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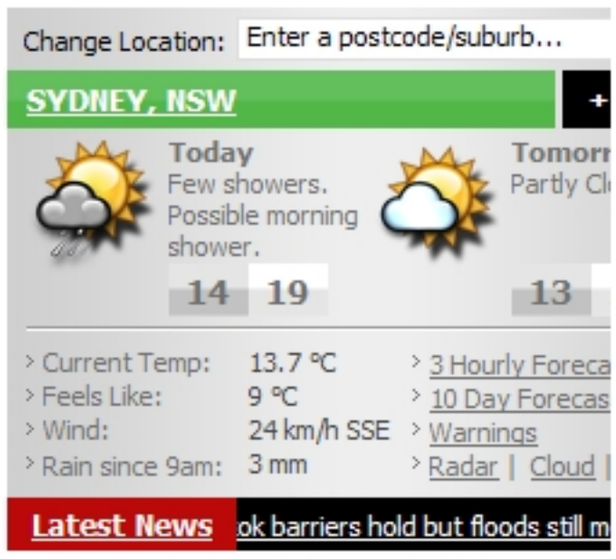
Sustainable

sus·tain·a·ble adj. 1. Capable of being sustained. 2. Capable of being continued with minimal long-term effect on the environment

Sustainability is the capacity to endure. For humans, sustainability is the long-term maintenance of well being, which has environmental, economic, and social dimensions, and encompasses the concept of stewardship, the responsible management of resource use. In ecology, sustainability describes how biological systems remain diverse and productive over time, a necessary precondition for human well-being. Long-lived and healthy wetlands and forests are examples of sustainable biological systems.

Quote for the Week

We are tied to the ocean. And when we go back to the sea, whether it is to sail or to watch - we are going back from whence we came.
John F. Kennedy



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Pittwater's Sustainable Living 2011 Winners

Above: Green and Golden Bell Frog courtesy of Dragonfly Environmental

Pittwater Council has earned a well deserved reputation for promoting sustainable practices and for being protective of our beautiful natural environment. This was well illustrated in Pittwater's second Sustainable Living Expo held at Mona Vale Memorial Hall and Village Park last Sunday, 9th of October. A number of exhibitors, workshop presentations and speakers introduced and expanded on a wide range of earth, air and water friendly inventions and products and how to reduce energy costs in the home and at work. After this an Awards Ceremony, recognising resident schools, businesses and individuals who have best developed and demonstrated sustainable practices was held. The winners and those who were commended represent all aspects of Pittwater from the water to your own backyard. We contacted the winners this week for comments on their awards and to find out more about their works.

The winner for **Sustainability in Design – Single Residential Dwellings – is RW Stidwill Constructions & Eastwood Design**. Ryan Stidwell stated it was a good to gain recognition for their work and a credit to his team. Fourth year apprenctice Daniel Houlahand collected the award on his behalf, a young man who had spent a year and a half on the construction of the house named 'Pitt Point Waters' on Scotland Island.

Above: Winning Home Image courtesy of R W Stidwell Constructions Pty Ltd

From Pittwater Council Website: "The judges were impressed with this outstanding pavilion-style house on Scotland Island built mainly from recycled hardwoods. The design concept was to create a casual and relaxed waterfront home in harmony with the island. The house design gave careful consideration to the management of waste water and rainwater harvesting, with the home completely self-sufficient in these areas. The use of glass louvers to control airflow and capture precious natural light is another example of the homes sustainability credentials, along with extensive use of sandstone retained from the previous dwelling. In essence, this house is a showcase for quality sustainable design, offering stunning aesthetics as well as a liveable ambience."

CONTINUED

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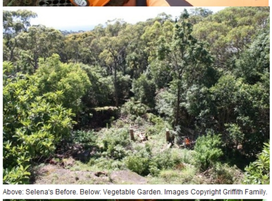
Above and Below: Before and After Pictures for Riverwood Wetlands, just one DFE Project and also Port Botany, which may be the largest salt marsh planting in the world so far Ecotour: Images Courtesy and Copyright of DFE.



Above: Selena's Before. Below: Vegetable Garden. Images Copyright Griffith Family.

Above: Bilgola Plateau Chooks and Below: Vegetable Garden. Images Copyright BPS.

Copyright Pittwater Online News, 2011.

he award for **Sustainability in Business went to Small Business ragonfly Environmental.** Mia Dalby Ball, when contacted sounded happy with the recognition as Ryan had been and stated *"I have und that winning the award has opened the doors to talking to more ople directly about what can be done by all us to live more gently the Earth and be responsible with resource use. So that's a plus I dn't foreseen but will definitely continue with."*

D R A G O N F L Y

iDfE ENVIRONMENTAL

Dragonfly Environmental is a group of Environmental Companies each specialising in an area of environmental restoration or management. DFE has been caring for the environment since 1985 and is a wholly Australian run and owned Company.

The DFE companies and their specialist areas are: DFE Wetlands and Waterway, DFE Environmental Reporting, DFE Advanced Planting, DFE Bush Regeneration, DFE Avalon quatics, and DFE Enviro-tours. Dragonfly Environmental has ecialised in Ecological Restoration, Wetland Management, Riparian Terrestrial corridor jobs in the Sydney Region over the past ten ars. Within this time, it was clear that many of the nursery suppliers re not willing or did not have the experience to grow a diverse range aquatic plants. Many of the plants required for planting jobs were bstituted by Nurseries with "easier to grow" plants, time and time gain, which reduced the plant diversity of the site. As a consequence ragonfly Environmental opened up Avalon Aquatics in May 2007 to ow a diverse range of freshwater and salt tolerant aquatic plants to sure plant diversity in ecological restoration projects.

ompany directors Mia Dalby-Ball and André Olson are recognised altmarsh Ecologists with over ten years experience each. Together th the Dragonfly Environmental Team, we have the ability to fulfil ojects from pre-work assessments, through design to construction d long-term maintenance with excellent project management skills. is ability combined with our hands-on experience results in quality tcomes, on time, and within budget and ensures long term success our projects. Dragonfly Environmental has an excellent track record delivering on a wide range of projects throughout Australia.

e hope to bring you more detailed information on this excellent local siness in the New Year. Meanwhile, Click on their logo to visit their bsite.

e winner for **Sustainability in Landscaping is Selena Griffith**, an ademic who teaches Design and Social Innovation and also rticipates in our Community Garden and local Permaculture tivities. Selena's response to our query as to how it felt to win stated, *ery good, very nice. It's important for Council to publicly recognise chnologies and sustainable practices."*

om Council's website: "Eighteen months ago Selena Griffith's steep uth east facing block in Elanora was covered in noxious weeds and n indigenous species including lantana, privet and camphor laurel. r desire was to create a small productive garden with a minimal otprint. Priorities in the design included energy generation, water orage, local food production and material reuse. There was also a sire to open the garden to help others learn to live more sustainably. ter taking three weeks to clear the large block by hand, the garden w boasts a variety of fruit tree clusters, vegetable patches and herbs oviding food for Selena and her extended family and friends. The rden has a drip line irrigation system which runs from a 5000L rain ter tank which also services the home's toilets and washing achine. Organic waste from the house and garden is composted or d to the free-range chooks, guinea pigs and quail. These animals ovide valuable manure for feeding the garden as well as eggs for od. The garden continues to welcome a variety of visitors including hidnas, bandicoots, possums and many bird and frog species. The rden has also attracted many enthusiastic human visitors from of the cal permaculture group."

elena spoke to us about a few future projects she has in mind and we pe to bring you details in the future.

e winner for **Sustainability in Schools is Bilgola Plateau Public hool**. The Principal of Bilgola, Vicki Johnson, stated the Award cognised *"the hard work of students, parents and teachers over the st two years."*

e have placed all the Information on their projects, kindly sent by cki, as great reading on our Youth page for this week. An extract, ilgola Plateau Public School students, with support from Pittwater uncil, undertook an environment audit in 2009 which underpinned e writing of our School Environment Management Plan. Information thered on waste, power and water was assessed and used as the sis of managing our school environment.

e focus in 2009 in the area of water was the total replacement of all hools taps, toilet cisterns and urinals, decreasing our water usage. achers and students were strongly encouraged to switch off power hen not needed, particularly in high usage areas such as the hall ass monitors were nominated to turn off fans, lights and interactive iteboards during break times.

e reduction of waste management was encouraged through class it breaks, creating a reduction in packaging. All classes were pplied buckets and tongs to collect playground rubbish. Completion the refurbishment of the K-2 playground was enhanced by planting a mber of native plants to attract our wildlife and so increase our odiversity.

anges were made to ensure all years taught an environment mponent. We continued our link with the Peninsula Community of hools where Year 5 students participated in ool Kids for a Cool Climate' – sustainability program xcursions to Macquarie University to use NOVA and ICT to record vironment observations which were then linked to our local vironment at Avalon sand dunes. onstructing models of solar ovens, windmills and water wheels while estigating renewable energy with Barrenjoey High School students study of Bilgola's unique environment, including Duffy's Forest.

2010 we established a vegetable garden and chicken coop involving rent, teacher and student working bees. Student participation in ese projects instilled a sense of ownership, pride and responsibility their school environment. The school received funding through The orthern Sydney Health Promoting Schools Seeding Grants (funded Northern Sydney Health Promotion) to initiate our sustainability ograms. Through a parent working bee we built and established a getable garden comprising of six 2mx2m patches and a large eshed area with two coops for our ten very contented chickens. other ten chickens were purchased this year. We have six compost ns beside the vegetable patch and two worm farms. We have also e 'no dig' vegetable patches which are created entirely by recycled per, mulch, compost and seeds. The vegetable patch successfully ows vegetables, and fruits and herbs which supports our canteen. e funding from the sale of our vegetable produce and eggs goes wards supporting the ongoing maintenance costs of the garden and ickens. New gardens have been planted where the focus is on tablishing native gardens to attract our native wildlife and in doing so crease the biodiversity in the school grounds.

ose **Highly Commended** were: Sustainability in Schools **Newport ublic School**, Sustainability in Landscaping **Will & Chrissie phcott**, clifftop garden in Newport, Sustainability in Business – nall Business **Church Point Ferry**, whose owners Penny Gleen and mon Wastell have introduced a multi-trip Green Ticket in order to run more sustainable service and have, during, 'the first six months of ening the 'green tickets', the company has donated 40 'Trees for arbon' and have purchased 40 carbon credits.' (from Pittwater uncil Website)

urther:
Igola Plateau Public School; http://www.bilgolapla-schools.nsw.edu.au/
FE: www.dfe.net.au
N Stidwell: http://www.nwstidwill.com.au/

Above: Ecotour and Below: Port Botany Mudflat recreation: Images Courtesy and Copyright of Dragonfly Environmental (DFE).

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REQUEST FOR DONATION OF RAFFLE PRIZES
We need your help please!

Some amazing Northern Beaches performers have joined with Pittwater Friends of Soibada for a fundraising concert. Cabaret star and actor Tom Burlinson, now better known for his Frank Sinatra and swing shows than for his breakthrough performance in the film version of The Man From Snowy River, will headline Songs For Soibada 2 on Friday Oct 28. Other performers include Girls on Film (Mandy Carnie, Rachael Beck, Danielle Barnes), Dale Burridge (Phantom of the Opera), David Malek (Aspects of love), Dean Macrae (Miss Saigon), Danielle Everett (Phantom of the Opera) and Samantha Shaw (Les Miserables).

Could your business help with a donation of a raffle prize please? There is going to be great deal of publicity surrounding this event as it is the charity's first major function and we have such a fantastic and well known line up. Your logo would be included in the program and your support acknowledged.

Pittwater Friends of Soibada Inc is a community group that joined with Pittwater Council in signing a Friendship Agreement with the people of Soibada, a remote village community in Timor Leste (East Timor). The purpose of this agreement is to provide a basis for the Pittwater Community to support and assist the people of Soibada to improve their daily lives.

The people of Soibada have been rebuilding their small community of 3,000. However, our support is needed to increase the health, well-being and capacity of the village. Lack of sanitation, food, health care and poor education are the major problems. We can provide support for local projects and build skills that will contribute to the long term independence and sustainability of the community. Our fundraising will provide the means to establish small businesses in Soibada and to employ local tradesmen and use local products. This way we assist in stimulating the local economy by providing jobs and giving people the means to help themselves and break the poverty cycle. There is further information on www.pittwaterfriendsofsoibada.org or follow us on Facebook.

Thank you for your involvement,

Tamara Sloper Harding
Pittwater Woman of the Year 2011
Chairperson, Pittwater Friends of Soibada
Ph: 0403 226 699
Contact: tamara.harding@bigpond.com.au

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Our Lady of Aitara
The Marian Shrine of the Timorese people.
by Tamara Sloper-Harding

Timor Leste's President, Jose Ramos Horta says that Christianity is the reason that Timor Leste has a strong national identity. He is well known as a deeply religious man and sees it as imperative that the Government develop a strong relationship with the church for the country to move forward. He almost died after being shot by a gang of armed rebels in 2009. He experienced a spiritual epiphany as the blood seeped from his wounds whilst waiting for the ambulance. He feels that God has given him a second chance at life to assist his country and help his people move towards peace. He says that he had an apparition and heard a voice telling him that it was not his time to die.

In many countries a political leader would be criticised for such a public affirmation of faith. Things are different in Timor Leste, he is admired and it has enhanced his ability to do his job. Even before the Portuguese introduced Catholicism, the Timorese were a strongly Spiritual people. They already had a relationship with God. Jorge da Cruz da Silva, a writer from Soibada, says that the establishment of the Catholic mission in the Soibada could be looked upon as an 'alliance' between the Catholic religion and lulik. (Animist religion in Timor-Leste revolves around the spirits of the dead who are both feared and worshipped. These spirits are materialized through stones, animals, wells, streams or objects endowed with mysterious magical powers that can be either good or evil. In Timor these are called 'Luliks', which means sacred and intangible.)

