

Pittwater Online News

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April 24 – 30, 2011: Issue 3

It's Easter and Anzac Day Weekend, so a wish of Hope and Resurrection goes out to all of you from all here.

This week we celebrate those who gave and give, still. The richness and depth of our own lives is due in no small part to all who came before us.

Anzac Day Commemorations culminate with a bugle call to 'raise the fallen from their resting place'. Perhaps many of you will experience a deeper insight into their path with this Day being entwined with our Easter Calendar for this year. This is part of our Heritage and belongs to everyone. We have listed the local events, and recommend you see the Parade in Avalon beginning at 11am, the largest outside the city. Details on our special Anzac Day page.

On our Events Page there's a link to online exhibition of what those who came here after World War II wish to share.

Commodore G V Sloper, AM RAN (Rtd.), is our Profile of the Week, in keeping with these themes. Mildred, born in 1940, recalls the newspaper being shown to her at five years of age that announced 'War Is Over'. She remembers that day.

Lynda Hill, local astrologer extrodainaire, joins us and provides a fortnightly learned horoscope from the Sabian Symbols.

Our History page celebrates the daughters of Bowen (Boin) Bungaree, seems there's a reason Sunrise Hill, Palm Beach, is so potent with female energy.

Elsewhere there's more news from locals and Council on our Community News and the new 'From our Inbox' pages. The 'Seasons and Cycles' Gibberong Waterhole Walk has been rescheduled for May 7th. We'll be there !

It's Legacy time. Pause and ponder all those you may not see. Article below. On our Youth page there's information about the Rats of Tobruk.

Pittwater Park, in images both old (a lovely afternoon 'investigating') and new, is celebrated on our Pictures Page. Images from the Allen Family of 1909 give us views from then and now.

There's a lot going on... for a quiet little place.



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SYDNEY, NSW + SAVE

Today Few showers.	Tomorrow Few showers.
16 21	16 21

> Current Temp: 20.3 °C > 3 Hourly Forecasts
> Feels Like: 16 °C > 10 Day Forecast
> Wind: 28 km/h SSE > Warnings
> Rain since 9am: 2 mm > Radar | Cloud | Lightning

Latest News [water flooding](#)

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The joyful news that He is risen does not change the contemporary world. Still before us lie work, discipline, sacrifice. But the fact of Easter gives us the spiritual power to do the work, accept the discipline, and make the sacrifice.

Henry Knox Sherrill

Easter says you can put truth in a grave, but it won't stay there.

Clarence W. Hall



Telstra Update

Yes; they turned up, on Tuesday !
Yes; the Whole 'street' was out, (which we all know is a pretty long 'road'). Yes; they fixed it, turns out our line was 'crossed' with others, flooded, and someone else had been 'switched on' as well, which gave them priority over our own line of twenty years or more. Yes; we had to call 'Australia' to get anything happening; their number: 1300 552 384. DO NOT call a '13 22 00' number, nothing will happen, ever. Yes; the chap who turned up has been numerous times to various neighbours and will report an upgrade needs to be 'escalated'.

To Aid his cause, write, don't phone, to:

Telstra Corporation Ltd.
Locked Bag 20026.
Melborne. VIC. 3001.

Yes; we're ditching the 'landline' and sticking to 'wireless'.



The 'Beach beyond Newport', 1909. From the Allen Family Album (no, it's not Bilgola or Begoula, as it is indigenously named: 'north harbour' and where Balgowlah recieved its name from). 'Sunday. Beach just beyond Newport'. Digital order number: a1373014 and Below: 'Sunday. Ocean beach near Newport from another point of view'. Digital order number: a1373016. From the Mitchell Library, State Library of NSW.

Once More:



PITTWATER LOCAL PLANNING STRATEGY: HOW DO YOU WANT PITTWATER TO LOOK IN 20 YEARS?

On Community News Page: [here](#).

Legacy and Raise A Glass

Legacy is dedicated to caring for the families of deceased veterans. Today Legacy's caring and compassionate service assists over 100,000 widows and 1900 children and dependants with a disability. Legacy is a voluntary organisation supported by veterans, servicemen and women, and volunteers drawn from all walks of life. Our support and services now extend to include the dependants of members of today's Australian Defence Force who lose their lives as a result of their military service.

Legacy is dedicated to enhancing the lives and opportunities of our families through innovative and practical programs aimed at:

- the protection of individuals and families basic needs;
- advocating for their entitlements, rights and benefits;
- assisting families through bereavement; and
- helping people thrive, despite their adversity and loss.

The VB Raise A Glass Appeal will raise vital funds for the RSL and Legacy to support servicemen and women, and their families past and present. To date, the campaign has raised in excess of \$2.4 million for the RSL and Legacy, with one hundred per cent of the money generated by the Raise A Glass Appeal evenly divided between the two organisations.

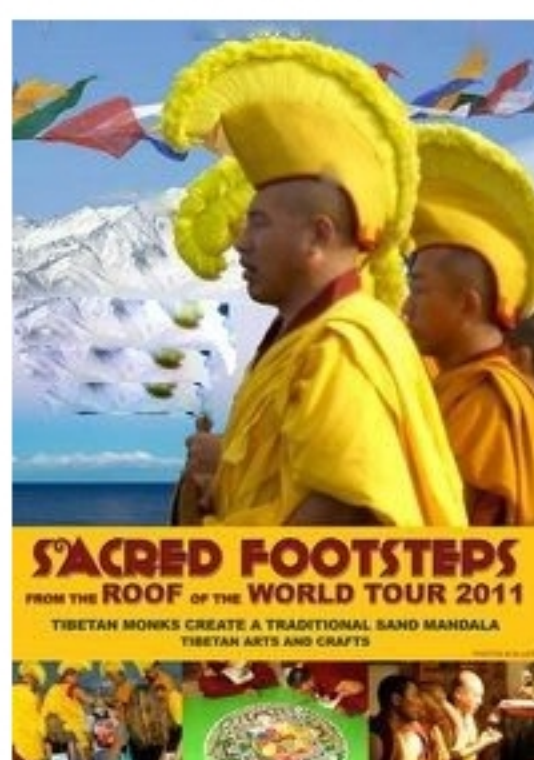
In keeping with the last two years, VB will kick start the fundraising by contributing \$1 million to the Appeal, encouraging the Australian public to show their support for the campaign by making a contribution at:



Sacred Footsteps

All Roads lead to God.

The monks move to the Imperial Gardens in Terry Hills from April 21- 25 should you wish to see the next mandala being created or participate by being there at their Mindfulness meditations. Well worth it; listen to the rounds of chants.



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Commodore Graham V Sloper AM RAN (Rtd.)

Having spent most of his boyhood as part of the only family on an island off the Queensland Coast, Graham Sloper joined the Royal Australian Naval College at age 16 where his affinity for boats was demonstrated by his winning single handed sailing and sculling championships culminating in the award of boating colours. After graduating, he undertook training in HMAS Swan, Britannia Royal Naval College and in HMS Wizard in the West Indies and South America.

His specialisations of diving, mine warfare and antisubmarine warfare were complemented by his sporting activities where he won boxing competitions and represented the RAN at rugby, hockey and water polo, and the RN also in the last two. He played rugby union and league until the age of 49, being invited to retire from the sport if he wanted promotion to Commodore.

Graham spent 28 years at sea as a Navigation, Diving, Direction and Anti Submarine Warfare Officer before postings as Executive Officer and subsequently in command. These commands included HMAS Ibis, First Australian Mine Countermeasures Squadron, guided missile destroyer HMAS Perth and replenishment ship HMAS Success, including seven months in Gulf War I during which his ship was awarded the prestigious Duke of Gloucester Cup for the most efficient ship in the RAN. Graham's contribution was recognised with his award as a Member of the Order of Australia.

His shore postings include three in the UK, one in Hawaii, as Director General ADF Recruiting and in command of the RAN Air Station, HMAS Albatross after which, at age 55 after 39 years service, he transferred to the Reserve List where he served a further 10 years. Graham also holds a current Master Class 1 Merchant Navy qualification.

He remains very active in supporting the ADF, being a Trustee for the ANZAC House Trust and Australian Forces Overseas Fund and is heavily involved in the RSL, Legacy, Cadets, local schools and the community. He has been President of the Avalon Beach RSL Sub Branch for 9 years, is President of the Manly/Warringah/Pittwater RSL District Council with 11 RSL Sub Branches and is the RSL Cadet Liaison Officer for the area, as well as being patron for the Naval Cadet Unit Training Ship CONDAMINE. He is the Coordinator for the annual Avalon Tattoo which features Cadets and Reserves providing a community event similar to the Edinburgh Tattoo.

