

Pittwater Online News

Front Page Contents Park Bench Philosophers Profile of the Week History Youth Seniors Environment Food Lynda Hill
Community News Pictures News From our Inbox Books Events Artist of the Month Reflections Collector's Corner
About us Contact us

November 13 - 19, 2011: Issue 32

Flows



In November we notice the season is definitely flowing a bit faster. The first swarms of flies blown east by west desert winds reach the coast, and us, even on the sand at water's edge with an onshore blowing. Swallows, stuffed with a million insects, doze on wires in midday. Seawinds run a week or two of blowing hard northeast by 11 am or skirt and shirt fluffing soft warm all day gusts. Humid stills in every valley are cooled by lightening storms from south at dusk day after day. And brilliant bright clear blue again by

morning. You can *smell* the sea's salt in the air, mingling with what rises from remnant puddles.

Along the creeks, and at cliffs edge, masses of white 'cabbage' moths have hatched and dallied this week, drinking nectar from all flowers, including the weeds. Small waves and scores out anyway, for hours, due to crystal water quality and denseness of onland air. Fishermen on every headland's shelf of rocks. Flushed faces on the streets and pausing under the gracious shading trees. Frogs calling from every creek and pond. Spring flowing into Summer.

Flow from Old English *flowan*, related to Old Norse *flóa*, Middle Low German *vloien*, Greek *plein* 'to float', Sanskrit *plavate* 'he swims'. To proceed or be produced continuously. To move or be conveyed as in a stream. To move or progress freely.



Quote for the Week

"For true love is inexhaustible; the more you give, the more you have. And if you go to draw at the true fountainhead, the more water you draw, the more abundant is its flow."

Antoine de Saint-Exupery
French Pilot, Writer and Author of 'The Little Prince', 1900-1944

Change Location: Enter a postcode/suburb...

SYDNEY, NSW

	Today Fine, Mostly sunny.		Tomorr Fine, Sur
	19 32		19

> Current Temp: 23.3 °C > 3 Hourly Foreca
> Feels Like: 27 °C > 10 Day Forecas
> Wind: 9 km/h NNE > Warnings
> Rain since 9am: 0 mm > Radar | Cloud |

Latest News Big storms to make mid week co

[Past Features](#)

[Archives](#)



Suscribe to Pittwater Online News

Enter email address

Submit



Above: A Memorial Tribute of a 303 rifle with the bayonet, the slouch hat which has a plume, and the sabre which saw service at Beersheba, Gallipoli, the UK and the Western Front kindly provided by Robert Dodds and family, to whom they belong. All these pieces are in a museum at Parramatta Lancers.
<http://www.lancers.org.au/>

Below: Mrs Peggy Williams, OAM and President of the AWLA NSW. Photos by [Michael Mannington](#).



Copyright Pittwater Online News, 2011. All Rights Reserved.



Remembrance Day 2011 at Avalon RSL



Every year, on 11 November at 11 am – the eleventh hour of the eleventh day of the eleventh month – we pause to remember those men and women who have died or suffered in all wars, conflicts and peace operations. Beginning in 1919 as Armistice Day to mark the end of WWI in 1918 and remember all those who had died in this terrible conflict, November 11th became Remembrance Day after WWII to commemorate all those who had died in both these wars. Now each November 11th is Remembrance Day for all who have died or been injured in any conflict Australians have been involved in. A minutes silence is observed to reflect on the loss and suffering of war and to stand in tribute to all the men and women who have lost their lives on battlefields.

The Avalon Beach RSL ceremony for Remembrance Day 2011 was very moving. Conducted by President of the Avalon sub branch, Commodore Graham Sloper AM RAN Rtd., with an honest and articulate formal address from Councillor Rose, our Mayor, a bright blue day and soft breeze interspersed by melodic currawong calls did detract from the respect accorded those we have lost in conflicts and the sober quietness in which all who attended listened. Beginning promptly with the Catafalque Party march on, who are all members of Avalon sub branch, a program of prayers and hymns allowed guests, wives and Service personnel to commemorate all those we have lost in conflicts.

After welcoming Councillor Harvey Rose and Mrs Wilga Rose, Councillor Bob Grace, Mrs Peggy Williams OAM, President of the Women's Land Army of NSW, and her husband Ces Williams OAM, who after a distinguished career in the Navy became head of the NSW chapter of the Naval Association, and the guests of honour, who were the Legacy Widows from Mona Vale to Palm Beach, Commodore Sloper Rtd. restated the importance of this day to every Australian;

Today we remember those, who in the great tragedy of war, gave their lives for Australia, for the freedom of all people. We honour all those who fell, in the air, on the sea and on the land and our loyal friends in the Commonwealth and Allied Forces. We think of every man, woman and child who died so that the lights of freedom and humanity might continue to shine. May we and our successors prove worthy of their sacrifice.

Bob Lacey, Vice-President of the sub-branch read the Prayer for the Fallen and Vice President John McInerney of Sub Branch read the Prayer for the Services. The lovely hymns Abide With Me and Eternal Father Strong To Save, led by the Avalon Voices, preceded Councillor Harvey Rose's Remembrance Day Address.

Our Mayor brought tears to a few eyes with his sincere and frank tribute to all Australians lost in all conflicts. His insistence on reiterating the exact numbers, 'because they're all people, all individuals' resonated a determination to honour every single one. Mayor Rose reminded us that Australians were killed in the Sudan, before WWI, that Service personnel have been deployed to places as far flung as Somalia and Iraq since Vietnam.

Councillor Rose read selected verses from the poems Anthem to Doomed Youth by Wilfred Owen, In Flanders Fields by Lieutenant Colonel John MacRae and all of 'The Spires of Oxford' by Winifred Mary Letts. These he dedicated to two people from Avalon who had served and died in WWI on the Front in France. He emphasised how many young men died in this 'most terrible of wars' in prefacing these last chosen verses;

Winifred Letts was going past Oxford, she was on a train, and she looked out there and thought about what had happened to the cream of the young men of her age; where were they? They weren't at Oxford now.

'The Spires of Oxford'

I saw the spires of Oxford
As I was passing by,
The gray spires of Oxford
Against the pearl-gray sky.
My heart was with the Oxford men
Who went abroad to die.

The years go fast in Oxford,
The golden years and gay,
The hoary Colleges look down
On careless boys at play.
But when the bugles sounded war
They put their games away.

They left the peaceful river,
The cricket-field, the quad,
The shaven lawns of Oxford,
To seek a bloody sod-
They gave their merry youth away
For country and for God.

God rest you, happy gentlemen,
Who laid your good lives down,
Who took the khaki and the gun
Instead of cap and gown.
God bring you to a fairer place
Than even Oxford town.

Winifred Mary Letts

The Ode of Remembrance was read by Graham Sloper, the Last Post sounded and the One Minutes Silence observed before Reveille. Councillor Grace, Mark Houlder and the Vice Presidents of the sub branch all laid Wreaths before everyone was invited to lay flowers, poppies or sprigs of rosemary.

During lunch Peggy Williams OAM, President of the Women's Land Army NSW gave a short address on her experiences in this vital service during WWII. Her entertaining and amusing anecdotes about not being able to milk a cow, not being able to drive a tractor but forming a rapport with Toby, a Clydesdale plough horse who was 'her friend' also gave glimpses of the hardships endured. Mrs Williams was just seventeen when she signed her own papers to join this service. A city girl, like so many of the young women she toiled beside, Peggy was installed in barracks, sheds and tents on showgrounds and local open areas. Every day, sick or not, these women had to go to the farm. They wore uniforms, were confined to Barracks for disciplinary measures and were granted or refused 'leave'. In every aspect of their lives during this time they lived by the same conditions and rules as those in other services. When they finally heard the words 'war is over' it did not mean they could go home. The cows still needed to be milked, the crops brought in. They had to wait until the boys came home and they came home to fully functioning farms solely due to these women. The Nation and all Service people were fed due to the work of these women.

Mrs Williams has been battling for 69 years to gain formal recognition for the AWLA. These women endured service wartime conditions and sustained injuries as a result of their tasks. As Mrs Williams illustrates, she 'went in fit and healthy and came out limping'. There were no formal health examinations on their release, no counselling then for anyone and none at all for any of the AWLA still. In closing she spoke with feeling of Prime Minister John Curtin stating in 1942 that these women should be formally recognised as a 'fourth arm of the Services'.

Unfortunately, by the time this proposal got to Parliament the war ended and was shelved. Mrs Williams related Senator Faulkner has taken spoken in Parliament as recently as 13th of September 2011 regarding the huge contribution these women made on the land and in the factories and his hope that appropriate recognition will finally be given to the AWLA. If this occurs by the 27th of July 2012, which will be the 70th Anniversary of the Australian Women's Land Army herself will also be returned to all of us.

Doreen Cherry, organiser for 35 years of the Woman of the Year, asked Danni Sloper to present Peggy with a Royal Medal, an honour given to people for what they achieve. Doreen stated this had been organised 'to thank Peggy for all her hard work.'

O Lord, lover of souls, who through the mouth of your prophet of old declared that all souls are yours, we thank you for the brave and faithful dead, who willingly laid down their lives on the battlefields of war or succumbed to the perils of the deep or of the air. We bless you for the dauntless courage of those defenders of our country who have fallen in the cause of truth and righteousness. In your hand, O Father, we leave their departed spirits. Grant us to follow their good example in faithfulness and endurance, even unto death, that we may with them be found worthy of the crown of everlasting life.
Amen.

More [Pictures](#)

Dennis Wilson provided great Australian songs at lunch;
www.myspace.com/dwagency

Winifred Mary Letts http://en.wikipedia.org/wiki/Winifred_Mary_Letts

Lieutenant Colonel McCrae noticed that, despite the devastation caused by the war to towns, farms and forests, thousands of small red poppies began growing everywhere in Spring. This inspired his poem, In Flanders Fields:

Pittwater Online News

[Front Page](#) [Contents](#) [Park Bench Philosophers](#) [Profile of the Week](#) [History](#) [Youth](#) [Seniors](#) [Environment](#) [Food](#) [Lynda Hill](#)
[Community News](#) [Pictures](#) [News From our Inbox](#) [Books](#) [Events](#) [Artist of the Month](#) [Reflections](#) [Collector's Corner](#)

[Past Features](#)

November 13 - 19, 2011: Issue 32

This Weeks Articles

[Remembrance Day 2011 at Avalon RSL](#)

[HIAM Health](#) from Sue Williamson, lactation consultant and nurse

[Pittwater's Natural Antennas](#)



Profile: In November we are privileged to present small insights into some lovely resident ladies with a definite 'Spring' in their step, this week; Denise Casey, Masters swimmer and mum

Previous Profiles:

[Barton Lynch](#) [Shane Withington](#) [Commodore Sloper](#) [Herminie Swainston](#) [Teresa Cutter](#) [Joanne Brigden-Jones](#) [Tamara Sloper Harding](#) [Katie Spithill](#) [Chris Salisbury](#) [Doug Crane](#) [Henry MacPhillamy](#) [Ben Baillie](#) [Aim for the Stars Foundation](#) [Broken Bay Marine Rescue](#) [Pittwater Environmental Foundation](#) [Rotary Club of Pittwater](#) [Sophie Haythornthwaite](#) [Joan Fisher](#) [Mark Ferguson Veteran](#) [Carolyn McKay](#) [Christine Hopton](#) [Ian White](#) [Jack Elsegood](#) [Robert Grace](#) [Colin Casey](#) [Bob Waterer](#) [The Surfers Group](#) [The Palm Beach Yacht Club](#) [Pittwater Natural Heritage Association](#) [Pittwater Friends of Soibada](#) [Pam Bayfield](#)



History: Spring Landscapes: Heron Cove, Newport

Previous History Pages:

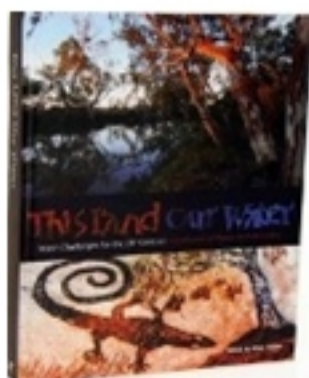
[Marie Byles](#) [Lucy Gullett](#) [Kookoomgiligai](#) [Frank Hurley](#) [Archpriest JJ Therry](#) [Sir Patrick Gordon Taylor](#) [Bowen Bungaree](#) [W. Bradley 1788 Journal](#) [Midholme](#) [Loggan Rock Cabin](#) [La Corniche](#) [La Corniche II](#) [Lion Island](#) [Bungan Beach](#) [Botham Beach](#) [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](#)



Park Bench Philosopher: Poems from Asahel Bush and Martin Thorndycraft



Food: MOverber focus on men's health; celery has phytochemicals that lower blood pressure. History, nutrition and a recipe.



Books: Newly released Books of Professor Peter Cullen's Papers, Flora and Coastal Plants.

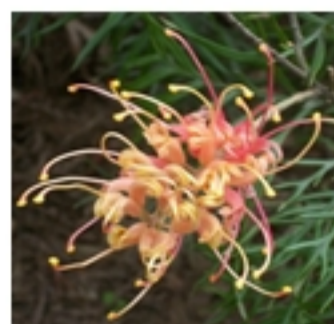
Old Books: NOVEMBER Australian Journals from WWI; two new works of old from 1917 and 1918.



Events: Artists Exhibits at Avalon, Spicks and Specks Finale, PBL Breakfast at RMYC, Loosely Woven, New Artists at GFG, Brass Concert at DY, Author Talks, Creek to Coast Field Day, Messiah, Markets, History Lectures, Pittwater Council Events, Manly Art Bathers & Beach Exhibit.



