

Pittwater Online News

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Above: Santa on stage, image by Michael Mannington. Below: Mayor Harvey Rose, Hon.s Bronwyn Bishop and Robert Stokes and their choir.



Quote for the Week

*"And the Grinch, with his Grinch-feet ice cold in the snow,
stood puzzling and puzzling, how could it be so? It came
without ribbons. It came without tags. It came without
packages, boxes or bags. And he puzzled and puzzled 'till his
puzzler was sore. Then the Grinch thought of something he
hadn't before. What if Christmas, he thought, doesn't come
from a store. What if Christmas, perhaps, means a little bit
more."
- Dr. Seuss*

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Rotary Club of Pittwater's Christmas Carols in Mona Vale Park



Around 3000 people attended the annual [Rotary Club of Pittwater's Christmas Carols in the Park](#) at Mona Vale on Saturday night. MC Bruce Lakin did an outstanding job while the [Pittwater Uniting Church](#) of Mona Vale provided fantastic music that had all the little ones up and dancing. Santa arrived on a big red fire truck and his 'helpers', the ladies of Rotary, handed out small bags of sweets which quickly disappeared.

Hon. Rob Stokes addressed the crowd and wished everyone a very Merry Christmas, as did Hon. Bronwyn Bishop who also asked us to extend our hands in friendship during the new year to help all those not as fortunate as we. Mayor Harvey Rose received a rousing cheer from the crowd as he announced that the Maternity Ward in Mona Vale Hospital will return in full in April 2012, the expectant mums and dads in the crowd possibly happiest about this. Councillor Rose also shared a wonderful Christmas poem with us:



Everywhere,
Everywhere Christmas To-night
Everywhere, everywhere, Christmas to-night!
Christmas in lands of the fir tree and pine,
Christmas in lands of the palm tree and vine;
Christmas where snow-peaks stand solemn and white,
Christmas where corn-fields lie sunny and bright;
Everywhere, everywhere, Christmas to-night.

Christmas where children are hopeful and gay,
Christmas where old men are patient and gray,
Christmas where peace, like a dove in its flight,
Broods o'er brave men in the thick of the fight;
Everywhere, everywhere, Christmas to-night.

For the Christ-child who comes is the Master of all,
No place too great and no cottage too small;
The Angels who welcome Him sing from the height,
"In the city of David, a King in His might."
Everywhere, everywhere, Christmas to-night.

Then let every heart keep its Christmas within
Christ's pity for sorrow, Christ's hatred for sin.
Christ's care for the weakest, Christ's courage for right,
Christ's dread of the darkness, Christ's love of the light.
Everywhere, everywhere, Christmas to-night.

So the stars of the midnight which compass us round
Shall see a strange glory, and hear a sweet sound,
And cry, "Look! the earth is aflame with delight,
O sons of the morning, rejoice at the sight."
Everywhere, everywhere, Christmas to-night.

Bishop Phillips Brooks (1835-1893)

More [Pictures](#) by Michael Mannington of [Volunteer Photography](#) and Pittwater Online News.

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[Moon Eclipse 11.12.11 at 1.06am](#) by Michael Mannington

[Noisy Visitors](#) by Marita Macrae of PNHA

[PBL & Rotary Club of Pittwater Breakfast to raise funds for Palliative Care: 'To Summit'](#) by Peter Wells and extracts from Dr Yvonne McMaster's Address

[The Twelve Days of a Pittwater Christmas](#)

[Rotary Club of Pittwater's Carols in The Park 2011](#)



Profile: December Gents: Summer 2011; Neil Evers, Guringai Man, Editor, Speaker.

Previous Profiles:

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History: Summer Houses: Shacks, cottages, boarding houses and mansions; how about a tent at the Basin; fishing paradise of the Guringai and hideaway for bushrangers.

Previous History Pages:

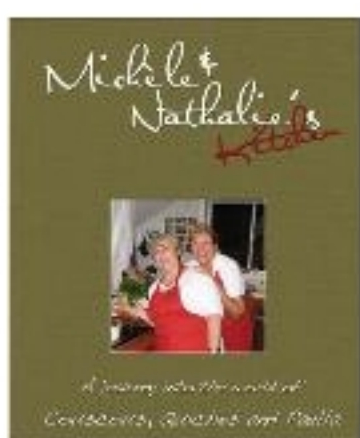
[Marie Byles](#) [Lucy Gullett](#) [Kookoomgiligai](#) [Frank Hurley](#) [Archpriest JJ Thery](#) [Sir Patrick Gordon Taylor](#) [Bowen Bungaree](#) [W. Bradley 1788](#) [Journal Midholme](#) [Loggan Rock Cabin](#) [La Corniche](#) [La Corniche II](#) [Lion Island](#) [Bungan Beach](#) [Botham Beach](#) [Scarred Trees](#) [Castles in the Sand](#) [Dame Nellie Melba lunches at Bilgola Spring, 1914](#) [First to Fly in Australia at North Narrabeen](#) [Mona Vale Golf Club's Annual Balls](#) [Governor Phillip camps on Resolute Beach](#) [Ruth Bedford](#) [Jean Curlewis](#) [Mollie Horseman](#) [Charlotte Boutin](#) [May Moore](#) [Neville W Cayley](#) [Leon Houreux](#) [Frederick Wymark](#) [Sir Adrian Curlewis](#) [Bilgola](#) [Heron Cove](#) [Mullet Creek](#) [Shark Point](#) [Woodley's Cottage](#)



Park Bench Philosopher: Great Green Wing; the meanings concurrently being in two of these green 'feathers', which are also Christmas Trees of yore.



Food: Summer Fruits: Apricot, a prehistoric fruit; facts, health benefits, culture and a 1937 recipe



Books: books written by residents for Christmas gift inspirations: Anecdotes, Astrology, Birds, Food, Histories, Journeys, Surfing; if we've missed you, [send it in!](#)

Old Books: December; Summer by Edith Wharton and also a version by 17th Century Scottish Poet, James Thomson



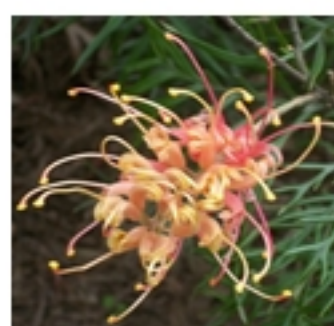
Events: GFG Market Day, It Just Is Cricket, PB Market Day Today, Christmas Carols Time, Circus Oz, Picasso, Loosely Woven Concert, New Artists at GFG, Ocean Swims Calendar, Summerama, Saltwater-Freshwater Market calls for stallholders, History Competition, Council Events, New Year's Eve notices.



News From our Inbox: Weather Photo Competition, 1938 Koalas, Emperor Penguins, Australiana, Internet and Marketing News, quirky photos



Community News: Women on Water Lunch at Church Point, Wendy Harmer at Avalon Book Launch, Pittwater Camera Club's Images of the Year Winners, Warriewood Bushcare needs hands to help, BBMR Summer Boat Safety Tips, The PON Newsletter, Council's Notices, Media Releases from Hon. Rob Stokes and Federal Government.



Environment: Identifying Pittwater Wildflowers: Christmas Bells, Coastal Ambassadors 2013 applications open, **WetlandCare Australia Photo and Art Competition,** New CSIRO Mags, **Coee Newsletter for Dec.,** Seed Bank with full Index of all Australian plants Facts Sheets and more.



Lynda Hill: Update 7.12.11: The Search For Meaning - Where To Find It? December's Gemini Lunar Eclipse



Pictures: It's Beginning to Look a Lot Like Christmas; everywhere you go !



Youth: Time to build Sandcastles, Pittwater Council's School Holiday fun, Federal Government Media Releases, Safety Smart Website for online fun and learning, Links for local websites for, about and by Youth.



Seniors: The Twelve Days of a Pittwater Christmas; a Mildred and George/Pittwater Online News fun page, link to Seniors Online Newspaper and Information regarding local Health and Education Activities.



Community Clubs: Updates on Activities and links to sites.



Artist of the Month: The band **Suspect Behaviour** and **Taking the Drop;** inspirational new book on taking up surfing in your 40's by four resident ladies



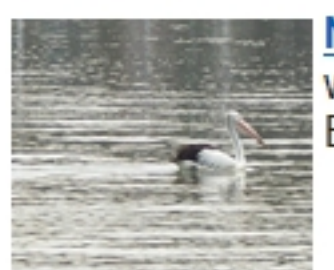
Reflections by George Repin. **This week; Hill End**



DIY Hints: Great ideas on seasonal themes from Bruce Crutcher of Johnson Bros Hardware. This week: **Caring for your deck and revitalising an old one.**



Collector's Corner: Milestones: now defunct due to our metrication, but the source of many a phrases meaning.



Noticeboard: Community Listings (free to list) with Community Bushcare link and Northern Beaches **Free Ads** Info.

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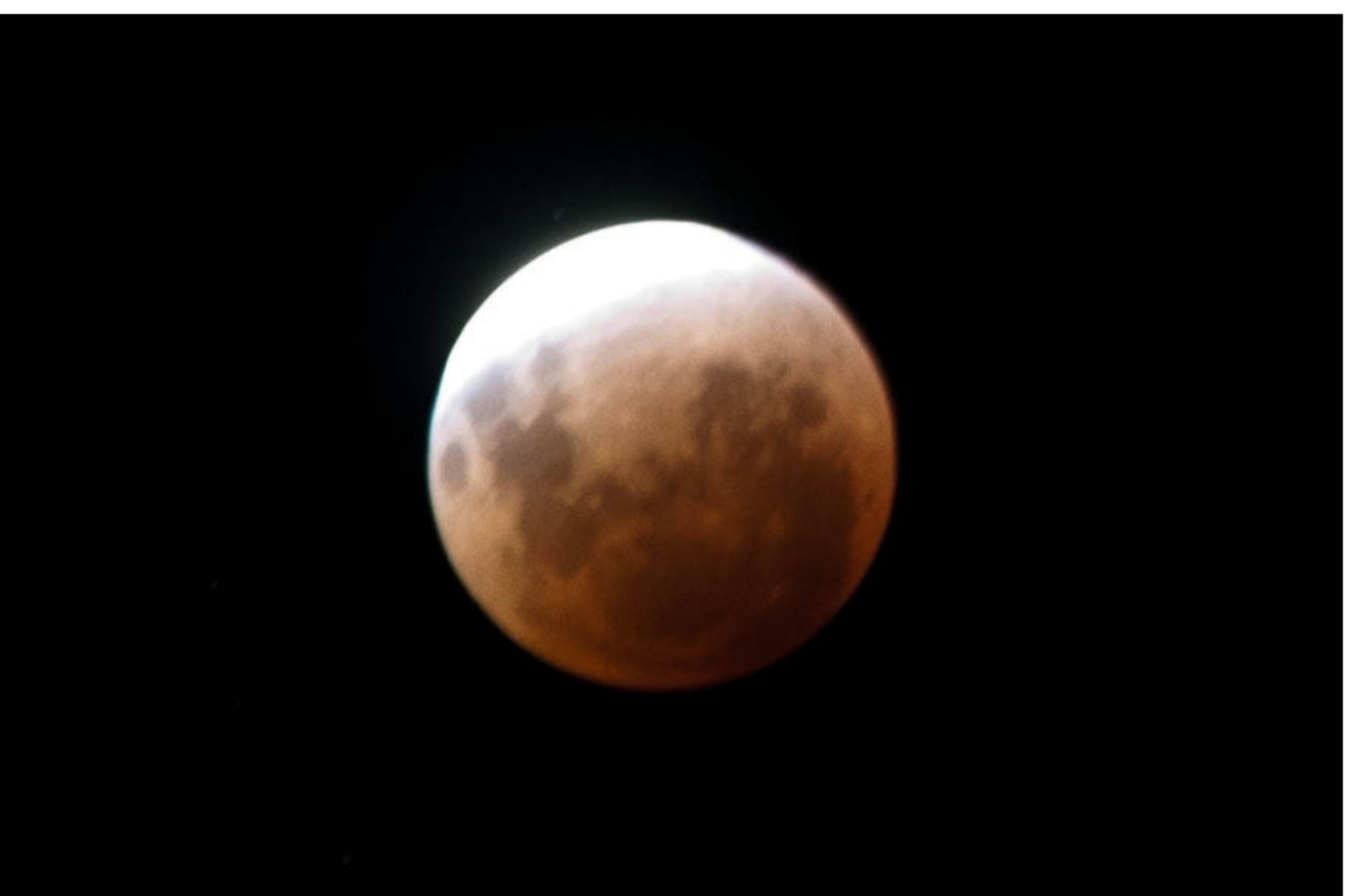
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Eclipse of the Moon Pictures 11.12.11 at 1.06am

All Images from and copyright of Michael Mannington, 2011

Michael Mannington, of Volunteer Photography, and Pittwater Online News' own official photographer, is no slouch when it comes to getting the work done. After taking some great pictures at the Carols in the Park last night he then went out and took these images of the moon eclipse, which did not begin until 1.06am this morning. We've displayed them in sequence for those of you who were having a long nap around that time. Our Christmas Day Issue this year will feature his Images of The Year our Pictures page, and we'll leave these up until after New Years; bound to be worth a good peruse.



