

Pittwater Online News

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May 29 – June 4, 2011: Issue 8


Saltwater is our theme this week. Pittwater's Estuary has 183,084,000 m3 of saltwater.

More in Estuary Study File Below or At (click logo):



Contents

Pittwater Online News issued every Sunday, 6am.

 [pitt_est_processes_study.pdf](#)
Size : 492.173 Kb
Type : pdf

Old Tales of Pittwater

On Scotland Island lies a three-legged pot full of holey dollars buried around 1817 by two robbers who drifted down the Hawkesbury River. Thereby hangs a tale – true or false – who knows?

Quote for the Week

The cure for anything is salt water - sweat, tears, or the sea.

by Isak Dinesen- pseudonym of Baroness Karen Blixen.
Danish Writer (Out of Africa), 1885-1962

The Honey Drippers-Sea Of Love



Change Location: Enter a postcode/suburb...

SYDNEY, NSW

	Today Rain.		Tomorrow Rain.
	12 16		14 20

> Current Temp: 15.9 °C > 3 Hourly Forecasts
> Feels Like: 13 °C > 10 Day Forecast
> Wind: 22 km/h SSE > Warnings
> Rain since 9am: 3 mm > Radar | Cloud | Lightning

Latest News Storm caused Bellingen shire blackouts



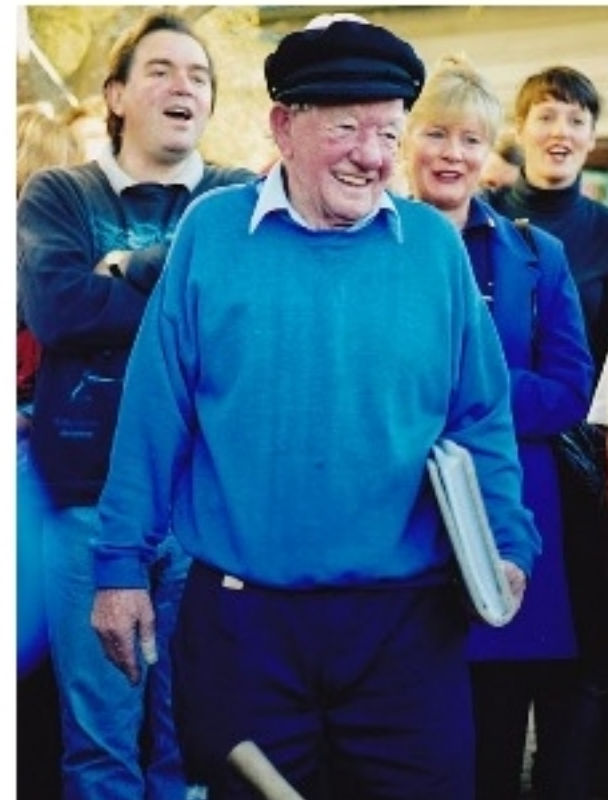
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Lenny Duck Tribute



On Tuesday 24th of May Lenny Duck passed away. He was in his 80's. Since 1962 Lenny Duck, ferry master, steered the Elvina, the only ferry on the Church Point run then, through fair weather and foul. Prior to the advent of water taxis Lenny would bring mums expecting to the mainland, rush to the aid of others needing emergency medical facilities and even run many home after hours. One story relates how he used to ferry home a girl working at a Newport restaurant, as long as she brought dessert! He was a backbone of the Offshore Community, a friend to all with a modest nature and a deep appreciation of how the seasons fill the landscape and the waterways. A new ferry, named the **L.Duck** in his honour by the community, has arrived at Church Point Ferry Services. Everyone is invited to attend an ash scattering on Pittwater on **Saturday the 4th of June**, and afterwards at Church Point. For those requiring transport please contact Penny on penny@churchpointferryservice.com.

Ode to Lenny Duck thanks to Lynne and Michael Clay and [Pittwater Offshore News](#) on [Park Bench Philosopher's](#) page.

More at Church Point Ferry Service:
<http://www.churchpointferryservice.com/page11.php>

Below: The Lenny Duck. Penny of Church Point Ferry Services said, Friday morning (27.5.2011), "It's here!"



Church Point Ferry Service

At (click link):



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History: Extracts from the 1788 journal of William Bradley when exploring Broken Bay, Pittwater and the Hawkesbury river .

Previous History Pages:

[Marie Byles](#) [Lucy Gullett](#) [Kookoomgiligai](#) [Frank Hurley](#) [Archpriest JJ Therry](#) [Sir Patrick Gordon Taylor](#) [Bowen Bungaree](#)

Profile: Katie Spithill, Match Racing Champion and Olympics 2012 contender.



Previous Profiles:

[Barton Lynch](#) [Shane Withington](#) [Commodore Sloper](#) [Herminie Swainston](#) [Teresa Cutter](#) [Joanne Brigden-Jones](#) [Tamara Sloper Harding](#)

Food: Seasonal winter warmers series; cauliflower, high-density nutrition and waylayer of cancers!



Events: Local Talks and M.V. Hospital Fashion Parade, Pearl Beach Classical Music weekend, Currawong Day, Pittwater Artists Trail, RMYC Marine Art Competition, Manly Art Gallery Exhibits, Putting for Rotary and Surf Life Saving at Narrabeen, Guringai 'One Voice' Program for 2011 and much more.



Youth: Saltwater Dreaming Keepers, Ettalong Buskathon and Ancient Salt myths and facts.



Books: Boat books and new OLD books from the 1800's on Oceans and sea creatures and adventures for our saltwater week.

Old Books



Park Bench Philosopher: 'Ode to Lenny Duck' by Lynne and Michael Clay.



Soibada Knitters Group: Avalon based Community 'hands on' project to keep children warm.

Timor: short history.



Community News: Currawong Day snippet, Book Launch at War Vets, Tree lopper scammers warning, Narrabeen Lagoon Management plan, Technology Course at Mona Vale Library for women, New Flood Maps and more.



Environment: World's Ocean Day details, Seed Bank with full Index of all Australian plants in Fact Sheets, Saltwater and Sea Air winter flowers.



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



Pictures: Saltwater Visions and the shark left on Careel Bay foreshore.



Seniors: Saltwater Benefits for Arthritis and to lift your mood. Mildred's Social Diary of upcoming events.



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



Community Clubs: Updates on Activities and links to sites.



Timor Leste Independence Day at Maria Regina School: a day to celebrate and be educated in what children in their sister village, Soibada, experience.

Pictures [Lenda Lafaek](#)



The Sumba Foundation Australia: Pittwater's Dr Stephen Nolan shares information about his work to eradicate Malaria and water borne disease in Sumba.



Noticeboard: Community Listings (free to list) with Community Bushcare link.

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Currawong Day May 29th, 2011

A wonderful day was had by all attending the celebration of Currawong being saved for future generations this Sunday. Smiles were on all faces and laughter filled the air. Stories aplenty from those attending made clear how much this place has meant to so many for decades. We will run a full feature of all they shared and more on the day itself in the next issue but for now...



Tree Lopper Scammers preying on Seniors in Newport

There have been disturbing reports this week of tree loppers posing as Council workers telling seniors in Newport their trees need cutting and then trying to charge them for work. If you are approached by these people please contact Council on 9970 1111.

WARRIWOOD VALLEY UP FOR REVIEW

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

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

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

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

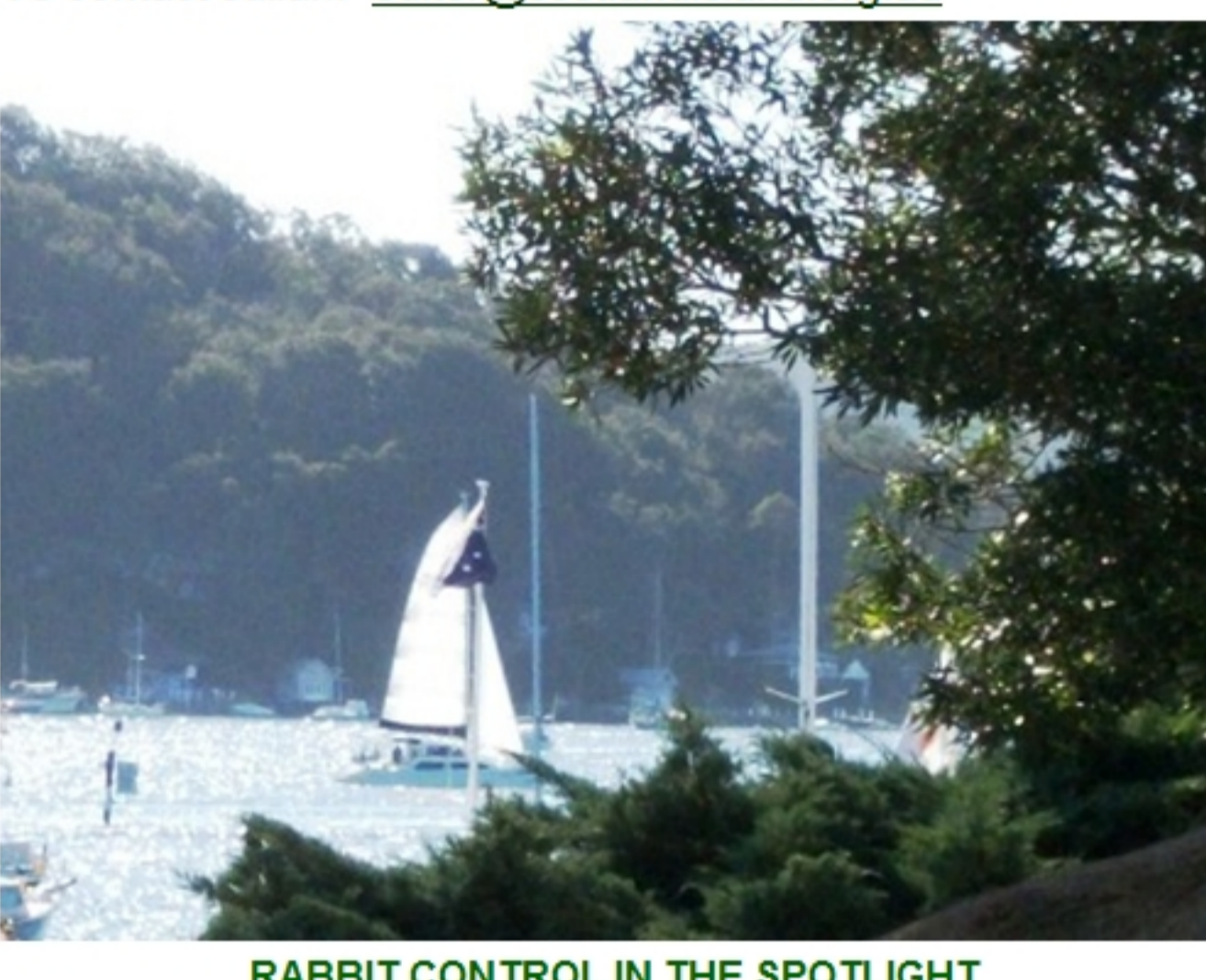
To read the Council report on the strategic review visit www.pittwater.nsw.gov.au/meetings_and_committees

Pittwater Offshore Newsletter Update 23/5/2011; click on Logo. Review of Lust on the Island's first Week. Extensive local directory.