Community News: SES Week, Sweet Sensations, Loosely Woven announce new Concert, MOverber, Mountaineer Breakfast, Markets, PON Newsletter, New Lifejacket Rules, Council's Notices, Media Releases from Federal Government.



Environment: Identifying Pittwater Wildflowers: **Flannel Flower**, **WetlandCare Australia Photo and Art Competition**, Notices, Books, New Cooee Newsletter for November, **PNHA Asp. Fern Out Day**, Seed Bank with full Index of all Australian plants Facts Sheets and more.



Lynda Hill: Update: New Continents Arising: November's Taurus Full Moon



Pictures: Remembrance Day 2011 and Naturally



Youth: End of Year ponderings; Apprenticeships, Safety Smart Website for online fun and learning, Get involved in Environment Invite for all young adults! Council invites Parents and Children to Anti-Cyber Bullying Info Event, Links for local sites.



Seniors: Talk from Mildred Gertrude Smythe, 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: Photographer Danny Scotting shares some of his images of Pittwater.



Reflections by George Repin. **This week; An Australian Icon - Thanks to Billy Hughes**



Collector's Corner: Wood Case Crank Phone.



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

Copyright Pittwater Online News 2011.

All Rights Reserved.



Pittwater Online News

Front Page Contents Park Bench Philosophers Profile of the Week History Youth Seniors Environment Food Lynda Hill
Community News Pictures News From our Inbox Books Events Artist of the Month Reflections Collector's Corner

November 13 - 19, 2011: Issue 32



Above: Sue (left) and Anne with some of their charges. Below: (L to R) Sue, Anne and Maree.



Content and Images are kindly provided by Jill Hillary, HIAM Health, 3 Events and Sue Williamson. All Rights Reserved.



HiAm Health

Jill Hillary, a single mother of four adult children, travelled to Timor Leste in April 2004 as a self-funded volunteer. Thirteen days after she arrived she met Rosaria Martins de Cruz, Director of HIAM-Health. The name HIAM-Health, chosen by Rosaria, comes from an abbreviation of the East Timorese words Hamutuk Ita Ajuda Malu or "Together we help each other").

HIAM Health is a Non Government Organisation (NGO) based in Dili East Timor (Timor Leste) working to create a future for this struggling nation in the way of education, rehabilitation and prevention of malnutrition. HIAM is the initiative of Rosaria and has been operating out of Dili National Hospital since Nov 2003.

Earlier this year Sue Williamson, who was attending the Independence Day of Timor Leste at Avalon's Maria Regina Primary school, spoke about her plans to travel to Dili as a volunteer, with other Australian nurses and a dietician, to help with this work. Sue is a lactation consultant. Asked if she would share a few of her experiences on returning Sue kindly forwarded some letters and other information regarding HIAM.

The vision/mission of HIAM-Health is to reduce malnutrition and infant and maternal mortality in Timor Leste by empowering individuals and communities through education and training programs. HIAM-Health is a locally based NGO, which was established in 2003 and currently has 35 staff members. Since 2003, the organisation has run a number of health care programs throughout Timor Leste.

There are major shortages of Human Resources in Timor-Leste especially in the area of health and in particular Nutrition. In the entire country there are only about 3 nutritionists. So far there are still no educational institutions providing courses in this area. **There are approximately 200,000 children under<5years in Timor Leste and almost 60% are suffering from malnutrition. It is a similar situation for women especially those who are either pregnant or lactating.**

From Sue's first letter to us, prior to leaving;

I don't know how much of a difference we can make in a month, it seems just a small drop in the bucket, but we will give it our best shot. I hope eventually other Lactation Consultants will follow us, for it is only when we pull together that we can make a difference in peoples lives and hopefully make small but important changes in the existing culture.

Thank you, Sue Williamson RN RM IBCLC

On her return:

Bon Dia Colleagues Friends and Family,

Our time at HIAM health Dili has been an amazing cultural, emotional and educational experience for Anne, Maree and myself. The Timorese have endured incredible hardships and yet are simple, happy people, interested in learning, especially those in our class room.

We have had 20 days of teaching breastfeeding and nutrition also laughter, singing and exercises.

Our endorphins are high. We sleep well. The 3 of us have bonded well and our skills complimented each others personalities. We could have never have picked a better team.

We have taught women and men from three different communities, Aileu, Ermera district and Atauro Island. They are valued leaders of their communities - non medical. They have shared with us their culture and stories and we will never forget.

Also the HIAM health workers were in our sessions most of the time. They have heard the information three times over, so hopefully they can continue to teach the mothers in the centre. There are nurses amongst them plus those who are studying nutrition, a great benefit to the centre. They have been very impressive. Jill has chosen well and they have great respect for her and Rosaria. We had about 15 to 20 people at each session.

The Mothers and babies/ toddlers in residence about 10 to 15 and some siblings, usually stay for 21 days depending on the condition. We have children with TB, heart disease with a weak suck etc., all with malnutrition. They are put on a "plump-up" corn meal program. It takes about 2 months to make a difference in their body structure. There are 10 breastfeeding mothers in the center at the moment and we will be teaching an encouraging them over the next couple of days and spending time with the little one with a weak suck.

Jill Hillary (Aussie), and Rosaria (Timorese) - the directors, are amazing. Jill is the advisor and Rosaria Martins da Cruz, the up-front person. Both had a vision for this place, meaning 'together we can help each other'. You can read all about them on the HIAM Health web site.

There is a miracle tree here called the MORINGA tree, very high in protein, vitamins, and minerals. Maree has been encouraging everyone to eat it 3 times a day for health and wellbeing. What a blessing as it grows all over Timor, it's like breast milk, free and readily available.

We visited Dr Dan Murphy's clinic at Bairo Pita. You also can google this amazing person from the USA. So many medical problems and then a ward full of stunted young children, - oh so much to take in! During our 2 hour round with him, we checked 5 new babies born overnight and witnessed a TB mother, ill for many years, take her last breath! He sees 300 patients a day through his clinic!

Our R & R at Atauro Island over night seemed like a full week of rest. We stayed in an Eco hut and enjoyed meeting people who were bringing various skills to help Timor get back on their feet. It warmed our hearts to hear their stories. The clear sea water refreshed us no end.

We enjoyed being at the celebration for Tour de Timor the extremely tough annual bike ride, even shook hands with the President, Prime Minister and his Aussie wife Kirsty. Oh my what a day!

We also were invited to the US Embassy to have cocktails with Judith Fergin the Ambassador.

Always so much excitement going on here in Dili, we will never be the same.

All the best

Sue Williamson RM IBCLC

Anne Scollon RM IBCLC

Maree Twomey BS Nutrition

This just last week:

I have just received this from Jill Hillary in Dili re more information about HIAM health, its a great Power Point presentation. Also she gives us info on how to donate. Jill told me that **funds run out next May for HIAM**, so I hope we can support this good and worthy work.

Link in order to download the HIAM Health PP presentation files.

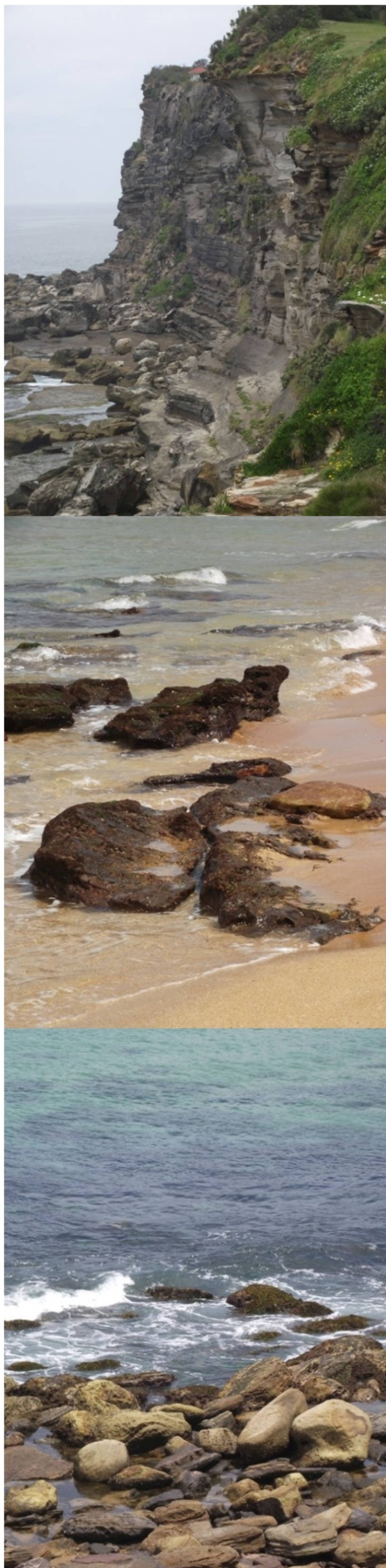
<https://public.me.com/naythan.dawe>

On the HIAM website there are 2 options for donating funds to HIAM one by Paypal with does not generate an Aust tax receipt and the other is a link to directly to AFAP. For more information see www.hiamhealth.org

Pittwater Online News

Front Page Contents Park Bench Philosophers Profile of the Week History Youth Seniors Environment Food Lynda Hill
Community News Pictures News From our Inbox Books Events Artist of the Month Reflections Collector's Corner

November 13 - 19, 2011: Issue 32



Copyright Pittwater Online News, 2011. All Rights Reserved.

Pittwater's Natural Antennas

November is well inside the 'storm season' months in Australia (Sept. to April). Past statistics for Sydney lightning strikes, recording over 750 strikes over two hours in 2005, and 45,000 over the whole of NSW during a 12 hour period on 24th of January 2004, indicate how severe our thunderstorms can be. The frequency of strikes against our own headlands annually remind us of an innate crystal quality in Pittwater's bedrock.

In years past radio broadcasts from New Guinea have been picked up on common am and fm band radios atop some of Pittwater's stony headlands. During the past week the rate huge bolts of lightning have crashed over and onto these same last points of land point to a magnetic quality in these rocks and soil that attracts lightning. If you've ever strolled on these headlands after a thunderstorm, even the morning after, you notice the ants and other insects are literally 'jumping'. They're like this while repairing rain ravaged nests and in part because the energy in the hill and even the cleared air above it, has been changed and 'charged' by lightning brought to earth and stone.

It's no secret that some areas, due to the mineral composition of rocks and earth, will attract more lightning strikes. The magnetic property of any rock or soil formation is determined by the amount of magnetite crystals, and the magnetized minerals, in it. This is what creates 'natural magnets'. Igneous rocks have the highest tendency to hold magnetite but there can also be elements in some sedimentary and metamorphic rocks. In igneous rocks it is basalt, with its quartz crystals components that become and stay magnetic during formation. In sedimentary rocks it is sandstone. Metamorphic rocks contain elements of both quartz and iron that can retain magnetic qualities. All these can be found in what forms the vertical cliffs of Pittwater's beachfronts and at sea level in Broken Bay.

The Sydney Basin, and Pittwater, has a capping of Middle Triassic Hawkesbury Sandstone layers, to 200 meters thick, over what is termed Newport Formation, sometimes to a depth of 49 meters and Early Triassic Narrabeen Sandstone underlying these. These underlying layers are Permian sedimentary rocks including measures of coal. Caprock or cap rock is a harder or more resistant rock type resting over less resistant rock type. The rock types in the Narrabeen Group of sedimentary rocks include lithic sandstone, quartz sandstone, siltstones, claystones, conglomerate and shales. Some of these have fossils of fish and plants. Lithic sandstones, or lithic arenites, or litharenites, are sandstones with a significant (>5%) component of lithic fragments, with quartz and feldspar usually present as well, along with some clayey matrix. Feldspars are a group of rock-forming tectosilicate minerals which make up as much as 60% of the Earth's crust. Feldspars crystallize from magma (Basalt) in both intrusive and extrusive igneous rocks, as veins, and are also present in many types of metamorphic rock. Feldspar is what is used in glassmaking. The Hawkesbury or Sydney Sandstone is composed of very pure silica grains and a small amount of the iron mineral siderite in varying proportions, bound with a clay matrix. It is considered to be a very porous stone.

The shape of the land contributes in channelling storms or blowing them back onto and into valleys. Sydney's Basin, considered to be in a 'rain shadow' of the Blue Mountains, can draw storms snugly down to land which, when reaching the coast, either hover over open valleys like Newport or are lifted by the updrafts of wind shearing over each ridge and headland they encounter. When tucked inside southern corners you can see a storm being lifted up and over a headland as it reaches the sea, the first clouds furling over the stone edge. Onshore sea breezes can also push a storm back onto the coast and cause it to stay over the beaches (see Stallins, J. A. and Rose, L. S. 2008.). The highest object in any terrain, trees in open spaces, or stone 'naturally magnetic' outcrops on headlands, will attract strikes more often.

There is clearly, despite continuous leaching, something in the composition of Pittwater's headlands that attracts lightning and also enables us, on a quiet still night, to pick up broadcasts from thousands of kilometers away. After a thunderstorm, the fusion of suddenly teeming rain, air quieted, and bolts of electrical currents galvanizes everything from the rock that supports the shale heathlands to the small winged insects that return to feast on nectar saturated drops of water. It confirms in a way, when we examine the smallest grains, how naturally powerful and ancient these outlooks to the sea are and how 'alive' every grain of rock and dirt and all that makes its home in these is. Perhaps Barrenjoey Headland is not our only lighthouse...