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Noisy Visitors



Is it my imagination or are Channel-billed Cuckoos really worse than ever this year? I mean more plentiful and noisier! The shrieks and screams you hear, often in duet and during the night as well as day come from these large grey birds. The clamour of Currawongs pursuing them adds to the din.

This large cuckoo spends our colder months in northern Australia, New Guinea and Indonesia, returning south to breed, arriving in Sydney about the middle of September. A lot of the racket they make is to distract their host birds from attending to their nest, so the female can quickly deposit an egg, or three.

One year we had three gawky juveniles clamouring for food from their foster parents, a couple of Pied Currawongs, who looked absolutely exhausted. Not that I felt truly sorry for them, given their predatory habits on other birds. For more details go to <http://www.birdsinbackyards.net/species/Scythrops-novaehollandiae>

Almost as noisy a cuckoo is the Koel, another summer breeder. Its call sounds like Ko-el, oft repeated, also a wurra-wurra call. The male is glossy black with a red eye and the female splotched and barred brown and cream. Red Wattlebirds are their hosts. More details: <http://www.birdsinbackyards.net/species/Eudynamis-scolopacea>

Wattlebirds and Currawongs can raise a brood of their own in early spring before these cuckoos arrive, ensuring there will be future hosts. Come the middle of March, adult and juvenile cuckoos head for warmer climes once more.

Marita Macrae
[Pittwater Natural Heritage Association](#)

Above: Channel-Bill Cuckoo at Adelaide Zoo by Bilby, Copyright 2010. Left: Australian Koel by Tad Boniecki, Copyright 2008.



Channel-billed Cuckoo images, by Nevil Lazarus, Copyright 2011. Above: Currawong with three Channel-billed Cuckoo chicks. Below: C-B C flying.



Nevil Lazarus 2011

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Above: Peter Wells. Below: Dr Yvonne Mc Master



Above: Peaceful morning at RMYC, Newport. Below: Full house



Above: Hon. Rob Stokes, MP for Pittwater, Dr McMaster and Hon. Bronwyn Bishop, Federal Member for Mackellar. Below: Mayor Harvey Rose with Andrew Blunden.



PBL and Rotary Pittwater Breakfast to raise funds for Palliative Care in Pittwater

On Wednesday morning 175 business and community leaders including 10 Rotarian's enjoyed a presentation by Narrabeen resident Peter Wells, a Mount Everest mountaineer. Besides climbing Everest and the 6th highest mountain in Tibet, Pete is a keen surfer, scuba diver and surf lifesaver. He is a Coolangatta Gold ironman and ocean paddling competitor. By camel he has visited nomads in the Sahara Desert; by boat, remote surfing spots in Indonesia; and by foot, the Himalayas, including more recently to Everest, the top of the world. In his spare time, he is a qualified town planner and holds two degrees in the areas of science, environmental health, urban design and planning. He is also a presenter on the Seven Network's Sydney Weekender program.

At 8PM on the evening before the event PBL organisers received a call from Steve Bock who had just been stranded in Perth due to severe thunderstorms with all flights cancelled. He would not be able to speak at the PBL/Pittwater Rotary Christmas fundraiser. One hour later his climbing mate Steve had agreed to step in and arrived at 6.15 in the morning to set up.

We all enjoyed his captivating presentation of the challenges in reaching the top. A new term, 'To Summit', applicable to all who strive to achieve whether in business or in life, was quickly adopted by those who attended after Peter's great presentation. Peter's articulation of the stresses involved in climbing Everest, and how you develop 'tunnel vision' and concentrate by remembering 'what you're doing is right in front of you', encapsulated how a fifteen year dream and a year's physical preparation, including a month on the mountain itself, simply to adjust the body to air quality, comes down to one night, and one chance; Summit Night.

The other invited guest speaker, Dr Yvonne McMaster, who Gail Carew, Pittwater Rotarian Project Leader for raising funds for Palliative care works closely with, delivered a truly informative, stirring and engaging message. Dr McMaster chose another phrase from Peter's talk, illustrating how vital 'crampions', the steels attached to boots which allow mountain climbers to attach themselves to sheer cliffs of ice, can also be applicable to the patients and families Palliative care seeks to help.

From Dr McMaster's Address

The verb to palliate means to relieve. Palliative care seeks to relieve pain and other distressing physical symptoms and to support the patients and their families facing life – threatening illness. It aims to maximise quality of life and to minimise distress and suffering. It aims to help people to live fully until they die. I have looked after many people who told me at the end that the last six months of their lives were the very best. Yet many of us tend to switch off when we hear about palliative care - better to think about life than death. But I am here to tell you that **life is a sexually transmitted terminal disease**. Death will come to all of us and, if we think about it we all want it to be as comfortable and peaceful as possible.

I meet every week with a support group for patients with advanced cancer. They better placed than most to say how they would like to die. Last week I asked them that question. They told me that:

A good death is one where the person is prepared, free of pain and distress. It could be at home or in a hospice depending on the circumstances. The closest loved ones should be present and in the days, weeks and months leading up to the death it should have been possible for them to all to speak together about their life and death and hopes for the future. The patient and family must know that help is at hand if needed. All necessary equipment and medications must be available and, unless a trained person is present at all times, the carers must know how to use them. Death should not be too drawn out but should be peaceful in every way - physically, emotionally and spiritually.

The role of palliative care is beautifully explained in this poem by Bruce Dawe called White Water Rafting and Palliative care:

White - Water Rafting and Palliative Care for my late wife, Gloria

*If I had understood (when down the river
you and I went swirling in that boat)
that there were those who knew the ways of water and how to use
the oars to keep afloat*

*I might have been less deafened by the worry, less stunned by
thoughts of what lay up ahead
(the rocks, the darkness threatening to capsize daily), if I had only
realised instead
that help was all around me for the asking*

*I never asked, and therefore never knew that such additional
comfort could have helped me
in turn to be more help in comforting you.*

*I'd have found it easier then to simply hold you instead of bobbing
to and fro so much,
for it was you who seemed to be more tranquil and I whom death
was reaching out to touch.*

*If only I had had sufficient knowledge
in that white-water rafting I'd have learned 2 that there were those
around us (with life jackets) to whom I might have, in that turmoil,
turned.*

*Instead, because I had not thought of rivers, or rocks, or rapids,
and gave way to fears
that seeking help might make a man less manly and liable to
betray himself with tears,*

*I was less useful then, as twilight deepened, than I might well have
been, had I but known: however wild the waves that roll around us
no one needs to live (or die) alone*

Bruce Dawe. 2007.

The poem encapsulates how palliative care can help to transform an experience of uncertainty, fear, terror into one of peace and calm.

I want to correct any misunderstanding that you may have that palliative care can only be useful at the very end. In fact recent research has shown that we always suspected, that if the patient and family have contact with palliative care early in the course of the illness not only is the journey much easier and better but the patient's life is actually extended.

You also need to know that palliative care is not just for cancer. It is to relieve suffering in all life limiting illnesses - even old age. The understandings about pain and symptom management are of use in every condition.

When palliative care funding was cut to northern Sydney by the previous government it was the people who had experienced palliative care for their loved ones in the past who rose up in their hundreds collecting signatures on a petition asking the government to restore the funding and to improve palliative care throughout NSW. 24,000 signatures in all.

Barry O'Farrell's government heard their cries and responded. The funding was restored and work is afoot to improve services throughout NSW. But we cannot rest on our laurels. Unless these matters are constantly raised other noisier claimants will attract the attention of governments and bureaucrats.

I am asking you for your help and support in this.

First I want you to know that whilst the palliative care service in this area is good it is still not good enough. We need more doctors, nurses and allied health to help man the oars and navigate the rapids. We urgently need nurses who can go out to people's homes at night if they are needed to help and support carers.

Second, we need help with funds now to be able to upgrade the palliative care cottage in the grounds of Mona Vale Hospital. The cottage will house clinics and equipment and there will be meeting rooms for cancer support groups.

Third we need a full palliative care unit in Mona Vale Hospital so that if people can't be looked after at home they don't have to go out of the area to be looked after. For this we have to advocate for more funding for the palliative care service.

Right now we need sturdy boats and life jackets as well as many more experienced oarsmen.

The Rotary Club of Pittwater has pledged to support the Palliative Care Centre at Mona Vale Hospital and joined with Pittwater Business Limited to raise funds for this worthy cause. The breakfast was held at the Royal Motor Yacht Club, Newport. The event generated \$5000 which will be presented to Rotary Pittwater for the support of our project. A truly wonderful result.

The Hon Bronwyn Bishop, MP, Federal Member for Mackellar, Mr Rob Stokes, MP, Member for Pittwater and Cr Harvey Rose, Mayor of Pittwater were in the audience.

Parts of this Article are derived from a PBL Press Release written by Maggie McPhillips Jacka and words by Hans Carlborg, President of the Rotary Club of Pittwater. Thanks also go to Lorraine Hall, Past President of Pittwater Rotary, for all her support and help given to Gail Carew. If you would like to get involved in furthering this project please contact Gail at gail.aus@hotmail.com

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"The Twelve Days of Christmas" is an English Christmas carol that enumerates a series of increasingly grand gifts given on each of the twelve days of Christmas. Although first published in England in 1780, textual evidence may indicate the song is French in origin.

Origin

The twelve days in the song are the twelve days starting Christmas day, or in some traditions, the day after Christmas (December 26) (Boxing Day or St. Stephen's Day, as being the feast day of St. Stephen Protomartyr) to the day before Epiphany, or the Feast of the Epiphany (January 6, or the Twelfth Day). Twelfth Night is defined by the Oxford English Dictionary as "the evening of the fifth of January, preceding Twelfth Day, the eve of the Epiphany, formerly the last day of the Christmas festivities and observed as a time of merrymaking."

Although the specific origins of the chant are not known, it possibly began as a Twelfth Night "memories-and-forfeits" game, in which a leader recited a verse, each of the players repeated the verse, the leader added another verse, and so on until one of the players made a mistake, with the player who erred having to play a penalty, such as offering up a kiss or a sweet. This is how the game is offered up in its earliest known printed version, in the children's book *Mirth without Mischief* (c. 1780) published in England, which 100 years later Lady Gomme, a collector of folktales and rhymes, described playing every Twelfth Day night before eating mince pies and twelfth cake.

The song apparently is older than the printed version, though it is not known how much older. Textual evidence indicates that the song was not English in origin, but French, though it is considered an English carol. Three French versions of the song are known. If the "partridge in a pear tree" of the English version is to be taken literally, then it seems as if the chant comes from France, since the red-legged (or French) partridge, which perches in trees more frequently than the native common (or grey) partridge, was not successfully introduced into England until about 1770.

Structure

"The Twelve Days of Christmas" is a cumulative song, meaning that each verse is built on top of the previous verses. There are twelve verses, each describing a gift given by "my true love" on one of the twelve days of Christmas.

The first verse runs:

On the first day of Christmas, my true love gave to me...
A Partridge in a Pear Tree.

The second verse:

On the second day of Christmas, my true love gave to me...
2 Turtle Doves

And a Partridge in a Pear Tree.

The third verse begins to show some metrical variance, as explained below:

On the third day of Christmas, my true love gave to me...
3 French Hens

2 Turtle Doves

And a Partridge in a Pear Tree.

...and so forth, until the last verse:

On the twelfth day of Christmas, my true love gave to me...
12 Drummers Drumming

11 Pipers Piping

10 Lords-a-Leaping

9 Ladies Dancing

8 Maids-a-Milking

7 Swans-a-Swimming

6 Geese-a-Laying

5 Gold Rings

4 Calling Birds

3 French Hens[8]

2 Turtle Doves

And a Partridge in a Pear Tree.

Some misinterpretations have crept into the English-language version over the years. **The fourth day's gift is often stated as four "calling" birds but originally was four "colly" birds, being another word for a blackbird.**

In Australia, a number of versions are sung, all of which replace the traditional gifts with items (mainly native animals) more likely to be found in that country.

The Twelve Days of Christmas (song). (2011, December 2). In Wikipedia, The Free Encyclopedia. Retrieved from

[http://en.wikipedia.org/w/index.php?title=The_Twelve_Days_of_Christmas_\(song\)&oldid=463598659](http://en.wikipedia.org/w/index.php?title=The_Twelve_Days_of_Christmas_(song)&oldid=463598659)

December's Pittwater Flowerings



Waterbird is a Darter or Snake-bird *Anhinga melanogaster*, probably a male, (has chestnut neck markings) It gets the name Snake-bird because when swimming, only the neck and head are above water. It catches fish by spearing them with its sharp stiletto beak, then tosses them into the air and catches them to swallow head-first. It perches on a dead branch or navigation pile to dry its wings by spreading them out from its body. Marita Macrae

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The Twelve Days of a Pittwater Christmas

On the twelfth day of Christmas, my true love gave to me...

