mona Vale Library offers storytime for pre-school children every week during school terms. Children and their carers come and participate in a fun sing-a-long with our story teller as well as listen to several stories in each session, followed by some craft. Storytime is held in the Pelican Room of the library in front of the service desk. Storytime is free and no bookings are required. Storytime Sessions

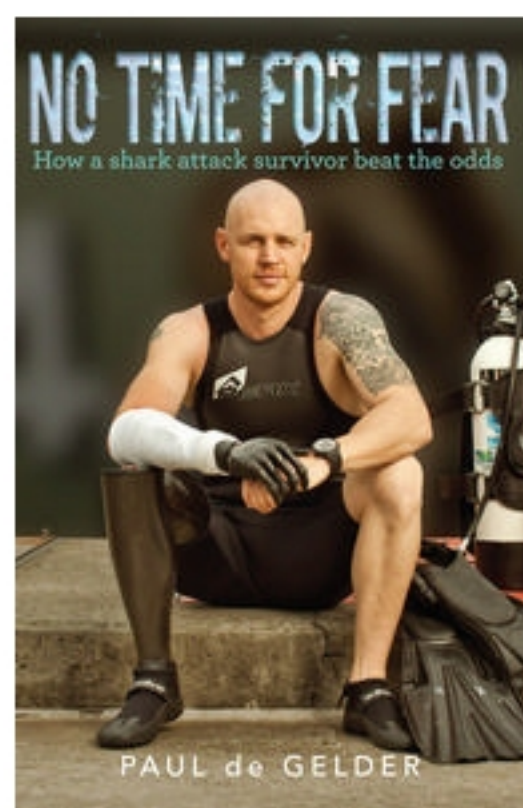
Tuesdays 10.00am - 11.00am

Wednesdays 10.00am - 11.00am

Thursdays 10.00am - 11.00am

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No Time for Fear: How a shark attack survivor beat the odds
Author: Paul de Gelder
IMPROVISE.
ADAPT.
OVERCOME.

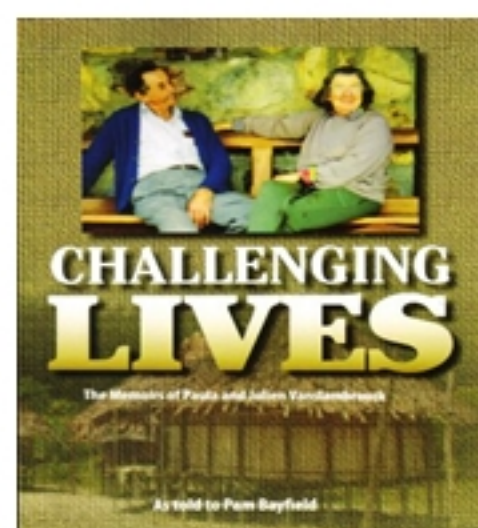
These three words – the mantra of the Australian Army – resonated with Paul de Gelder the first time he heard them. Paul chased adventure wherever he could find it, from his wild ride as a hoodlum teen and his drug-and-alcohol fuelled stint working in a strip club to hauling his way up to the elite echelons of the defence forces.

But trouble hunted him down in the form of a brutal shark in February 2009. Paul lost two limbs, and his career as a daredevil navy clearance diver was flung into jeopardy. Drawing on everything his eventful life had taught him, Paul left nothing to chance in his recovery. He fought through excruciating pain, smashing challenge after challenge, and amazing the medical staff with his will to succeed. His inspiring story takes 'never say die' to a whole new level.