He is married to Dannie, lives at Avalon where his eldest daughter, a Lieutenant Commander married to a Lieutenant Colonel, with four children, has also purchased a house. His second daughter is a special needs education teacher at St Edmunds and St Leos Schools and is a dancing teacher, while his son is a lawyer specialising in intellectual property and commercial law.

How long have you lived in Pittwater?

Since May 1997, having previously owned in Collaroy. My wife Dannie's parents did the reverse; having owned in Trappers Way, Avalon, they moved to Collaroy. Two of our children were born at Mona Vale Hospital in 1970 and 1972.

What is your favourite place in Pittwater ?

Avalon.

What was a pivotal moment you recall from your days as a Commodore ?

A pivotal moment was, on promotion, being posted as Director General Australian Defence Recruiting, responsible for all Navy, Army and Air Force recruiting and working closely with the primary target group of 17 to 24 years old. Another was in my last posting in the permanent Navy (before becoming a Reservist for 10 years), with a strong underwater background and qualifications, having my first shore command as the Commanding Officer of the Naval Air Station, HMAS ALBATROSS.

What is your motto for life ?

Loyalty, Integrity, Support for family, friends and compatriots while planning for the future.(and enjoying sport).



Top: Commodore Graham V Sloper AM RAN (Rtd.)

Above: HMAS Success and Crew.

Below: The Footballer !



Avalon Tattoo 2011 Information on our Community Events page

[Here.](#)

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Spinsters Hill; Sunrise Hill, Palm Beach

Our first month of historical articles celebrate the women who lived on what was called 'spinsters hill' (Sunrise Hill) at Palm Beach, due to most of the blocks being sold to single women in the 1912 sales by the Barrenjoey Land Company. In this series we will examine the lives and accomplishments of women such as Marie Beauzville Byles of Seaview, the first woman solicitor of NSW, and Dr Lucy Gullet, pioneer lady doctor, who owned 40 Sunrise Road from 1912 to 1922.

We will, of course, get around to some fine men too. Landscapes, suburbs and events will also be researched and explored. This week it's Dr Lucy Edith Gullett, in concord with other healers and poets on this issues' pages.

Of note while researching 'Spinsters Hill':

"Palm Beach, contrary to popular opinion, wasn't named after *Livistona australis* or cabbage tree palms. It was coined instead by the Barrenjoey Land Company in 1912 as a sales pitch, marketing this new seaside estate as Sydney's very own Florida tip, with its own Palm Beach." 1912 sale of blocks at Palm Beach NSW by Barrenjoey Land Company

From: <http://www.smh.com.au/news/property/whats-in-a-name/2007/01/12/1168105152671.html?page=2>



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:



Kookoomgilgai

'Big lake waterhole womans place'
'Sunrise Hill, Palm Beach'.



Finding meaning in words from the Garigal and Awabakal people, particularly the Wannungini peoples, has proved very difficult. To define the essence of this hill itself, and trace the paths of the women who must have walked and lived there a hundred years before any beach cottage was built, has entailed grasping at what wisps remain.

The plants, the rocks, the seasons all have meaning and cycles for fishing, for harvesting bush foods, for singing the stories.

In 1836, Boin, Bowen or Bohun, eldest son of Bungaree by his wife Toura, moved his family to what was for them the western beach of Barranjoey (Barrangui; wallaby or little kangaroo).

They lived near the sandstone old customs house. With him came his wife Maria, or Maryn and his daughters Theela and Theda (Jane) and his son Mark. Jonza and Nan or Naney, Marias' parents, came too.

Bowen worked as a customs officer, tracking smugglers, sly grog distillers and bushrangers in the creeks and bays of our coastline. His daughters and the elder women would have fished and gathered the yams and other bush foods that constituted their diet. Fish came in season; the flowering of the Sydney wattle was a sign that the mullet had returned, and Christmas always brought the blackfish. Emu and wallaby were also in abundance. Whales, to saltwater peoples, came to shore to be eaten. Many sources found cite how these peoples' skin shone with good health.

There were plants for eating, plants for medicine, and some plants for spirituality. Large rocks symbolise sleeping dreamtime beings. Hills were totemic sacred 'bora' places.

"Most of the sites sit on hilltops surrounded by spectacular views to the bush and the ocean in the distance, others are enclosed by vegetation and are to be searched for. Much of today understanding of the significance of these sites in traditional cultural practices is mostly speculative as no record of the making or the meaning associated to them was retained after the invasion." (Veronesi. F. 2008)

At puberty girls were married and went to live with their husband. Their mothers and other women prepared them in knowledge about their bodies and sexual intercourse. Ceremonies included ritual bathing, separation from the main tribal group for varying periods of time and food taboos.

We can only speculate on the visits of the Bungaree women to Sunrise Hill, but as 'Dreaming Tracks' stretched from Barranjoey to Manly, it is certain they went there. Also obvious is the plants that grew there are womens' spiritual plants, such as the banksia from the ancient protea family and womens' plant of spirituality, and the she oak, for healthy womb, ovaries, fertility and pregnancy. These, as much as the wattles, grevilleas and gums, were their timetable to signify what part of each season has arrived. Each years' quarters are satiated with one colour of blooms, and autumn it seems, are when yellow flowers prevail. Yellow is for thought, perhaps a slowing down and 'teaching womens' business time'. The hills' shape itself is alike a rounded bossom and the only original word still associated with this place seems to denote feminine energy.

To celebrate Nan, Maria, Theely and Theda, their essence, and the spirit of this place itself, our third lady of Sunrise Hill is the land itself. Posted here are images from that place, of its 'rocks' and current flowerings.

Further Reading:

Fraser, in 1892 came up with the name Kuringai to describe a people, our peoples. Guri / Koori meaning Black man, Ngai meaning Black Woman or belonging too, bring the words together and get GuriNgai. From : <http://www.guringai.com.au/text.html>

Kookoomgilgai similar to:

Gai; also means a 'woman' in Garigal

Gilgai; new England has meaning of 'waterhole'

Cooma; "coombah" meaning big lake or open country

Banksias; The only indigenous names reported for the plant are Budjan and But-yak pronounced or 'sung' Pudjak.

Proteas:

The Proteaceae family to which proteas belong is an ancient one. Its ancestors grew in [Gondwanaland](#), 300 million years ago. From:

Protea. (2011, April 21). In Wikipedia, The Free Encyclopedia. Retrieved 13:18, April 23, 2011, from <http://en.wikipedia.org/w/index.php?title=Protea&oldid=425220979>

Shaun Hooper, a Wiradjuri man and a leader of the project, explains, "All across Australia there's pathways that people could use to move about the country. As long as you knew the protocol and the proper ceremonies associated with each place you could use those pathways." From: <http://www.smh.com.au/articles/2003/09/26/1064083186183.html>

Sunrise Hill Conservation Area from Pittwater Council: http://www.pittwater.nsw.gov.au/recreation/parks_and_reserves/find_a_park/parks/palm_beach/sunrise_reserve

Trees (particularly old growth forests) are "Sacred sights" and earth grid (song line) nodes are places where higher amplitudes of energies exist, & can have good healing potential if wisely applied. Indigenous people created sacred environments by on-going reverent direction of energy of intention and caring.

From "Bush Business" - Richard O'Neill Tel 02 9251 7866 15/5/99

From: http://spiritsafaris.com/pdf/Creation_Journeys_ebook.pdf

Veronesi, F. 2008. MAPPING FOOTPRINTS / II / MAPPING FOOTPRINTS / Geography and Memory http://web.arch.usyd.edu.au/~adong/assets/theses/MPhilFrancesca_Veronesi.pdf



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Our Park Bench Philosopher for this week is a local who prefers to remain nameless. Her guest, also a local, has been lingering in our bush reserves for years, charming or scaring the birds and trees by practicing on his didgeridoo, depending on how much breath he has that day.

Bangalley ('Little hill') Sunrise 1981.

Twenty years ago one of our local comedians turned up at my door at 2am in the morning, whistling at moon, rather than baying at it. I answered the door, as you do or did then, could be someone in peril, and listened for several hours to all sorts of guff. I remember laughing.