Soibada is a legendary place. It is overlooked by the Aitara hill on which is a large banyan tree. About a mile from the village, this location was, in the past, and still is by some, considered to be lulik. Next to that tree there stands a shrine dedicated to Our Lady of Aitara. Apparently, on the 16th October many many years ago, the Virgin Mary appeared to several women near that Banyan tree on the hill. As a result a shrine, a church, a convent, a college and a town were built over 100 years ago. It is a classic example of the Portuguese art of construction on top of treacherous steep hills in the middle of the dense jungle. A huge set of stairs stretches half way up the hill at the top of which is a more modern looking Chapel resting on the original Portuguese footings.

From the day of the Apparition the site on Aitara Hill has been a place of great religious significance to the Timorese people and the nation. This is the National Shrine of Our Lady of Aitara. Every year there is a festival to celebrate the vision. Soibada is the destination of the yearly pilgrimage during which hundreds of people from all over Timor Leste to come visit the chapel. The devotion of the Timorese people to this site has been likened to that of people towards Fatima.

As people come from all over Timor they bring the crosses with them that will then stand all over the country side. A procession with the statue of Our Lady, from the Parish Church of Sacred Heart in the village to the Shrine on the hill begins at 8 am on 16 October. Mass is celebrated there, with the mountains behind the altar in the background.

President Jose Ramos Horta was educated in Soibada and makes many visits to this spiritual place. He considers one day that "Our Lady of Aitara" Shrine could become a destination of international peregrination. In order to attract foreign pilgrims much work needs to be done on such amenities as; roads, electricity, drinking water, communication networks, health and education. Thus, the Virgin Mary's appearance could have the dual benefit for the village. Not only is it a wonderful spiritual place but the lives of the villagers could be enhanced by visitors to the site.

Although the Vision is not officially endorsed by the Catholic Church, its significance to the people of Timor Leste was acknowledged by Pope John Paul II in his message on the occasion of the declaration of Independence.
He said:
While I extend a cordial Apostolic Blessing to you all, I invoke on the authorities of the Democratic Republic of East Timor and those who will be working for a prosperous and peaceful, divine assistance and intercession of Mary Immaculate, lovingly raised by you under the title the 'Virgin of Aitara'.
Vaticano, 6 de Maio de 2002. Vatican, May 6, 2002.
IOANNES PAULUS II

As we here in Pittwater strive to assist the people of Soibada and to develop a strong friendship with them, it is comforting to know that the Nossa Senhora de Aitara herself is keeping watch over the village.

Timor Leste Facts
"Our Lady of Aitara" is the National Marian Shrine. It is said that the Virgin Mary appeared near a Banyan tree on Aitara hill above Soibada.
It is claimed that this resulted in the establishment of the chapel, church, school and village.
Originally Published: http://www.pittwaterparish.org/index.php?option=com_content&view=article&id=360:our-lady-of-aitara&catid=232:timor&Itemid=177

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This Weeks Articles

October 16 Celebration: Our Lady of Aitara by Tamara Sloper Harding

Pittwater's Sustainability Awards 2011 Winners and their Works

Profile: In October we look at Organisations and Clubs, this week; The Palm Beach Yacht Club

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

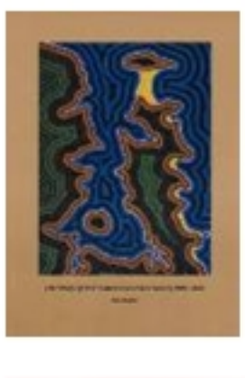
History: Spring Gents: Leon Houreux, hotelier, artist, coach racer

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

Park Bench Philosopher: The Converse of TulucAmon.

Food: Tomato; History, nutrition and a recipe for famous cold soup.



Books: **Pure Pittwater**; Last week to see.

Old Books: **Australia**!; two new works of old about here from 1908 and 1916.

Events: Music, Music!, Messiah, Permaculture, Songs for Soibada II, BirdFest, Books, Toys, Spring Fete, Offshore Art Events, History Lectures, Pittwater Council Events, Manly Art Festival 2011, Working Bee.

Tweet Like +1

Community News: PON Newsletter, North Narrabeen Surfer wins, Where is this Eagle ?, Hearing Tests, Songs for Soibada II, NBI Invitation, Knitters need Wool!, Living Ocean Short Film Competition, Entries Open for Pittwater Regatta, Pittwater Council Staff support Cerebral Palsy Challenge, Council's Notices.

Environment; Identifying Pittwater Wildflowers, Notices, Books, New Cooee Newsletter for October, CEC offers Teaching Program, Seed Bank with full Index of all Australian plants Facts Sheets and more.

Lynda Hill: **Update**: Breaks, Breakdowns and Breaking Through The Barriers: October's Aries Full Moon

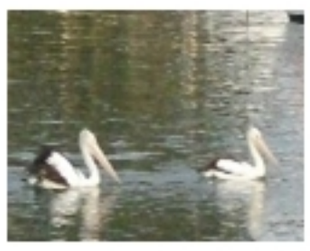
Pictures: Images from and of the Palm Beach Yacht Club.

Youth: BILGOLA PLATEAU PUBLIC SCHOOL SUSTAINABILITY PRACTCES, Call for Youth Voices, Music, How to Be CyberSafe.

Seniors; Mildred shares her favourite Henry Lawson poem on Spring from 1894, 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: Historian Nan Bolser shares an extract from ***The Story of Bob Waterer and his Family 1803 - 2010***.



Reflections by George Repin. This week; **A Stop on the Road to Canberra.**

Collector's Corner: Jaffle Irons.

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

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Articles This Week

Pittwater's Sustainability Awards 2011

October 16th Celebration: Our Lady of Aitara by Tamara Sloper Harding

Profile of the Week: The Palm Beach Yacht Club

History: Leon Houreux, hotelier, artist, coach racer

PITTWATER COUNCIL

2011 PITTWATER SUSTAINABILITY AWARDS WINNERS ANNOUNCED

Winners of the 2011 Pittwater Sustainability Awards were announced by Mayor Harvey Rose at a special presentation held on Sunday 9 October. Around 90 guests attended the function following Pittwater's Sustainable Living Expo held at Mona Vale on the same day.

Mayor Harvey Rose said that while sustainability and climate change had become a political issue, it was important to remind the community how sustainability can be implemented into every day lives. "The awards were initiated by Council in 2009 to help demystify how businesses and homeowners can achieve sustainability in a practical sense, "said Mayor Rose.

Four winners and three highly commended were announced from nominees in the following categories; sustainability in design, sustainability in business, sustainability in landscaping and a new category for this year, sustainability in schools.
"We wanted to boost younger residents' interest in the issue by introducing this new category," said Mayor Rose.

Sustainability in design recognised a builder and architect who had developed an outstanding home using sustainable features. Sustainability in business offered an award to small businesses which had become more sustainable through innovations involving staff, resources or new business practices. The sustainability in landscaping category recognised homeowners who were committed to making Pittwater more sustainable through landscaping and gardening. Sustainability in schools recognised local schools who had implemented sustainability initiatives to create a better environment.

Each category winner was awarded a trophy made from recycled glass, with highly commended recipients receiving a framed certificate. Judging of the submissions was undertaken by a panel of experts which included Cr Jacqueline Townsend and local resident and sustainability advocate Ian Cleland, along with Council staff.

"My personal hope is that the Pittwater Sustainability Awards will continue to grow and serve as encouragement to others to follow a more sustainable lifestyle, both at work and at home," Mayor Rose said. Further details about the awards and the criteria can be found at www.pittwater.nsw.gov.au

NORTH NARRABEEN ROCKPOOL

The Council has decided to remove the spikes on top of the new LED lighting at North Narrabeen rock pool. They were originally placed there to deter pelicans and other sea birds landing and roosting on the new lighting.

Mayor Harvey Rose said that he understood many people were concerned by the impact on the seabirds. "I reiterate that we should be doing all we can to protect local bird life and as a result we have decided to remove the spikes," said Mayor Rose.

Les Munn Manager Reserves & Recreation said that the works will be undertaken at 3pm, this Friday when it is low tide, weather permitting. "The beach will need to be leveled and a cherry picker brought in to undertake the work. We are also investigating alternative methods for protecting the lights," said Mr Munn.

The LED lights were installed at a cost of $8000 at the rockpool in August, as part of an overall upgrade and to continue the Council's practice of installing energy-efficient public lighting where possible. The new lighting allows the public to swim in the early morning and during the evening. A new pathway linking the road to the beach, expanded picnic areas with BBQs and shelters and improved landscaping also formed part of the upgrade.

TAKE A MENTAL HEALTH HOLIDAY ON US!

The Library is hosting a free poetry workshop on **Saturday 22 October**. The workshop will explore different types of poetry, as well as writing techniques and skills for people to be able to express themselves in a poem.

Poet Fiona Wright will present the workshop. Ms Wright has been published in Australia, Asia and the USA. She was awarded a residency at the Tasmanian Writers Centre in 2007 and an Emerging Writers Grant by the Australia Council in 2010. Her first collection of poetry Knuckled was published this year.

Library Manager Cathy Howie said the workshop aimed to dispel the common myth that poetry belonged to a bygone age. "The Japanese haiku style of poetry for example, has never been more popular."
She said the techniques taught by the workshop could be adapted by people of any age to be able express themselves creatively. "Creative writing such as poetry can be a great stress release."

Mental Health Month is an initiative of NSW Health held in October each year with the aim of promoting social and emotional wellbeing by encouraging people to maximise their mental health. This year's theme is about encouraging people to take a holistic approach to mental health and wellbeing. For full details of other events being held visit www.mentalhealth.asn.au

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 to 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

TICK RESEARCH PROJECT

Bushcare volunteers in Pittwater are being asked to take part in a university research project into ticks. Researchers from the University of Sydney are looking into the presence of the Borrelia bacterium found in ticks and its connection to Lyme disease. In the United States, Borrelia bacteria are known to be linked to the presence of Lyme disease, which is one of the fastest-growing infectious diseases in America.
The official position of Australian health professionals and NSW Health is that Lyme disease does not exist in Australia, as the Borrelia bacteria are only found in minute quantities in ticks. The university researchers are collecting tick samples on the northern beaches to clarify whether this is the case.
Bushcare volunteers working alongside Council staff are being asked to collect any ticks they find and place them in specially marked containers. The collected ticks will be kept by the Council in a refrigerated state until they are passed onto the university.
Bushcare coordinator Peter Ziegler said the project was also being supported by local vets and WIRES volunteers. "We stress that volunteers are not being asked to put themselves in jeopardy by collecting ticks. The aim is for volunteers to collect any ticks they find in the course of their work outside."

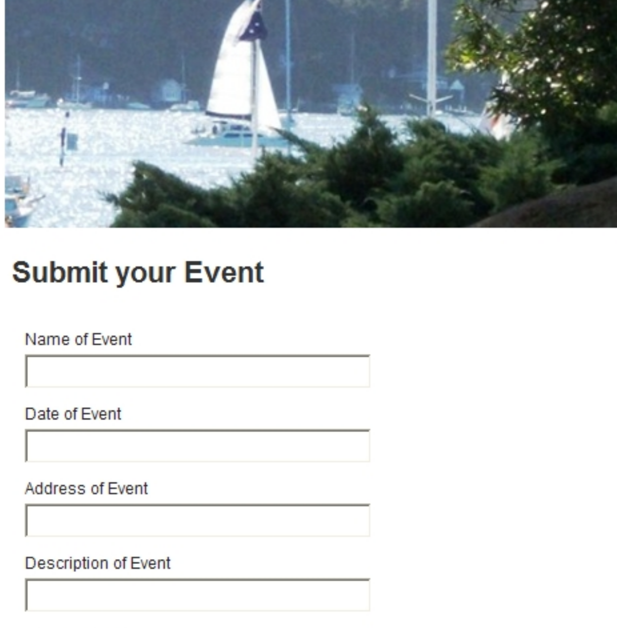
To find out more about the project and becoming a Bushcare volunteer, contact the Council on 9970 1111.

Northern Beaches Interchange Invitation: ANNUAL GENERAL MEETING

When: 25 October 2010
Time: 7.00pm
Where: Banksia Room, Nelson Heather Centre, 4 Jacksons Road, Warriewood
Guest speakers: Laura & Jordan O'Reilly

Laura is the Managing Director and Jordan is the Operations Director of a local, not-for-profit, youth-led organisation called Fighting Chance. Fighting Chance was set up in 2009 by their mother, Sue O'Reilly, to provide age appropriate choice-driven services to young Australians with a physical disability in the areas of employment, accommodation and advocacy.
Join us for champagne and a light supper!
RSVP : Friday, 21st October to 9970 0500

Kind Regards
Carolyn McKay
Respite Recreation Support
Carolyn McKay CEO
Northern Beaches Interchange
www.nbi.org.au



Submit your Event

Name of Event

Date of Event

Address of Event

Description of Event

Contact Name

Contact Phone Number

Website or Email

Submit

Living Ocean Short Film Festival

http://www.livingocean.com.au/

CALL FOR ENTRIES - END OF SUMMER PFP Film Festival SHOW YOUR TALENT TO THE WORLD

Plastic Free Pacific
Living Ocean Short Film Festival to celebrate Ocean lifestyles & raise awareness of plastic contamination
* Short Film 'Living Ocean' Theme - how the ocean inspires us - student & open section
* 30 Second Commercial 'Plastic in the Ocean' - Theme - plastic in the ocean - student & open section
Details of location, time and prizes as they come to hand...start creating now.
Living Ocean's Aim
To celebrate the ocean lifestyle, raise funds for active groups that help conserve and protect life in our oceans by focusing on the **300 million tons of plastic pollution in the oceans worldwide.**

Entry Form Below:

Sumba Foundation Australia Article at: here

Website at:

THE SUMBA FOUNDATION AUSTRALIA

LEGO AT THE LIBRARY

Local children will have the chance to join a club specialising in one of the most enduring playthings of childhood from May. Mona Vale Library is starting up a Lego club on the first Sunday of each month from 2pm to 4pm. **Next is November 5th**.

