

Pittwater Online News

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

July 24 -30, 2011: Issue 16

Altruistic

From altruism (noun)

1. the principle or practice of unselfish concern for the welfare of others 2. the philosophical doctrine that right action is that which produces the greatest benefit to others

C19: from French altruisme, from Italian altrui 'others', from Latin alterī, plural of alter 'other'

At: <http://dictionary.reference.com/browse/altruistic>

Contents

Pittwater Online News issued every Sunday, 6am.

Fish Story of the Week

Let's Give Pittwater and Our Kids a Chance
by Andrew Tiede: [here](#)



What is Jeans for Genes?

Jeans for Genes is a major national fundraising event for the [Children's Medical Research Institute](#). It's held every year on the first Friday of August. This year **Jeans for Genes Day is Friday 5 August**. Each year more than two million Australians wear their favourite jeans and donate much needed funds to support vital genetic research to advance the prevention and treatment of disease, leading to healthier generations of children.

It's fun and easy for Australians across the nation to get involved in Jeans for Genes and help create healthier generations! Things you can do include wearing your jeans on Jeans for Genes Day and making a donation, volunteering your time and taking part in or organising fundraising events.

At: <http://www.jeansforgenes.org.au/JG-About-Us/default.asp>

Quote for the Week

"The more we care for the happiness of others, the greater our own sense of well-being becomes"

Dalai Lama.

Change Location: Enter a postcode/suburb... **GO**

SYDNEY, NSW **+ SAVE**

 Today Fine, Mostly sunny.	 Tomorrow Partly Cloudy.
8 19	8 19

> Current Temp: 9.2 °C > 3 Hourly Forecasts
> Feels Like: 4 °C > 10 Day Forecast
> Wind: 24 km/h W > Warnings
> Rain since 9am: 0 mm > Radar | Cloud | Lightning

Latest News Violent storms lash Perth



Coastal Plant Communities Walk - North Newport to Bilgola Beach - 17th Jul 2011

from Marita Macrae

We had a great walk and about 45 people came along. Photo (above) is Karin Nippard, Pittwater Council Bushcare Officer, talking about work of the bushcare group that works at the north end of Newport Beach. Funding for the bush regeneration in the Bilgola Valley area comes from a grant from Hawkesbury Nepean Catchment Management Authority (HNCMA) to Pittwater Council. Visit them at: <http://www.hn.cma.nsw.gov.au/> or click logo



Features

Rotary Club of Pittwater Profile: [here](#)

Let's Give Pittwater and Our Kids a Chance
by Andrew Tiede: [here](#)

Chooks as Feathered Dogs: [here](#)



WET WEATHER UPDATE FOR PITTWATER RESIDENTS

The Council is responding to several incidents due to the wet weather in Pittwater. Overnight and early this morning Council staff have carried out a number of emergency responses such as barricading, roadworks and repairs at a number of locations including:

- *Repairs to a minor landslip in Cheryl Crescent Newport;
- *Emergency roadworks and removal of a tree at the intersection of Barrenjoey Road and Surf Road Palm Beach;
- *Repairs to a retaining wall at Wiruna Crescent Newport;
- *Fallen rocks removed from the intersection of Patrick Street and Wanawong Road Avalon.

Other emergency services have also responded to numerous requests for assistance. Sydney Water has attended to a burst water main in Grandview Drive Newport and a landslip has affected a private road at Church Point, limiting access to five properties.

Warringah Council is monitoring water levels in Narrabeen Lagoon which have been elevated by high seas and the heavy rain.

The Wakehurst Parkway is currently closed in both directions.

Director of Urban & Environmental Assets Chris Hunt said Council staff were responding to problems on public land and roads, but residents should call the SES on 132 500 for incidents involving fallen trees and flooding on private properties. "We also urge residents to stay away from beaches and rockpools, with swells expected to peak at around 5 metres today. Please don't let your children play near stormwater drains as these can be dangerous during heavy rain."

Mr Hunt said all sportsfields in Pittwater are closed and will be closed during the weekend.

"We will continue to update residents on the weather and any emergency situations through our Twitter and Facebook sites."

Visit www.facebook.com/Pittwater_Council and www.twitter.com/Pittwater2011

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July 24 -30, 2011: Issue 16



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Let's Give Pittwater and Our Kids a Chance by Andrew Tiede

I grew up in Bankstown - yeah, I'm a "westie". When I was a kid around 13 years old, my friend Yurgen and I would catch a bus to Bankstown railway station and the train to Wynyard to meet up with the first 190 trip of the morning. This was the early 1960's. We would change buses, usually at Narrabeen and arrive at Church Point. Happily we would fish from the wharf all day and then, totally contented with the fishing, we would start the three hours plus journey in reverse. We vowed that we would move to this paradise as soon as we could.

Well, Yurgen arrived in 1976 but I had to wait until 1988 before I could afford it. Before that, together with many of my friends, we spent countless wonderful days and evenings enjoying the amenity and the fishing that Pittwater and the Northern Beaches had to offer. Nowadays, I sometimes wonder whether "us locals" take this paradise for granted.

In January 2002, my good friend David and his daughter Lesley came to stay for a weekend. Living in Picton, Lesley hadn't fished before. We ventured into Pittwater in my tinnie and found a school of Australian Salmon. The pictures tell the story.

Last Saturday I was talking with Sean Greene at Sydney Powerboat Centre and he told me that he and a friend were fishing exactly the same way a few weeks ago. The salmon had come in and they were casting into the school with lures. Then the professional fishers came in their boats with their mesh nets. They warned Sean away, telling him; "You're scaring the fish!" Sean told me; "they took the lot, there was even a 1.2 metre jewfish caught in their net." Never mind that being there first on that school of salmon gave Sean every right to continue with his fishing.

Unfortunately, everyone knows that it is now virtually impossible to catch a legal size table fish in daylight in Pittwater. The area has been essentially fished out. Quite legitimately, professional fishers have hauled the beaches, dragging their nets across fragile sea-grass beds in the process. They prefer to haul when the fish are "running." Sadly, that includes the breeding fish that produce the next generation.

Pittwater is an important breeding ground for the surrounding areas as fish come in to spawn and grow. Once mature, fish move out to neighboring coastal beaches, reefs and rocky shorelines as well as into the Hawkesbury River system and then the cycle begins again. Little wonder angling fish stocks have been depleted, not just in Pittwater but across the area.

Meanwhile, the "meshers" wait until a school of fish swims into Pittwater and circle them with a net. These nets can be up to 725 metres in length each and two can be joined together up to 1450 metres long. The fish are caught by their gills. **Meshers also set their nets in areas where fish swim, even up as far as Scotland Island.** They set their nets at night and leave them unattended for up to three hours.

The professional "trappers" don't set their traps in Pittwater anymore I'm told it is a waste of time.

No wonder the kids of today aren't fishing as much as we used to. It's simple really: we had the chance to regularly catch good fish to take home and eat and they do not.

But all is not lost for Pittwater. Around five years ago Lake Macquarie was also in dire straits. Then the professional fishers were bought out for a fair price and today I am told that Lake Macquarie is fishing better than ever.