Around the time he paused to draw breath, I managed to say, "Do you want to see my cat chase a ball? She chases a ball like dogs do, it's hilarious."

So out we went into the garden and watched her run up and down the yard, chasing a ball. Hilarious !

After about fifteen minutes, the errant comic gazed left and blinked.

"What's that light and colour over there?" he inquires of me.

I raise my head from playing with the cat "Good cat, good girl" and regard the horizon too,

"That's Dawn you fool."

He blinks again, stiffens his face, gazes at me as if disbelieving then relief melts over his face. What I'm saying must be true.

"Dawn, yeah right, Dawn."

"Comes at the end of every night, to mark each day's beginning?"

"Yeah...dawn... Want to go for a bushwalk? We should go up Bangalley Head while the sun is rising. It's a very special place. It'll be fantastic."

Sounded good to me.

As we climb the hill in the lingering dark he relates a legend he has heard from his music teacher of how this hill is a meeting point for three of the Rainbow Serpent meridians. This makes it a very sacred and potent place.

We pause at the edge of the bush to ask permission to enter the area of the spirits of the land, announcing ourselves so our steps will not be trespass. This is a traditional greeting and asking and mark of respect. It also may stop you from stubbing your toe as it makes you check yourself and be more aware of the 'feel' of any place you enter, and helps you notice small details, tiny flowers under bushes, you may not have seen before.

At the top of the hill, where all the smooth rocks are, the rising sun blinks bright gold and orange into our eyes. Beside us is the blowhole, another ancient tomer of other songs.

It's an easy walk, with a marked trail, and bottlebrush, banksia and fringed violet in their seasons. And definitely a sunrise place.



Bangalley Sunrise. Image Copyright Harlz. 2011. All Rights Reserved.

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@hotmail.com

Be you old or be you young,

We want to hear your voice, your song...

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 and on...



April 24 – 30, 2011: Issue 3

Assessing Asserting Assuming and Aligning: April's Libra Full Moon

We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light. Plato

Confront the dark parts of yourself, and work to banish them with illumination and forgiveness. Your willingness to wrestle with your demons will cause your angels to sing. Use the pain as fuel, as a reminder of your strength. August Wilson

As soon as your consciousness is right, God is there. He is not hiding from you, you are hiding from Him. Paramahansa Yogananda

In times like these, it helps to recall that there have ALWAYS been times like these. Paul Harvey

If there is no God, who pops up the next Kleenex? Art Hoppe

Make friends with the angels, who though invisible are always with you... Often invoke them, constantly praise them, and make good use of their help and assistance in all your temporal and spiritual affairs. Saint Francois de Sales

These sure are interesting times and many people are reporting that they're not particularly enjoying the very intense energies that have been around. Of course, as is natural in the scheme of things, some are doing fine, rowing their boat and getting on with their lives. However, they will most likely have quite a few people around them that are finding it difficult to find the direction, the vehicle, the impetus, the approval or the oars that they need. What a handful of energies we're confronted with with this full Moon in Libra. It's a major Aries event with Mars and Saturn facing off across the relationship axis of Libra and Aries.

Occurring on April 17 in the United States and April 18 in Australia, this full Moon is another in a series of **super moons**. With so much happening these last several months (particularly this last month around the time of the very powerful Virgo full Moon), many are feeling spaced out, concerned with difficult situations, wondering what might happen next and generally feeling a little pushed to the edge. This is another very Aries lunation, with Uranus, the Black Moon Lilith, Mars, Mercury, Jupiter and the Sun all in Aries. Add to the mix the fact that Mars is on a 'bomb' degree and it's smack opposite Saturn, and this is another rather incendiary lunar event.

People are looking for hope, inspiration and illumination and the Sabian Symbol of this full Moon can provide some. The Symbol is **Libra 28: A Man Alone In Deep Gloom. Unnoticed, Angels Are Coming To His Aid.** This Symbol, like most, has changed over the years since 1925 when they were given birth by the spiritualist medium Elsie Wheeler. Elsie's original reading of it is **A Man In The Midst Of Brightening Influences.** Marc Edmund Jones in his 1931 Mimeograph edition wrote the Symbol as **A Man Stands Alone In Surrounding Gloom; Were His Eyes Open To Spirit Things He Would See Helping Angels Arriving.** Dane Rudhyar, in his 1973 book had it as **A Man Becoming Aware Of Spiritual Forces Surrounding And Assisting Him.** This is an extremely evocative degree. The following are my keywords from my book **The Sabian Oracle: 360 Degrees of Wisdom**:

Keywords: Feelings of not being alone. Awareness of spiritual help in times of need. Salvation versus depression. Feeling like one's luck is about to change. Improvements in the pipeline. Changes in the "weather". Helpers arriving just when they're needed. Brightening influences. Angels and spiritual forces for good. Guardian angels.

The Caution: Unrealistic reliance on spiritual agencies or help from others. Feeling like no one cares or that no one is listening. Being alone and forgotten. Losing faith in things getting better. Refusing help. Misery and gloom and doom.

This is very much about letting go and trusting. Just when someone needs rescue and salvation the most, it will often appear as if from out of nowhere. So often 'Gloom' is brought about by depression, not knowing what is going to happen, or assuming that something bad is about to happen. It may be that 'Gloom' is disabling any ability to see one's 'Angels' or accept any support that is being offered. It is not always necessary to 'Notice' your 'Angels', but this Symbol is asking you to open up the them and to allow them to help in some way - things are somehow going to improve. Although it's been a difficult time, it is just beginning to dawn on you that you are being "helped" as the 'Angels Come' to 'Aid' in some way. There will be a slow, but sure, realization that things are getting better. If you continue to see the 'Gloom', you will put up a subconscious, or conscious, resistance to help and may continue on a downward spiral.

Adding to the mix is the degree of the Sun (the Moon is always opposite the Sun at the time of a full Moon) at Aries 28: **A Large Disappointed Audience.** This 28 degree axis of Aries and Libra is a very difficult one and one that asks (perhaps demands) that we change our perspective, that we analyse our behaviors, words, attitude, responses, etc, to ones that will work for us. The 'disappointment' can be what you're seeing in the world around you, in the political, economic and earthly landscape, and, it can be about how you're seeing your own life, your performance, your responses. It can have you looking back on things that have happened, like having a 'review' of your life.

Keywords: Adjustments of expectations bringing realizations about what is really possible. Expecting the response of others. Walking out during a performance. Not listening to something through a lack of interest. Anticipating a different result from what is delivered. Relying on feedback. Lines and queues of people. Criticism. The need to inspire and enthrall.

The Caution: Feeling sad, sorry or letdown because of defeat and frustration. A lot of people left feeling emotionally "wiped-out". Shattering of illusions. Fickleness. The attitude that one can't do anything. Everything being out of one's control. Watching what's going on and not participating. Being at the mercy of the whims and fancies of others. Judging and analyzing oneself or others. Too many people crammed into one spot. Not getting a seat. Refusal of entry. Booing and hissing.

Uranus and Lilith (Lilith the one who was kicked out of paradise), are on Aries 3: **A Cameo Shows The Profile Of A Man That Suggests The Outline Of His Country.** This speaks of analysing your place in the scheme of things. Where do you belong? How do you picture yourself? What is your 'profile'? How would you describe yourself? How do you rate your progress in terms of your goals and ambitions? Uranus and Lilith here may be asking that you make some bold statements or moves.

Mars, as mentioned above, is on a rather incendiary degree - it's Aries 13: **A Bomb Which Failed To Explode Is Now Safely Hidden From Discovery.** This is very much about the pressure valve that society is nowadays; it can be tantrums and explosive behavior, tempers that simmer, bombs, explosions, sudden and forceful events, valuable lessons of self restraint, discharging nervous energy, security checks, last minute escapes. It can be that something that was going to explode into consciousness is now put on the back burner (unintended pun there!) and 'safely hidden'. However, it can be that there was something you've needed to do or say and you could be feeling frustrated, especially if others may not welcome what's been on your mind or what your intentions are. This is the Karmic Condition of (the degree before) the last new Moon and recently Jupiter, Mercury and the Sun have traversed this degree = there's been lots of this energy around over the last month or so. (This degree being emphasized is interesting in the light of the situation of the nuclear energy plant in Japan).

Further, Mercury is retrograding back over this degree and will sit on it for days as it turns direct on it. Mercury will also be sitting smack opposite Saturn for several days, which is not likely to be particularly easy. Getting things organised and problems and issues squared away seems to be the best bet here. Stuck feelings may be the outcome for many, though.