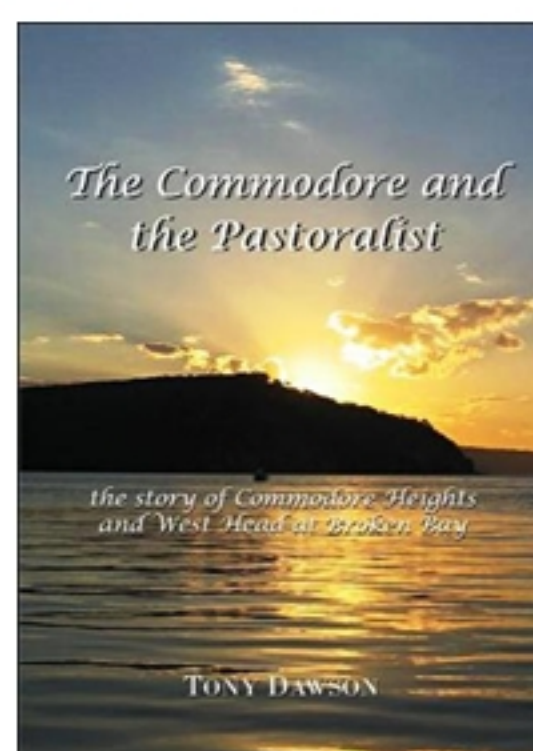
Challenging Lives

Pam Bayfield. 2011



Pam Bayfield's new book, *Challenging Lives*, *The Memoirs of Paula and Julien Vanslambrouck*, as told to her, gives us an insight into two people whose lives encapsulate a whole era of Australia's history. Paula, born in Wauchope and growing up during the Depression, and Julien, whom we meet when he is hiding from Nazis, and flees to Australia as a post-war migrant, both seek a better life. Their marriage and determination to make their lives all they can be, their contributions to whatever community they live in, makes an inspiring journey and this a worthwhile read.

Available at: www.pambayfield.com, Berkelouw Books, Mona Vale and Dymocks at the Mall.



The Commodore and the Pastoralist

the story of Commodore Heights and West Head at Broken Bay
by Tony Dawson

Published by the Manly Warringah & Pittwater Historical Society
(April 2011) Price \$15

Almost a century before battle lines were drawn over what should be done with Currawong, there was a similar, though less publicly fought, conflict over the fate of a far larger parcel of land at the tip of the peninsula separating Pittwater from Cowan Creek. The area, known as Commodore Heights, comprised 259 hectares (1 square mile) and now embraces one of Australia's iconic viewpoints, the West Head Lookout.

In this, his third book, Tony Dawson examines the history of Commodore Heights from its geological formation and occupation by the Garigal people until its incorporation into Ku-ring-gai Chase National Park in the years following World War 2. He looks at Alexander Stuart Waddell, the young Irishman who, in 1831, selected the land for a farm, and at pastoralist William Lawson who claimed it in 1833 and in whose family it remained, unused, until after the Great War. Tony also traces the life of Commodore Rowley Lambert, the Royal Navy officer for whom both Commodore Heights and the Lambert Peninsula were named.



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May 22 – 28, 2011: Issue 7



Marine Action

Love turtles? Join us for **World Turtle Day** this **Sunday (May 22)** from anywhere around Australia and create a sand turtle on your local beach. We are calling on our Environment Minister to protect sea turtles across Northern Australia and halt destructive developments. Snap a pic of your creation and post it to our facebook page or email it to jenita.enevoldsen@wilderness.org.au for your chance to win a Wilderness Society prize pack.

Royal Motor Yacht Club BROKEN BAY NSW
46 Prince Alfred Parade, NEWPORT NSW 2106 Phone: 9997 5511

LADIES LUNCHEON

Wednesday 25 May 2011

Guest speaker: MARY MOODY



The theme of Mary's talk is

"Running Away from Home at Fifty"

\$60.00 per person
Includes 2 course lunch - wine, tea & coffee
TOP DECK DINING ROOM
12.00 for 12.30

Phone: 9997 5511 Email: info@royalmotor.com.au

Currawong Day on 29th of May, 2011

The Mayor and Councillors of Pittwater together with the General Manager of NSW Crown Lands invite you to come and experience



Historic Currawong

Date
Sunday 29 May 2011

★
Enjoy a free sausage sizzle (from 10am) at Palm Beach Wharf

★
Free return ferry trips and guided tours of Currawong, including the historic Midholme building, between 10.30am and 2pm

RSVP

by Wednesday 25 May 2011
email - rspv@pittwater.nsw.gov.au
phone - 9970 1224

Transport

Limited timed parking is available at Governor Phillip Park, Palm Beach with a free shuttle bus to and from Palm Beach Wharf.