Scotland Island - Western Shores - Mackeral Beach

Pittwater Offshore Newsletter

To contact Julian: editor@scotlandisland.org.au



RABBIT CONTROL IN THE SPOTLIGHT

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

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

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

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

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



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

A Stroll in the Park

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



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

Website at:



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

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

And:



WHAT ARE PITTPATER'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.

Submit your Event

Name of Event

Date of Event

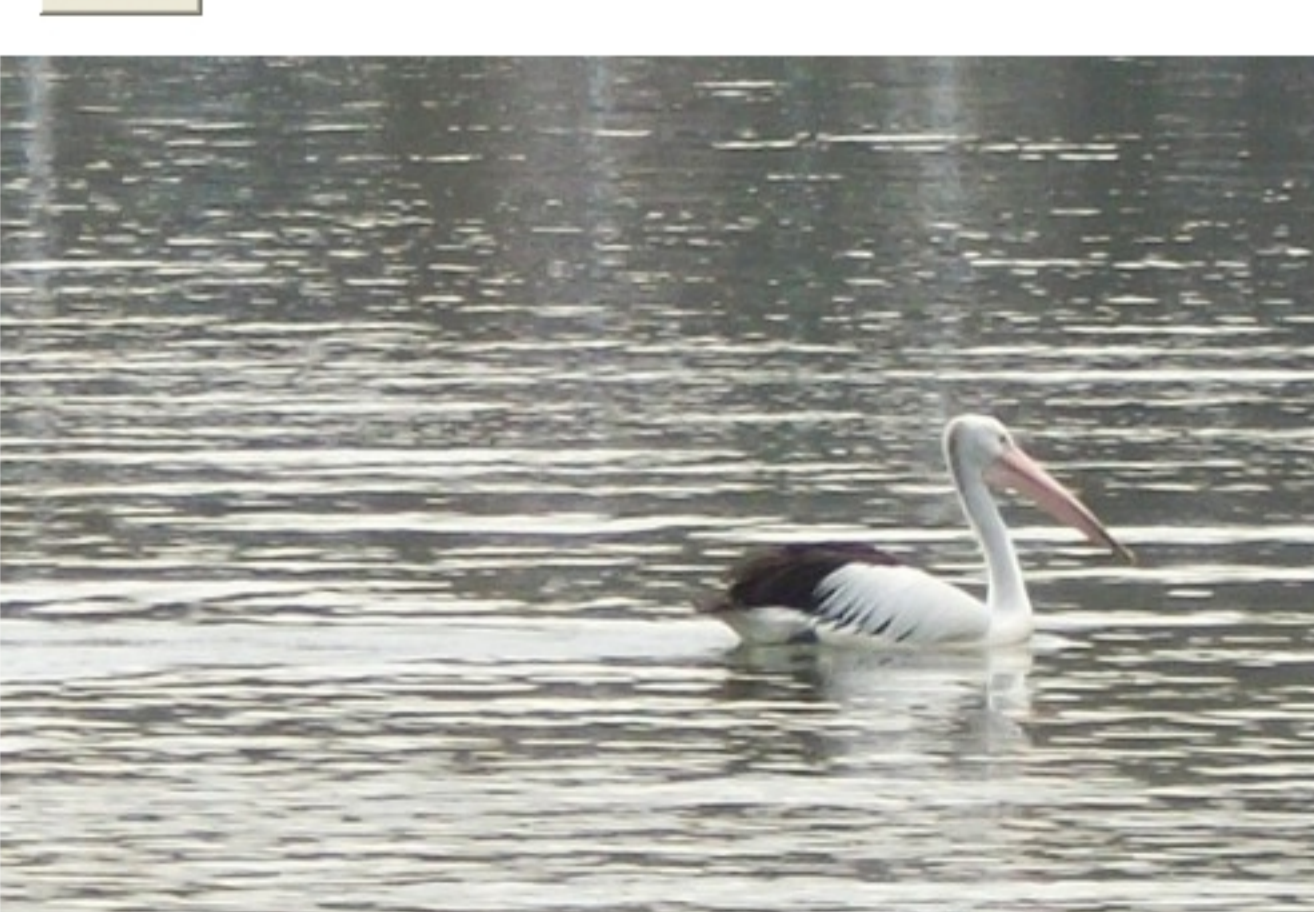
Address of Event

Description of Event

Contact Name

Contact Phone Number

Website or Email



2011-2015 DELIVERY PROGRAM ON PUBLIC EXHIBITION

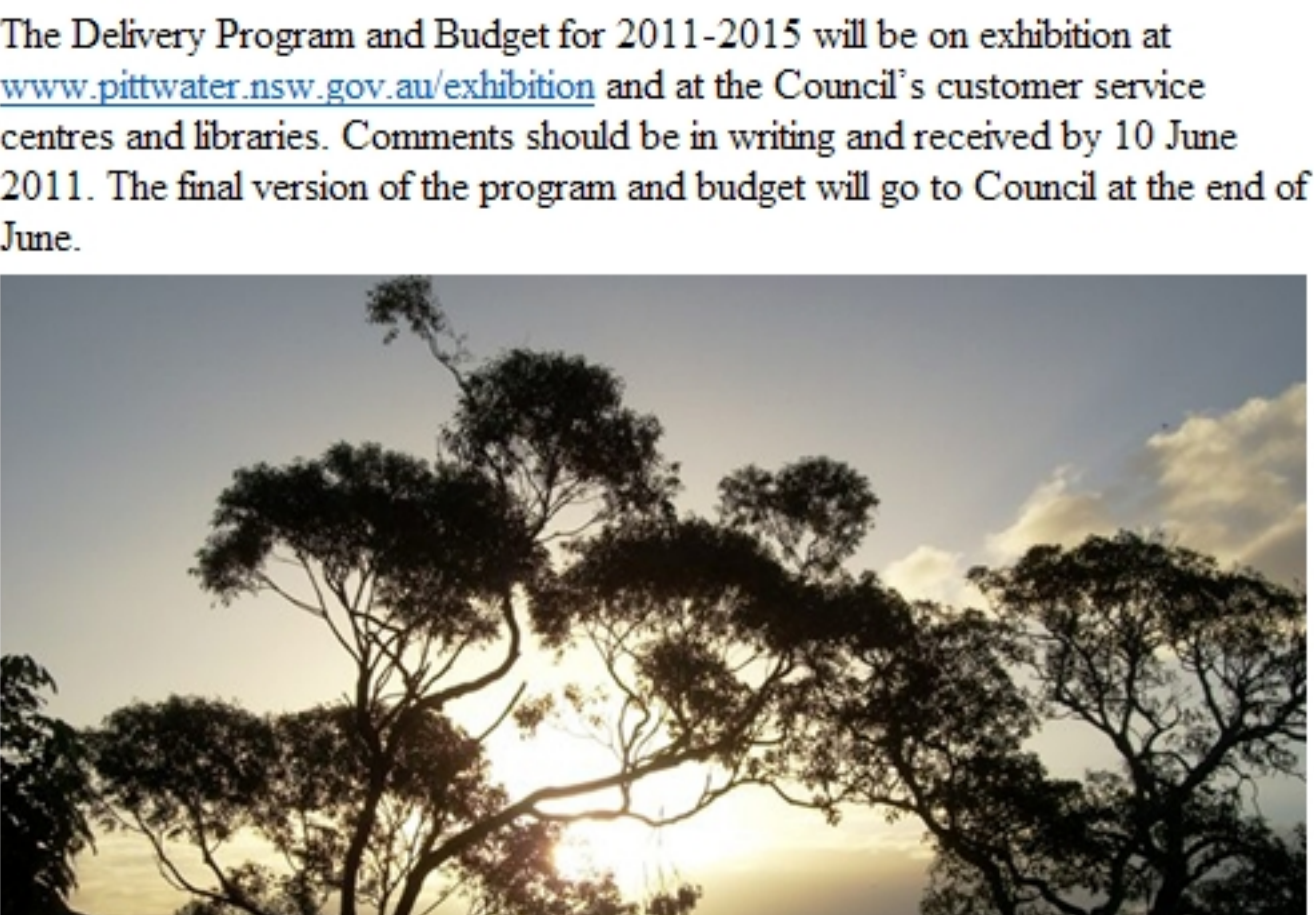
The Council has agreed to place on exhibition the draft 2011-2015 Delivery Program and Budget at its recent meeting. The program is on public exhibition for comment until 10 June 2010. Mayor Harvey Rose said the Delivery Program and Budget identifies the key actions that Council will undertake over the 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 Elanora commercial centre. Implementing Mona Vale Cemetery plan.

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



Draft Narrabeen Lagoon Plan of Management

Exhibition period from 6 May 2011 to 10 June 2011.

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

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

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

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

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

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

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

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

THE LAUNCH OF CHALLENGING LIVES AT WAR VETS



Above: The War Vets Choir

The book launch of Challenging Lives was held at the War Vets last Thursday 19th May and Stuart Wagstaff was his ever pleasant friendly self, meeting and greeting all the ladies, having arrived early. He spoke highly of the book pointing out how well the story read with the two lives being entwined in this way. Paula and Julien Vanslambrouck, about whom the book was written, were there with a number of their immediate family. The co-author Pam Bayfield then spoke about how she wrote the book and what a pleasure it was to know this couple. She described Paula's early life during the depression and how she rose out of her circumstances and how Julien overcame language difficulties to become a successful businessman. This is Pam's eighth book. Julien told about his life in Belgium during the war and how he decided to come to Australia as a young man and the many experiences he encountered along the way. Brownway Bishop was the special guest and she spoke about Julien and how he was able to use his skills as a manager in voluntary work in the Goulburn district once he retired from his high powered job with Kellogg's. His good works earned him the Premier's Award in 2002. There were about 80 people at the launch and many books were sold. They are now available at Berkeley Books at Mona Vale and Dymocks at Warringah Mall or through Pam on her web site at www.pambayfield.com.au.

Below: from left Bob Leonard and his wife Janette, Stuart Wagstaff, Pam Bayfield and Beverley Lambley



DON'T LET SMOKE GET IN YOUR EYES!

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

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

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

Simple steps to reduce wood smoke pollution are:

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



WHO'S WHO AT MONA VALE CEMETERY

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

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

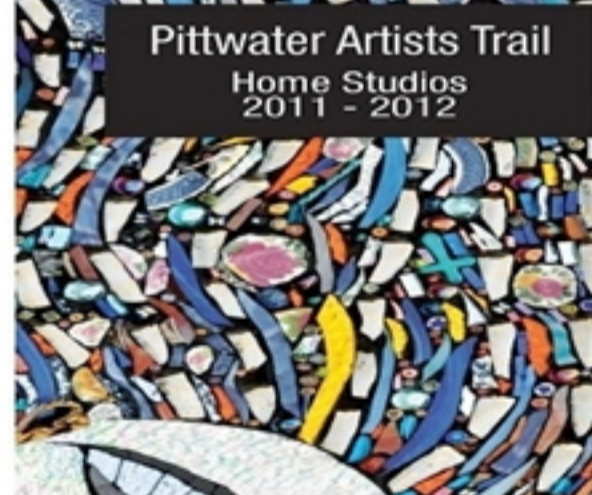
"With burials at Mona Vale Cemetery now at 95% capacity, it's an ideal time for families to see if they are entitled to claim a grave of a deceased relative," Mr Ferguson added.

