

## April 10 – 16, 2011: Issue 1

Welcome to the first issue of Pittwater Online News, a weekly online news magazine of and for the Pittwater area of Sydney. Our first month of stories and articles focus on other Pittwater 'firsts' or champions... for community, for environment... for life itself. This is a celebration of Pittwater, its beauty, its people, its spirit.

We'd like to thank all in the community who have contributed information and supported us during getting to the first issue. Your encouragement and positive responses have been overwhelming. Please keep sending your suggestions and anything you'd like to see posted, this a community magazine where all are welcome as all belong.

Living in Pittwater is not something you take for granted. We may be considered 'privileged' by some but in each of us it is an earthiness, a plainness, an adoration of sea, trees and sky that greets visitors and bonhomie that reigns in our streets. This is the stuff of Community.

Each season brings a quickening, an exhilaration. Each dawn and dusk fill our eyes with the shifts in every single glorious day. People who move away move back again. Thankfulness is uppermost in our hearts. We'd like to share a quote from prominent American teacher and lecturer, Joseph Campbell, that encapsulates what it is like to dwell in grace;

"People say that what we're all seeking is a meaning for life. I don't think that's what we're really seeking. I think what we're seeking is an experience of being alive, so that our life experiences on the purely physical plane will have resonance within our own innermost being and reality, so that we actually feel the rapture of being alive.

If you do follow your bliss you put yourself on a kind of track that has been there all the while, waiting for you, and the life that you ought to be living is the one you are living."

### Reference:

Joseph Campbell, [The Power of Myth](#) (1988), Follow your bliss. Episode 1, Chapter 15. From Wikiquote, Revision as of 16:40, 7 April 2011 by [BD2412](#) Retrieved from: [http://en.wikiquote.org/wiki/Joseph\\_Campbell](http://en.wikiquote.org/wiki/Joseph_Campbell)



Posted 8.4.2011 @ 4.50am: from Shane Withington.

## Thanks to you all for saving Currawong

As of today Friday April the 8<sup>th</sup> Currawong Beach is now owned by the people of New South Wales. After a mammoth fight beginning in the seventies the people finally convinced a government to do the obvious thing and put it into the hands of the community.

As many of you know the last fourteen years of that fight have been complex, mysterious, murky, maddening and fascinating. So where do you begin to tell the tale that involves Maharishis, Union Bosses, tears, demonstrations, passionate debates, late night meetings, red wine, shock jocks, developers and hit men ? I believe the short answer is that you don't.

I feel that Unions New South Wales throughout the entire fight conducted itself very poorly and that the time has come for Unions New South Wales to have a time of reflection on exactly whose values they represent, the values of working families and Union members or those of the Union bosses with political ambitions? One day the entire story for the fight for Currawong will come to light but today is not that day.

Today is a day to say thank you to everyone who played a part in the 'Battle for Currawong' as it has become known. Firstly I would like to thank my family for standing by me while many times I was deconstructed by events, thank you Annie and Madeleine I know it couldn't have been easy. I would like to thank our Patrons Jack Mundy, Jo Holder and Anne Mc Mahon for their kindness and passionate support. I would also like to thank Don Seaton.

Of course the Friends of Currawong committee, in no particular order. Ken Hughes, David Haythornthwaite, Sue Martin, Niamh Kenny, Parry Thomas, Polly Thompson, Jenny Cullen, Brigitte Mills, Cathy Kubany, Geoff Bentley and Michael Mannington. Without these fantastic people we would have got nowhere.

Of course Rob Stokes whose tireless work, insight, guidance and wonderful speeches in Parliament always let them know we were never going to give up. Kristina Keneally, Tony Kelly, The Greens and The National Trust.

Harvey Rose, Mark Ferguson and the entire Pittwater Council who never failed to back us during the entire 14 years that I led the fight and that is a credit to all previous Councillors as well. Trish Lake and Ben Hawke, the late Cathy Carey, and the late Tony Cullen. Ric LePlastrier, Marianne Lloyd, Mike Sandy, Julian Pulvermacher, Andrew Mills, Elizabeth Farrelly, Piers Akerman, and Alan Jones.

I would also like to thank every single person who lifted a finger to make a phone call or write a letter or attend a rally or send in a submission or offered a kind word, without people like you we would have witnessed another piece of Australian coastline destroyed.

There will still be a place for Friends of Currawong to ensure that this beautiful snapshot of an egalitarian Australia is conserved properly and we will need volunteers so please feel free to put your hand up. I would also like to offer our support to every environmental and social activist group currently fighting to save the sites they clearly love, it is a long and difficult road and we offer our solidarity and support. Our win is your win too.

And finally to all those people who asked over the years "why do you do it"? I think that all of us involved in the fight have our own answers to that question but mine has always been "So that in twenty years time we can still see kids jumping of the end of that wonderful wharf" and it looks as though we will.

I have met many, many wonderful people from this journey and have learned much from them and they will always be my friends. With patience and persistence we have prevailed.

In Solidarity,  
Shane Withington  
President of the Friends of Currawong.

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Site Traffic to 11.4.2011

96 Visitors, 1076 Page Views.

### About Us

Quote for the Week:

To whom much is given, of these will much be required.

Luke 12:48

## Scotland Island Road Reserve & Stormwater Strategies

Scotland Island Road Reserve & Stormwater Management Implementation Plan  
Scotland Island Road Reserve Strategy  
Scotland Island Stormwater Management Strategy

Pittwater Council recently resolved to place on exhibition for public comment the three separate documents forming Council's draft Scotland Island Roads and Drainage Strategy. The two strategy documents define what and where the various forms of road and drainage infrastructure will be constructed, while the implementation plan prioritises those infrastructure works for Council's consideration when developing future Council construction programs.

The documents will be on exhibition from Saturday 4 December 2010 until Sunday 1 May 2011 and can be viewed at Council's customer service centres at 59A Barrenjoey Road, Avalon and 1 Park Street, Mona Vale, as well as the document links on this Pittwater Council [Page](#).

Written comments addressed to the [General Manager](#) should reach Council by close of business on the 1 May 2011.

Please note that all submissions in their entirety will be treated as public documents and may be made available upon request.