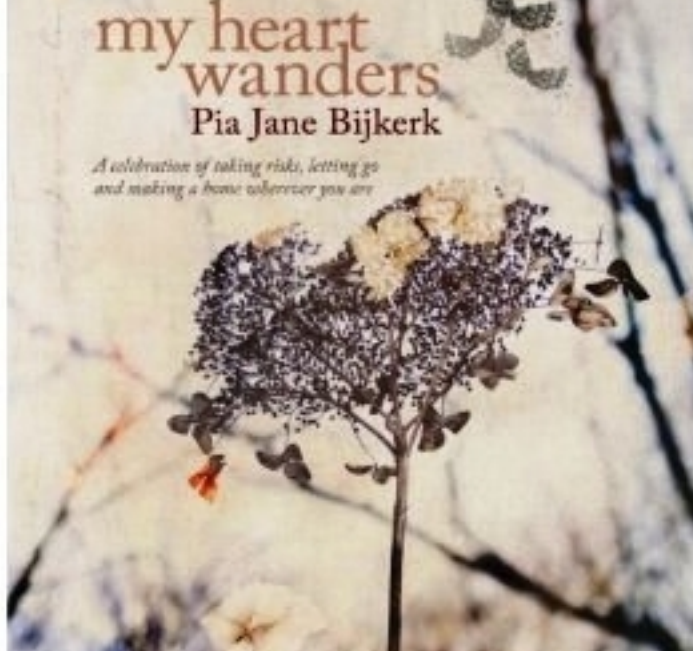
Alternatively, we suggest travel via the L90 bus
Visit www.131500.com.au



PITTWATER COUNCIL

NSW Crown Lands Division

Author Talks@Mona Vale



Library

Author Pia Jane Bijkerk speaking about her book, "My Heart Wanders"

Date: 26th May 2011

Time: 6:30pm - 8pm

Details: This book is a celebration of taking risks, letting go and making a home wherever you are.

Cost: \$7.50, \$5.50 concession.

Bookings: essential tel. 9970 1600

Venue: Mona Vale Library

Royal Prince Alfred Yacht Club

Back By Popular Demand! Come & Meet the Ancestors! as the great raconteur, special guest Dr. Jim Macken relates tales of our local colonial characters, warts and all!

Topic: Colonial Women of Pittwater

Date: Friday, June 10, 2011 At 12:00

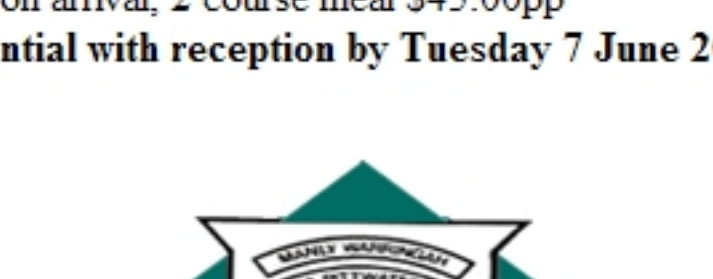
Duration: 4 Hours

Email: reception@rpayc.com.au

12 for 12:30pm

Welcome drink on arrival, 2 course meal \$45.00pp

Bookings essential with reception by Tuesday 7 June 2011 - call 9998 3700



NEXT MEETING

Date: 4 June 2011

Venue: Warringah Mall Library, Level 2, Warringah Mall
Time: 2:00pm

Speaker: Janine Formica, Seniors Strategic Planner with Warringah Council will update all on Community Based Heritage Review.

Museum of Sydney, 52 Suburbs

When photographer Louise Hawson realised she was a stranger in her own city, she set herself a mission – to explore and photograph one new Sydney suburb a week for a year. Originally presented as a weekly blog with a strong online following, 52 suburbs reveals Sydney beyond the clichés of its harbour and beaches and captures beauty in the suburbs in a refreshingly unconventional way.

This exhibition celebrates the vibrancy, multiculturalism and community of Sydney's suburbs. Part of the **Head On Photo Festival 2011**.