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

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

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

PDF of Events Brochure on Events



[Page](#)

Technical Skills for Women in Business

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

UPDATED FLOOD MAPS OF PITTPATER RELEASED

Pittwater Council has released updated maps for public comment showing potential inundation of Pittwater's foreshore on exhibition during 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, 1682 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 1682 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 Barrerjoey Road, Avalon.



NSW MicroBiz Week on Sydney's Northern Beaches

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

All business operators are invited to attend as part of the NSW Industry & Investment's celebration of 'micro businesses'. The week of events highlight the contribution of very small businesses to the NSW economy and update businessowners 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.

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Ode to Lenny...

by Lynne and Michael Clay,
long time residents of Elvina Bay

"Through rain, hail, lightning, sunshine, bushfire smoke, moorings too close together –

From southerly busters, howling nor-easters, hot summer nor' westers that sear the inside of your nostrils and threaten bushfires with every gust, to the bitterly cold winter westerlies that dry out your lips and hands till they split.... The weeks of rain where you got soaked tying up the ferry and collecting fares-

Seeing children grow up, and their children grow up. Seeing the smiles of grateful people as you pick them up in all weathers and at all hours - To the melodious "Thanks Lenny" as you drop them off and your cheery "**See you in the morning time**" reply.

Here's to a very special man – a man who wore shorts right through winter, and to days when there weren't any outboard motors of tinnies, no electricity, a monthly garbage service, when we all tied our putt putts to Church Point Wharf and parked our cars between the Pasadena and the Blacklers boatshed (now the mini- market)

To the sounds of the World War II air raid siren at the old Fire shed... which still make the hair stand up on the back of my neck!

And do you remember Denis Ryan playing the double bass and the bagpipes as he travelled around the bays on the back of the ferries? Or when the Elvina had no wheel-house and you had to drive with the front window down because the spray on the window made it hard to see- needless to say you and the passengers got wet, but never a complaint-

You have seen all these things and more - the Island and the Bays come from a few holiday houses to almost saturation point. Here's to the Beaver, Wagstaff, Church Point, Curlew, and Elvina and here's to you. Our heartfelt thanks for being such a thoughtful considerate and helpful friend over the thirty plus years we have known you."



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Park Bench Philosophers

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

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

Contact us at: pittwateronlinenews@live.com.au

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

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Katie Spithill

A lover of fortuitous salt breezes, Katie has been sailing since she was 5 years old. She grew up on Pittwater with the only access to home being by boats. Katie comes from a sailing family, with both her parents sailors and her older and younger brother quite successful sailors too. At 16 she began Match Racing.

A match race is a race between two competitors, going head-to-head. Match racers concentrate on crossing the line before their opponent. This one-on-one duel is a game of strategy, tactics and teamwork. Boats sail a windward/leeward course with a downwind finish. Races are approximately 20 minutes long.

At the Start the two boats (each flying either a blue or a yellow flag) enter the start area from opposite ends of the starting line four minutes prior to the a shot sounded to commence. The boats will engage in pre-start manoeuvres, in which each one will try to gain advantage over the other. The aim is to make the other boat cross the line early or to start in front of the other boat. The yacht which crosses the starting line first has the advantage.

During the Race the trailing yacht will tack to gain clear air; this usually results in a tacking duel. If the boats are even coming off the starting line each uses boat speed and tactics to get an advantage over the other. On the downwind leg, if the trailing boat is close enough it has the opportunity to block the wind and slow their opponent. The lead boat must work to keep its air clear while positioning itself between the trailing boat and the next mark.

Fouls are an important element in match racing. When a foul is allegedly committed the umpire boat will fly one of the following flags: blue - the blue boat is penalised, yellow - the yellow boat is penalised, or green - there is no penalty. The penalised boat may complete its penalty turn at any time during the race prior to crossing the finishing line. If a boat receives three penalties, it is disqualified and the race is over. (South of Perth Website, 2011)

Katie is currently ranked 3 in the ISAF Women's World Rankings and a skipper in the Australian Women's Match Racing Team. She hopes to lead her Match Racing Team to victory in London's 2012 Olympics. Winner of 15 major championships in Fleet Racing and Match Racing, Katie skippered her team to gold in Germany and Sweden in 2009 and again in Italy in 2010. Six girls, including Kaite, form the Australian Team.

Now 29 years old Katie sails full time with the Australian Women's Match Racing Team and is one of 6 females fighting for 3 spots for the London 2012 Olympic Games in the discipline of Match Racing (1 on 1 sail boat racing). Katie was married on Pittwater two and a half years ago and spends her time between Australia and Europe based on her training régime. Her husband is based in Sydney, also working for a sailing company.

How long have you lived in Pittwater ?

I was 6 months old when I moved with my family to Elvina Bay, we lived there for the first 16 years of my life, where my parents built our house, and I learnt to sail with my older brother and father.

What do you like best about living in Pittwater ?

I love the fact that when I am in Australia I can get up early and go out on the water for a paddleboard, or if I get a few days off we can go out on the cruiser and stay over for the weekend. Even in winter the weather and location is still fantastic.

Where is your favourite place in the area and why?

It is hard to define my favourite place on Pittwater as there are too many of them. I got married down at Palm Beach at Lucinda Park on Pittwater, so that is a special spot for me and also Elvina Bay where I grew up.

What are your future plans?

I am currently in Medemblik, Holland for my next competition and then have a few more months in Europe of competition and selection events leading into the final 12 months before the London 2012 Olympics.

What is your 'motto' or creed for life ?

Life is too short to wake up in the morning with regrets, so love the people who treat you right, forget the ones that don't and believe everything happens for a reason. If you get a chance, take it. If it changes your life, let it.

Further Reading at:

Match Racing in Sailing: http://en.wikipedia.org/wiki/Match_race

SOPYC: http://www.sopyc.com.au/content/about_us/about_us/3

Women's International Match Racing Association:
http://www.womensmatchracing.org/sailor_q_a_detail.asp?rk=15

Updates from Sportstar: (27.5.2011) <http://www.sportstar.com/australian-crews-push-forward-at-world-cup#more-7263> from their site:

Australian sailors have built on their strong starts to the fifth round of the ISAF Sailing World Cup with a number of good performances on day two in Holland sending crews up the leader board. Competitors were faced with conditions far removed from those on day one, with light breeze delaying racing and then testing the sailors once the action got underway.

The Australian Women's Match Racing Team crew of Katie Spithill, Jessica Eastwell and Lucinda Whitty has qualified for the repechage round robin and a shot at the quarter-finals after a hard fought five races on day two.



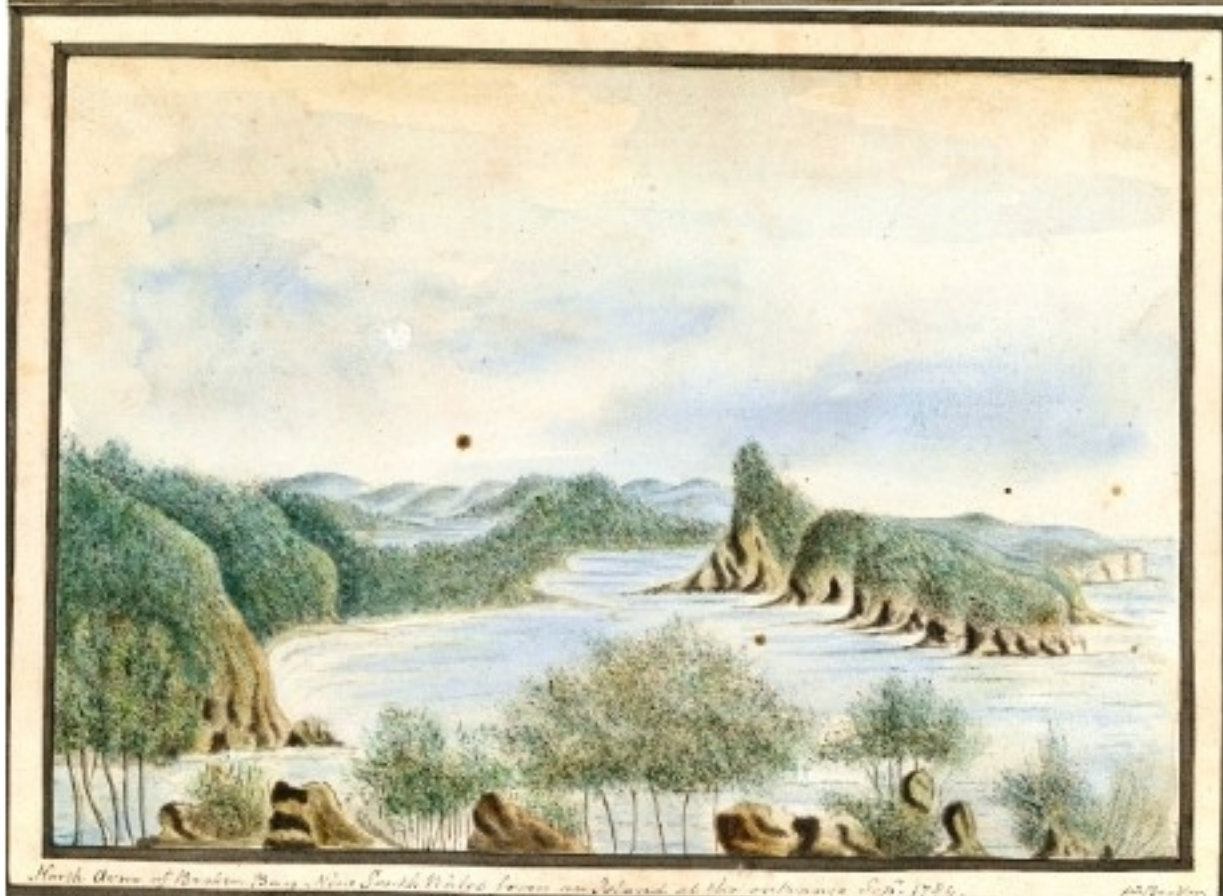
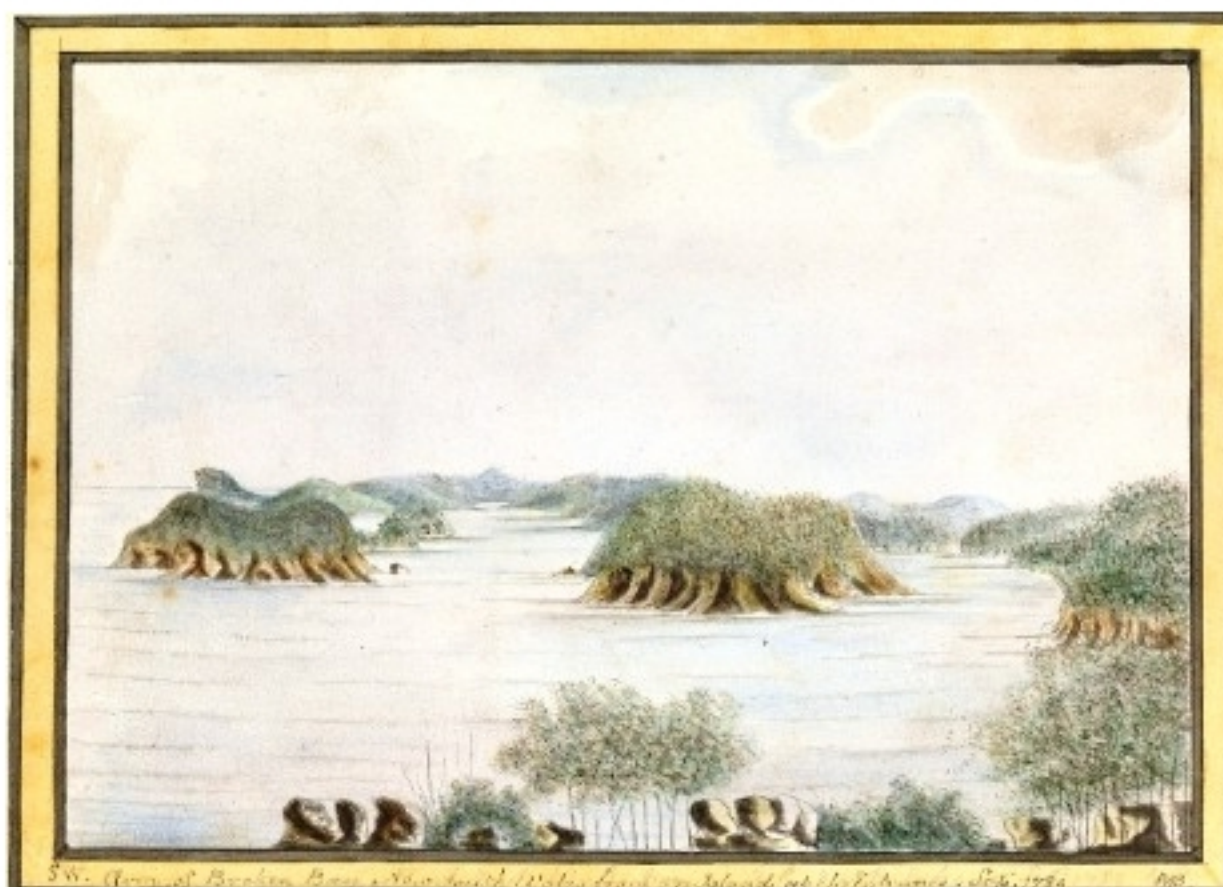
Past Profiles: [Barton Lynch](#) [Shane Withington](#) [Commodore Sloper](#) [Herminie Swainston](#) [Teresa Cutter](#) [Joanne Brigden-Jones](#) [Tamara Sloper Harding](#)