Further:

6,000 lightning strikes, worldwide, occur every minute of every day. Thunderstorms are Australia's most frequent damaging natural hazard. Lightning strikes cause between 5 and 10 deaths in Australia every year and over 100 injuries; over 80 of these occur from people using telephone lines during storms, which can become 'charged' via nearby strikes.

Safety Lists for Severe Storms Season (September to April) Australian Bureau of Meteorology: And Statistics;
Average lightning bolts carry a current of 10,000 to 30,000 amps. An average radiator draws 10 amps.
Lightning can, and often does, strike more than once in the same place.

<http://www.bom.gov.au/info/thunder/>

Stallins, J. A. and Rose, L. S. (2008), Urban Lightning: Current Research, Methods, and the Geographical Perspective. *Geography Compass*, 2: 620-639. doi: 10.1111/j.1749-8198.2008.00110.x

"In a simulation of how land cover change modifies convection over Sydney, Australia, Gero and Pitman (2006) observed that an intense convective storm developed within the central city only when land cover types were included in the model. This convection was attributed to sea breezes and increased agricultural land cover in the periphery of the city."

<http://onlinelibrary.wiley.com/doi/10.1111/j.1749-8198.2008.00110.x/full>

1999 Severest (recorded) Hailstorm:

http://en.wikipedia.org/wiki/1999_Sydney_hailstorm

[http://en.wikipedia.org/wiki/Antenna_\(radio\)](http://en.wikipedia.org/wiki/Antenna_(radio))

At night, in certain weather conditions, it is not uncommon for fortuitous AM broadcasts to be received thousands of kilometres away - the ABC has had reports of its services reaching New Zealand and Papua New Guinea.
From: <http://www.abc.net.au/reception/radio/troubleshoot.htm>

Pittwater Online News

Front Page Contents Park Bench Philosophers Profile of the Week History Youth Seniors Environment Food Lynda Hill
Community News Pictures News From our Inbox Books Events Artist of the Month Reflections Collector's Corner

November 13 - 19, 2011: Issue 32

The ego

The ego is to a grain of sand
As the id is to a beach,
If this beach were a grain of sand
Then humanity would be the world,
If the world were a grain of sand
We could not comprehend

As clear as a many faceted crystal
Taken from the wisdom of History,
And yet smooth and rounded
Like a pebble washed in a stream

Asahel Bush
Avalon, 2011

INSOMNIA

On such a night as this when gentle sleep denies its sweet oblivion
And sheets, sweat-dampened, offer no repose
Then wanders off the mind on endless flights of fancy to an alien world
Where tortured thoughts attack with every doze.

When cooling floorboards creak and possums dance their wild fandangos on the roof
And night birds cry to an unhearing moon
The weary body lurching round once more seeks a cool spot and hope of rest.
The mind is well aware it won't come soon.

Whence come these mad imaginations? Some from the future,
mostly from the past.
The present gets no ticket for this ride.
Too well explained, too orderly for validation on these nightmare trips
Sweet reason and good sense don't get inside.

The past is fertile ground for minute seeds of fact to mutate into madness,
For 'might-have-beens' to rage out of control.
'If onlys' take the stage for sad conjecture of chances missed and action lost.
A battered conscience has a leading role.

Good deeds and kindness, life well-lived have no place here. Self-torture is the mode.
Regret, remorse and pain the place to wallow.
These dreams take no direction from the will nor lead to sane conclusion
Or, breaking, leave a clue of what's to follow.

One waking moment gives the chance to break the sequence,
clamber out of bed
Rinse out the sand-filled eyes and take a drink.
Stand at the window; contemplate the moon-glowed valley and the hills beyond,
Let logic now provide a chance to think.

What causes these occasional nights in hell? Was it the dinner or the wine?
Of yester eve or some quirk of the mind?
Allowing the sub-conscience its free reign to rampage through the peaceful night
Destroying what tranquillity it finds.

The ghost of a false dawn backlights the hills. The night is finite after all!
May yet a few hours sleep bring some relief?
Straighten the tangled bedding, crawl inside, reverse the pillow with a prayer
That dreamless sleep may come, however brief.

But no! The spirits of the future now take hold, performing their mad dance
And shrieking of the tasks yet to be done.
These hold no terrors; one at least has some control upon ones future acts
And what to do and what to leave undone.

So now at last the mental turmoil fades and sheer exhaustion has its way.
And unremarked the night gives way to dawning.
Steeped now in blessed blank oblivion, the kookaburra's laugh goes unobserved.
The dreamer sleeps untroubled through the morning.

M.A.T.
26-09-02



Copyright Pittwater Online News, 2011.

All Rights Reserved.



Park Bench Philosophers

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

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

Contact us at: pittwateronlinenews@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.

Pittwater Online News

Front Page Contents Park Bench Philosophers Profile of the Week History Youth Seniors Environment Food Lynda Hill
Community News Pictures News From our Inbox Books Events Artist of the Month Reflections Collector's Corner

November 13 - 19, 2011: Issue 32



Above: Relay Team 3/4/2004 in Adelaide; (l to r) Denise Casey, Diana Moore, Jan Shannon, Bev Green



Below: Denise and Colin's dogs



Denise Casey

I was born in Caulfield on 14th of July, 1935. My mother received a large bunch of freshly picked wattle from her mother, Emily Telfer. I was fortunate to have a healthy childhood, and learned to walk and talk rather. As a toddler I learnt to love animals. My dogs, my cats became the love of my life, as did my dolls and teddy bear. At 76 I still love these things.

When I was three Mum and Dad shifted to Frankston, a beautiful bayside suburb in Melbourne. Here I learnt about the beach, the lake and the swans. When I was four my family moved from Frankston to an inland suburb called Vermont. I thought with my young brain I would go back and live at the beach forever. Now at 76 I live at a beautiful beach called Bilgola, but it is a Sydney beach, not Melbourne.

World War II worried my family very much. I had two Uncles in New Guinea where there was a lot of action fighting the Japanese. My Uncle Sam was a paratrooper and parachuted into the north-west region of New Guinea Finschaven River to drive the Japanese out of New Guinea. My father having volunteered three times for Army service and being rejected because his skin is unfit for tropical service was finally accepted as a Medical Orderly serving on a Hospital train based in Melbourne. They conveyed the wounded from the Hospital Ships to Heidelberg Hospital for treatment.

Mum and I had a great time, 8 cats, 12 bantams, 3 laying hens and one little dog called 'Noodle'. By then I was five and had started school at Vermont State. School was very easy for me. I remembered easily and listened in class. When I was eight I began Scotch Dancing. This gave me years of fun. I also did square dancing and ballroom dancing which was the foundation of social success. About 8 years I started to play tennis and at 16 I played a School Girls Final on the Centre Court of Kooyong. That was my best achievement. I then started work in an office and at nineteen I got married.

I had a baby boy three years later. We called him Peter. Three years went by and then I had another baby boy. We called him Roger. My husband ([Colin Casey](#)) decided we needed a dog. A friend had a spare puppy which she gave me. We called him Nasser. He was a brown curly haired retriever.

We lived at Ferntree Gully a suburb of Melbourne until Peter was about five years old. Then we had a big change. My husband, who was an Air Force Officer, was posted to Darwin to work for two years.

It was a long trip from Melbourne to Darwin so we stopped in Brisbane or two days. It was very hot and the boys were covered with heat rash. I was very worried how they would cope with the much hotter Darwin. The next stop was Mt Isa which was much hotter, it was like hell, but after a few hours off we went again. Next stop Darwin; What sheer delight. A few lights out of the darkness and we landed, no criticizing in-laws to greet us, a relatively cool aerodrome to go into and someone pleasant to take us to our new home. Nasser escaped at the airport and was chased by personnel but eventually caught so we could take him to our new home.

Life in Darwin was very different from what I was used to in Melbourne. There was no Mother or Father there for moral support. There was a swimming pool big enough to swim laps. The boys and I spent many hours becoming reasonably good swimmers. This skill has given us fun for the rest of our life. There were two tennis courts as well. This was also great for me because the C.O. of the Base saw me having a hit and thought I looked good enough to arrange a small club of officers and friends to play twice a week in the cool of the evening.

Although the RAAF base was a very nice place to live Darwin itself was a very small rough town then. There were four streets of shops in which you could purchase food and clothing but not the latest fashion.

You have had to live in different places as the wife of a Serviceman, was that difficult?

Living in different places did not worry us. The boys were only small when we were moving and we lived the same way at all places. It was lovely teaching them what was right and fun. Moving house was no problem, the Air Force did that for us. One thing I will stress is we always had a dog. The boys grew up with animals which taught them to love, look after and always have your best friend waiting when you came home.

You're a very active lady, still swimming every morning. Can you tell us about your swimming?

My swimming is one thing I enjoy. I swim for a Club called Warringah Masters and Killarney Heights Swimming, training one hour a week for each Club. I swim competitively in Inter Club and State Championships. I have many medals for State Championships and I competed in two Ocean Swims. My children and grand children have also competed at Club and State level.

You are also still a very active dancer. Where do you dance nowadays ?

I love to dance and have had lessons and belonged to Clubs. The last Club was a Square Dance Club 'Newport Ocean Waves'. Now I dance at Avalon Bowling Club where there is a band on Sunday. Quite a group dance there, mostly younger but I enjoy it. I know the steps from my younger days.

What is the best thing about being a mum ?

The best thing about being a Mum is having two boys. They love me and do many things to help me and still treat me as a teenager most of the time.

What is your favourite place in Pittwater and why ?

My favourite place in Pittwater is Avalon. There I enjoy shopping, walking the dogs, coffee and socializing. I love Avalon Beach and walking from the south to the north end and swimming in the summer.

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

WINNING MAY NOT BE EVERYTHING BUT LOSING IS NOT ANYTHING.

Pittwater Online News

Front Page Contents Park Bench Philosophers Profile of the Week History Youth Seniors Environment Food Lynda Hill
Community News Pictures News From our Inbox Books Events Artist of the Month Reflections Collector's Corner

November 13 - 19, 2011: Issue 32



Pictures, Top: Newport Wharf with Steamer, 1925. pic d1-15926r. Above: near the wharf at Newport 1915. pic d1-33116r. both from Government Printing Office. Below: Newport 2011 from the water.



Heron Cove Newport

Named for the birds that frequent this watery paradise side of west Newport, Heron Cove is also the sight visitors were greeted with when alighting from steamers at Newport wharf. Until the 1930's when more people built weekenders, Newport was a mostly rural area with orchards on the rich soil floor of the valley and oyster 'fattening' beds along the foreshores.

From an 1888 *The Sydney Morning Herald* Article by a visitor named 'Observer' who had just landed at Newport Wharf aboard the steamer Illawarra ; *"the sight of a good supply of peaches with the bloom on them, pears, apples, and passion fruit, etc., beneath a tent erected by some enterprising local farmer, was a welcome surprise."*

Orchards once filled the stretches of land to the west below what is Bushranger's Hill. By 1881 the foreshores of Newport and its main wharf were headquarters for a number of Hawkesbury and Brisbane waters steamers. Yachts, for recreation only, were moored although not in the seas of masts we see today.

The bush itself; *"the roving portion of the excursion began, and I soon found beautifully-shaded glens, with picnic parties sitting upon beds of light green moss, beneath broad-topped trees. There were ferns of many kinds to gather; the native cabbage-tree, rock lilies, and stag horns, could be seen growing to perfection; and then the climbing-plants attached from the bottom to the top of the high gum trees, and drooping, in naturally-formed festoons, from the ends of each bough to the ground, and, passing on to other trees, formed a picture not soon forgotten."*

Habitat trees such as Spotted Gum, Cabbage-tree Palm, Swamp Oak, Forest Oak and Blueberry Ash remain along these bays. There are still indigenous middens along these foreshores, notably at Salt Pan Cove, show mussels, cockles and oysters were abundant. So too were fish in warm and cold seasons. A recorded stranding of a bottlenose dolphin at Crystal Bay in 1971 shows sharks are not the only larger fish to come right to southern bays of Pittwater's estuary.

Bays north and south of where the original Newport wharf (where current public wharf is in Newport at west end of Queens Parade) was built were muddy swamps and mangroves originally.

Further: in file



Copyright Pittwater Online News, 2011. All Rights Reserved.



Pittwater Online News

Front Page Contents Park Bench Philosophers Profile of the Week History Youth Seniors Environment Food Lynda Hill
Community News Pictures News From our Inbox Books Events Artist of the Month Reflections Collector's Corner

November 13 - 19, 2011: Issue 32



SEEKING SENIORS INPUT ON SOCIAL INTERACTION

The state government's Home and Community Care program, local councils and community service organisations are encouraging seniors over 55 to take part in a short survey to aid future planning for seniors. The survey has already been sent to associations such as the Australian Unity, the Home Library service, activity centres and domestic care services on the northern beaches.

Pittwater Mayor Harvey Rose said the aim of the survey was to find out about the social interactions seniors have with their family and friends, community organisations and social groups. "The results of the survey will be used to improve planning and services for older people on the northern beaches," Cr Rose said.

Research officer Julie Gee said the organizations carrying out the survey also wanted to find out if seniors were aware of different guides and reference material available to them.

"To encourage participation we're offering five double passes to Warringah Council's Annual Christmas Concert Shalom Andrew & Friends. The concert will be held on Tuesday 13 December at the Glen Street Theatre with transport available if required," added Ms Gee.