12 Drummers Drumming



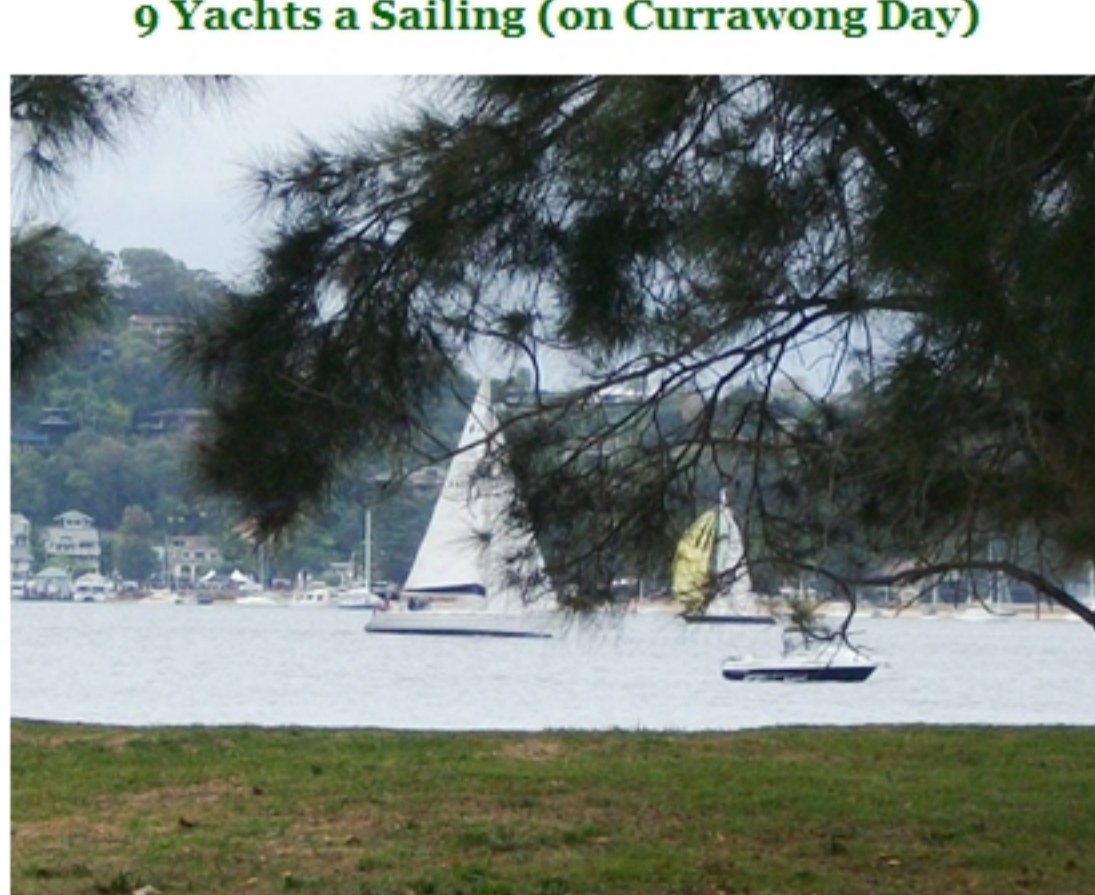
11 Pipers Piping (at the Avalon Tattoo)



10 Lords-a-Leaping (At BL's Blast Off)



9 Yachts a Sailing (on Currawong Day)



8 Cockatoos eating (seed on our deck)



7 Waterbirds at Narrabeen Lagoon



6 Pelicans-a-flying (above Palm Beach on a Sunday)



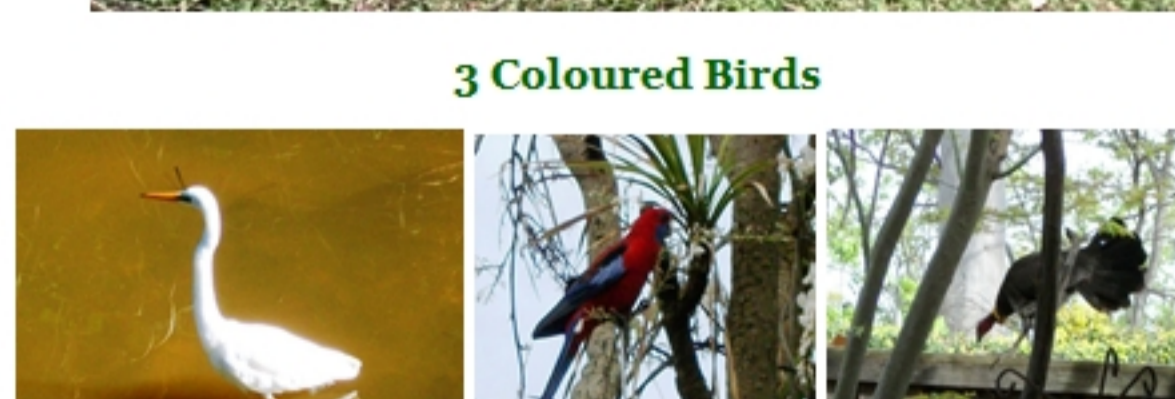
5 Wallabies



4 Native Ducks



3 Coloured Birds



2 Lorikeets



And a Currawong in a Palm Tree.



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The original meaning of words used to show the flow of spirit song in the varying regions exemplified through their story. These soulnames of songnames, whose meanings all come from 'God essence', the many names of Spirit, are also the **placenames** of the runs of land, or the measures of the measures of the whole earth and the way we first described places so others could recognise not just their physical being (or form) but also the meaning (or essence) of those places.

Word, that which creates what is spoken as it is spoken, and the angelic quality of words as much as the names of the angels themselves, the meanings actually and concurrently being, is this story and its song. The ever meanings of words is this angel breath. Meanings Being is what you are enjoined to, surrounded by, and filled with.

Songnames are words whose shapes, designs and meanings combine to make a vessel for an essence. They are cups filled and DreamSong and where truths linger, dwell and can be found. Meaning creates Being, essence creates form so more essence may issue forth. Spirit ignites soul, soul fills form, just like blood flows in skin and air flows in blood. Communion, as oneness, springs forth.

An example:

Through Sutudes' ears, this garden who is his mother, sounds and says, '*Ulla un muussun*' to him in soft hushing croon. *Ulla un muussuu* is the song of and in the taller pines all around him. It is their meaning being, or being succinctly issuing its meaning so the two are one, are indivisible.

'*Ulla minna forah*.' sounds between these hushings and this sound, and its meaning being, is of the cup of love that is the fir and fir breath in this garden.

'*Ulla spruu otoll*.' is the tolling of the cup that is spruce in the first that is becoming forest, and all, when all is deep blue in the turnings, song in green that their meaning is making air for breathing.

This meaning being of making breath makes trees betwixt, as much a part of the *heavens* as they are of the *turning rhythms* of *TulucAmon*. They *create* a balance that with each round of *verse* in *chantsong* grows. They are entwined with spirit by being the essence within airs. Under their green wing is made a place for being for all that is in between, all that is meaning actually, or simultaneously, being.

In their song meanings are what will have needle like leaves, and what will have fern like frondings. Their breaths tell how they turn, and turn into burnished golds and reds in cooler breaths of winds. Standing together as a great sea of trees, amassed, this green wing, whose other wing folds and unfolds in the spirit garden, make one note which joins, and is a part of, the clear high song of *ConVerse*. They make a house. They make a feeding ground. They are the *green wing* all that *breathes* lives under.

These trees are Sutudes' *Heart* companions. They are the great green sea he, as a *dolf* (wolf) was born to revel in, to tell of, and to find the ways between to other places even while he merges with their forests of green. In this meaning being of Sutudes' and the trees is his flow of being a betwixt creature too, a messenger of the ways as much as a pathfinder. He is a land dolphin. He shows how land is tided and made of waves, moving waves, and how forests are the large earth sea. Below this green wing are *TulucAmon's* ribs in the shapes of valleys and mountains, and these ribs are breathing.

Sutude is a land dolphin. Sutude and trees, forests, and even open grasslands, are kismet. His blood is lit by their song.

Extract from **Village Green. The Chanting**. Copyright A J Guesdon 1985-2011. All Rights Reserved.

VG Glossary Text for these words derivation:

'Illa (water) Olla (way of flow) Mussoon (forest grasses hued dark green that flower yellow and white) Unna (pine tree tips) Fadorn (pine tree roots)' is an articulate song found only in this measure of this garden. also: OLLERUS Germanic name for Ull Norse winter god who spreads the fields with white (snow). See ULL. OLR 'alder' tree, from Old Norse. ULLA From Ulmaceous, from Latin ulmus 'elm tree', the other trees close to firs and spruces in this forest, and Ull; Norse myth; winter god who spreads snow, Utter and Olla; see.

FIR from Old English furh, related to Old Norse fura, Old High German foraha, Latin quercus 'oak'. Any pyramidal coniferous tree of the North Temperate genus Abies. Has single needle leaves and erect cones. Symbolises; boldness, elevation, fidelity, time, immortality, piety, prosperity, regal beauty and time. Scotch Fir; 'Elevation'. From; foraha 'fir tree' from Old High German.

ILLAUNMUSSE Songname for Scotch pine (also called fir) of Europe and northwest Asia; has blue-green needle-like leaves, and brown cones. Songname from Illa; water, rain forest master, from eastern; and from Ung-TongkFinno; Finno-Ugrian forest master + Un; one from Latin, from Musse; from spruce which is from Prussia + M from MOLL + Muse: 'think' from Greek there were three original Muses, worshiped on Mount Helicon in Boeotia: Aoidē ("song" or "tune"), Meletē ("practice" or "occasion"), and Mnēmē ("memory"). Also, Mussen; to have to, to be obliged to, from German, from Illyria, name of an ancient region on East shore of Adriatic Sea, 2000 B.C. Songname combines these elements and word roots into one word of a Meaning Being. See ILLID.

ILLID 'memory' & 'memory of song' from Old Irish (OGHAM).

SPRU 'spruce' tree from Old Prussian. **SPRUCE** from Pruce Prussia spruce 'fir'. Prussia named after inhabitants Prussians, from Lithuanian prud, prut 'lake'. They dwelt on southeast coast of Baltic Sea. Spruce; Fidelity, Boldness and Pity symbolically. Coniferous tree of genus Picea. They have a pyramid shape, needle like leaves and light coloured wood. Leaves change colour through all seasons.



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 which contain swearing or may offend others will not be accepted. Please note that all works are posted unedited; you are the author, this is your page. Word Limit: 1000.

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Neil Evers



I was born in Collaroy NSW, raised in Mona Vale and went to Mona Vale Public School which only had 52 students at that time. I then went to Balgowlah Boys High the only High School on the Northern Peninsula at that time. When I left school I became a butcher, however, did not realise how this profession would influence the work that I do now. Learning how the bones and the joints are connected then became a passion yet to be fulfilled.

After many successful years, I left butchering for a completely different job, driving a front-end loader. This job did not satisfy my needs, so I entered the corporate world and started selling office stationary (a tie, no sunshine but a good job). In 1977 I was offered the cleaning contract on 6 blocks of home unit and started my own cleaning business, Mona Vale Cleaning Services. The business went from success to success to a point where we had sixteen people working in the business and a cleaning run that went from Ryde to Manly and out along Palm Beach, taking in private homes, lawn mowing, gardening and window cleaning. Mona Vale Cleaning Services featured on the TV program 'The Money Show' as a successful business run from home.

In 1982 my wife Sue and I, bought a house in Newport. In 1991 I successfully attained a diploma in Remedial Massage and started another business Peninsula Massage. It is still running from the private clinic at the Newport house today. As the massage business grew the cleaning business was sold off. I helped in the organising of masseurs for the Pub2Pub Fun Run (a 13K run or walk from Dee Why – Newport raising money for the local charities) for 10 year as well as for the Newport Surf Club Big Swim.

I have held the position of National Vice President of Association of Remedial Masseurs (ARM) and am a registered Justice of the Peace. I have 4 sons, a stepson and 7 grandchildren (5 Boys and 2 Girls).

Until about 4 years ago I was unaware of my ancestry. I am a 5th generation Aboriginal. A cousin that I never knew, Bob Waterer, found all of our family's history. What a journey we have had. Bob has recently released a book "The Story of Bob Waterer and his Family 1803-2010" telling the entire story.

I now belong to the [Aboriginal Support Group – Manly Warringah Pittwater](#). The ASG relies on membership monies to help in education of children of all cultures to understand and close the gap. The Guringai Tribal Link (I am a member) has produced a booklet "Guringai Language for Beginners Vol 1-2" 10,000 copies have been distributed and schools are looking for more, so I personally would like to help the ASG raise the monies needed to produce more. I am editor of the group's newsletter, the Elimatta.

I give talks about the Aboriginal Guringai man Bungaree. He was the leader of the tribe my ancestors were with. Bungaree was a well-liked and well-known Aboriginal, a real character who co-existed with the white men and acted as a mediator between the two cultures. He was known as "King of the Blacks" and called a "Chief" by Governor Macquarie. He circumnavigated Australia with Matthew Flinders.

My Great Great Grandmother lived in this country (Pittwater-Hawkesbury and Guringai Country) and was buried on Bar Island in the Hawkesbury. She was Sarah "Granny" Lewis. 1803 -1880.

I give "Welcome to Country" as this was and always will be the country of my ancestors and it feels right to welcome people on their behalf.

What is your favourite place in Pittwater?

It was standing on Barrenjoey Head land looking out to Ettalong, but now I have been to the land my great great grandmother owned in Marra Marra Creek up the Hawkesbury, standing on the edge of the creek and wondering how it must have been, even talking about it give me a quiet but sad feeling inside, how did they raise 7 children in such a remote place... This place is beautiful.