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Above: Picture No: a3461013 Opp. p. 90. 'View in Broken Bay New South Wales. March 1788' (Lion Island in distance).
 Below: Picture No: a3461014 Opp. p. 93. 'SW. Arm of Broken Bay New South Wales from an Island at the Entrance. Sepr 1789'. Both courtesy Mitchell Library, NSW.



Above: Picture a3461015 Opp. p. 92. 'North Arm of Broken Bay New South Wales from an Island at the entrance Sepr 1789' Courtesy Mitchell Library, NSW.
 Below: Picture No: a3461010 Opp. p. 65. 'Entrance of Port Jackson 27 January 1788'
 Bottom: Picture No: a3461011 Opp. p. 70. 'First interview with the Native Women at Port Jackson New South Wales' Both courtesy Mitchell Library, NSW.



Past History Pages:
[Marie Byles](#) [Lucy Gullett Kookoomgilgai](#) [Frank Hurley](#) [Archpriest JJ Thery](#) [Sir Patrick Gordon Taylor](#)

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William Bradley's 1788 Exploration Of Broken Bay, Pitt Water and the Hawkesbury

William Bradley (1757?-1833) was First Lieutenant on the ship, Sirius, captained by John Hunter. In his twenties, Bradley was great-nephew of the Astronomer Royal and son of a mathematics master and excelled in navigation. Contained in his journal are 22 meticulously drawn charts which record a series of early survey expeditions in the colony and voyages on the Sirius. He was also a water colour drawer and gives us insights into how our area looked prior to settlement and the construction of buildings. He returned to England in 1892.

Two days after reaching Port Jackson, Bradley accompanied John Hunter to survey and chart Sydney Harbour and commenced the naming of various Harbour landmarks, including Bradley's Point (now Bradley's Head).

Over the next three months he accompanied Arthur Phillip on exploratory trips, to Broken Bay, Manly Cove and the upper reaches of the Parramatta River. Of note in the below extracts from his journal during his trip to explore Broken Bay is that some of the crew were recovering from smallpox. Our own Pittwater Council's website notes that in 1788-1790 many of our local Custodians died of this disease, perhaps infected by those on this ship?

From: Between April 1789 and 1790 many died of diseases, to which they had no resistance; Pittwater Council website.: <http://www.pittlink.net/ls/aborigines.html>

1788, March.

At 8. Went out of Port Jackson, when off the Harbour, the Heads of Broken Bay are within the N.o extreme of Land; the S.o Head is 15 Miles to the N.oward of the No Head of Port Jackson, round which head the Coast forms a deep bight & has a Cove or bend where a Boat may shelter from this the beach runs about 3 Miles to the N.oward to a reef of rocks which break some distance out & round which is a bight with a long sandy beach on which close round this reef of rocks a boat may land if caught upon the shore & not able to reach either of the Harbours: all round this bight the Natives appear'd on the high land, from this there did not appear to be any shelter for Boats in any of the Sandy Bays; as we passed the sandy bay next the S.o Head of Broken Bay, we were met by 3 Canoes having one Man & 5 Women in them, they came alongside of our Boats quite familiarly. The Governor push'd over to the N.o shore in the Cutter.

The tide set so strong to the S.oward, that it was with difficulty the Long boat could get round the S.o Head. As the evening closed we lost sight of the Cutter & as we approached the N.o shore of Broken Bay we made Signals by flashing of Powder & saw lights immediately after on the N.o shore to which we rowed & found to be the Natives lights, we then hauled off & fired a Musquet which was immediately answer'd & we soon saw the Cutter & at 9 at Night Moored the Boats in a Cove on the N.o side of the Bay off which the Surf broke violently: When the Cutter first landed, they were met by a great number of the Natives, Men, Women & Children, the Men were all armed with Spears, Clubs, Stone Hatchets & Wooden Swords, they were all very friendly & when the Long boat landed were without arms, we passed the night in this Cove on board the Boats every body.

Monday. 3rd: At day light went into the N.o branch of the Harbour which has a shoal & narrow entrance just within which we stoped, found the Natives familiar, they had several Huts here which were merely small sticks placed against each other & cover'd over with bark; In these Huts were several Women Old & young, they were much terrified at first, but soon were composed & familiar on having presents made them: they had several Cray fish about these Huts.

As we proceeded up this branch after passing a very shoal flat & two or three Coves, we found set out so strong that we could not pull ahead through between two projecting points, on which we landed in a Cove adjacent; Here we were met by several Natives, Men & Women who all came freely about us. All the Women we met with in this Bay only excepted had lost two joints of the little finger on the left hand, which custom like others we are at a loss to account for: It was supposed by some to be the pledge on the Marriage Ceremony, or on their having Children, I cannot agree in that opinion as one of the exceptions was an Old who had had Children & the other a young woman who had not. The others who had all been subject to this Custom were of both descriptions, Old & Young. This was not observed at Port Jackson as a custom among them but noticed in some & supposed to have been done by accident. We found most of the women had the Hole bored through the Nose the same as the Men. When the Tide had slacken'd we pushed up & found several small inlets between Mangroves, on one of which Islands we stop'd & pitch'd the Tents; had very hard rain all the morning

Tuesday. 4th. PM While the Tents & Clothes were drying, some of the Natives landed & were easily kept at a proper distance from the Clothes; A Crab was caught & proved very good.

AM. At day light proceeded up, found it to be an extensive & very shoal peice of water, too much so for the Boats to go over the flats without the risk of being left dry on the Ebb tide. We found Natives all the way up. Not being able to determine the extent of this peice of water, we returned to the Cove in which we first stoped: where we found a Straw Hat & some strings of beads which favours the opinion of their not having any fixed residence as nothing of that kind had been given them here & several were both at Port Jackson & at Botany Bay; After staying a short time here we went over to the S.o side of the Bay into the SW arm off which is an Island, We moored the Boats about 3 Miles up this Branch, had heavy rain, Thunder & Lightning all night.

Wednesday. 5th AM: Followed the sw. arm up to the head found several Coves & good depth of water all the way up which I suppose to be about 7 Miles, we left two openings to the S.oward without looking into them & left this Arm without examining a large opening to the NW out of it about a mile & half above the Island: We went into the S.o Arm were caught suddenly by a thunder squall & had much difficulty in getting in:

In a Cove just within the entrance we were met by an Old Man & Boy. He had a stone in his hand which he laid down as he came towards us, he shew'd us the best landing place, brought us a stick of Fire & some Water signifying to us that the rain was very cold, we gave them fish & the Governor exchanged some things for Spears, this Man was but little scar'd about the body.

Thursday. 6. PM. Continuing to rain we secured every thing for the night, the Old Man was with us till the evening.

AM. Went up this Arm, saw several of the Natives in every Cove, the Old Man & boy followed us round to one of the Coves & shew'd us water; We stop'd in a Cove on the E.t side about 3 Miles up, several women in Canoes were fishing two of them came ashore the one an Old & Ugly, the other a young woman tall & was the handsomest woman I have seen amongst them, she was very big with Child, her fingers were complete as were those of the Old Woman. One of the Women made a fishing hook while we were by her, from the inside of what is commonly called the pearl oyster shell, by rubbing it down on the rocks until thin enough & then cut it circular with another, shape the hook with a sharp point rather bent in & not bearded or barbed, in this Cove we met with a kernel which they prepare & give their Children, I have seen them eat it themselves, they are a kind of nut growing in bunches somewhat like a pine top & are poisonous without being properly prepared the method of doing which we did not learn from them. Hard rain the greatest part of these 24 Hours.

Friday. 7. Were at the upper part of the S.o Arm, found in every part of it, very good depth of water except a Flat at the entrance from the Et point 2/3 of the way over, between which & the W.tern shore is a Channel with 3 f.m. at low water & that depth close to the rocks, the Land on the E.t side of this Arm is in general good & clear, on the W.t side all Rocks & thick woods.

AM Left the S.oern Arm & went again into the SW Arm to look into that opening to the NW, found but few of the Natives in it: We landed on an Island about 2 miles up this branch, on which we secured every thing for the night, got a great quantity of Mullet in the Sein from which we called it Mullet Island (now Dangar Island) in Hawkesbury River, there is long flat to the SE & a reef of rocks, round which is the bay for hauling th Sein, we found some Huts on the Island, but only 3 Natives came to us this evening.