Pittwater is a beautiful, accessible and natural waterway. So, let's give Pittwater a chance to regain her glory for today's generation of fishers and all those that will follow. **Please support your local MP Rob Stokes** in his initiative to make our Pittwater a recreational only fishing haven. Contact Rob now:

http://www.robstokes.com.au/contact_me/contact_rob.html

Andrew Tiede, Bayview. Tel: 02 9999 4525 Mob: 0429 994525



Pittwater Online News

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

July 24 -30, 2011: Issue 16



Chooks as Feathered Dogs

A few years ago, when we seemed to be infested with ticks in both front and backyards, Lord Muck bought home some chickens to 'deal with' the problem. We were getting ill from bites and toxin and seemed to recover just in time for the next onslaught. We had been informed they would eat the bugs.

The resident Tiger, clearly afeared of these birds which were slightly larger than her, avoided them at all costs and ran in the other direction if they came closer, clucking congenially. After a few months, with no lessening of parasitus abundance, and only three rather small eggs, LM pronounced them 'depressed' and found a new home for them amongst a larger brood where they thrived.

Now there are chooks in the front yard again. They quite happily venture into our kind and tolerant next door neighbours. They wander up the yard to the back door and stand clucking happily, scratching up Lord Mucks newly installed plants.

What is most noticeable about these three though is the way they come running to you as you arrive home. They hover around your feet, almost standing on them, and seem eager to tell you of all that has happened since they saw you a mere hour ago. They are the most friendly chickens ever, a mother hen who is slightly larger than the others and valliantly leads them all over the place. The smaller two are possessed of their own personalities too; the white one a little shy, the brown a little aloof but all three will follow you everywhere, up the drive, up to the grassy areas, out to the washing line, happy to seemingly just 'hang out' with you.

They are named 'Chook', 'Chook' and 'Chook' and always come running when we call their names. They are our resident feathery dogs and keep us laughing with their charming antics. And yes, the eggs are bigger and more frequent and we haven't been bitten by ticks, touch-wood, lately.



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Pittwater Online News

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

Past Features

July 24 -30, 2011: Issue 16

This Weeks Features

Let's Give Pittwater and Our Kids a Chance
by Andrew Tiede: [here](#)

Chooks as Feathered Dogs: [here](#)

All Past Features: [here](#)



Profile: The Rotary Club of Pittwater works to instil Goodwill and Fellowship in our Community through a wide range of programs and activities.

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](#)



History: In July we feature Landscapes in Pittwater. To inspire all to join in with National Tree Day next Sunday we look at Scarred Trees as part of our environment.

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](#)



Park Bench Philosopher: Extract from Seeing Things about other Upright People.



Food: Fish Soup and Bread is what is sparked when we think of Selflessness and Altruism.



Events: New Listings from anyone who sent us anything; Yes You Can Free Computer Seminar from Avpals, Thoroughly Thora Concert in Avalon, Enormous Horns at Pittwater RSL, Christmas in July at Palm Beach RSL, NBI Invite, Pittwater Council Events, , Manly Art Gallery Exhibits, Bands playing and more.

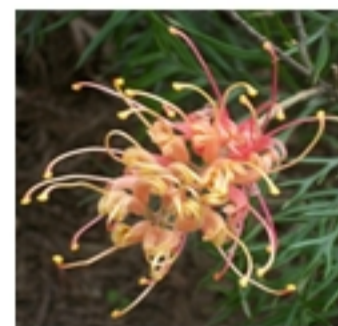


Books: Books from and about Paul Harris, founder of Rotary.

Old Books: two new works of old about the Theosophical Society and Red Cross.



Community News: News from near and far, Tree Day Invite, NBI extends an open invitation to the community for their DisabiliTea, Barrenjoey Film Festival, Pittwater Council updates and Notices, Media Releases from the Federal Government



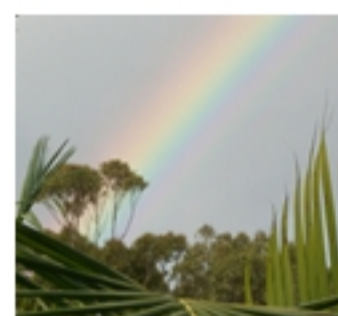
Environment: Endangered Leadbetter's Possum, cousin to our local Gliders, is under attack, again, Next Walk from PNHA, Sustainability expo in Pittwater, July's Cooee Newsletter, Seed Bank with full Index of all Australian plants Facts Sheets and more.



Lynda Hill: Overthrowing The Old And Bringing In A New Order: July's Leo New Moon



Pictures: The sweet open Mona Vale is also a suntrap that enhances mid-winter flowerings.



Youth: Blast Off Info and how Selflessness engenders love.



Seniors: In reflecting on the notion of selflessness, George proposes it's time we had an 'us generation'.



Community Clubs: Updates on Activities and links to sites.



Artist of the Month: Wordsmith Tony Dawson shares an extract from his book *The Commodore and the Pastoralist*.



Collector's Corner: Baby it's cold outside ! Time to pull on your Nylons and keep dancing.



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

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Pittwater Online News

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

July 24 -30, 2011: Issue 16

Melchisedek's Garden.

Trust that you are becoming,
That all those around you are becoming too.
They have the light of original Word in them,
That will one day sing as purely as all else do.
Trust that the great accord of concord rushes towards us,
That all have a growing measure of Sophia in the mind,
That all visit and dwell in the realms of light,
And soon enough will dance with you.

Melchisedek tells us, rolling his eyes in amusement, "Of course if you fan, breathe upon with spirit breath, the little flame inside you, you will, and do begin to glow."

Of course you do, how could you not? This is an ever light, that may get hidden under a bush on occasion, but this has not stopped its spread (in you).

He tells us of the 'Upright People', a South American tribe which maintains uprightness and uprightness means consciousness, even when they are sleeping, so that they are so spiritual, all the time, they can influence the world around them, even the shifts in Nature. They are called 'the Upright People' by all, a Name sprung from their excellent, conscious, posture.

When the Spanish came they retired to caves, not to avoid the slaughter, but because they are a very private people, who have no need for the outside world. They maintain a space of three feet physically around themselves, acknowledging the spiritual and metaphysical body all have, and also not to be polluted by those who are not upright through maintaining constant uprightness and being attuned to Chi, to pure energy shifting through the natural world. You will not get close enough to see them unless you have in you a similar pure energy.

We are always reverting to pure. We are constantly renewing flesh, seeking understanding, healing bones, growing livers, praying our souls to shine bright. The body renews its cells, in full, every seven years. Simple, pure and hallowed signs answer and flower, us, to Reverting, to constant renewing. The function of sweat, aspects of each organ's eliminating process, the healing of mind and heart or the reconnecting of the energetic ley lines in our body's meridians scalpel has scarred bring a return to wholeness and, soon after, a return of the dew we can then exude. We revert to pure physically to emulate the reverting to pure spiritually, to cast off the threads of mortality so there is no sickness, no aging and we become lit for a thousand years.

Melchisedek's Garden extract from **Seeing Things**, copyright A J Guesdon 2008.

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Park Bench Philosophers

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

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

Contact us at: pittwateronlinenews@live.com.au

Please note that Pittwater Online News does not endorse any of the content of works contributed. Articles 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.

