

May 8 – 14, 2011: Issue 5

Happy Mothers Day to all of you who are on duty 24 hours a day, 8 days a week ! We hope you let someone else cook today, and that would include the washing up. If none can cook, let yourself be taken out to breakfast, lunch or dinner. This week we explore some of the history, traditions and recipes associated with this ancient celebratory day of all mums everywhere.

Contents



Red Roses Image Copyright Sasukekun 22. 2008.

Quote for the Week

"People are often unreasonable and self-centered. Forgive them anyway.

If you are kind, people may accuse you of ulterior motives. Be kind anyway.

If you are honest, people may cheat you. Be honest anyway.

If you find happiness, people may be jealous. Be happy anyway.

The good you do today may be forgotten tomorrow. Do good anyway.

Give the world the best you have and it may never be enough. Give your best anyway.



For you see, in the end, it is between you and God. It was never between you and them anyway."

Mother Teresa 1910-1997

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	Today Few showers. Possible morning shower.		Tomorrow Partly Cloudy.
10	18	8	17

> Current Temp: 10.8 °C > 3 Hourly Forecasts
> Feels Like: 4 °C > 10 Day Forecast
> Wind: 31 km/h W > Warnings
> Rain since 9am: 4 mm > Radar | Cloud | Lightning

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Site Traffic to 2.5.2011

Visitors: 717

Average Time on site: 07.44

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Mother's Day some history...

There is evidence of mother goddess worship in the ancient world, dating back as far as 6,000 BC, and many mother goddess shrines have been found in Asia minor. Ancient Greece kept a festival to Cybele, a great mother of Greek gods. It was held around the Vernal Equinox. Originally they identified Cybele with Rhea, the mother of gods. Ancient Romans had another holiday, Matronalia, that was dedicated to Juno; it was intended to favor the fertility of women. Married women, independently of whether they were mothers or not, made private parties where they prayed for happiness in their marriages and prepared dishes for their female slaves. The husbands gave money and gifts to their wives and prayed for their pregnancy.

The festivals of Cybele evolved into the Christian festival of Mothering Sunday, honoring the Virgin Mary and your mother church (the main church of the area) during the 1600's in England. It's now a long standing tradition, part of the liturgical calendar in several Christian denominations, including Anglicans, and in the Catholic calendar it is marked as Laetare Sunday, the fourth Sunday in Lent. Children and young people who were "in service" (servants in richer households) were given a day off on that date so they could visit their families (or, originally, return to their "mother" church). The children would pick wild flowers along the way to place them in the church or to give them to their mothers as gifts. Eventually, the religious tradition evolved into a secular tradition of giving gifts to mothers.

In Australia we celebrate our mums on the second Sunday in May.

Extracts From: Mother's Day. (2011, May 1). In Wikipedia, The Free Encyclopedia. Retrieved 22:51, May 1, 2011, at: http://en.wikipedia.org/w/index.php?title=Mother%27s_Day&oldid=426962850



Chrysanthemum

With a history that dates back to 15th century B.C., chrysanthemum mythology is filled with a multitude of stories and symbolism. Named from the Greek prefix "chrys-" meaning golden (its original colour) and "-anthemion," meaning flower, years of arduous cultivation have produced a full range of colours, from white to purple to red. Daisy-like with a typically yellow center and a decorative pompon, chrysanthemums symbolize optimism and joy, faithfulness and devotion. They're the November birth flower, the 13th wedding anniversary flower and the official flower of the city of Chicago. In Japan, there's even a "Festival of Happiness" to celebrate this flower each year.

A symbol of the sun, the Japanese consider the orderly unfolding of the chrysanthemum's petals to represent perfection, and Confucius once suggested they be used as an object of meditation. It's said that a single petal of this celebrated flower placed at the bottom of a wine glass will encourage a long and healthy life. From: <http://www.teleflora.com/about-flowers/chrysanthemum.asp>

PLANT A TREE FOR MUM

Pittwater Council will provide a tree-planting site for residents who would like to honour their mothers on Mother's Day. Karin Nippard from the Council said the site would be available at Careel Creek Avalon, behind Barrenjoey High School, between 10am and 12 noon on Sunday 8 May. The Council will provide native trees and shrubs for members of the public free-of-charge.

Ms Nippard said that planting a native tree or shrub would be a memorable and lasting way to celebrate Mother's Day, particularly if someone's mother had died. "The Council is undertaking restoration plantings at this site as part of a Careel Creek restoration project. We decided to include this site on Mother's Day due to the popularity of the Plant a Tree for Mum campaign which began a few years ago", she said. "Planting a native tree is a special way of remembering our mothers and caring for our local environment."

To join in on the day just come along to the pedestrian walking track next to Montessori School adjoining Barrenjoey High, the walking track that runs from North Avalon to the skate park, any time between 10am and 12 noon. "We just ask that people wanting to take part wear gloves and covered shoes," Ms Nippard said. "We will provide the plants and equipment."

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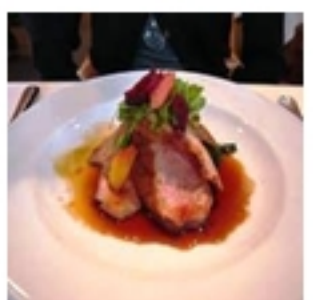


History: Father Therry, defender of the Irish Rebels, and our first church at Careel Bay.



Profile: Teresa Cutter, the healthy chef, shares what she loves about Pittwater and some Mother's Day ideas for food.

Food: Mother's Day Menu suggestions and favourites.



Events: The Bopulators to play Avalon, Sydney Writer's Festival Details, Putting for Rotary and Surf Life Saving at Narrabeen, MWPHS Meeting, Author Talk at the Library, Guringai 'One Voice' Program for 2011, Jim Macken, local historian, to speak at RPAYC.



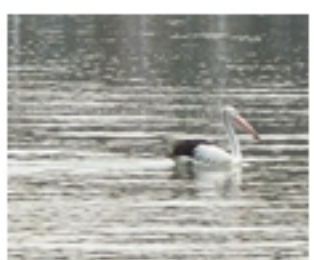
Youth: Details of Youth Development Grants 2011-2012 and how to apply, Sonnet from Shakespeare. Gig of the Week: "The Art of Breathing" at Manly, Sunday, May 15th.



Books: Cookbooks for mum from the ABC, and new works from locals Tony Dawson and Pam Bayfield.



Park Bench Philosopher: Mary Allette Ayer's 1916 book 'Our Mothers'. Filled with anecdotes, odes and songs of and for our mums.



Noticeboard: Community Listings (free to list).



The Sumba Foundation Australia: Local Doctor, Stephen Nolan, shares information about his recent trip and work to eradicate Malaria and water borne disease in Sumba.



Community News: Layne Beachley Classic at Dee Why, ArtzSpace Applications closing soon, Technology Course at Mona Vale Library for women, Updated Flood Maps, MicroBiz week and new [Community Noticeboard](#).



Environment: Mother Earth Mantra, NRM Conference in Sydney, Bottlebrush; the mother child bonding flower of Australia, News from Victoria. Seasons and Cycles...the next Walk...



Lynda Hill: Handling Baggage Vs. Redistributing The Weight: May's Taurus New Moon

Pictures: Careel Bay, Careel 'magpie creek'. From Carr 'creek' and from Careel 'magpie' in original languages. Beautiful autumn suntrap.



Seniors: AvPals; computer tutoring for Seniors, Exercise Programs and Mildred's mum's Lemon Butter.



Avalon Tattoo 2011: Information regarding June 18th Event and links to history of.



Community Clubs: Updates on Activities and links to sites.

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Sumba Foundation Australia by Dr. Stephen Nolan



Sumba is a small Island in East Indonesia and a close neighbour of Australia. It is less than a two-hour flight from Darwin. I first went to Sumba in 2008 with my family on a surfing trip where I was not only exposed to its beauty but also the plight of the Sumbanese people.

The Sumbanese people live in a subsistence culture with the majority of the people suffering from extreme poverty. In some areas up to **75%** of children are malnourished and up to **30%** of children either die or have severe cognitive impairment from cerebral malaria. In addition death from gastro-intestinal disease as a result of drinking unhealthy water is common in children and the old, frail population.

On my first trip to Sumba I met my now close friend Dr Claus Bogh a world expert on malaria. By the end of this life-changing trip I returned with the goal of starting up the Sumba Foundation Australia (SFA) to help the people of Sumba. I believe as a result of my medical training I felt that the areas of fresh water provision and malaria prevention would bring the greatest benefit.

Since then SFA has concentrated on water and malaria prevention in our aid and development program. In addition to these projects we have also supported Interplast and Eye missions in Sumba and run a malnutrition program for severely underweight children.

At present Sumba Foundation Australia fully supports a Malaria Training Centre in Waikabubak. This facility trains local health care workers to make an accurate diagnosis of malaria to a standard recognised by the World Health Organisation (WHO). It is the only facility of its type in East Indonesia. Approximately 100 graduates finished the 5-week last year course and in the next 12 months they will diagnose over **90000 cases of malaria!** In areas where we have screened and treated malaria and then distributed nets to families the incidence of malaria in the local population has decreased from 43% to less than 10%.

Currently we are supporting 4 major well/water reticulation projects that will bring fresh water to over 5000 people for the first time this year. This invaluable work has been possible by the support given to us by the people of the Northern Beaches over the past 2 years and I thank you all for this.

Sumba Foundation Australia seeks to alleviate suffering through health projects that enhance local capacities and promote community-based, self-help solutions guided by the aspirations of its beneficiaries. We also believe that development should be sustainable and embraces the social, cultural and economic wellbeing of the Sumbanese people.

At present Sumba Foundation Australia is working towards tax deductibility which should be recognised by the end of this year. I will leave you with some images of this fascinating Island and its people. If you would like to know more about the activities of Sumba Foundation Australia or Sumba please go to our website at www.sumbafoundation.org.au or click on logo below.

Stephen Nolan
CEO
Sumba Foundation Australia



Stephen Nolan Biography

I grew up in Wagga Wagga and studied in Canberra and Adelaide finishing my medical degree in 1994. I moved to Palm Beach in late 1994 with my wife Kathryn and children. I have lived on the Northern Beaches since and at present live in Bilgola. I trained in Respiratory and Intensive Care Medicine. At present I currently work as an Intensive Care Specialist at Mona Vale, Manly, Hornsby and Mater Hospitals. I also work as a General Physician at Mona Vale.



Above: Dr Stephen Nolan outside a traditional house in Welajung village, Sumba

Below: Dr Claus Bogh (far left) and the first graduates from the Malaria Training Centre, Waikabubak Sumba.



Above: Dr Stephen Nolan inspecting the main water station in Patiala Dete with water team leader (Rudy Weru).

Below: Rainy Octora (Malnutrition co-ordinator) distributing high protein cereals and eggs in a Sumba village



Left: Young family who will benefit from the supply of mosquito nets and fresh water through Sumba Foundation Australia programmes.

Below: Children benefiting from the supply of fresh clean water in Sumba village



All Images Copyright Kathryn Nolan 2011.

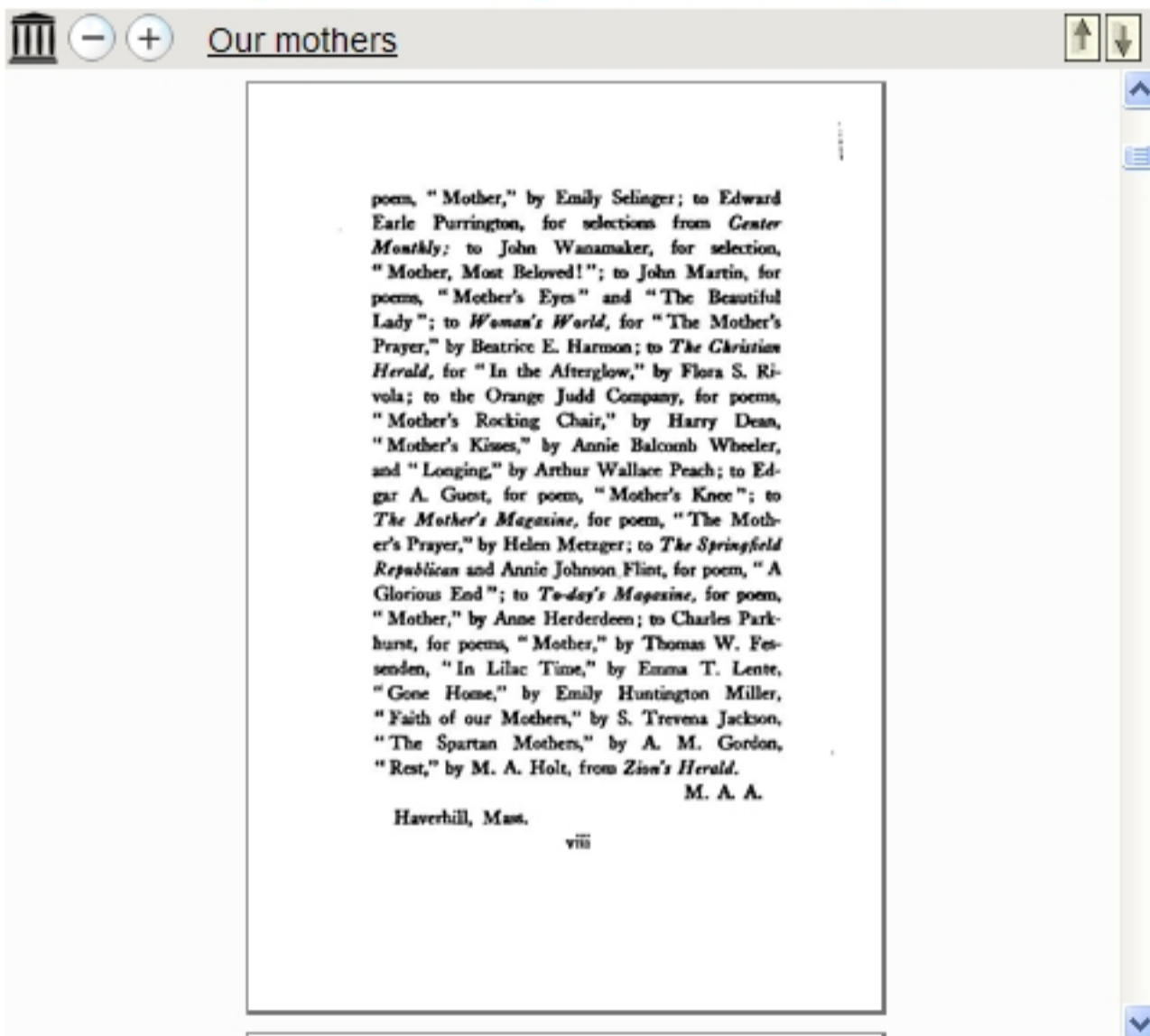
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Mother's Day 2011.