Saturday. 8. AM. Several of the Natives came to us, painted very whimsically with pipe Clay & red Ochre both which is plenty on the Island, the pipe clay just under the Sand on the beach round the rocks. We followed this branch up to the NW some distance, found openings to the N.oward & NW & on the W.t side of this opening to the NW, there appear'd to be an Island with passages round it on both sides, but we only examined that opening to the NW above Mullet Island which was found to be very shoal, that to the N.oward not having more than 6 feet water across the entrance just within the points forming it prevented our looking farther into it: About Noon having finished our superficial examination which was much hinder'd by constant heavy rains, we returned to a Cove at the Outer part of the S.o Arm to be ready to go out of the Bay.

Sunday. 9th. PM. The Old Man & Boy came to us as before, with several more of the Natives, they had many things given to them but that did not keep them from stealing, after dark the Old Man took an Iron spade & was going off with it, he was seen from the Longboat, pursued & brought back with it by one of the people on shore: The Governor chastised him for it, which so enraged him that he run off & very soon returned with his party all with their Spears ready to throw when a Musquet was fired which made them stop & a second Musquet drove them away for the night.

AM. At day light, the Old Man & his Companions came to us just the same as if nothing had happen'd & without Arms: About 6 O'Clock we left Broken Bay & got into Spring Cove in Port Jackson at 11.

Source:

"A Voyage to New South Wales", December 1786 – May 1792, by William Bradley
 William Bradley Journal: (Safe 1/14) Mitchell Library, State Library of NSW
<http://acms.sl.nsw.gov.au/item/itemdetailpage.aspx?itemid=412904>

Further Reading:

William Bradley Biography: <http://adbonline.anu.edu.au/biogs/A010134b.htm>

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Saltwater Week

World Ocean Day is coming up on June 8th so if you're strolling near the sea's edge and find plastic bags or the tops off plastic drink bottles, how about picking them up before a sea creature swallows them and chokes. Ditto if you happen across discarded fishing line left on the rocks. You won't be able to catch the seabirds once they've swallowed these items, you'll only see them dangling from their beaks as they slowly starve or die from infections caused by fishing hooks. We've been doing it for decades and it doesn't hurt and you can wash your hands afterwards if they get dirty. It's your sea too remember and you have a right to protect it, to 'Keep' it.

Keeping is an ancient role where the 'keeper' maintains or protects something they have, due to their nature, knowledge or skills, been placed in charge of. You may have heard of 'gamekeepers' on old English estates, a vocation that was inherited from father to son as they passed on animal lore, or 'watch-keepers' which inksles of knights and vigils, which means to 'stay awake or be aware of'. Perhaps you've also heard the term 'to thine own self be true', from Shakespeare's *Hamlet*, which is 'keeping your self'. So celebrate Ocean's Day, you're in a position others aren't to do so, and allow yourself to become a 'keeper' of it even if only be recognising how the big blue keeps you; [Environment](#).

This above all: to thine ownself be true,
And it must follow, as the night the day,
Thou canst not then be false to any man.



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.

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

Saltwater Week: catch a Ferry (date for you Diary)

11 June 2011: Ettalong Beach Busk-a-thon, Central Coast. Enter now. More at: <http://www.buskathon.com/>

Entries close 31 July 2011

Recreational fishing photo competition
Are you a recreational fisher with a flair for photography?

This is your chance to showcase your photographic talents. There are great prize packs to be won. For more information on entering visit www.industry.nsw.gov.au/fisheries and follow the links to recreational fishing. You can also register to receive your free calendar once published.

"You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled by men."

Matthew 5:13

The meaning of this expression is disputed as salt had a wide number of uses in the **ancient world**. Salt was sometimes used as currency, and this is what the word **salary** originates from. Contemporary Hebrew scholars note that a common Jewish expression at the time was to call the Laws the "salt and the light" of the world, which may mean this section is an introduction to the discussion of Mosaic law that will soon commence.

In the Rabbinic literature of the period **salt was a metaphor for wisdom**. Salt was important as a preservative, and the most common interpretation of this verse is to see the duty of the disciples as preserving the purity of the world. Another scholar contends that salt was a minor but essential ingredient in fertilizer, and states that "earth" should be translated as "soil", and the disciples are thus to help the world grow and prosper.

Salt also played role in ritual purity. All sacrifices had to contain salt. Culturally this phrase now refers to humble and unpretentious people

"Salting the earth" was a ritual performed anciently to purify grounds where battles had taken place. (1050 BC).

6th April 2011 closing 16 June 2011

My First Speech Competition
Australian students enrolled in years 10 to 12 are invited to enter the 'My First Speech' competition.

You can enter as a school or as an individual. Imagine yourself as a newly elected Member of the House of Representatives. Your task is to write a 3 minute speech about issues you are passionate about then record yourself presenting the speech on video. For more information visit <http://www.aph.gov.au/exhibitions/myfirstspeech/index.html>

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



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



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

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Mildred's Social Diary: Upcoming Events



Manly Food and Wine Festival on 4-5th of June.

Pearl Beach Music Festival (classical music)
 11 to 12 Jun 2011
 More at: <http://pearlbeach.net.au/>



Darling Harbour Jazz and Blues Festival (Free)
 on Queens Birthday long weekend

The Senior Newspaper Online
 Click on logo:



Salt of the Earth and Water

Mildred Gertrude Smythe

Salt of the earth, salt on bread as an ancient blessing, salt as a preservative in salted lemons or as corned beef with white parsley sauce, mashed potatoes and fresh winter green beans, but mostly swimming in the sea is what we think of when 'saltwater' is mentioned. It always restores George and I, invigorates and refreshes and perhaps the reason we have stayed so fit and free of colds or aches in joints into our latter years. When a nice breeze is blowing, even in winter, we open the windows and let it flow through the house, cleansing it of stale air and making every room 'feel' brighter. Sometimes we simply stroll along the beach, stretching our legs in the soft sands, breathing the gusts of salt winds in. George will 'go fishing' for whole afternoons, returning fishless but with a broad smile on his face, happy to have been in and near saltwater for hours. Swimming in saltwater and breathing salt air in has definitely changed my mood when I needed it to and is a tonic in that respect. I feel it after just one breath, as though I am inhaling good health and exhaling what is clogging my lungs and emotions.

Hydrotherapy is one of the oldest forms of treatment available to those of us suffering from **arthritis**, debilitating muscular and back aches or for those recovering from surgery. Water lends us buoyancy and a soft pressure to push against when we need to strengthen whichever area in our bodies needs healing.

There is a Hydrotherapy centre at Brookvale (details below) but you can do some small stretches in your own bathtub at home and put plenty of epsom salts (2 cups) in to help the warm water make you feel good. This kind of bath has been used to treat **arthritis** for centuries. Epsom salts (named after the place they were first used) are a magnesium compound found naturally in water. We have our own Australian product and these, sprung from our own land, would definitely work better on Australian bodies, so be sure to check the packaging when you purchase them to buy what is best for you. I guarantee this will put you 'in the mood' you'd rather be in.

AusHealth Physiotherapy and Hydrotherapy
 Contact Us: 9905 0048
 Fax: 9939 8840
 Email: info@aushealthphysio.com.au
 At: <http://www.aushealthphysio.com.au/therapies/hydrotherapy>



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



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:



Ladies Golf at Bayview Golf Club

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

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

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

Teams Stableford (2 scores to count) – 30 May

Silver Salver (0-20 handicap) – 28 July

Bronze Bowl (21-36 handicap) – 28 July

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



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Seasonal Foods that Warm: Cauliflower

This season's cauliflowers are starting to appear, fresh and firm from the fields. These have great health benefits and are termed a 'high-density nutritional' food. Cauliflowers make great soups, yummy cauliflower cheese and you can even purchase some Besan (chick pea) flour and make Pakoras accompanied by yoghurt. In stir fries, casseroles or even as a soufflé they are a winter crop that protects and lifts up the physical body during colder months. Our favourites...

Pakoras

Ingredients

1 medium cauliflower cut into medium sized flowerets
Ghee for deep frying
1 ½ cups besan flour
1 ½ cups plain flour
2 teaspoons salt
1 ½ teaspoon asafetida
1 ½ teaspoons curry powder
1 ½ teaspoons baking powder
1 teaspoon turmeric powder
¾ cup milk
¾ cup water

Method

Sift flours together and add all the other dry ingredients.
Mix the water and milk together and gradually add to the dry ingredients, little by little, whisking well until you have a batter that isn't too runny or too thick and has no lumps (it should cover the cauliflower pieces in a nice even coating)
Heat the ghee on medium high heat (it is ready when you drop a little batter in and it immediately rises to the surface)
Dip the cauliflower pieces into the batter and fry in the ghee until golden brown (if the ghee is too hot, the pakoras will cook too quickly and the cauliflower will remain crunchy)
Drain the pakoras well on a cake cooler sitting on top of a baking tray.
Serve with chutney of your choice

From Australian School of Meditation and Yoga:

<http://www.asm.org.au/lifestyle/recipes/cauliflower-pakoras/>

PS; we serve with a plain yoghurt dipping sauce drizzled with Tamarind reduction.

Mum and Dad's Cauliflower Soup

1 whole cauliflower
2 leeks
50 grams of butter and splash of olive oil
5 cups of chicken or vegetable stock
sea salt and freshly ground pepper
200 mls of cream or full cream milk

Method

Thoroughly clean leeks and slice finely. Cook slowly in the butter and oil (slow cooking of onions, leeks etc. brings out the sweetness and makes a nicer taste)
While these are cooking, wash and break cauliflower into florets. Add these to the leeks with sea salt and pepper and whole of stock. Simmer until florets are tender (around 30-40 minutes)
Use hand blender to make thick pulse of soup (add more stock if you want a thinner soup). Once the mix has cooled a little add the cream or milk. Garnish with chives and serve with hot crusty bread.

Aloo Gobi Recipe by Manjula, Indian Vegetarian ...



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Image Copyright Etbe, Melbourne, VIC, 2011.

Cauliflower Facts

Cauliflower is a cultivar within the species *Brassica oleracea*, in the family Brassicaceae. An annual plant that reproduces by seed its name comes from Latin *caulis* (cabbage) and *flower*. Usually, only the head (the white curd) is eaten while the stalk and surrounding thick, green leaves are used in vegetable soup stocks or discarded. Cauliflower is very nutritious, and may be eaten cooked, raw or pickled. The *Brassica oleracea* also has cabbage, brussels sprouts, kale, broccoli and collard greens, though they are of different cultivar groups.

Cauliflowers are an excellent source of vitamins C. They provide dietary fibre and folate (one of the B vitamins that prevents birth defects). They are termed a 'high density nutritional' food They also contain substances called indoles; Indole-3-carbinol, a chemical that enhances DNA repair, and acts as an estrogen antagonist, slows the growth of cancer cells. Some scientists have found that indoles give protection against some cancers. **Sulforaphane**, a compound released when cauliflower is chopped or chewed, may **protect against cancer**. Also, being shaped alike a brain it would, in terms of Paracelsus' **Doctrine of Signatures** in plants, be great 'mind food'.

Cauliflower also contains sulfur-containing phytonutrients. These compounds trigger the liver to produce enzymes that detoxify cancer-causing chemicals. A high intake of cauliflower has been associated with reduced risk of aggressive prostate cancer. Cauliflowers can be eaten raw to retain their vitamins or steamed and used in stir fries to maintain their health giving properties. Cauliflower has a long history. **François Pierre La Varenne** employed *choux-fleurs* in *Le cuisinier françois* (published 1651: founding text of French Cuisine). They were introduced to France from Genoa in the 16th century, and are featured in Olivier de Serres' *Théâtre de l'agriculture* (1600), as *cauli-fiori*. They were still rare though and did not appear on tables as more common fare until the time of Louis XIV.