July 24 -30, 2011: Issue 16



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The Rotary Club of Pittwater



Community Service
International Goodwill
Fellowship

For decades we have seen notices in Public Parks informing us that this square of green, its trees and its maintenance have been provided by the local Rotary Club. On these boards is the legend 'Is it the Truth, Is it FAIR to all concerned, Will it build GOODWILL and FRIENDSHIPS, Will it be BENEFICIAL to all concerned?' Standing there, in a spot of peaceful seclusion it is easy to answer 'Yes, yes, yes, yes.' but you also ask yourself 'Who are these people?' and 'What is 'Rotary'?'

To conclude our first month of Profiling local Organisations we very happy to investigate the Rotary Club of Pittwater;

What is Rotary?

Rotary is a worldwide organisation of more than 1.2 million business, professional, and community leaders. Members of Rotary clubs provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world.

It all began when Chicago lawyer Paul Harris got together a group of his business friends in 1905, their meetings "rotating" amongst their offices. It was initially a networking opportunity, which later expanded to include charitable works. Before long the good works became the main purpose of the young Rotary club.

The 4 Way Test

of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL & BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

Rotary Means Service, Business/Vocational Interaction & Fellowship. Clubs are non-political and nonreligious. As signified by the motto Service Above Self, Rotary's main objective is service

in the community
in the workplace
throughout the world

Business/Vocational Interaction:

Rotary provides opportunities for Rotary members and business people to meet informally, discuss business, trade useful information and promote themselves amongst other professionals from a variety of disciplines.

This networking activity promotes useful and reliable business contacts, and the use of the services of Rotary members and supporters by other members and business contacts - in other words, Rotary members helping other members and supporters in the business community.

Fellowship

Rotary isn't just about service and community activity. Friendship and fellowship are important too. We have a wide range of social activities to ensure that club membership is an enjoyable and rewarding experience.

Please tell us about your works and contribution to Community here and elsewhere.

OUR CONTRIBUTION TO COMMUNITY

Since its inception in 1960, the Rotary Club of Pittwater has contributed more than \$800,000 to our local community, including support for the following organisations:

- The ING Centre for Conductive Education (at The Cerebral Palsy Alliance)
- The Palliative Care Centre Cottage at Mona Vale Hospital is now our largest community project. The aim is to extend and modernize the centre, working together with HammondCare, Palliative Care Partners, and Supporters.
- Local Primary and High Schools
- Westmead Children's Hospital
- Cure Cancer Australia
- We support parents who have children with Cerebral Palsy through our Life Education Fund.
- Our club supports the Rotary Youth Driver Awareness (RYDA) program, a defensive driving course for year 11 students.
- Local Surf Clubs
- Annually our club sponsors a candidate for the Rotary Youth Leadership Awards (RYLA), a personal development training program for young adults.

The Northern Beaches Spring Concert is our premier annual community and fundraising event, supported by sponsorships and donations from more than 50 local and national organisations. Annually the club helps to organise the Australia Day Breakfast at Newport Beach. Tree of Joy at Centro Warriewood shopping centre; Christmas gifts given by the community are directed to local residents who may not receive a greeting or gift for the festive season.

As part of our Vocational Service activities we present the annual Pride of Workmanship awards to employees of local businesses who have demonstrated exemplary pride and service in carrying out their work commitments. Our members assist the Salvation Army locally in its annual Red Shield appeal. We work together with the Council, local business, clubs and churches to organise and run the annual Pittwater Carols in the Park, held in mid-December in Village Park, Mona Vale to which some 2000 people come.

PITTWATER ROTARY IN THE WIDER COMMUNITY

With over 34,000 clubs in more than 200 countries and geographical areas, Rotary is able to reach out to national governments worldwide to generate crucial financial and technical support for polio eradication. Since 1995, the advocacy efforts of Rotary and its partners have helped raise more than \$8 billion from donor governments.

After 25 years of hard work, Rotary and its partners are on the brink of eradicating this tenacious disease, but a strong push is needed now to root it out once and for all. It is a window of opportunity of historic proportions.

Rotary is now raising an additional \$US200 million to match \$US355 million from the Bill & Melinda Gates Foundation as part of its PolioPlus program. These funds will enable immunization campaigns in developing countries where polio continues to infect and paralyze children, robbing them of their futures and compounding the hardships faced by their families. Pittwater Rotary provides practical and financial support for the Rotary PolioPlus and other international programs, including:

- Providing clean water and medical assistance to Australia's island neighbours (at Oecusse in East Timor. See <http://www.ozgreen.org/>)
- Sponsoring a child from Papua New Guinea to come to Australia for advanced life-saving surgery.
- Supporting Rotary-sponsored international student exchange programs for local high school students who spend a year studying in schools overseas. In turn, overseas students visit Australia for a year, attending local schools. This promotes international understanding.
- Purchasing ShelterBoxes, which include supplying temporary shelter and survival equipment for people in areas struck by natural disaster.

Continued : [here](#)



July 24 -30, 2011: Issue 16

At the recent [51st Changeover Dinner](#) for the Rotary Club of Pittwater our local Member of Parliament, Mr Robert Stokes, gave us a definition for palliate and spoke eloquently of the need in our Community to recognise the need to meet and maintain and upgrade our own Palliative Care Facilities at Mona Vale;

"Palliate is a Latin word meaning 'to cloak' and in medical terms it's a reference to offering relief where there is no cure..." and "There's a wonderful quote from John Oxenham 'Death begins at life's first breath but life begins at touch of death'. One thing that we often forget is that people who have terminal illnesses are very much alive, have every ability to contribute to society through relationships and love and they need our support. The mark of our society is how we care for those who need our support the most." R. Stokes, 2011.

The Annual Spring Concert organized by the Rotary Club of Pittwater focuses each year on raising funds to support a particular project in the community. In 2011 their objective is to support the extension and modernisation of the Northern Beaches Palliative Care Centre. The sketches kindly provided by Mr Jansen of [Jansen Design & Architecture](#), Avalon (below) are what is envisioned.

The Cora Adock Palliative Care Center operates out of a cottage on the Mona Vale Hospital campus. This centre is for those diagnosed with a life-limiting illness and their families. The aim is to provide comprehensive support for the person, the carers and the family. It is available to people in the Pittwater, Manly, Warringah council areas.

The services provided include:

- outpatient clinics & inpatient units
- in-home multi-disciplinary care
- after hours telephone service & social support and counseling
- social, spiritual, emotional and physical support
- control of pain and other physical symptoms

[Click on logo to visit Concert Page](#)



THE ROTARY CLUB OF PITTSWATER PRESENTS

NORTHERN BEACHES SPRING CONCERT



NORTHERN BEACHES ORCHESTRA
AN EXCITING PROGRAM OF LIGHT CLASSICS

LIVE AND SILENT AUCTIONS FOR LOCAL CHARITIES

WEDNESDAY 7 SEPTEMBER 2011 — 7.30PM

THE GRAND THEATRE — UNITED CINEMAS WARRIEWOOD

TICKETS: \$35 (ADULTS), \$25 (CONCESSION), \$15 (CHILDREN UNDER 16)

SEATING IS LIMITED — ADVANCE BOOKING RECOMMENDED

DETAILS & ADVANCE TICKETS: WWW.ROTARYPITTSWATER.COM

PROCEEDS TO
CORA ADOCK PALLIATIVE CARE CENTRE AT MONA VALE HOSPITAL
and service projects of Pittwater Rotary