The club is open to children aged between seven and twelve years of age, with younger children welcome with parental supervision. Mona Vale Library's Manager Cathy Howie thanked the generosity of Pittwater residents who have donated Lego for the club's use.

"Many residents have fond memories of playing with Lego when they were children. The idea of the club is a place where children can play and explore their creative side with Lego, as well as developing their problem-solving skills," Ms Howie said. "The children can bring their favourite Lego creation to the first session to inspire others."

Ms Howie said that library staff would co-ordinate the two hour session but would welcome parents who would like to be involved in the program. If you are interested in attending a Lego at the Library session contact the library on 9970 1622 or book in person at the library, 1 Park Street, Mona Vale.

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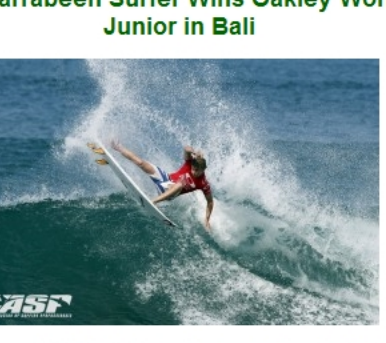
North Narrabeen Surfer Wins Oakley World Pro Junior in Bali



Davey Cathels Image © ASP World Tour – The Association of Surfing Professionals 2011. All rights reserved.

Davey Cathels has won the Oakley World Pro Junior on Echo beach in Canggu, Bali on Tuesday 11th of October. The win sees him take the lead in the ASP World Junior title race and also become $25,000 (USD) richer.

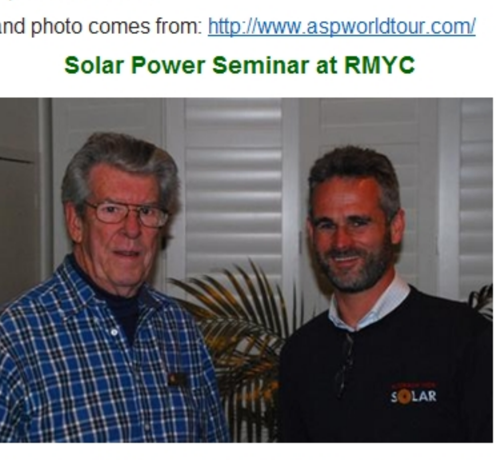
Australians are listed in the top ten in both women and men's ratings including brother and sister Owen and Tyler Wright holding 2nd in the men's and 4th in the women's respectively. Current ratings listed below.

2011 ASP Mens World Title
1 Slater, Kelly 50150
2 Wright, Owen 43900
3 Parkinson, Joel 35900
4 Burrow, Taj 34450
5 Smith, Jordy 34000

2011 ASP Womens World Title
1 Moore, Carissa 55000
2 Fitzgibbons, Sally 51650
3 Gilmore, Stephanie 40550
4 Wright, Tyler 34620
5 Lima, Silvana 33120

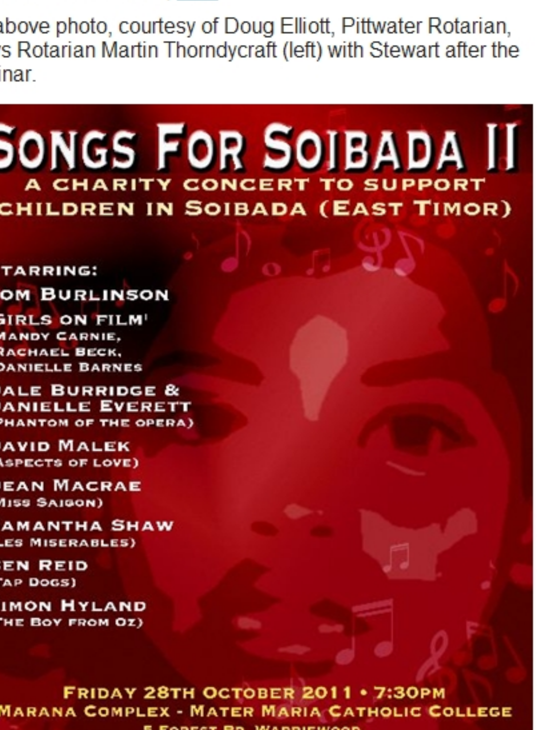
News and photo comes from: http://www.aspworldtour.com/

Solar Power Seminar at RMYC



Wednesday evening's Solar Power seminar hosted by the Rotary Club of Pittwater was a great success. Speaker Stewart Everitt, of Australia Wide Solar, gave a great presentation on the benefits of energy from the sun and Federal Government incentives, especially for Hot Water Services. If you could not make it, Mr Everitt has outlined what Solar Panels are here. Australia Wide Solar can be contacted, here.

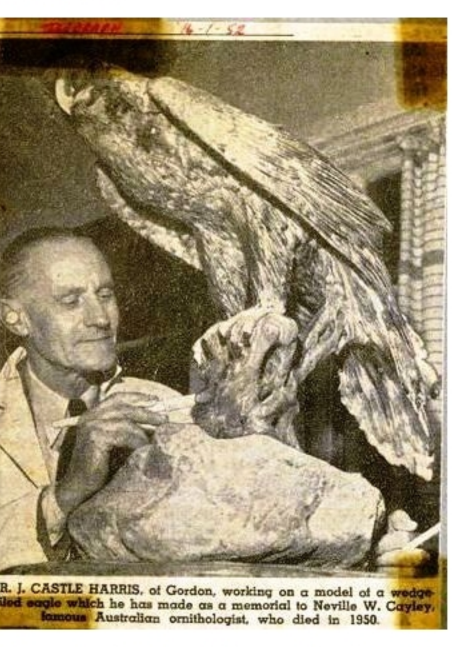
The above photo, courtesy of Doug Elliott, Pittwater Rotarian, shows Rotarian Martin Thorndycraft (left) with Stewart after the Seminar.



Songs for Soibada II Also on Sale at Panders & Pepperpots Art Cafe, Avalon.

Where has this Eagle gone ???

Our History page recently featured small glimpses into the life of Neville W Cayley, formerly of Avalon. When speaking to his grandson, Neville David Cayley, who kindly filled in some of the gaps our research could not uncover, he mentioned the eagle shown below, which had been made by the husband of Alice, (Neville W.s' sister) just after his death and had been destined for Taronga Zoo prior to disappearing. If anyone knows its whereabouts, or what has happened to it, please contact us so we can let Mr Cayley know.

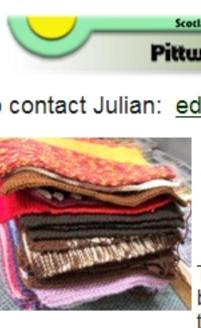


MR. J. CASTLE HARRIS, of Gordon, working on a model of a wedge-tailed eagle which he has made as a memorial to Neville W. Cayley, famous Australian ornithologist, who died in 1950.

Pittwater Offshore Newsletter Update 12/10/2011: click on Logo. Also has an Extensive Local Directory.

Scotland Island - Western Shores - Mackerel Beach
Pittwater Offshore Newsletter

To contact Julian: editor@scotlandisland.org.au



Soibada Knitters Group needs Wool ! Please Help

The ladies of Soibada Knitters Group, based in Avalon, are in dire need of wool to turn into blankets for the children of Soibada. Tamara Sloper-Harding has recently returned from East Timor bereft as at least 300 children more then they had blankets for were disappointed. The village is at an altitude where it is cold even as it begins to get warmer nearer the coast. Wool can be dropped off to the basement of the Maria Regina Church in Avalon or contact Tamara on; tamara.harding@bigpond.com.au

Information on Soibada Knitters Group: here

From Elsewhere:

Surf lifesavers make massive contribution to keeping Australians safe :
News Centre : Australian Sports Commission
PORTFOLIO: Prime Minister and Cabinet
SNIPPET: Surf Life Saving Australia's report What is the economic contribution of Surf Life Saving in Australia demonstrates the importance of volunteers in Australia, Minister for Sport Mark Arbib said today. Launching the report at Parliament House in Canberra, Minister Arbib said all Australians appreciated the dedication Australia's 153,000 surf lifesavers made to ensure beaches around Australia were kept safe. The report, prepared by PricewaterhouseCoopers, states that in 2009-2010 volunteer lifesavers patrolled Australian beaches for 1.3 million hours, helping to avoid an estimated 596 additional drowning deaths and 555 additional permanent injuries, Senator Arbib said.

New appointments to national galleries
PORTFOLIO: Prime Minister and Cabinet
SNIPPET: Arts Minister Simon Crean today announced new appointments to the National Portrait Gallery Board and the National Gallery of Australia Council. She has been a member of the Board since 2009. The National Gallery of Australia is one of Australia's major cultural institutions.

VA086 - LETTER TO THE EDITOR: VETERANS HEALTH WEEK 24 to 30 October
PORTFOLIO: Defence
SNIPPET: Enjoying a healthy lifestyle is important for every Australian and Veterans' Health Week this month reminds us that simple things can go a long way to helping someone lead a healthier and happier life from sharing coffee with a friend, to checking up on a neighbour. This year Veterans' Health Week 24 to 30 October is all about mental wellness and encouraging members of the veteran community to continue to build resilience, strengthen friendships and promote leadership. Veterans' Health Week is about supporting our veteran community, providing a pathway to better mental and physical health and ensuring the bonds of mateship forged during their service strengthen with time.

Increase in use of disability services
PORTFOLIO: Health and Ageing
SNIPPET: The number of Australians using disability support services continues to increase, according to a report released today by the Australian Institute of Health and Welfare (AIHW). This was followed by community support (about 14%), community access services (about 11%) and employment services (about 11%). Between 2004-05 and 2009-10, the number of Australians with disability using employment services rose by 83%.

VA087 - 113 NEW PROJECTS TO HONOUR WAR VETERANS
PORTFOLIO: Defence
SNIPPET: Minister for Veterans' Affairs. 4000 RSL Of Australia. Anzac War Memorial Sub-committee POONA QLD To help hold a dedication service on 11 November 2011 to unveil the new Anzac War Memorial in Poona.

Minister for Defence - Paper on Afghanistan, tabled in conjunction with a Ministerial Statement
PORTFOLIO: Defence
SNIPPET: The Government is committed to providing regular reports and updates on Afghanistan, including to the Parliament. Their mission is to train the Afghan security forces to take on lead responsibility for security by 2014. The signing of a Strategic Partnership between Afghanistan and India is a welcome development in the region and an important signal of India's commitment to investing in a peaceful future for Afghanistan..

Australia in the Asian Century White Paper advisory panel |
Prime Minister of Australia
PORTFOLIO: Prime Minister and Cabinet
SNIPPET: Today I am announcing the membership of a high-level advisory panel for the White Paper on Australia in the Asian Century. The White Paper will provide a national blueprint for Australia at a time of transformative economic growth and change in Asia. The advisory panel brings together an exceptional array of experience from business, academia and government in meeting the opportunities and challenges the Asian Century poses for Australia.

Screen Australia invests in seven new documentaries
PORTFOLIO: Prime Minister and Cabinet
SNIPPET: Funding for audience-engaging features of any genre. Screen Australia resources for documentary filmmakers. Success of Australian features, TV drama and documentaries on the international stage.Four comedy feature scripts are among the 17 supported projects including the romantic comedy from writer/director and producer, and from producers and , written by and .

Property investors benefit from ATO's new one stop property webpage
PORTFOLIO: Treasury
SNIPPET: Tax Commissioner Michael D'Ascenzo recently launched the ATO's new one-stop webpage. 'Our new webpage provides practical guidance and easy access to all the ATO's property-related tax information in the one location,' Mr D'Ascenzo said. The ATO's Property page outlines information on property topics including:...

Business Tax Working Group - Membership and Terms of Reference
[12/10/2011]
PORTFOLIO: Treasury
SNIPPET: Today I am pleased to announce the terms of reference and appointments to a working group that will look at how our tax system can best help businesses respond to the pressures of a changing economy. The membership of the Business Tax Working Group will be:. Peter was also the Secretary of the Business Coalition for Tax Reform in the years around the Australia's New Tax System.

Darwin wet season rainfall record falls
PORTFOLIO: Sustainability, Environment, Water, Population and Communities
SNIPPET: Thursday, 13 October 2011. Northern Territory residents are reminded it's time to prepare for the cyclone season once again, with average to above average cyclone activity predicted for the coming season. 'Although a La Nina would suggest generally more cyclone activity, cyclones are inherently unpredictable and Tropical Cyclone Carlos earlier this year was a good example of that,' said Mr Smith, 'Carlos formed right over the top of Darwin in mid-February, causing widespread flooding and downing trees across Darwin.