Mars is going to be feeling the heat of repression and frustration as Saturn (which is not particularly friendly to Mars) is sitting smack opposite Mars. Saturn is on Libra 13: **Children Blowing Soap Bubbles.** This degree is very much about play, being allowed to enjoy life and gather together, to take time off and relax, but it's also about the things that are said. 'Soap Bubbles' are like cartoon captions and with Saturn here opposing Mars on the bomb degree it seems that there may need to be a serious caution around what's said and what's thought. You may feel like your thoughts and words are just momentary, but Saturn's message may be saying that caution and restraint need to be imposed. It could be, of course, that there's been too much restraint and that holding back is just not working. Only you will know what the situation is for you.

Jupiter could be offering a solution in some ways. It's on Aries 20: **A Young Girl Feeding Birds In Winter.** This can show looking after others, or, the need to be looked after (or considered).

Keywords: Nurturing innocence. Feeding energy to situations that feel cold, hopeless and lost. Small efforts bringing their rewards. Co-dependent relationships. Nurturing. Helping those less fortunate or smaller. Taking time out for others. Doing things without thought of reward. Enjoying nature. Trying to find friends or company. Bread and water. Soup kitchens. Counseling. Hot vs. cold weather.

The Caution: Wanting to win approval. Creating a dependence with others that has to be maintained. Feeling bleak, lost and alone. The need to continually rescue others. Doing anything in order to be liked. Finding it difficult to stop giving. Not being able to say "no". Feeling used and unrewarded.

The karmic Moon's north node is on Sagittarius 26: **A Flag-Bearer In A Battle,** which is interesting in the light of the **Flag Which Failed To Explode** being so prominent. Questions could include: what hill are you willing to die on and why? Who's waving the flag and why? What flag is being waved? Is anybody saluting? Is anyone noticing? Is your, or others, cause just? I can see a lot of what's going on politically around the world at present in this degree. Often the 'flag-bearer' is out front, waving his flag and trumpeting his cause, but without a weapon. The flag-bearer can end up taking the heat for others, especially if they're not willing to step forward and stand up for their ideals.

Further, the Moon's node is currently traversing that part of the zodiac that's called The Galactic Center - it's said to be where 'the mind of God' resides. The Law of Attraction is big at the moment and in amongst all the frustration and desire to get ahead it can help to remember it.

A message from Pluto could be coming through its placement on Capricorn 8: **Birds In The House Singing Happily.** This is a test, repeat: this is a test... one has to remember to be happy, to spread joy, to hear the birds, to think happy thoughts (even as the thumb screws are being applied). This degree seems to back up the idea of watching your thoughts and words (as we saw with Saturn's placement).

Perhaps the happiest placement is Venus, the ruler of this full Moon, in Pisces 27: **A Harvest Moon Illuminates The Sky.** This is quite a 'full Moon' degree and adds to the feeling of it being a supermoon. What are your blessings? What do you 'harvest'? Are you eating well and nurturing yourself? It's a curious run of Moon degrees that inhabit the end of Pisces as the day after the full Moon, Venus moves onto Pisces 28: **A Fertile Garden Under The Full Moon,** which speaks, also, of fullness and fertility and having one's needs met (or the issue of it).

There's likely to be challenges to alliances and relationships, though, as Venus is squaring the Moon's nodes, and the day before the full Moon, Venus passes over Pisces 26: **A New Moon Reveals That It's Time For People To Go Ahead With Their Different Projects.** Could be time to let go of someone or something in order to move into a new life. Adjusted expectations could be part of the big picture on this full Moon.

Last, but not least, is Neptune on Pisces 1: **A Large Public Market.** This is shown very clearly through what's going on in the world economically (particularly in the US with the threat of the withdrawal of monies to keep the government going). How's 'the market' working for you? Do you need to be in the game? Do you promote yourself? What value do you place on yourself?

We've all been trummeled by the last several new and full Moons. I do hope we all can feel safe and loved and any explosions are safely discharged or defused!



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](#)



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Enable Me

Be PART OF AN EXCITING NEW GOVERNMENT INITIATIVE FOR PEOPLE OVER 65

- Is remaining independent important to you?
- Are you finding it difficult to do the things you would like to do? e.g. shopping, catching the bus, leisure activities or just getting around.



Community Care (Northern Beaches) is seeking participants for a short term program, which aims to assist you to be able to do things that are important to you.

- The program may include advice and support with:-
- ♦ An appropriate exercise or strengthening program
 - ♦ Nutrition
 - ♦ Home modifications
 - ♦ Assistive technology
 - ♦ Social and leisure activities

For more information or to register please phone.

Call Kerrie on 9979 7677



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 cleaning, 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:



Warriewood wetlands are well known by Sydney's birdwatching community, particularly in autumn when the Swamp mahogany are in flower. The walk is flat and easy. For more information visit:

[Pittwater Council Website-Warriewood Wetlands](#)

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:-

- Winnererremy Swamp Cup (Stableford event for 31-45 handicap) – 19 May
- 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:



August 15th, 1945. War is Over !

I remember mum bringing the newspaper to me and holding it out in front of me and saying, "Look at this, you'll remember this. The war has ended today." Right across the front page were these three words in huge script 'War Is Over'. I can see it as clearly now as I did then.

Everyone came out into the streets and danced and sang. Some were crying, some were laughing. Mum was like them, laughing one moment, then crying the next. I remember that newspaper, those words. I remember that day.

Years later I made my own children sit and watch the landing on the moon. We had a round old PYE black and white television, the images weren't very good and they were young, as young as I was back in 1945, but when I ask them about it now, they remember what they saw, they remember that day.

Below: Peace celebrations (on the Allied announcement of the surrender of Japanese forces) in Hobart on 15th of August, on the corner of Elizabeth and Liverpool Streets. From: Tasmanian Library Archives. All rights reserved. see at: <http://search.archives.tas.gov.au/default.aspx?detail=1&type=S&id=PH30>

Below that: children up a lampost over crowd, Hobart, from State Library of Victoria Archives. All rights reserved.



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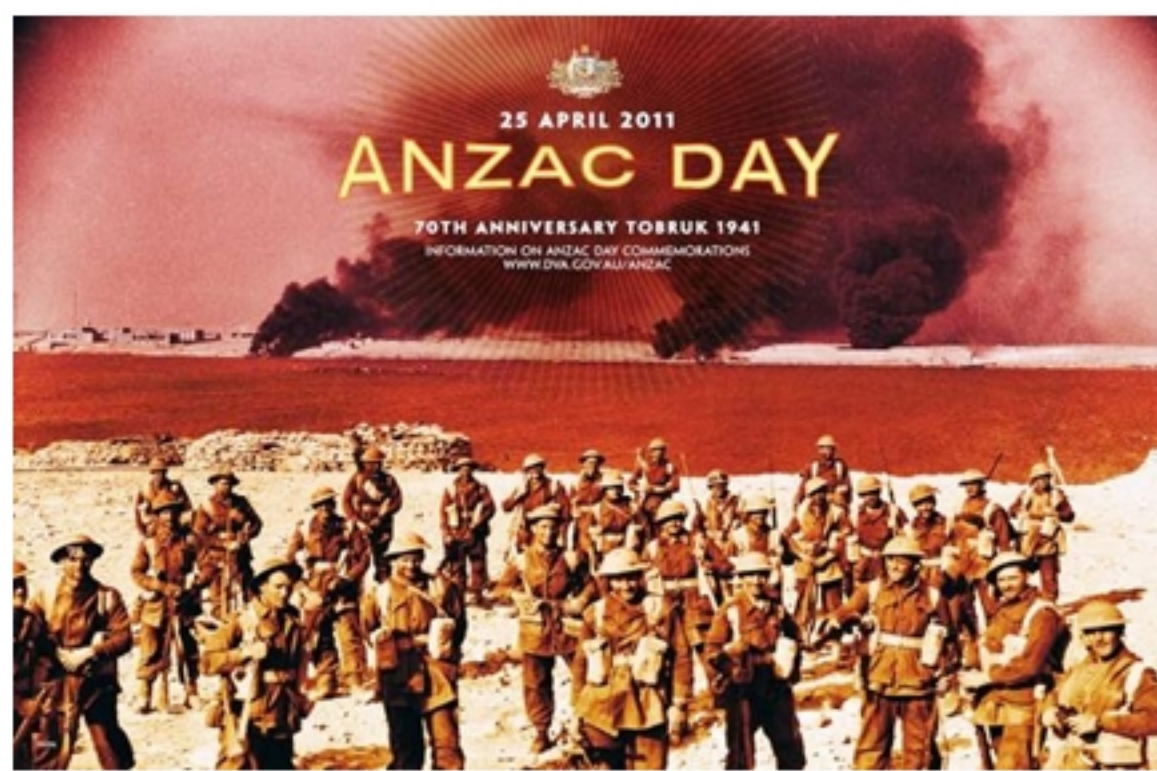
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70th Anniversary of Rats of Tobruk

The average age of the soldiers who were involved in this siege was early to mid twenties. There were older men but the bulk of the battalions came from what is termed 'the cream of the crop' of any generation. This has not changed, when you look at recent conflicts it is the young, some still in their teens, who are in places like Iraq. Certainly they have older and wiser heads to guide them, they have each other to forge friendships with, which last a lifetime.