CONCERT PARTNERS

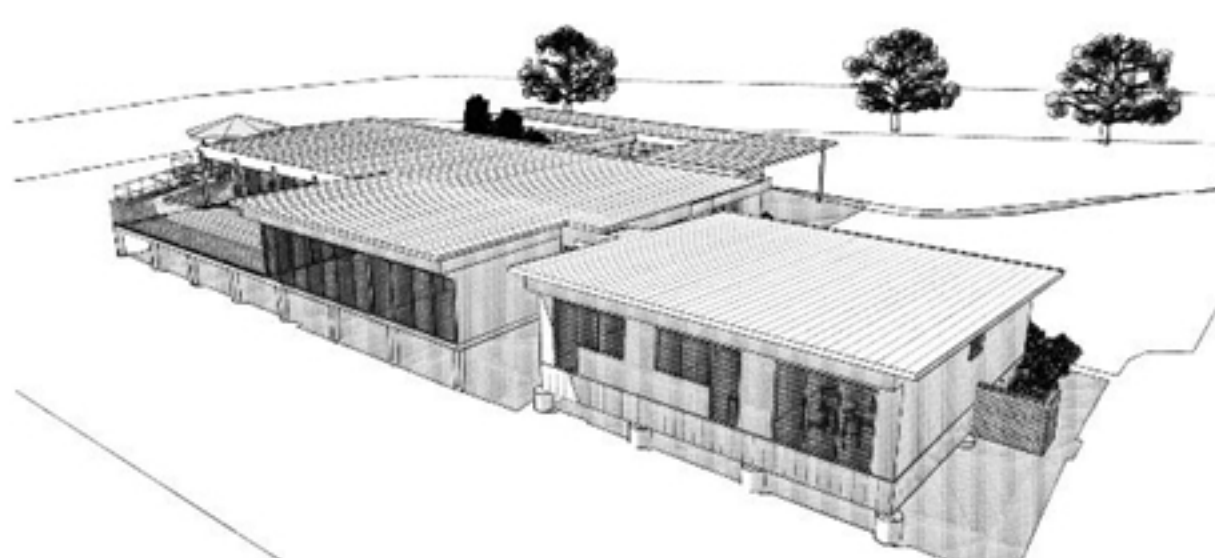


Emile Jansen FRAIA & FNIFI
Jansen Design & Architecture
Phone: 02 99187800

At: [Jansen Design & Architecture](#)



Above: SE View. Below: NW view. Drawings are copyrighted by Emile Jansen, 2011. All Rights Reserved.



Who are Rotarians?

Membership of a Rotary Club is open to all cultures, races, and creeds, and is available to someone with a commitment to serve the community by applying their skills and experience in accordance with the aims and objects of Rotary.

What is Pittwater Rotary?

We are one of 1,200 Rotary Clubs in Australia. Our club, founded in 1960, covers the Pittwater Council group of suburbs: the part of the Northern Beaches area of Sydney from North Narrabeen to Palm Beach. Our membership is around 30, made up of men and women from all walks of life. Some are new members while other have extensive Rotary experience.

When and where do you meet?

We usually meet at the [Royal Motor Yacht Club](#) in Newport. Formal meetings – with guest speakers and a structured program – alternate with informal meetings focusing on fellowship. Wednesday meetings normally start at 7.15pm and finish by 8.30. Many members come for a meal in the RMYC Bistro prior to our meetings.

As a member, what is my commitment?

Rotary is a voluntary organisation whose members are busy people. We all participate within our own levels of availability, skills and experience.

Regular attendance at our meetings is important but it is not expected that you will attend every week. The focus is on contributing to club initiatives and projects and engaging with business and community leaders based on our personal skills and experience. Membership fees are about \$140 for each six months' period. Members are not expected to make personal donations, but rather to participate in club projects, including fundraising activities and to empower community resources by leveraging the Rotary brand, skills and experience. We encourage members to involve their families in club meetings and all other activities.

Principles guiding us as members

Whilst we develop and set a Vision, Objectives, Strategies, Plans and Measurements our guiding Principles are:

FIRST: The development of acquaintance as an opportunity for service;

SECOND: High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD: The application of the ideal of service in each Rotarian's personal, business, and community life;

FOURTH: The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

How do I join?

It's easy: Talk to a member or call us. As with most clubs, there is an information and nomination process.

What happens after I join?

We will make sure that you, as a new member, are given the opportunity to join one of our projects and assigned tasks which you feel best suits your skills and experience and may give you the best sense of achievement and enjoyment. We hope that you will feel you are adding another dimension to your life in that you, your family, Rotary and that the community will benefit from your engagement and commitment.

How can I learn more?

To get a broader view of Rotary in Australia and the world, visit: www.rotary.org

To learn more about the Rotary Club of Pittwater, call us and chat with one of our members, or visit: www.rotarypittwater.com

Come along to one of our club meetings. You'll be more than welcome and we'll be happy to answer your questions.

We are proud to acknowledge and most appreciative of the extensive local and corporate support we receive which is critical to us being able to serve the local and wider community. We express our sincere thanks to our most generous supporters: [The Pittwater Council](#), [United Cinemas](#), [Jansen Design & Architecture](#), [Pittwater RSL Club](#), [Australia Wide Solar](#), [Woolworths](#), [Royal Motor Yacht Club](#), [Lifestyle Financial Services](#), [IBM](#), [Style Communications](#), [Gotcha Covered Timber Shutters](#), [LJ Hooker Mona Vale](#), and [Pittwater Uniting Church](#)

What is Rotary's Motto?

Service Above Self

Further Reading:

Rotary Club of Pittwater:

Rotary Australia: <http://www.rotaryaustralia.org.au/>

Rotary logo; Rotary's early emblem was a simple wagon wheel (in motion with dust). It was designed in 1905 by Montague M. Bear, a member of the Rotary Club of Chicago who was an engraver. He designed the emblem to represent both civilization and movement. Most of the early Rotary clubs adopted the wheel in one form or another.

The present emblem, 24 cogs and six spokes, was adopted in 1924. A keyway was added to signify usefulness. An official description of the emblem was adopted at the 1929 International Convention.

ShelterBoxes are a humanitarian organisation run by the Helston and Lizard Rotary club in Cornwall, England. The concept was invented by Tom Henderson an ex Royal Navy search and rescue diver who realised the need for a lifesaving shelter kit to the people directly affected by disaster be it civil or natural. The boxes are sent to anywhere in the world in a few hours notice. They provide the essentials for up to ten people for an extended period. 30.00 for 450,00 people have been distributed in 6 years (2007).

Requests for these have been made and delivered to Oxfam, UNHCR, Mercy Malaysia, Red Cross etc. During the Asian Tsunami they provided shelter for 150,000 people in India, Sri Lanka, Indonesia, Maldives, The Andaman and Nicobar islands and more recently the destroyed islands of Nias and Simileu. See more at: www.shelterboxaustralia.com.au

Australian Rotarians receive a monthly copy of "Rotary Down Under": <http://www.rotarydownunder.com.au/>

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Pittwater Online News

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

July 24 -30, 2011: Issue 16



NATIONAL TREE DAY AT LAKESIDE PARK

To mark Planet Ark's National Tree Day, Pittwater Council will be holding a tree-planting day on Sunday 31 July at Sydney Lakeside Holiday Park, North Narrabeen from 9.30am to 1.30pm. National Tree Day is Australia's largest community tree-planting event, with last year over 300,000 people at 3500 sites digging deep to improve their natural surroundings.