Copies of the survey can be obtained by calling the Social Inclusion Working Party research officer Julie Gee on 0414 94 54 71 or email juliegee@optusnet.com.au

Completed surveys are to be returned in the reply paid envelope provided by Friday 28 October 2011.

Alternatively the survey can be completed online at www.surveymonkey.com/s/Aged_Client_Survey

Independent Website for Elders:
<http://www.agedcarecrisis.com/about>

About us

We are an independent group of Australian citizens, who are deeply concerned at the provision of aged care in Australia, specifically the delivery of quality care for our elderly and frail citizens, including those who are residents of aged care facilities.

**We do not receive any funding
We are not affiliated with any government body
We are not affiliated with any religious body
We are completely independent**

www.agedcarecrisis.com provides a voice for elderly and frail citizens in Australia

Talk

Mildred Gertrude Smythe

In past weeks George and I have been reminded that we should discard a belief that we are bothering others by bothering to speak to them and that the young are not living lives that are so fast and busy they have no time for the 'elder' generation. This, apparently, is a fallacy as many of those younger than us long to dwell, for long moments, in simply being with us or their own parents and elders. Our innate reticence, a generational inheritance, must be put aside sometimes. They indicate they are 'in awe' of us and all we have done and really want to hear our stories in our own words, including those quirky fad words that were ours, just as they have theirs. They want to know our lingo, gain insights into our cultures. They want us to recall the places and times and even the skies we have seen.

We must remember we elders are all, in a way that is akin to bearing witness, the first on the scene for events they have not experienced due to not even having been born yet. We must talk. Our voices, echoing through years, connect what was yesterday with what will become tomorrow, and provide a clear vision that accretes humanity itself. Just as all these suburbs run into each other, right across the city, and the land and sea running under them runs right around the world, the people who inhabit these spaces are also interconnecting and can be 'springs' that feed each other and create 'a watered garden' of people.

When our own children became full grown we had a few 'slide nights'; more so George and I could look at our darlings in their smaller skins, pulling silly child faces, then because our children had forgotten summer holidays or how they looked on their first day of school. These slide nights evolved into Sunday lunches and afternoons where they plied us for tales of our own aunts and uncles and where they had been and what they had done. History itself, what was happening, what we wore, all these tiny little details that colour and weave until breath is restored, rises in sharing our own memories. We can tell them how fast even the physical landscape has changed, how attitudes have changed and even communicate what is constant despite thousands of years of changes.

Most consider it a privilege to hear others share small insights into their selves, their lives, and are not merely 'politely listening'. People are hungry for people, for all they have done and do. To allow ourselves to become closed books when all we are and have done can enrich those we meet is not productive. We must open the pages, listen to other's songs but also, ourselves, sing. We must talk while we still have grace given breath to do so. Thus is transferred knowledge not learnt in classrooms or seen in sixty second news reports.

The Senior Newspaper Online

Click on logo:



Avalon Computer Pals for Seniors

AVPALS is a volunteer organisation dedicated to helping seniors improve their computer skills. Started in 2000 it now has 20+ trainers and many hundreds of students. At a really low cost (about \$30 a school term) they can provide one to one training on most matters connected with computing. From the smallest problem (how to hold the mouse!) to much more serious matters, there is a trainer who can help.

The training rooms are under the Catholic Church in Avalon and training is conducted Monday to Friday from 9am to 4pm. For more information visit AVPALS web site www.avpals.com or ring the co-ordinator Jenny McLaughlin on 02 9999 1348

Article on their Seminar



Copyright Pittwater Online News 2011. All Rights Reserved.



Enable Me

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

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



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

The program may include advice and support with:-

- An appropriate exercise or strengthening program
- Nutrition
- Home modifications
- Assistive technology
- Social and leisure activities

For more information or to register please phone.

Call Kerrie on 9979 7677



Contact Community Care Northern Beaches by clicking their logo:



Heartmoves is a low-moderate intensity exercise program. Regular participation in Heartmoves will help to:

- Better manage weight, blood sugars, blood pressure and cholesterol
- Improve fitness, balance, co-ordination and flexibility
- Enhance your quality of life and meet other people

Ingrid Davey is a qualified Older Adult Instructor and accredited Heartmoves Leader who will guide you through an exercise program that is fun, safe and modified to suit you.

Tuesday 9.30am and Thursday 10.30am at Nelson Heather Centre, 4 Jackson Road Warriewood. New people welcome every week. \$8.00 casual

Phone Ingrid to secure your spot on 0405 457 063. www.heartfoundation.org.au

Pittwater Online News

Front Page Contents Park Bench Philosophers Profile of the Week History Youth Seniors Environment Food Lynda Hill
Community News Pictures News From our Inbox Books Events Artist of the Month Reflections Collector's Corner

November 13 - 19, 2011: Issue 32

Apprenticeships

End of year considerations bring a looking at what has occurred and also a glance towards what may come. Those leaving school this year who want to secure an apprenticeship are also securing themselves an independent future once they have completed the years of learning skills involved.

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).

Going the distance is vital. Too many get to the last year of an apprenticeship without finishing the last few steps to receive their Certificates. Defer if you need a 'gap year', and get back to it as soon as you can. There's nothing like working for yourself, long hours, hard mental and physical work will increase your self esteem, help you choose what path you want to take and accrue the necessary skills to move along that chosen way. Apprenticeships are a great alternative to University for those who'd rather be out there getting on with it.

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>

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/>



A Youth Congress is to be held on Sydney's Northern Beaches over 3 days between **29th November and 1st December 2011**, to focus on local and international environmental concerns and how we can make a positive difference to our world together. 'Youth Leading The World' is an initiative of OzGreen, working in partnership with SHOROC councils Manly, Mosman, Pittwater & Warringah and is being organised by young local residents.

The annual youth congress is conducted simultaneously in multiple locations around the globe and is connected by digital media streams including facebook and twitter. It aims to accelerate the shift to fair futures by building a movement of inspired and informed young leaders to change the world one community at a time.

Over the course of the three days, the youth delegates will learn about local and global sustainability challenges, brainstorm ideas on their hopes for a better future and how to integrate sustainability ideas into their everyday lives, the local community and the global community.

On the last day of the Congress a 'Community Forum' will be run by local youth, to provide an opportunity for government, local business, parents, teachers, principals and families to engage with the young people of the SHOROC region and hear some of their ideas and plans and to offer support to make it happen.

"It's great to see young leaders in our community taking action to create a more sustainable future" Cr Harvey Rose, Mayor of Pittwater and SHOROC President said. "The SHOROC councils are very pleased to support this innovative youth event in our region" said Cr Rose.

OzGreen, the Australian organisation behind the event, piloted a national event in 2009 with 500 participants in 7 locations. In 2010, it grew into a global event in collaboration with over 100 local and regional organisations bringing together thousands of young people in 18 locations around the world and attracting over 60,000 post views on facebook. In 2011 over 30 locations will be involved.

Sydney Youth Climate Action (SYCAN) is supporting of the event and Jaden Harris one of the local event facilitators is co-founder of SYCAN, an initiative that was born in 2009 by a group of 14 year olds from northern beaches.

The Youth Congress will be held between 29th November and 1st December 2011 from 9am -3pm daily at YoYo's Youth Centre, Forest Way Shopping Centre, Cnr of Warringah Road and Forest Way, Frenchs Forest. The Community Forum will be held on 1st December 2011 from 1.30pm-3:00pm at YoYo's Youth Centre.

Entry is free for all events and the SHOROC councils are encouraging young people and the wider community to get involved and be inspired to create positive environmental change.

To register your interest visit www.ozgreen.org or email yftw@ozgreen.org.au

From: [SHORAC](#)



Parent Forum on Cyber Bullying and Social Media Understand some of the issues teenagers face in the ever changing environment of online social media

Date: 10th Nov 2011, Time: 7pm - 9pm

Start a conversation with your teenager about cyber bullying and social media. Best Enemies is an anti-bullying program which includes a 12 minute film based on the true experiences of a teenage girl. Launched in 2009, Best Enemies has visited over 75 schools across a number of communities and organisations. The program addresses the key issues parents face in supporting their children navigate social media. Presented by Best Enemies Chief Executive Ross Bar, youth specialist Kim Huckerby and the young actor who plays the lead character in the film.

Discussions will include:

Online privacy
Digital reputation
Cyber safety
Online and offline bullying
Behaviour management
Social skills and communication techniques
Parents are welcome to bring their teenagers.

RSVP: by Thursday 3 November to suzi_pawley@pittwater.nsw.gov.au or call 9970 1152

More information: www.bestenemies.org

From NCVET:

Are we there yet? Making the successful transition to adulthood

Moving from adolescence to adulthood can be a time of flux for young people as they try out different school, and post-school work and study choices. This research synthesis highlights what helps young people make this transition a success and what might work against them.

From The Pittwater Report Online:

PCYC bid approved by Council

The Council will put in a bid for up to \$2.5 million of state government funding to build a PCYC next to Pittwater Rugby Park at North Narrabeen. Around 50 PCYCs currently operate in NSW and are usually run as a youth & community centre backed by local police. If the Council is successful in getting funding, work on building the new centre could start in 2014.

• [Read the Council report](#)



Soundwave 2012
SUN 26 February 2012 at SYDNEY SHOWGROUNDS

General Public on sale: Thu 20 October, 9am

From <http://www.soundwavefestival.com/>



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 below:

www.northernbeachesyouthinfo.net.au

www.facebook.com/manlyyouthcentre

www.myspace.com/manlyyouthcentre

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.

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/>

Pittwater Online News

Front Page Contents Park Bench Philosophers Profile of the Week History Youth Seniors Environment Food Lynda Hill
Community News Pictures News From our Inbox Books Events Artist of the Month Reflections Collector's Corner

November 13 - 19, 2011: Issue 32

Identifying Bush flowers of Pittwater



Actinotus helianthi known as the **Flannel Flower**, is a common sight in Pittwater and flowers from September to December. It is not a member of the daisy family but rather a species of flowering plant of the Apiaceae (formerly Mackinlayaceae) family, the same family as the carrot. Its generic name, meaning "furnished with rays", is derived from the Greek stem aktin-/ακτιν- "ray" or "spoke of a wheel" or "sunbeam", while its specific epithet is derived from its resemblance to the genus Helianthus.

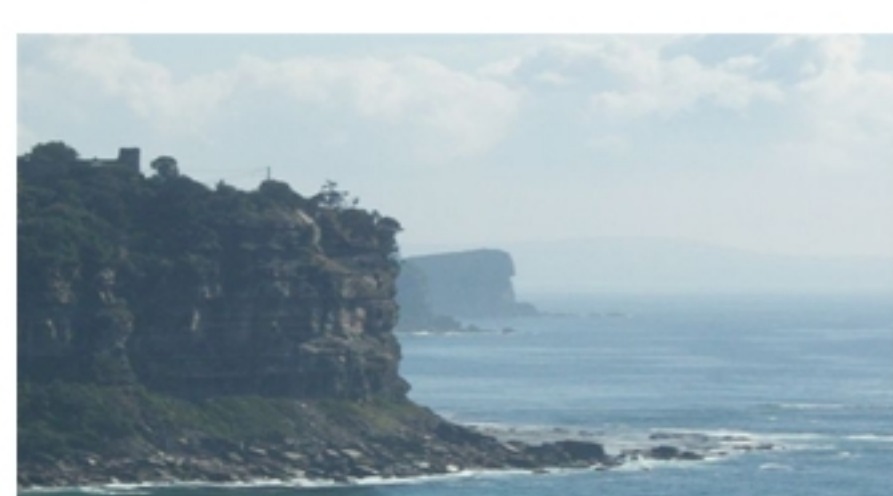
There are 15 species of flannel flower, the smaller pink variety found in the blue Mountains, only flowering after a fire. Our local version, with its pale grey leaves and soft cream to white petals texture give the plant its 'flannel' name. Flowers are between 5 and 8 centimeters and the shrub itself can grow up to five feet high. It thrives in coastal sandstone heathlands.

As an essence it enhances sensitivity in the male and 'flowing', which makes it ideal for addressing problems with the prostate. The smaller pink variety enhances a feeling of thankfulness and lightness of being. More on [Flannel flower](#) and [Pink Flannel Flower](#) Essences and properties.

St Bede's Church, in Drummoyle has the early 20th century work The Waratah window by Alfred Handel. This stained glass window has Australian native flowers, including the red Waratah, emblem of the state of New South Wales; as well as Flannel Flowers, Christmas Bells and Wattle. The flannel flower is also the Australian symbol for mental health awareness.



Coastal Environment Centre



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

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

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

November Newsletter includes information on local:

- Flora and fauna; baby flying fox season
- Weeds and pests;
- Events, competitions and activities;
- Environmental projects and Bushcare Notices.

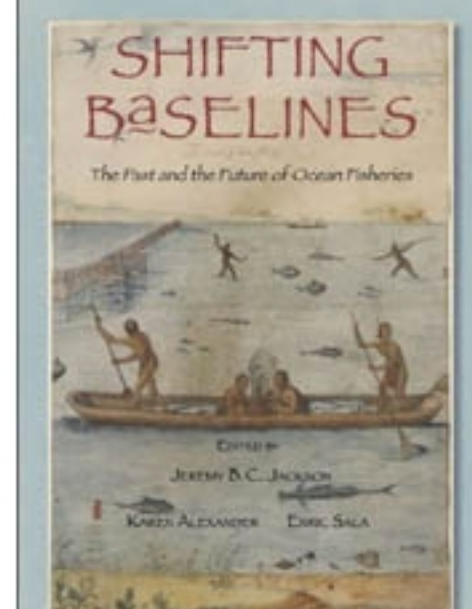
HERE

Shifting Baselines

The Past and the Future of Ocean Fisheries
Jeremy BC Jackson, Karen Alexander, Enric Sala
Explores the implications of a groundbreaking idea:

we must understand the oceans of the past to protect the oceans of the future.