It is sobering when it is recalled how many did not come home. In honour of these a small history lesson this week from the Department of Veterans Affairs:

The Siege of Tobruk (April–December 1941) was a lengthy confrontation in Libya, North Africa, during the Western Desert Campaign of the Second World War. Tobruk was strategically important as it has a deep and protected harbour, making it an excellent place to supply a desert campaign. In January 1941, Australian and British forces captured Tobruk from the Italians and the town became their garrison. With the Italian forces on the verge of collapse in North Africa, the German commander, General Erwin Rommel, launched major offensives aimed at reclaiming a wider area. Striking with unexpected speed and mechanised strength, his 'blitzkrieg' approach proved unstoppable. The Allies were forced to retreat, and fell back to Tobruk. In April, the Germans surrounded the port city and the 'Siege of Tobruk' began. For more than six months the Allied forces, including the Australian 9th Division, held out with the support of the Royal Navy, the Royal Australian Navy, the Royal Air Force and the Royal Australian Air Force. The odds were stacked against Tobruk's defenders. The German force was twice their size, better equipped and commanded by Rommel, who was respected by both sides and accustomed to success. Rommel expected the port city's defences to crumble but the Germans confronted an unexpectedly steadfast defence. The Australians' fighting style caused confusion and made it very difficult for Rommel's attacks to succeed. Having established a strong defensive system and through aggressive patrolling Tobruk's defenders withstood a series of attacks. When subjected to shelling and bombing, the Australians sheltered safely in Tobruk's network of tunnels. In an effort to destroy morale, German propaganda likened Tobruk's defenders to rats, a vermin that steals from the shadows. Far from being demoralised, the Allied soldiers wore the name 'Rats of Tobruk' as a badge of honour. In their determination to defend and hold the town and port of Tobruk, the Australian forces suffered more than 3000 casualties. By the end of 1941, many of the Australians in the Mediterranean area had been withdrawn to fight in new theatres of war in the Pacific.



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



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 practices 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.

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Gig of the Week: Byron Bay BluesFest

<http://www.bluesfest.com.au/>

Thursday 21st to Tuesday the 26th of April, 2011



COUNCIL SUPPORTS YOUTH CLUB IDEA

The Council has given in-principle support for a proposal to establish a Police & Community Youth Club within the Northern Beaches Local Area Police Command, which covers both Warringah and Pittwater.

At their meeting this week, Councillors were presented with a report outlining the proposal. The approach has come via the Northern Beaches Business Education Network, which organises a number of youth-based education activities on the northern beaches, including the Careers Expo held each May.

The PCYC model proposed would most likely see a new facility being constructed suitable for youth activities at a location either in southern Pittwater or northern Warringah. The PCYC organisation currently runs 57 youth clubs across Sydney and NSW. Activities held at PCYC youth clubs include sport, self-defence, music & drama, leadership and crime prevention.

Mayor Harvey Rose said there was strong support among Councillors for the idea. "The advantage of the PCYC type of club is that it provides the staff needed to run the activities as well as a heightened police presence in the local area," he said. Mayor Rose added that in areas where PCYC youth clubs had been set up, there was generally a reduction in criminal activity by young people within a year.

General Manager Mark Ferguson said the next step would be for the Council to identify potential sites for any new building to house the youth club. "Any new site would need to be a fairly central area, close to public transport so young people from Warringah and Pittwater can easily get to it."

For more information about PCYC youth clubs, visit www.pcywnsw.org

Media contact: Lindsay Godfrey, Pittwater Council: 9970 1166

Too Many Too Soon Project; addressing Youth Suicide; here

Northern Beaches Career Expo

The Northern Beaches Careers Expo is an annual event which offers young people and their parents within the Northern Beaches the opportunity to investigate options for when they decide to leave secondary education. The expo encompasses universities, gap year providers, Apprenticeship Centres, Group Training Organisations, Sydney finest private Colleges and alternatively learning providers and peak industry bodies... in case you aren't sure which pathway is for you! As the Northern Beaches has limited tertiary provider options, this a great opportunity for providers to showcase their organisation and for students to access information directly from the source.

The expo has been offering this insight since 1975 and was originally developed and managed by the career advisors of the participating schools. Since then the event has grown to incorporate over 100 exhibitors and in excess of 2,200 visitors. From an event that began in school gymnasiums, the event is now being held at the Miramare Gardens function centre at Terrey Hills.

The details for this year's event are as follows:
Date/Time: 13 May 2011, from 8:45am - 3:00pm
The Northern Beaches Education Network is a stakeholder in economic development initiatives and opportunities related to youth employment on the Northern Beaches.
Retrieved From: <http://www.nbben.com.au/nbce/>



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ANZAC Day April 25th 2011

MARCH FROM
PITTWATER
PARK TO PALM
BEACH RSL



10:30am at
Pittwater Park

10:30am Meet at Pittwater Park (next to Palm Beach wharf)
10:45am March begins from Pittwater park to the club
11am Commemorative service outside club
12 noon Member's luncheon with special guest Phil Cornwall
1pm Club open to the public
3pm Two up

18+ ONLY, SORRY NO CHILDREN IN THE CLUB AT ANY TIME ON THIS DAY/NIGHT.



1087 Barrenjoey Rd, Palm Beach | Ph: 02 9974 5566
For the information of members and guests.

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@hotmail.com

Be you old or be you young,

We want to hear your voice, your song...

The Catafalque Party History at:

<http://www.anzacday.org.au/education/tff/catafalque.html>

Dawn Service 2008

Five am. Cold. Raining. The world is quiet, still sleeping, apart from we moving softly through the grey darkness towards our mark of respect and thanks. Behind the dunes a running swell hits the shore and resounds over the paddock, sounding as far off guns must have then, in that other place. We stand in silence together, shoulder to shoulder, the light rain pearly off our noses, our coats. We stand in silence during the Catafalque Party, during the speeches, during the sounding of the trumpet's first Rouse call as it lifts fast then lonely and long and lifting up into the grey as the last note falls away. We stand unmoving, quietened by the dull thuds, by the shifting grey drizzle, by the catch in our throats. We stand as others have stood beside each other in trenches, in fields, in jungles. We feel their presence around our shoulders, between us, with us. Their quiet faces, young and older, peer around the side of ours to see what's in our eyes. As if we draw them in, draw them out of the pre-dawn air.

The waves pound in the distance all through the solemn raising of the flag. Relentless, monotonous, close and far off, over every horizon, as though their drum rolls cover the whole world. Among us are relatives of those who are memorised at our feet in the Cenotaphs' stone. Their blood, warming the drizzling air, further draws us closer to feeling all under one greatcoat and waiting in silence, listening, not just for those who move and listen on the other side, the 'enemy', but for their voices, their laughs, and keeps them around us, remembered in dawn, when nature is quiet and with us too in strong presence, so strong there is no skin. Their faces keep peering around our shoulders, some smiling, some quiet and sober alike us.

As the Last Post sounds anew, and then The Rouse, to wake them from the dead, marks the close of ceremony, the sound of the breakers keeps coming in regular muffled thumps over and through the morning. Drenched and cold we head home, sobered and quieter than other years. We will not go to the breakfast this morning, we will make strong tea laced with rum at home and watch the Parade of those still with us until the last footstep of they of remnant Company passes.

Avalon Beach RSL: 1 Bowling Green Lane, Avalon Beach NSW 2107. Ph. (02) 9918 2201.