Whistleblowing key to improving public sector integrity - Commonwealth Ombudsman
PORTFOLIO: Prime Minister and Cabinet
SNIPPET: The Commonwealth Ombudsman said today at the launch of Whistling while they work that the Governments anticipated public interest disclosure legislation will establish a whistleblowing scheme that is both a timely and important measure for improving integrity within the Commonwealth public sector. The guide Whistling while they work: A good-practice guide for managing internal reporting of wrongdoing in public sector organisations sets out the results from four years of research into how public sector organisations can better fulfil their missions, maintain their integrity and value their employees by adopting a best-practice approach to the management of whistleblowing. The new public interest disclosure scheme will be an important measure to improve integrity in the Commonwealth public sector and oversight of the scheme will be a significant addition to the responsibilities of my office, Mr Asher said.

100 jobs for Queensland's Indigenous job seekers
PORTFOLIO: Education, Employment and Workplace Relations
SNIPPET: AllStaff Australia is placing 100 Indigenous jobseekers into a range of jobs across Queensland as part of the Gillard Government's Indigenous Employment Program. Senator Arbib said AllStaff Australia had received $796,500 from the Australian Government's Indigenous Employment Program. Over the next four years the Australian Government has committed almost $650million to the Indigenous Employment Program and $50million to the Indigenous Youth Careers Pathway Program, Senator Arbib said.

The 2011 Overland Judith Wright Poetry Prize for New and Emerging Poets, sponsored by the Malcolm Robertson Foundation, is now open.

This is the richest and most prestigious award for new poets in Australia, with a major prize of $5000, and two runner-up prizes of $1000. The judge of the 2011 Overland Judith Wright Poetry Prize for New and Emerging Poets is Peter Minter.

The closing date is Tuesday 15 November 2011. The winners will be announced in March 2012. Entry forms and more information.

Aboriginal Support Group Manly Warringah Pittwater

Click on logo above to vist their website.

PITTWATER COUNCIL

PITTWATER SUPPORTS CEREBRAL PALSY CHALLENGE

In a quest to conquer 'virtual mountains' staff from Pittwater Council's Community Services team have signed up for the eight-week Cerebral Palsy Challenge from 6 September to 31 October. Four teams will participate in the challenge and hope to raise $2000 for Cerebral Palsy Alliance. Each team will track their daily step count using a pedometer and then record their progress on the Cerebral Palsy Challenge website.

Pittwater Council's Challenge Coordinator and participant Daniel Everett said teams will participate by walking, running, cycling or other activities to notch up their daily steps. "Each team has a 'virtual mountain' that needs to be climbed by the end of the eight-week challenge," said Mr Everett.

The teams will also hold a number of fundraising events such as BBQs and a lolly-jar guessing competition during the next school holiday vacation care program. "We urge our supporters to get behind us and either donate via www.cpchallenge.org.au or at one of our fundraising events," added Mr Everett. Cerebral Palsy Alliance CEO Rob White said an Australian child is born with cerebral palsy every 15 hours, making it the most common physical disability affecting children. "Funds raised through the Cerebral Palsy Challenge will contribute to vital services and research needed to enhance the lives of those living with cerebral palsy," he said.

"We really appreciate Pittwater Council's participation in the Challenge, which will help children and adults with cerebral palsy and their families,' added Mr White.

To donate or find out more about the Cerebral Palsy Challenge visit www.cpchallenge.org.au

Tweet | Like | +1

October 16 - 22, 2011: Issue 28

Voice III : The Converse of Tuluc Amon.

I am GlenHillden up here, the state of OllaMinnell. That is my name. Elsewhere I have another name, and other names … and meanings.

I dream snows to cover my sharp and smooth flows, and there is shining in this, the making of splendour... in, and all through me, not just in what makes many surfaces. Snow speaks in physical form when I am mixing all between so they settle resinous, and growing to bursting, and seems a stillness, echoing in to a third fullness in me. What gethers, what steeps, when all appears stilling to brim pure 'neath white donned breath, Sincerus, is this winters' spark. There are always three in my voice... the physical manifest of the kisses met, the dreaming breaths which inspire, fill air and water to turn with earth, to make warming flows towards as much as in, and the tone within these, the spirit substance of meaning which tolls what 'state' I am in. Truth or love or life becoming a Meaning that will flower in Being is DreamSong and One. I am a Song of Songs, Meaningsbeing knit from, sprung from, All connected alike you, to the Spirit as blood through the earth. Rainbows beam from your skin.

Snow breaths, for snow is a breath, manifest when I am gethering within, dreaming of how the changing song will rise in the coming Spring. I have winter flowers, portents of the quiet winter tone being full in me. When I melt, turn towards my mothers' cheek, turning towards a warmer flowering heart of me, another chattering spirit of watersong flows out of me.

Every winter, spring, summer and autumn fruit gathers meaning from my whole meanings. These meanings, gathering, changing because they gether and gether and gether, from tastes of summers and winters of ages ago, are of a gentle, wild kind. There is the three of wholeness in their potent original voice.

I am always like a cup filled with substance, with essence. I am many forms of being with meanings. There is always this rhythm of one two...of one that is meaning, and one that is being, that are One. These could be called the many colours of pure love, of true love, but I am much more then spirit toned thus moving as one flow towards, deepening, reach¬ing new heights as rhythm.

When all was breath forming and being formed, turned into song, making this vision of me, another spark was made in the transmuting. Near the beginning of this Meeting age, kisses met, the turnings were in one place, one part of my gardens. Ullumunn was always snow, and snow wind and snow ground, and runs of bright green. The southernmost measures of MollHullin were always a navel of large blooming brilliant flowers, and creatures who ran into and out of, who lived in bluegreen sea and bluegreen land.

In all my places there seemed a stillness, and a full beauty, as if each place was full with all colour, with all fruit, all flower in just one moment, a moment that went on forever, even though it was only one moment, one goldpinked spark, and all in this moment, if the full all of all, must have taken moments to gether, to make, to be. Each moment became another moment, and soon all places wanted to taste what they could smell coming from over there, there...and there... and keened, wanted to be filled with all the kinds of beauty, with Sumunah breath and seasons.

So there was moving in my apparent stillness, as kisses meeting is a moving to meet, to be met. This moving gathered fast and lulling momentums. My warm breath song brought other flowers and mountains, and a drifting towards other form... and the natural nature, the tones of, through all.

This makes me a moment by moment companion, as if those other moments, the 'time' that makes, is withdrawn again and all is simply becoming brilliantly divine, ever in this first immortal state. The innate in me is no false echo. There is always something happening.

Here is a full kiss, even in dwindlings, and veerings.

One unto one...until your eye catches the heigaron, heron, flying past, into my beloved trees ... and all the many colours in the song of the green.

Extract from **Village Green**, *The Meeting Age*, copyright A J Guesdon 1985-2011.

Park Bench Philosophers

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

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

Contact us at: pittwateronlinenews@live.com.au

Please note that Pittwater Online News does not endorse any of the content of works contributed. Articles which contain swearing or may offend others will not be accepted. Please note that all works are posted unedited; you are the author, this is your page. Word Limit: 1000.

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Palm Beach Yacht Club

Palm Beach Yacht Club is unusual as it does not have a clubhouse. The reasoning behind this is an emphasis on members being on their boats and developing the skills and knowledge required to safely have fun on our waterways. A family orientated program of twilight races to begin the weekend, regular get togethers in the form of dinners and outings as well as monthly Sunday races to improve seamanship skills promote a relaxed atmosphere as well as a focus on being on the water and being confident in yachting, in enjoying your craft. Since 1984 this group has enjoyed cruising the beautiful expanses of Pittwater and yet few of us know much about them. This week we have the opportunity to gain a few insights and also share Pictures from their days amongst salt air and waters.

Your Club emphasises family activities and enjoyment of your yachts – how is this achieved?

Palm Beach Yacht Club (PBYC) provides opportunities to extend your sailing horizons, developing skills and confidence in seamanship, whether it be racing or cruising. It is the ideal activity to cater to the varying ages, interests, fitness levels, knowledge and experience within a family. This is why our membership includes the family. Sailing can be a great family sport or an excellent holiday.

Our Club promotes enthusiastic but less serious racing. This encourages boat owners to welcome family and friends to participate in a more relaxed racing experience, rather than the aggressive attitudes involved in large fleet racing. We have a junior skippers' race and always support the younger sailors.
PBYC organised cruises provide opportunities for members to venture to new destinations and develop their competence, with the moral support, practical assistance and social benefits of sailing with a group of people with similar interests. There are approximately four cruises per year.

In addition to sailing, we encourage the family to participate in Golf Days and various BBQs. In addition, PBYC maintains three moorings for members' casual use.

Cruising - what does this encompass?

The Broughton Island cruise earlier this year illustrates some of the highlights of cruising:
- Challenging day sailing with freshening sea breezes
- Opportunities to try out different sail configurations
- Pristine white sandy beaches with beautiful clear water
- Testing terrain for cross country hiking
- Island sunsets while enjoying beachside sundowners
- Reef snorkeling at the Island
- Fresh fish for dinner
- Swimming with Grey Nurse Sharks
- Ripping run back to Pittwater with boat speeds of up to 12 knots and that was all on just one yacht……..

PBYC will see in the 2012 New Year on Sydney Harbour, before heading south to Jervis Bay for a couple of days. The return journey, via Port Hacking, will then continue up the Hawkesbury for those who just love cruising.

Racing - what type of races do you offer?

There are up to 50 races each year available for all types of yachts. There is a wide variety of courses, both inshore and off shore, and with or without spinnakers. In addition to the weekly Friday twilight race and the monthly Sunday race, we offer a seasonal sprint series. These consist of three short course races on an afternoon so as to enable crews to 'master' their tactics as they repeat the course. These are great fun.

How has this Palm Beach institution remained so low key?

PBYC began with a group of locals sitting around on the old wooden jetty in Palm Beach enjoying the ritual post-race beer and chat. In 1984, Sue Lammert and John Moore, from Lamoore Yacht Sales, decided there was a need for a cheap, fun club, as an alternative to the exclusive clubs who aimed to attract the 'serious and expert boats and sailors'. The PBYC fleet of 35 yachts, which raced every Friday fortnight and monthly Sundays, included Van Dieman, Caprice of Huon and Winston Churchill (which tragically sank in the 1998 Sydney to Hobart race). They often cruised and had regular functions at various local restaurants and clubs. The relaxed, down-to-earth personalities of the original members and the ongoing character of the Club have attracted a really friendly and genuine group of members. Many of the original members are still very active in the racing, cruising and social aspects of the Club.

In what ways does PBYC differ from the other yacht clubs?

Most significantly, our fees are much lower because we do not have club house and marina expenses. Our priority in racing is friendly sportsmanship rather than results.

What is the Club's favourite place(s) in Pittwater?

The serenity of mooring overnight at Refuge Bay, near the waterfall and steep rocky cliffs, forces us to slow down and appreciate our special place in nature. The tranquillity of Towlers Bay is also a favourite.

For family enjoyment, it is hard to beat a holiday in the Basin.
I love 'weather with attitude' and just trying to race in strong gusty winds (and occasional hail) in Pittwater is exhilarating and memorable because the strength of nature and our insignificance is so apparent, and yet you feel the safety of land all around.

What phrase epitomises the spirit of the Club?

Sailing is a fantastic recreational and sporting activity that can be enjoyed at any level of experience. PBYC provides the opportunities to indulge your sense of adventure and

"have a go".

Contact: www.pbyc.com.au or email; info@pbyc.com.au or click on logo above.

Below: Gonsalves Race, March 2011.

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M. Leon Houreux (Artist),
Popular Proprietor of the Rock Lily Hotel and the Manly to Narrabeen coach service.

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Leon Houreux

1831 – 27th of April, 1907

A man of energy and determination, with a penchant for fine wine and food, Leon Houreux also had a taste for creating. His murals or paintings, which covered the walls of the Rock Lily at Mona Vale, were a source of delight and bemusement to guests.

Originally describing himself as a farmer of Narrabeen, some sources state living in a hut at Warriewood and employed as a timber-cutter, Leon was also rumoured to be one of those who had an illegal still in the farming community Pittwater was during his tenure here.

Arriving, with wife Marie, from France and leaving daughter Justine Leontine at home. Leon Houreux had a look around first to decide where he would settle, travelling to South Australia in 1882. Records of Marie disappear before he settled into his hotelier life. In 1887 he had applied for a Naturalisation certificate, required by non-British subjects who wished to own land, and purchased property at what became known, for a while, as the area of 'Rock Lily'. Here he built an outstanding premises consisting of 'THE HOTEL contains 10 Bedrooms, Large Bar, 3 Dining rooms, 4 Sitting-rooms, kitchen, 2 storerooms, large verandah, capable of sitting 120 guests, commodious stabling accommodation, also Cottage of 4 rooms, etc. THE GROUNDS surrounding the Hotel comprise an area of 4ac. lrd. 20per:. and are laid out in orchard and vegetable garden, flower garden, vine- yard etc. The whole most artistically arranged, including several aviaries. Immediately opposite the Hotel are RECREATION GROUNDS of 1 ACRE in a tent, fitted up for Pleasure and Pastime.'

He also possessed a large stable of horses and coaches, *'EXTENSIVE COACHING STABLES, occupied by Messrs. Cooper and Co., Coach Proprietors. They comprise stable (24 stalls), coach Houses, workshops, blacksmith' forge, shelter sheds, feed rooms, etc. THE LAND about on to the hotel site, and has 324 feet frontage to VINEYARD-STREET, with a depth of 160 feet.*'(1.)