What is your 'motto for life' or a favourite phrase you try to live by?

I like the feeling of helping people. Motto; **try to stay positive, there is more good in the world then bad.**



Above: Marramarra Creek, image by Neil Evers, all rights reserved.



Marramarra Creek

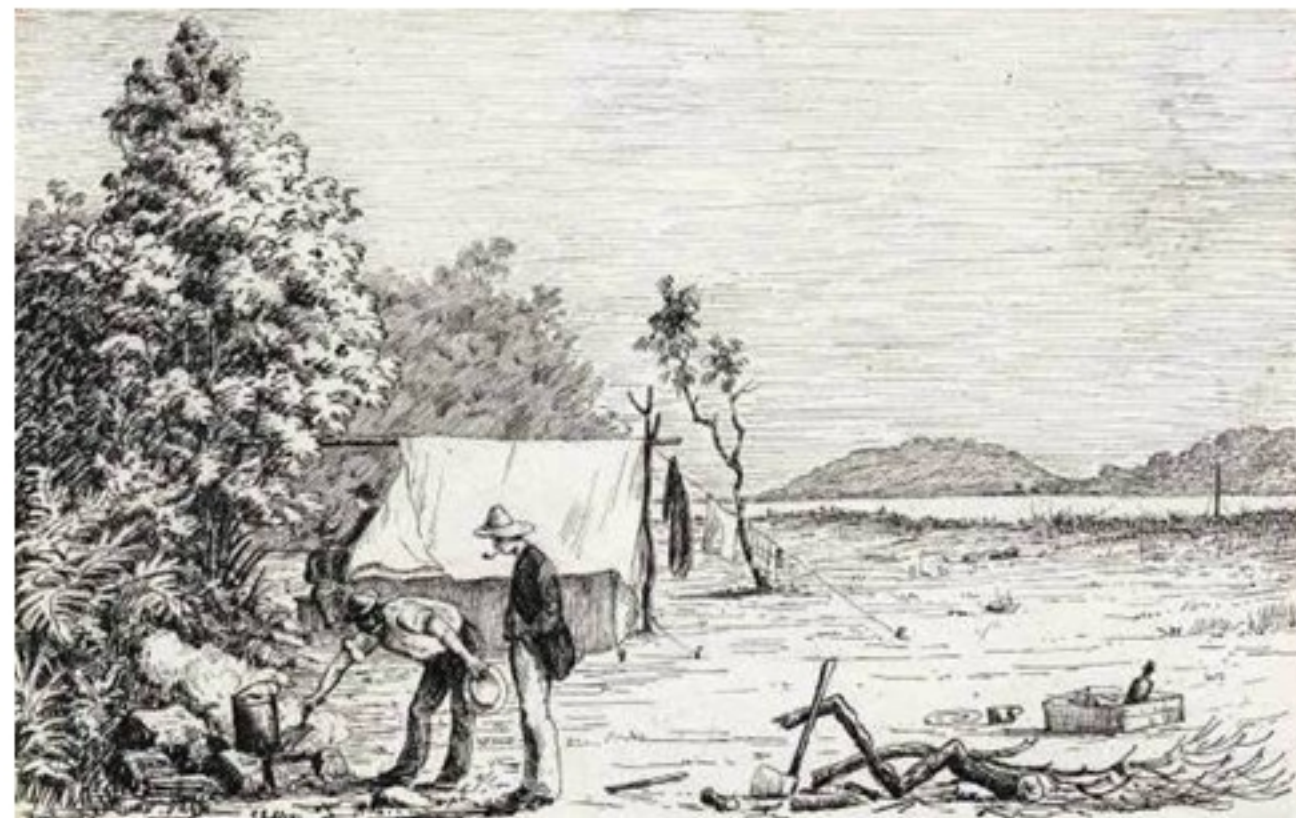


Barrenjoey Headland

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Above: **Our Camp at the Basin, 1884** by Harold John Graham. nlapic-an6438966,

Both images Courtesy of the National Library of Australia.

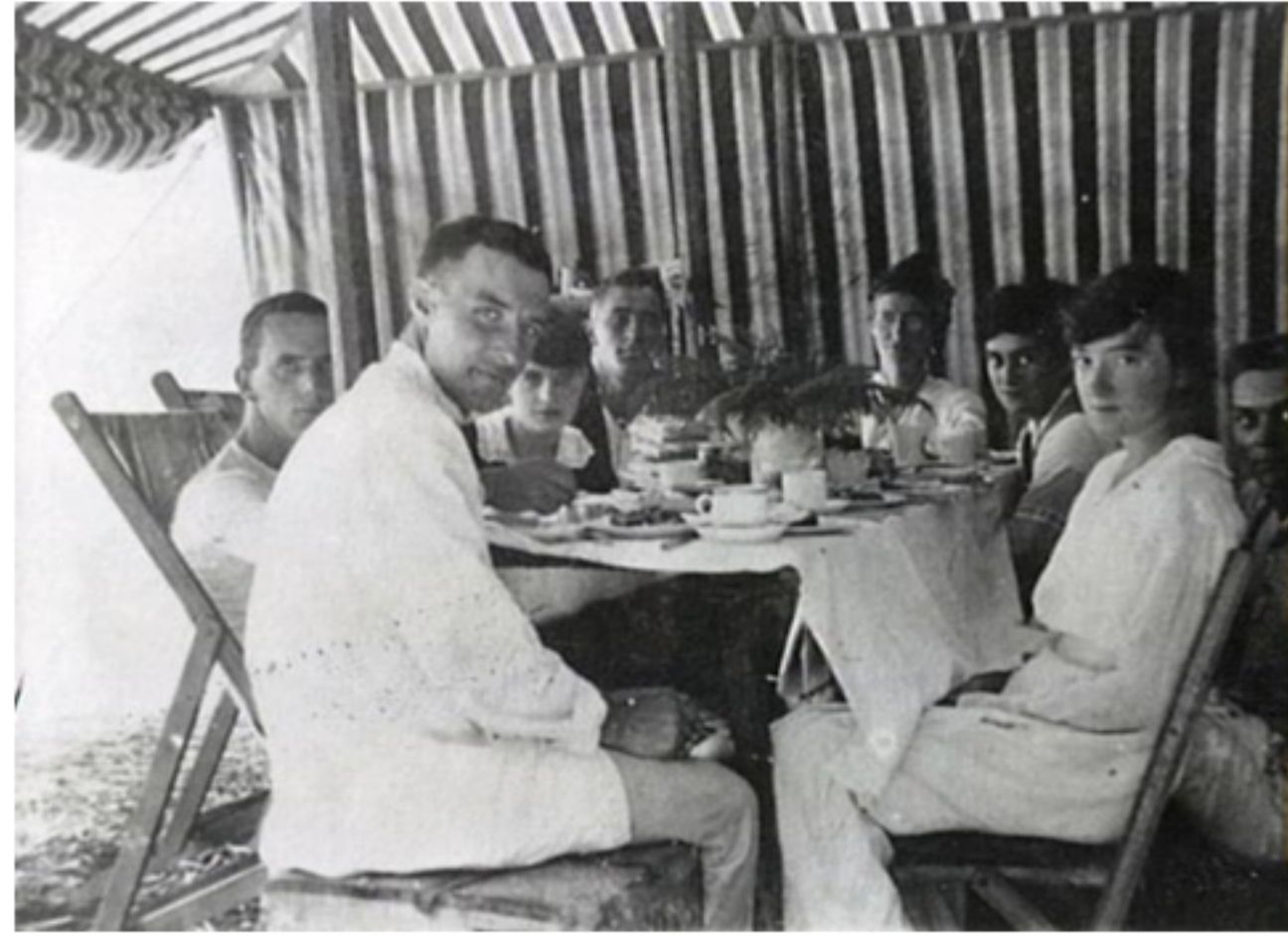
Below: nla.pic-an6438962 Graham, H. J. (Harold John), 1858-1929. **Broken Bay** 1884 or 1885



Above: **Rowboat at Pittwater Basin**, New South Wales, ca. 1880,

by Bayliss, Charles, 1850-1897. nla.pic-vn4277873, Courtesy National Library Of Australia

Below: **Oatley family sitting down to a meal while camping at The Basin**. 1911, Courtesy of the Pittwater Image Library of Mona Vale Library.



Legacy Picnic from National Archives of Australia

[The basin.pdf](#)
 Size : 95.855 Kb
 Type : pdf

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A Tent at The Basin

amping at The Basin was how our original custodians lived on the shores of Coasters and the deep inlet called 'The Basin' and also how the first settlers lived in this beautiful little paradise. Rock drawings at The Basin of fish tell it was a place visited during the fish n seasons, usually winter for Pittwater according to literature on original Women's Fishing Practices since 1788. In 1834 Martin Burke applied for land here; CUMBERLAND-50 Acres Parish of Broken Bay, and at the Basin at Pittwater; applied for by Martin Burke; price 5s per Acre No Title. (1834, January 14). *The Sydney Monitor* (NSW : 1828 - 1838), p. 3 Edition: MORNING. Retrieved from <http://nla.gov.au/nla.news-article32145420>

This lovely emerald inlet was also known as Blind Cove: This beautiful little bay shown in our illustration, formerly private property, has been made a reserve of by Government, and is now practically a cruising ground for the yachting community of Sydney. A more useful and delightful sheet of water could not have been chosen, situated as it is at the entrance to the Hawkesbury River, just opposite Barrenjoey. To the north is the broad expanse of water known as Brisbane Water, and to its south Pittwater, which is now connected with Sydney, Newport, and Manly by means of a coaching daily. Blind Cove, also called The Basin, is a safe refuge in every worst of weather. It owes its name of Blind Cove to the fact its being invisible to the incomer until he has almost reached its entrance, which is very narrow and hidden from view by a low stretch of sand; but inside this narrow passage there is deep water, and the height of the hills surrounding the basin (some 600ft) so thoroughly shelter it from heavy winds that it might well be called Looking-glass Bay. It is on account of this, and also the beauty of the surrounding scenery, that has made it one of the principal rendezvous of yachtsmen.

Blind Cove, Pittwater, N.S.W. (1883, March 10). *Australian Town and Country Journal* (NSW : 1870 - 1907), p. 26. Retrieved November 26, 2011, from <http://nla.gov.au/nla.news-article70996783>

Christmas Eve and Christmas Day at The Basin became a fixture in the Royal Motor Yacht Club's calendar (as the place to stay prior to their annual Regatta) and many other Sydney sailing clubs from at least 1885 and when the estuary was still called Pitt Water as well as Pittwater. There have been a few debates over the years on camping after this haven properly, one in 1906 over oyster bed leases and the lessees ordering people off these beaches and their picnic areas and another in 1935 when the Trustees of what became part of Kuringgai National Park (in 1915) tried to close the area to all the yachts that inundated the shelter during the Christmas period as they were concerned about pollution.

Word skirmishes aside, The Basin has been a favourite camping place for many, with some bringing lavish tents, tables, chairs and all the accoutrements for a summer long stay. Camping became 'fashionable again' in 1885; "Camping out is now held in high favour and becoming- even quite fashionable, and this too by persons owning boats that hitherto have been looked upon as mere racing machines.." from CRUISING IN THE HAWKESBURY. (1885, January 3). *Australian Town and Country Journal* (NSW : 1870 - 1907), p. 38. Retrieved from <http://nla.gov.au/nla.news-article71021899>

By 1950 the sentiment was still the same; From ***Across the blue water for a camping holiday***. (1950, December 30). *The Australian Women's Weekly* (1933 - 1982), p. 12. Retrieved from <http://nla.gov.au/nla.news-article47806278>

Years of camping have taught the Dutch family discrimination in packing. They take only what is needed for comfort, leave behind non-essentials, which add to the burden of travelling and clutter up a camp. To pack and load the trailer takes more than two hours. Camping these days does not mean roughing it, with ants in the jam and sour milk in the tea. Modern campers take with them all kinds of amenities. Here is the holiday story of one of the thousands of Australian families who camp at the seaside.

REEDOM AHEAD. With luggage for their summer camping holiday piled on the cabin-top of the launch-ferry Rambler, the Dutch family and other holiday-makers wave good-bye to Palm Beach as they set off across Pittwater for The Basin, on opposite shore, 20 miles from Sydney. The Basin is a favourite ground for hundreds of camping fans, and the Dutch family have spent holidays here for years. Ferry trip - only connection with mainland - is a highlight of annual pilgrimage.

DOWN THE JETTY. Before casting-off children ride on rail-trolley at Palm Beach, where car, trailer are garaged.