ANZAC DAWN SERVICE & TRADITIONAL BREAKFAST

Dunbar Park at 5.40am followed by complementary breakfast. Free drinks to those

wearing medals.

ANZAC DAY 2-up: 4pm.

Palm Beach RSL: 1083-1087 Barrenjoey Road, Palm Beach NSW 2108. Ph: (02) 9974 5566

MARCH BEGINS AT PITTWATER PARK (beside Wharf) at 10.45am.

ANZAC DAY 2-up: 3pm -

Pittwater RSL: 82 Mona Vale Road, Mona Vale NSW 2103. Ph: (02) 9997 3833 ANZAC DAWN SERVICE & TRADITIONAL BREAKFAST Commencing at 5.45am ANZAC Day 2-up: 2pm - 8pm

Further Reading:

Avalon RSL Cenotaph: The word Cenotaph means empty tomb, a sepulchral monument in honour of a person whose body is elsewhere. The word is derived from the Greek Kenos - empty, Taphos - a tomb, Kenotaphion - Cenotaph.

<http://www.warmemorialsnsw.asn.au/details.cfm?MemNo=879>

Bugle Calls for Anzac Day:

<http://www.anzacday.org.au/education/tff/bugle.html>

Palm Beach RSL Anzac Day:

<http://www.palmbeachrsl.com.au/index.asp?pagename=History>

The Returned and Services League (RSL) NSW Branch was formed in 1917:

<http://www.rslnsw.org.au/about/index.html>

Avalon Beach RSL Anzac Day March 2011

Time: 11.00am

Route: Avalon Public School to the
Cenotaph Memorial.

The largest Anzac Day Parade outside of the city is hosted by Avalon Beach RSL Club. With 1,000 participants with bagpipes, colour party and guard. Veterans and band are followed by schools and community groups. This year a French contingent of twenty from the Ancien Combattants Francios with service people from North Africa and Indo China and guests from Soibada will join the Parade.

The traditional Anzac Day Service will follow in Dunbar Park. Commemorative address by Hon. Bronwyn Bishop. National Anthems lead by professional singers with the New Zealand anthem in both English and Maori. Follows with Lunch at the RSL Club.

ANZAC DAY 2011 COMMEMORATIVE SERVICE VIPs

His Excellency Abel Guterres – Ambassador for
Timor Leste and Mrs Ana Guterres

The Honorable Bronwyn Bishop – Member for
Mackellar

Captain Nicholas Stoker CSM RAN –
Commander Minewarfare, Hydrographic and Patrol
Boat Forces and Mrs Ingrid Stoker

Councillor Harvey Rose – Mayor of Pittwater and
Mrs Wilga Rose

Councillor Bob Grace

Superintendent Doreen Cruickshank APM –
Commander NSW Police Northern Beaches Local
Area Command with Inspectors

Nigel Taylor, Colin Green and Stephen McCormac.

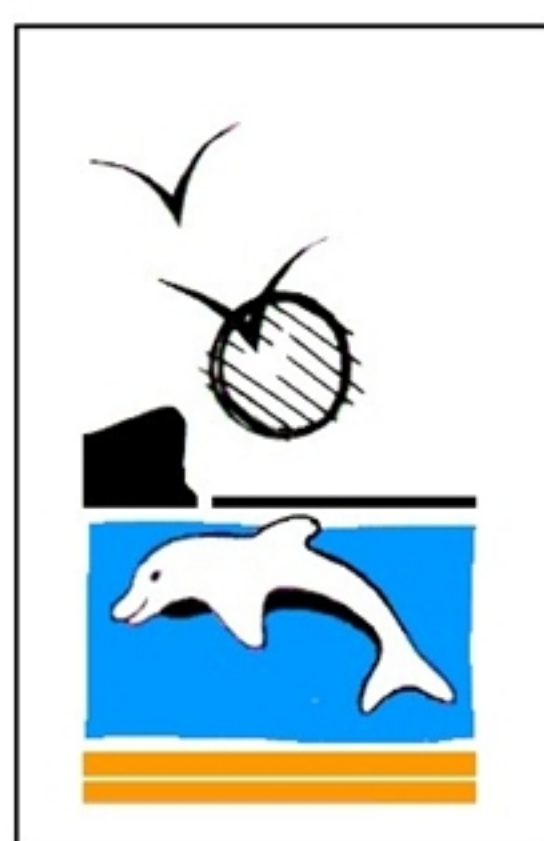
Commander Michael Maley DSM RAN – Chief of
Staff Minewarfare and Clearance Diving Group and
Mrs Dianne Maley

Mr. Harry Crampton – President Pittwater RSL Sub
Branch

Mr Ian Bowsher and Ms Sharon Roberts – Principal
and Deputy Principal Barrenjoey High School

Lieutenant Joe Clark RANR – Officer in Charge
Minewarfare Geospatial Deployable Systems Team
Support and Mrs. Lyn Clark

Zoe Burrell and Dane Hurley – Barrenjoey High
School Captains



AVALON
Beach
R.S.L



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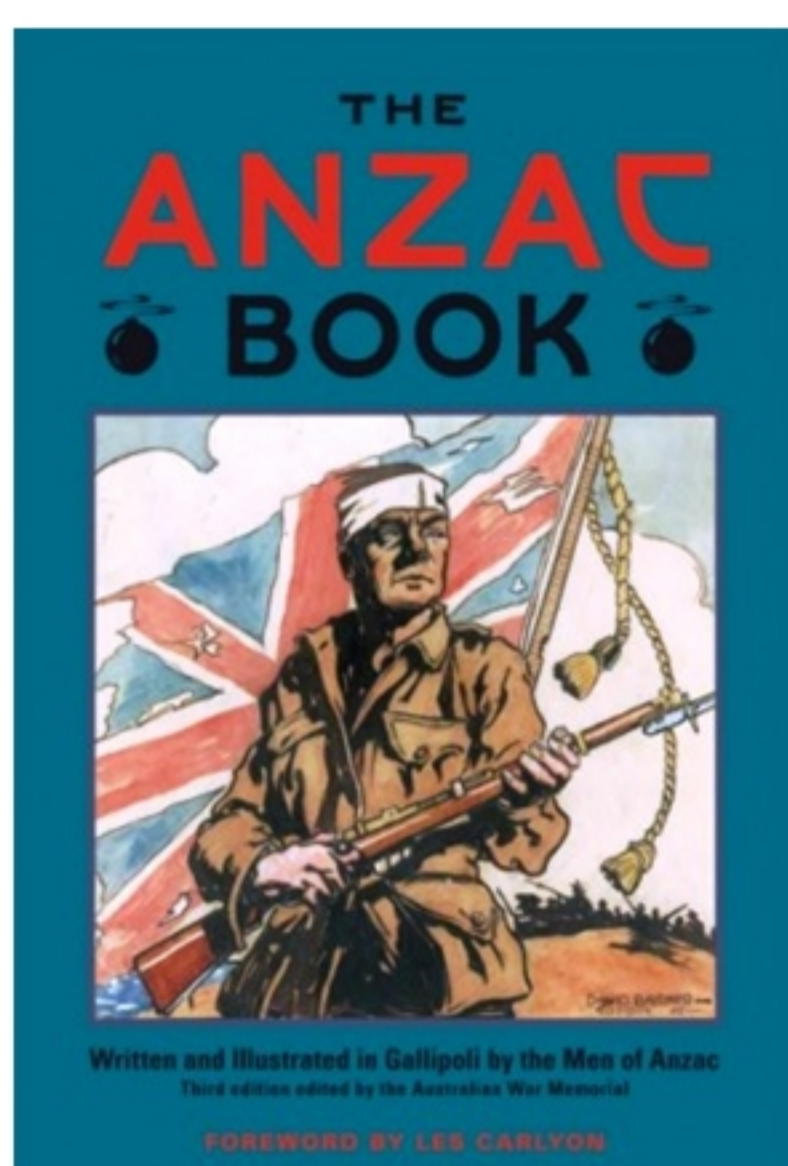
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The Anzac Book

available from:

<https://www.awm.gov.au/shop/item/9781742231341/>



Written and Illustrated in Gallipoli by the Men of ANZAC. The ANZAC book became the finest "trench publication" produced during the Great War, and was an instant bestseller when first released in 1916. Created by soldiers under enemy fire and in extreme hardship, the illustrations, stories, cartoons, and poems were intended as a Christmas and New Year diversion for soldiers facing a harsh winter in the trenches on Gallipoli. This long-awaited third edition is a reproduction of the original book, with a new foreword by acclaimed author Les Carlyon, an introduction from Australian War Memorial historian Ashley Ekins, and added material originally rejected by the editor, official war correspondent C.E.W. Bean. This is a quality reproduction, reminiscent of the finest publishing standards of that era, cloth bound with marbled end papers, and printed on high quality paper. Third edition, hard cover, illustrated throughout, 240 pages.