Cauliflower Colors

White: White cauliflower is the most common colour of cauliflower.

Orange: Orange cauliflower (*B. oleracea* L. var. *botrytis*) contains 25 times the level of vitamin A of white varieties. This trait came from a natural mutant found in a cauliflower field in Canada. Cultivars include 'Cheddar' and 'Orange Bouquet'.

Green: Green cauliflower of the *B. oleracea botrytis* group, is sometimes called broccoflower. It is available both with the normal curd shape and a variant spiky curd called Romanesco broccoli. Green-curd varieties include 'Alverde', 'Green Goddess' and 'Vorda'. Romanesco varieties include 'Minaret' and 'Veronica'.

Purple: Purple color in cauliflower is caused by the presence of the antioxidant group anthocyanins, which can also be found in red cabbage and red wine.

From: <http://en.wikipedia.org/wiki/Cauliflower>



May 29 – June 4, 2011: Issue 8

Saltwater Air Coastal Plants

Most who have walloped in the sea have experienced that lightening of body as salt soaks in and draws out all that may be termed 'fractious'. Returning to land, encrusted with the stuff, it's as though we have been turned into rainbows as prisms light off our fingers and arms. It is a peace restoring, health restoring, mind restoring tonic available to all. Standing in the lap and lull of waves realigns our backbones, translates to easier rhythms of heart. The whoop we sound out when catching the perfect wave, seeing whales or dolphins leap, feeling wind fill our sails or even witnessing big seas in exhilaration commured, a concord, or sameness of heart. The quiet dawns on still waters or where, a current, run, the sunsets over summer and winter fill us with visions that enrich our souls and being. The salt air feels purifying, eases asthma and smells like home when we are still far way, returning.

Where Pittwater Road runs approximates the old 'Coastal Dreaming' track of the saltwater peoples from the Guringal and Garigal peoples. Following flatlands or walking along ridges, further towards Barranjoey Headland, where the valleys became steep, was the easiest way to negotiate the bush. On either side, even during winter, colourful sprays of bush-flowers brightened and marked the ways.

Ours is an area of Wetlands, Coastal Heathlands, Dunes and Shale Forests. Our Eucalypt woodlands take you into a world where leaves shine bright as sun. Beneath these are understory plants of a profusion of flowers that glow to the eye even in dull lights. These visions permeate our dreams, show us where the Custodians walked and played and sang. To Restore this living treasure, to attract our local birds and have flowers all year round, please consider making part of your garden a native plant oasis so that what meets the sea continues to be its original garden.

Winter Flowers

Ancient Proteaceae: grevilleas and banksias, Mountain Devil Bush Fuschia, Spider Flowers, Swamp Mahogany, winter-flowering eucalypts.



Celebrate World Oceans Day on June 8th



The world's ocean:
Generates most of the oxygen we breathe
Helps feed us
Regulates our climate
Cleans the water we drink
Offers us a pharmacopoeia of potential medicines
Provides limitless inspiration!

More at:



Florabank recognises and shares the best available knowledge from research and practice in native species seed management.

More at: http://www.florabank.org.au/default.asp?V_DOC_ID=1

Click on logo above for Index to the most extensive list of fact sheets on every Australian plant.

CANNES RESERVE PLAN ON EXHIBITION

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

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

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

Key points of the plan include:

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

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

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

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

How Green is a Spotted Gum when Wet?



WASTE WATCH IN PITTWATER

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

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

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

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

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

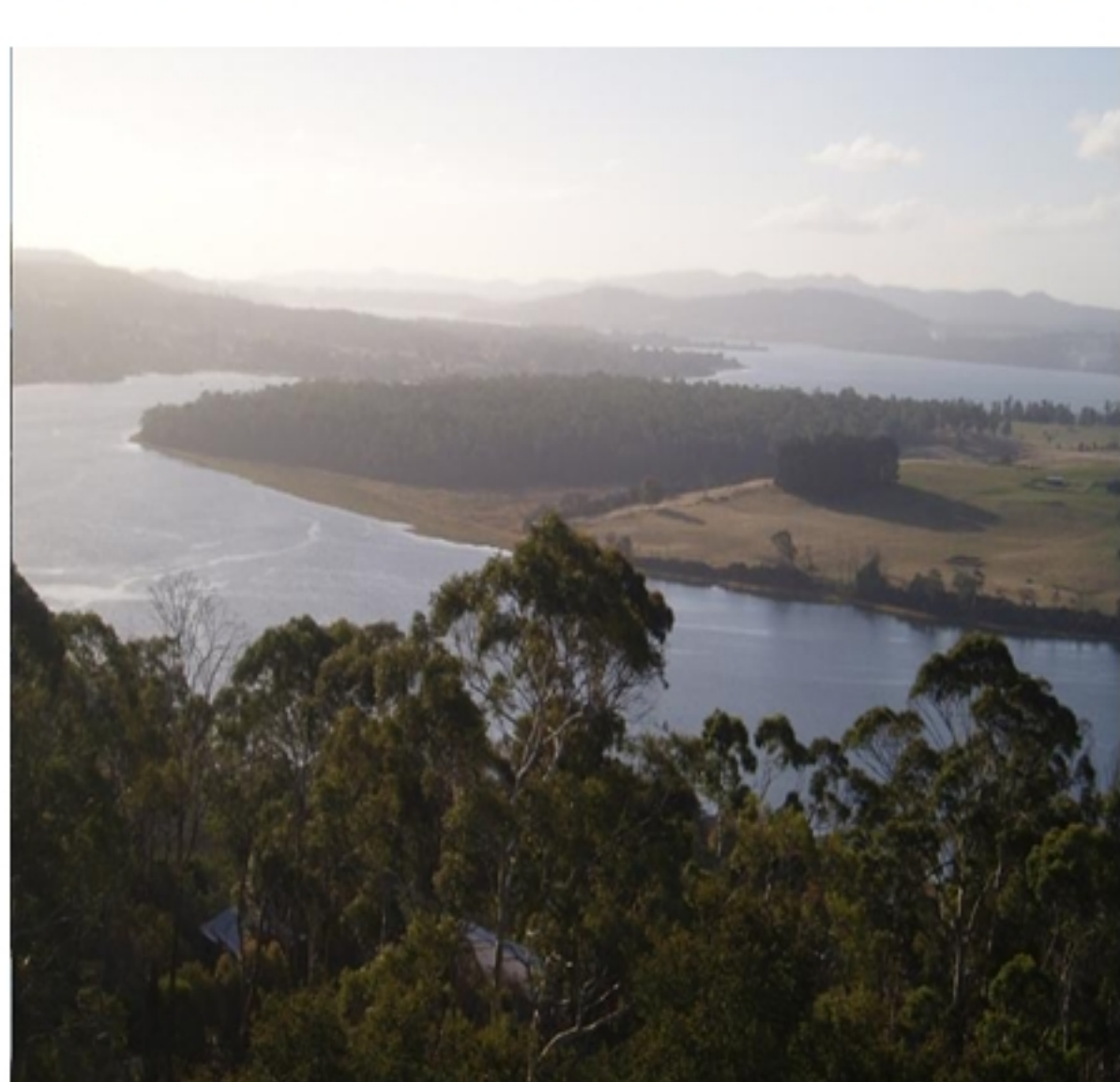
For more information on waste management visit www.pittwater.nsw.gov.au/local_services

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



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

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



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

Pittwater Native Fauna Draft Plan of Management Document



Think before you print ; A kilo of recycled paper creates around 1.8 kilograms of carbon emissions, without taking into account the emissions produced from transporting to 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

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5 June 2011 World Environment Day

World Environment Day (WED) is an annual event that is aimed at being the biggest and most widely celebrated global day for positive environmental action. WED activities take place all year round but climax on 5 June every year, involving everyone from everywhere.

This years theme is **Forests: Nature at your service** for more information visit <http://www.unep.org/wed/theme>

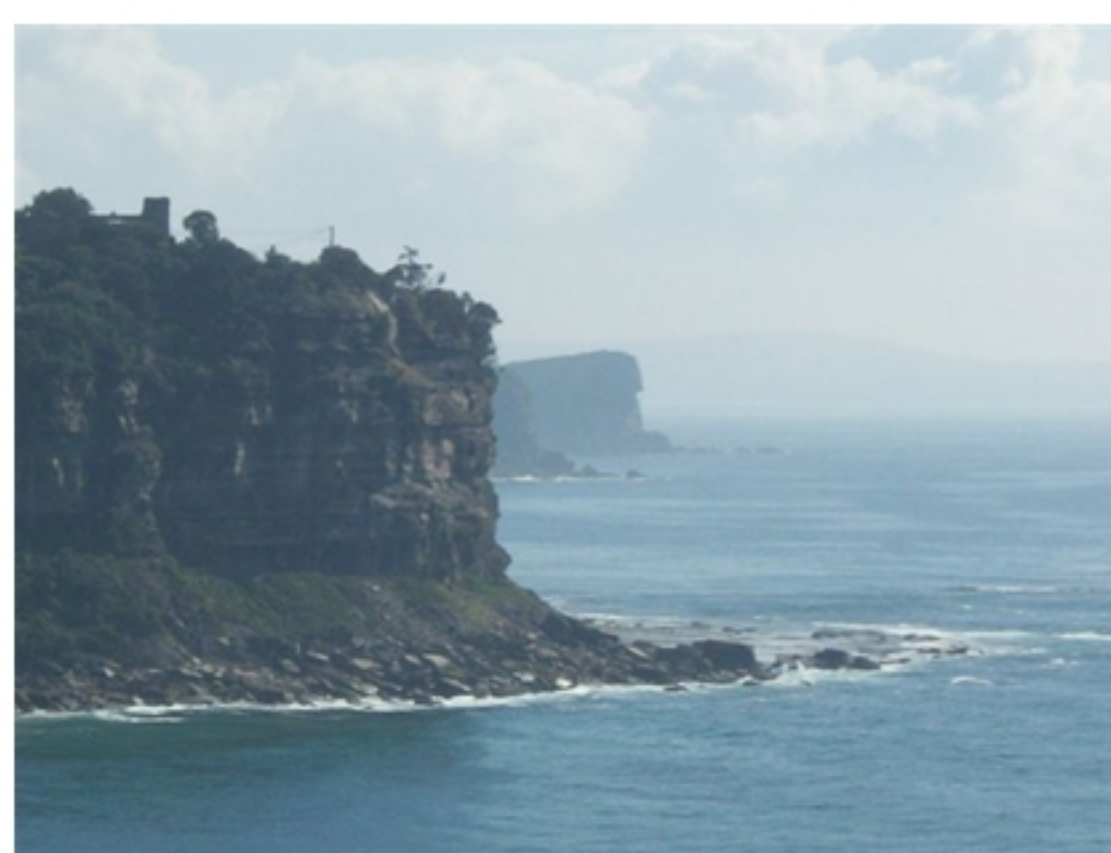
Disease Alert: Myrtle Rust



Myrtle Rust has appeared on the Central coast and spread to the Sydney Basin. It affects our native trees, myrtaceae in particular, and as yet it is impractical to spray these large trees with fungicides. It is recommended that you wear clean clothes when gardening and wash them afterwards to stop the spread of disease. Mulching debris rather than sending it to the tip will also stymie its spread.