Pittwater Council's Bushcare Officer Peter Ziegler said that National Tree Day was a great opportunity for the community to come together to help our natural environment.

"The Lakeside Holiday Park is one of Sydney's iconic holiday parks, located next to Council's Coastal Environment Centre," he said. "This site has been chosen as the work will help towards establishing a wildlife corridor by improving the habitat for native animals.

"We are aiming to remove the African Olive weed and help regenerate the site with new plantings," said Mr Ziegler.

The Council will provide tools, training and morning tea. Volunteers on the day should wear sturdy covered shoes, a hat and sunscreen and bring a drink with them. Families are welcome to attend. Participants should meet at the front office of the Lakeside Holiday Park at 38 Lake Park Road, North Narrabeen.

If you are driving, press the intercom to speak to the front office and you will be let into the caravan park grounds. You will then be directed to the planting site.

For more information or to book for the event visit www.treeday.planetark.org/find-a-site or email peter_ziegler@pittwater.nsw.gov.au or call 9970 1367.

Scarred Trees



As next Sunday is National Tree Day we focus this week on living artefacts that are part of our environment in our first month of examining the history of our local landscapes. We hope it inspires you to join in the celebration of these 'upright people' and help our local Council at their own National Tree Day Event (details on this page).

We have some remnant examples of Scarred Trees in Warriewood wetlands.

Scarred trees were marked by our local indigenous peoples as they carved out canoes (why some are found beside waterways) or to mark initiation sites or tombstones for those who have passed. They were also used to create implements used on food or to make shields. Those we still have are at least two hundred years

old and native to the areas they are found in. The Eucalypt genus Box and Red Gums (*Angophora* in Pittwater) were those most used for this practice.

Further Reading:

Guide to where to find Scarred Trees in NSW:
<http://www.environment.nsw.gov.au/conservation/AboriginalScarredTrees.htm>

Scarred Trees:
<http://www.creativespirits.info/aboriginalculture/land/aboriginal-scarred-trees.html>

Warriewood Wetlands Information from Pittwater Council: [here](#)

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July 24 -30, 2011: Issue 16

Selflessness Is Engendering Love

Current 'worldview' thinking is beginning to recognise that we are all interlinked, that each 'thread' of us whether cultural, animal, vegetable or mineral, like the enmeshed DNA that gives rise to sinews and blood vessels, is relative, important and valid. How wonderful that we in the west are lately acknowledging what Buddhists have been professing for thousands of years.

Or have we too been given broad hints and fine examples and simply had a case of mass and collective selective hearing and seeing lest our sense of a truer humanity get in the way of more selfish day to day and then lifetime to lifetime agendas? There were some chaps prepared to talk to us a few thousand years ago about what love is and what it is not. They were filled with right spirit, they were eloquent, articulate. Some heard so well the ring of truth in their words that they were recorded and kept available to all so we can fathom how they toll into the core of us today. One of them spoke thus:

Corinthians Chapter 13

1 Though I speak in the tongues of men or of angels, but do not have love, I am only as resounding gong or a clanging cymbal. 2 If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, and have not love, I am nothing. 3 If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing.

4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5 It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 6 Love does not delight in evil but rejoices with the truth. 7 It always protects, always trusts, always hopes, always perseveres.

8 Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. 9 For we know in part and we prophesy in part, 10 but when completeness comes, what is in part disappears. 11 When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me. 12 For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.

13 And now these three remain: faith, hope and love. But the greatest of these is love.

Music to aid thee in thy fine and noble quest:

THE HOLLIES - He Ain't Heavy, He's My Brother



Above: Uploaded by [lmi22](#) on Jul 27, 2007 The Hollies - He Ain't Heavy, He's My Brother Written by Bob Russell, Bobby Scott Released 26 September 1969, recorded at Abbey Road Studios, released and copyright by Labels Parlophone and Epic.

Sister Sledge - We Are Family (Live) (1980)



Uploaded by Egdelsretsis on Aug 8, 2010 Sister Sledge. We are Family. Live at the Grammys, 1980. Sisters are: Kathy - Debbie - Joni - Kim. Song was written and produced by Bernard Edwards and Nile Rodgers. Copyright by Cotillion Records 1979 from the Album We Are Family, Sister Sledge.



ncpic
national cannabis prevention and information centre

2011 Poster Competition

The National Cannabis Prevention and Information Centre (NCPIC) Poster Competition gives secondary school students between the ages of 12 and 18 years the opportunity to showcase their creative talent and express their thoughts and ideas about cannabis. This year the competition will focus on how the use of cannabis may impact negatively upon young people and their sporting performance.

Closing date

All entries must be received by 29 July 2011. A submission will not be accepted unless the entrant has agreed to the terms and conditions.

Announcement of winner

The National winner will be notified by 5pm on Friday 30 September 2011. The name and state of the winner will be published in The Australian on Saturday 8 October 2011.

[Click here to download an entry form](#)

2011 Short Film Competition

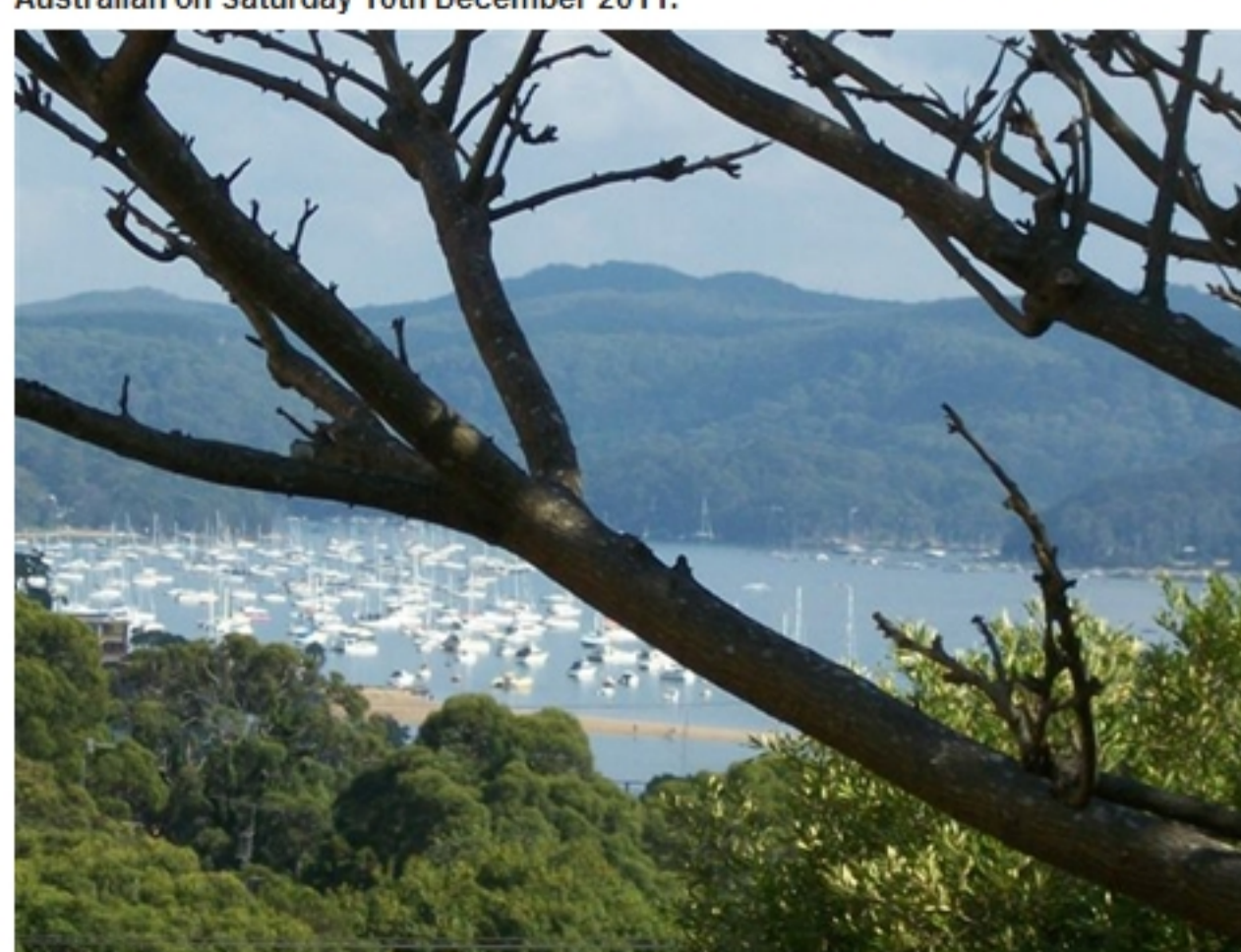
The National Cannabis Prevention and Information Centre (NCPIC) Short Film Competition gives young people aged between the ages of 15 and 25 years the opportunity to showcase their creative talent and express their thoughts and ideas about cannabis. This year the competition will focus on cannabis and its negative impact upon young people and their sporting performance.