DUE Sep 2011 - 284pp
Paperback - 978110910019 - \$55.95



How Green is a Spotted Gum when Wet?

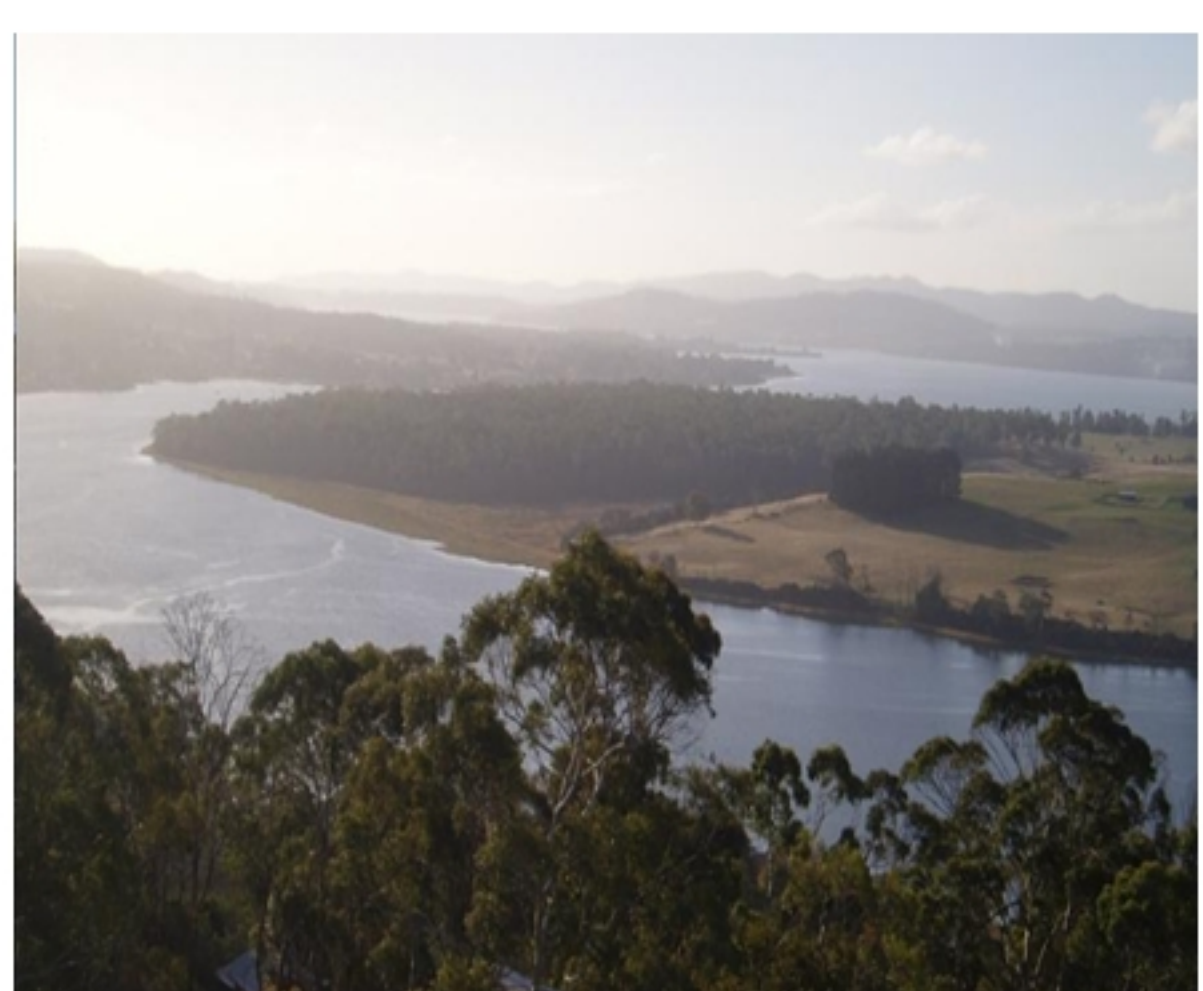


For tips on how to be more energy efficient, visit [Climate Action Pittwater at:](http://www.climateactionpittwater.org.au/)

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



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



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



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.



Rocky Point Asparagus Fern Out Field Day, November Saturday 12th.

Rocky Point is on Pittwater's western shore, near Elvina Bay. Magnificent Spotted Gum forest needs to be saved from Asparagus Fern. We start the day with a free ferry ride from Newport. Last year over 60 people came to attack Asparagus Fern with great results. Join the local bushcare groups for another Big Day Out, with a Gourmet Lunch as the finale. This really may be the end of Asparagus Fern here!

Bring: gloves, water to drink.
Wear: long trousers and sleeves, enclosed footwear
Sponsors: DATS Environmental Services, Pittwater Council, Hawkesbury Nepean Catchment Management Authority and NPWS
Cost: Free
RSVP: pnhainfo@gmail.com or phone 9918 3368, 9918 7190 or 0439 409 202

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 Art 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
- Queenland 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

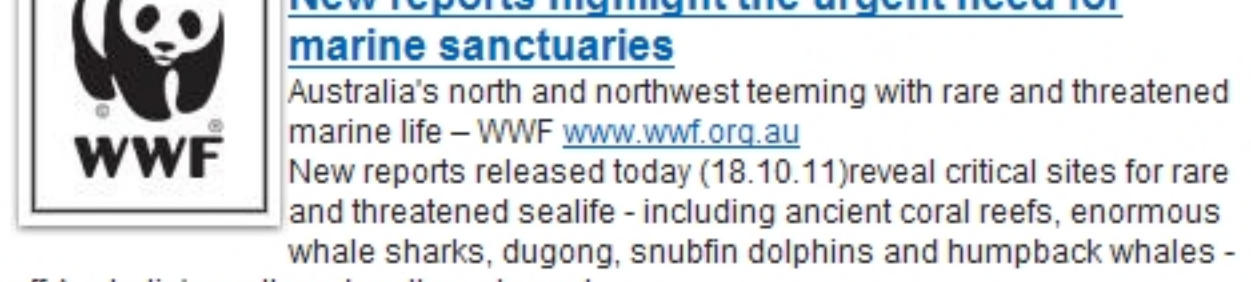
Includes the ecology and behaviour of whales and dolphins; identification notes, accompanied by detailed colour illustrations and location maps for each species; and a comprehensive guide to sites, highlighting the best places to see whales. This new edition includes new species information, conservation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

About the author
Peter Gill has been involved in whale 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.

WWF Australia
New reports highlight the urgent need for marine sanctuaries

Australia's north and northwest teeming with rare and threatened marine life – WWF www.wwf.org.au

New reports released today (18.10.11) reveal critical sites for rare and threatened sealife - including ancient coral reefs, enormous whale sharks, dugong, snubfin dolphins and humpback whales - off Australia's north and northwest coast.



Sea Turtle © Jürgen Freund / WWF-Canon

Functional Plant Biology Volume 38 Number 11 2011

Includes: PrometheusWiki: online protocols gaining momentum by Adrienne Nicotra and Emma McIntosh; Goldacre Review: Carotenoids in nature: insights from plants and beyond by Christopher I. Cazzonelli; Evidence that banana (Musa spp.), a tropical monocotyledon, has a facultative long-day response to photoperiod by Jeanie A. Fortescue, David W. Turner and Ronald Romero

WSPA World Society for the Protection of Animals



You can change this image...

Imagine being chained to a fence all day, hungry and in pain, for tourists to photograph. And when the tourists are gone, you're shut into a tiny, filthy cage to wait out the long, cold night.

There are over 20 beautiful bears suffering this ordeal right now in Romania. They were captured as cubs and have been kept in captivity ever since, mostly for the entertainment of tourists. With years of neglect and trauma, they are in poor condition and suffering mental anguish.

We're ready to help our partners Asociatia Milioane de Prieteni (Millions of Friends) rescue these bears and bring them to the sanctuary. However, with 58 bears already saved the sanctuary is full, and we must build the final enclosure to make room for the remaining bears.

Your gift today can help us extend the sanctuary and provide the safe and natural environment these bears need so desperately. More [Here](#)

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

PITTWATER COUNCIL

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.

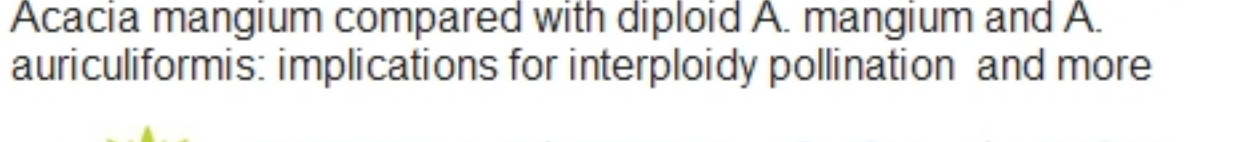
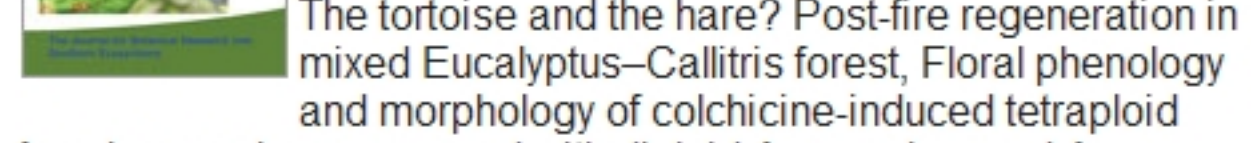
The calendar has been coordinated by Pittwater Council on behalf of the Pittwater, Hornsby and Gosford communities and was funded by a \$50,000 grant from the Hawkesbury Nepean Catchment Management Authority, through the federal government's Caring for Country grant program.

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/biodiversitycalendar 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, \$20.00rpf, attractive cards with photos of Pittwater scenes, flora and fauna \$2.00

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

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% (about 1600 ha excluding 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 takes around 1.8 kilograms of carbon emissions, without taking into account the emissions produced from transporting the paper. So, before you send a document to print, think about how many kilograms of carbon emissions you could save by reading it on screen.

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

Copyright Pittwater Online News, 2011.

All Rights Reserved.



"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

Pittwater Online News

Front Page Contents Park Bench Philosophers Profile of the Week History Youth Seniors Environment Food Lynda Hill
Community News Pictures News From our Inbox Books Events Artist of the Month Reflections Collector's Corner

November 13 - 19, 2011: Issue 32

Celery

Men's health and energy foods; MOvember.

Celery crops are coming in and this season's are heavy, high in water content and sweet. Used in juices, soups, light Spring fish stews or even just eaten raw they are great source of water, fibre and the seeds, containing butylphthalide, have been shown to lower blood pressure.

"My patients who eat four sticks of celery a day have seen modest reductions in their blood pressure—about 6 points systolic and 3 points diastolic," says Mark Houston, M. D., director of the Hypertension Institute at St. Thomas Hospital, in Nashville. It's possible that phytochemicals in celery, called phthalides, are responsible for this health boon. These compounds relax muscle tissue in artery walls and increase bloodflow, according to nutritionist Jonny Bowden, Ph. D., author of *The 150 Healthiest Foods on Earth*. Read more: [here](#)

Celery also has elements that clarify and make clearer the complexion, perhaps due to its high water content. Added to coleslaw or in tuna salads they provide that extra 'crunch'. As a tonic type food, in our month of encouraging men's health, we offer a recipe for a soup that is good for warmer days and man-friendly in the making of.

Celery Soup

Prep Time: 10 minutes, Cook Time: 20 minutes

Ingredients:

500grams fresh celery or celery root
1 medium potato
2 Tbsp unsalted butter
1 medium onion, peeled and roughly chopped
1 clove garlic, peeled and crushed
½ cup dry white wine
1 qt vegetable stock or white stock
salt, to taste
Ground white pepper, to taste

Preparation:

Cut celery into pieces about ½ inch to 1 inch thick, depending on diameter. Peel the potato and cut it into pieces about the same size as the celery. Heat the butter over low-to-medium heat. Add the onion, garlic and celery and cook for 2-3, stirring continuously. Add the wine and cook until the wine has reduced by about half. Add the stock and the potato. Increase the heat to medium-high and bring to a boil. Then lower the heat and simmer for 15 minutes or until the celery and potatoes are soft enough that they are easily pierced with a knife but are not 'mushy'. Purée in a blender. Return blended soup to pot and allow to simmer for a few minutes and adjusting thickness by adding more broth if needed. Season to taste and serve!



Above: Old illustration is from Original book source: Prof. Dr. Otto Wilhelm Thomé *Flora von Deutschland, Österreich und der Schweiz* 1885, Gera, Germany

Apium graveolens is a plant species in the family Apiaceae commonly known as **celery** (var. *dulce*) or **celeriac** (var. *rapaceum*), depending on whether the petioles (stalks) or roots are eaten: celery refers to the former and celeriac to the latter. *Apium graveolens* grows to 1 m tall.

First attested in English 1664, the word "celery" derives from the French *céleri*, in turn from Italian *seleri*, the plural of *seleri*, which comes from Late Latin *selinon*, the latinisation of the Greek *σέλινον* (*selinon*), "parsley". The earliest attested form of the word is the Mycenaean Greek *se-ri-no*, written in Linear B syllabic script. The Ancient Greek colony of Selinous, on Sicily, was named after wild parsley that grew abundantly there; Selinountian coins depicted a parsley leaf as the symbol of the city.