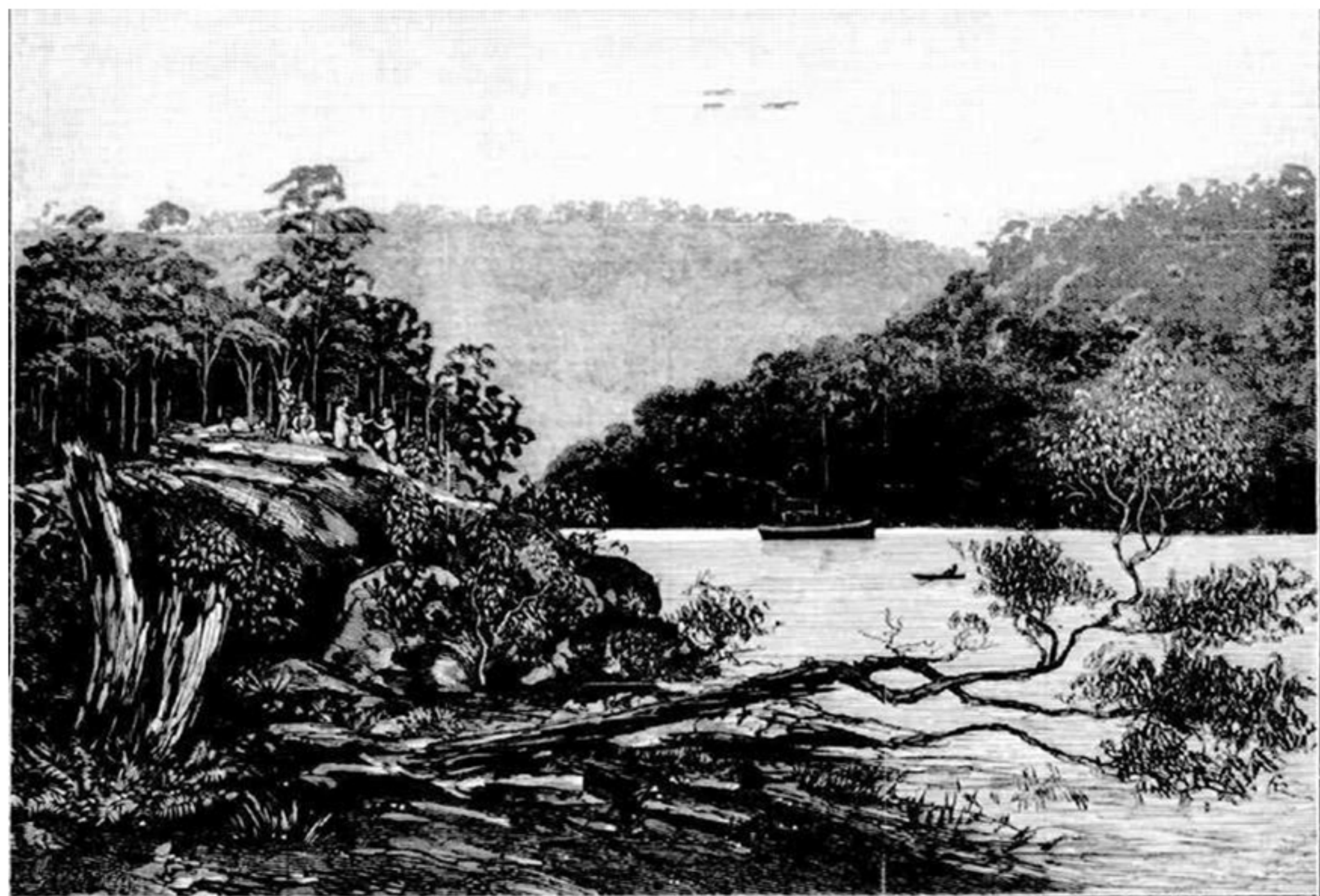
WHEN THE TENT IS PITCHED, Enid, Mavis, and Eileen fill their palisade with straw. They take pillows from home, sleep under six big blankets sewn together. The long bed, which stands firmly on rope legs, is divided into six compartments for daughters. Pallisade is brought in bale from home.

RACE TO SWIM. While Mr. and Mrs. Dutch, and married daughter Jean, rest on the grass after making camp, the five other Dutch youngsters race off for a swim in the shark-proof pool, enclosed by steel mesh. Pool is shallow for many yards from the shore, is considered perfectly safe for children.

The Basin has also been considered a favourite spot for a picnic. On November 22nd 1954 many local groups and organisations took larger than usual group westwards; Legacy Children Had A Real Picnic; The appetites of 1,064 Legacy children at a picnic at The Basin, Pittwater, yesterday, astonished the organisers. The children demolished 6,000 bottles of soft drink, 6,000 sandwiches and bread rolls, 6,000 cakes, and 2,000 pieces of fruit. The picnic was organised by the Legacy Club of Sydney, **the Broken Bay branch of the Royal Motor Yacht Club, the Volunteer Coastal Patrol, and the Kuringgai Motor Yacht Club.** The yacht clubs and the Volunteer Coastal Patrol provided the food and 70 cruisers to take a children from Church Point to The Basin and back. And 167 cars and buses were used to take the children from Legacy House, city, Church Point and back. About 300 adults looked after the children **JOY'S 13 BOTTLES;** Mr Frank Grace, of the Royal Motor Yacht Club, said "The food the children ate was colossal "One small boy in my group boasted that he had drunk 13 bottles of soft drink." Legacy Children Had A Real Picnic. (1954, November 22). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 3. Retrieved from <http://nla.gov.au/nla.news-article18449781>

The Basin today accommodates up to 400 campers. The fee has risen a little since 1935's 5 shillings a tent per week but it's still great value for families and a delight for children. Palm Beach Ferries runs here daily should you wish to have a picnic yourself and it's quieter during the week; you may even hear some of the echoes from those who dwelled there in yesteryears or smell their billy tea.

Further: In Research File to left



BLIND COVE, PITTPATER, NEW SOUTH WALES.

Blind Cove (The Basin) 1883 illustration from Australian Town and Country Journal



Image © 2011 Sinclair Knight-Merz

The Basin, 2009 Aerial from Google Earth

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Sandcastles



A good way to enjoy the salt air for longer in summer is to construct castles made of sand. You're limited only by your imagination and the materials on hand with which to decorate these. It's great fun and as long as you remember to Slip on a shirt, Slop on some sunscreen and Slap on a hat you can build moats and towers and decoarte them with shells for hours. The best part is jumping all over them once you're done; this will stop all those who can't see them, as they're the same colour as the other sand, from tripping on them.

Federal Government Media Releases:

[Ambassadors back Apprenticeships as a great start in life](#)

PORTFOLIO: Education, Employment and Workplace Relations
SNIPPET: High profile Australians including Greater Western Sydney Giants coach AM, chef and restaurateur, horticulturist and TV star, former Geelong Captain and former NRL great will work with the Gillard Government and industry groups to promote Australian Apprenticeships. Minister for Skills and Jobs, Senator Chris Evans, said the Apprenticeship Ambassadors would play a key role in promoting the benefits of getting a formal skills qualification. Many people may not know that AFL great Kevin Sheedy was once a plumber, that TV landscaping guru Jody Rigby spent four years in a horticultural apprenticeship or that former Canterbury Bulldogs captain Andrew Ryan owns a landscape gardening business as the result of his studies, Senator Evans said.

[New education advisory group to help close the gap](#) PORTFOLIO: Education, Employment and Workplace Relations SNIPPET: Emeritus Professor Paul Hughes will chair a group of Indigenous education experts who will advise the Gillard Government on the best ways to close the gap in educational outcomes between Aboriginal and Torres Strait Islander students and other students. The group includes Aboriginal and Torres Strait Islander representatives from academia, school education, early childhood education and community organisations, Mr Garrett said. This is a highly experienced group that will provide expert advice to me on all areas of Australian Government policy relating to the education of Aboriginal and Torres Strait Islander young people.

[NSW school autonomy trials benefiting students](#) | Ministers & #039 Media PORTFOLIO: Education, Employment and Workplace Relations SNIPPET: School Education Minister Peter Garrett today met with principals involved in the NSW Government's school autonomy pilot, 'Increased School-based Decision Making', to discuss the benefits of the Gillard Government's Empowering Local Schools plan. Under the \$480.5 million Empowering Local Schools initiative, school leaders will be given a greater say on issues such as governance, staffing mix, budgets, and infrastructure and maintenance. Mr Garrett said the NSW Government was supporting greater school autonomy through its Government's Local Schools, Local Decisions' initiative.

Apprenticeships

There are over 500 industries in Australia in which apprenticeships and traineeships are available. The Australian Apprenticeship Centre can help you and a prospective employer determine what qualification you are doing, how long your apprenticeship or traineeship will go for, the industrial instrument or award you're employed under, employment conditions, pay, leave or more about who your registered training organisation (RTO) is. They also have a search facility where you enter your postcode to find those available. Local businesses should also be approached to determine if they have trainee positions available and what would be required to secure one. There are even some apprenticeships that may be started while you're still at school.

You can also search for apprenticeship and traineeship vacancies through [Australian Jobsearch](#) – (Job Services Australia vacancy site), [Group Training Organisations](#) (only employ apprentices and trainees) and [State Government organisations](#) (current vacancies in the NSW Government).

Apprenticeships NSW Website: <https://www.training.nsw.gov.au/>

The Australian Apprenticeships Centre (enter postcode to find): <http://www.australianapprenticeships.gov.au/search/aacsearch.asp>

The Internet allows us to store and access Old Books, Films and photos that may not be accessible elsewhere.

For works now archived and available to all, please visit: <http://www.archive.org/>



Bullying; NO WAY !!!

This website has many different items and guidelines on how to deal with bullying. If you can't find it there, ask someone in school or talk to mum and dad. **Make sure you are heard.** We are here to lift each other up, not tear each other down. Anyone who tries to tell you otherwise is wrong.



PCYC CONCEPT PLANS ON PUBLIC EXHIBITION

Pittwater Council has agreed to place on public exhibition concept plans for a proposed Police and Community Youth Club (PCYC) to be located at North Narrabeen. The plans have been developed as part of a submission to the state government and PCYC NSW for funding for the project.

Council submitted a comprehensive expression of interest late last month seeking a grant of \$2.5 million towards the establishment of a new club. This follows the NSW Government recently calling for expressions of interest for the establishment of eight new Police and Community Youth Clubs, with funding to be announced in early 2012. The overall funds required to build the new centre are estimated to be \$8.5 million and would come from a variety of sources.

The proposal would see a multi-purpose community centre built at the southern end of Pittwater Rugby Park North Narrabeen, encompassing the current function centre at the ground which would be replaced in the overall development. Management of the centre would be through PCYC NSW, a not-for-profit organisation closely linked to the NSW Police.

PCYC NSW currently operates 57 community centres throughout New South Wales and offers a management model whereby a local PCYC is supported by an allocation of two additional police officers.

Community Services Manager Lindsay Godfrey said if Pittwater is successful in gaining the funding the centre would have a focus on youth activities, with space for computers, a music rehearsal room and a commercial kitchen capable of hosting hospitality training.

"The centre would also have a café, meeting rooms and office space for youth services and be able to host performances and sport-related activities," said Mr Godfrey.

The design concepts will be on exhibition until Friday 2 March 2012 and can be viewed at www.pittwater.nsw.gov.au/exhibition The documents will also be available at Council's customer service centres at 1 Park Street, Mona Vale and 59A Old Barrenjoey Road, Avalon.

No charge for mobile phone calls to Lifeline from anywhere in Australia. Mobile phone calls to Lifeline made from anywhere in Australia will be free of charge from 1 July under an agreement made between the three major phone carriers.



CRAFTY HOLIDAY FUN AT MONA VALE LIBRARY

Children from 5 to 12 years of age are invited to free holiday craft sessions at [Mona Vale library](#) this January. The free drop-in craft sessions will run from 11am until 1pm on weekdays from Tuesday 3 January to Friday 27 January, with the exception of Australia Day.

Library Manager Cathy Howie said there would be a wide range of activities to suit both boys and girls between the ages of 5 and 12. "Kids will have the opportunity to make paper aeroplanes, a chance to create their very own jewellery or treasure box, along with bracelet beading and paper doll craft. Making a tote bag, creating something unique with paddle pop sticks and using stenciling techniques are also on offer. Each day there'll be a different craft activity so your child will find something creative and interesting," added Mrs Howie.

To complement the craft sessions the library has a range of craft books available for loan that will keep little hands busy at home over the holidays too. A detailed list of the children's craft activities on offer will be available from Mona Vale Library early in January. All craft sessions are free and bookings are not required.

For more information call 9970 1600. Mona Vale library is located at 1 Park Street, Mona Vale.

EXTENDED HOURS FOR KIDS HOLIDAY PROGRAM

Pittwater Council's Coastal Environment Centre (CEC) has announced the release of its sensational summer holiday program for kids, with new extended hours from 9am to 4pm. **Kids on the Coast offers healthy and fun outdoor activities for 5 to 12 year olds from Monday 9 January to Friday 20 January.** The Council decided to extend the hours of the program to ensure children with working parents do not miss out.

"There are many new highlights including stand-up paddle boarding, a boardwalk birding adventure and how to become an eco-ranger," said the Council's Natural Environment & Education Manager Mark Beharrell.

For children aged eight years and over there is a chance to grab your camera and join a photographic adventure, plus the ever-popular 'Fishing Clinic' run in partnership with the NSW Department of Primary Industries. Mr Beharrell said the program encouraged children to explore beaches, rock platforms, headlands, bushland, wetlands and the Narrabeen Lagoon foreshore.

"Kids on the Coast is the ideal school holiday experience. The program gives children the chance to learn about our natural environment in a fun and interactive way," said Mr Beharrell.