The film can be in any style or genre (i.e. drama, comedy, documentary, science-fiction, etc.), but must creatively explore the issues associated with the use of cannabis and its impact upon sporting performance. Research shows that young people's cannabis use may lead to an increased risk of problems such as lung and respiratory damage, affecting fitness and sporting performance, as well as a reduction in the user's co-ordination, reaction time and motivation. These problems could lead to missing out on team selection or practice/training sessions which in turn, may result in letting yourself and your team mates down.

[Click here to download an entry form](#)

Announcement of winner:

The national winner and runner ups will be notified on Friday 2 December 2011 by 5pm and their names will appear in the Public Notices section of the Weekend Australian on Saturday 10th December 2011.



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

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Let's Give Pittwater and Our Kids a Chance

by Andrew Tiede: [here](#)



Blast Off Entry Form in File Below; simply Click, Download and 'save as':

[BO11 entry final.pdf](#)
Size : 1215.19 Kb
Type : pdf

This link provides free, open-source software with the capability for sound editing and frequency-spectrum analysis:

Audacity Developer Team. (2000, May). The Free, Cross-Platform Sound Editor. At <http://audacity.sourceforge.net/>



BE A PART OF THE 2011 24/7 YOUTH FILM FESTIVAL

Are you between the ages of 12 and 24 and fancy yourself as the next Peter Jackson, Baz Luhrmann or Tim Burton? Then come along to the 24/7 Youth Film Festival Introduction Night on Tuesday 2 August and discover how you can be involved in this fun project.

Those interested in participating in the competition are advised to come along to the introduction night and learn more about the event, speak to organisers, ask questions and listen to tips from industry professionals.

A series of workshops will be held between 8 and 22 August covering topics of scriptwriting, acting for screen, and editing which will help get you and your team ready to make your short film.

Teams then attend the Film Festival launch on Saturday 27 August where they are given a series of items, phrases and locations which must appear in their film. The completed seven-minute (or shorter) film must be submitted 24 hours later. Screenings will be held at local cinemas throughout September, with awards distributed at a finals night.

24/7 Youth Film Festival Intro Night

Tuesday 2 August, 6.30 - 8.30pm

Star of the Sea Theatre, Cnr of Collingwood and Iluka Ave
Stella Maris College, Manly.

The 24/7 Youth Film Festival is now in its tenth year and is supported by Pittwater, Warringah, Manly, and Mosman Councils. For more information please contact Pittwater Council's Suzi Pawley on 9970 1152.



Wednesday 27 July
Pulp

Sun 2 October
Godskitchen
Marco V / Richard Durand / John Askew / Ben Gold

Buy Tickets at: <http://www.playbillvenues.com/events/index>



Parklife 2011 Sydney Website: [here](#)



A skilled country: more people opt for higher-level training 7 July 2011

The number of students enrolled in certificate IV and diploma level qualifications increased last year, up 16.3% and 20.2% respectively from 2009. Released by the National Centre for Vocational Education Research (NCVER), Students and courses 2010 provides an annual snapshot of publicly funded training activity by enrolments, completions and training activity.

From certificate II to diploma, the number of enrolments rose in 2010, with 1.4 million students undertaking formal qualifications, an increase of 8.5% from 2009.

Ms Sandra Pattison, General Manager, Statistics, NCVER said the increased enrolments is good news for students and employers.

"We know that students who complete higher-level qualifications get higher salaries and better job opportunities, and employers benefit because their staff is more highly-skilled", says Ms Pattison.

Overall, the total number of students enrolled in the public vocational education and training reached 1.8 million last year, an increase of 5.4% from 2009.

The number of students enrolled in government funded training increased by 6.7% to 1.4 million students in 2010, with 928 000 students studying at a TAFE or other government provider, up 1.8% from 911 300 in 2009.

The number of students undertaking publicly funded training at a private training provider grew 34% in 2010, up from 230 200 enrolments in 2009 to 308 500.

Copies of Australian vocational education and training statistics: Students and courses 2010 are available from www.ncver.edu.au/publications/2383.html

Media Release from: http://www.ncver.edu.au/newsevents/mediareleases/mr_95.html

No charge for mobile phone calls to Lifeline from anywhere in Australia Senator Stephen Conroy | Minister for Broadband, Communications and the Digital Economy PORTFOLIO: Broadband, Communications and the Digital Economy URL: http://www.minister.dbcde.gov.au/media/media_releases/2011/208SNIPPET: 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 carriers.

**Entries close 31 July 2011
Recreational fishing photo competition
Are you a recreational fisher with a flair for photography?**

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

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 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

July 24 -30, 2011: Issue 16



Computers – Yes You Can!

Avalon Computer Pals for Seniors (AVPALS) is presenting a seminar on the afternoon of Friday August 19th 2011 at the Newport Community Centre 11-13 The Boulevard, Newport Beach.

The interesting program includes the following topics:

- Facebook Made Easy – by Greg Ross
- Meet your Ancestors – by Margot Paul
- Picture Power – by Brian Hindes

– by Patricia Kalf
Computing Made Easy – by Mike Mannington

After Question Time refreshments will be served and the Lucky Door Prize Draw will take place. Throughout the seminar we will be running informative computer displays.