We share this week 'Our Mothers', a book from 1916 filled with words about and for mothers curated by Mary Allette Ayer. For more works now archived and available to all, please visit: <http://www.archive.org/>



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.

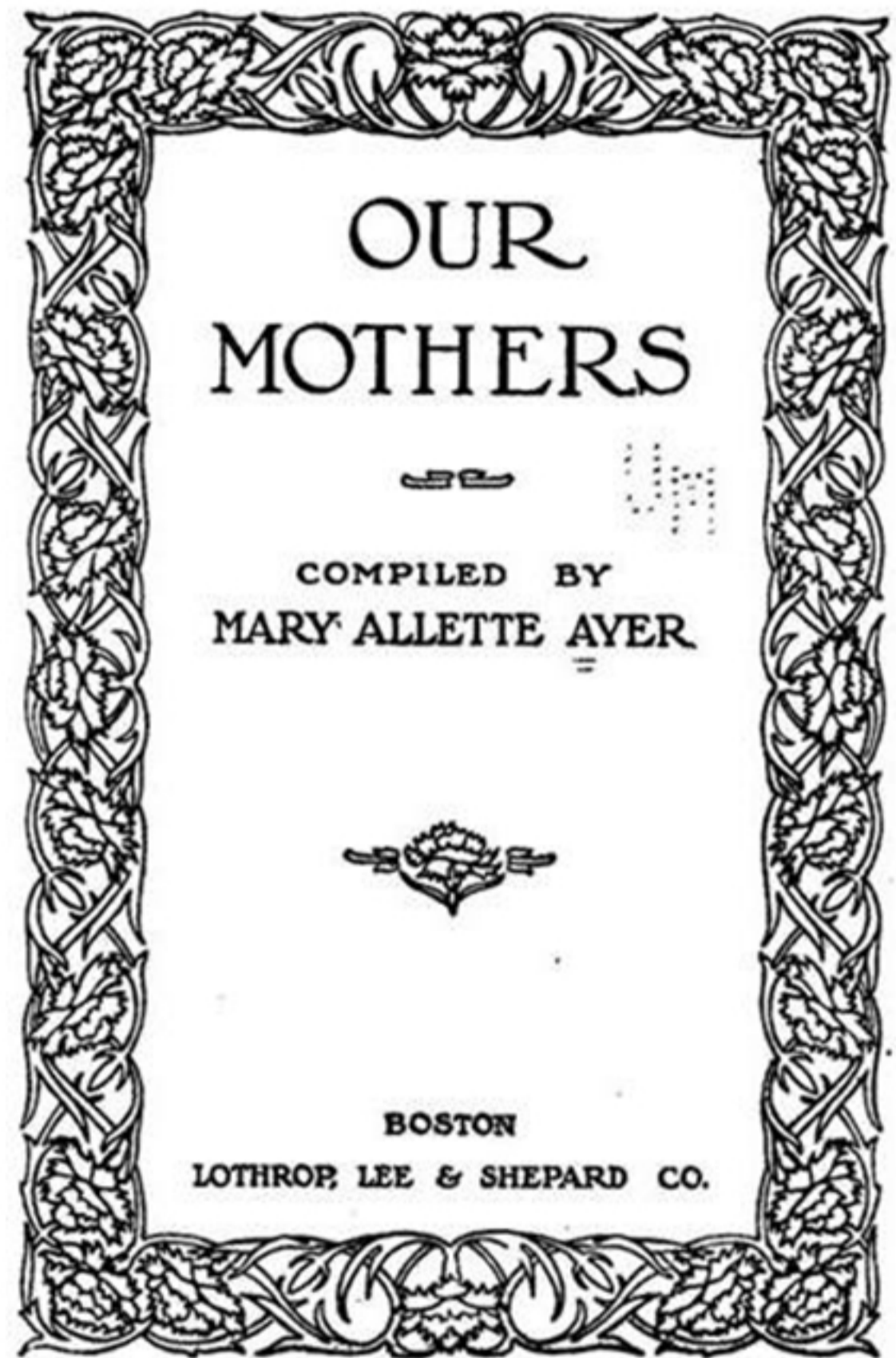
If you have something you'd like to share, something you'd like to start a discussion about, or even just a poem or story from yesterday or today we want to hear from you.

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...



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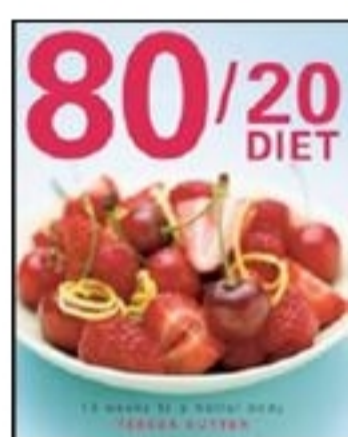
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Teresa Cutter the healthy chef

Vibrant. Intelligent. Compassionate. Dynamo.

As an advocate of living life to the full, Teresa Cutter, proprietor of the healthy chef café in Avalon, epitomises many of the attributes residents of Pittwater hold in common; a love of great Australian food, enjoying the sea and the bush, and doing the best you can in whatever you undertake. With Mother's Day being celebrated today Teresa kindly agreed to be our second **May Lady** and share what she would cook for mum today. Teresa Cutter "The healthy chef" is one of Australia's leading authorities on healthy cooking. A qualified chef with over 20 years experience, fitness trainer as well as studying nutrition at Deakin University, Teresa has combined her knowledge on food, diet and exercise to specialize in developing healthy recipes for people who love food, who love to eat and who have made a conscious decision to maximize their health and well-being. The healthy chef is not about deprivation, it's a realistic approach to healthy eating that will last a lifetime.

Teresa has written four healthy cookbooks her latest release is called "The 80/20 diet" (available at www.teresacutter.com).



Teresa is currently writing her 5th healthy cook book due for release 2012 with Murdoch books. Teresa also contributes to Women's Health magazine, fitness first, ultra fit and house + garden magazine. Teresa is the executive chef and creator of the healthy chef in Sydney. Her plan is to open one more across Australia and encourage people to eat and cook healthier. The healthy chef FOOD RANGE is due for release in September 2011. Her hobbies are kickboxing, submission wrestling, cooking and road cycling.

Why did you choose Avalon as the place for your Healthy Chef Cafe ?

I chose Avalon to be the perfect place for the first healthy chef, as our philosophy was a good fit for the demographic. Most people in Avalon have an active healthy lifestyle. They surf, swim, cycle, do yoga and enjoy the outdoors, most people are in tune with their health and well being and can recognize the benefits of healthy eating.

What is your favourite thing about Pittwater or the Northern Beaches ?

What I love most about the Northern Beaches is the space and fresh air. You can jump on your bike and cycle to Akuna Bay, take a run on sandy beaches, go fishing or just kick back and relax !

What is your ideal Mother's Day breakfast or lunch?

The most popular dish in my café are the soft poached organic eggs with avocado, roast tomato and Persian feta as well as " the egg white omelette" For lunch it's the apple poached salmon with zucchini noodles and the Detox salad that makes a perfect Mother's day dish. (Detox salad on [Food](#) page).

If I was cooking at home for family, I would steam or poach some lovely Atlantic salmon or Blue eye, then coat in freshly chopped lemon scented garden herbs , drizzle with a lemon vinaigrette to finish it off.

For sides I would have a few plates of fresh green vegetable sides like sautéed kale or spinach, beans, brussel sprouts as well as Roasted pumpkin dusted in a little cinnamon and a lovely bowl of salad leaves drizzled with a light olive oil vinigarett. Dessert would be a simple red apple crumble infused with a little orange and vanilla then topped with almond crumble or a plate of fresh figs, cut in half, drizzled with a little honey and scattered with pistachio.

Basing your meals around vegetables, fruit and lean protein is the perfect way to eat and ensures you get your quota of protein, low GI carbs and the important essential fatty acids like DHA from fish.

What is your 'motto' or creed for life ?

Focus on what goes into your mouth and your body every day. You are what you eat and if you eat garbage, you'll look and feel like garbage - it's as simple as that.

We are all responsible for what we put into our mouths....This is why it is so important to think about what you put into your mouth every time you eat and drink and whether it makes a positive or negative effect to your body. Making every meal an opportunity to make a healthy choice is vitally important. A change in diet can bring about a change in health – it's about going back to basics....fresh unprocessed food, seasonal food, avoiding pesticides, preservatives, processed food, refined sugars and trans fats. Just by making a few simple changes to the ingredients you choose, how you cook it and your portion size you can make improvements to your health that can last a lifetime.

What are your future plans?

Very excited as I have a new healthy chef food range that will be out in the next 3 months – focusing on functional food that's good for the body. Also we are scouting locations to build healthy chef 2. web site is www.teresacutter.com



To visit Teresa's Website click on Logo



Achievements:

- Qualified chef 20 years experience
- Internationally accredited personal fitness trainer
- Creator of "the healthy chef brand"
- Consultant healthy recipes and diet.
- Celebrity TV Chef, The Today Show, Good Morning Australia, Fresh TV, A Current Affair, Sunrise.
- Freelance healthy food writer to women's health magazine, ultra fit, BSc magazine, House & Garden + fitness first magazine.
- Author of 5 health related books Bite Me / The Anti Ageing Cookbook / Fit Food / The 80/20 Diet + 101 ways to lose weight.
- Certified healthy cooking trainer (certificate in training and assessment)
- Certified boxing / kickboxing trainer
- Gold Medal Salon Cullinaire winner.
- Awarded apprentice chef of the year 2 times in a row.
- Placed 2nd in the Australian national fitness figure body shaping (NABBA)
- Bronze Medallion in Surf Life Saving
- Silver medallist in the South West Games for road cycling

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May 2011: Men of Note

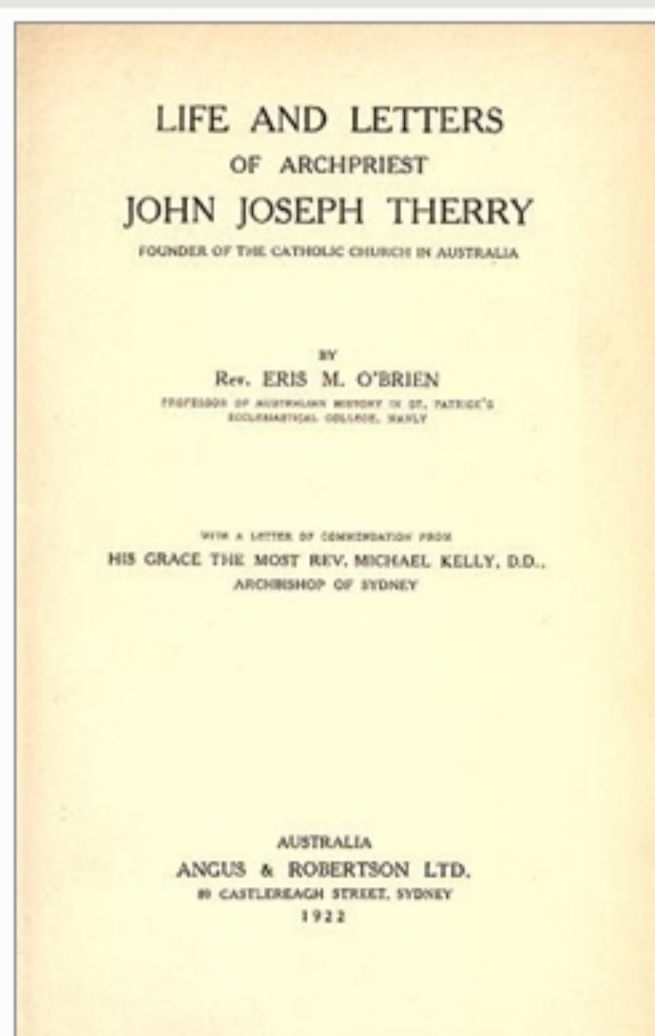
Our second month of historical articles celebrate men who have lived and worked in Pittwater. From all walks of life, professions and interests, they give us an insight into dynamic characters with limitless horizons. They also let us glimpse what Pittwater was like during their heydays.

LIFE AND LETTERS OF ARCHPRIEST JOHN JOSEPH TERRY
FOUNDER OF THE CATHOLIC CHURCH IN AUSTRALIA
BY Rev. ERIS M. O'BRIEN

PROFESSOR OF AUSTRALIAN HISTORY IN ST. PATRICK'S
ECCLESIASTICAL COLLEGE, MANLY AUSTRALIA

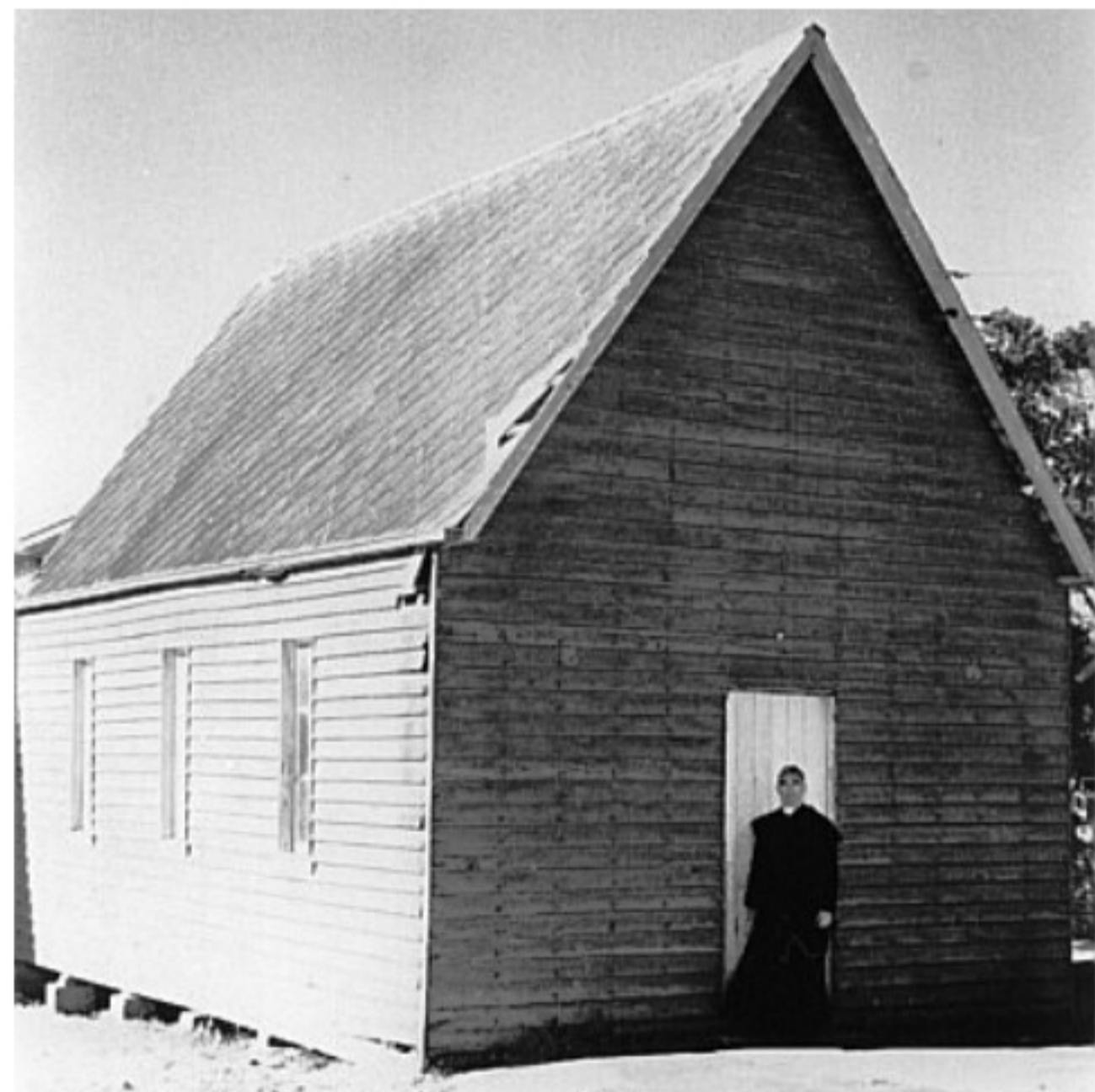
ANGUS & ROBERTSON LTD.
89 CASTLEREAGH STREET, SYDNEY
1922

Life and letters of Archpriest John Joseph Terry.