Submit your comments via Pittwater



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## Currawong Beach and Pittwater Park

From Front Page:

Currawong was originally created to be a place for all people where they can experience a holiday in pristine bush on sparkling water. Wallabies live safely there. Currawong song does indeed fill the air. Each Spring the bush-flowers return, covering the forest floor with blazes of colour. Tales from visitors, whose own voices become alike the currawongs' joyful singing when describing their experience, tell of a 'definite feeling of nature speaking to you, embracing you' that remains with them long after they've left. In that spirit, from our community and others' voices;

"Currawong is secluded, peaceful, un-crowded and stunningly beautiful, but what makes it unique is the fact that it's owned by the Union movement and has been run with a view to providing holidays for workers rather than being developed for profit maximisation. It makes for a very friendly place with a real sense of community, even when you only stay for a few days." And "the special nature of Currawong attracts seekers of peace and simplicity, so holidaymakers there tend to discover many affinities with one another." (Workers Online, April, 1999). Bernard Stiles, who was raised at Currawong in the early 1900s recalls the natural beauties of the place:

"Regarding the flora and fauna I feel I should mention one bird, namely the Lyre Bird at Little Mackerel. These glorious birds were sheer delight to listen to in the morning, imitating every other bird in the bush, even the putt-putt of a motor boat or a man chopping wood was quite distinct. Koala bears and wallabies were also plentiful. Some of the wildflowers that grew on Little Mackerel and up on the Kuringai Plateau where the West Head Road now carries many sightseers are the many species of boronia, Christmas bush, flannel flowers, waratahs, Christmas bells and in one particular spot is a swampy patch that grows a very rare miniature native rose (Sydney Rose(?)). Near this spot is the high knob where one can look west and see the Hawkesbury ridge and from the same spot look in the opposite direction and see the whole of Pittwater, Barrenjoey, Lion Island and Palm Beach, truly a unique view." (quoted in Macken, 2003, 47-48)

One of the comments representing a widespread sentiment came from Siobhan Bryson whose extended family have been visiting Currawong for over 36 years. She stated: "it is a place which is safe for children, far from the usual commercial pressures of holiday resorts, full of bird and animal life, immersed in the ancient spirituality of the original custodians of the land, and strongly connected to the historical struggle for workers rights in NSW".

Marianne Lloyd stated: "1950s Australia captured and frozen within this little beach community. . . Holidays at Currawong are still about families and take you back to a time of firecrackers and a time when you knew all of your neighbours. Where children were safe outside in the evenings and parents had time to listen and be heard." (Design Plus, 2003).

"A very beautiful and spiritual place." Ian White, Founder of Australian Bush Flower Essences, 2011.

"It was great!" Alice, Flickr, 2007.

Anyone who has spent time in this place experiences a quiet tranquil presence and at its core, joy. All come away instilled for years later with a sense of a uniquely deep environment. It's in the shape of the land itself. To our traditional indigenous peoples all Australian landscape is a creation of archetypes that speak to our souls. Perhaps it should come as no surprise that Currawongs' bell like curves speak to all our senses in peals of quiet joy. With the announcement on April 8th that the purchase of Currawong has gone through a sense of rightness and happiness rings from the land and its people that sounds very like the Currawongs' own echoing song of joy.

**Further Reading:**

The word 'currawong' is from our indigenous languages and imitative of this wondrous birds' song or 'call'. Currawongs traditionally symbolise: Melody and song magic, adaptability, adept at problem solving, urban wisdom, talking it out. Coming from the crow family and related to our own magpies they also denote wisdom. In Chinese traditions magpies are birds of good omen, bringers of joy and bode the coming of visitors. The name Ku-ring-gai comes from the Kuringgai (or Guringai) indigenous language group, a people who inhabited the area from Port Jackson north across Broken Bay and beyond Brisbane Water. The word Kuringgai can be loosely translated as meaning "belonging to the Aborigines".

Currawong Cottages:

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

Sydney Morning Herald Online: <http://www.smh.com.au/nsw/go-ahead-given-for-currawong-20110406-1d4kx.html>

Walks in Ku Ring Gai National Park:

<http://www.environment.nsw.gov.au/nationalparks/parkWalking.aspx?id=N0019>

**References:**

Cultural heritage assessment : Currawong, Currawong Beach, Pittwater NSW / prepared by Kim Ketelby of Design Plus Consultancy. April, 2003. NSW. Contributions by Friends of Currawong. Available at: <http://catalogue.nla.gov.au/Record/2490661>

Currawong Worker's Holiday Camp, Heritage Office, Database Number: 5054664, File Number: 09/3201; S91/01076

Retrieved from: [http://www.heritage.nsw.gov.au/07\\_subnav\\_01\\_2.cfm?itemid=5054664](http://www.heritage.nsw.gov.au/07_subnav_01_2.cfm?itemid=5054664)

Macken, James J. 2003. Coaster's Retreat, 2nd ed.

Pied Currawong. Retrieved from

<http://www.wildspeak.com/totems/piedcurrawong.html>

Workers Online, April, 1999. Retrieved from:

[http://workers.labor.net.au/7/d\\_review\\_cottage.html](http://workers.labor.net.au/7/d_review_cottage.html)



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Posted 8.4.2011 @ 12.12pm: from Pittwater Council

### CURRAWONG SALE FINALISED

Pittwater Council today announced that the sale of Currawong to the NSW Government had been finalised today, Friday 8 April. With the finalisation of the sale, an historic agreement between the Council and the government to create a new state park is confirmed.

Mayor Harvey Rose said that six months of bipartisan negotiations between the government and the Council will result in Currawong and other key reserves forming Pittwater State Park. Mayor Rose hailed the sale of Currawong as 'a great day for the people of Pittwater and New South Wales.'

Mackerel Beach Reserve which adjoins Currawong, Pittwater Park at Palm Beach and its ferry wharf, Governor Phillip Park at Palm Beach, Barrenjoey Beach, North Palm Beach and McKay Reserve will also become part of the Pittwater State Park. As part of the agreement, the state government will take control of three Council-owned sites. Mackerel Beach and McKay Reserves will form part of the new Pittwater State Park. A third site at 69A Beaconsfield Street Newport, currently jointly owned by the NSW Government and the Council, will become Crown land.

Mayor Rose paid tribute to NSW Crown Lands for its efforts in concluding the sale. He also acknowledged the contribution of the Friends of Currawong and local member Rob Stokes MP. "They have consistently kept Currawong in the public eye and led the fight tirelessly against over-development of the site," he said.

The operation of Pittwater State Park will follow that of similar state parks owned by the Crown across New South Wales through Crown Lands. State parks provide camping and caravan sites, bungalows and cabins, plus a range of recreational activities such as picnicking, bushwalking, swimming and watersports, cycling and fishing.

Mayor Rose said that the existing conference centre at Currawong, known as the Tuta building, could provide the opportunity for environmental and other types of education at the site. The Mayor said it would be likely that Pittwater Council will have responsibility for the day-to-day management of the site, while the NSW Government would be the land owner.

The operations of Pittwater State Park will be overseen by a board of trustees, comprising NSW Government and Pittwater Council representatives, representatives from the community and an independent chair.