There is no charge at all for attendance – the seminar is simply to help Seniors use their computers more effectively. The seminar is supported by Supported by: Pittwater Council, Avalon RSL Club and the Department of Ageing, Disability and Home Care

Seniors wishing to attend can ring 02 8064 3574 for more information and to register their interest. For further information contact Paul Purvis from AVPALS on 02 9979 9667 or 0403 442 764

Nominations Sought for the 2012 Senior Australian of the Year

URL: <http://www.health.gov.au/internet/ministers/publishing.nsf/Content/mr-vr11-mb-mb066.htm> SNIPPET: The Minister for Mental Health and Ageing, Mark Butler, encourages all Australians to nominate an older person who has given generously to others and made a significant contribution to society for the 2012 Senior Australian of the Year Award. The Senior Australian of the Year for 2012 will be announced in a national ceremony in Canberra on the day before Australia Day.

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

The Senior Newspaper Online

Click on logo:



Selflessness

George Phillip Smythe

We live in a resources rich country, or at least it once was. Up until a generation ago the concept of a good man having 'a job for life' by which to raise a family was firmly entrenched. Many of these jobs stemmed from Primary Industries. We cut down two hundred year old trees by the forest as though they were endless or would suddenly spring up again with the dawn, polluted rivers as though all the other flora and fauna dependent on that life-stream were irrelevant.

It is said that 'the sins of the father are visited on the son' and for us, now, that could be recognised as our ignorance of and arrogance towards the life system that has so long supported us and the 'dividend' our children inherit as a result. If we are so high-minded and so evolved how have we forgotten the basics of needing air to breathe, water to drink and plants to eat? How have we allowed some to take far more than they'll ever give back? Why point to others and state 'they're doing more damage than us' to qualify doing nothing or even to keep going in the same direction? When will our hunger for more and more material goods be recognised as the deeper hunger for simple goodness it really is? I cannot fathom how or why we have wandered so far down this wrong track as all the while its parallel has beckoned and run beside us. When I heard about some here being dubbed the 'me generation' I had to go out into the garden and have a deep ponder for a while about what the opposite of this may be.

Young Mildred and I feel we may be able to remedy this 'what's in it for me' nonsense by calling ourselves the 'us generation' and that would include all of us, every age, every culture. If we do not begin to practice and instil, once again, the notion of service to each other, of selflessness, of looking at our present state of existence and going 'well, it's a bit messy, but we can clean it up' then we will sink into the bog we have wandered into. We are not so ignorant anymore. We will not let arrogance guide us. We will study the meanings of our named virtues until we understand, and breathe life into, their put into action practices. Once we cultivate this in ourselves and our community it should naturally grow and spread elsewhere... or so this old man would dream it. I include these definitions here for your benefit and hope you will let yourself have a small pondering too. Cheers until next time, GPS.

Selflessness (noun) - the quality of unselfish concern for the welfare of others; altruism; placing the good of all before one's own interests.

Unselfishness - the quality of not putting yourself first but being willing to give your time or money or effort etc. for others.

Altruism is defined as the opposite of selfishness, the renunciation of the self, and an exclusive concern for the welfare of others. It is a traditional virtue in many cultures, and a core aspect of many religious traditions.

Altruism may also refer to an ethical doctrine that claims that individuals are morally obliged to benefit others. In this sense it defines the opposite of egoism.



Rolf Harris -- Sun Arise

Sun Arise written by Rolf Harris/Harry Butler (C)1960 EMI Music Publishing Australia Pty Limited International Copyright Secured. All rights reserved.

Avalon Computer Pals for Seniors

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

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

BENEFITS OF EXERCISE FOR SENIORS

By Ingrid Davey

Older Adult Trainer/Instructor Heartmoves

- * You get to meet new people and make new friends
- * You get to go out and have a coffee after exercise classes
- * You regain your independence
- * Your quality of life improves
- * Your bone density improves
- * Your balance improves
- * You feel better and stronger and move better
- * You not only benefit physically but more importantly mentally

So what are you all doing sitting at home, get out there and join a walking group, have dance lessons, play golf, attend Heartmoves or any other structured exercise class and live life to the full.



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

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

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

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

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



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Jan's Story...Enable Me in action

Jan is 76 and full of vitality despite having a number of medical issues. Jan took part in the Enable Me program because she is determined to remain living in her home and would like to get back to travelling on public buses. Jan has a history of cardiac concerns and osteoarthritis in her spine and has lost her confidence.

Jan finds shopping, gardening and cleaning the house difficult. At the beginning of the Enable Me program Jan said "My husband David does all the cleaning, but I would love to get back to helping him out. I'm worried that I won't be able to cope if David is not around. I would like to be stronger and able to manage on my own just in case."

An occupational therapy assessment was carried out to make sure Jan's home was set up in a way that was safe for her given her particular needs. The OT organised for a rail to be installed in the shower and some equipment to help open jars and cans was purchased for the kitchen. The OT also provided Jan with some education around how to avoid falls as she is a high falls risk.

To work on increasing Jan's strength and confidence we arranged for her to see the physiotherapist who, along with the exercise trainer, developed an exercise program. We purchased Jan a set of light weights which she used during her weekly exercise session with the trainer. At the end of the program Jan showed vast improvement in her strength and mobility.

The exercise trainer left Jan with a hard copy of the exercise program, which was made up of photos of Jan doing the exercises the trainer had done with her during the program. Jan said that she finds this very helpful. "I would like the program to continue. I have particularly liked the exercise program. I am planning on continuing the exercises Lisa has given me."

Jan found the Enable Me program to be extremely helpful. She said "My quality of life has improved. I am feeling much stronger. Yesterday I even went to Manly on the public bus!"

Contact Community Care Northern Beaches by clicking their logo:



Ladies Golf at Bayview Golf Club

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

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

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

- Silver Salver (0-20 handicap) – 28 July
- Bronze Bowl (21-36 handicap) – 28 July
- Gala Charity Day (Teams Stableford 2 scores to count) – 13 October. Click on Logo to visit their website:



Pittwater Online News

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

July 24 -30, 2011: Issue 16

Cousin of Locals in Peril

Last week we were privileged to share a Profile on our own **Pittwater Environmental Foundation** who shared insights on their work to regenerate areas in Pittwater inhabited by local Feathertail and Sugar Gliders, including placing boxes for them. On Friday we received notice that their cousins, **Leadbetter Possoms**, who are already endangered, are losing one more patch of their home **Mountain Ash** trees; **here also**. This is quite peculiar when you consider the Leadbetter Possom is Victoria's official Fauna Emblem and was thought to be extinct until 40 years ago and is estimated to be reduced to only 500 in total today. As a result of this distressing news we defer the Article we were going to present this week and exhort you all to raise your voices in defence of these charming tiny creatures and what is left of our older trees. It is Tree Day in a week; please do something.

The Notice we received is shared in its entirety, with thanks, below:

Images of local Flowers out, snapped before the deluge earlier this week, are offered as eye balms to hold you over: **here**



Immediate threat to Leadbetter's possum habitat in the Central Highlands

URGENT: Due to logging the Leadbetter's Possum is close to extinction. Logging is happening right now!



The Central Highlands, 1 hour to Melbourne's north, are home to a myriad of wild and wonderful plants and animals. However, after years of bushfires, destructive salvage logging and reckless logging for woodchips to be made into Reflex paper products, creatures such as Victoria's animal emblem the Leadbetter's possum are being pushed to the brink of extinction. (Photo by Dr Daniel Harley. All Rights Reserved.)