Date: Sat, 14/05/2011 - Sun, 9/10/2011

Gallery:

Museum of Sydney

37 Phillip Street

Sydney, NSW, 2000

Australia

Phone: 02 9251 5988

See map: [Google Maps Gallery website:](http://www.hht.net.au/museums/mos)

<http://www.hht.net.au/museums/mos>

Gallery opening hours:

Mon-Sun 9.30am-5pm

Cloudstreet by Tim Wintnd Premieres This Sunday

At: 8.30pm on Foxtel's Showcase channel.



Free E-waste Recycling

Mona Vale Beach Car Park

Saturday 18 & Sunday 19 June

9am to 3.30pm

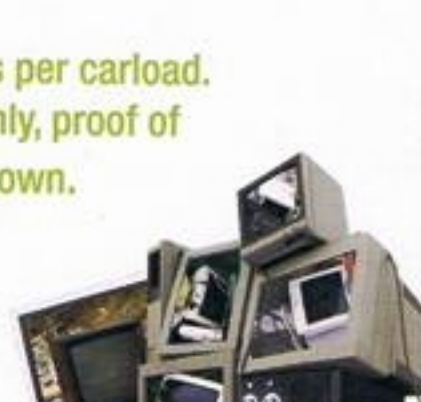
Acceptable Items

TVs, computers, printers, scanners, DVD & VCR players, modems and gaming machines

Unacceptable Items

Whitegoods, UPS units, overhead projectors, contaminated equipment or other hazardous waste.

Maximum of 20 items per carload.
Pittwater residents only, proof of residency must be shown.



For more information visit www.pittwater.nsw.gov.au or phone: 9970 1111.

PITTWATER COUNCIL

Sydney Film Festival

Program at:



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SCOTLAND ISLAND PLAYERS presents

JEALOUSY and LUST

on the **ISLAND**

tickets \$15

MAY 20/21/27, 28 FRI, SAT.

bookings@scotlandislandlodge.com.au

pmc hill

Friday & Saturday evenings - May 20, 21 & 27, 28

The play is called "Jealousy & Lust on the Island" and is an hilarious comedy - or at least we think so.

Come and see your friends Gordon Floyd, Cheryl Wagner, Matt Bowden, Lyn Savage, Jess Thompson and Kez Borthwick get up to all sorts of lascivious mischief. You might even hear your own name or your neighbour's name mentioned.....

Tickets are only \$15. Great value for a terrific night out.

There is a special Champagne and Chicken Supper on Opening night (with cucumber sandwiches for non chicken eaters) included in the ticket price.

Tickets are available from Annette Ritchie (at Church Point and other places); John and Mel at PMC Hill or Rosemary & Colin at Scotland Island Lodge.