More at: <http://www.abc.net.au/gardening/stories/s3177618.htm>

Coastal Environment Centre



The Coastal Environment Centre (CEC) is a multi-award winning regional community environmental learning centre, and Pittwater Council's environmental flagship.

More at: <http://www.pittwater.nsw.gov.au/environment/cec>

Pittwater Natural Heritage Association

At: <http://pnha.org.au/about/>



Across Australia on June 5 people will stand up and say YES to action on climate change a price on pollution!

Event details: Sydney: Prince Alfred Park, 11 am



At 11am on Sunday, June 5, we'll come together in every major city to show our support for action on climate change.



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

LIFE IS BETTER WITH NATIONAL TREE DAY



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

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

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

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

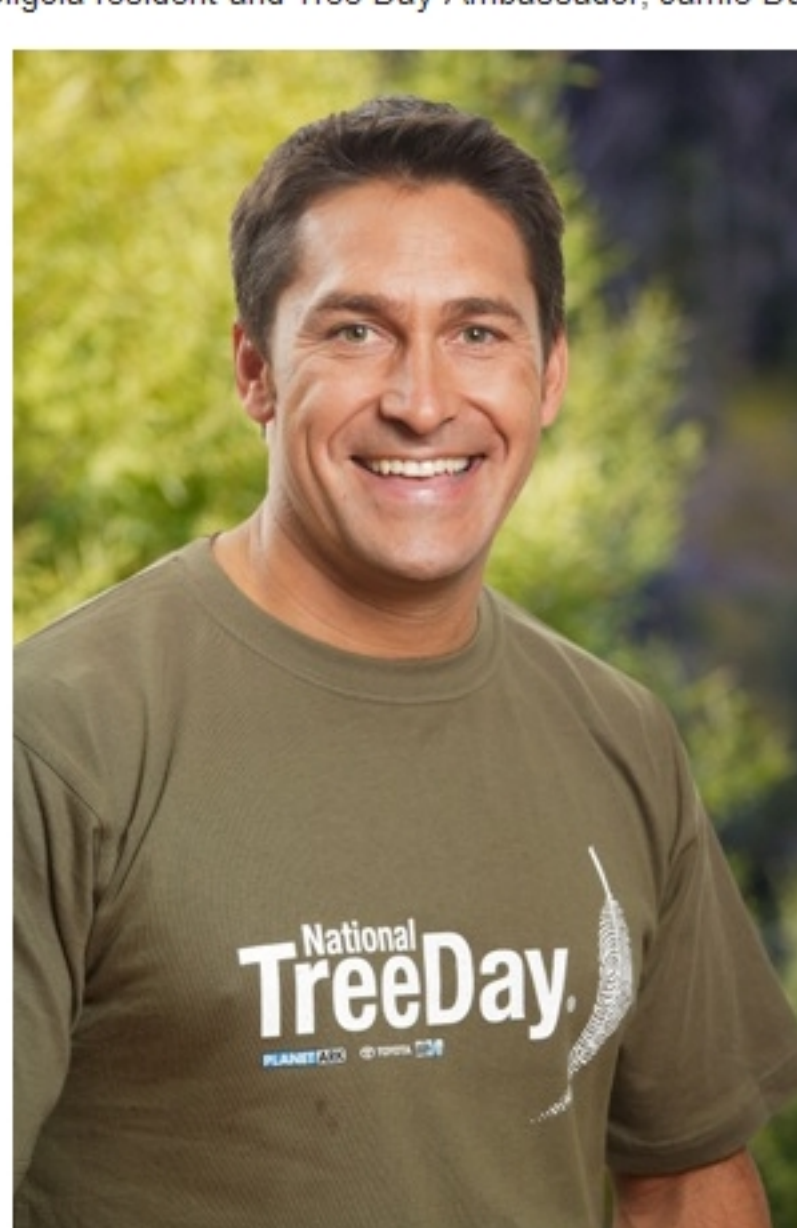
John Tucker, from Tamworth Manilla Landcare Association has been a National Tree Day Site Coordinator for two years. "There is not a more rewarding experience in nature than collecting and planting native tree seeds and waiting for the first leaves to emerge through the soil."

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

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

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

Bilgola resident and Tree Day Ambassador, Jamie Durie



Currawong Saved Icon copyright Michael Mannington 2011.



For tips on how to be more energy efficient, visit Climate Action Pittwater at:

<http://www.climateactionpittwater.org.au/>

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

I saw a great Mark Twain quote the other day:

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

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

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

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

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

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

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



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

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

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

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



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

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

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

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

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



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

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

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

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



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

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

What are the Sabian Symbols?

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

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

For more Information: [click here](#)



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White Light Beams Palm Beach from Sunrise Hill

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Saltwater Visions



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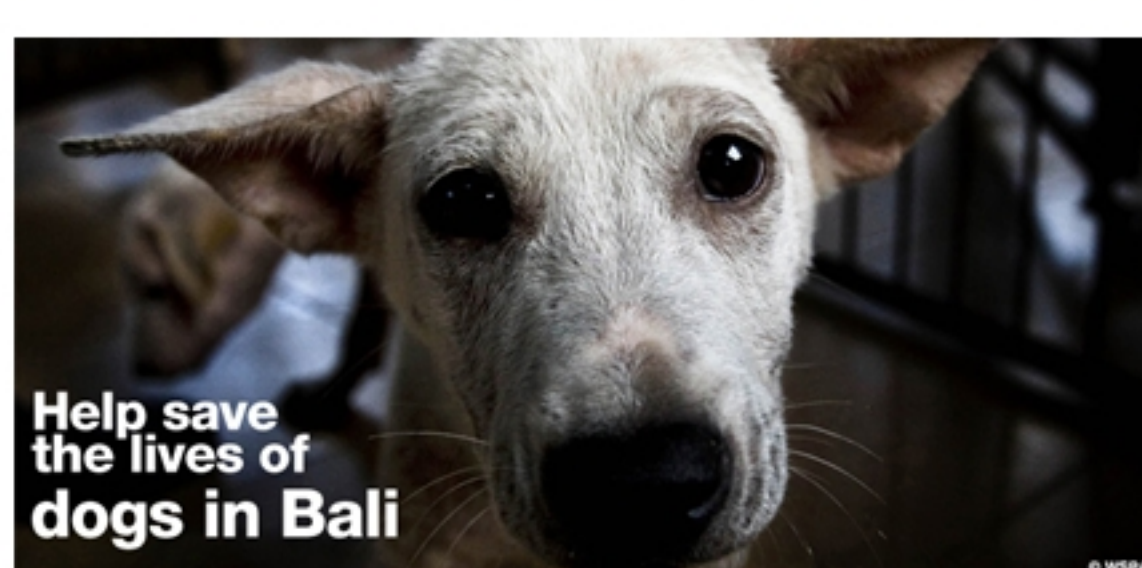
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Pittwater Online News receives a lot of information from various sources each week. For Your Interest:

Click on photo to go to site



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

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

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

There are a number of other ways you can make a donation and help animals around the world.

Phone: Contact us on 1300 13 9772 If you wish to donate over the phone or organise a direct debit facility.

Post: WSPA Australia, GPO Box 3294 Sydney NSW 2001

Fax: 9906 1166

Australia's Biggest Morning Tea

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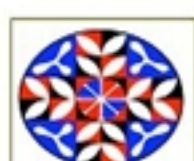


Marine and Freshwater Research Volume 62 Number 4 2011

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 Patten, 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

Money Bags

This year, July has 5 Fridays, 5 Saturdays and 5 Sundays. This happens once every 823 years. This is called money bags. This year we're going to experience four unusual dates.

1/1/11, 1/11/11, 11/1/11, 11/11/11 and that's not all...

Take the last two digits of the year in which you were born - now add the age you will be this year. The results will be 111 for everyone in whole world. This is the year of 'The Money!!!'

Apparently, if you let 8 people know about this you should experience an increase in prosperity! We did...waiting...

Walk + Funrun

Date: Sunday June 5 2011



5.5km, 9km or 16km
Start Time: 10:00am

Start Site: Hyde Park (North), City

Walk Course: Choose between the gentle 5.5km course, the 9km course for those feeling a bit more energetic or really get those legs warm this winter and walk the 16km course. All courses include magnificent views of the harbour and pass through some of Sydney's finest parklands and gardens.

8km Fun Run
Start Time: 8:00am

Start Site: Bradfield Park, Milsions Point

Run Course: A challenging route through picturesque harbour-side streets from Milsions Point to Balls Head Reserve and return. Finish with a sprint down the famous Luna Park boardwalk.

Click on logo above to register or for more information



Social Flights Brings Private Jet Travel to The Masses - mashable.com

Social Flights makes it affordable for travelers to charter private jets.



MELBOURNE AUSTRALIA | 23-30 JULY 2011

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

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

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

Judy West, Congress President

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

Black Fella's Dreaming "Keeping Place"

by Melitta Lewis



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

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

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

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

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

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

OUR WISH LIST

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

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

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

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



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

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

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

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

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

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

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

Each week we'll be giving away one of the bookpacks - to be in the running all you need to 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.

Pittwater Online News

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

Old Books

May 29 – June 4, 2011: Issue 8

Saltwater Books Week

Old Books: The Book of the Ocean (1898) and The Ocean (1856)

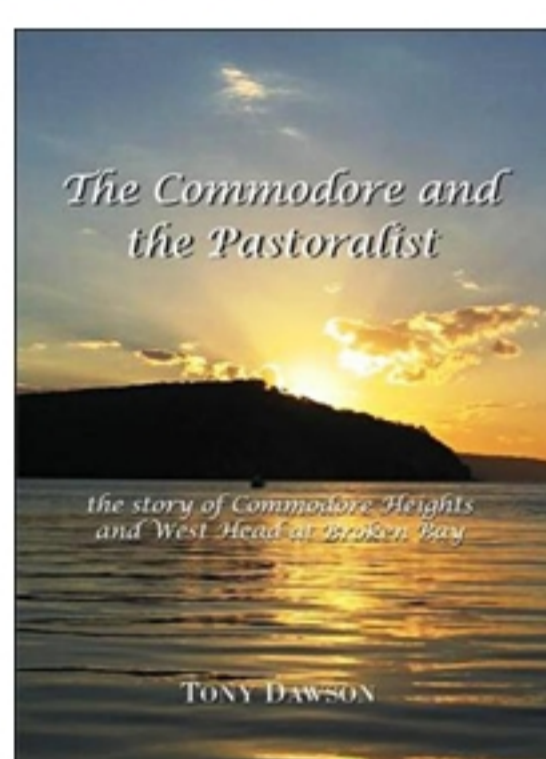
Younger Tomes From Boat Books Australia At:



Wooden Boatbuilding - Adlard Coles Classic Boat Series
\$39.95 Code: 9610 Author: Francis Garry

Aimed at the novice looking to either build or restore a traditional boat, this book takes a uniquely modern approach by using up-to-date techniques and methods throughout. Wooden boat building is a classic craft that is thriving amongst professional craftsmen and DIY boatbuilders with an interest in traditional boats. This thoroughly modern book, aimed at the novice builder, takes a fresh new approach to a timeless activity. The focus is on classic

boat construction and restoration, but at all stages modern methods, materials and techniques are employed, together with step-by-step diagrams and explanations. Well illustrated with colour photos and detailed close-up watercolour illustrations, this book will be invaluable for students of boat design and construction, do-it-yourself boatbuilders and even modelmakers. A landmark in wooden boat building books. This is the inaugural title in an exclusive new series of books from Adlard Coles about traditional boats and traditional seamanship. A good affordable introduction to the subject for amateur builders, students of boatbuilding and even model-makers. Well illustrated, and focusing on modern methods and techniques - unique among such books. From Boat Books Australia.