In temperate countries, celery is also grown for its seeds. Actually very small fruit, these "seeds" yield a valuable volatile oil used in the perfume and pharmaceutical industries. They also contain an organic compound called *apiol*. Celery seeds can be used as flavouring or spice, either as whole seeds or ground and mixed with salt, as celery salt. Celery salt can also be made from an extract of the roots. Celery salt is used as a seasoning, in cocktails (notably to enhance the flavour of Bloody Mary cocktails).

Medicine: The use of celery seed in pills for relieving pain was described by Aulus Cornelius Celsus around 30 AD. Celery seeds contain a compound, 3-n-butylphthalide, that has been demonstrated to lower blood pressure. It is thought to be an aphrodisiac by some people, because it is thought to contain androsterone, a metabolic product of testosterone. This is false. Bergapten in the seeds can increase photosensitivity, so the use of essential oil externally in bright sunshine should be avoided. The oil and large doses of seeds should be avoided during pregnancy, as they can act as a uterine stimulant. Seeds intended for cultivation are not suitable for eating as they are often treated with fungicides.

Nutrition: Celery is used in weight-loss diets, where it provides low-calorie dietary fibre bulk. Celery seeds are also a great source of calcium, and are regarded as a good alternative to animal products. However, contrary to popular belief, celery does not contain negative calories: digestion of celery does not burn more calories than a person obtains from it.

100g of raw celery contains the following nutritional information according to the USDA: Calories : 16, Fat: 0.17, Carbohydrates: 2.97, Fibers: 2, Protein: 0.69, Cholesterol: 0

History: Daniel Zohary and Maria Hopf note that celery leaves and inflorescences were part of the garlands found in the tomb of pharaoh Tutankhamun (died 1323 BC), and celery mericarps dated to the seventh century BC were recovered in the Heraion of Samos. However, they note "since *A. graveolens* grows wild in these areas, it is hard to decide whether these remains represent wild or cultivated forms." Only by classical times is it certain that celery was cultivated. M. Fragiska mentions an archeological find of celery dating to the 9th century BC, at Kastanas; however, the literary evidence for ancient Greece is far more abundant. In Homer's *Iliad*, the horses of the Myrmidons graze on wild celery that grows in the marshes of Troy, and in *Odyssey*, there is mention of the meadows of violet and wild celery surrounding the cave of Calypso.

From: In Wikipedia, The Free Encyclopedia. Retrieved from <http://en.wikipedia.org/w/index.php?title=Celery&oldid=460106998>



Copyright Pittwater Online News 2011. All Rights Reserved.



Pittwater Online News

Front Page Contents Park Bench Philosophers Profile of the Week History Youth Seniors Environment Food Lynda Hill
Community News Pictures News From Our Inbox Books Events Artist of the Month Reflections Collector's Corner

November 13 - 19, 2011: Issue 32

New Continents Arising: November's Taurus Full Moon



One does not discover new continents without consenting to lose sight of the shore for a very long time. Andre Gide

AUSTRALIA, n. A country lying in the South Sea, whose industrial and commercial development has been unspeakably retarded by an unfortunate dispute among geographers as to whether it is a continent or an island. Ambrose Bierce

Today, the treacherous, unexplored areas of the world are not in continents or seas – they are in the minds of men. Allen Claxton

There are continents and seas in the moral world, to which every man is an isthmus or inlet, yet unexplored by him. Henry David Thoreau

Nay, be a Columbus to whole new continents and worlds within you, opening new channels, not of trade, but of thought. Henry David Thoreau

November's Taurus full Moon occurs on November 11 in Australia and November 10 in the United States. The Sabian Symbol is **Taurus 19: A New Continent Rising Out Of The Ocean.**

This from my book [The Sabian Oracle: 360 Degrees Of Wisdom](#).

This Symbol is a powerful image of new opportunities and a whole new sphere of operation. When a land mass emerges from the ocean – the 'New Continent' that is 'Rising' – there is usually some kind of eruption or disruption that precedes it. A whole field of activity is coming to light as a fresh, new arena of opportunity erupts. It may feel as though it is coming out of nowhere, or from somewhere you didn't expect, however things have probably been building up for some time. Perhaps you saw it coming, or maybe you weren't aware that the changes would go as far as they have. One thing's for sure: it is coming from somewhere deep within your emotional and spiritual development. There is a promise of rewards and brand new beginnings. However, this is probably only the beginning. There is much work to be done developing this possibility into something fertile and productive. Observe and learn from the things that are erupting into your conscious reality. You will (or will have to) find that extra spark to create a brand new, original opportunity. What is possible, and what is not, will become more obvious as time goes on. You may feel a little alienated in this new 'Continent' or sphere of activity, but that's only relative to the conditions of what it is that you're leaving behind. There has probably been a recent period of throwing out things that haven't worked, or cluttered up your life and been in the way of your forward growth. What you've done or achieved in the past has led to this, but these new beginnings need to be met with a fresh sense of purpose, confidence and possibility.

Keywords: Enormous potentiality emerging. New trends and ways of being. Sudden eruptions of talent or fields of endeavor. The greenhouse effect. Global warming. Atlantis and other ancient underwater cities. Evolution. Patience. Developing slowly but surely. Emerging generations of people. New environments. Things feeling suddenly foreign. The birth of a nation. Migration.

The Caution: Continually seeking "new worlds" rather than finding a place in the existing one. No responsibility for the birth of the new. No respect for the old or established. Not shifting or evolving.

What are you letting go of? What new fields are opening up for you? How is the birth process going?

The Karmic Condition (the degree before) of the full Moon is Taurus 18: A Woman Airing An Old Bag Through A Sunny Window To Give It Air And Sunshine. This speaks of clearing things out of your closets, garages, minds and hearts. The theme is about purging and it can happen on any level, psychically, mentally, emotionally, etc. So, this is very much an "out with the old and in with the new" full Moon.

Keywords: Psychoanalysis. Past life regressions or memories. Doing domestic chores with a feeling of purpose. Work shopping ideas. Bringing light and freshness to old feelings. Renewal. Throwing out the old or outlived. Cleaning out rooms. Renovations. Letting the sunshine in.

The Caution: Expecting others to take responsibility for cleaning up and airing out. Hanging on to outworn things and memories. Airing one's 'dirty laundry' in public. Rehashing old situations. Going over the same ground over and over. Bringing up issues when it's inappropriate. Depressed attitudes.



The Quest degree of the Sun is Taurus 20: Wisps Of Clouds, Like Wings, Are Streaming Across The Sky. There could be a challenge associated with flying off too quickly towards your goals - there may need to be a little gestation time, although if you've been waiting to start (or end) something, you could find the wind at your back.

The Sun brings an interesting message. It's on Scorpio 19: A Parrot Listening And Then Talking Repeats A Conversation He Has Overheard. This degree is likely to bring up many things along the lines of communications, gossip, passing news and information along, and, it could show some explosive developments as James Murdoch goes before the House Of Commons Media Committee this week - there could be some big revelations. This Symbol also speaks about clairvoyance, intuition and listening to one's inner voice.

Venus, the ruler of this full Moon, is on the same degree as Mercury. This can bring wonderful new realizations, communications, breakthroughs and a connection between one's heart and one's head. **Venus and Mercury** are both on **Sagittarius 11: In The Left Section Of An Archaic Temple, A Lamp Burns In A Container Shaped Like A Human Body.**

Keywords: Connecting the left and right sides. Working out, physical fitness and exercise. Yoga. Grounding reality. Sexuality. Realizing that body is the same as spirit. Remembering to be in the body. Light workers. The acceptance of the body and its functions. Sport and its physical rewards. Metabolic rates. Oil burners. Gas lamps. Aladdin's lamp.

The Caution: Worshipping the body at the expense of the intellect, psyche or spirit. Concentrating exclusively on physical desires and needs. Needing actual physical evidence to accept anything. Being caught up in the illusion of the body, the "physical self".

The message appears to be in our bodies as well as our hearts and minds.



The Quest Degree (the degree following) of Mercury and Venus is Sagittarius 12: A Flag Turns Into An Eagle; The Eagle Into A Chanticleer Saluting The Dawn. Many will want to fly their new flag (for their 'New Continent') to take up some ideal that accords with their inner and outer aspirations. It could also be that there will be some flexing of muscles and chest

thumping and there could be some worrying developments about the big, long held plans to bomb Iran (I truly hope not). What flag are you flying? What do you look up to and salute?

Perhaps there's something you need to acknowledge, admit or give voice to as Mars is on **Leo 30: An Unsealed Letter Has Vital And Confidential Information.** (Again, James Murdoch giving testimony about the phone hacking scandals).

Keywords: Wearing your heart on your sleeve. Shared thoughts and feelings. Declaring what needs to be said. "Dear John" letters. Laying one's self on the line through writing things down. Diaries. Letters. Penmanship. Messages of intent. Things said out loud. Confidences.

The Caution: Playing games with information. Pretending to conceal for the purposes of deceit. Blurring things out. Not giving any indication of what's thought. Being upset about having things out in the open. Passing on the secrets of others. Revealing things that shouldn't be revealed.

Add 'listening in' on other people's space.

We have two interesting 'butterfly' motifs in this full Moon. Saturn is on Libra 24: A Third Wing On The Left Side Of A Butterfly. This can speak of a lack of balance, flapping around, oddities, one side of the body being more perfect than the other, feeling like one cannot get anywhere until there is a balance struck.

Neptune is on Aquarius 29: A Butterfly Emerging From A Chrysalis - a building of confidence, coming out into a fuller participation in the bigger picture, growing up and out, emerging from the dark, leaving yesterday behind, becoming more and more beautiful, finding one's feet or wings, metamorphosis, huge changes in the works, giving up struggling, the drama of a new life unfolding. This feels much like the theme of the full Moon - the New Continent Arising.

Speaking of which, Uranus reflects, also, the New Continent Arising. Uranus is on Aries 1: A Woman Has Risen Out Of The Ocean. A Seal Is Embracing Her - cycles starting, beginnings, emergence into concrete manifestation, embracing and honoring the shadow, tropical islands or lands, rocky shores, seals, oceans and water, shedding skins, transmutation, the Selkie myth, grounding one's energy, stepping between the sea and the shore, androgyny, love and its embrace, finding your feet and your voice, mermaids.

Are you finding yourself waking up to the same 'reality' day after day? The Moon's north node, said to be a 'karmic point' (although I think everything could be described that way) is on **Sagittarius 15** - it has been for some time - **The Groundhog Looking For Its Shadow On Groundhog Day.** What are you repeating? Where do you want to get off the merry go round, the self enquiry, the doubting or the continual day after day that you're not happy with?



(Writing this, I realised that the degree of the Sun each year on Feb 2 - Ground Hog Day - is Aquarius 13: A Barometer. The Sabian Symbols are really too amazing).

Keywords: Looking back, reading the signs. Divination and other systems of inquiry. Seeing society as being to blame. People having a good look at how they seem to others. Wondering how others perceive you and picture you. Prophets that can tell the "weather" ahead of time. Predictions. Prognosticating. Welcoming an early spring. Scrutinizing objectives and possible outcomes. Looking to nature for clues.

The Caution: Being scared to act without some message of confirmation. People (or society) looking for someone else to blame for conditions. Relying on the same solutions without consideration of changes. Blizzards and the cold.

Jupiter is on a fabulous degree and will traverse back over some really good degrees in the next few weeks in the lead up to Christmas. It's on **Taurus 4: A Pot Of Gold At The End Of The Rainbow.**

Keywords: The promise of riches, in whatever forms these may take. Creative imagination. Goals and ambitions. Alchemy. Splashes of color. Rewards contained. The search for the treasure. Seeking communion with nature and life's bounty. Wealth derived from changing perspective. Talent and beauty. Fantasies.

The Caution: Seeking easy, tempting solutions. Thinking that rewards are always just "over the horizon". Thinking that one is never going to get near "it". Elusive success. Forgetting the more immediate things in life. Seeking perfection.

Talking about journeys outwardly and inwardly, Pluto is on Capricorn 6: Ten Logs Lie Under An Archway Leading To Darker Woods. There are messages coming soon, but meanwhile the journey is continuing.

Keywords: Journeys into the unknown. Getting past the past. Tenacity, stamina and energy preservation. Things to consider before moving deeper. Thresholds, "Archways", entrances. Dark forests. The unknown and the "unknowable". Delving into the subconscious. Memories that lead into deep or strange places. Gateways. Fallen trees.

The Caution: Fear of the untrodden path. Being afraid to make a move. Things blocked or obstructed. Getting lost in something and not knowing how to get out. Looking for directions that are obscure or concealed.

So many of the Symbols of this full Moon indicate new beginnings, new emergences, new understandings and leaving behind the past. Where and how is your 'New Continent' emerging?



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

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

What are the Sabian Symbols?

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

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

For more Information: [click here](#)



For a limited time, Lynda is offering mini-readings at a special price!

This is your opportunity to have Lynda read your chart.

Details below:

Times are crazy right now, eh? In fact, it seems to be times are always a bit crazy...do you need some help understanding yourself, your life, what's going on or what's coming up or how to get the most out of your life?

For many, there's a sense of a need for direction, also, many want a deeper look at their lives through the many lenses that the Sabian Symbols provide. With the economy being what it is, I realize a lot of people can't afford to get a full reading or don't have the time or the energy to schedule a phone reading. These mini-readings are so easy. I have recently offered these readings and have had a huge response and fabulous feedback.