In 1904 Leon was attempting to sell his establishment and retire. He would have been 73 years of age by then and was in the process of building another home, of sandstone this time, perhaps his retirement place, at Newport; *'NEWPORT. A WATERSIDE PROPERTY, comprising Lots 4 to 7, Section E, Newport Township, having 264 feet frontage to BEACONSFIELD-STREET, with a depth of over 200 feet, extending to the WATERS of PITTWATER, together with the weatherboard COTTAGE and UNFINISHED STONE RESIDENCE thereon.*'(2.)

His daughter Leontine had arrived and on May 28th, 1906, in Sydney, married by Rev. Dunstan, married Auguste Briquet, who is recorded as being a Mona Vale electrician.

What can be sourced of records of Leon's dealings indicates a colourful character not above ensuring his premises continued despite his own characteristics. Having established a coach transport from Manly, where he also had stables, to his premises at the Rock Lily, his abandon and speed may have caused his licence as coach transporter to be almost cancelled in 1892. After entertaining a group of gentlemen in March of that year, one of the 'Honourable' guests then furnishing him with a letter read at a May meeting of the Metropolitan Transit Commissioners. These gents clearly didn't cancel his licence as 120 of them, and their friends, had a picnic on Tuesday the 18th of October of the same year. 'Foot races' and other entertainments filled their morning on the recreation ground opposite the premises. After this picnic they were treated to dinner and dancing inside the Hotel itself.

Reputed to be a lover of the grape, and growing his own vintages that rivalled the imports from France he also served, a large man of 20 stone, this dynamo also had a love of history and painting. The photos here, from 1912 and taken by Lionel, brother of Norman Lindsay, folk who visited, show his daughter Leontine and husband Auguste inside the Rock Lily with some of the murals still intact.

Leon's died on April 27th, 1907, a day after the Narrabeen Hotel burnt to the ground. This premises had been taken over by his managress of over 20 years, whom some mistok as 'Madame Houreux', Charlotte Boutin. Leon, after such a long association, obviously had some investment, monetary, emotional or personal, in this establishment and its total loss the day before his death would indicate the stress or distress his former manager was now in greatly affected him.

In 1910 Charlotte, who liked placing 'In Memoriam' notices in the Sydney Morning Herald, stated 'with regret, your friend, C.Boutin, while marking his passing. You never know what goes on behind closed doors or within other's hearts but it seems that decades of laughter and bonhomie were suddenly cut from the air of 1907 Pittwater. Leon was 76 when he passed, a good age and had lived an obviously full with the good things, including hard work, life.

Further:

From 1. Advertising. (1904, January 9). The Sydney Morning Herald (NSW : 1842
- 1954), p. 19. Retrieved September 21, 2011, from http://nla.gov.au/nla.news-article14591990 and

2. Advertising. (1907, September 7). The Sydney Morning Herald (NSW :
1842 - 1954), p. 25. Retrieved September 24, 2011, from http://nla.gov.au/nla.news-article14879141

In File Below
Charlotte Boutin History

Leon Houreux research.pdf
Size : 133.232 Kb
Type : pdf

Images; Top; Photo of Leon Houreux from Sydney Morning Herald (TROVE), Second and Third; Pic No: a2005210 and a2005211, Leontine and Auguste Briquet. Last: 'Rock Lily Toughs and their Tarts' Pic No: a2005209, all from Portraits of Norman and Lionel Lindsay, family and friends, ca. 1900-1912 / photographed chiefly by Lionel Lindsay, courtesy of the State Library of NSW.

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Bilgola Plateau Public School won an Award last Sunday (October 9th) for their sustainable practices. When we contacted them during the week they kindly provided an outline and images of how and why.

BILGOLA PLATEAU PUBLIC SCHOOL SUSTAINABILITY PRACTCES

Bilgola Plateau Public School students, with support from Pittwater Council, undertook an environment audit in 2009 which underpinned the writing of our School Environment Management Plan. Information gathered on waste, power and water was assessed and used as the basis of managing our school environment.

The focus in 2009 in the area of water was the total replacement of all schools taps, toilet cisterns and urinals, decreasing our water usage. Teachers and students were strongly encouraged to switch off power when not needed, particularly in high usage areas such as the hall. Class monitors were nominated to turn off fans, lights and interactive whiteboards during break times.

The reduction of waste management was encouraged through class fruit breaks, creating a reduction in packaging. All classes were supplied buckets and tongs to collect playground rubbish. Completion of the refurbishment of the K-2 playground was enhanced by planting a number of native plants to attract our wildlife and so increase our biodiversity.

Changes were made to ensure all years taught an environment component. We continued our link with the Peninsula Community of Schools where Year 5 students participated in:
• 'Cool Kids for a Cool Climate' – sustainability program
• Excursions to Macquarie University to use NOVA and ICT to record environment observations which were then linked to our local environment at Avalon sand dunes.
• Constructing models of solar ovens, windmills and water wheels while investigating renewable energy with Barrenjoey High School students
• A study of Bilgola's unique environment, including Duffy's Forest.

In 2010 we established a vegetable garden and chicken coop involving parent, teacher and student working bees. Student participation in these projects instilled a sense of ownership, pride and responsibility for their school environment. The school received funding through The Northern Sydney Health Promoting Schools Seeding Grants (funded by Northern Sydney Health Promotion) to initiate our sustainability programs. Through a parent working bee we built and established a vegetable garden comprising of six 2mx2m patches and a large meshed area with two coops for our ten very contented chickens. Another ten chickens were purchased this year. We have six compost bins beside the vegetable patch and two worm farms. We have also three 'no dig' vegetable patches which are created entirely by recycled paper, mulch, compost and seeds. The vegetable patch successfully grows vegetables, and fruits and herbs which supports our canteen. The funding from the sale of our vegetable produce and eggs goes towards supporting the ongoing maintenance costs of the garden and chickens. New gardens have been planted where the focus is on establishing native gardens to attract our native wildlife and in doing so increase the biodiversity in the school grounds.

Year 6 are our 'Power and Water Rangers' and are responsible for checking on water and power wastage. They also select a class each week to hand out the Weekly Environment Award. We are hoping next year to install a 'Smart Water Metre' to monitor our water usage, detect leaks and be used as a research tool for year 6.

Year 4 and 5 students are our 'Eco Rangers' and take care of the vegetable garden, the chickens and composting. The students have attended information sessions at the Eco Garden at Kimbriki Tip and have had lessons on both composting, worm farming and vegetable planting. The Pittwater High School farmhand taught them about setting up and caring for the chickens. These students have become experts and have taught other classes in the care of the gardens and chickens. Each week a different class takes responsibility for tending the vegetable garden and caring for the chickens.

Year 4 students are also our Green Rangers and are responsible for promoting the 'Scrap Wrap' Program.

Year 3 is responsible for waste. They promote eradicating litter in the playground and collect fruit scraps from the classrooms after morning 'fruit break' to be used for composting. Each class has two green buckets and tongs and students are encouraged to use these to pick up litter.

Students in K-2 collect their food scraps for feeding to the chickens, composting or use in the worm farm.

In 2011 we introduced our "Grow, Grab, Gobble" program which extends beyond our already established vegetable gardens where every class has a designated vegetable garden patch dedicated to specific fruits, vegetables and herbs. Each class is responsible for preparing the garden bed through mulching, composting and fertilising through our compost bins and worm farms. They will also plant, water, weed and harvest their produce. The selection of crops will be dictated by seasonal planting.

Fruit trees will also be planted to support healthy eating knowledge and habits to further support the school's 'Crunch and Sip' Program. Students are encouraged to bring fruit and we are also emphasising vegetables for their 'Crunch and Sip' time. We also completed a survey among our Years 3 and 4 students and found that most students through the 'Crunch and Sip' program were consuming an average of 4 to 5 glasses of water per day.

It is through the 'Ready, Set, Grow Stage 2' which the Manly Sea Eagles help to fund, that provided us with the support and resources like gloves, aprons and gardening equipment to further extend our existing produce gardens to enhance the healthy eating programs undertaken in the school.

Our main objective is to encourage students to improve their quality of their food consumption with eating not just fruit but also raw vegetables. It is through our vegetable gardens that we are able to teach students about fresh and seasonal produce where the gardens are providing a changed awareness and attitude towards healthy eating choices. This program is also linked to an active P.E. program across the school reducing childhood obesity.

The 'Grow, Grab, Gobble' program is also linked to our canteen where are working towards selling more of our produce to provide healthy menus for students to purchase. We are already providing eggs for salads and sandwiches, salad produce such as lettuce and tomatoes, pumpkin for soup, watermelon etc.

At present we have 20 chickens that are free range through the day. The chickens tie in closely with both the 'Ready, Set, Grow ' and 'Live Well at School' Programs. Not only do the eggs provide produce for our canteen but the chickens' provide fertiliser for our garden, reduce waste through eating food scraps, aerate our gardens, eat our pests and unusable garden produce. The students are able to see an active cycle.

'Harvest Festival Day': From the produce harvested from their garden each class will be required to research a healthy recipe to prepare and cook for sample tasting for all classes. This will involve parents, students and teachers in both the research and presentation. Every class will prepare their healthy eating samples for all students to taste.

After every class has harvested and prepared their samples all recipes from both the research and the sampling will be collated to produce the Bilgola Plateau P.S. "Grow, Grab, Gobble'' Healthy Eating Cookbook. This will run in conjunction with the 'Ready, Set, Grow Phase 2 ' where students are taught about healthy eating choices as well as eating fruit and vegetables that are fresh and in season.
This year we converted an area of the school playground that was overgrown with weeds and unusable into an outdoor learning area. Natives are being planted and large rocks placed strategically to attract lizards. There will be mulch tracks, frog ponds and areas with log seating. An old rotunda will be converted into a flight aviary for the rehabilitation of injured birds.

Future Projects
•Purchase a Smart Water metre to monitor water usage.
•Apply for grants for water tanks to support our toilet blocks and oval.
•Apply for grants to establish solar panels and sky lights in all classrooms to reduce energy usage.
•Constructing a rockery to house lizards.
•Continue native planting to encourage wildlife.
•Construct an aboriginal edible 'bush tucker' garden.
•To continue supporting our 'Scrap Wrap' program where students avoid bringing food in non-recyclable or re-useable containers. Food scraps are kept separately and are collected for composting or the worm farm thus reducing waste.
(See the included 2011 Environment Management Plan)

Through this whole-of-school Environmental Sustainability Education project of reducing waste, growing our own local and chemical free produce, promoting biodiversity, and educating and involving the whole school in sustainable practices, Bilgola Plateau Public School is proud of the resulting impact on student, family and community behaviours by becoming an effective sustainable school.

Soundwave 2012
SUN 26 February 2012 at SYDNEY SHOWGROUNDS

General Public on sale: Thu 20 October, 9am
From
http://www.soundwavefestival.com/

Call for youth to represent young Australians

PORTFOLIO: Education, Employment and Workplace Relations
SNIPPET: Young people across Australia have the opportunity to represent their peers on an influential committee which drives public debate and community engagement on youth issues. The Australian Youth Forum is about engaging young people and the youth sector in an ongoing public debate on issues that affect the lives of young Australians. The Australian Youth Forum was established in 2008 as a formal communication channel between the Australian Government, young people (aged 15-24) and the youth sector.

Tagged film to help Australia's kids get cybersmart | Senator Stephen Conroy | Minister for Broadband, Communications and the Digital Economy
PORTFOLIO: Broadband, Communications and the Digital Economy
SNIPPET: Deputy Leader of the Government in the Senate. &raquo Tagged film to help Australia's kids get cybersmart. Tagged , a new short film to help educate young people about cyberbullying, sexting and protecting their digital reputation, was today launched by the Minister for Broadband, Communications and the Digital Economy, Senator Stephen Conroy.

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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/

New Website for Northern Beaches Youth

Manly Council has recently launched a website for young people that is run by young people on the Northern Beaches. Any young people with web design skills who want to get involved in the project are very welcome. Manly Council also posts activities and events on their Facebook and MySpace Youth sites. If you Friend them you'll get the most up to date info. Links for all are posted below:

www.northernbeachesyouthinfo.net.au

www.facebook.com/manlyyouthcentre

www.myspace.com/manlyyouthcentre

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PITTWATER COUNCIL

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 to 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

Contact Community Care Northern Beaches by clicking their logo:

CCNB COMMUNITY CARE (NORTHERN BEACHES) LIMITED

Spring Poetry
Mildred Gertrude Smythe

Springtime is a season for poetry for me. Classics and modern wordsmiths are revisited for their passion, their succinctness and for the spirit they try to translate as words filled with feeling, with meaning that lingers in the air or soul, there but also more invisible the more we reach to grasp it physically.

While writing this we noticed that Pittwater Council is promoting this practice of Poetics with a special guest port at the library on the 22nd of October. Now, I know I've addressed this subject at the commencement of Spring but speaking of how modern musicians are also modern poets but this week I'd like to share one of my favourite Spring poems from one of our classic Australian Poets.

The Latter End of Spring

Henry Lawson, 1894

The wild wet waves of winter time were drifting o'er his head,
He wrote to her from Maoriland, and, this is what he said:
"It's hard to make a living, but, whatever fate may bring,
I'll come to meet the summer in the latter end of spring.
    To my lips your kisses cling.
    You to me are everything —
I will come to clasp my darling in the latter end of spring."

She wrote, and if she waited, then she waited all in vain —
The spring went by and summer, and the autumn came again.
The autumn passed and winter, and the youth of whom we sing
Was felling bush for tucker in the latter end of spring.
    When your heart is on a string,
    And small rest the night can bring —
Oh, it's weary, weary waiting in the latter end of spring.

She wrote, but, ah, his hopes were crushed as often as they rose —

(Otago's winds blow mighty cold through old Australian clothes).
The year went round again, and he - what sorrows fate can bring! —

Was digging gum in tatters in the latter end of spring.
    He would lose his head and sing
    Of his blue-eyed Lily King —
'Twas a brown-eyed girl that loved him in the latter end of spring.