Above: Pittwater 1818, picture courtesy National Library of Australia.

Below: St Josephs of Careel Bay.



Manly Warringah and Pittwater Historical Society

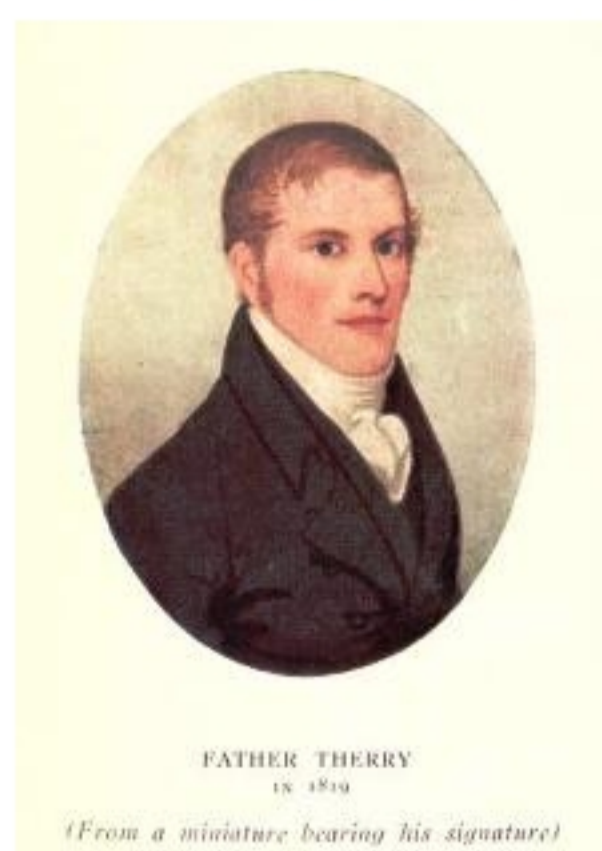
This Society has kept the only continuous records of historical documents, mementos and research of the Northern Beaches. They are one of the oldest suburban historical Societies in Australia. Visit their informative website by clicking on logo:



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Archpriest John Joseph Terry

Birth: 1790
Death: May 25, 1864



Born in Cork and educated at St Patrick's, Carlow, Terry was ordained in 1815 and did parochial work in Dublin and Cork before sailing to Sydney in May of 1820 aboard the Janus, a transportation ship carrying over 100 Irish men and women convicts. He had seen these fellow Hibernians being dragged to the docks in chains for transportation, and hearing they had no priest, applied for and was accepted as a missionary. The voyage took five months. Prior to his arrival in Australia Catholic convicts and freemen were to attend the Anglican services or be deprived of meat or flogged, 20 lashes increased to 25 lashes for a second refusal to attend what they considered 'heretic' services. The Catholic priests who were here had been transported for their involvement in the Irish Rebellion and were not allowed to conduct services as they too were convicts. Many of those transported had been associated with the Rebellion so attending Anglican services, those conducted by the ruling elite, was anathema to them.

From the outset Father Terry endeavoured to better the lot of his congregation and frequently incurred the ire of those who feared another uprising from those they governed in the fledgling colony. One third of those living here then were Irish Catholics. He may have spoke his mind, saying out loud what many were thinking but afraid to voice, and a sharp wit may have pricked some egos, but he professes a wish not to offend and a sense of surety of his work and his authority to perform it.

"Last any zeal which I may occasionally manifest for the preservation in this Colony of the holy religion of which I am but a very humble minister should excite in your mind a suspicion that I dislike persons of the other persuasions, I now distinctly declare that it is my desire, as far as it is possible, that is, as far as it is consistent with paramount duties, to be in peace with all and to give offence to none; that I dislike no man on account of his Religion; that I respect a moral man whatever religion he may belong to" (Letter. July, 1926.)

His association with Pittwater came through a land Grant in 1833. Some sources state he was given 1200 acres, others cite 1400. Either way this area ran from Narrabeen Lake to Careel Bay and encompassed most of Avalon. Friends at Clareville still hold documents of when their father's father purchased land with Father Terry's name listed as owner. Pittwater's first church at Careel Bay; St Josephs, a small one room wooden church with a shingle roof, built in early 1870, was a Memorial to John Joseph Terry and stood near the present corner of Joseph (or George) and Terry Streets with farm lands around it that went back to bush. Catholic settlers in Pitt Water were fortunate if the church was opened once a year for Mass. The little church, known as the Barrenjoey Church of St Joseph's, (the Catholic patron saint for workers) even though it was known as Father Terry's, was not actually built until after his death.

Josephon was established on the shores of Careel Bay for his workers. These sought coal at Avalon Golf Course, farmed and collected shells for the manufacture of lime. One of many wills he wrote illustrates his plans for his farm here:

"I desire that my farm of eighty acres, formerly known as Peter Petitta's farm at Pitt Water, which is beautifully and most advantageously situated, should be divided into four equal parts of twenty acres each which are intended as the sites for educational establishments for the Benedictines, Jesuits, Franciscans, and the French Mission of the Propaganda respectively." Also "to the land property with which I have been blessed, namely to establish five villages which are likely to become respectable towns the principal one at Pitt Water to be called Josephon" (Life and Letters. 1922). Other documents state he planned to call the whole district Josephon and present Avalon was to be named Brighton.

What is certain is that Careel Bay, with its creek and sheltered cove, must have seemed ideal to his eyes, a place to dwell in quietly as respite from all his endeavours throughout the colony and elsewhere in Australia. Terry's plans to build a church at St Michael's cave illustrate the openness and beauty here kindled a rapport with the natural landscape and a sense of its innate sacredness. Tree giants hundreds of feet high, birdsong, bush and paddocks affirmed his every step here then. His Surveyor echoed this in 1862 when Father Terry was contemplating sub-division and sales of the land. He, Mr. Elyard, recommended that "a sufficient portion may be reserved near the water, and possessing the sea breeze, for Public Gardens and games; and also, sites or a School of Arts, Library, Court of Justice and Christian churches. I trust that the trees near St. Michael's Cave may not be touched, and that that spot may not be interfered with by human hands. I think this is the proper way of establishing a city at Broken Bay, and I shall have great pleasure, for my own part, in acknowledging you as its first Bishop."

Attributions:

St. Mary's Chapel

An Aboriginal family pauses on the road near the old St Mary's Cathedral in 1836 (Austin, J G: A Series of lithographic drawings of Sydney and its environs. 1836. PXA 581, plate 6. Mitchell Library, State Library of New South Wales.) (Source: City of Sydney: Aboriginal Involvement with the Church)

Further reading:

The Marriage dollar said to have been loaned to financially embarrassed bridegrooms by Father Terry to pay for their marriage service; From: <http://www.stmaryscathedral.org.au/about-us/historical-exhibition.html>

Parents: John Terry and Eliza (nee Connolly); remained in Cork.
Brothers: James and Stephen Terry, the former of Hobart Town, the latter of Cork, Ireland.
Sister: Jane Ann Terry of Hobart Town.

Shipping Passengers Lists:

Terry, J J, Rev Waterlily (schooner) Sydney (1845 Jul 6) to Hobart Town
Terry, J J, Rev James Watt (steamer), 142 tonsHobart Town (1845 Feb 10) to Sydney (1845 Feb 16)
Terry, J J, Rev Velocity (schooner) Sydney (1846 Sep 19)to Port Phillip (1846 Sep 25)
Terry, John Joseph, Rev Esther (ship) Sydney (1833 Sep 5) to Norfolk Island

From: <http://www.blaxland.com/ozships/alpha/pass/s287.htm>

• Character and Conduct of Reverend Terry

DESPATCH FROM GOVERNOR DARLING TO EARL BATHURST – DATED 6/9/1826

'Your Lordship will perceive that Rev. Terry is a man of strong feelings and not much discretion. He is evidently disposed to be troublesome, and, constituted as the community is, might be dangerous, a large proportion of the convicts being of the lowest class of Irish Catholics, ignorant in the extreme, and in proportion bigoted and under the domination of their Priest. He is indefatigable in his endeavours to preserve his influence amongst his countrymen, and is constantly going from place to place with this view. From the similarity, he can hardly fail to succeed.....

I must confess to your Lordship that I have no desire to see any more of the Clergy of the Catholic persuasion here. The good they might affect through the medium of education is counteracted by the subjugation of mind, in which those under their influence are kept.

Mr Terry is anxious for the completion of his church, but though fully disposed to assist in this object, as far as your Lordship has directed, it is not in my power to do so at present without interrupting the progress of some of the public buildings. I have informed him that, so soon as I possess the means, I shall afford him the necessary aid.....

I understand Rev Terry is acquiring wealth, and, as his influence will increase with his means, his immediate removal appears the more desirable. I would beg to point out that, in selecting a Catholic Priest for this Colony, it is most important that an Englishman should have the preference, the Catholics here being, I believe, nearly all Irish'.
[Historical Records of Australia, Series 1, Volume 12, pp 543-44].

• Unwillingness of Reverend Terry to Leave

EXTRACT FROM DESPATCH OF GOVERNOR DARLING TO EARL BATHURST – DATED 18/11/1826

'On communicating to him [Reverend Terry] the Orders of His Majesty's Government, he informed me though deprived of salary which he observed he had intended to relinquish, he should consider it incumbent on him to continue his assistance to the Roman Catholics, until the arrival of some accredited Clergyman from Home.

He stated that it was not his intention to leave the Colony, though, if required to do so, he should not resist the Orders of Government. It has not, however, appeared to me advisable to give such an order, as I do not anticipate any evil consequences from his continuing his assistance, until the arrival of his successor; and any order for his immediate removal would in all probability have called forth some expression of the public opinion in his favour, which is as well avoided and might for the moment have excited an unpleasant sensation'.
[Historical Records of Australia, Series 1, Volume 12, p 693].

Terry remained in the Colony despite his suspension and continued his work as a chaplain without salary.

St Terry's of Careel Bay:

From: <http://www.cathchurch.net/nsw/parish/Pittwater.htm>
<http://www.holidayoz.com.au/pittwater/narrabeen/history.htm>

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Mothers Day Menu

DETOX ENERGY SALAD

BY TERESA CUTTER – www.thehealthychef.com



The reasoning behind a detox is to feed your body with plenty of nutrients allowing your liver and organs to heal and nourish thus aiding fat loss. Basically the motto is **remove – restore – rejuvenate**. It's like an oil change for your car. A sensible detox cuts out all alcohol and processed food, dairy, animal protein, sugar, caffeine and gluten. It allows for your body to be nourished by loads of veggies along with fresh vegetable juices, fresh raw salads, seeds, nuts, plenty of water, herbal tea and good fats, like olive oil, avocado and flax seed. A detox can take 1 week or 1 month, depending on your constitution and health concerns. When I designed this recipe, I was at my favorite health spa called Kamalaya in Koh Samui Thailand. they are renowned for their detox programs and this salad now forms a daily part of my health and food regime.

What it's good for:

The ingredients have been specifically chosen to detoxify, alkalize and heal the body. High in antioxidants and minerals. Leafy greens are the greatest food around and an excellent source of vitamins minerals and fibre. The darker the leaves the more vitamin A and iron it contains. Walnuts are high in omega 3 fats the ultimate "brain food" – avocado is a good source of potassium, a mineral that helps regulate blood pressure.

150 g mixed leafy greens
1 bunch broccolini or asparagus lightly steamed or raw
1 avocado
20 g pumpkin seeds
20 g sunflower seeds
20 g walnuts
20 g goji berries
40 g wakaeme seaweed (rehydrated in cold water for a few minutes)
2 tablespoons ground flax seed (linseed)

Dressing

2 tablespoons cold pressed olive oil
2 tbsp balsamic vinegar

Arrange the salad leaves into serving bowls. Lay over the broccolini, seaweed, avocado and sprinkle over the seeds + goji berries. Drizzle with a little olive oil and balsamic just before eating. Enjoy.

Serves 2

Protein: 9.1g

Carbs: 3 g

Fat: 28 g

1250 kj / 298 calories

the healthy chef

Avalon Parade, Avalon. NSW.

For more great Recipes go to:

the healthy chef

inspire nourish delight

Duck a l'Orange



Image copyright Jay Tong 2011

Prep Time: 10 minutes, Cook Time: 35 minutes, Total Time: 45 minutes

Ingredients:

¼ cup granulated sugar
2 tablespoons water
2 tablespoons Sherry vinegar
1 ½ cups orange juice
2 tablespoons shallots, minced
1 1/2 cups chicken stock
4 oranges, sections cut from membranes
2 duck breast halves, seasoned with salt and pepper
¼ cup unsalted butter
2 tablespoons orange zest

Preparation:

Boil the sugar and water for several minutes, until the syrup caramelizes and turns a golden brown color. Add the vinegar, juice, shallots, and chicken stock and simmer until the sauce is reduced to a little less than a cup. Add butter and 1 tablespoon of orange zest. Stir in orange sections.
In a skillet, sear the duck breasts over high heat. Cook the duck for about 9-11 minutes on each side. Pour the prepared sauce over the duck breasts and garnish with the remaining orange zest. This duck a l'orange recipe makes 2 servings.