A mini-reading works this way:

I cast your chart and calculate what transits and progressions you're having. I analyse your chart, taking in what the Sabian Symbols reveal, along with the transits and progressions, and, using the Sabian Symbols, I can see many dimensions of what's going on for you. This reading gives you a far better understanding of your chart and outlines your strengths and the areas you may need to work on, along with what's been happening, what is presently going on and what's coming up.

I then speak for 30 minutes into my voice recorder, recording my observations of your chart. I then upload the recording to the internet in Mp3 format and email you the link to it.

You download the recording to your computer (this is very easily done) where you can listen to it easily, and in your own time.

Listening to it more than once is recommended.

Whether you are generally curious about your chart, looking for greater self-awareness, wondering how long a bad patch will last or seeking clarity on what your future holds, these readings can empower you on many levels and can mark a major turning point in your life.

The reading explores what's going on in your life, how your life is unfolding, your gifts along with your challenges, why you are going through certain situations or attract particular types of relationships. The Sabian Symbols reveal, brilliantly and amazingly, your spiritual path and where you are headed. My readings are like no other as I use the Symbols in my own unique and in-depth style in order to draw together the pictures that colour your life and your destiny. If you know nothing at all about astrology, you'll see that astrology AND the Sabian Symbols are one of the best tools for self awareness, insight and discovery.

If you are an astrologer or into astrology, this reading will open up new doors of perception and understanding about your life, and, will also show you how to see an astrology chart through the lens of the Symbols. You can also learn how to use the Symbols in your chart readings. The Symbols provide wonderful and valuable information that a normal astrology reading does not. The Symbols have their own lens into the world of astrology and their stories provide enormous depth.

I get a lot of requests for these types of readings, so get in quick! All you need to do is:

Pay \$125 (please note the Australian dollar is now about 6% more than the US dollar) through the [Donate page](#). Please note that this price will not last long - I will soon be increasing it.

Email me at sabiansymbols@gmail.com your date, time and place of birth (if you don't know your time of birth, don't be concerned I can still do a reading), along with an outline of your life and anything you wish to share with me. Don't be afraid to tell me some of your story; it helps to have a dialogue. Also, please let me know your level of understanding of astrology as this will help me to frame the reading.



Copyright Lynda Hill, 2011.

All Rights Reserved.

[Tweet](#) [Like](#) [+](#)

November 13 - 19, 2011: Issue 32

Remembrance Day 2011



Commodore Graham Sloper Rtd. AM RAN Rtd. Image Copyright [Michael Mannington](#).



L to R: Mayor Harvey Rose, Mrs Wilga Rose, Ces Williams OAM, Peggy Williams OAM, Doreen Cherry. Image Copyright [Michael Mannington](#).



L to R: Vice Presidents RSL Sub Branch Bob Lacey and John McInerney, Councillor Bob Grace



Legacy Ladies and those who attended



Colour Party: (R to L) David Willingham, Barry Young, Ron Charless, Chief Petty Officer Lindsay Brack



Catafalque Party: Able Seaman Ian McGiffen, Leading Seaman Mark Bradbury, Leading Seaman Terrance Stewart, Leading Seaman Robert Caldwell, Leading Seaman Laurie Hope



Peggy Williams OAM and Danni Sloper pinning Royal Medal



John and Betty Kopetko

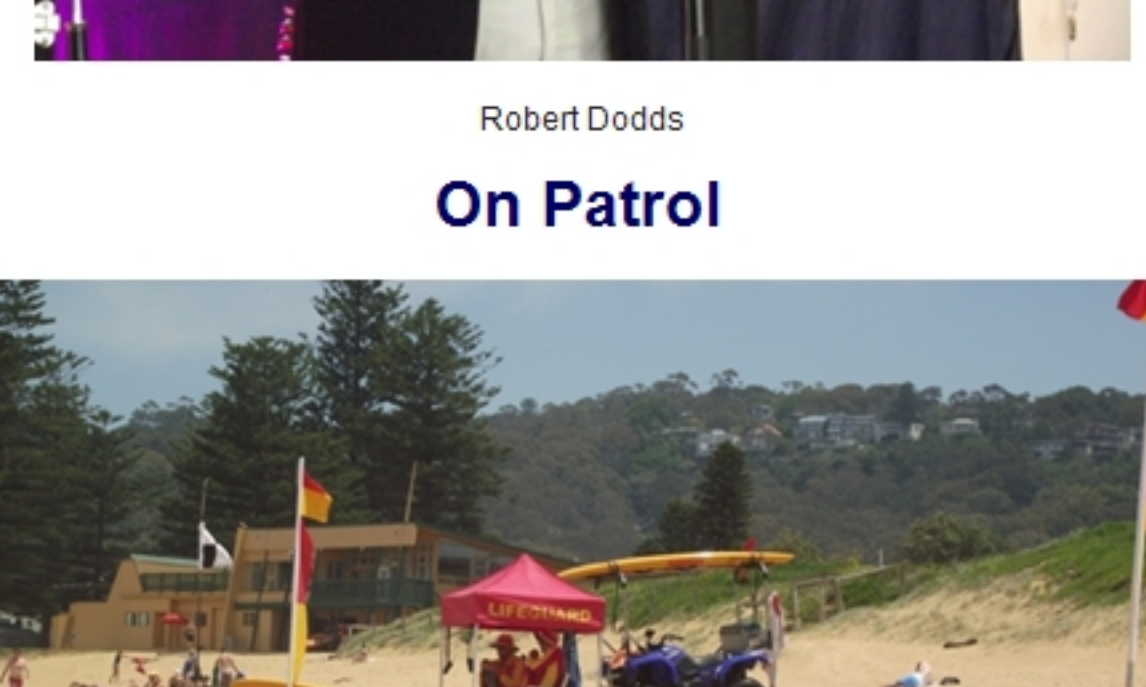


L to R: Cmdr. Graham Sloper, Danni Sloper, Wilga and Mayor Rose



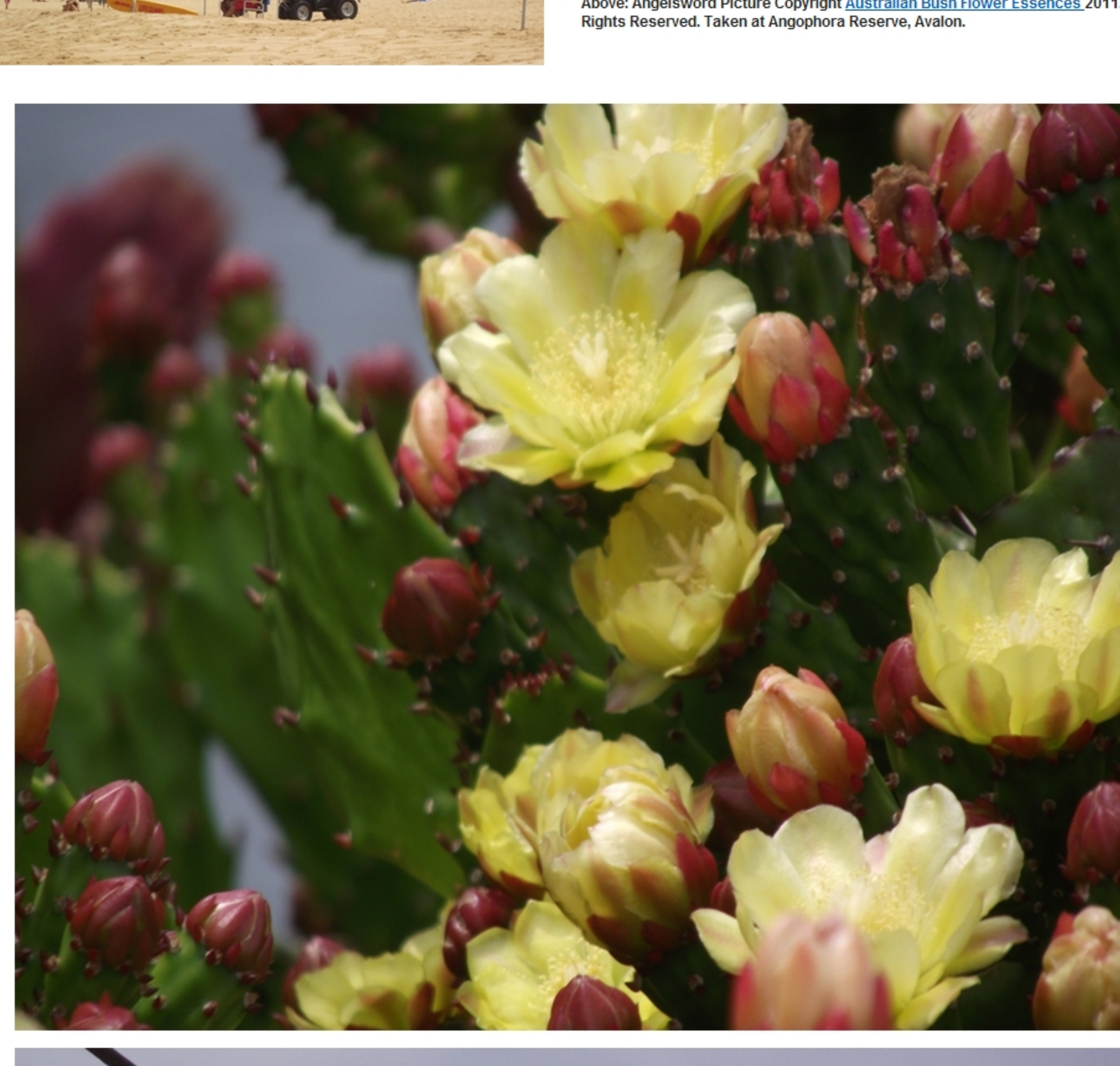
Robert Dodds

On Patrol



Above: Angelsword Picture Copyright [Australian Bush Flower Essences](#) 2011. All Rights Reserved. Taken at Angophora Reserve, Avalon.

Naturally



Pittwater Online News

Front Page Contents Park Bench Philosophers Profile of the Week History Youth Seniors Environment Food Lynda Hill
Community News Pictures News From our Inbox Books Events Artist of the Month Reflections Collector's Corner

November 13 - 19, 2011: Issue 32



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



Above: The Rats of Tobruk - US Trailer, Charles Chauvel director Original US theatrical Trailer for "The (Fighting) Rats of Tobruk" a classic Australian World War II film



[Google+ Launches Branded Pages](#) - mashable.com
Google has finally unveiled brand page for Google+, allowing businesses and brands to join Google's social network. "So far Google+ has focused on connecting people with other people,"...
[26 Promising Social Media Stats for Small Businesses](#) - socialmediaexaminer.com
Is your small business "all in" with social media? New research shows incredible opportunity for small businesses. Keep reading to...

[Marine and Freshwater Research](#)
Volume 62 Number 11 2011
Includes: Bomb radiocarbon dating of three important reef-fish species using Indo-Pacific $\Delta^{14}C$ chronologies, Analysis of mitochondrial DNA clarifies the taxonomy and distribution of the Australian snubfin dolphin (*Orcaella heinsohni*) in northern Australian waters, Evidence of large, local variations in recruitment and mortality in the small giant clam, *Tridacna maxima*, at Ningaloo Marine Park, Western Australia, Distribution and movement of a stocked freshwater fish: implications of a variable habitat volume for stocking programs.

eBooks
CSIRO PUBLISHING now offer most of our new releases as eBooks, as well as a large number of important backlist titles. If you are new to eBooks, or would like more information about CSIRO PUBLISHING's eBook products

Copyright Pittwater Online News 2011.

All Rights Reserved.



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.

Unfortunately I, an attorney, have first-hand knowledge because my wallet was stolen last month. Within a week, the thieves ordered an expensive monthly mobile phone package, applied for a VISA credit card, had a credit line approved to buy a Dell computer, received a PIN number from DMV to change my driving record information on-line, and more.

But here's some 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. By the time I was advised to do this, almost two weeks after the theft, all the damage had been done. There are records of all the credit checks initiated by the thieves' purchases, none of which I knew about before placing the alert. Since then, no additional damage has been done, and the thieves threw my wallet away. This weekend someone handed it in. It seems to have stopped them dead in their tracks.