Mayor Rose said that any future use of Currawong will be determined in close consultation with the community. "It is envisaged that Currawong will be improved with eco-tourism, recreational, environmental education and heritage benefits for the community."

### Pittwater Native Fauna Draft Plan of Management Document

Tamar Update ; 29.3.2011

Forest Action highlights Pulp Mill Blackmail in the Forest Peace Deal

Forest Action highlights Pulp Mill Blackmail in the Forest Peace Deal

The following article is from The Mercury: <http://www.themercury.com.au/>

ACTIVISTS HALT FOREST WORK

TWENTY protesters stopped work in controversial high-conservation-value forests about 50km east of Launceston yesterday. The protests came despite the peace negotiations between the forestry industry and environmental non-government organisations.

The group **Community Opposing Destruction of the Environment** said the action was in response to forest facilitator Bill Kely's statement last week that organisations must strike a deal on the Gunns Tamar Valley pulp mill or miss out on the permanent protection of 565,000ha of native forests.

"This proposed compromise is completely unacceptable and Tasmania should not be forced to make this decision between forests or a pulp mill," convener Lisa Searle said.

"The current proposal for a pulp mill for the Tamar Valley wasn't included in the original statement of principles. Community Opposing the Destruction of the Environment will never agree to this trade-off."

Ms Searle said forest still being felled needed immediate protection but not at the expense of a mill. "Having this pulp mill in Tasmania would be an environmental disaster," she said.

The inclusion of the term "a pulp mill" in the statement of principles was now being used to mean "the pulp mill", she said.

"We were suspicious of this from the beginning, but it is devastating to hear Bill Kely bring it out in the open. Now it is the reality that the two are linked, but this should never be the case," she said.

**Further Reading:**

Bill Kely, former ACTU secretary is described on the website of Lara Giddings, Premier of Tasmania, as an 'Independent Facilitator' in matters regarding the forests of **Tasmania**.

This page can be viewed [here](#)



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[Sydney Harbour Foreshore Authority Carbon Footprints Document](#)

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## Barton Lynch

Anyone who has the opportunity to meet BL comes into contact with a positive, articulate and vibrant human being. Energy is apparent in everything from his sparkling blue eyes and quick mind to the pursuit of excellence in any task or cause he undertakes. A long term Pittwater resident, he's often seen on our beaches coaching, surfing or swimming. There's always a look of appreciation of on his face, "We live in one of the most beautiful areas. We're lucky to be here."

How old were you when you first started surfing?

"Five years of age; pretty young."

What did you feel first when first won World Champ?

"Shock. I told my mum when I was 10 years of age I was going to be World Surfing Champ, so it took a while, (was 25 when I won) but I got there."

What is your impetus for mentoring?

"Primarily the need for a job in the area I loved once I finished surfing professionally doing something I'm passionate about. I'd already had lots of experience coaching kids so it was a natural progression. I'm proud of Australia's place of prominence in the surfing world and wanted to contribute something to maintaining that. I got to live my dreams and when I see kids with the same passion (for surfing) my contributing to them is also a way of contributing to Australia's maintaining its place in World Surfing." Contributing to others and investing in the community of the Northern Beaches is a Lynch Family tradition. The Whale Beach to Palm Beach swim is BL's father's memorial; "Dad started that swim, and when he died a few years after it began, it became the Bob Lynch Memorial swim. It's a Community Asset."

It may be named after a sponsor nowadays but to most of us it's still the Bob Lynch Memorial Swim. Big Swim events have now become part of the Summer Calendar on many beaches, a legacy of contributing to the community that has spread. The Lynch Family's relationship with the northern beaches is continued in Barton's activities, contribution and attitude, of, in part, "marketing Australia too".

Each Spring since 2006 Blast Off, a School Holidays surf competition for children initiated by Barton, gets girls and boys in age groups 6 to 14 involved in being outdoors, with each other, and refining their surfing skills. Blast Off, which involves children along all our coastline, is Barton's own continuing of his father's traditions.

His holistic approach to life is reflected in his mentoring and coaching program. He calls this 'coaching for life'. From his website: "...all the levels of our coaching and training are focussed on fostering the development of a better person, not just a surfer. Through fitness, competition, diet and positive mental approaches ... champions are built not born."

This month we're asking all those we Profile what their Motto for Life is as a means to focus our celebration of living in Pittwater and as a way of giving them the last word. BL's is: Motto for life:

**"Live every day like its your birthday and do anything and everything you do to the very best of your ability"**

Further Reading:

BL Website: <http://www.bartonlynch.com/HOME.html>

Images:

[http://www.bartonlynch.com/GALLERY/Pages/Sth Narra sequence.html#11](http://www.bartonlynch.com/GALLERY/Pages/Sth%20Narra%20sequence.html#11)  
Blast Off: <http://www.justsurfnews.com/news/australasia/barton-lynch%E2%80%99s-bl%E2%80%99s-blast-offa-school-holiday-program-like-no-other/>

The Big Swim: <http://www.thebigswim.org.au/?page=about>

The Surfers Group: creates opportunities for surfers: <http://www.thesurfersgroup.com/HOME.html>



## Marie Beuzeville Byles

8th of April, 1900 to 21st of November, 1979

Marie Byles' birthday was two days ago. Described by some as 'prickly', 'difficult' and 'intimidating' of presence, Marie remains a singular woman of strength whose actions and deeds are a truer manifestation of what lived in her heart. As New South Wales' first female solicitor Marie employed mostly women at a time when women working was considered unacceptable, even if they toiled all day and half the night as housewives. Marie encouraged and helped single mothers, when these were pariahs in our society, to find their own financial independence. To many she was refuge of common sense and decency. Her refuge was the Bush and views of trees, miles and miles of trees. Her gift to subsequent generations is spoken quietest by her battles for our environment.

"I do think that if we relax and let go and seek harmony with the natural things around, then Nature may be the goddess to us... Can the bush help us keep smiling? That is the test of its "spiritual value." I think it can – if we let it!"

(Byles, Bona Dea 1945, 11).

Her time spent at Seawards, Sunrise Road, Palm Beach was certainly inspiration for a lifelong love affair with the bush. Weekends were spent tramping up and down hills in the area, marvelling at the sprays of bush-flowers. Her list of places 'adored'; Bouddi, Sandy Beach, Sandy Cove, Barrenjoey, Empire Bay, Pretty Beach, Currawong, (Hindsight, August 2010).