But luck will change however and wherever you may roam;
An uncle left him money, and the calf grew fat at home —
Then never ship can sail too fast when love is on the wing
He came to claim his sweetheart in the latter end of spring,
    And his footstep had a swing
    When he asked for Lily King....
She was married to a banker in the latter end of spring.

His brow went cold with pain, and then with anger it grew hot —
"I'll love the girl who loves me since the girl I loved forgot!"
He turned to her unto whose soul his love was everything,
And married her in Maoriland before the end of spring.
    Then fill the glass and sing,
    For time is on the wing —
It's jolly, jolly living in the luring months of spring.

The Bulletin, 1894

The Senior Newspaper Online

Click on logo:

Australian Senior PUBLICATIONS

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

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HEARTMOVES Heart Foundation

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

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Identifying Bush flowers or Wildflowers of Sydney

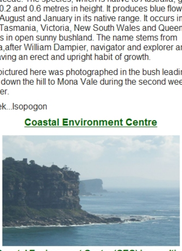
In September we opened our Spring celebrations with photos of Pittwater wildflowers then bursting from every part of our bush and a Profile on local bushflowers gent, Ian White. Before Spring finishes we'd like to identify some of these and where their names spring from.

Dampiera stricta is an erect perennial shrub in the family Goodeniaceae. The species, which is native to Australia, grows to between 0.2 and 0.6 metres in height. It produces blue flowers between August and January in its native range. It occurs in the states of Tasmania, Victoria, New South Wales and Queensland and grows in open sunny bushland. The name stems from Dampiera after William Dampier, navigator and explorer and stricta, having an erect and upright habit of growth.

The one pictured here was photographed in the bush leading from Ingleside down the hill to Mona Vale during the second week of September.

Next Week...Isopogon

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

October Newsletter includes information on local:

- Flora and fauna;
- Weeds and pests;
- Events, workshops and activities;
- Environmental projects and Bushcare Notices.

HERE

How Green is a Spotted Gum when Wet?

CLIMATE ACTION PITTWATER

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

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

2006-05-14 10:36 Kyle sb 874×536×8 (51987 bytes) *Tamar river from Brady's lookout (near [[Exeter, Tasmania|Exeter]])*

"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's Sustainable Living Expo 2011 Winners; Details of the Winners and their Works

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

Breakfast with the Birds & Bird Survey at Warriewood Wetlands, Sunday 30th of October

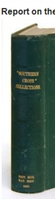
Summer breeding birds will be here. Sydney Freshwater Wetlands are a rare habitat in Sydney. Bring: Binoculars if possible. We can lend some. Cost: Tea/coffee and cake $2.00. To Book: 9918 3368 or pnhainfo@gmail

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

Japanese Decision to Continue Whaling, media release, Australian Minister for Foreign Affairs
PORTFOLIO: Foreign Affairs and Trade
SNIPPET: The Australian Government condemns Japan's decision to continue whaling in the Southern Ocean this year under the guise of science. Foreign Minister Kevin Rudd said the Government was particularly disappointed that this whaling will take place in the Southern Ocean Whale Sanctuary established by the International Whaling Commission. 'The Australian Government remains opposed to all commercial whaling, including so-called 'scientific whaling,' Mr Burke said.

Report on the collections of natural history made in the Antarctic regions during the voyage of the "Southern Cross". [Lankester, E. Ray, editor].



London: British Museum (Natural History), 1902.
Octavo, 344 pp. 33 lithographed plates, including nine coloured by H. Gronvold. Publisher's cloth, rear hinge split, the library stamp of the Zoological and Acclimatisation Society of Victoria, a bright crisp copy.
$2,250.00 AUD from: 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 - 9781610910019 - $55.95

PITTWATER COUNCIL

COASTAL AMBASSADORS PROGRAM OPENS

Pittwater Council's Coastal Environment Centre (CEC), Surf Life Saving Sydney Northern Beaches, Surfrider Foundation and Eco-Divers are joining forces again this year to offer their members free environmental training through the Coastal Ambassadors program. This year's program will offer workshops at the CEC with two field trips in marine studies from **Thursday 20 October through to Thursday 10 November 2011.**

Pittwater Council's Environmental Education Manager Mark Beharrell said the free course would cover topics such as shore and beach ecology, marine animals, the impact of global warming to ocean ecosystems and how to reduce your carbon footprint. "The program will also include two special field trips that will compliment the lectures, " said Mr Beharrell.

Coastal Ambassadors will be trained by environmental researcher Dr. Arthur Dye, with assistance from scientific officer Phil Colman and CEC Staff using a non-technical, user friendly approach.

Surf Life Saving Northern Beaches President Gordon Lang said that environmental education had become a key goal within the surf lifesaving movement. "This is an exciting expansion of surf lifesaving's role. Our mission is not only to protect lives, but to educate the community on the fragility of our coastal areas," said Mr Lang. "This program represents another example of our organisation's community and sustainability focus," he added.

For more information or to download an application form visit www.pittwater.nsw.gov.au/cec or call Cathy on 9970 1314 or Bianca on 9970 1313.

PITTWATER COUNCIL

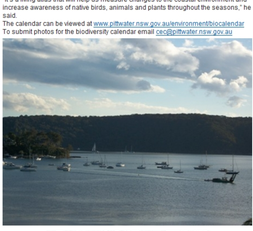
ONLINE BIODIVERSITY CALENDAR A FIRST

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/biocalendar
To submit photos for the biodiversity calendar email cec@pittwater.nsw.gov.au



PITTWATER NATURAL HERITAGE ASSOCIATION INC.

What Does PNHA do?

On-ground bush regeneration, eg: Asparagus Fern Out Days
Activities: guided walks, bird-watching
Quaterly informative newsletter, online or paper
Members email group for leaset 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, $26.00trp, attractive cards with photos of Pittwater scenes, flora and fauna $2.00

Email: pnhainfo@gmail.com Or click on Logo to visit website.

Pittwater Environmental Foundation

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.

About 33% (about 1500 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.

Pittwater Estuary Study File Below or At (click logo):

PITTWATER COUNCIL

pitt_est_processes_study.pdf
Size : 492.173 Kb
Type : pdf

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

Sydney Harbour Foreshore Authority Carbon Footprints Document

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florabank

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.

October 16 - 22, 2011: Issue 28

Tomato

Tomato crops not grown in greenhouses are beginning to appear in our organic shops and markets. Used in a variety of hot and cold dishes, in soups, as salsa bases, these fruits from South America are one of the most popular and useful ingredients we have. Keeping them as fresh as possible in any dish intimates raw foods. The most popular and well known raw tomato dish, outside of salsas and tomato and boccocini salads, would have to be the ancient cold soup of Spain, Gazpacho.

Originating in the southern Spanish region of Andalucia, this soup is also enjoyed in neighbouring Portugal and South America, the motherland of the tomato. Considered a Summer soup, it is served cold and accompanied by diced ingredients alike those in it or complimentary vegetables such as avocado or even strips of fresh ham. The aim is to refresh the palate and person not only by serving a cold dish but one filled with seasonal goodness.

With predictions of a very hot and prolonged Summer about to bear down on us it may be time to practice making and enjoying this beautiful cold soup made simply from raw tomatoes, bell peppers, garlic and onions.

Gazpacho

'History: Gazpacho has ancient roots. There are a number of theories of its origin, including as an Arab soup of bread, olive oil, water and garlic that arrived in Spain with the Moors, or via the Romans with the addition of vinegar. Once in Spain it became a part of Andalusian cuisine, particularly Córdoba and Seville, using stale bread, garlic, olive oil, salt, and vinegar, similar to ajoblanco. Gazpacho remained popular with field hands as a way to cool off during the summer and to use available ingredients such as fresh vegetables and stale bread. There are many modern variations of gazpacho, often in different colors and omitting the tomatoes and bread in favor of avocados, cucumbers, parsley, watermelon, grapes, meat stock, seafood, and other ingredients.' (From: Gazpacho. In Wikipedia, The Free Encyclopedia. Retrieved 03:34, October 14, 2011, from http://en.wikipedia.org/w/index.php?title=Gazpacho&oldid=451917243

Ingredients
In Andalucía, most gazpacho recipes typically include stale bread, tomato, cucumber, bell pepper, onion and garlic, olive oil, wine vinegar, and salt.
Suggested quantities (8 serves): 2 cups chopped fresh tomatoes
1/2 cup chopped green or yellow pepper, 1 cup chopped cucumber, seeds removed , 1/2 cup finely chopped red onion , 2/3 cup olive oil , Juice of 1/2 lemon, 2 cups vegetable broth (optional), 1/4 cup red wine vinegar, 1/4 cup finely minced parsley, 1 teaspoon dried oregano, Pepper, coarsely ground, 2 cloves garlic, finely chopped, Salt , 1300ml tomato juice 1/2 cup stale bread crumbs, Tabasco, to taste

Method
The vegetables are washed and the tomatoes, garlic and onions are peeled.
All the vegetables and herbs are chopped and put into a large container (alternately, the tomatoes may be puréed in a blender or food processor, pounded with a mortar (the traditional way of making it) or strained and de-seeded with a food mill
The soaked bread is then added (optionally)
Some of the contents of the container are then blended until liquid, depending on the desired consistency.
Chilled water, olive oil, vinegar and salt are then added to taste.
The remaining contents of the container are added to the liquid, then briefly puréed until there is some texture remaining for garnish. (optional)
Garnishes may be made with fresh bell pepper slices, diced tomatoes and cucumber, or other fresh ingredients.

Traditionally, gazpacho is made by pounding the vegetables using a mortar and pestle. This method is still sometimes favoured as it helps keep the gazpacho cool and avoids the completely smooth consistency, and foam, created by blenders and food processors.

In addition to the blended vegetable ingredients, it is also usually accompanied by different garnishes. These include the same vegetables the soup already contains, chopped up, as well as croutons. The garnishes are served separately so the consumer can add them to the soup himself. When making the salmorejo variety from Cordoba, chopped hard boiled egg and ham (e.g. jamón serrano, jamón ibérico, etc.) will be placed on top. In Extremadura, gazpacho with local ham is called gazpacho extremeño. This time, the ham tends to be added to the soup in the kitchen prior to serving (unlike the other garnishes which are added at the table). Gazpacho is also served with ice cubes if it has not had enough time to chill before serving.

Tomato may refer to both the plant (*Solanum lycopersicum*) and the edible, typically red, fruit which it bears. Originating in South America, the tomato was spread around the world following the Spanish colonization of the Americas, and its many varieties are now widely grown, often in greenhouses in cooler climates.
The tomato fruit is consumed in diverse ways, including raw, as an ingredient in many dishes and sauces, and in drinks. While it is botanically a fruit, it is considered a vegetable for culinary uses. The tomato belongs to the nightshade family. The plants typically grow to 1–3 metres (3–10 ft) in height and have a weak stem that often sprawls over the ground and vines over other plants. It is a perennial in its native habitat, although often grown outdoors in temperate climates as an annual.
Medicinal properties
The fruit is rich in lycopene, which may have beneficial health effects. Lycopene has also been shown to protect against oxidative damage in many epidemiological and experimental studies. In addition to its antioxidant activity, other metabolic effects of lycopene have also been demonstrated. The richest source of lycopene in the diet is tomato and tomato derived products. Tomato consumption has been associated with decreased risk of breast cancer, head and neck cancers and might be strongly protective against neurodegenerative diseases. Tomatoes and tomato sauces and puree are said to help lower urinary tract symptoms (BPH) and may have anticancer properties
Nutritional value per 100 g (3.5 oz) Energy; 74 kJ (18 kcal), Carbohydrates; 4 g, Sugars; 2.6 g, Dietary fiber; 1 g, Fat; 0.2 g, Protein; 1 g, Water; 95 g, Vitamin A equiv.42 µg (5%), lutein and zeaxanthin; 123 µg, Vitamin C; 14 mg (17%), Vitamin E; 0.54 mg (4%), Potassium; 237 mg (5%)
History
The word "tomato" comes from the Nahuatl word tomatl, literally "the swelling fruit". The tomato is native to South America. Genetic evidence shows the progenitors of tomatoes were herbaceous green plants with small green fruit and a center of diversity in the highlands of Peru. One species, Solanum lycopersicum, was transported to Mexico, where it was grown and consumed by Mesoamerican civilizations. The exact date of domestication is not known. The first domesticated tomato may have been a little yellow fruit, similar in size to a cherry tomato, grown by the Aztecs of Central Mexico. Aztecs and other peoples in the region used the fruit in their cooking; it was cultivated in southern Mexico and probably other areas by 500 BC. The Pueblo people are thought to have believed that those who witnessed the ingestion of tomato seeds were blessed with powers of divination. The large, lumpy tomato, a mutation from a smoother, smaller fruit, originated in Mesoamerica, and may be the direct ancestor of some modern cultivated tomatoes. Spanish explorer Cortés may have been the first to transfer the small yellow tomato to Europe after he captured the Aztec city of Tenochtítlan, now Mexico City, in 1521, although Christopher Columbus, a Genoese working for the Spanish monarchy, may have taken them back as early as 1493. The earliest discussion of the tomato in European literature appeared in an herbal written in 1544 by Pietro Andrea Mattioli, an Italian physician and botanist, who named it pomo d'oro, or "golden apple".
Tomato. In Wikipedia, The Free Encyclopedia. Retrieved 03:15, October 14, 2011, from http://en.wikipedia.org/w/index.php?title=Tomato&oldid=455373935