Pear Melba

Peach Melba is a classic dessert, invented in 1892 by the French chef Auguste Escoffier at the Savoy Hotel, London to honour the Australian soprano, Dame Nellie Melba (1861–1931). It combines two favourite summer fruits: peaches and raspberry sauce accompanying vanilla ice cream.

In 1892, Nellie Melba was performing in Wagner's opera *Lohengrin* at Covent Garden. The Duke of Orléans gave a dinner party to celebrate her triumph. For the occasion, Escoffier created a new dessert, and to display it, he used an ice sculpture of a swan, which is featured in the opera. The swan carried peaches which rested on a bed of vanilla ice cream and which were topped with spun sugar. In 1900, Escoffier created a new version of the dessert. For the occasion of the opening of the Carlton hotel, where he was head chef, Escoffier omitted the ice swan and topped the peaches with raspberry purée. Choose Autumn pears in from local orchards peeled (leave stem) and poached with a vanilla bean, cinnamon stick and juice and peel of 1 lemon (stops browning). Ensure you use a deep pot. Frozen raspberries: puree berries(blender) and pass through sieve to remove seeds. Heat with 1/4 cup of sugar until dissolved and simmer for two minutes. Simple seasonal yum.



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Mother's Day

Mother's Day is also an ancient celebration of Mother Earth and her abundance and a great reason to share a contemporary mantra:

"Mother Earth, you are my life support system. As a soldier I will drink your blue water, live inside your red clay and eat your green skin. Help me to balance myself as you hold and balance the Earth, the sea and the space environments. Help me to open my heart knowing the universe will feed me. I pray my boots will always kiss your face and my footsteps match your heartbeat. Carry my body through space and time. You are my connection to the universe and all that comes after. I am yours and you are mine. I salute you."

- Bill Django (Jeff Bridges), in Movie, The Men Who Stare at Goats, from book written by Jon Ronson.

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



SEASONS & CYCLES

A truly rich nature-based experience, close to Sydney!

Pittwater Council's Coastal Environment Centre (CEC) is coordinating a FREE 'Seasons & Cycles' Community Event, on **Sunday 22 May 2011 in Muogamarra Nature Reserve, located near Brooklyn in the Hawkesbury region.** This event is a part of the 'Seasons & Cycles' series where participants can learn about the traditional Aboriginal perspective on seasons and cycles. The activity will be led by the experienced National Parks Aboriginal Discovery Coordinator **Les McLeod and Aunty Fran Bodkin – D'harawal Knowledge Holder** and author of the book 'D'harawal Seasons & Climatic Cycles'. Two sessions will be available from 10am-12pm and 1pm-3pm, with bushstucker sampling for both groups from 12pm-1pm.

Gary Jackson from the CEC said "this event provides the chance to visit one of Sydney's areas of outstanding beauty and cultural value. Participants will have a rare opportunity to enter the Muogamarra Nature Reserve at a time of year that it is not normally open to the public. The reserve is usually only open to the public for six weeks during August and September."

"This fascinating event will include a talk and walk within this pristine nature reserve looking at the Aboriginal culture and heritage of the area. Aunty Fran Bodkin will discuss the significance of the local plants and fauna as well as their traditional uses. It's a great family learning opportunity".

CEC Event organiser, Tina Demetriou said, "this event is one in a series of six events in the Hawkesbury region, offering the community an opportunity to see the landscape from a very different perspective."

"Traditional Aboriginal culture existed in harmony with nature's cycles and had a great understanding of these natural processes. It is hoped that these talks will open the community's eyes to a different perspective on looking at the natural world around us, the seasons and the fascinating myriad of cycles within it," she said.

"Muogamarra is steeped in a rich history and is an Awabagal word meaning 'preserve for the future' symbolising the purpose for which the area was dedicated. Many Spiritual connections remain and are present within the reserve throughout the ancient sites," added Ms Demetriou.

The six free community events form part of a Regional Biodiversity Project funded by the Australian Government's 'Caring for Our Country' grant program, in partnership through the Hawkesbury Nepean Catchment Management Authority.

The project will also create an online biodiversity calendar for our coastal communities. The online calendar is accessible at www.pittwater.nsw.gov.au/biocalendar

Bookings for the event are essential by calling 1300 000 CEC (232) or emailing tina_demetriou@pittwater.nsw.gov.au. Muogamarra Nature Reserve is located near Brooklyn off the F3 Sydney to Newcastle Freeway



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



Bottlebrush is a traditional Mother's Flower. As an essence it may enhance bonding between mother and child and the serenity and calm all mums need when coping with children. For more information on this, and other Australian Bush Flower Essences, go to:



Current CSIRO Magazines on Environment, Sustainability and Climate Change

Click on cover for more information



Meanwhile... in Victoria

From Greenpeace:

We can't afford another dirty coal power station.

The first step to a clean energy future is ruling out new coal power stations. In fact, when Julia Gillard became Prime Minister, she quickly promised no more dirty coal power stations would be built in Australia. But even as the Prime Minister was making this commitment, a proposal was on the table from a group of companies called 'HRL' to build a new brown coal power station in Victoria's Latrobe Valley. Far from preventing this dirty coal project from going ahead, a \$100 million grant from the federal government means that Prime Minister Gillard is using our taxes to finance HRL.

We need your help to stop the HRL brown coal plant from going ahead.

Email stophrl.au@greenpeace.org to join the campaign mailing list and receive updates and actions to help win the campaign

What is HRL?

Herman Research Laboratories ('HRL') is a group of companies trying to develop technologies to burn brown coal with less carbon pollution. After two decades, the lowest carbon pollution rates achieved are about the same as a standard black coal power station – so not very clean at all.

HRL wants to build a 600 Megawatt power station using a combination of their "clean coal" technology and gas. It would increase Australia's carbon pollution by a massive 3 million tonnes a year – exactly the wrong direction to be going if we want to tackle climate change.

The Victorian EPA is considering whether or not to give HRL approval to build the power station. The EPA received nearly 4000 submissions in relation to the proposal, including many from Greenpeace supporters, with 99% of the submissions opposing the plant on environmental grounds. A decision from the EPA is due in by the 27th May.

Public funding is keeping HRL alive

The past four years have been a financial disaster for HRL. **The Age** newspaper has revealed that the costs of their proposed dirty coal plant have escalated by 50%, their major partner has withdrawn from the project and not a single dollar of private investment has been secured.

Most projects in such a dire situation would have collapsed by now. But HRL remains very much alive and a real threat to our clean energy future thanks to **taxpayer-funded grants from the Victorian (\$50 million) and Federal (\$100 million) Governments.**

Not only are these publicly funded grants morally wrong, sustaining a project that would drive climate disaster, they were also extremely poor economic decisions. An expert panel advised the Howard Government in 2006 not to fund HRL, citing numerous economic and technical risks that made the project a dodgy investment.

How Green is a Spotted Gum when Wet?



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.

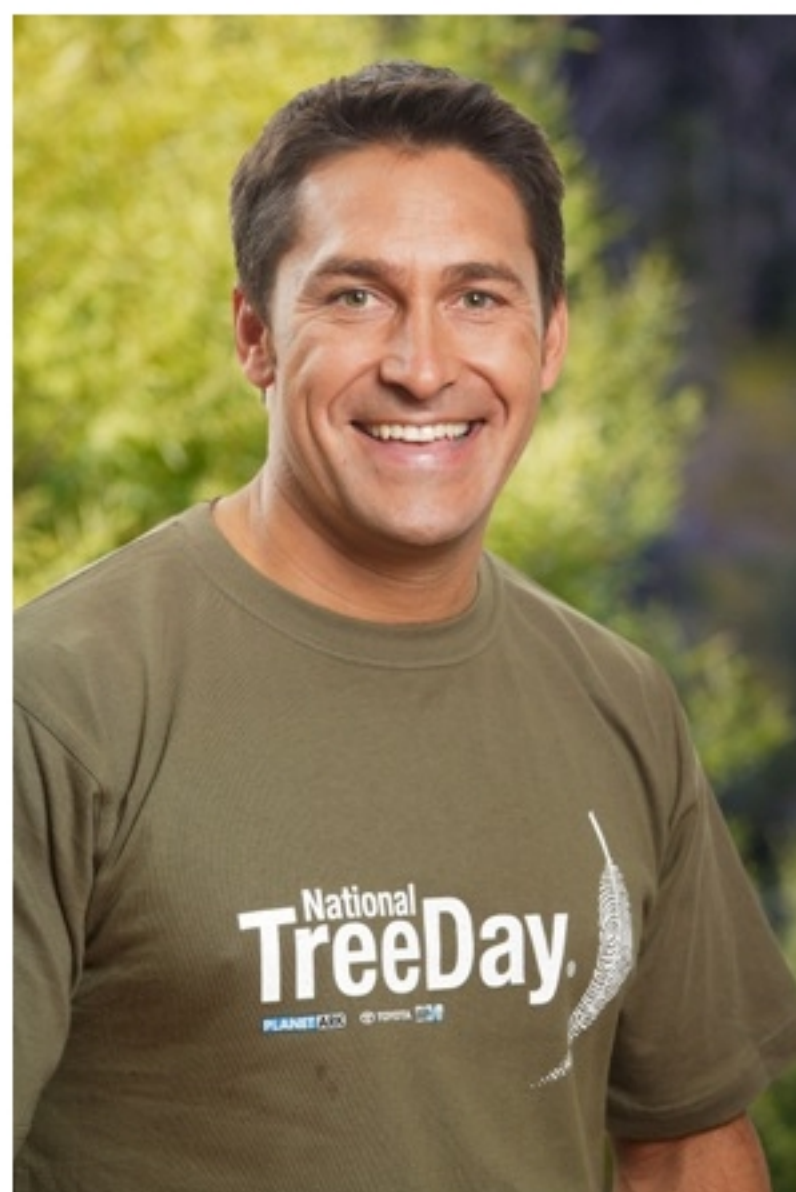
John Tucker, from Tamworth Manilla Landcare Association has been a National Tree Day Site Coordinator for two years. "There is not a more rewarding experience in nature than collecting and planting native tree seeds and waiting for the first leaves to emerge through the soil."

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



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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

Gig of the Week

"The Art of Breathing: Exercises to Enhance Your Well-Being" presented by Dr Riley Lee.

Simple breathing exercises can benefit almost everyone on both physical and metaphysical levels, and better breath awareness leads to better control over all aspects of your life.

These exercises will also benefit singers who are seeking optimum breath control.

www.rileylee.net <http://www.rileylee.net/biography.html>

This participatory workshop provides you with both an intellectual and an experiential understanding of the act of breathing, so that you can continue to experience the positive effects after the workshop is over.

Sunday May 15

Time: 1-3.30

Kangaroo St Youth Centre,

Kangaroo St Manly

\$30 per person in advance

Please complete Booking Form

Cheques or Money Orders made payable to:

Karen Smith PO Box 781 Manly 1655

Enquiries: choirsalive@yahoo.com.au

www.soundsalive.com.au

0415 221 113

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

THE MAY-POLE WALTZ.

I. Take up the streamers of two colors, green and red. All face outward toward the spectators. Two courtesies.

The Courtesy: (slow time)

Right foot back — 3 counts

Bend back knee — 3 counts

Slowly rise — 3 counts

To position — 3 counts

Repeat to the left—12 counts

II. Face opposites; backs to partners. Courtesy 12 counts, turning on the 10th, 11th, and 12th counts to face partners. Courtesy to partners, 12 counts, on the 10th, 11th, and 12th counts step to the side. Those holding the green streamers step outside with right arm toward the pole. Those with the red step inside with the left arm toward the pole. All sway; place right foot to the side (1), cross left foot in front, touch toe to ground, (2, 3), rise slightly on 3, place left foot to side (1), cross right foot in front, touch toe (3) and repeat 12 counts. With this movement the body should sway gently in harmony with the step, from right to left.

On the next count, partners pass. All go in and out passing each other, as in "Grand right and left," until the streamers are plaited in a pattern, down the pole. When plaited sufficiently hold the streamers at rest through six counts. Courtesy 12 counts to partners. On 10th, 11th, 12th counts turn to face opposites. Courtesy 12 counts, or if the length of the streamer in the hands will permit, waltz with partners 24 counts, round and round, before this courtesy. Now facing opposites, sway as before, 12 counts with cross step and unplait the streamers. When back to original places, courtesy twice right and left, drop the streamers, and run gracefully from the pole.



ncpic
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.

SONNET 29

When, in disgrace with fortune and men's eyes,
I all alone beweepe my outcast state
And trouble deaf heaven with my bootless cries
And look upon myself and curse my fate,
Wishing me like to one more rich in hope,
Featured like him, like him with friends possess'd,
Desiring this man's art and that man's scope,
With what I most enjoy contented least;
Yet in these thoughts myself almost despising,
Haply I think on thee, and then my state,
Like to the lark at break of day arising
From sullen earth, sings hymns at heaven's gate;
For thy sweet love remember'd such wealth brings
That then I scorn to change my state with kings.

William Shakespeare.

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.nbbe.com.au/nbce/>

Too Many Too Soon Project; addressing Youth Suicide; [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:-

Winnereremy 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:



Mum's Lemon Butter

Mildred Gertrude Smythe

We made everything while I was growing up. There were no store bought jams or tins of this or that. Frozen 'dinners' didn't exist. Mum churned our own butter, and everyone of us took our turn to make sure the handle kept rolling. Mum made all our jams and chutneys and bottled fruits and beans and all else in their season. It was all good, pure, simple food and even though we weren't 'rich' we had plenty of abundance. I remember the pastry she made, from dripping and plain flour, haven't tasted it since so light was her touch and deft her measuring. Or perhaps it's the dripping and flour that has changed. Apricots don't seem as they were when I was younger too, big as your fist then and small as plums now.

We had an orchard with every kind of fruit tree you could imagine. The brother just younger than I would join me in climbing one after another and eating peaches, plums, greengages, haven't seen those for years, or we'd gorge ourselves on strawberries and raspberries and gooseberries too. Divine!

George has been sticking to his 'bending and balancing' this week and has brought the lemon crop in. Lots of citrus this year. As a small reward he's asked for some of mum's Lemon Butter and regards it so highly of it he thinks I should share the recipe with younger folks.

Recipe for Lemon Butter:

4 egg yolks, 1 cup of sugar, 100 grams butter or marg, juice of 3 lemons, rind of 2 lemons.

Beat eggs with sugar and put in a saucepan with butter and lemon juice. Stir over low heat until the mixture is the consistency of honey, add the lemon rind. Store in jars in the fridge.