Seawards was a simple cottage structure with open 12 foot verandas on which the family slept. It is similar to what Marie later built at the home she named 'Ahimsa'. Marie loved the outdoors and slept in the open all year round on these wide porches, considering them "for eating, sleeping and living" (Hindsight, 2010). Marie's attitude towards structures is reflected in this, to build buildings that blend in with the landscape instead of attempting to block it out or overshadow it. Hers was a lyrical celebration of the beauty there, of a Garden that speaks softly with your soul.

Marie cultivated like minded individuals. "Byles was friends with Clare Stevenson and Stella James who had a Burley Griffin home designed for them in bushland on Sydney's northern beaches. According to Stephenson, the design of the Stella James house in Avalon reflected the relationship between these women as equal partners and their desire to fit in with their surroundings rather than dominate them." (Cadzow, p.16, 2007).

It was this love of the Bush and our area that made her and the Sydney Bushwalkers strive to ensure the preservation of what has become the Bouddi National Park. Bouddi, from Gurungai, meaning 'The heart'. From Seawards Marie used to look across the water at what would become Bouddi National Park, her 'fairyland' (Dufty, Hindsight, 2010) and want to walk and camp there. Our area was a lot wilder then and she and her fellow bushwalkers had to make their own trails.

Her belief and practice of seeking the Bush as her Sanctuary, her 'fairyland', gives her the last words in this small celebration of one of our community cognizant locals,

"There is something in the contact with the human being and Nature which is very hard to explain. (when) you lie on Mother Earth and look up at the stars, the life-force seems to bring a new health to your tired limbs and worried mind."

Marie Beuzeville Byles.

### Further reading:

Ahimsa ( ) n. A Buddhist and Hindu doctrine expressing belief in the sacredness of all living creatures and urging the avoidance of harm and violence.

Ahimsa is a term in [Sanskrit](#) that refers to non-harming or non-violating self or others. The [sutra](#), or aphorism on ahimsa, states that in the presence of one in whom this is solidly established friendliness prevails and violence and hostility.

In 1932, the National Parks and Primitive Areas Council was created in New South Wales with the objective of locating and identifying areas suitable for new national parks and primitive area reserves. By 1957 this group was known as the National Parks Association and was working to establish an authority to administer all national parks throughout the state. A decade later, the National Parks and Wildlife Act became law in New South Wales. This legislation created a single agency, known as the National Parks and Wildlife Service, whose responsibility was to care for, control and manage the national parks in the state. From: <http://www.australianforests.org.au/managingforests/forest-conservation.htm>

Marie Byles Lookout at Bouddi National Park: <http://www.abc.net.au/rn/hindsight/galleries/2010/2855041/12.htm>

And:

[Marie Byles Lookout to Bullimah Lookout Marie Byles Lookout to ...](#)

MB Images from : <http://www.abc.net.au/rn/hindsight/galleries/2010/2855041/>

Hindsight, Adventurous spirit, Marie Beuzeville Byles, ABC Radio, 22 August 2010: <http://www.abc.net.au/rn/hindsight/stories/2010/2855041.htm>

### References:

Byles, Marie Beuzevill. Bona Dea, 1945, 'If We Let It,' Sydney Bush Walker, 141, November, 11.

Cadzow, Allison. 2007. Footprints, Imprints: Seeing Environmentalist and Buddhist Marie Byles as an Eastern Australian Journal of Multidisciplinary International Studies, vol 4, no 1. See At: <http://epress.lib.uts.edu.au/ojs/index.php/portal/article/view/163>

### Maries' Books:

By Cargo Boat and Mountain (1931)

Footprints of Gautama the Buddha (1957)

Journey into Burmese Silence (1962)

The Lotus and the Spinning Wheel (1963)

Paths to Inner Calm (1965)

Stand Straight without Strain (1978)



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## Spinsters Hill; Sunrise Hill, Palm Beach

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

We will, of course, get around to some fine men too, but as this first issue also celebrates the victory of the Friends of Currawong establishing a historical win by hard years of ensuring Currawong Beach remains public property, we shall lead off with Marie, one of our original environmentalists. Marie's love of Palm Beach and the bush instilled what would be a lifelong commitment to Nature and the saving of pristine places as permanent National Parks or leaving to the National Trust the trees of Ahimsa.

So, in the spirit of the land, and a 'ladies first' policy, we bring to you a little of one of our great pioneers in many areas, Marie Beuzeville Byles.

Of note while researching 'Spinsters Hill':

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

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



## Mildred Gertrude Smythes' Diary.

People dream about what they're going to do when they retire. While some are happy and excited to finally be able to spend as long as they like in the garden or reading every book ever written in between working on other elaborate projects, time they haven't had to do as they wish since teenagers, others will naturally crave contact and stimulus among their peers still. The policy of 'use it or lose it' is a good basis to maintain physical and mental health. The necessity to attend to diet and exercise doesn't decrease with age, nor does the need to speak with those who have similar experience. Pittwater has numerous associations and activities to engage our elders. The range of foods for the mind, body and soul is such that we have imagined Mildred Gertrude Smythe and charted her very active social calendar over just one week. We may need a cup of tea and a quiet moment after peering over her shoulder.

### Monday

Always feel like a bit of a chat if I've had a peaceful Sunday, and usually I attend the Knitting Club or Women's Probus. This week I feel like a bit of a change though and so, called Avalon Active Seniors Art Group and took George along so we could paint each other's portraits whilst chatting to other artists and getting some tips on creating techniques. I think mine may be termed 'abstract'. Next week we'll try out the Ballroom Dancing instead, smooth some of those kinks out of our bones.

### Tuesday

Had yoghurt and fruit for breakfast this morning and decided should pursue more products of culture throughout the day. Tuesday used to be Laundry Day, all those sheets and shirts and boiling water and ironing.... and I feel a need for breezy fluttering, but among canvases covered in colours and lights, beside the sea somewhere (also may help with next Art Class). Cut sandwiches, called Mavis, we both bought a Pensioner Excursion Ticket and were chauffeured to Manly in a long blue Mercedes limousine. We went along the West Esplanade to Manly Art Gallery and had a long look at their inspirational exhibition on the legacy of Stanley G. Drummond and Lucy Drummond. They began the Far West Scheme that brought children from remote country areas to Manly for respite. Not too much 'scheming' there I can tell you, warm open hearted loving and embraces from the health giving sea air is more like it. Such Grace! Mavis and I decided we must tell the girls at knitting about it, it runs until August 14th this year and they'd love it.

We left the Gallery and had our lunch basking in the sunshine while watching all those visitors get off the ferries. So many faces, so many lives. Very comfortable benches there and the pavement is maintained so it won't trip you up. After we'd had a look through the shops we hailed the long blue limousine once more and let it carry us home.