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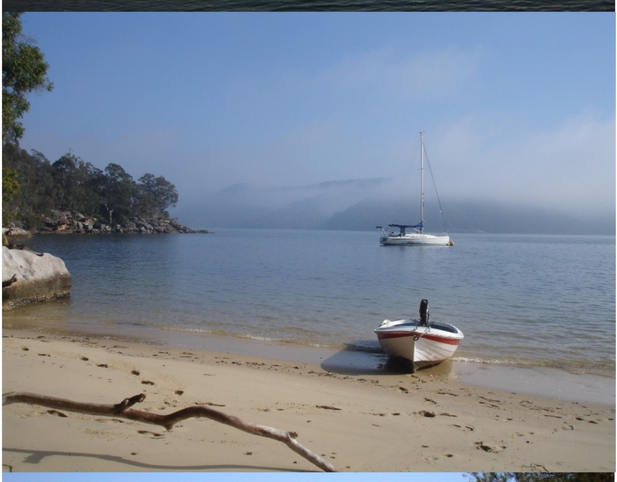
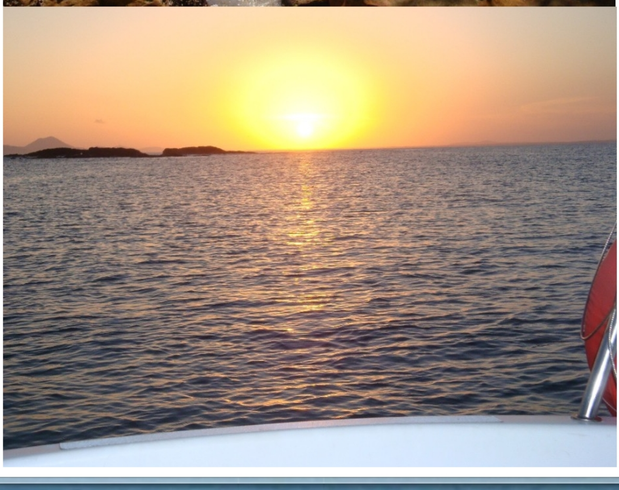
Pittwater Online News

October 16 - 22, 2011: Issue 28

All images this week are kindly shared by members of the Palm Beach Yacht Club. Click on their logo to visit their site for more Information or read their Profile.





October 16 - 22, 2011: Issue 28

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

Above: **For The Term of His Natural Life 1927, Directed by Norman Dawn**
This is the greatest of all Australian Silent films. Made just before the advent of synchronised sound, this film had a limited period of commercial viabilty before it dissapeared from sight. Based on the serialised novel by Marcus Clarke, this was the most expensive film produced in Australia at the time. It costed 50,000 pounds when the average Australian film was made for around 1000 pounds.
The film stars George Fisher as Richard Devine/Rufus Dawes/John Rex and Eva Novak as Sylvia Vickers and was adapted, produced and directed by Norman Dawn, who later went to Hollwood and made classic B-grade movies like "Bowanga Bowanga" and "Two Lost Worlds".
"For The Term of His Natural Life" was remade as a 6 episode 9 hour mini series with Colin Friels and Anthony Perkins.

WIN a copy of The Bippolo Seed signed by Hugh Jackman!

Hugh read The Bippolo Seed to some very sick kids while visiting The Children's Hospital at Westmead last weekend and we have one copy signed by him to give away! To be in the running to win it, email us at promotions@harpercollins.com.au by 31/10/11 and tell us what your favourite Seuss book is and why. Extra points if it rhymes!

$2 from the sale of each copy between 27th Sept & 31st Oct will go to helping The Children's Hospital at Westmead!

The amazing stories are full of typical Seuss humour, rhyme and rhythm and are all beautifully illustrated. They include 'The Bippolo Seed' , in which a scheming cat leads an innocent duck to make a bad decision ... From Harper Collins Australia

CSIRO Publishing had 3 books recieve certificates of commendation at the 2011 Whitley Awards. Hosted by the Royal Zoological Society of New South Wales, the annual Whitley Awards are presented to exceptional new publications dealing with the fauna of Australasia. The Books by CSIRO that we should all take not of are:

Commendation for Regional Natural History:
A Bush Capital Year
A Natural History of the Canberra Region
Ian Fraser, Peter Marsack
Follows a year in the nature reserves, rural and suburban areas of the ACT.
2011 - CSIRO PUBLISHING - 9780643101555 - $49.95 - Also available as an eBook

Commendation for Ecological Zoology:
Forest Phoenix
How a Great Forest Recovers After Wildfire
David Lindenmayer, David Blair, Lachlan McBurney, Sam Banks
The moving story of ecological forest recovery in the wet forests of Victoria following February 2009 wildfires.
2010 - CSIRO PUBLISHING - 9780643100343 - $39.95 - Also available as an eBook

Commendation for Field Guide:
A Guide to the Katydids of Australia
David Rentz
Explores this diverse group of commonly seen insects, comprising about 2000 species in Australia.
2010 - CSIRO PUBLISHING - 9780643095540 - $49.95 - Also available as an eBook
More Information on all three Available HERE

From the Department of Hmmmm...

PayPal Seeks to Become the Web Payment System to Rule Them All - mashable.com
eBay is set to unveil PayPal Access, a service for letting users use their PayPal accounts on other websites without the need to register.

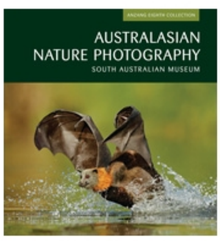
Social Media Presence More Important Than Social Media Ads - emarketer.com
Yet marketers have concerns with the communities they've built on social sites. Social media marketers feel that having a presence on social sites is more important than advertising there, but there...

5 Digital Marketing Commandments for Luxury Brands - mashable.com
Lately people are talking about luxury brands and digital marketing. Here are the top five commandments for marketing luxury brands using the most democratic media in the world.

5 Ways to Control Your Facebook Privacy - socialmediaexaminer.com
Facebook privacy settings: what you need to know about privacy and sharing personal information with the new Facebook features and Facebook Subscribe button.

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



Australasian Nature Photography

ANZANG Eighth Collection
Australasian Nature Photography Series
South Australian Museum
Australasian Nature Photography: ANZANG Eighth Collection presents the finest photographs submitted to the ANZANG Nature Photographer of the Year competition. Each photograph is accompanied by technical information as well as anecdotes about how the picture was taken, which will stimulate yet further interest in the flora and fauna and their conservation in the region.
Congratulations to Ofer Levy who has won the 2011 ANZANG Nature Photographer of the Year, and to all the category winners featured in the book.

Marine and Freshwater Research

Volume 62 Number 9 2011, September 21; Special Issue: Climate Change and Australian Aquatic Environments, Fish and Fisheries

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Pittwater Online News

October 14 - 22, 2011 from 20

Music At The Bowls (Avalon)
The Bopulators
Sunday 16 October, 3PM to 6PM

No Lower Charge, Blades & Good Corn Donations to Band Rescue
Bring your own picnic, drinks & nibbles. Bowls Club Bar & Bistro
Barrenjoey Road, Cnr Kalang Road, Avalon Beach Area, Zone, Green Bowls Green, Grass Court, Club Crescent, Avalon Beach

SONGS FOR SOIBADA II
A CONCERT TO SUPPORT CHILDREN IN SOIBADA (EAST TIMOR)

STARRING
TOM SHELLSHEAR
GILL ON FLUTE
ANDREW ROBERTSON
ACCORDION
DAVE BARNES
GUITAR & MANDOLIN
DANIELLE & ELIZABETH
VOICES (OF THE GODS)
DAVID ROBERTSON
DRUMS (OF THE GODS)
DEAN MACKIE
BASS (OF THE GODS)
SAMANTHA SHAW
(DJ TEMPRAL)
BEN RYE
(DJ ZEN)
SIMON WILLIAMS
(THE BAD PENNY BAND)

FRIDAY 28TH OCTOBER 2011 / 7:30PM
MANLY COUNCIL - WATER MARK CATHOLIC COLLEGE

Songs for Soibada II Concert at Pandora & Pepperpots Cafe Avalon,

LADIES....

You are invited to attend an evening of fun, entertainment, bub results and prizes at Scots Club Ladies

WHEN: Thursday, 27th October 6.00am - 9.00am

WHERE: Scots Club Ladies Lounge 16 Lawrence St, Manly

COST: Adults $10 Kids $5 (under 12)

RSVP: By 20th October to Elaine - 9977 1244 or Bruce@bbl.com.au

Sydney Sydney

Friday November 4th
9pm - Midnight
Palm Beach Golf Club
$15

SWIMWEAR ON PATROLS ALL NEW SUITS

A Hard Day's Night
Beatles' singles from 1962 to 1970
Sat 22nd of October
Sat 5th of November
$25.00 from PMC 99 0999 0962

A BIRD LOVER'S BONANZA

In a much first time for Pittwater Council Environment Centre is offering an all day Birding Excursion Workshop on **Sunday 23 October 2011**. The comprehensive workshop will be led by Ian Gilmore and Ian Gilmore is one of the Pittwater Council Environment Centre Experts.

The workshop is suitable for all levels of birding enthusiasts and will cover topics such as bird identification, bird ecology and bird behaviour. The workshop will be held at Ian Gilmore's home in an urban environment. The field trips will cover birding hotspots in Pittwater and surrounds including Ingleside Wetlands, Warriewood Wetlands and Narrabeen Lagoon and Jamison Park.

The Council's Natural Environment & Education Manager Kate Bertrand said the best thing about this diversity of local habitats and the difference in bird populations between the various habitats is the learning opportunity.

"Just for the day, we are being very fortunate in having an afternoon tea and a free pair of binoculars, is Bell and person. A resource folder with gardening & also included in the workshop."

Participants are asked to bring their own lunch, a hat and sunscreen, wear comfortable clothes and comfortable shoes. They should also bring a notepad and pen/pencil, a camera and a pair of binoculars if possible.

Registration at 7.30am with the Council Environment Centre, Ian will pick up from North Narrabeen. For further information and www.pittwatercouncil.com/environment/events/ or call Pittwater Council Environment Centre on 9970 1111.

A YOUR SUMMER SUITS

With around 1000 swimwear styles exclusively in Pittwater, Local residents are being invited to the Information evening Tuesday October at Amazing Women and Lifestyle. The sessions are being hosted by the Council on **Wednesday 26 October at Pittwater Rugby Club from 6.30pm to 8.30pm**.

Today's extended models have the latest in fashion and comfort, and are the result of the sales affecting and fancying and how to make sustainable energy efficient. Local Pittwater Council Sustainability Officer Sarah Gilmore said the sessions are fun and healthy, which is great and will be a terrific discussion. Sarah said the sessions will be a great opportunity for people to learn from the Bulk Lake Water with an energy with emergencies in backward points.

The Council's Compliance Manager Jack Hill said with summer coming, the sessions were ideal for good swimwear healthy practices. Statistics show that the healthy course of swimwear, and the sun, and the sun, and the sun

October 16 - 22, 2011: Issue 28

Breaks, Breakdowns and Breaking Through The Barriers: October's Aries Full Moon

I'll need a magic carpet to get out of this one. Donald Davis

If you surrendered to the air, you could ride it.Toni Morrison

Aerodynamically the bumblebee shouldn't be able to fly, but the bumblebee doesn't know that, so it goes on flying anyway. Mary Kay Ash

If the winds of fortune are temporarily blowing against you, remember that you can harness them and make them carry you, through the use of your imagination. Napolean Hill

Man's desires are limited by his perceptions; none can desire what he has not perceived. William Blake

A field cannot well be seen from within the field. Ralph Waldo Emerson

Imagination is a good horse to carry you over the ground — not a flying carpet to set you free from probability. Robertson Davies

The power of thought—the magic of the mind! Lord Byron

Occurring on October 11 in the United States and October 12 in Australia, the Aries full Moon is set to be another doozy in a long line of doozies. It's been an interesting year with extraordinary events and upheavals and many are bound to be feeling a little baffled, battered or bruised. This full Moon has Saturn closely conjunct the Sun and opposing the Moon. This is quite the combo, especially with the Moon in Aries and the Sun in Libra. It's a tug of war on many levels.

The Symbol for the full Moon is Aries 19: A Magic Carpet Hovers Over The Depressing Reality Of Everyday Life In An Industrial Area. From my book *The Sabian Oracle: 360 Degrees Of Wisdom -*

'A Magic Carpet' may be what's needed now. By lifting ourselves above the more 'Depressing Realities' that are around us, we can get a better perspective or outcome about difficult issues. The 'Magic Carpet' is actually a vehicle for the imagination; it can elevate your understanding, awareness and existence into the mystic, sometimes fantastic, realms. There is a clear message that you have the ability to get above, or even transcend, worry and strife. Things will be revealed if you allow creative and spiritual truths into your conscious awareness. Be wary not to underestimate the potential power in the most ordinary and mundane things; there can be signs of 'Magic' in them. Perhaps you are being an "escapist" or dreaming of the impossible. Are you trying to use the 'Magic Carpet' to see a greater truth? What new ideas can you materialize in order to lift you out of where you are now?

Keywords: Practicing meditation. Finding a vehicle for transcendence. Elevated views and perspectives. Rising above problems. Astral travel. Meditation or levitation. Lateral thinking - 'Magic Carpets' travel sideways. Rugs, carpets, the Middle East. Fantasy and fiction. Transcending worries. Escaping the depressing realities of the everyday world.