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



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Handling Baggage Vs. Redistributing The Weight: May's Taurus New Moon

Everyone thinks his own burden heavy. French Proverb

The burden which is well borne becomes light. Ovid

Do not free the camel of the burden of his hump; you may be freeing him from being a camel. Gilbert K. Chesterton

No one is useless in this world who lightens the burden of it to anyone else. Charles Dickens

Your body is the baggage you must carry through life. The more excess baggage, the shorter the trip. Arnold Glasow

RESPONSIBILITY, n. A detachable burden easily shifted to the shoulders of God, Fate, Fortune, Luck or one's neighbor. Ambrose Bierce

Almost everybody walks around with a vast burden of imaginary limitations inside his head. While the burden remains, personal success is as difficult to achieve as the conquest of Everest with a sack of rocks tied to your back. J. H. Brennan

May's Taurus new Moon occurs on May 3 in Australia and May 2 in the United States. This new Moon has, again, a very strong Aries influence, with Uranus, the Black Moon Lilith, Venus, Mercury, Eris, Jupiter and Mars all in Aries.

The Sabian Symbol for the new Moon is Taurus 13: A Porter Carrying A Mountain Of Heavy Baggage. My commentary and keywords on this degree from my book The Sabian Oracle: 360 Degrees Of Wisdom -

A 'Porter', otherwise known as a baggage handler or bellboy, has a lot of work to do. He is performing a service for others and here he is seen having 'a Mountain of Heavy Baggage' to move or 'Carry'. He needs to remain cheerful and not reveal how much this 'Mountainous' load is weighing him down; otherwise he may not get the approval of those he is 'Carrying' the load for. There would be no thanks and no "tips" if he were to complain, groan or grumble. 'Porters' do a lot of hard work but don't often get much appreciation or attention. They are expected to just get on with the job, sometimes they become almost invisible. This Symbol can also be an expression of class-consciousness.

Keywords: Self-reliance. Owning other people's 'garbage'. Shouldering baggage or weight. Being weighed-down. Feeling responsible for everything. Bad backs and posture. Carrying others. Counseling people, taking on their emotions. Bad backs, shoulders, knees, etc. Strain and wear. Bearing the family guilt. Luggage. Trolleys. Looking for tips.

The Caution: Being busy with other peoples' problems. Unable to work for your own benefit. Carrying other peoples' responsibilities. Being indispensable until the energy is all worn out. Not knowing when to say "no" to other's demands. The burden of debts. Being useful but unimportant.

The Karmic Condition (the degree before) of this new Moon is Taurus 12: A Young Couple Walk Down Main-Street, Window Shopping. This can show people enjoying each other, cruising for a moment together and assessing their futures together. It can also show taking on too much debt, being taken by the desire for 'things'; to have a home, furniture, possessions, a position in society and a future brimming with possibilities. It can also show situations of people alone, not having a partner in life, observing others enjoying their lives and planning together. There can be partnership or loneliness in this degree and sometimes there's both at the same time; people in relationships and yet feeling very lonely. 'Window Shopping' here can show people wondering when happiness will come to them - when the bounty of life will turn their way, when the world will provide them with the things that most people want in life; a happy and healthy relationship, somewhere safe and secure to live and having the things in life that they desire. This degree can also show issues of who's earning the money, holds the purse strings, puts in all the effort, takes the risks or goes without so others may have.

Sometimes, the desire for things leads to the 'Porter Carrying A Mountain Of Heavy Baggage' in one way or another.

Venus, the planetary ruler of this Taurus new Moon, shows the need to keep plugging away, making money and working at finding their place in society. The Symbol is Aries 15: An Indian Weaving A Blanket In The Light Of The Setting Sun. This speaks of working at making a living or weaving the story of one's life through your deeds. As the person is working "In The Light Of The Setting Sun", it can show concerns about work, earning enough money, getting the recognition they deserve and growing older and ensuring their future will be safe and secure.

Keywords: The fabric of one's being. Traditional pastimes and skills. Weaving security and independence. Patience and gentle hand crafting. Stories, especially those handed down. Tales and traditions. Consideration of one's unique history. Weaving, spinning looms. The warp and weft of life. One's life story—past and present. Being focused on one's tasks. Colors, Dyes. Threads.

The Caution: Underestimating skills of self-expression in comparison with intellectual skills. Allowing dull routines to overcome. Feeling one hasn't got much to contribute. Inability to apply to routine and necessary tasks. Being too "full-time" about one's work. Feeling insecure no matter what the situation. Selling off one's integrity. Finding that it's too late in the day to get anything done. Not knowing when to stop.

Close by Venus is Mercury at Aries 17: Two Prim Spinsters Sitting Together In Silence. This can show issues of people sharing their thoughts and emotions, or not, and issues to do with youth and feeling vital. The 'Two Prim Spinsters' may have much to be grateful for with much to share and give to each other and the world, or, they may feel left out, isolated and alone - loveless in a world that values the young way more than it does the elders in society. This last sentiment is echoed in the degree of Venus on the "Indian Weaving The Blanket In The Light Of The Setting Sun".

Keywords: The need to loosen up emotional blockages. The struggle to hold onto one's original identity. Compromise because of social expectations. Meditations that communicate. Exclusive relationships. Relationships that have a quiet "knowing". Dignified silence. Inner withdrawal. Communicating through body language.

The Caution: Emotional isolation. Refusing to accept relationship. Pretending to be someone that one is not. Disapproval of younger, more vital energies. Being fussy and judgmental. Chattering that is not conducive to growth or true relating. Gossip. Difficulty in communicating. Being shutoff, or shutdown. The loss of joy and spontaneity.

What often needs to happen with this "Spinsters" degree around is for people to open up, communicate and feel that they can share what's going on in their lives. It may be that there's a few select friends or family members that you can do this with. It may be that you need to be there for others, to have them open up to you. This new Moon seems to be saying that it's fine for you to do it, just remember your boundaries and what you, or others, really need to be carrying.

Jupiter and Eris (click here for info on Eris) are conjunct on Aries 23: A Woman In Pastel Colors Carrying A Heavy And Valuable But Veiled Load. This speaks of keeping a happy attitude even in the midst of sadness, confusion, doubt, fear, and, again, as with the Symbol for the new Moon - "The Porter" - having to carry the load or shoulder burdens or responsibilities.

Keywords: Privacy. Quiet determination to get on with the job. Mild manners. Carrying more than one's share, gratefully or grudgingly. Shouldering problems. Bad backs. Victim status - poor me! Secret pregnancies. Doing overtime. Heavy loads. Smiling against the odds. Pastel colors. Codes of silence.

The Caution: Covering something up. Trying to conceal distrust. Keeping one's thoughts and emotions locked in creating ill health and disease. Fading into the background. Not being noticed or recognized. Feeling weighed down with shame, loss or humiliation. Wearing dark clothes. Dressing in order to cover up. Being the family scapegoat. Heavy karma.

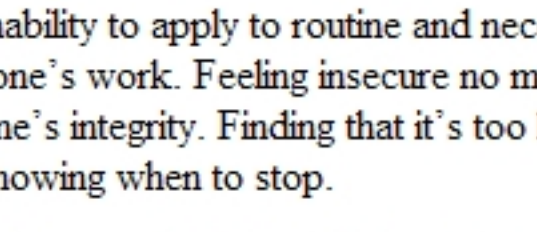
Mars, which is very strong at the moment (being in Aries and ruling all the planets in Aries and conjuncting Jupiter) is on Aries 24: An Open Window And A Net Curtain Blowing Into The Shape Of A Cornucopia... this is a wonderful degree of opportunity and promise, but with Mars on this degree, there's the possibility of being angry or disappointed if things don't quite come together. This degree asks us to open our doors and windows and free the space of the cobwebs and stale air of the past in order for the 'Cornucopia' to blow in.

Keywords: Imagination. Keeping your options open. The promise of fruition. The breath of life filled with inspiration. Realizing that in everyday life, one has it all. Windows of opportunity. Gain, abundance, riches. Spiritual energies pouring in. Concentrated energy. Seeing desires taking shape. Curtains and windows. The Caution: Relying on spiritual ideas to provide material sustenance. Dreaming of things dropping into one's lap. Hoping that good luck will just 'blow in'. Shutting windows, keeping light and life out. Drawing curtains and withdrawing. Promises, promises.

Thankfully, Mars is trining the karmic Moon's North Node which is at Sagittarius 24: A Bluebird, A Sign Of Good Luck And Happiness, Is Standing At The Door Of The House.

Keywords: Calmness and rewards. Promise (or promises) of 'Happiness'. Love and happiness available by acknowledging its presence. Real estate, house boundaries. Reminders of joy. Cottages and picket fences. Waiting for invitations to enter. Omens of good luck. Blessings. Front doors and back doors.

The Caution: Denying happiness or good news. Feeling that the grass is always greener somewhere else. Putting on false happiness. Wanting what's not available.



As with the "Open Window" of Mars' placement, this is a wonderful omen of happiness, love, security and joy.

Phuto has a message to back up the placement of Mars and the Node. The Sabian Symbol is Capricorn 8: Birds In The House Happily. This speaks of being at one with everything, tunes sung or whistled, the promise of contentment, communal sharing and fun, music, instruments, chattering, birds singing, positive thinking. We need to not feel caged in or looking only at difficulties. Feelings of loneliness, being forgotten or forsaken can be banished by listening to music or listening to birds singing.

Saturn, which can bring structure, form and discipline but also fear, loss and restriction, is on Libra 12: Miners Are Emerging From A Deep Coal Mine. This is a good placement for Saturn at the moment as it makes us think about things, to dredge those things that need dredging, to face our fears and to remember to come up for air when things are getting us down (or weighing us down). As Saturn is opposite both Venus and Mercury, we could be finding the need to reassess relationships, friendships, our values about ourselves and others and how we think and communicate with others. With Saturn on the "Coal Mining" degree, we can have realisations coming up from the depths and find those gems that may have been lying deep within us, just waiting for us to dis-cover them.

(Without wanting to add to anybody's burdens, I feel driven to mention the movie [Gustland](#). I watched it last night, but have seen a doco on gas "fracking" in Australia a few months ago. If you don't know about it, you may find it interesting to check out what's happening - it's an environmental nightmare. I apologise for bringing it up, but with Saturn on the "Coal Miners" degree, it's quite timely, I believe, that I do).



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).

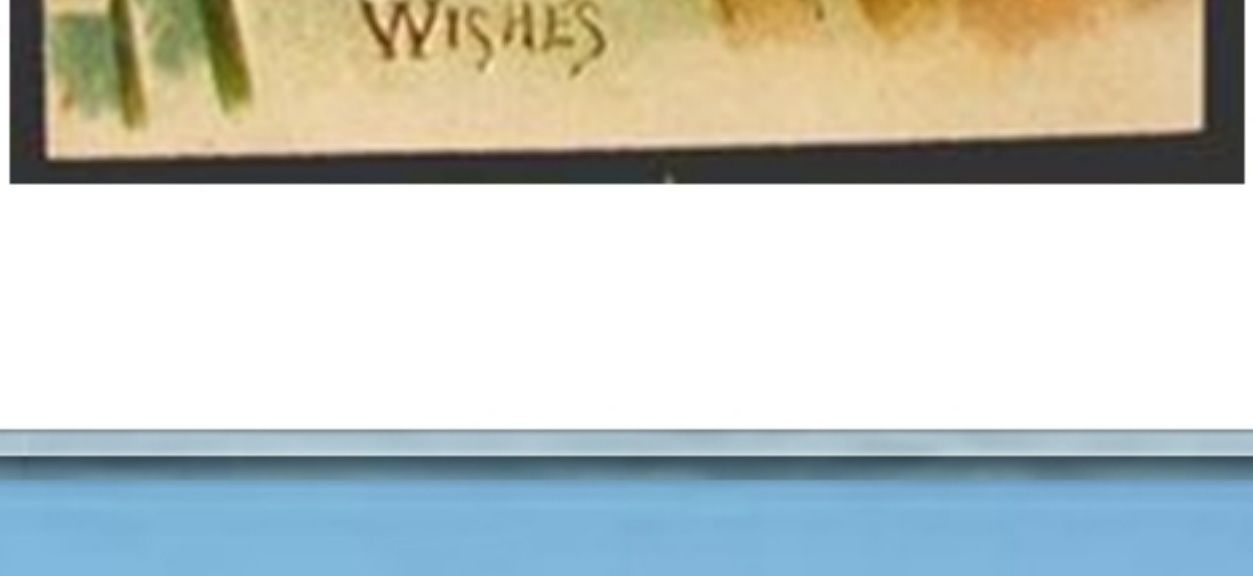
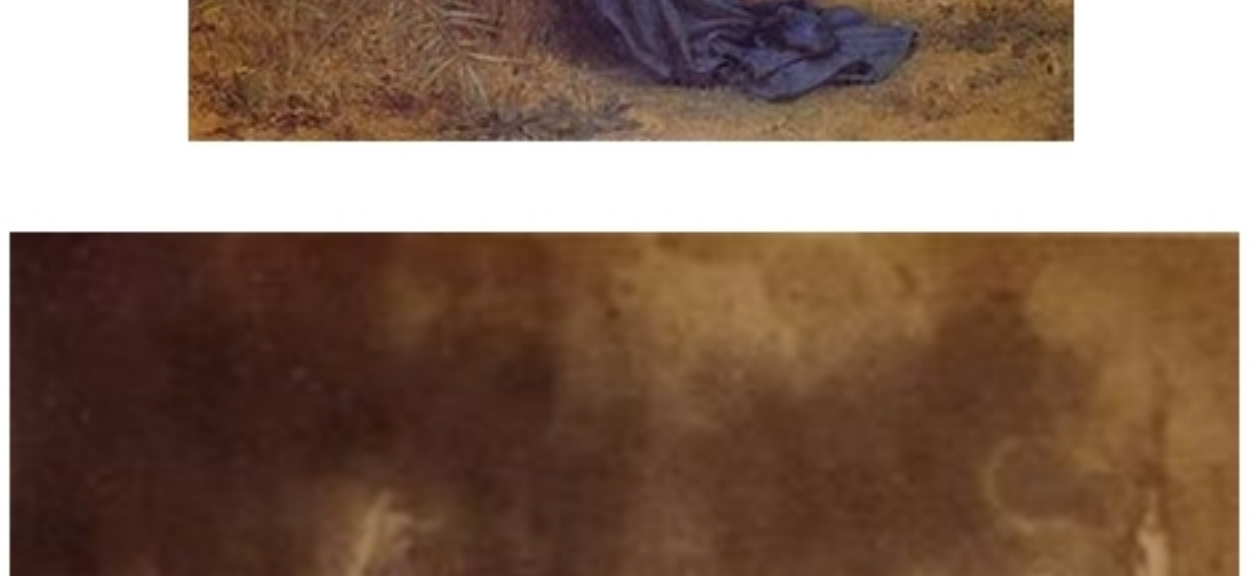
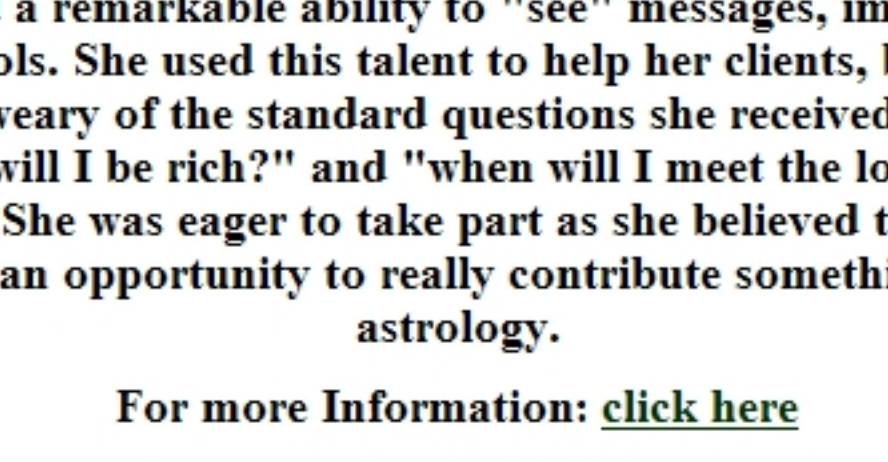
To schedule a psychic astrology reading with Lynda or to give feedback or ask questions, please email her at sabiansymbols@gmail.com

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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Layne Beachley Classic
Dee Why, May 6th 2011

Hawaiian Carissa Moore won the Layne Beachley Classic in one metre waves at Dee Why Point. The 18 year old is now 3350 points ahead of Australian Sally Fitzgibbons with only three events left on this year's calendar.