### Wednesday

Once a fortnight I go on the MWP Mystery Tour to a scenic place somewhere in our area. It reminds me of the days in the 60's when we didn't decide where we were going before we left home but as part of getting there, and that song by the Beatles. I like that song. I hum it to myself while waiting for the bus to pick me up. This week we went to Cottage Point along Coal and Candle Creek. The nice people there told us all about the history of the area. Very informative; did you know that 'Coal and Candle Creek' is named after Colin Campbell, the original resident, and I guess tells how we used to enunciate words... or should that be 'e-noun-ciate?', better get out my dictionary. We had some lovely food, I had the fish and chips, very fresh, then were driven further out into the Park before returning home. Lovely scenery to match a glorious day.

### Thursday

Bridge Day at our place, a little get together we host in taking turn with others in the area. Always good for catching up on gossip or discussing issues that affect us, and good to spend a day at home too. We do a few stretching exercises as our little Seniors Exercise Group then settle into our tables and the game. For afternoon tea I always make mother's sponge and George makes a batch of his zucchini or herbed scones, depends what's flourishing in his garden. Thursday nights we go to Trivia night at PB RSL from 7pm; good for keeping the mind sharp and for interaction. Our team is a mix of the young and us of mellow years. There's some things those young folk don't know having not lived through our times. Sometimes we even win!

### Friday

Once a month, to keep ourselves fit, George and I go Bushwalking. There are a range of easy walks in Pittwater. Bird-watching sites are included. I like The Wanderers Walking Group for Seniors as it's always led by someone who knows the area and likes to tell us about different aspects of the trail we're walking along or the route they've mapped out for us. This week we went around the back of Warriewood, a flat walk that took us through the wetlands without getting our toes damp. I saw a blue heron, seven white ibis, and even one sea eagle who soared magnificently over us. Breathtaking! George and I are going to take up bird-watching!

### Saturday

Saturday was always Market Day when I was a girl. I loved going with my mother to smell and see all the crops of fruit and vegetables that had come in each season, to hear the stories of those who dwell on the land. The handicrafts and homemade jams are lovely. We go when these markets are on to buy produce with the dirt still on it.

### Sunday

Singing is keeping happiness in your heart and even though my voice is a little the worse for wear these days, I like to begin Sunday morning by singing to our Lord. I won't tell you which church we attend as sometimes we decide to go to another. After this we need a nice cold drink and a lovely lunch; sometimes I cook but this week we decided we'd have the Roast of the Day at our local Club. No dishes to wash! We spent the afternoon pottering in the garden, weeds to pull, autumn vegetables to plant. A settling end to a memory filled and wonderful week.



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### Information for Mildred's Diary:

Knitting Group on Leisure Activities PDF from Pittwater Council:

[http://www.pittwater.nsw.gov.au/data/assets/pdf\\_file/0006/49524/PittwaterLeisureGuideMay2010.pdf](http://www.pittwater.nsw.gov.au/data/assets/pdf_file/0006/49524/PittwaterLeisureGuideMay2010.pdf)

Pittwater Social and Probus clubs:

<https://www.warringah.nsw.gov.au/services/documents/SocialClubsandGroups-aug10.pdf>

Avalon Active Seniors Art Group

Mondays 9918 0424 Barbara Seaton Thursdays 9973 4447

Places are available for older residents in art classes offered through the group on Mondays from 9.30am to 12.30pm and 1pm to 3pm and on Thursdays from 9.30am to 12 noon.

All classes are held in Room 3 at the Avalon Recreation Centre. The class is a self-directed

art group where members can bring along a canvas and enjoy creating artworks in the company of others.

For those who enjoy a bit of rhythm, residents can try ballroom dancing on Tuesdays from 1pm to 2pm at the Avalon Recreation Centre.

If you would like to become a member of the [Avalon Active Seniors](#), please complete an [application form](#) and send it along with your \$10 annual membership fee to the Treasurer.

Pensioners Excursion Ticket (BUS): The Pensioner Excursion Ticket (PET) provides eligible concession holders with an all-day ticket that provides unlimited travel on buses, trains and ferries within a broad area in NSW for only \$2.50. Tickets are valid until 4am the following day. The ticket can be used for travel on: Sydney Buses

[Newcastle Buses and Ferries](#)

[CityRail](#) - Suburban and Inter-urban services bounded by Scone, Dungog, Bomaderry (Nowra), Bathurst and Moss Vale

[T-way Services](#)

[Sydney Ferries Corporation](#) services

[Private buses](#) in the Sydney Metropolitan, Wollongong/Illawarra, Blue Mountains/Lithgow, and Central Coast/Newcastle/Lower Hunter areas.

Manly Art Gallery & Museum

OPENING HOURS: Tuesday to Sunday, 10am - 5pm, (closed Mondays and Public Holidays) FREE ENTRY. PH: 9976 1420

From: <http://gallery.manlyaustralia.com.au/>

ROYAL FAR WEST - CARING FOR COUNTRY KIDS IN MANLY

Where: Manly Art Gallery & Museum, West Esplanade, Manly When: From Friday, 3 September 2010 to Sunday, 14 August 2011

Cost: Free

Time: Tues -Sun 10am-5pm

THE EXTRAORDINARY LEGACY OF STANLEY G.

DRUMMOND & LUCY DRUMMOND

Presented in partnership with Royal Far West and curated by Margo Bavinton, this exhibition gives insight into its unique history and service provided by Royal Far West, operating in since 1924. Initially bringing children from remote country areas for respite in Manly's seaside environment and now providing specialist health services that are not available in rural areas.

From: <http://www.gallery.manlyaustralia.com.au/events/?eventID=18004>

MWP Community Transport Mystery Tour

Manly Warringah Pittwater Community Transport (MWPCT) is a not for profit charitable organisation that provides Shopping, Social, Flexible Transport and North Shore Shuttle Service for residents of the Manly Warringah and Pittwater Local Government Areas. Those who can access services are people who are [frail, aged, disabled, a carer of one of the above or a transport disadvantaged resident](#).

Services: [Shopping Trips](#) which run fortnightly to Warringah Mall, Forestway and Warriewood Shopping Centres. [Afternoon Mystery Drives](#) to a scenic location also running fortnightly.

[Door to door Flexible Transport](#) for residents of the Manly Warringah and Pittwater area who which to access medical and other appointments, attend social activities or just get out of the house.

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

The Beatles: Magical Mystery Tour:

<http://www.youtube.com/watch?v=Hnrsqf33MXA>

Cottage Point Kiosk and History:

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

Cottage Point Kiosk

Kuring-gai Chase National Park

Sydney NSW Australia

Located at the junction of Cowan Creek and Coal & Candle Creek.