Marine Art EXHIBITION

Thurs 9 to Sun 19 June



2010 Marine Art Exhibition winning entry "Tidal Influence" by Earl Hingston

ENTRY FORMS AVAILABLE FROM RMVC RECEPTION

Manly Art Gallery May 2011

ROYAL FAR WEST - CARING FOR COUNTRY KIDS IN MANLY

Friday, 3 September 2010 to Sunday, 14 August 2011

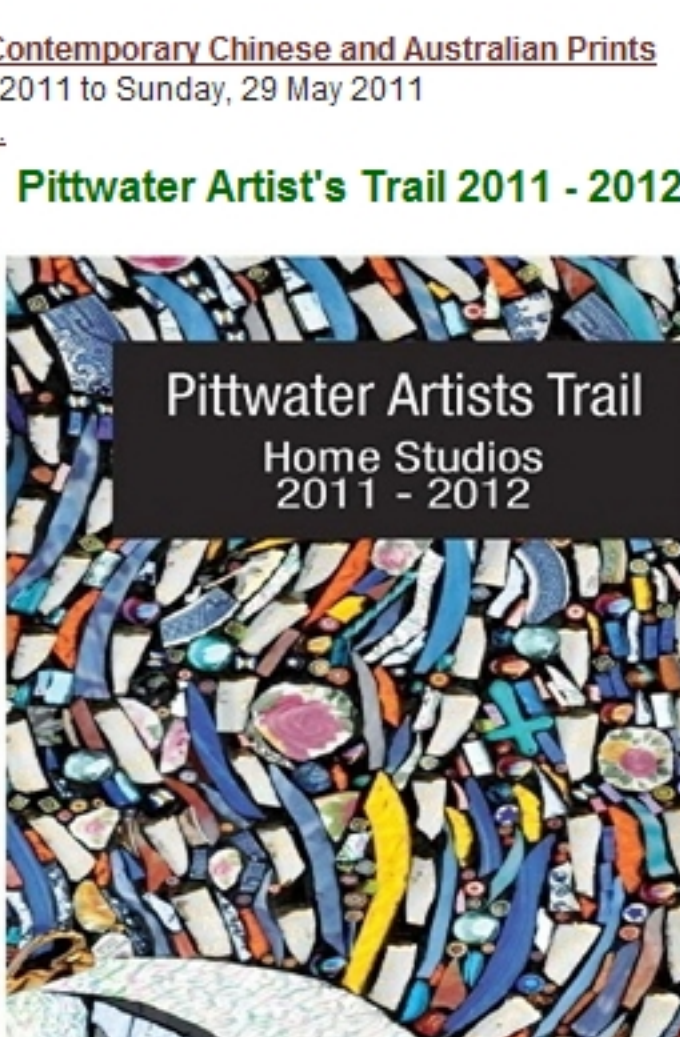
[More Information...](#)

Personal Space: Contemporary Chinese and Australian Prints

Thursday, 21 April 2011 to Sunday, 29 May 2011

[More Information...](#)

Pittwater Artist's Trail 2011 - 2012



Pittwater Artists Trail
Home Studios
2011 - 2012

[artistsTrailBrochure.pdf](#)

Size : 2198.373 Kb

Type : pdf

Putting for Rotary and Surf Life Saving Australia

May 28-29th

8am to 6pm

Northern Beaches Golf Centre

Narrabeen.

Charity Event which has Jumping Castle and Kindy Farm for children, roving entertainment and all-day 'happy hour' on the driving range. Enquiries: 9913 7991.

Win \$7,000.00

Helicopter Golf Ball Drop Raffle

2nd Prize \$2,000.00
3rd Prize \$1,000.00

Tickets \$20.00 each
only 3,000 printed
Fantastic odds !!!
Closest to the pin Wins

NORTHERN BEACHES GOLF CENTRE

Join us for
a weekend of fun & games
Saturday 28 & Sunday 29 May 2011

Raffle Draw: Sunday 29 May, 2011
2pm @ Northern Beaches Driving Range and Golf Club
1505 Pittwater Road, Warriewood

SEE YOU THERE

Buy your golf ball ticket now: www.disasteraidaustralia.com.au
or phone 02 9972 2534

Funds to: Rotary disaster aid Aust & NZ, Local Rotary Community Projects (including the Rotary eradicate Polio worldwide)

INDIGENOUS EVENTS IN MAY

2011 'One Voice'

The Manly-Warringah-Pittwater Aboriginal Support Group is holding two events in May in Pittwater. On Monday 9 May from 7.30pm indigenous film-maker Frances Peters-Little will present her film **Vote Yes for Aborigines** at Mona Vale Memorial Hall.

Frances is a historian and musician and made the film in 2007 to commemorate the 40th anniversary of indigenous people being given the vote in 1967. Vote Yes for Aborigines revisits those involved with the 1967 referendum and the social attitudes and influences that led to the event, featuring former Prime Ministers, politicians, historians and campaigners. The campaign culminated in one of the most overwhelmingly positive votes in any referendum in Australia's history, with 99% of voters saying 'yes'. The film is approximately one hour long and following the screening, Frances will answer questions from the audience.

On Sunday 29 May the Aboriginal Support Group will mark one of the most solemn dates in the indigenous calendar – Sorry Day – by a commemorative walk from the Tramshed Community Centre car park at Berry Reserve North Narrabeen to Bilarong Scout Hall at Bilarong Reserve, off Wakehurst Parkway. Following the walk the community are invited to a BBQ with indigenous dance and music to remember the Stolen Generations.