The Caution: Self defeating detachment. Not being able to cope with the real world. Losing one's self completely in flights of fancy. The longing for escape. The lure of the exotic. Using drugs or alcohol in order to escape drudgery or difficulties. Smog. Filthy air. Feeling stuck. Pollution and muck. Industrial landscapes. Losing touch with the body and physical realities

The degree of the Sun is a rather difficult one, but it can be rewarding in many ways. It's a rather evocative one as it can arouse fear and anxiety, but it does have it's redeeming factors as one can bring the 'robbers' (whether a situation, mental or emotional state, or people) to light and cleanse the mind of problems that have been lurking. The Symbol is **Libra 19: A Gang Of Robbers In Hiding.** Along with more personal concerns we may have to face, the Keywords and the Cautions show what's happening with the people's revolution that's happening in the streets and on the keyboards, if not in the mainstream media.

Keywords: Gaining unfair advantage. Robbers and thieves. Spying. The cold war. Big business ripping off the "little guy". People appearing to be something that they are not. Con-men mentality. Holding up proceedings. Mental attitudes that sabotage, restrict or control. The need for light. Voyeurism. Gangs. Private detectives. Ambushes.

The Caution: Gaining unfair advantage at someone else's expense. Finding it hard to trust anything. Difficult hidden energy that may erupt into consciousness. Feeling that someone is going to "get" you. Hiding in the shadows. Locks and shutters that prevent true relationship. Unbalanced mental states. Paranoia. Distrusting life.

The Karmic Condition of the Sun (the degree before) **is Libra 18: Two Men Placed Under Arrest Give An Accounting For Their Acts Before The Tribunal Of Society**. This says many things, way more than I can go into here, but it can obviously show people being 'arrested' - either literally or figuratively - people staying in relationships they should perhaps leave, people not able to have the relationship they want for whatever reason (people being held separately, not able to get together), people being charged with misdemeanors, all the way up to major criminal charges, etc. On the last one, as usual in this world where equality depends on your bank balance, there will be many liars, crooks, thieves, people who work actively to hurt, use or belittle others, who get off without any charges being laid against them while others get the book thrown at them for the smallest infringement.

Keywords: Having to plead one's case. The need for "legal help". Unacceptable principles. Blowing the whistle. Pointing at others to get off charges. People unable to relate. The "Romeo and Juliet" story. Feeling caught out. Restrictions. Karma to be worked out. Being framed. Circumstances out of control. People in handcuffs. Identification parades. Police. The law. Lawyers. Judges. Juries. Tribunals. Police states. Breaking laws.

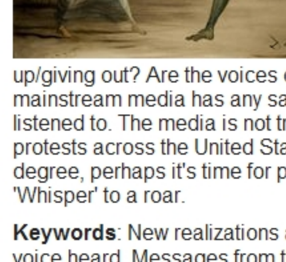
The Caution: Refusing to conform. Sabotage of relationship values. Feeling stuck, unable to move. Staying in relationships when one should go. Deadening emotions. Shutting off to cope. Not having one's point of view heard. Losing one's authority. Being bound karmically. Being tied up and limited.

Saturn, which can restrict, limit, constrain and can slap on those handcuffs, is right on this full Moon. The Symbol is **Libra 20: A Jewish Rabbi In A Tiny Room Full Of Manuscripts And Books, Performing His Duty**. This asks that we connect in with people and their social rituals and find a sense of joy, peace and fulfillment in our religious or spiritual lives.

Keywords: Connection with ancient sources of truth and understanding. Faith in abiding laws. Inherited wisdom. Ancient books. Fundamentalism. Rituals, social and otherwise. Initiation ceremonies. Book work. Studying and worshipping. Doing deeds on behalf of the community. Religious services. Writings that reveal rules for living. Lawyers. Advocates. Hidden knowledge.

The Caution: Religious dogmatism. Following the rules of "the book". Sticking to what convention says. Losing one's sense of individuality. Over-inflated sense of self. Distrust or hate of different religions, backgrounds or ethnic origins. Restrictive rules.

With Saturn on the 'Jewish Rabbi' degree and the Sun going over the Two Men Placed Under Arrest and The Gang Of Robbers In Hiding, there is a sense that the Wall Street protest movement is going to continue to expand, but also, it's very likely that they will come up against that 'wall' of 'the establishment'. There is talk about how the hacking group Anonymous is going to attack the New York Stock Exchange, virtually wiping it. Word has it that this is an FBI sting and not initiated by Anonymous themselves. The FBI want to 'discredit' Anonymous - which one exactly is "A Gang of Robbers In Hiding"?



The ruler of this full Moon is Mars, which is on Leo 14: Cherub-Like, A Human Soul Whispers Into Every Receptive Ear, Seeking To Manifest. What is it that you're listening to? Paying attention to? Giving your time to? What is it that you want to say? What messages are you picking up/giving out? Are the voices of the people being heard? (Not if the mainstream media has any say in it...) The 'people' aren't being listened to. The media is not truly reporting what's going on with the protests across the United States and the world. With Mars on this degree, perhaps it's time for people's messages to go from a 'Whisper' to a roar.

Keywords: New realizations and impulses. Seeking to have one's voice heard. Messages from the other side. Reincarnation. Channeling information. Spirit descending, wishing to make itself known. Whispering. Passing on news and messages. Seeking embodiment. Transpersonal urges. Cherubs and spirits. Ears and hearing. The urge to accomplish something. Compassion. Manifesting intention.

The Caution: Confusing voices. Signs of instability or madness. Feeling that if one isn't heard, they will miss out. A need to be noticed and acknowledged. Not feeling like one can speak up. Shouting and making a spectacle. Trying to convince others of something. Misleading statements.

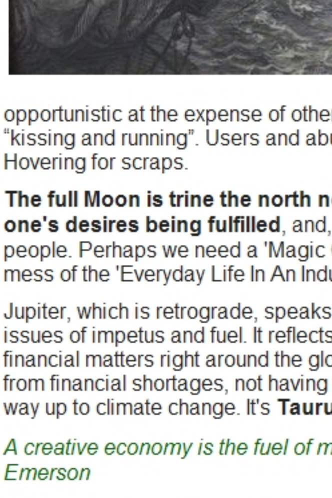
It's interesting to note that smack after the full Moon, Mars (which rules, amongst other things, anger, ambition, assertion, etc) is on Leo 15: A Street Pageant Moving Along A Street Packed With People.

Keywords: Demonstrations of joy. Spectacular shows of solidarity. Ticker-tape parades. Community celebrations of victory or faith. Food and drink stalls. Mardi gras and gay pride parades. Being a participant or an observer. Having a following. Gaiety and spectacle. Performers, musicians, magicians. Street stalls. Traffic management. The mob. Lots of people. Cul-de-sacs. Carnivals.

The Caution: Egocentric displays. Blowing one's trumpet. Closing off some areas of life, overplaying others. Problems with neighbors or people. Displays with little warmth or genuine communal feelings. Feeling like sardines in a can. Noisy neighborhoods. Loud music that annoys. Disruptive behavior. Hooligans and louts. Looting. Lack of privacy and quiet. Garbage on the street. Barriers between people.

It's youtube and other social media where the voices of the people are being broadcast. The 'powers that be' must be wanting to find a way to shut it down.

The protesters are portrayed as "vagrants; the unwashed, the homeless, the lazy, the uninformed, the misled, the immature...". This is shown by the karmic Moon's north node on Sagittarius 16: Sea Gulls Around A Ship Looking For Food. Bill O'Reilly on his FOX Network show described the protesters as 'a few hundred'. With a wave of his hand, he discounted them as hovering around looking for food and bathrooms to defile. Of course, there are two sides to the idea of the 'Sea Gulls Looking For Food'. I would suggest that the 'easy "feed"' is the system's grip on our lives and the parasitic behaviours we see in much of the establishment.



Keywords: Losing sight of alternative possibilities and going for the easy "feed". Issues of dependence. Diminishing one's essential worth while trying to please a specific need. Being opportunistic. Settling for the small things in life. Scalpers. Jettisoning scraps. Leftovers. The rewards and pitfalls of "meal tickets". Issues of social security. The homeless.

The Caution: Waiting for scraps that may not even be worth it or may never come. Losing the opportunity to care for one's self in an independent manner. Giving away one's power. Being opportunistic at the expense of others. Being ripped off. People "kissing and running". Users and abusers. Having satellites. Hovering for scraps.

The full Moon is trine the north node, which lends energy to one's desires being fulfilled, and, also, to the power of the people. Perhaps we need a 'Magic Carpet' to rise above the ugly mess of the 'Everyday Life In An Industrial Area' of the full Moon.

Jupiter, which is retrograde, speaks about the need for right timing, issues of impetus and fuel. It reflects a lot of what's happening in the financial matters right around the globe. It speaks of many things from financial shortages, not having the resources one needs all the way up to climate change. It's **Taurus 8: A Sleigh Without Snow**.

A creative economy is the fuel of magnificence. Ralph Waldo Emerson

I don't have any solution but I certainly admire the problem. Ashleigh Brilliant

Not only is there no God, but try finding a plumber on Sunday. Woody Allen

Keywords: Independence from outer circumstances. Using the creative mind to work through momentary shortages or problems. Anticipating future conditions. Having the "vehicle", but not the time, energy or the "fuel". Improvising things so that they work better or ahead of their time. Gas, oil, fuel. Snow. The value of timing. Lack of resources. "Tyres" that are missing or don't work. Being ahead or behind of one's time.

The Caution: Forcing your ideas or feelings even though the time is not right. Lack of support from the environment. Missing connections. Running out of energy. Having the right thing in the wrong place. Ideas without the capital to make them reality. A lack of impetus or propulsion. Feeling stuck, unmoving. Traffic jams. Empty tanks.

Venus and Mercury are bringing a message of staying with spiritual values, compassion, love, listening to our intuition and our hearts. Venus is on **Scorpio 4: A Youth Holding A Lighted Candle Gains A Sense Of The Great 'Other World'.** This speaks of a belief in one's self and others, simple ideals, ceremonies that are pure and uncomplicated, affirming intention to the path. It can also be naive reliance on insincere promises, feeling like someone is too young to be of any worth (or, indeed, too old) and seeing things in too dim a light. Lighting a fire, whether it's a bonfire or a candle, and doing things with reverence can have Venus bringing love and light.

Mercury is on a very evocative image of faith, hope and redemption. It's Libra 28: A Man Alone In Deep Gloom, Unnoticed, Angels Are Coming To His Aid. This speaks of awareness of help in times of need, salvation versus depression, feeling like one's luck is about to change, improvements in the pipeline, changes in the 'weather', brightening influences, angels arriving just in the nick of time, spiritual forces for good... This degree dovetails beautifully with the 'Magic Carpet' of the full Moon.

Jupiter is trining Pluto, bringing power issues and more power to those who seek freedom. Pluto is on **Capricorn 6: Ten Logs Lie Under An Archway Leading To Darker Woods**. This degree shows a journey into the unknown, getting past the past, gateways, thresholds, archways, entrances, delving into the subconscious, the unknown and the 'unknowable'. It can show the need to throw out things from the past that clog up your life and no longer contribute to your future.

Chiron, which I see as the stories that we tell ourselves, is on Pisces 2: A Squirrel Hiding From The Hunters. One has to be somewhat brave to come outside, to bask in the sun, to be able to nourish and nurture without feeling compromised in some way. Many are coming out into the open while others may be holding back, wanting to hibernate in some way.

Chiron moves back onto Pisces 1 again... the passage of which brings up the major issues facing the world today. The Symbol is **Pisces 1: A Crowded Public Market Place**. The 'Market Place' is going through volcanic changes and is throwing up all kinds of issues. This has been amplified by Neptune being on this degree for some months recently.

Neptune is on Aquarius 29: A Butterfly Emerging From A Chrysalis which speaks of emergence, a fuller participation in the world, growing into a beautiful sense of self. It shows the need to shred off the cocoon.

Uranus asks us to employ humor in amongst it all. It's on Aries 2: A Comedian Entertaining A Group Of Friends. In honor of Uranus, I've just bought the entire DVD collection of the Larry Sander's Show. Laughter has got to be the best medicine.

In the end, everything is a gag. Charlie Chaplin

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 througout 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 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.

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Jaffle Irons

Sunday nights in winter we used to have soup and toast or a range of jaffles, usually cooked in the fireplace in irons made especially for this. These appliances are most commonly used when camping but, in the days when everyone had an open fireplace, they were also popular at home. Their use in Australia will soon reach a hundred years of age.

A sandwich toaster (also known as a toastie maker or jaffle maker in Australia) is designed to be used over hot coals. The original Australian jaffle iron was the same size as a slice of bread from a square loaf, and designed to be used in a fire, on a stove or gas ring. The iron was and still is made in two parts, identical except for the edge where they hooked together. Long handles enabled the two parts to be clamped firmly together, and to be inserted in a fire or stove easily. The jaffle has always been a popular snack here and was developed prior to 1920 as a means to reheat leftover food. Round versions were also made; 'pie irons'.

The one shown here is termed 'vintage'. Belgian waffle irons were the predecessors of all these sandwich or pie irons.
History: Medieval origins; The modern waffle has its origins in the wafers—very light thin crisp cakes baked between wafer irons—of the Middle Ages. Wafer irons consisted of two metal plates connected by a hinge, with each plate connected to an arm with a wooden handle. The iron was placed over a fire and flipped to cook both sides of the wafer. The irons were used to produce a variety of different flat, unleavened cakes, usually from a mixture of barley and oats, instead of the white flour used today.
From: Waffle. In Wikipedia, The Free Encyclopedia. from
http://en.wikipedia.org/w/index.php?title=Waffle&oldid=455541862
Further;

Outdoor Cooking Pie Irons:
http://www.wisementrading.com/outdoorcooking/pie_irons.htm