Three Australian Female Writers, One event - at Mona Vale Library

Ber Carroll, Dianne Blacklock, Liane Moriarty

Date: 27th Apr 2011

Time: 6:30pm - 8pm

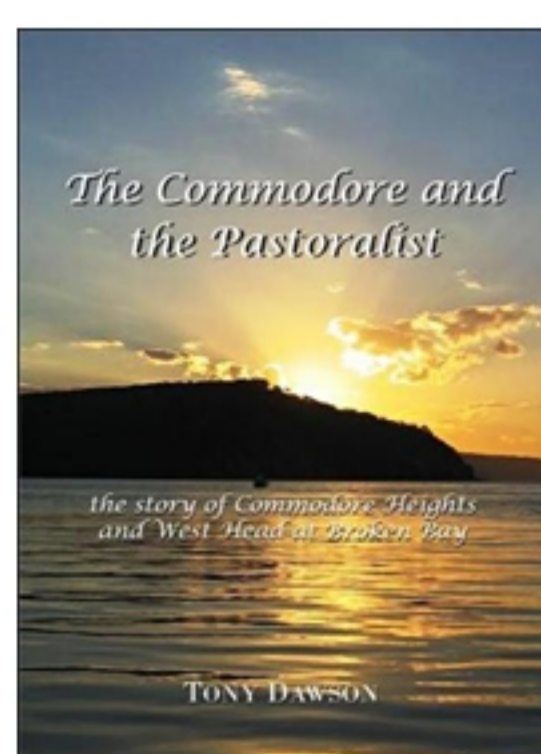
These best-selling writers of popular fiction for women write in the same genre as authors such as Cathy Kelly and Marian Keyes, but with their own distinctive styles. The authors will speak about their different journeys that led them to publishing their first novel, the creative inspiration behind their latest books and the way they each approach the writing process. As full-time novelists and mothers, they will also discuss the challenges of juggling publishing deadlines while raising families. The author talk will include a panel discussion at the end, including tips for aspiring authors.

Liane Moriarty's latest novel *What Alice Forgot* is the story of a woman who loses ten years of her memory. Alice believes she is 29, blissfully in love with her husband and pregnant with her first child. In fact she's 39, with three children and in the middle of a messy divorce. The book explores how Alice learns how to reconcile how her life came to be what it is and how she slowly understands how the threads of her marriage began to unravel.

The Right Time, Dianne Blacklock's most recent novel revolves around the four Beckett sisters. Ellen has just separated from her husband of nineteen years, Emma feels like she's been waiting almost that long for Blake to propose, and Liz has been waiting longer than she cares to admit for Andrew to leave his wife. It's not surprising that the younger sister Evie feels content with her ordinary little marriage, until husband Craig has other ideas. Despite their differences, the sisters are there for each other in a heartbeat. *The Right Time* is about unconditional love that you only find in families.

Ber Carroll's new release *Less Than Perfect* is about a young woman who has run far away from her home, her family and the shattering memories of her first love. In Australia, Caitlin works hard, plays hard and does her best to forget where she comes from. But when she meets Matthew and finds herself falling in love again, what happened back in Ireland is suddenly closer and more relevant than ever. *Less Than Perfect* has been described as an emotionally gripping story about love, forgiveness and less-than-perfect families.

The Author Talk will take place at Mona Vale Library from 6.30pm on Wednesday 27 April. Bookings are essential; to book phone 9970 1600. Following the talk there will be book signings and light refreshments. Admission is \$7.50 adult, \$5.50 concession.



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.



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

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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Pittwater Online News receives a lot of information from various sources each week.

Posted here are some of these items For Your Interest.



**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

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 Thornell - *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 bookpicks - 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.

The 2011 Sydney Morning Herald Half Marathon

Register and Run to Support your chosen Charity

May 15th, 2011

for more information click on the logo below

**The Sydney Morning Herald
halfmarathon 2011**



April 24 – 30, 2011: Issue 3

**Pittwater Park Images
 from yesterday and today**



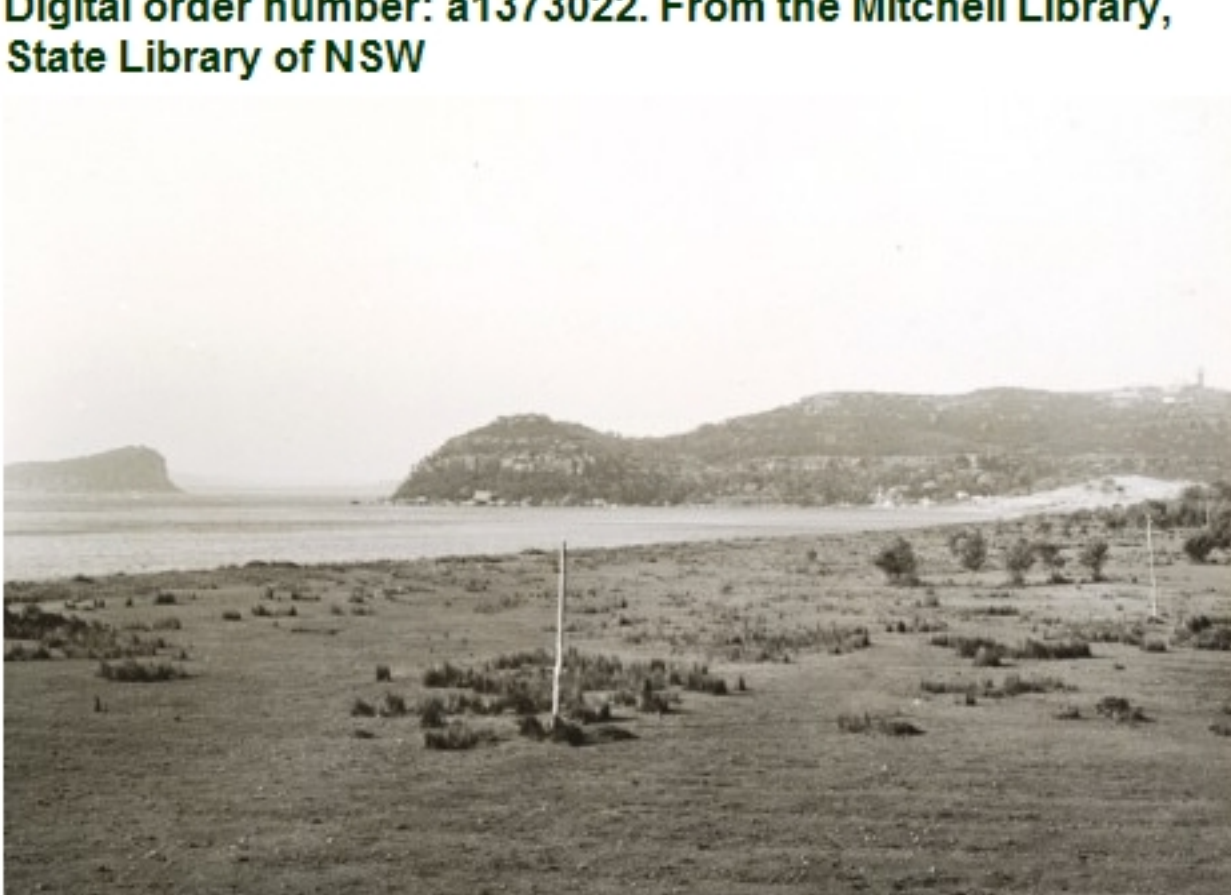
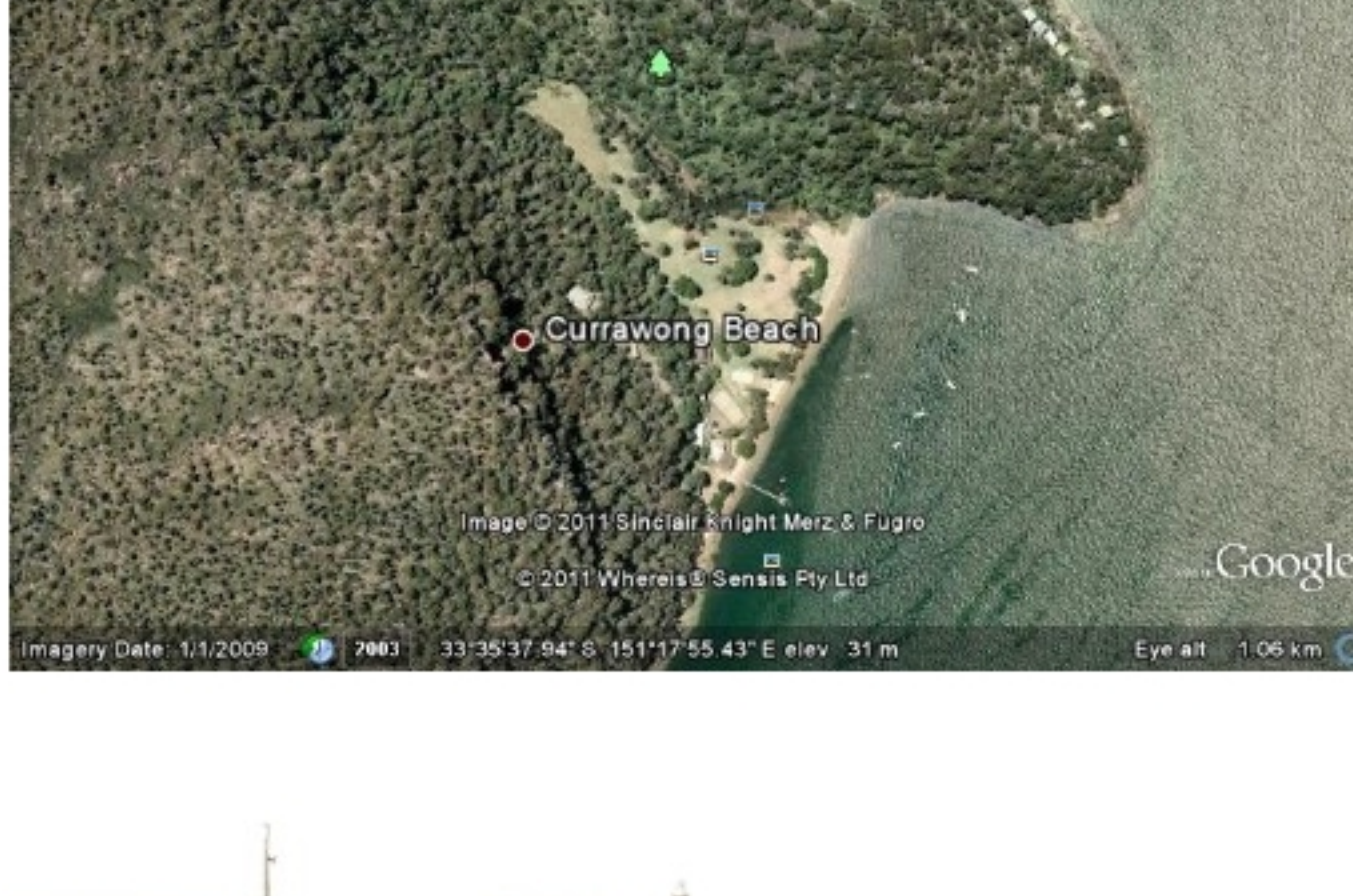
The 'track' out to Barranjoey, 1909. From the Allen Family Album: 'Sunday. This shows the kind of bush track we passed over on our way to Barranjoey'. Digital order number: a1373019. From the Mitchell Library, State Library of NSW.