Two hour sessions are held from 10am to 12pm and 1pm to 3pm. The cost is \$22 per child per session, with full-day sessions available from 10am to 3pm at \$55 per child (for standard activities), which includes supervision between sessions (BYO lunch).

Working parents who require extended care for their children can also take advantage of a 9am to 10am session and/or a 3pm to 4pm session. These sessions are an additional \$10 each. The Fishing Clinic offers giveaways including a rod, reel, tackle box, hat and bag for the cost of \$40.

The CEC is located at Pelican Path, Lake Park Road, North Narrabeen, only 300m from the North Narrabeen beach entrance. Book online at www.pittwater.nsw.gov.au/ceckids or call 1300 000 CEC (232). For further inquiries please call Bianca Springford on 9970 1313 or email bianca_springford@pittwater.nsw.gov.au

TEMPORARY CLOSURE OF PLAYGROUND

On the advice of NSW Health, Pittwater Council is temporarily closing part of the children's playground at Winnererremy Bay's Flying Fox Park at Mona Vale. The closure comes after salmonella bacteria was discovered in surface bark in one part of the playground following recent testing. Six sections were tested by staff from the Public Health Unit in the area of the playground covered by the bark.

General Manager Mark Ferguson said the part of the playground where the positive result occurred is closed off to the public while bark is replaced. "We understand that NSW Health will carry out further testing over the next month after the bark is replaced and the playground reopened," he said.

Salmonella is a bacterium that can cause gastroenteritis. Symptoms include fever, vomiting and diarrhoea. This bacterium has previously been identified in playground sand and more recently, in bark at the Winnererremy Bay playground.

According to Dr Michael Staff from the Public Health Unit conducting the testing, "there has not been a human case of gastroenteritis caused by salmonella java linked to the most recently confirmed contaminated bark, and therefore the bark is being replaced as a precaution."

Dr Staff said it is important that parents and carers follow good hygiene principles when children are playing outdoors and ensure their children do not eat the bark and that they wash their hands after playing outside. Mr Ferguson said the bark would be replaced in time for the playground to re-open for the school holiday period.

MANLY WARRINGAH BASKETBALL CAMP

Mon 23rd, Tues 24th & Wed 25th
January 2012

Session One 5-11 years
10.30am to 12.30pm

Session Two 12-18 years
1:00pm to 3:00pm

Venue: NBISC, Jackson Rd
Warriewood

Special Guest Coaches, Professional coaching, Competitions with great prizes
Cost: \$60

This is a 3 day camp ONLY. Payments must be made prior to camp starting date. Please complete details (form below) and forward to: Post: Po Box 396, Narrabeen NSW 2101. Fax: 99133644

Email: mwba@manlybasketball.com.au. Enquiries-99133622

•REFRESH YOUR SKILLS •IMPROVE YOUR GAME•HAVE SOME FUN•



[Holiday Camp 2012.pdf](#)
Size : 108.122 Kb
Type : pdf

JOHNSON BROS MITRE 10

ABN: 12 000 660 965

APPRENTICE CLUB

Johnson Bros are extending an invitation to all Building Trade Apprentices to join our exclusive "Apprentice Club". We have teamed up with our loyal suppliers to offer different tools each month at vastly reduced prices to help apprentices build up their tool boxes. File Below for further details and registration form.
At: <http://hardwoodsaustralia.com/a/117.html>



[Apprentice club form11.pdf](#)
Size : 494.83 Kb
Type : pdf

Teaching Our Children to be Safety Conscious

Being Safety Smart is a free to use online educational game providing safety strategies for children aged from 6 to 8. The program is designed to increase the awareness of children to situations within the community which might impact upon their personal safety and to empower them with the ability to act appropriately and with confidence.

Being Safety Smart is a Queensland Police Service initiative, developed by the University of the Sunshine Coast in partnership with the Queensland Police Service, Education Queensland, and the Crime and Misconduct Commission, and supported by the Daniel Morcombe Foundation.

The Website is at: <http://www.beingsafetysmart.com.au/BSS/>

New Website for Northern Beaches Youth

Manly Council has 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 here:

www.northernbeachesyouthinfo.net.au

www.facebook.com/manlyyouthcentre

www.myspace.com/manlyyouthcentre

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Identifying Flowers of Pittwater



Photograph by Marita Macrae

Christmas Bell (*Blandfordia nobilis*) is a small plant of the Lily family, one of only four species in this eastern Australian group. It entered cultivation in 1803 as a glasshouse plant in England, followed by the other *Blandfordia* spp. The species grows wild in the sandstone country, coastal heath and swamp areas of New South Wales from December through to February. It is found also in open patches of pure sand with good rainfall, in water seepage areas and in the mountains. The name stems from *Blandfordia* - after [George Spencer-Churchill](#) (1766-1840), Marquis of Blandford; + *nobilis* - famous, noble, from Latin.

These yellow and red bells are 4 cm long and about 1cm wide and grow in a cluster near the top of the main stem, hanging on curved stems. They are thick, fairly shiny and scentless. Seeds will germinate after bushfires and are spread by the old flowers. The seeds and plants take four years to flower.

Australian Bush Flower Essence's [Christmas Bell](#) remedy enhances manifesting desired outcomes and is beneficial in alleviating a sense of lack.

There are many native Australian plants in flower over the Christmas season. A number of these have become known as 'Christmas plants' in various parts of the country, including Christmas bells, Christmas bush and the Christmas orchid. Please don't pick them if you find them on your strolls beneath the trees; many of these germinate from seeds left by the old flowers and if there are none left then there will be no more next year or the year after.

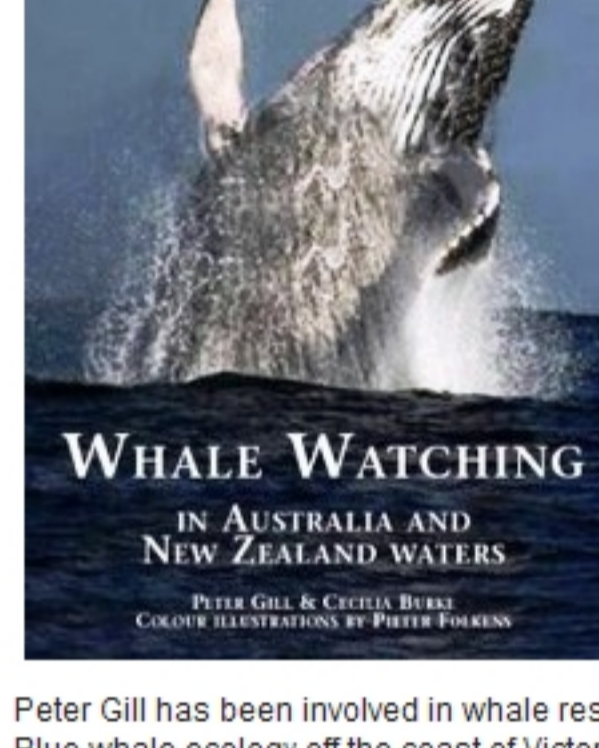
WetlandCare Australia National Art and Photography Competition

To celebrate World Wetlands Day 2012 on February 2, WetlandCare Australia is hosting their 5th annual Australia wide art and photography competition. There are categories for young people and adults, and for the first time the competition includes categories specifically for Indigenous artists.

The categories in the competition have been designed to give as many people as possible the opportunity to submit entries. The categories are:

- NSW Catchment Management Authorities Open Art 1st Prize: \$1500 Open to all Australian residents
 - Central West Catchment Management Authority Youth 1st Prize: \$1200 Open to all Australian residents aged 12-17
 - WetlandCare Australia Children's Art 1st Prize: \$1000 Open to all Australian residents aged 4-11
 - Murray-Darling Basin Authority Indigenous Art Youth 1st Prize: \$1200 + Art supply kit Open to Aboriginal and Torres Strait Islander artists aged 17 years and under
 - Queensland Wetlands Program Indigenous Art Open 1st Prize: \$1200 + Art supply kit Open to all Aboriginal and Torres Strait Islander artists
 - NSW Office of Environment and Heritage Open Photography 1st Prize: \$1200 Open to all Australian residents
 - Golden Chain Youth Photography 1st Prize \$1000 Open to all Australian residents aged 17 years and under
- WetlandCare Australia Awards
WetlandCare Australia Senior Management will select 3 of the winning works selected by the judges in Art, Indigenous Art or Photography that best promote the organisations objectives for the next 12 months. These works will be awarded a WetlandCare Australia Award, and will be used in promotional materials and events. See the Rules of the Competition for full details.

[Entry Forms Here](#)



Whale watching in Australia and New Zealand waters.

Gill, Peter and Cecilia Burke.

Australia New Holland Publishers (2011 third edition). Octavo, paperback, 148 pp. colour photographs, colour illustrations, maps. \$30.00

Includes the ecology and behaviour of whales and dolphins; identification notes, accompanied by detailed colour illustrations and location maps for each species; and a comprehensive guide to sites, highlighting the best places to see whales. This new edition includes new species information, conservation status (eg endangered vs safe); species updates, whale-watching site updated (including the Gold Coast).

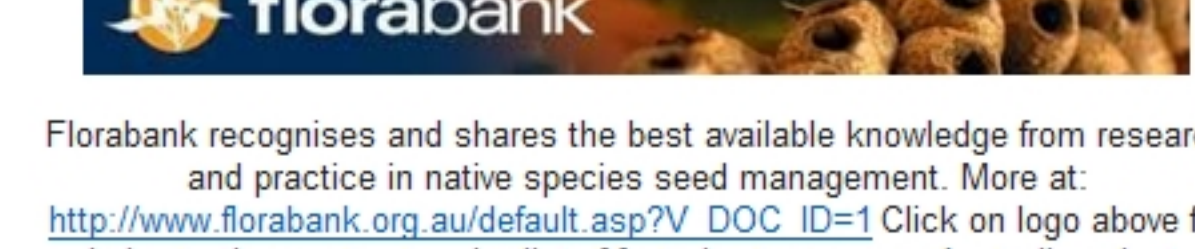
About the author
Peter Gill has been involved in research since 1983 and is currently studying Blue whale ecology off the coast of Victoria and South Australia. Peter has taken part in whale surveys and sailing expeditions in Australian, South Pacific and Antarctic waters and has worked as a guide on Antarctic tourist expeditions. He is the author of several books about whales and many scientific and magazine articles.



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



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



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.



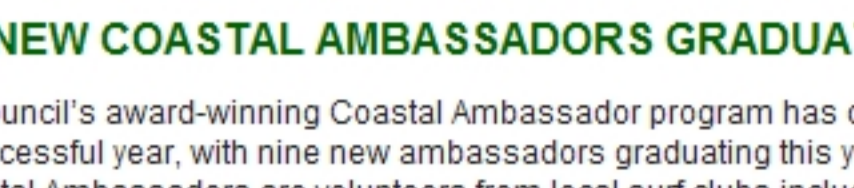
"I bind myself today to the power of Heaven, the light of the sun, the brightness of the moon, the splendour of fire, the flashing of lightning, the swiftness of wind, the depth of the sea, the stability of the earth, the compactness of rocks."

from the Prayer of Saint Patrick

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Bushcare at Warriewood

The Warriewood bushcare group managed by Pittwater Council needs more volunteers on 4th Wednesday morning of the month - Can you help? Please contact Mary Johnsen at 9999 2020.



NEW COASTAL AMBASSADORS GRADUATE

Pittwater Council's award-winning Coastal Ambassador program has completed another successful year, with nine new ambassadors graduating this year. This year's Coastal Ambassadors are volunteers from local surf clubs including Curl Curl, Mona Vale, Bungan and Freshwater, the Surfrider Foundation and the Eco-Divers organisation.

Coastal Ambassadors underwent five weeks training in environmental education, including lectures and field trips. Topics covered were beach and rock platform ecology and the effects of global warming on oceans. The Ambassadors have been trained by a top marine scientist, as well as community educators from the Coastal Environment Centre at North Narrabeen.

The Coastal Ambassadors program was set up in 2006 to educate marine-based volunteers on how to look after the coastal environment. Its success has been recognised by the NSW Environmental Trust, which has provided grant funding for the program for the last five years.

Mayor Harvey Rose and the President of Surf Live Saving Northern Beaches Gordon Lang presented the new graduates with their certificates at the Coastal Environment Centre earlier this month.

Mayor Rose said the volunteers had learnt valuable knowledge to pass on to others. "The more educated our community become about protecting our coast, the less likely it is that people will damage or pollute the environment."

For expressions of interest in the 2012 Coastal Ambassadors program, visit www.pittwater.nsw.gov.au/cec or call the Coastal Environment Centre on 1300 000 232.

Coastal Environment Centre



The Coastal Environment Centre (CEC) is a multi-award winning regional community environmental learning centre, and Pittwater Council's environmental flagship. CEC is celebrating its 20th year this December

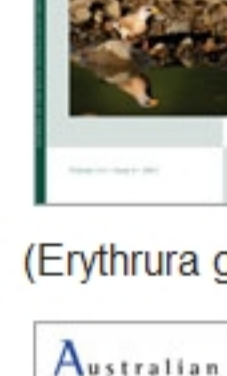
More at: <http://www.pittwater.nsw.gov.au/environment/cec>

Monthly Cooe Newsletter below. If you would like to receive Council's environmental newsletter via email, please contact jodi.harvey@pittwater.nsw.gov.au

December Newsletter includes information on:

- Kids on the Coast Holiday Program
- Explore Pittwater by Kayak - Events, competitions and activities;
- Environmental projects and Bushcare Notices.