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.



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

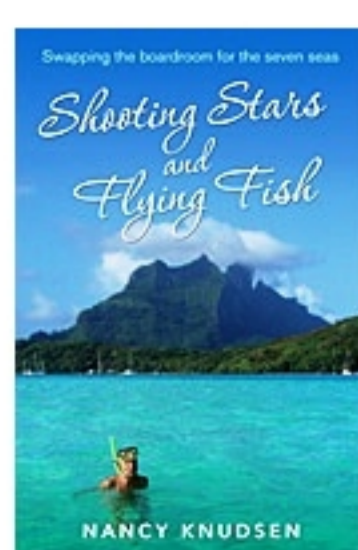
July 30-31, 2011, 9:00am - 6:00pm
Featuring Deepak Chopra, M.D., Louise L. Hay, Robert Holden, Ph.D., John Holland, Denise Linn, Doreen Virtue, Ph.D., Marianne Williamson
Expand your mind, nourish your soul

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

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

The Snow Leopard Trust

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



Shooting Stars and Flying Fish
\$29.95 Code: 7954 Author: KNUDSEN

A light-hearted but inspirational memoir about a remarkable couple who left behind the corporate rat-race to follow their dream of sailing around the world - a story that demonstrates the rewards of taking risks to follow one's star. When Nancy Knudsen and her architect husband Ted Nobbs decide to escape their high-pressure corporate lives and follow a dream of sailing around the world together, little do they guess where their journey will lead them. Nancy and Ted cross all

the great oceans of the world and visit dozens of countries. Their adventures are sometimes hilarious, sometimes life-threatening, and lead to the beginning of many life-long friendships. As well as recounting the comedy of their cockpit disputes and the sheer breathtaking beauty of their five-year adventure, Shooting Stars and Flying Fish shows how the couple's experiences both humble them and irrevocably change their attitudes, ethics and outlook on life, with neither returning to the corporate world on their return to Australia. This book is a beautifully written, inspirational memoir that shows the rewards of taking a risk to follow one's dreams. PB 316 pages. From Boat Books Australia.



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

IMPROVISE.

ADAPT.

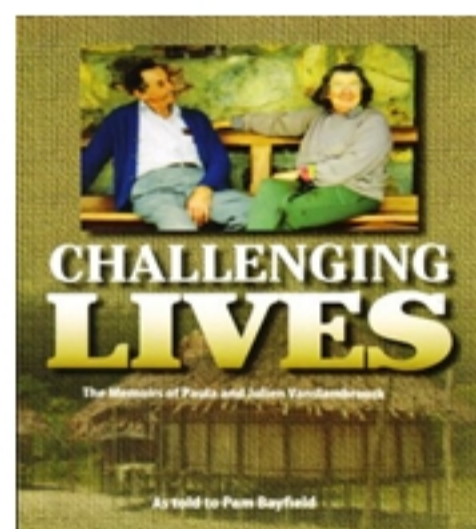
OVERCOME.

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

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

Challenging Lives

Pam Bayfield. 2011



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

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



Children's Storytime at Mona Vale Library

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

Tuesdays 10.00am - 11.00am

Wednesdays 10.00am - 11.00am

Thursdays 10.00am - 11.00am

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

Michael Robotham at Avalon Library, June 7

see [Events page](#)

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

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May 29 – June 4, 2011: Issue 8

Currawong Day on 29th of May, 2011

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



Historic Currawong

Date
Sunday 29 May 2011

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

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

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

Transport
Limited timed parking is available at Governor Phillip Park, Palm Beach with a free shuttle bus to and from Palm Beach Wharf.
Alternatively, we suggest travel via the L90 bus
Visit www.131500.com.au



Author Talk@Avalon Library

International best-selling crime writer Michael Robotham presents his latest book The Wreckage



Date: 7th Jun 2011
Time: 10:30am - 11:30am

Details:

Author Michael Robotham discussed his latest crime novel The Wreckage and how he began his career as a best-selling novelist. Michael has written seven books, all best-sellers and winning numerous international awards.

Cost: \$5 per person paid in advance to the Library (Bookings are essential as places are limited)

Venue: Avalon Library, 59A Old Barrenjoey Road Avalon
Contact: 9918 3013



NEXT MEETING
Date: 4 June 2011

Venue: Warringah Mall Library, Level 2, Warringah Mall
Time: 2.00pm

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

U3A Northern Beaches

Talk by Dr Austin Mac: A visit to Portween, the village in 'Doc Martin'.

Wednesday, June 15th at Newport Community Centre.

Ph Jan: 9918 9126

U3A at: <http://sydneyu3a.org/map.html>

Royal Prince Alfred Yacht Club

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

Topic: Colonial Women of Pittwater

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

Duration: 4 Hours

Email: reception@rpayc.com.au

12 for 12:30pm

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

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

Museum of Sydney, 52 Suburbs

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

This exhibition celebrates the vibrancy, multiculturalism and community of Sydney's suburbs. Part of the [Head On Photo Festival 2011](http://www.headonphoto.com).

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

Gallery:

Museum of Sydney

37 Phillip Street

Sydney, NSW, 2000

Australia

Phone: 02 9251 5988

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

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

Gallery opening hours:

Mon-Sun 9.30am-5pm



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.



Sydney Film Festival

Program at:



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](http://www.library.nsw.gov.au)

Admission: Free

[Carved Trees Gallery Walk](http://www.library.nsw.gov.au), Talk 2 June 2011

[Carved Trees Poetry](http://www.library.nsw.gov.au), Talk 15 June 2011

[Carved Trees Gallery Walk](http://www.library.nsw.gov.au), 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 and for the ceremonial life of the Aboriginal people. From:

<http://www.aboriginalheritage.org/sites/identification.php>

Mona Vale Hospital Auxiliary Fashion Parade

by Donna-Lou, Toukley

Venue: Newport Bowling Club

Date: Tuesday, 14th of June at 10am.

RSVP: by June 6th at 9999 1543 or 9979 5115

Cost: \$10 includes morning tea.

Fundraiser for purchase of vital equipment for our hospital.

Elsewhere in the next few weeks



Manly Food and Wine Festival on 4-5th of June.

Pearl Beach Music Festival (classical music)

11 to 12 Jun 2011

More at: <http://pearlbeach.net.au/>



Darling Harbour Jazz and Blues Festival (Free) on Queens Birthday long weekend.

Holistic Balance for Women

This workshop will explore the means to achieving long term emotional & physical balance for women, improving wellness & contentment.



Date: 18th Jun 2011

Time: 8:30am - 4:30pm

Cost: \$165.00

Details:

This workshop includes Meditation, Relaxation, Pilates, Qi Gong, Tai Chi. Yummy vegetarian lunch & morning & afternoon tea provided as well as a Natural Balance Exercise Manual.

Venue: Northern Beaches Meditation Centre - Unit 5, 1 Yuku Place Warriewood
Contact: Please go to website link and choose workshop to book on line or ring Penny on 0413627587

Website: For a full description of the course and for booking online please visit our website www.nbmeditation.com.au

Marine Art Exhibition

Thurs 9 to Sun 19 June



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

ENTRY FORMS AVAILABLE FROM RMVC RECEPTION

Manly Art Gallery May 2011

ROYAL FAR WEST - CARING FOR COUNTRY KIDS IN MANLY

Friday, 3 September 2010 to Sunday, 14 August 2011

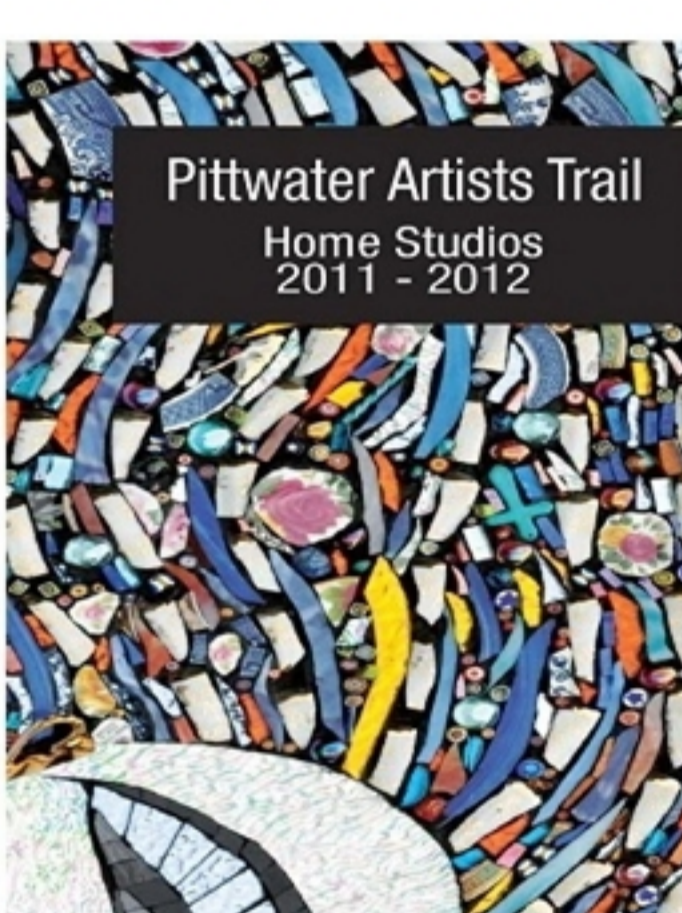
[More Information...](http://www.manlyartgallery.com.au)

Personal Space: Contemporary Chinese and Australian Prints

Thursday, 21 April 2011 to Sunday, 29 May 2011

[More Information...](http://www.manlyartgallery.com.au)

Pittwater Artist's Trail 2011 - 2012



[Artists Trail Brochure.pdf](#)

Size: 2198.373 Kb

Type: pdf



INDIGENOUS EVENTS IN MAY

2011 'One Voice'

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

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

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

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

[Guringai Booklet 2011_LR.pdf](#)

Size: 3426.358 Kb

Type: pdf

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: nikkigriffith@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: office@blueskymarkets.com.au



Unique Vehicle Show at Royal Motor Yacht Club

60 vehicles from the early 1900s on display for one day only!



Date: 26th Jun 2011

Time: 10am - 4pm

Model Fords, Mustangs, Maseratis and antique motor cycles on show for one day only, free entry!

Venue: Lower car park Royal Motor Yacht Club 46 Prince Alfred Parade Newport

Contact: 9997 5511 Website: www.royalmotor.com.au



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