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. Sydney/Virgin - 2000 1800 080 000
22. Westpac - 1800 230 144
23. Woolworths Ezy Banking - 137 288



Pittwater Online News

Front Page Contents Park Bench Philosophers Profile of the Week History Youth Seniors Environment Food Lynda Hill
Community News Pictures News From our Inbox **Books** Events Artist of the Month Reflections Collector's Corner

Old Books

November 13 - 19, 2011: Issue 32

Old Books: November 2011

Australians In World War I Journals

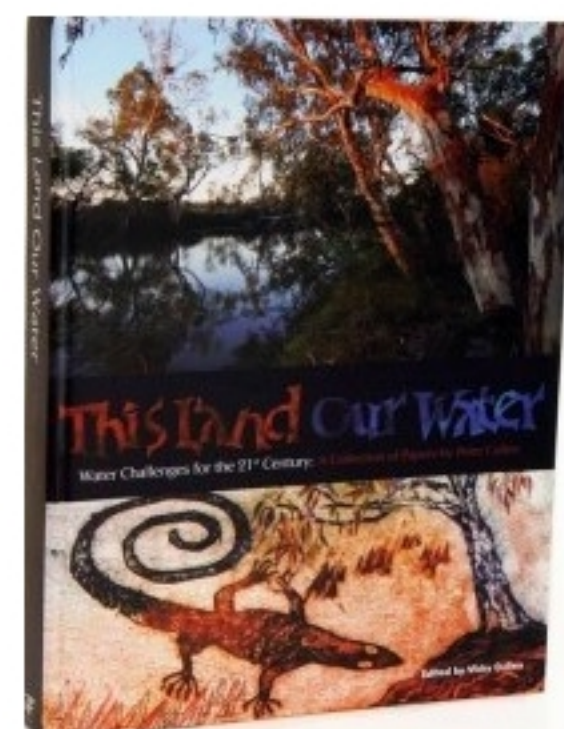
From the Australian front (1917)

Subject: World War, 1914-1918; World War, 1914-1918
Publisher: London, New York [etc.] : Cassell
Reproductions of official photographs and cartoons and sketches by members of the A. I. F

By-ways on service ; notes from an Australian journal (1918)

Author: Dinning, Hector William, 1887-
Subject: World War, 1914-1918 -- Personal narratives, Australian
Publisher: London ; Constable

Waiting: On the way. Cairo.--II. Gallipoli.--III. Back to Egypt.--IV
France: A base. Picardy and the somme. French provincial life



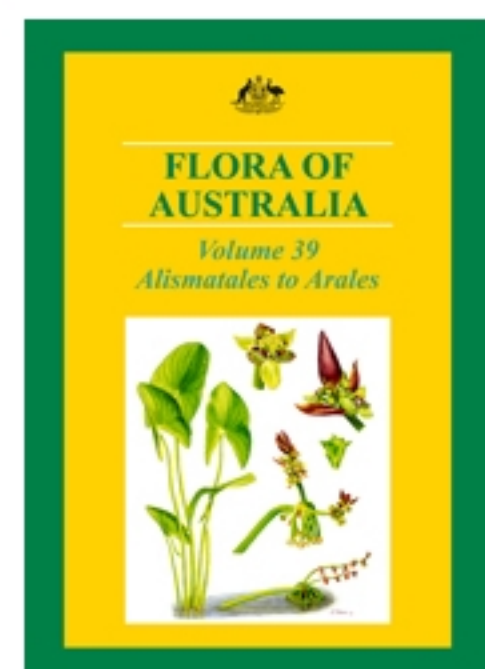
This land our water: water challenges for the 21st Century a collection of papers by Peter Cullen.

Hindmarsh: ATF Press. 2011. 361 pp. colour photographs. \$80.00

The book opens with a biography offering the reader an insight into Peter Cullen's personal life and the influences that inspired his passion and drive as an academic and water guru. The eulogy, by Kate Andrews, written in March 2008, provides another perspective on Peter's life.

Also included, is a list of Peter's publications and thirty-three vignettes written by friends and colleagues from various backgrounds; politics, agriculture, journalism and science.

The vignettes detail the many ways in which Peter influenced their lives and work. Journalist, Åsa Wahlquist, recalls "He was a great gift to journalism, and indeed to our nation. His commitment to good science and his ability to communicate that science were inspirational. This book is a celebration of Professor Peter Cullen, a hard working and much respected advocate for the land and waterways of Australia."



Flora of Australia Volume 39

Alismatales to Arales
Flora of Australia Series, Australian Biological Resources Study

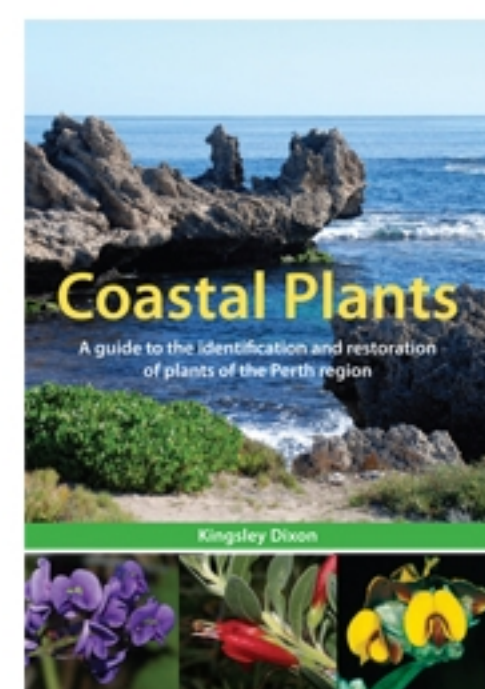
320 pages, Publishers: Australian Biological Resources Study (ABRS) / CSIRO PUBLISHING July 2011. \$110.00

Volume 39 of the Flora of Australia describes 17 families of monocots in 76 genera and 256 species. Most of the families are aquatic, and include the sea-grasses, pond weeds, and some major agricultural weed species. Four families are entirely or mostly terrestrial.

The aquatic families are all small in number of species, and two, Juncaginaceae and Posidoniaceae, have their greatest diversity in Australia. Lemnaceae contains the world's

smallest and most reduced flowering plants, some as tiny as 1 mm long. Of the terrestrial families, all are predominantly tropical, with their greatest diversity outside Australia. Araceae (palms) and Pandanaceae are often large trees, and include species of economic importance as food and oil crops, fibre, timber and other construction materials, as well as many horticultural species. Araceae are mostly climbers but also arborescent to aquatic herbs, with several important food species, and many horticultural species and cultivars.

Thirty authors, illustrators and photographers have contributed to this volume.



Coastal Plants

A Guide to the Identification and Restoration of Plants of the Perth Region
Kingsley Dixon Kings Park and Botanic Garden, WA

288 pages, Publisher: CSIRO PUBLISHING, February 2011. \$ 39.95

Coastal Plants provides a definitive guide to the 100 most common plants of the Perth coastal region and includes the key species used in coastal restoration. Each species is presented with its Latin name, common name and family, together with its distribution, key diagnostic features, natural history, pollination, uses in restoration and propagation. The description for each species is accompanied by a distribution map and diagnostic photographs

of the whole plant, flowers, seeds and fruits.

Coastal Plants also contains introductory chapters on the biology and ecology of the coastal plants, their biogeography, and practical approaches to the restoration of coastal dune vegetation.

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



Copyright Pittwater Online News, 2011.

All Rights Reserved.



Tweet Like +1



2012 Australasian Sky Guide

Nick Lomb

112 pages, Publisher: Powerhouse Museum, November 2011. AU \$ 16.95

Compact, easy to use and reliable, this popular guide contains everything you need to know about the southern night sky with monthly star maps, diagrams and details of all the year's exciting celestial events. Wherever you are in Australia or New Zealand, easy calculations allow you to determine when the Sun, Moon and planets will rise and set throughout the year. Also included is information on the latest astronomical findings from space probes and telescopes around the world.



Australian High Country Owls

Jerry Olsen University of Canberra

Colour photographs, 376 pages, Publisher: CSIRO PUBLISHING, November 2011. \$ 69.95

Australian High Country Owls provides the latest scientific information on Australian owl species, especially Ninox owls. It details studies of Southern Boobooks and Powerful Owls, visits to North America and Europe to learn about owl research, and the resulting publications that overturned some existing beliefs about Australian owls. Ultimately, this led to the discovery of a new owl species in Indonesia, the Little Sumba Hawk-Owl.

Appendices cover the biology, conservation and rehabilitation of Australian owls, including: field recognition, subspecies taxonomy, habitat,

behaviour, food, range, migration, breeding, voice and calls, status and myths, questions about each species, and techniques for caring for injured and orphaned owls.

The book includes numerous photographs of different owl species, and will be a handy reference for bird researchers and amateur bird watchers alike.



Burke and Wills

The Scientific Legacy of the Victorian Exploring Expedition

Edited by:

EB Joyce The University of Melbourne

DA McCann The University of Melbourne

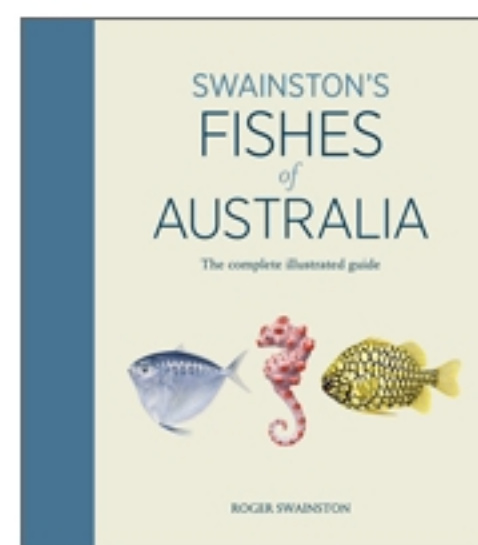
Colour illustrations, 368 pages, Publisher: CSIRO PUBLISHING, November 2011. \$ 59.95

This book challenges the common assumption that little or nothing of scientific value was achieved during the Burke and Wills expedition.

The Royal Society of Victoria initiated the Victorian Exploring Expedition as a serious scientific

exploration of hitherto unexplored regions of inland and northern Australia. Members of the expedition were issued with detailed instructions on scientific measurements and observations to be carried out, covering about a dozen areas of science. The tragic ending of the expedition meant that most of the results of the scientific investigations were not reported or published. Burke and Wills: The Scientific Legacy of the Victorian Exploring Expedition rectifies this historic omission.

It includes the original instructions as well as numerous paintings and drawings, documents the actual science undertaken as recorded in notebooks and diaries, and analyses the outcomes. It reveals for the first time the true extent and limits of the scientific achievements of both the Burke and Wills expedition and the various relief expeditions which followed.



Swainston's Fishes of Australia

The Complete Illustrated Guide

Roger Swainston

Colour illustrations, 836 pages, Publisher: Viking - November 2011. \$125.00

Roger Swainston's breathtaking artwork provides a fascinating overview of the extraordinary diversity of Australia's marine and freshwater fishes.

Here, more than 1500 remarkable illustrations portray every family of fishes ever recorded from Australian waters. The names of all known species are listed alongside detailed information on the taxonomy and biology of each family.

Avalon Library Hours

Monday to Friday 10am to 5pm

Saturday 10am to 1pm

Sunday 2pm to 5pm

59a Old Barrenjoey Road

Phone: 9918 3013 Fax: 9918 7046

Email avalonlibrary@ozemail.com.au

Web Address www.avalonlibrary.org.au

Children's Storytime at Mona Vale Library

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

Tuesdays 10.00am - 11.00am

Wednesdays 10.00am - 11.00am

Thursdays 10.00am - 11.00am

Pittwater Online News

Front Page Contents Park Bench Philosophers Profile of the Week History Youth Seniors Environment Food Lynda Hill
Community News Pictures News From our Inbox Books Events Artist of the Month Reflections Collector's Corner

November 13 - 19, 2011: Issue 32



Copyright Pittwater Online News, 2011. All Rights Reserved.

Wood Case Crank Telephone

Wood wall-mounted telephones were the first phones put into wide circulation following Alexander Graham Bell's invention in 1876. Typically tall and bulky, they needed several compartments to hold the batteries and magneto (a hand cranked generator to signal the operator). The earliest (and most valuable) wood phones were hand crafted of walnut. Later wood phones were mass-produced of oak, up through WW2.

This one, from the 1920's may have been built locally based on the UK '100' series. The handmade wooden case contained the telephone circuit and had the transmitter mouthpiece screwed onto the front of the box and the switch hook, holding the receiver, protruding from the left hand side. Below the mouthpiece was a dial-mount, which either contained a dial(L) or a blanking plate (CB). This made it a true, one-piece telephone which was available either 'stand alone', mounted on a handsome, wooden, back-board, with integral writing desk or, as a Tele. 123, combined with the original, Button A & B coin-box.

Australia's first telephone service (connecting the Melbourne and South Melbourne offices of Robinson Brothers) was launched in 1879, with the first telephone exchange opened in Melbourne in 1880 shortly before the hanging of bushranger Ned Kelly. Around 7,757 calls were handled in 1884.

Telephones in Australia were originally looked after by each colony with each having its own Telegraph and Postal system, some supplied by State Railways. The first Telegraph line was installed in 1854 and ran from Melbourne to Williamstown. By 1856 the line's length had grown to 36 miles and was transmitting 14,738 messages a year. The first telephone system was launched in 1879 and connected the South Australian and Melbourne offices of Robinson Brothers. In 1880 the first telephone exchange was opened in Melbourne which, by 1884, was processing around 7,757 calls per year.

In 1901, with the Commonwealth Of Australia coming into being, the Post Master General Department became responsible for all telegraph, mail and the telephone systems. A commercial entity called the Australia Post Office evolved after World War One (This was later split into Australia Post 1950 and Telecom Australia 1975). At the time of Federation (1901) inner Sydney had 7,502 subscribers. A trunk line to Melbourne was not established until 1907. The other states were gradually linked with Hobart (Tasmania) was the last to be linked in 1935.

Initially Australia imported most of its telephones from Britain. A large local manufacturing industry began when AWA and STC learnt more about the technology and were able to produce many parts locally. The Post Master General was keen to promote and build a local industry and also awarded contracts to AWA, STC, TMC and Ericssons. Workshops thrived in all States until the introduction of competitors and imported mobile phones in the early 1980's.

Further:

Cradle

The part at the top of a phone that holds the handset. On a desk phone it is supported on the PILLAR.

Crank

The handle on the generator of a magneto telephone. Mostly they are straight, but some early U.S. models had a curved "dogleg" crank. Wood Case Crank Phone is from Trevor's Museum

Telecommunications In Australia History;
<http://www.caslon.com.au/austelecomsprofile1.htm>