(Entry via Terry Hills, Mona Vale Road)

Phone: 9456 3024

Fax: 9456 4084

Email: [enquire@cottagepointkiosk.com.au](mailto:enquire@cottagepointkiosk.com.au)

Palm Beach RSL:

<http://www.palmbeachrsl.com.au/Index.asp?pagename=Whats+On&site=1&siteid=767>

The Wanderers Walking Group for Seniors Easy Walks in Pittwater for Older People: The Wanderers is a walking group that undertakes a different walk each month around the northern beaches area. Anyone is welcome to join the group or phone Kim for a program of the monthly walks on 9999 1870. \*It is a condition of participation that any leader or coordinator is not held responsible for any injury, loss or damage sustained during a walk. Participation is at one's own risk. From: Pittwater's Berry Reserve Market

Pittwater Rugby Park, Pittwater Rd, North Narrabeen. Ph: (02) 9975 2559

Every 4th Saturday of each month. FREE. Parking: FREE The Pittwater market at Berry Reserve is a vibrant community market offering arts, craft, jewellery, collectibles, home wares, exotic items, designer fashions, food stalls and much more. Visit the Market, stroll through the local shopping area, walk to the beach & lakes and enjoy the unique atmosphere of the Northern Beaches.

April 10 – 16, 2011: Issue 1

## Something for your body, your mind and your heart.

Our first month's themes are about those who contribute to community and appreciating the natural beauty and richness of our area. To help enhance this, especially when the grind of school work and pressures of becoming a young adult build up, we'd like to offer a series of 'tools' to help keep you in the state you'd rather be being in.

These are a series of exercises, or how to use your energy wisely, plus how to give yourself one minutes peace each day in a One Minute Meditation, so your mind shifts itself from negatives to positives, and the clarity doing this as an ongoing practice will bring, and also the benefits of paddling or swimming in salt water, or of breathing in deeply the salt air our area is an earth amphitheatre for.

Posture:

Hunching over a computer for hours or low self esteem manifests in the way you hold yourself. This can produce round shoulders, or tucking your dropping head towards your chest, which, over time, places stress in your neck, your pelvis, and can even affect the way you walk. Consciously and softly straightening your back, putting your shoulders square, walking with your chin parallel to the ground, eases tension in your neck; slouching compresses the lungs and puts pressure on the heart. Over time your body 'sets' itself this way as a habit or stance you resort to.

To counteract this brace yourself against a wall or simply stand upright and raise one knee up towards your chest (stretches the spine, 'un-kinks' small knots or tensions from pressure points). Try this easier exercise; lie flat on the floor, shoulders square, spine straight until you feel your whole back aligned to the floor's surface. Put your feet flat on the floor so your knees are bent, this further straightens your spine and allows it to gently ease tension. Lift one knee towards your stomach to further press your spine, and the muscles on either side into the surface, but without straining. Repeat this with other leg. Allow yourself to lie still after you have replaced your feet back on the floor for a few minutes, feeling your spine connected to the floor. Practicing this exercise a few times each day will restore spine straightness, better breathing and a healthier heart. It will also increase your energy and decrease tension in muscles and joints previously being stressed by poor posture. Another more well known form of this is would be the Alexander Technique, website listed below.

The One Minute Uplift and Mindfulness

This is an easy mindfulness exercise, and one that you can do anytime throughout the day. Take a moment right now to try this. Check your watch and note the time. For the next 60 seconds your task is to focus all your attention on your breathing. It's just for one minute, but it can seem like an eternity. Leave your eyes open and breathe normally. Be ready to catch your mind from wandering off (because it will) and return your attention to your breath whenever it does so. This mindfulness exercise is far more powerful than most people give it credit for. It takes some people many years of practice before they are able to complete a single minute of alert, clear attention. Keep in mind that this mindfulness exercise is not a contest or a personal challenge. You can't fail at this exercise, you can only experience it. Mindfulness is not something that you measure in terms of success or failure. Use this exercise many times throughout the day to restore your mind to the present moment and to restore your mind to clarity and peace. (From: <http://www.the-guided-meditation-site.com/mindfulness-exercises.html>)

Salt Water Immersion.

Salt water is a de-toxer. Our ocean draws out any chemical or emotional impurities and restores vibrancy and positiveness. Swimming, even though it uses every muscle in your body, the only form of exercise apart from cross-country skiing that does so, is a gentle water supported stretch and contract. There is also iodine in the sea which your body soaks in through the skin. Iodine maintains a healthy metabolism and stops you from storing toxins, in thought or matter physically ingested, in the cells of your body. If it's winter, and cold, get some sea salt from the shops and make yourself a tropical bath at home. Any form of learning to move fluidly and concisely is going to help your energy levels. Correct posture enhances breathing and can ease pain, reduce strain on muscles and joints. Practicing this daily will cause healthier 'habit' stances of posture. Combine this with the Meditation, for positive thought and self esteem, and the salt water de-tox of anything mucking you around.

Any form of positive reinforcement and affirmations, even in merely letting yourself have this each day, will promote positiveness, self esteem and clarity in your mind. Make up your own meditations, choose your own resonate words to intone or just choose stillness and awareness for one whole minute. Any form of releasing anything that 'feels' toxic, whether you do this by immersing yourself in the sea, or simply exhaling it, exhaling all that feels 'ick' as part of that breath, is going to work and become more effective the longer you persist at it.

All you need remember is that you these tools are at your fingertips to help you become all you want to be, to be in the state you'd rather be in all the time, or at least have them to help you when you're having 'one of those days', as we all do from time to time. Their basis is all about how the metaphysical (that which is within) creates and influences the physical. So, naturally, the more light, the more honey, the more laughter we pour in and generate within ourselves, the more that will have an opportunity to fill and even come from our skins.

Give it a go, and keep giving it a go, over and over and over again. Let yourself have this. You'll thank you for it! It works.

Disclaimer:

This information is of a general nature only and is not intended as a substitute for the advice of a qualified health care professional. No person should act in reliance on any statement contained in the information provided on the Web site and at all times should obtain specific advice from a qualified health care professional.

Further Reading:

Health Benefits of Iodine:

<http://www.organicfacts.net/health-benefits/minerals/health-benefits-of-iodine.html>

Mindfulness Meditation Retrieved from:

<http://www.the-guided-meditation-site.com/mindfulness-exercises.html>

The Alexander Technique Retrieved from:

<http://www.alexandertechnique.com/at.htm>

F.M. Alexander

Frederick Matthias (F.M.) Alexander, was an actor of the 1890's in Australia. He liked to perform Shakespeare, and gave solo shows in Sydney and Melbourne.