For more go to: <http://www.beachleyclassic.com/>

LOCAL ARTISTS INVITED TO APPLY FOR ARTZPACE 2012

Pittwater Council is inviting emerging local artists to apply for ArtZpace 2012. Applicants have until May 20th, 2011.

Held in January, ArtZpace is an annual project in which artists get to plan and present a professional exhibition. The show is staged at the Avalon Recreation Centre.

Council's social and community development coordinator Melinda Hewitt said ArtZpace offers young and emerging artists the chance to display and sell their work in a professional setting, while also building their networks and skills as practising artists.

"Artists can draw upon the expertise of an art show coordinator during the planning, hanging and marketing of their work," said Ms Hewitt. "In 2011, 11 artists of a high standard were chosen to exhibit their work over the ten day exhibition," said Ms Hewitt.

The group was highly successful in making sales and promoting their works to a wider audience. Many artists were also approached by private galleries and to undertake further commissions," she said.

Applications for ArtZpace 2012 are now open and will close on Friday 20 May 2011. Exhibition space will be available from Friday 6 January to Sunday 16 January 2012.

"We are encouraging applications from all artists working within the media of sculpture, painting, photography, ceramics and drawing," Ms Hewitt added.

Application packs and further information on the ArtZpace 2011 project can be obtained from Council's customer service centres and libraries or at www.pittwater.nsw.gov.au/artzpace

For more information call Susan Machar, Community Development Officer at Pittwater Council on 9970 1169.

Pittwater Offshore Newsletter Update 3/5/2011; click on Logo. This week details of Scotland Island Fire Brigad, Anzac Day Address and other Activities.



To contact Julian: editor@scotlandisland.org.au

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:



FOOTBRIDGE OVER DEEP CREEK UNDERWAY

Work has begun on building a shared pedestrian/cycle bridge over Deep Creek at Wakehurst Parkway. When finished, the new bridge will sit alongside the existing road bridge and allow cyclists and pedestrians to cross Deep Creek safely without needing to walk or cycle on the Wakehurst Parkway.

Pittwater Council's Director of Urban & Environmental Assets Chris Hunt said that work on the bridge would take around three months, with completion towards the end of June, weather permitting. Construction of the footbridge is being managed by Pittwater Council and is jointly funded by Pittwater and Warringah Councils who are contributing 25% each. The RTA is funding the remaining 50% of the cost.

The shared pedestrian/cycle bridge will become a vital link in connecting a path that will eventually circumnavigate the entire length of Narrabeen Lagoon. Construction of the bridge is taking place elsewhere, with the completed structure being craned into position in early June.

"Residents should be aware that during the construction period there will be no access under the road bridge on Wakehurst Parkway to Deep Creek Reserve," Mr Hunt said. "Ultimately the Narrabeen Lagoon Walkway project will result in the community being able to cycle or walk uninterrupted round the perimeter of the lagoon foreshore."

Warringah Council is building a trail adjoining Deep Creek Bridge and is designing trails and bridges through the Sydney Academy of Sport and Recreation and Cromer Golf Club. These will provide a final link around the lagoon to South Creek Reserve and Jamieson Park.

For more information on the shared pedestrian/cycle bridge project visit www.pittwater.nsw.gov.au/council/major_projects

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.

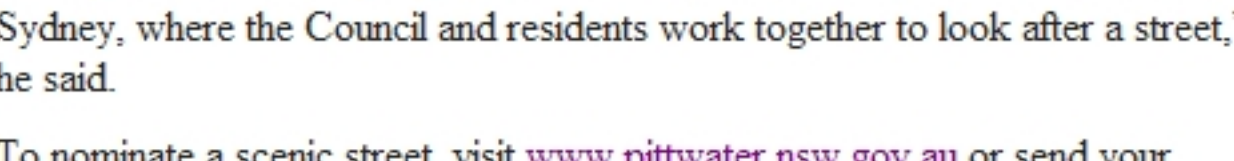
"Some of our most beautiful areas are in a bushland setting," he said. "We're hoping that our community can tell us where the most spectacular streets are, based on three main ideas; vegetation, views or a common theme that makes the street stand out."

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.

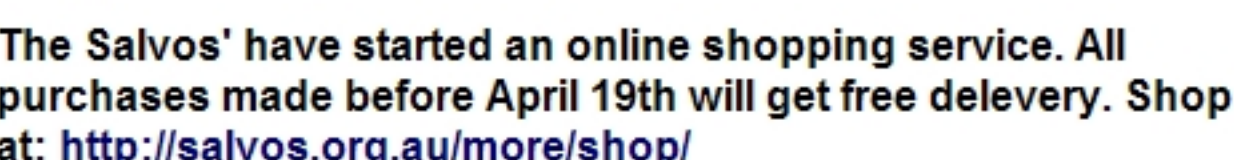
To nominate a scenic street, visit www.pittwater.nsw.gov.au or send your submission to PO Box 882 Mona Vale NSW 1660 by 20 May 2011.

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/>



Pittwater Food and Wine Fair on this Sunday May 1st at Winnereremy Bay. Details on Events Page



Submit Your Event

Name of Event

Date of Event

Address of Event

Description of Event

Contact Name

Contact Phone Number

Website or Email



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. Registration 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 Harbor 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 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.

OPPORTUNITY KNOCKS FOR 2011 CENSUS COLLECTORS

Are you a community-minded person who enjoys flexibility in your working arrangements? The Australian Bureau of Statistics (ABS) is recruiting collectors for their national census which will take place on the night of Tuesday 9 August 2011. The ABS is looking for 57 collectors in Pittwater alone.

More than 8000 Census collectors are being recruited across New South Wales and a total of 29,000 nationally. "We've been working very closely with the ABS for well over a year to ensure an accurate Census in the Pittwater area," said Mayor Harvey Rose. "The ABS have said they're been very pleased with the response to their recruitment drive in Pittwater."

The role of a collector is to deliver and collect census forms from all members of their allocated area, and where necessary, help householders complete the census form. Across Australia approximately 14.2 million Census forms will be delivered to the nation's 9.8 million households.

Census collectors will receive between \$1300 and \$2800 for the casual position and will be employed from 1 July until 8 September 2011.

Applications are open from 9 April until 5 May. Apply online at www.abs.gov.au/census or call 1800 420 182.

The collector position requires applicants to be an Australian citizen or a permanent resident of Australia, at least 18 years of age and with a current driving licence. They are also required to have the use of a secure vehicle and a home telephone. For further details regarding the criteria for the position visit www.abs.gov.au/recruitment

Pittwater Council News April 2011

Aquatic Centre Decision

Preliminary costings for a proposed 'Pittwater Aquatic Centre' were presented to the Council in April, ranging from \$11 million to \$20 million. The costings were prepared following representations by local residents concerned by the lack of an indoor aquatic centre in Pittwater.

A purpose-built aquatic centre with a 15 metre length indoor pool and a 25 metre outdoor pool plus car parking, toilets, showers and a kiosk would cost \$11 million to build with an annual running cost of over \$600,000. Two other options are also outlined; a leisure centre model for \$20 million with an annual running cost of \$800,000 and a new 50 metre heated outdoor pool at a cost of \$7 million with an annual running cost of \$680,000.

The Council voted on 18 April to defer a decision on whether to build a centre until 2017, citing the high cost involved. "We are asking our residents to accept an increase in rates for essentials such as roads, drainage and footpaths and we must be mindful of this," Mayor Rose said. "We are also budgeting to spend millions on upgrades to rockpools and surf clubs over the next ten years," he said.

Foamcrest Avenue hearings

Two independent hearings into the rezoning of the Council-owned sites at 17 and 25-27 Foamcrest Avenue Newport will take place at 10am on Thursday 12 May and at 9.30am on Friday 13 May at Mona Vale Memorial Hall, 1 Park Street.

The hearings will be chaired by Lindsay Fletcher from Planning Inland, who will hear from members of the public and stakeholders wishing to speak about the rezoning. To register to speak at either meeting, please call 9970 1111 during business hours.

Dunbar Park re-exhibited

Plans for a makeover of Dunbar Park in Avalon are back on public exhibition until Wednesday 18 May. This follows concerns expressed by the community and the Council over noise from the proposed performance stage and whether a café/kiosk was desirable at the former Scout Hall.

The plans can be viewed on our [website](http://www.pittwater.nsw.gov.au) and at the Council's customer service centres at Avalon and Mona Vale. Comments should be in writing and received by the closing date.

Woorak Reserve upgrade

After residents are notified, work will begin in 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.

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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 on 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 capital works projects include:

Continuing 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 Elnora 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.

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Pittwater Online News Community Noticeboard

May 2011

It has been suggested this community magazine is a perfect meeting spot for the now, largely defunct, Community Noticeboard. We agree !

Please send anything you want to list, items for sale or to trade, rooms to rent, work wanted or Groups Events that you feel belong here rather than on the Events page (Card Clubs etc.), pretty much anything we once saw on our Community Noticeboards.

This is a FREE Service so, No Free Advertising for Businesses please: you can sponsor a page if interested, or utilise Northern Beaches Free Ads. Contact us to speak about what is scheduled for forthcoming issues for commercial based theme tie-ins if preference is for being part of a page.

Two Rules:

Items listed are the responsibility of those listing them; we bear no responsibility (if the pink polka dotted skirt shrinks in the wash for example).

Please, let us know when to take your Notice down: send a date as part of your listing and be advised that we do not edit or fiddle with others' words here. What you send is what will be posted.

Contact us at: pittwateronlinenews@hotmail.com

NorthernBeachesFreeAds

Northern Beaches Free Ads is a simple classified advertising site where sellers can post ads for all of their unwanted items. It is designed to be just like putting an ad in the local paper or on a noticeboard in the local shopping centre.

The seller names their price and potential buyers contact and negotiate with the seller direct. There are no complicated bidding systems and no time constraints.

As a resident of the Northern Beaches I often wanted to sell things I no longer needed or used but the cost of advertising meant that it was not worthwhile for low value items. I also found some of the other on-line sites too complicated and I still had to pay for the ad.

My idea therefore was to create a website where private sellers can sell their stuff absolutely free of any advertising charges. Moreover, because the site is local, buyers know they will not have to travel too far!

Alan Sheehan

www.northernbeachesfreeads.com.au

NorthernBeachesFreeAds

For sale: \$6000.00



29foot 1950s timber boat; post-war ex-Navy Launch with Perkins Diesel motor. Moored at Clareville.

Ph: 0409 991 697 (Eric).

May 8 – 14, 2011: Issue 5

Careel Bay

Images from the Boat Shed and Environment.

Careel Bay is approximately 2.5 m long with shallow tidal flats and mangroves. The name is said to be derived from 'Careen' (to lean a ship on one side when sailing or to lean it to one side for caulking, cleaning, repairing). Original local languages also cite 'Car'; to mean 'creek' and 'Careel' to mean 'magpie' and may refer to Careel Creek or the generations of magpies that inhabit the foreshores.



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Pittwater Online News

Front Page Contents Sumba Foundation Australia Park Bench Philosophers Profile for the Week History Food Environment Youth
Seniors Lynda Hill Community News Avalon Tattoo 2011 Pictures News From our Inbox Books Events

May 8 – 14, 2011: Issue 5

Pittwater Online News receives a lot of information from various sources each week. Posted here are some of these items For Your Interest.

Head On Seminar

A weekend of fantastic talks, presentations and workshops delivered by leading figures in photography.

Saturday-Sunday 14-15 May

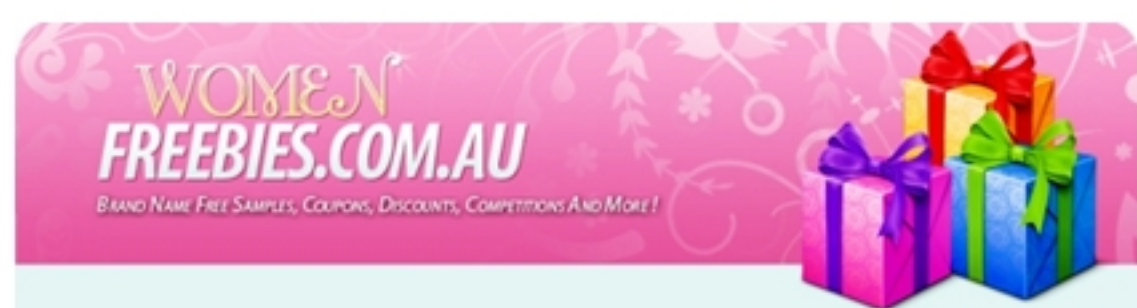
National Art School, Forbes Street, Darlinghurst.

\$95.00

Book now, limited places

[More info](#)

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.

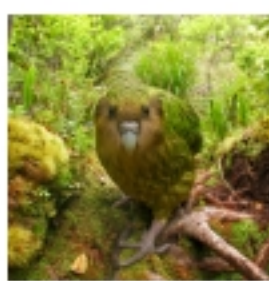
The Blake Society, named for the poet and artist William Blake, aims to stimulate the interaction of ideas and spiritual thought across all artistic media in Australia.

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

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...