[HERE](#)



Emu Volume 111 Number 4 2011

Includes: Temporal and spatial variability of breeding in Australian birds and the potential implications of climate change, Breeding ecology of an Australian estrildid, the Long-tailed Finch (*Poephila acuticauda*), Selection of breeding habitat by the endangered Gouldian Finch (*Erythrura gouldiae*) at two spatial scales and More.



Australian Journal of Botany Volume 59 Number 6 2011

Includes: Habitat differentiation between estuarine and inland *Hibiscus tiliaceus* L. (Malvaceae) as revealed by retrotransposon-based SSAP marker, The tortoise and the hare? Post-fire regeneration in mixed Eucalyptus-Callitris forest, Floral phenology and morphology of colchicine-induced tetraploid *Acacia mangium* compared with diploid *A. mangium* and *A. auriculiformis*: implications for interploidy pollination and more

How Green is a Spotted Gum when Wet?



ONLINE BIODIVERSITY CALENDAR A FIRST

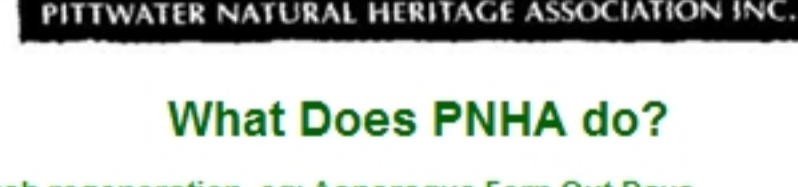
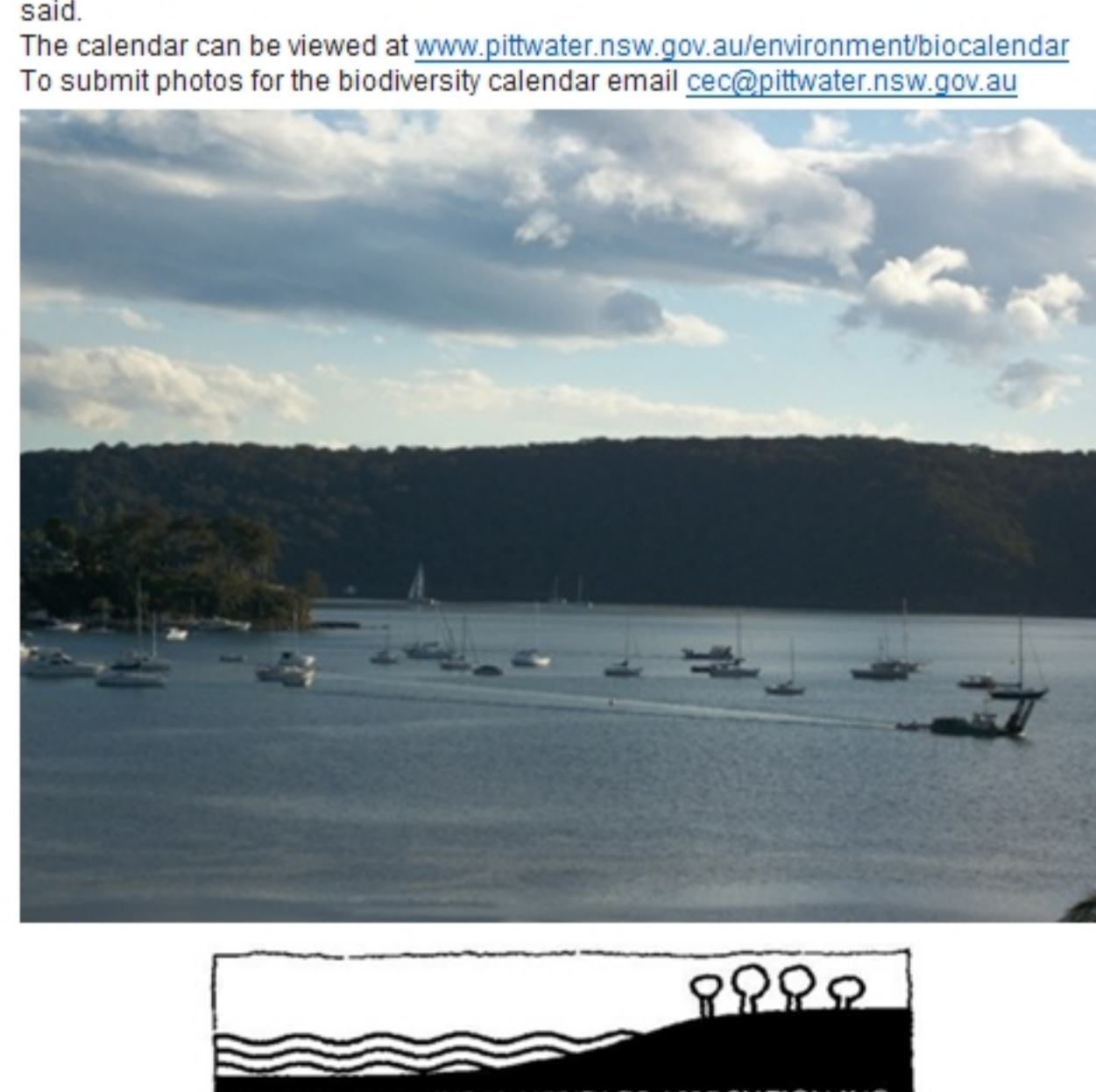
Pittwater Council has launched a unique online calendar designed to educate the community about the coastal environment, based on traditional Aboriginal knowledge. The calendar, which is web-based, works through hundreds of images of coastal native birds, animals and plants. Many of the images were provided by local residents and collated by staff from the Council's Coastal Environment Centre at North Narrabeen.

The calendar has been coordinated by Pittwater Council on behalf of the Pittwater, Hornsby and Gosford communities and was funded by a \$50,000 grant from the Hawkesbury Nepean Catchment Management Authority, through the federal government's Caring for Country program.

Representatives of the D'harawal people have provided their knowledge for descriptions of some of the images and the Guringai, Darkinyung and Darug people are also providing input into the calendar. Other information in the calendar includes details of environmental events and community groups, weather patterns and hazards to the environment, such as weed species.

Pittwater Council's Natural Environment and Education Manager Mark Beharrel said the calendar was a work in progress and was designed to be interactive. "We hope that the public will contribute images and other information to the calendar." "It's a living atlas that will help us measure changes to the coastal environment and increase awareness of native birds, animals and plants throughout the seasons," he said.

The calendar can be viewed at www.pittwater.nsw.gov.au/environment/biocalendar To submit photos for the biodiversity calendar email cec@pittwater.nsw.gov.au



What Does PNHA do?

- On-ground bush regeneration, eg: Asparagus Fern Out Days
- Activities: guided walks, bird-watching
- Quarterly informative newsletter, online or paper
- Members email group for latest environmental news and events
- AGM with Guest Speaker
- Free advice for members on managing gardens for Native Vegetation and fauna habitat
- Lobbies Pittwater Council and State Government on inappropriate management practices and development
- Provides support to Council for PNHA-approved grant applications for environmental projects
- Publications: Introductory Field Guide to Birds of Warriewood Wetlands & Irrawong Reserve, \$20.00rrp, attractive cards with photos of Pittwater scenes, flora and fauna \$2.00

Email: pnhainfo@gmail.com Or click on Logo to visit website. [PROFILE](#)



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

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



Pittwater's Environmental Foundation

Pittwater Environmental Foundation was established in 2006 to conserve and enhance the natural environment of the Pittwater local government area through the application of tax deductible donations, gifts and bequests. The Directors were appointed by Pittwater Council. Our [PROFILE](#)

About 33% of the 1600 ha exclud National Parks) of the original pre-European bushland in Pittwater remains in a reasonably natural or undisturbed condition. Of this, only about 400ha remains in public ownership. All remaining natural bushland is subject to encroachment, illegal clearing, weed invasion, feral animals, altered drainage, bushfire hazard reduction requirements and other edge effects.

Within Pittwater 38 species of plants or animals are listed as endangered or threatened under the Threatened Species Act. There are two endangered populations (Koala and Squirrel Glider) and eight endangered ecological communities or types of bushland. To visit their site please click on logo above.

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

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



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Summer Fruits: Apricots

Peaches, nectarines and apricots appearing in our fruit and vegetable shops, alike mangoes, mean summer is upon us. The first crops of these are usually a little bit sweeter as they're coming out of the cross-over of seasons and are grown in cool and warm days, enhancing their natural sugars. Apricots used to be fist sized back in the 1970's, or some of us were smaller, but they were sweet, full of juice, and many a summer afternoon was spent climbing one tree after another and gorging on this fruit. The smaller variety found now can be a bit tart so our recipe, from 1937 Depression years, gives a way to sweeten apricots.

An apricot's orange colour would indicate the sacral chakra and utilising your creative forces into all parts of your being as well as directing yourself towards devotion; a good Christmas time fruit when we can dwell on how much we love each other and make an effort to communicate this. They have also been used since 502 AD to reduce the size of tumours although current scientific tests have not proven either way their success in treating cancers. In China they have been associated with education and medicine since at least the fourth century BC, apricot kernels forming a part of many traditional remedies. The apricot, *Prunus armeniaca*, is a prehistoric cultivated fruit that is classified with the plum in the subgenus *Prunus*.

APRICOT FALL

1 tin apricots or 850grams of fresh apricots (poached and halved).
1 cup apricot syrup
1 cup castor sugar
2 cups flour
1 teaspoon vanilla essence
1 cup brown sugar
1 oz. butter
1 egg
1 teaspoon baking powder
1 cup milk.

Drain syrup from fruit. Heat the syrup and brown sugar until dissolved, then cook until thick, from 3 to 5 minutes, depending on the sweetness of the apricot syrup. Cool. Pour into a round fire- proof glass dish. Place apricot halves, hollow sides up, on the syrup. Beat butter and castor sugar to a cream, then add beaten egg yolk. Mix and sift flour with baking powder, then stir with milk alternately into the butter and sugar mixture. Add vanilla and fold in stiffly frothed egg white. Pour over the apricots. Bake in a moderate oven, 350deg. Fah., for ½ to ¾ hour, then turn gently on to a hot dish. Serve with whipped cream. Enough for 4 or 5 persons. A few extra apricots, previously heated, may be served round the dish as a garnish.

APRICOT FALL. (1937, August 26). Western Mail (Perth, WA : 1885 - 1954), p. 53. Retrieved from <http://nla.gov.au/nla.news-article37830823>



Medicinal and non-food uses: Cyanogenic glycosides (found in most stone fruit seeds, bark, and leaves) are found in high concentration in apricot seeds. *Laetrile*, a purported alternative treatment for cancer, is extracted from apricot seeds. Apricot seeds were used against tumors as early as A.D. 502. In England during the seventeenth century, apricot oil was also used against tumors, swellings, and ulcers. In 2005, scientists in the Republic of Korea found that treating human prostate cancer cells with amygdalin induces programmed cell death. They concluded that "amygdalin may offer a valuable option for the treatment of prostate cancers".

History; The apricot was known in Armenia during ancient times, and has been cultivated there for so long that it is often thought to have originated there. Its scientific name *Prunus armeniaca* (Armenian plum) derives from that assumption. For example, De Poerderlé, writing in the 18th century, asserted "Cet arbre tire son nom de l'Arménie, province d'Asie, d'où il est originaire et d'où il fut porté en Europe ..." ("this tree takes its name from Armenia, province of Asia, where it is native, and whence it was brought to Europe ..."). An archaeological excavation at Garni in Armenia found apricot seeds in an Eneolithic-era site. However, the Vavilov center of origin locates the origin of the apricot's domestication in the Chinese region, and other sources say the apricot was first cultivated in India in about 3000 BC. Its introduction to Greece is attributed to Alexander the Great, and the Roman General Lucullus (106–57 B.C.) also exported some trees – the cherry, white heart cherry, and apricot – from Armenia to Europe. Subsequent sources were often confused about the origin of the species. Apricots have been cultivated in Persia since antiquity, and dried ones were an important commodity on Persian trade routes. Apricots remain an important fruit in modern-day Iran where they are known under the common name of Zard-ālū. Loudon (1838) believed it had a wide native range including Armenia, Caucasus, the Himalaya, China, and Japan. Today the cultivars have spread to all parts of the globe with climates that support it.

In culture; The Chinese associate the apricot with education and medicine. For instance, the classical word (literally: "apricot altar") which means "educational circle", is still widely used in written language. Chuang Tzu, a Chinese philosopher in 4th century BCE, told a story that Confucius taught his students in a forum surrounded by the wood of apricot trees. The association with medicine in turn comes from the common use of apricot kernels as a component in traditional Chinese medicine, and from the story of Dong Feng a physician during the Three Kingdoms period, who required no payment from his patients except that they plant apricot trees in his orchard on recovering from their illnesses, resulting in a large grove of apricot trees and a steady supply of medicinal ingredients. The term "Expert of the Apricot Grove" is still used as a poetic reference to physicians. The fact that apricot season is very short has given rise to the very common Egyptian Arabic and Palestinian Arabic expression "filmishmish" ("in apricot [season]") or "bukra filmishmish" ("tomorrow in apricot [season]"), generally uttered as a riposte to an unlikely prediction, or as a rash promise to fulfill a request.