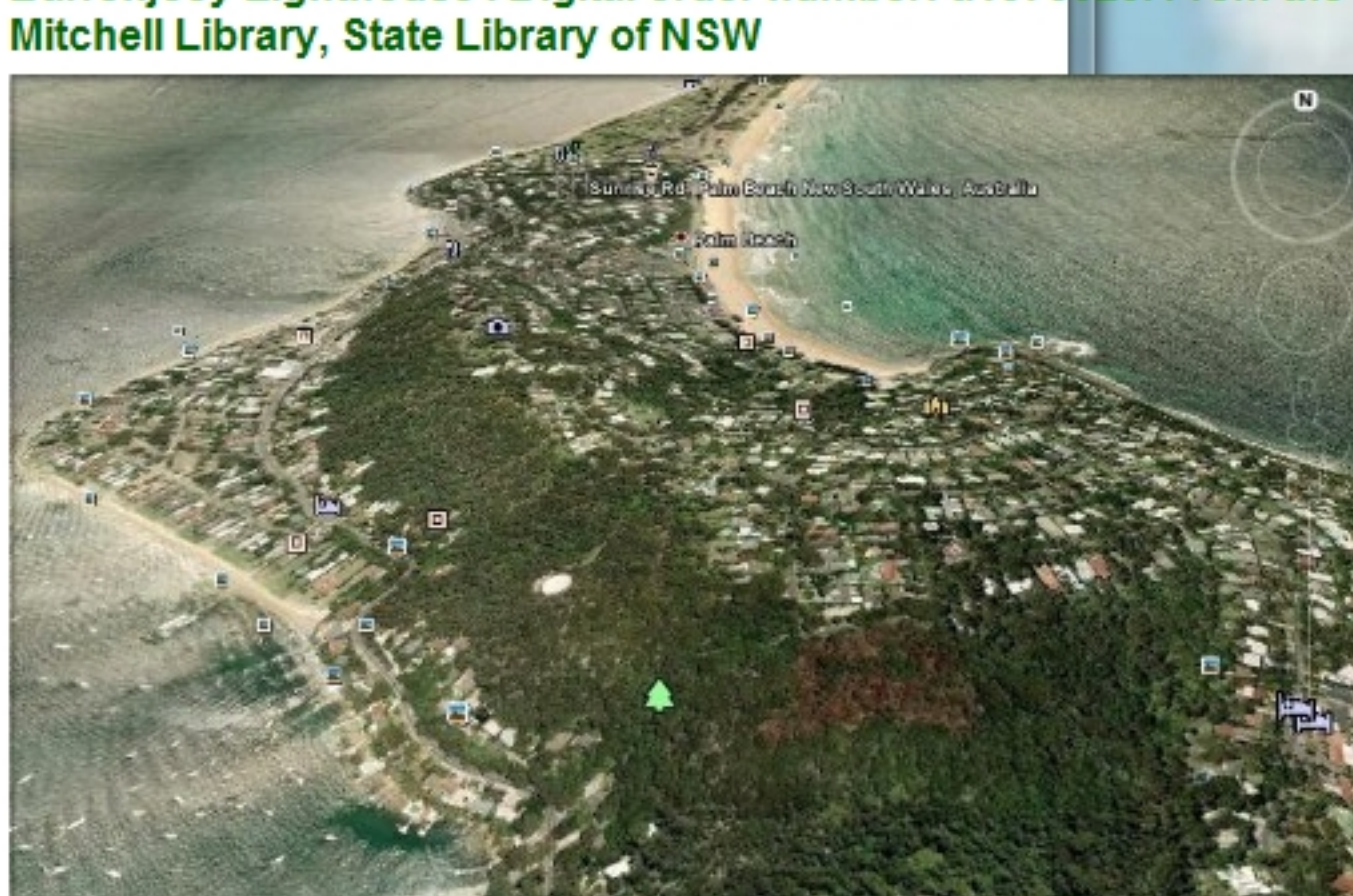
Above: Barranjoey Beach 1909, from the Allen Family Album; 'Sunday 21st November 1909. A better view of the same beach'. Digital order number: a1373021. From the Mitchell Library, State Library of NSW. Below: '21st November 1909. Another view of the beach on the Pittwater side of Hawkesbury River'. Digital order number: a1373025. From the Mitchell Library, State Library of NSW



Above: Barranjoey Beach Today. Below: Lion Island and Governor Phillip Park, 1909. From the Allen Family Album; 'Sunday. Barranjoey Lighthouse'. Digital order number: a1373022. From the Mitchell Library, State Library of NSW



Above: McKay Reserve. Below: Hawkesbury River mouth from Governor Phillip Park. Right (3): From the Allen Family Album; '21st November 1909. View of the Hawkesbury River from the road leading to Barranjoey'. Digital order number: a1373018. From the Mitchell Library, State Library of NSW



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