WSPA World Society for the Protection of Animals



This Mother's Day (May 8th), why not give your Mum a truly special gift, one that not only makes her smile but can protect animals around the world. Our Mums have always been there for us, and animal mothers are no different.

Just like humans, animals care for their young. They provide shelter, protection, food and love for their babies. Without their Mothers, they couldn't survive!

Giving a **Really Wild Gift** is a great way to show your Mum how much you care. Give her the opportunity to share her love of animals all over the world this Mothers Day.

Starting at just \$20, these e-cards are a quick and easy gift to buy for your Mum, all you need to do is choose the animal that you and your Mum would like to help and follow the simple steps.



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 bookpicks - to be in the running all you need to do 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

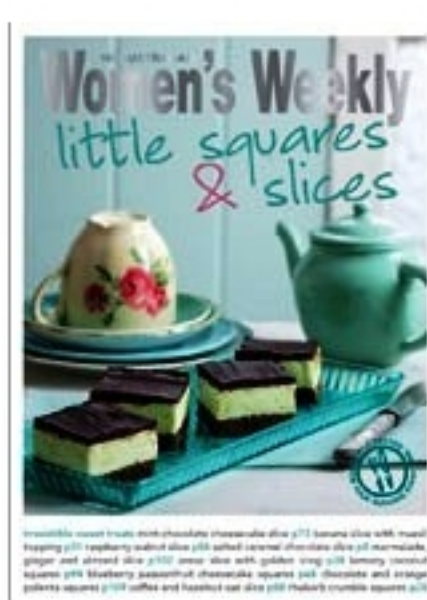
for more information click on the logo below

The Sydney Morning Herald
halfmarathon 2011
Colonial
First State



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New Women's Weekly Cookbook



Cookbooks from ABC Shop

At: <http://shop.abc.net.au/>



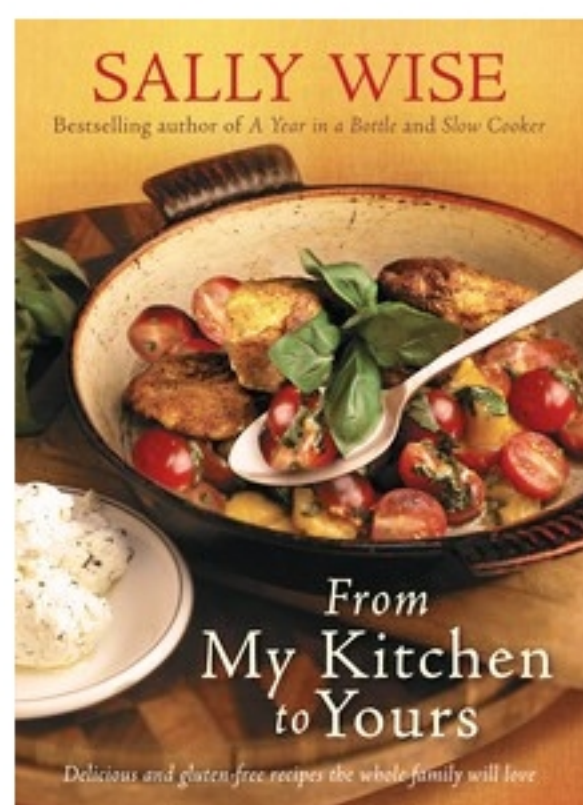
The Free Range Cook by Annabel Langbein

\$49.99

Annabel Langbein, of ABC TV's new show THE FREE RANGE COOK, shows how easy it is to cook sensational food in a simple way using fresh, seasonal ingredients. Gathering friends and family around your table to catch up over simple, stylish food is such an easy thing to do. And showing you how to have fun cooking for friends and family is what THE FREE RANGE COOK is all about.

This book, the companion to Annabel Langbein's ABC TV series, shares the secrets of her free-range cooking style. Join her as she gathers the freshest fruit and vegetables from her backyard garden and sources the best seasonal ingredients.

"I love to cook. I've been involved with food all my life and writing and publishing cookbooks for the last 15 years. But my very favourite thing is getting people into the kitchen with fun, easy-to-prepare recipes that won't stress them out." - Annabel Langbein.



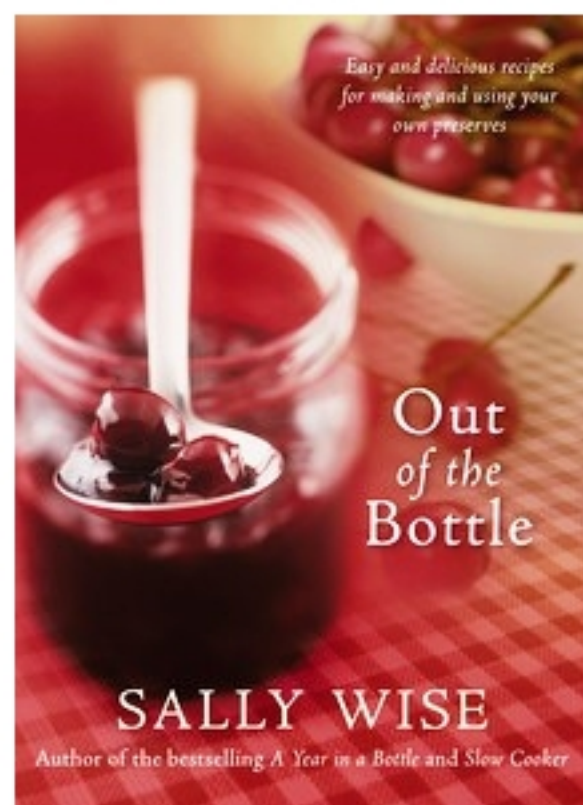
From My Kitchen to Yours (Gluten Free Recipes)

Sally Wise

\$24.99

Bestselling author and ABC Local Radio legend Sally Wise shares her secrets for creating sensational gluten-free meals - the results are so delicious you'll never know you're eating gluten-free! Sally has a good reason for creating an easy, delicious and nutritious repertoire of gluten-free recipes: one of her children has coeliac disease.

Home cooking for the gluten intolerant is highly advisable - eating out or buying takeaway can be a nightmare as gluten is found in huge numbers of products, not just bread and pasta. And those who don't suffer from gluten intolerance may benefit too - many people report an improvement in their general wellbeing when they reduce the amount of gluten in their diet.



Out of the Bottle: Easy and Delicious Recipes for Making and Using Your Own Preserves

Sally Wise

\$24.99

Sally Wise has been a passionate preserver of fruits and vegetables for over three decades. Easy to make, nutritious and additive-free, preserves are sensational as stand-alone products - but that is just the beginning of their potential. A jam can be far more than an accompaniment to scones and cream, and a pickle is far more than a mere friend to meats or cheese. A simple dish can be turned into something sublime by the addition of a spoonful or two of home-preserved product - and that is why Sally's pantry shelves are lined with dozens of bottles of preserves each year, a veritable storehouse and toolbox from which to create amazing dishes.

All available to buy Online.



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

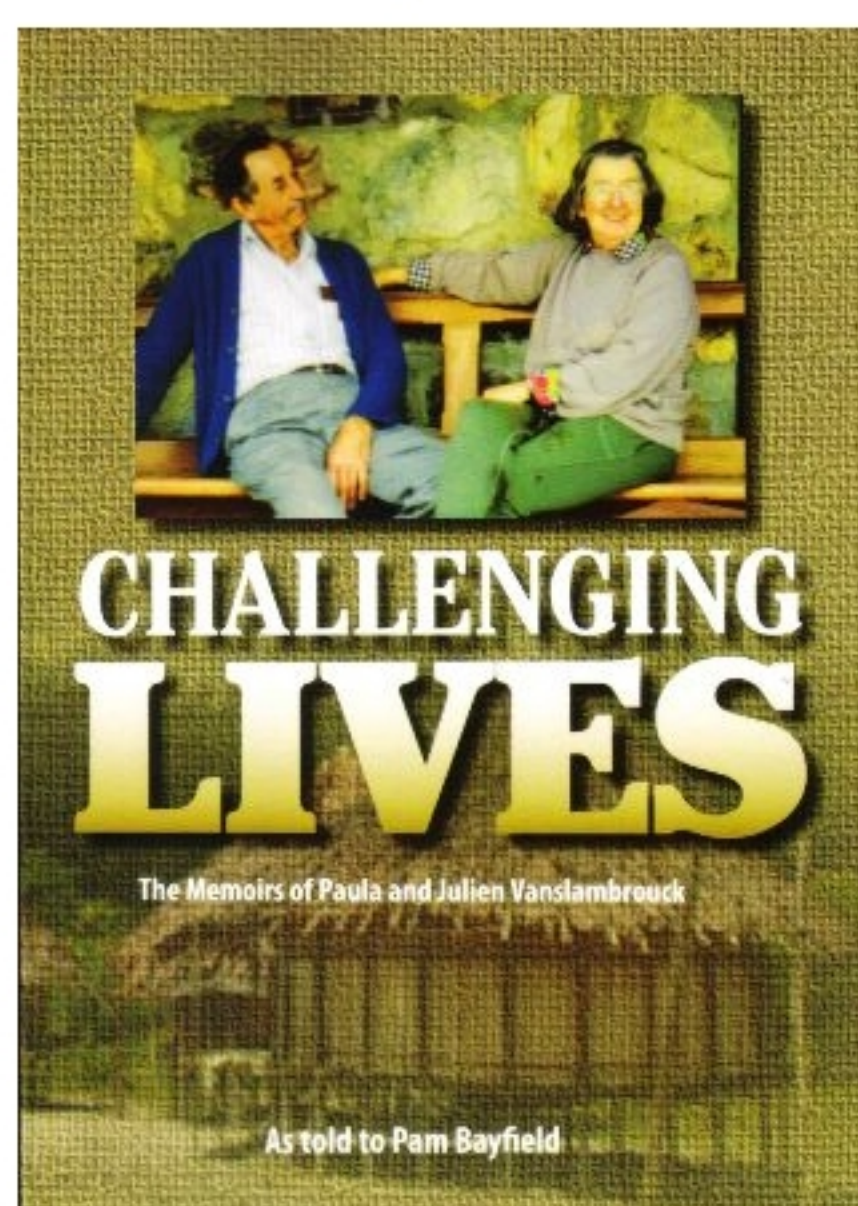
To Contact us regarding your forthcoming Book or Literary Event click: [here](#)

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Challenging Lives

Pam Bayfield. 2011

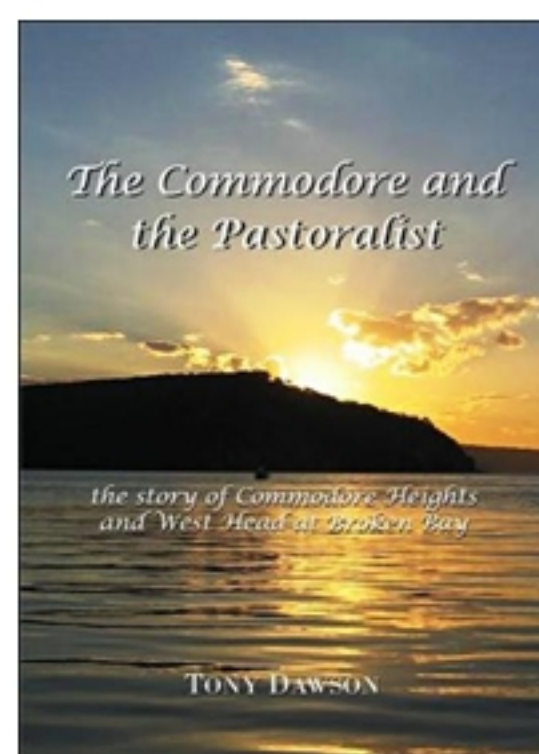


Pam Bayfield's new book, Challenging Lives, The Memoirs of Paula and Julien Vanslambrouck, as told to her, gives us an insight into two people whose lives encapsulate a whole era of Australia's history. Paula, born in Wauchope and growing up during the Depression, and Julien, whom we meet when he is 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.

A Book Launch hosted by Stuart Wagstaff with special guest Bronwyn Bishop will be held at the RSL Village at Narrabeen on May 19th.

Please call Carolyn Walden for details: 8978 4244.



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.



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 library. Storytime is free and bookings are required. Storytime Sessions

Tuesdays 10.00am - 11.00am

Wednesdays 10.00am - 11.00am

Thursdays 10.00am - 11.00am

May 8 – 14, 2011: Issue 5

Manly Warringah Pittwater Historical Society
Next Meeting 14th of May

Venue: Mona Vale Library, Park Street, Mona Vale
Time: 2.00pm
Speaker: Margo Beasley
Dr Margo Beasley is Oral Historian in the City of Sydney's History Program, a position she has held for five years. Prior to that she was a consultant historian who conducted oral history projects and wrote commissioned histories, of which the best-known is 'Wharries: the History of the Waterside Workers' Federation. Her PhD research looked at domestic life on the Sydney waterfront in the early twentieth century. She is currently developing thematic oral history collections for the City of Sydney's History Program. These include the history of religious and secular belief, the experience of work, and housing history within the City of Sydney's local government area.

LAYING DOWN THE LAW AT THE LIBRARY

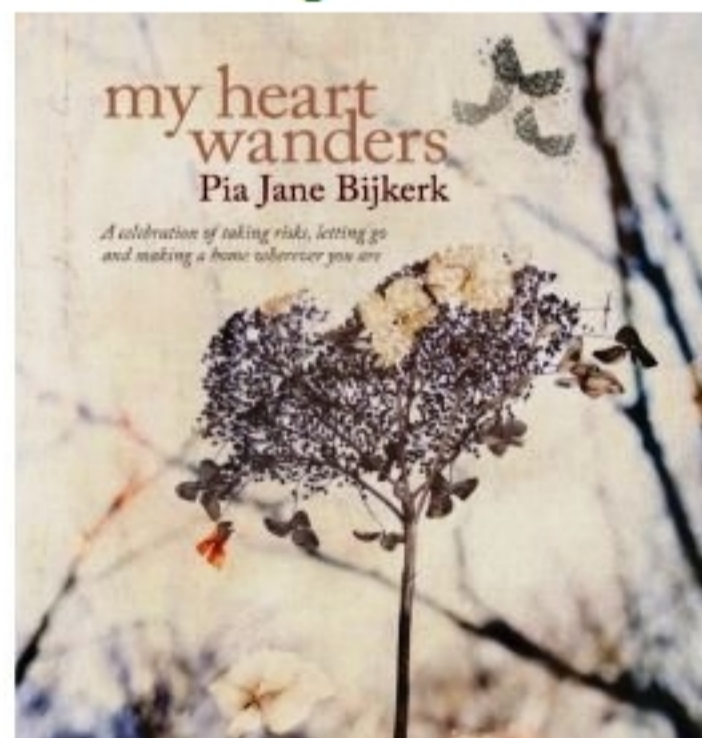
Are you a small business owner or someone thinking about starting a business and wanting to know more about legal matters? Mona Vale Library is holding a free session called 'Starting, protecting or controlling your small business' as part of Law Week on **Tuesday 17 May at 6.30pm**.