He was born in 1869 in Wynard, a small town on the north coast of Tasmania. He developed an early interest in Shakespeare, and determined to become an actor. He trained as a reciter in Melbourne, supporting himself with various jobs, but began developing vocal and throat problems. Continuing with his career never-the-less he was forced to begin his investigation into the problem when it began to seriously affect his ability to perform.

Having solved his voice problem, he worked in Auckland New Zealand, Melbourne and Sydney, giving performances and teaching his new method for "changing and controlling reaction". He moved to Sydney in 1899 and was director of the Sydney Dramatic and Operatic Conservatorium between 1900 and 1904.

Moving to London in 1904 he worked with actors and others and wrote his first book, Man's Supreme Inheritance, published in 1910.

He wrote three further books, The Use of the Self, Constructive Conscious Control of the Individual and The Universal Constant in Living.

He lived in the United States from 1940 to 1943 and died, still working, in London in 1955.

F M Alexander Biography from;

<http://www.alexandertechnique.com.au/about.html>



### 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](http://www.northernbeachesyouthinfo.net.au)

[www.facebook.com/manlyyouthcentre](https://www.facebook.com/manlyyouthcentre)

[www.myspace.com/manlyyouthcentre](https://www.myspace.com/manlyyouthcentre)

### Cannabis linked to earlier onset of psychosis – study: Embargoed – 8am, Tuesday 8 February 2011

A new study has provided the first conclusive evidence that cannabis use significantly hastens the onset of psychotic illnesses during the critical years of brain development – with possible life-long consequences. The first ever meta-analysis of more than 20,000 patients shows that smoking cannabis is associated with an earlier onset of psychotic illness by up to 2.7 years.

The analysis, by an international team including Dr Matthew Large, from the University of New South Wales (UNSW) School of Psychiatry and Sydney's Prince of Wales Hospital, is published today in the prestigious journal Archives of General Psychiatry.

In partnership with St Vincent's Hospital and The George Washington University School of Medicine and Health Sciences, the study set out to establish the extent to which use of cannabis, alcohol and other psychoactive substances affects the age at onset of psychotic illnesses such as schizophrenia.

Cannabis is the most widely used illicit drug in Australia with 33.5% of the population reporting use at some time, according to the 2007 National Drug Household Survey. Some 18% of all secondary school students aged 12-17 reported using the drug at some time in their life, according to the 2004 Secondary School Survey. (UNSW's National Cannabis Prevention and Information Centre <http://ncpic.org.au/>)

Building on several decades of research, the finding is an important breakthrough in the understanding of the relationship between cannabis use and psychosis, Dr Large said.

A number of previous studies have found an association between psychosis and the use of cannabis, alcohol and other psychoactive substances. However, the aim of this study was to specifically show the extent to which this is caused by cannabis use alone, he said.

The current findings support the view that cannabis use precipitates schizophrenia and other psychotic disorders, perhaps through an interaction between genetic and environmental disorders or by disrupting brain development, the team notes.

"The study re-analysed the results from 20,000 patients with schizophrenia or other psychotic illnesses from 83 previous studies. The study used meta-analysis – a modern statistical method – to show that an earlier onset of severe mental illness among substance users is a result of cannabis use, and cannot be explained by other factors such as alcohol use," Dr Large said.

"Results of this study are conclusive and clarify previously conflicting evidence of a relationship between cannabis use and the earlier onset of a psychotic illness, with evidence supporting the theory that cannabis use plays a causal role in the development of psychosis in some patients."

Dr Large said there was a high prevalence of substance use among individuals treated in mental health settings, and patients with schizophrenia were more likely to use substances than members of the wider community.

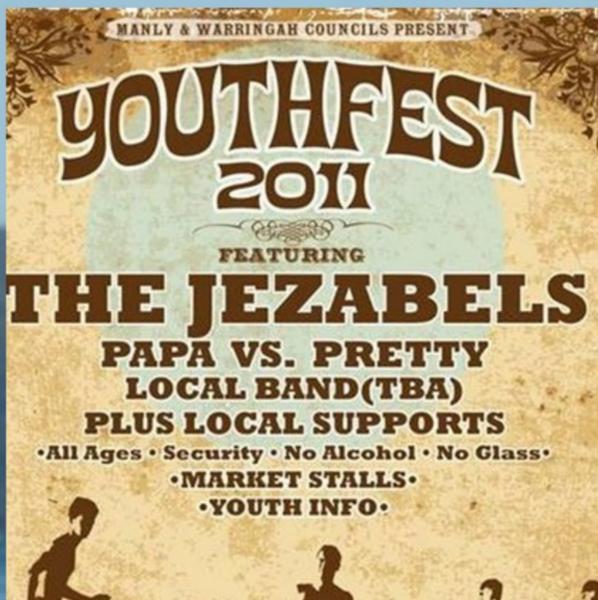
"The results of this study provide strong evidence that stopping or reducing cannabis use could delay or even prevent some cases of psychosis.

"The study raises the question of whether those substance users would still have gone on to develop psychosis a few years later.

"However, even if the onset of psychosis were inevitable, an extra two or three years of psychosis-free functioning could allow many patients to achieve important developmental milestones of late adolescence and early adulthood that could lower long-term disability arising from psychotic disorders," Dr Large said.

"The results of this study confirm the need for an ongoing public health warning about the potentially harmful effects of cannabis."

Retrieved from: <http://ncpic.org.au/ncpic/media/releases/article/cannabis-linked-to-earlier-onset-of-psychosis-study>



### 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.

April 10 – 16, 2011: Issue 1

## Ninja Japanese Restaurant, Avalon.

Lord Muck's youngest son turned 17 on the 5th of March, 2011 and he wanted something 'fresh and clean' to eat for his birthday dinner. We are heading towards Newport while father and son rallied "Thai" and "Indian" and even "steak and salad" from front seat to back seat without getting anywhere other than around and round. Sighing, 'like father, like son', I suggest,

"Well... how about Japanese?"

"What's that?"

"You know, sushi rolls and sashimi, everything raw...but 'clean and fresh'... you've had it before."

"Yeah... that sounds good."

"But where?" asks father bear.

"Let's go to the Ninja in Avalon; I've had food from their St Ives Restaurant and it's great."

Car turns, mid flight, at the roundabout prior to the bends, and we head back into Avalon. The restaurant, a simple spartan space reminiscent of Japanese eating kiosks is almost full when we arrive. Pretty good sign, especially on a Tuesday night.

We had the Mixed Sushi and Sashimi dish for Entrée.