Nutrition and Health Benefits: Apricots, raw
Nutritional value per 100 g (3.5 oz); Energy, 201 kJ (48 kcal), Carbohydrates 11 g, Sugars 9 g, Dietary fiber 2 g, Fat 0.4 g, Protein 1.4 g, Vitamin A equiv. 96 µg (12%), beta-carotene 1094 µg (10%), Vitamin C 10 mg (12%), Iron 0.4 mg (3%)
Apricots, dried: Nutritional value per 100 g (3.5 oz); Energy 1,009 kJ , 241 kcal), Carbohydrates 63 g, Sugars 53 g, Dietary fibre 7 g, Fat 0.5 g, Protein 3.4 g, Vitamin A equiv. 180 µg (23%), beta-carotene 2163 µg (20%), Vitamin C 1 mg (1%), Iron 2.7 mg (21%)

Apricot. (2011, December 4). In Wikipedia, The Free Encyclopedia. Retrieved from <http://en.wikipedia.org/w/index.php?title=Apricot&oldid=464083750>

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It's Beginning To Look A Lot Like Christmas...
Christmas Lit Homes



Rotary Club of Pittwater Carols in the Park



Santa arrives



L to R: Hon. Rob Stokes, Rotary MC Bruce Lakin, Hon. Brownyn Bishop and Mayor Harvey Rose



L to R; Rotarians Bob Moran, Hans Carlborg, Peter Boersma and Martin Thorndycraft



Crowd gathering for Carols in the Park

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



Photo competition

The photographic competition for the 2013 Australian Weather Calendar began on 1 July 2011 and will close on 31 March 2012. Please visit the contest page before entering.

The Bureau of Meteorology and the Australian Meteorological and Oceanographic Society invites entries for the Australian Weather Calendar photographic competition. The contest for the 2013 calendar opened on 1 July 2011 and will close on 31 March 2012.

Entries must be of a meteorological theme, such as clouds, lightning, rainbows, thunderstorms or tornadoes. If the picture is from a digital camera, it must be a minimum size of 1700 x 1150 pixels. A 2-megapixel camera is the minimum requirement.

Entries must then be:
provided as photographic prints (minimum size 15 x 10 centimetres), accompanied by a completed [entry form](#), including details of all digital alterations, accompanied by no more than 10 other entries per person, and posted to the Bureau of Meteorology at the address below.
If a picture is shortlisted, the entrant must provide the image in its original format, whether that be negative, (35mm) transparency, or digital. Negatives and transparencies will be returned by registered post.

Winning photographers are awarded three complimentary calendars. No prizemoney is offered. All rights associated with the images are retained by the photographer.

Contact:
Mia Schoen, National Meteorological Library (Fridays only)
tel: (03) 9669 4668, e-mail: librarypic@bom.gov.au
from: <http://www.bom.gov.au/calendar/contest/index.shtml>



ABOVE: Uploaded by Aetopus on Jan 29, 2011. Credit for this beautiful Emperor Penguin film belongs to Ruedi & Priska Abbühl. Their websites:
<http://www.naturemovie.ch>
<http://www.naturemovie.ch/biographie/index.html>
Polar News Film Team: <http://www.polarnews.ch/filme/polarnews-filme/241-antarktis-mit-my-plancius.html>
Youtube channel: <http://www.youtube.com/Abbuehl>

And the Music ... All glory goes to composer Mike Rowland for this beautiful piece, from the album "My Elfin Friends,"
Record Label: Oreade. Mike Rowland website: <http://www.mikerowland.co.uk/>
iTunes: <http://itunes.apple.com/us/artist/mike-rowland/id538179>
Ambient Classical Mike and Jana Rowland: <http://www.ambientclassical.com/>

Mike Rowland: Composer & Music Practitioner,
New Age, Ambient Classical

Mike Rowland has a master's degree in electro acoustic composition and is the composer of The Fairy Ring, the most successful New Age album of all time. He has composed and released albums that inspire and heal and the qualities of his music are beneficial and relaxing. It is used in hospitals, healing centers, sensory environments and homes across the world. He enjoys using electronics, recordings of nature as well as live instruments to create his beautiful music. Mike Rowland is also an ordained Interfaith Minister and Spiritual Counselor. This album is one of several albums in permanent rotation in my home. Peaceful, serene, simple yet beautiful.

Mike is currently compiling a book about the power of healing through music. Mike invites you to contribute by sending details of your experiences when you listen to his healing music. The details will aid in creating important research that goes into proving that **music and healing are related**.

Thank you Mike for your music and research and Ruedi & Priska Abbühl for the use of your film. I wish all continued success and good Karma!

Listen to samples of Mike Rowland's music at Amazon, five pages and 231 songs, mp3's cost only .99¢. Have fun. <http://www.amazon.com/>

Links for cloud enthusiasts



Cloud Appreciation Society:
<http://cloudappreciationsociety.org/>
Contact: Gavin Pretor-Pinney, e-mail
gavin@cloudappreciationsociety.org



Great New Competition from Harper Collins Australia

We've got two copies of Diane Keaton's memoir, Then Again, signed by the lady herself! For your chance to win one, email us at promotions@harpercollins.com.au by 24/12/11 and tell us the name of your favourite Diane Keaton movie & why you love it!



Marine and Freshwater Research

Volume 62(12) 2011
December 2011

Includes; A new type of water pollution: concrete drainage infrastructure and geochemical contamination of urban waters, The effect of field-collected biofilms on the toxicity of copper to a marine microalga (*Tetraselmis* sp.) in laboratory

bioassays, A multi-faceted approach for quantifying the estuarine-nearshore transition in the life cycle of the bull shark, *Carcharhinus leucas* and MORE

Staying Tuned to What's Developing Online

Here's How People Look at Your Facebook Profile — Literally

Ever wonder what draws the most attention on social media profiles? We recorded actual eye movements to show you.

mashable.com

One in Four Starbucks Transactions Done Via Mobile

Starbucks hosted 26 million mobile transactions in 2011 and the company's holiday AR app prompted 450,000 "engagement..."

mashable.com

8 Small Business Social Media Tips From the Pros

Are you looking for some social media tips to grow your small business? We asked eight small business pros for their hottest social...

socialmediaexaminer.com

Top 5 Marketing Trends for 2012

Customer Behavior - As 2011 winds down, it's time to consider the trends that will dominate marketing in 2012. Here are the Top 5 trends on the horizon and tips on how to ...

marketingprofs.com



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"Christening of Bears" at Koala Park, September 1938 / photographed by Sam Hood
Format: Photograph Notes: Koala Park is a small zoo in the Sydney suburb of West Pennant Hills. Find more detailed information about this photograph: State Library of NSW Images: acms.sl.nsw.gov.au/item/itemDetailPaged.aspx?itemID=23985



LAWYER'S ADVICE (NSW) - Protect Yourself from Fraud

A corporate LAWYER sent the following out to the employees in his company:

1. Next time you order cheques, have only your initials (instead of your first name) and surname put on them. If someone takes your cheque book, they will not know if you sign your cheques with just your initials or your first name, but your bank will know how you sign your cheques.
2. Do not sign the back of your credit cards. Instead, put "PHOTO ID REQUIRED".
3. When you are writing cheques to pay on your credit card accounts, DO NOT put the complete account number on the "For" line. Instead, just put the last four numbers. The credit card company knows the rest of the number, and anyone who might be handling your cheque as it passes through all the cheque processing channels won't have access to it.
4. Place your work phone number on your cheques instead of your home phone. If you have a PO Box, use that instead of your home address. If you do not have a PO Box, use your work address. Never have your Centrelink Number printed on your cheques. You can add it if it is necessary, but if you have it printed, anyone can get it.
5. Run the contents of your wallet through a photocopy machine. Do both sides of each licence, credit card, etc. You will know what you had in your wallet and all of the account numbers and phone numbers to call and cancel. Keep the photocopy in a safe place (not your wallet). I also carry a photocopy of my passport when travelling either here or abroad. We've all heard horror stories about fraud that's committed on us in stealing a name, address, Social Security number, credit cards.

Critical information to limit the damage in case this happens to you or someone you know:

1. We have been told we should cancel our credit cards immediately, but the key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them.
2. File a police report immediately in the jurisdiction where your credit cards, etc., were stolen. This proves to credit providers you were diligent, and this is a first step toward an investigation (if there ever is one).
3. But here's what is perhaps most important of all: (I never even thought to do this.) Call the three national credit reporting organizations immediately to place a fraud alert on your Tax File Number your passport number and drivers licence number. I had never heard of doing that until advised by a bank that called to tell me an application for credit was made over the Internet in my name. The alert means any company that checks your credit knows your information was stolen, and they have to contact you by phone to authorise new credit. Now, here are some numbers which you might need to contact if your wallet etc has been stolen:

1. Visa Card Australia - 1800 621 199
2. Visa Card International - 1800 450 346
3. Lost Travellers' Cheques - 1800 127 477
4. MasterCard Australia - (02) 9466 3700
5. MasterCard International - 1800 120 113
6. Bankcard Australia - (02) 9281 6633
7. Medicare - 132 011
8. Centrelink Fraud - 137 230
9. Seniors Card - 1300 364 758
10. Passport - 131 232
11. ANZ FREECALL - 1800 033 844
12. Bank West - 131 718
13. Citibank - 132 484
14. Tamworth Coles/Myer Source - 2340 1300 306 397
15. Commonwealth - 132 221
16. CUSCAL - MyCard 1300 135 538
17. GE Capital - 1300 369 904
18. Members Equity - 1300 654 998
19. National - 132 265
20. St George - 1800 028 208
21. SydneyVirgin - 2000 1800 080 000
22. Westpac - 1800 230 144
23. Woolworths Ezy Banking - 137 288

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Milestones

A milestone is one of a series of markers placed alongside a road to indicate distance from a destination, a reference point and to determine you are on the right road. Signposts and mileposts were welcome sights to travellers, especially as they neared destinations. As you travel these holidays to favourite places, with a troop of children in the back chorsing 'are we there yet?' perhaps you can point to the road signs and persuade them to figure it out for themselves.

Signposts are a part of our culture and have been erected in places far from home, for example, Army Camps, where the familiar names and hometowns of those sent overseas can evoke the memories associated with these places and also denote how far from home these Service people may be. Milestones were originally stone obelisks – made from granite, marble, or whatever local stone was available – and later concrete posts. They were widely used by Roman Empire road builders and were an important part of any Roman road network: the distance travelled per day was only a few miles in some cases. The first Roman milestones appeared on the Appian way. At the centre of Rome, the "Golden Milestone" was erected to mark the presumed centre of the empire: this milestone has since been lost. A popular phrase 'you've reached a milestone' is still used to describe an important event, as in a person's career, the history of a nation, or the advancement of knowledge in a field; a turning point.

Milestones became defunct here when Australia was converted to the metric system between 1970 and 1988. The Metric Conversion Board operated for 11 years and spent approximately six million dollars in its works. The Federal Government distributed a further ten million to states and territories to help with their conversion. For road signs 'M' Day was July 1st, 1974. It was important to co-ordinate this change as our road signs indicate the speed at which you may travel on a certain section of road, not just indicate how far you are to or from a destination. M-day planned the installation of metric signs alongside the old mileage of miles per hour system. These were covered over until July 1st and gradually the removing of the old mileage signs took place as people adjusted. To alleviate the feared carnage on the roads that would occur at conversion time, dual speedometers were fitted to all new cars by local manufacturers for a year prior to M-day and the Panel for Publicity on Road Travel, made up of the various motoring organisations, regulatory authorities and the media, planned a campaign to publicise the change which costs \$200 000. The Board also produced 2.5 million copies of a pamphlet, "Motoring Goes Metric", which was distributed through post offices, police stations and motor registry offices.

Those featured here are from Trevor's Museum and have been collected during his visits to fairs and Collector's meetings throughout NSW. T stands for Taree and the I for Inverell. E is for Eden while closer to home, M is for Manly and PB for Palm Beach. The local one was once at Mona Vale.

Further;

Wilks, K.J (1992). *Metrication in Australia : a review of the effectiveness of policies and procedures in Australia's conversion to the metric system.* Canberra: Department of Industry, Technology and Commerce, Australian Government Publishing Service. ISBN 0-644-24860-2.

Life isn't a matter of milestones, but of moments.
Rose Kennedy

My path has not been determined. I shall have more experiences and pass many more milestones.
Agnetha Faltskog

Poems in a way are spells against death. They are milestones, to see where you were then from where you are now. To perpetuate your feelings, to establish them. If you have in any way touched the central heart of mankind's feelings, you'll survive.
Richard Eberhart

The increase of scientific knowledge lies not only in the occasional milestones of science, but in the efforts of the very large body of men who with love and devotion observe and study nature.
Polykarp Kusch

The safest road to hell is the gradual one - the gentle slope, soft underfoot, without sudden turnings, without milestones, without signposts.
C. S. Lewis