For more information about both the events please visit the group's website at www.asqwp.net or see the PDF below.

GuringaiBooklet2011_LR.pdf

Size : 3426.358 Kb

Type : pdf

Online Exhibition

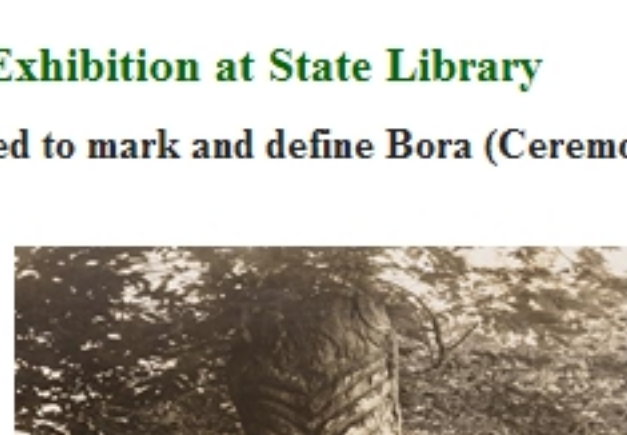


Belongings; post World War II migrations told through oral histories and photographs, ATW

<http://www.migrationheritage.nsw.gov.au/belongings/>

Carved Trees Exhibition at State Library

Trees were carved to mark and define Bora (Ceremonial) Grounds. At:



Exhibition Details
16 Apr 2011 – 26 Jun 2011
Exhibition Galleries, Mitchell Library
[State Library opening hours](#)
Admission: Free

[Carved Trees Gallery Walk](#), Talk 2 June 2011

[Carved Trees Poetry](#), Talk 15 June 2011

[Carved Trees Gallery Walk](#), Talk

Bora or Ceremonial Ground

Bora grounds are Aboriginal ceremonial places. These are where initiation ceremonies are performed and are often meeting places as well. A bora ground most commonly consists of two circles marked by raised earth banks, and connected by a pathway. One of the rings would have been for everyone – uninitiated men, women and children. The second ring would have been for initiated men and the young men about to be initiated. Occasionally, one ring can be found that would have been used for corroborees and for the rare fight. Bora grounds are a reminder of the spiritual beliefs and ceremonial life of the Aboriginal people. From: <http://www.aboriginalheritage.org/sites/identification.php>

Local Markets

Palm Beach Market

- Venue: Governor Phillip Park, Palm Beach
- Time: 9am to 3pm
- Contact: Nikki Griffith 9970 1355 or email: nikki.griffith@pittwater.nsw.gov.au
- Organic fruit and vegetable stallholders are encouraged to apply.
- 2011 markets will be held on 27 Feb, 27 March, 24 April, 22 May, 25 September, 23 October and 11 December.
- [Application form](#) 2011 markets

Twilight Market - Village Park, Mona Vale- NEW !!

- Friday: 1st April, 2 September, 7 October, 2 December 2011 - 5pm to 9pm.
- Venue: Village Park Mona Vale
- Contact: Nikki Griffith 9970 1355 or email: nikki.griffith@pittwater.nsw.gov.au
- Hot Food Vendor [Application Form](#)
- General Stall Vendor [Application Form](#)

Narrabeen Village Market at Berry Reserve

- When: 3rd Sunday of every month
- Venue: Berry Reserve, Narrabeen, adjacent to Narrabeen Shopping Centre on Pittwater Road
- Time: 9am to 4pm
- Contact: Blue Sky Markets on 9315 7011 or www.blueskymarkets.com.au

Narrabeen Sports High School Boot Sale

- When: Last Sunday of February, August and November.
- Venue: Narrabeen High School
- Time: 7.30am to 3.30pm (stallholders from 6am)
- Contact: Natasha Lumsden - 0421 810 019

Avalon Beach Market Day

- When: Saturday 19 November 2011
- Venue: Avalon Shopping Village, Dunbar Park, Avalon Parade, Old Barrenjoey Road
- Time: All day
- Contact: Blue Sky Markets - office@blueskymarkets.com.au
- Email: Blue Sky Markets - office@blueskymarkets.com.au