Exquisitely presented salmon, tuna, snapper, prawn, and tiny sushi rolls. For Mains the boys both ordered two entrees each. Three of these came from the Specials Board. Lord Muck, lover of duck, could not forgo the Wasabi Duck Seared skewers, deciding Beef Tenderloin Tatamar could follow these. The birthday boy selected Aburi Salmon Sushi from the Specials and California Rolls from the regular menu. The Avocado and Tofu salad he ordered for the table was cold, fresh and delicious. Perfect avocado, perfect leaves. My choice was the Hiramasa Kingfish, beautifully fresh and once again, like art on the plate. All the dishes were also art, the plates and platters chosen to present them perfectly framing each piece of food. The duck was tender, the fish and rice combinations melted in your mouth. The marbled beef was complimented by a spicy slightly hot dipping sauce and reminded of a Carpaccio except this was the Japanese version. Every dish was spot on. Definitely very 'clean and fresh'.

To finish we order the Japanese Sticky Rice cakes with Black Sesame Ice Cream. Gelatinous dumplings and palate cleansing coldness.

Our waitress, Eliza, a beautiful girl with a lovely smile, was attentive and helpful in suggesting what to try throughout the evening. If she didn't have the answer to queries about dishes she'd quickly 'just go and ask'.

The seventeen year olds' synopsis?; "pretty good", translation; he liked it, a lot. Lord Muck's critique; 'yum' and a broad smile of satiation, liking my kingfish main best. Good. We head home so they can jam on the guitars for an hour or so. School tomorrow...

### Ninja Restaurant

**TRADING HOURS: Tue. to Sun: Lunch: 11:30 - 15:00 / Dinner: 18:00 - 23:00**

**6/11-13 Avalon Parade**

**Avalon NSW 2107**

**Ph: 9918 9963**



April 17 – 23, 2011: Issue 2

## ANZAC Day April 25th 2011

**MARCH FROM  
PITTWATER  
PARK TO PALM  
BEACH RSL**



**10:30am at  
Pittwater Park**

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

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



**palmbeachrsl**

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

### Park Bench Philosophers

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

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

Contact us at: [pittwateronlinenews@hotmail.com](mailto:pittwateronlinenews@hotmail.com)

Be you old or be you young,

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



### Avalon Beach RSL ANZAC Day Services 2011

#### March

Time: 11.00am

Route: Avalon Public School to the Cenotaph Memorial.

1,000 participants anticipated with bagpipes, colour party and guard. Veterans and band followed by schools and community.

#### ANZAC Day Service

Time: 11.20am Location: Dunbar Park, Avalon

Commemorative address by the Hon. Bronwyn Bishop, attendance of 9,000 anticipated. National Anthems lead by professional musicians. The New Zealand anthem in both English and Maori. Lunch at the RSL Club.



### Dawn Service 2008

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

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

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

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

ANZAC DAWN SERVICE & TRADITIONAL BREAKFAST

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

ANZAC DAY 2-up: 4pm.

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

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

ANZAC DAY 2-up: 3pm -

Pittwater RSL: 82 Mona Vale Road, Mona Vale NSW 2103. Ph: (02) 9997 3833 ANZAC DAWN SERVICE & TRADITIONAL BREAKFAST

Commencing at 5.45am

ANZAC Day 2-up: 2pm - 8pm

#### Further Reading:

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

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

#### Bugle Calls for Anzac Day:

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

#### Palm Beach RSL Anzac Day:

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

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

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



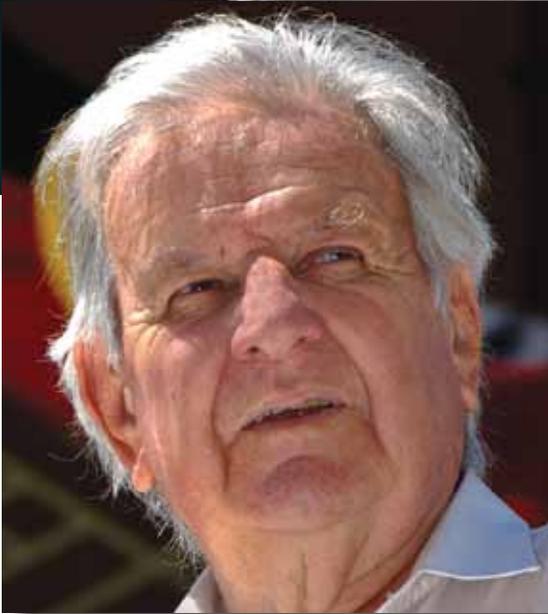


**The proposed development at**

**Currawong Beach is an **embarrassment****

**and an **outrage** to the people**

**of New South Wales.**



*“During the fight to save the Rocks back in the seventies I was often surprised and disappointed to find that so many people failed to see how important this site was to our Social Heritage.*

*We face a similar situation today with Currawong Beach.*

*Currawong is as socially relevant today as it was when it was first opened to the working families of New South Wales.*

*To lose it to private estates for the very rich now after all these years would be unconscionable. We must not allow this to occur.*

***Will neither of our major parties act to save this beautiful heritage listed piece of Sydney’s coastline?” — Jack Munday***

Currawong Beach is entirely contained within the borders of **Ku-ring-gai National Park**, which is itself on the National Heritage Register.

Currawong Beach is the original land release of the first farm in the area and contains the historic homestead ‘**Midhome**’ which is a National Trust listed and protected building.

The site *also* contains the Currawong Beach workers retreat, a collection of cottages for the use of families. These are *also* listed and protected by the National Trust.

The entire site, every single square centimetre of it is Heritage listed and protected. *Every single square centimetre.*

This decision to bar working families from Currawong Beach and to build a private estate is viewed by the wider community as sheer madness and there is no debate about this.

*None.*

We are supported by every single Heritage and Environmental body in the State and we are

sending a clarion call to those who propose to govern New South Wales.

We demand that this site must never be subdivided for private housing.

We ask the current Chairman of **The Urban Taskforce**, former Land and Environment Court, Judge **Noel Hemmings**, the following questions:

**Who is The Urban Taskforce** and what is



their connection to **Eco Villages**?

**Is The Urban Taskforce** driving the exploitation of our precious heritage sites like Currawong Beach and Catherine Hill Bay?

**Is their vision** to develop housing estates on ALL our coastal heritage sites?

**Did The Urban Taskforce** lobby for powers to demolish state heritage sites?

The fight for Currawong Beach and Catherine Hill Bay symbolises the fight for the entire NSW coastline.

**If neither Party** is– willing to step in and save these extraordinary and heritage protected sites, what does it say for the rest of our coastline?

**The Friends of Currawong and the Friends of Catherine Hill Bay support John Hatton’s call for a Judicial Inquiry into Planning in New South Wales.**

**We will **not** go away. We will continue to fight with every means at our disposal.**

[www.friendsofcurrawong.com](http://www.friendsofcurrawong.com)





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