Library Manager Cathy Howie said local lawyer and president of the Mona Vale Chamber of Commerce Martin Alfonso has been invited to speak at the event. "Martin will shed light on the legal system and what small business owners need to know about the law," said Ms Howie.

Law Week 2011 runs from 16 to 20 May and is a nationwide initiative to promote community awareness of the law, the legal system and the legal profession. NSW Law Week is supported by a number of organisations including the Law Society of NSW and the Department of Justice and Attorney. For details of other Law Week events in NSW visit <http://lawweek.org.au/About>

If you are interested in attending please contact the library on 9970 1600 or book in person at the library, 1 Park Street, Mona Vale.

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 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 45pp

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

WEA/RAHS LECTURE : The Holiday House on the Northern Beaches

Wednesday 11 May, 2011

Virginia Macleod explores the concept of holidays and the activities involved and explores different styles of holiday homes built on Sydney's northern beaches during the last 150 years. Since the nineteenth century people have been attracted to the coastal region between Manly and Barrenjoey. As leisure became a factor of urban living Sydneysiders began to take weekend breaks and holidays. New forms of transport, trams, cars and buses offered the means to get away and brought people to the Northern Beaches. Staying away from the city overnight led to the creation of a range of individual accommodation: primitive and sophisticated tents, caravans, sheds, shacks, cottages and specifically designed houses. Holiday homes and weekenders provided a different life-style focusing on outdoor entertainment and informality. This talk focuses on the social and architectural aspects of these dwellings and their relationship to the bush and the beach. The presentation will include 60+ images, plans and drawings.

Time: 12.30pm - 2.30pm

Venue: History House, 133 Macquarie Street, Sydney.

Cost: \$29

Bookings through the WEA on 9264 2781

More Information at: <http://www.rahs.org.au/news-and-events>

Voices of Art 2 Benefit Invitation

We warmly invite you to support Voiceless's critical work by purchasing a ticket to our annual benefit, *Voices of Art 2*: an evening of art for animals.

Voices of Art is the annual art-related event for Voiceless, the animal protection think tank established in 2004 by Brian and Ondine Sherman. *Voices of Art* fuses the two main passions of the Sherman family - animal protection and art, bringing together a diverse group of like-minded people for a special evening of engagement with art in support of Voiceless's mission. *Voices of Art* aims to raise both awareness and funds for the cause.

The evening will commence with a welcome address by Dr Gene Sherman AM, Director of the Sherman Contemporary Art Foundation and Voiceless Council chair, who will serve as MC. Acclaimed designer, Akira Isogawa, will formally open the event and introduce long-time supporter and Voiceless friend, Clover Moore MP, Lord Mayor of Sydney, who will draw the prizes.

Entertainment for the evening will be provided by Voiceless Council member Holly Throsby, and her band The Hello Tigers. The twice ARIA nominated singer-songwriter and multi-instrumentalist recently released her acclaimed new album, *Team*, which was featured as album of the week on Radio National. Holly and The Hello Tigers will entertain us in the intimate surrounds of the SCAF zen garden.

Prizes:

- Gold - \$1,000 ticket holders will be entered in a draw to win a portrait by four-time Archibald Prize finalist, Adam Chang, valued at \$20,000. The subject matter for the portrait will be determined in consultation between the winner and the artist.
- Silver - \$300 ticket holders will each receive a designed, signed and limited edition Akira Isogawa scarf.
- Bronze - \$100 ticket holders will be entered in a draw to win one of ten 'experience and indulgence' prizes. For full details of these prizes and our generous sponsors please visit www.voiceless.org.au/voa2

Tickets:

Tickets to *Voices of Art 2* are available in Gold, Silver and Bronze. To purchase your ticket, simply go to www.voiceless.org.au/voa2 and visit the 'tickets' page or contact Suzanne Broomefield at Voiceless on 02 9357 0723. All ticket holders are invited to attend *Voices of Art*.

We and the animals who can't speak for themselves, would appreciate your support.

Event details:

Voices of Art 2 will take place at the Sherman Contemporary Art Foundation (SCAF).

Date: Wednesday 18th May 2011 @ 6.00pm for 6.30pm

Venue: SCAF, 16-20 Goodhope Street, Paddington NSW

Canapés and refreshments will be served throughout the evening.

Prizes will be drawn at the event from 7pm.



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.



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Sydney Writers Festival

May 16-22

Of Note:

Robert Dixon (Australian)

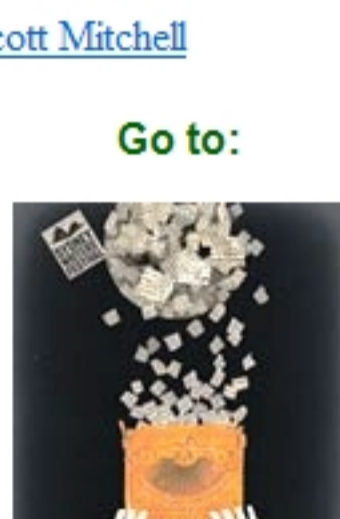


Robert Dixon has published widely on Australian literature, postcolonial literatures, cultural studies and aspects of Australian art history. He is a fellow of the Australian Academy of the Humanities, a past president of the Association for the Study of Australian Literature, a former judge of the Miles Franklin Literary Award and current chair of the Nita B. Kibble Award. His most recent book is 'Reading Across the Pacific: Australian-US Intellectual Histories'. In 2011, his edition of the diaries of Frank Hurley will be published, as well as, 'Photography, Early Cinema and Colonial Modernity: Frank Hurley's Synchronized Lectures Entertainments...'

Appearing at...

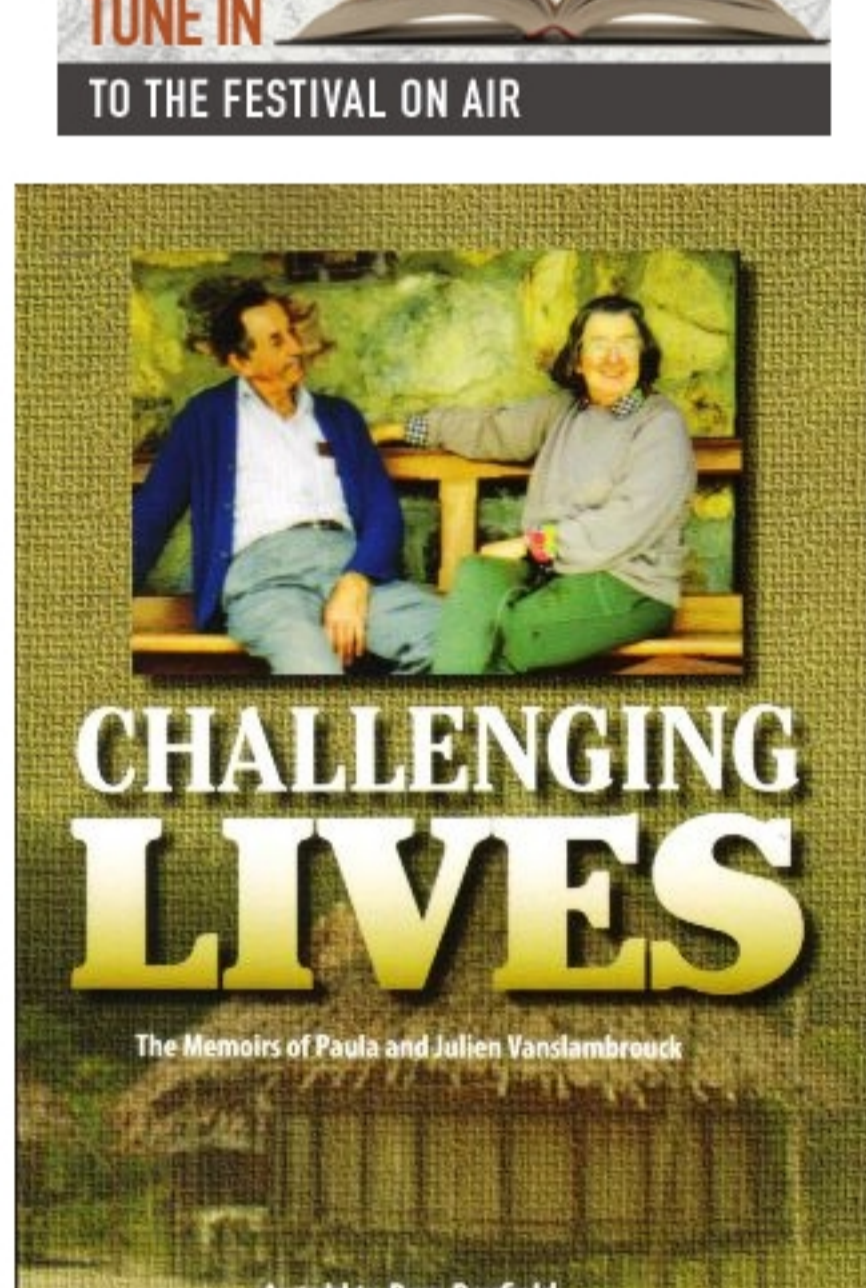
[Knowing the Real David Scott Mitchell](#)

Go to:



Sydney Writers Festival 2011 to Listen

Got To:



Pam Bayfields new book *Challenging Lives*, will be launched by **Stuart Wagstaff** with special guest **Bronwyn Bishop** at the **RSL Village** at Narrabeen on **May 19th**.

Please call Carolyn Walden for details: 8978 4244.

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.

INDIGENOUS EVENTS IN MAY

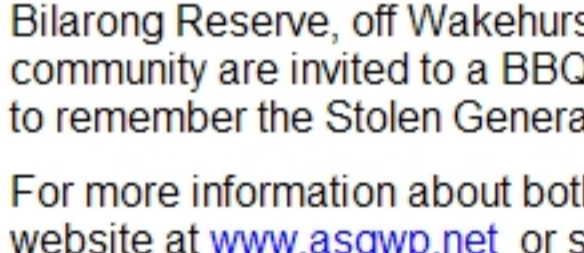
2011 'One Voice'

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 Aboriginals 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 Aboriginals 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.asgwp.net or see the PDF below.



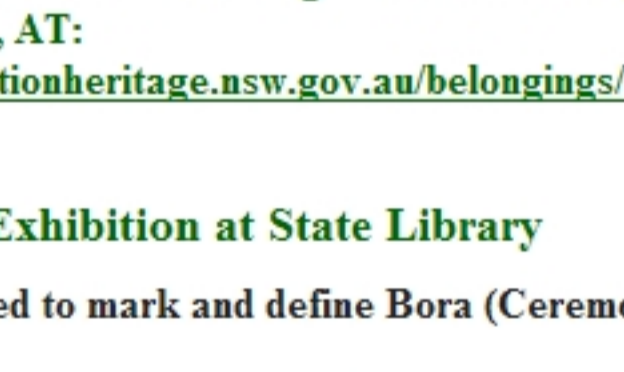
Online Exhibition



Belongings, post World War II migrations told through oral histories and photographs, AT: <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, May, 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
- Email: Blue Sky Markets - office@blueskymarkets.com.au

Pittwater Online News

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[Contact us](#)

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North Avalon. NSW. 2107.

Ph: 9974 2874

Mobile: 0409 465 779.

Editor: A J Guesdon.



Quality. Integrity. Local.

Welcome to the Pittwater Online News site, a place dedicated to the Pittwater region of Sydney, NSW, Australia.

We aim to be an Independent point of contact for all who live in this beautiful place, a community-based meeting ground that is available at a time when you have a moment to catch up on what is happening locally.

From April 10th 2011 Pittwater Online News will be updated weekly with articles on topics concentrating on all aspects of local and national news that effect us. Information on subjects ranging from current local happenings, to Environment, Health and local Events will be addressed. Pages dedicated to local Groups, Clubs and Community organisations will be part of this online news site. A Historical page focusing on buildings, people, past events and all the hidden nooks within each suburb will allow us to share knowledge of all things Pittwater.

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Social and Community Clubs

Wise: Women in Small Enterprise

Wise was established in 2002 as a means for women in small enterprise to obtain information, share resources and support each other by meeting regularly to make quality connections with other women.

Wise is about:

- informing
- supporting
- connecting with dynamic and like-minded women
- to develop strong business relationships, become advocates of one another and per chance make some life-long friends.

All women are invited to join us at upcoming events in Mosman and Pittwater which are scheduled alternately each month from February to November in 2011.

Contact Michelle McCallum: register@WomeninSmallEnterprise.com

Here's the link to the next WISE event in Pittwater http://womeninsmallenterprise.com/Pittwater_WISE.htm to be held on April 28 in Mona Vale.

First Friday at 5

First Friday at 5 is a social networking event. Next one is listed here via this link <http://firstfridayat5may2011-eorg.eventbrite.com/>

Venue: Park St SC (Social Club)
6/18-20 Park St Mona Vale
5:00pm - 6:30pm

Next Meeting: Friday, May 6th

This event is free. You can purchase a drink and nibbles if you like.



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:



Sociable Seafarers Toastmasters Club

Information for Guests

Sociable Seafarers Toastmasters meets at Pittwater RSL Club, corner of Pittwater Road and Foley Street, Mona Vale. The club meets on the first and third Monday of each month. Our meeting time is 6.45pm for 7.00pm and we finish our meetings at 9.30pm. Recommended dress is business or smart casual attire.

Their meetings consist of three main parts:

- Impromptu speaking
- Prepared speeches
- A short business session

Click on link above to go to their website for more information.



[Contact](#) to list your Club.

Pittwater RSL's; Click on logos to go to websites



Pittwater Camera Club

We encourage and welcome all photographers. We provide an opportunity to show and display your creative photographic skills in a friendly environment with people that have a similar interest.

May 9 – Presentation evening with Malcolm Fackonder – Malcolm will be providing tips and tricks of using the Topaz plug ins with Photoshop

May 23 – Club competition – the Reg Angus Award for Nature photography will be presented to the winner judged the best nature photographer in the club.

The club will meet on the above dates at BYRA Hall, 1842 Pittwater Road, Bayview 2104. Contact details are: The Club Secretary – secpcc@bigpond.com

Web: www.pittwatercameraclub.org 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. The club regularly has over 100 ladies playing in their Thursday competition. Bayview also encourages 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.

Bayview Golf Club holds a number of open days during the year in which we 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

Bayview Golf Club runs an Open Day for golfers from all clubs to participate each Tuesday and Sunday after 10.30am. The fee is \$35.00 which is all inclusive of greenfee and competition fee.

Bayview Golf Club Website