Alarmingly, Special Protection Zones (SPZs) that are designed to preserve the habitat of these endangered species are not always adhered to. Earlier this month VicForests announced its intention to begin logging two large new coupes near Sylvia Creek containing sections of Leadbetter's possum SPZs this Monday.

The broad forest area which the coupes lie in is a treasure trove of different forest types, including senescent Mountain Ash old growth, mature Ash forest, cool temperate rain forest and maturing regrowth Mountain Ash forest of varying ages. The coupes themselves contain forest that is high conservation value, mixed age and botanically diverse, and are an unburned area where surviving native wildlife have a precious refuge. Most of these ancient trees will be wood-chipped to make Reflex paper.

The community makes a stand.

On Sunday, over 100 locals gathered at the site in protest of quasi-government agency VicForests logging this area for woodchips. Once there, protesters were shocked to find that parts of the coupe had already been cleared with no buffer from the popular tourist route.

The media response from the protest was incredible with stories reported on every network channel and in the Herald Sun the next morning. Click **here**, **here**, and **here** to see the reports.

On Sunday night you may have seen Victoria's Acting Premier Louise Asher insisting on Seven News that VicForests has done a lot of rigorous work to ensure that these are not old growth forests, and that we are being deceptive. However yesterday the Department of Sustainability and Environment confirmed in fact that there are pre-1900 trees in the coupe which were to be logged and have now been removed. We are now demanding an acknowledgment from the then Acting Premier that she has either been deceived by VicForests or she herself has misled the public. See The Wilderness Society and My Environment's **media release** that went out today.

Help protect Sylvia Creek forests!

The day after the Sunday protest around 30 community members went back to the site to continue their protest but were told the logging of 'Gun Barrel' and 'Freddo' coupes had been delayed because VicForests had not produced the required paperwork. These coupes have been inactive since last weekend but we have now been made aware that the bulldozers are back in.

Now is an urgent time to protect Sylvia Creek and the dwindling habitat of the 1000 remaining Leadbetter's possums. If we want to see this happen, it is up to each of us to stand on the forest floor and give voice to this special piece of Victoria's natural environment.

Contact the Premier: You can contact the Premier either by telephone (03) 9651 5000 or email by using the contact form.

Write to the Minister for Agriculture: The Hon. Peter Walsh, (03) 9938 5951, peter.walsh@parliament.vic.gov.au

Get in touch with the Minister for Environment: Hon Ryan Smith, (03) 9870 7396, ryan.smith@parliament.vic.gov.au

Yours for the forests,
Trier, Sean, Richard, Geraldine, Pia and Luke



PITTWATER COUNCIL

NATIONAL TREE DAY AT LAKESIDE PARK

To mark Planet Ark's National Tree Day, Pittwater Council will be holding a tree-planting day on Sunday 31 July at Sydney Lakeside Holiday Park, North Narrabeen from 9.30am to 1.30pm. National Tree Day is Australia's largest community tree-planting event, with last year over 300,000 people at 3500 sites digging deep to improve their natural surroundings.

Pittwater Council's Bushcare Officer Peter Ziegler said that National Tree Day was a great opportunity for the community to come together to help our natural environment.

"The Lakeside Holiday Park is one of Sydney's iconic holiday parks, located next to Council's Coastal Environment Centre," he said. "This site has been chosen as the work will help towards establishing a wildlife corridor by improving the habitat for native animals.

"We are aiming to remove the African Olive weed and help regenerate the site with new plantings," said Mr Ziegler.

The Council will provide tools, training and morning tea. Volunteers on the day should wear sturdy covered shoes, a hat and sunscreen and bring a drink with them. Families are welcome to attend. Participants should meet at the front office of the Lakeside Holiday Park at 38 Lake Park Road, North Narrabeen.

If you are driving, press the intercom to speak to the front office and you will be let into the caravan park grounds. You will then be directed to the planting site.

For more information or to book for the event visit www.treeday.planetark.org/find-a-site or email peter.ziegler@pittwater.nsw.gov.au or call 9970 1367.

How Green is a Spotted Gum when Wet?



LIFE IS BETTER WITH NATIONAL TREE DAY



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

Celebrating its 16th year in 2011, National Tree Day has seen the planting of more than 15 million native trees and shrubs over the years. Site Coordinators can also run a number of other activities such as bush regeneration, seed collecting or maintenance at a previous site. To register a National Tree Day site or for more information, visit <http://treeday.planetark.org> or call the National Tree Day Hotline on 1300 88 5000.

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

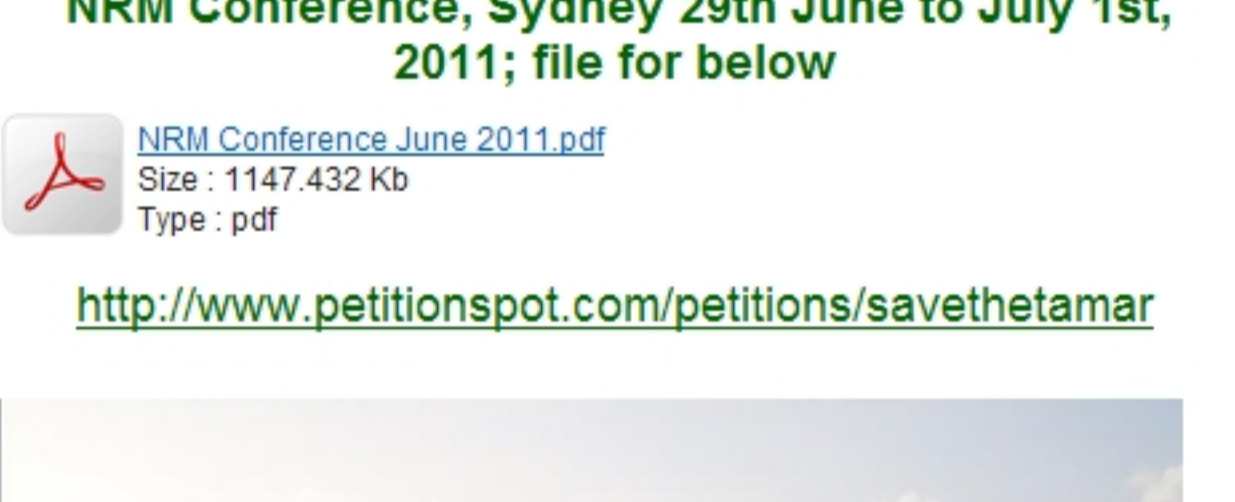
PLANTS OF WESTERN NEW SOUTH WALES
G M Cunningham, W E Mulham, P L Mulham, J H Leigh
A comprehensive record illustrating and describing the great array of plants in Western New South Wales.
DUE Jul 2011 - CSIRO PUBLISHING - 766pp - Colour photographs
Hardback - 9780640136334 - \$180.00

CLIMATE ACTION PITTWATER
For tips on how to be more energy efficient, visit **Climate Action Pittwater** at: <http://www.climateactionpittwater.org.au/>



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

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



2006-05-14 10:36 [Kvle sb](http://www.petitionspot.com/petitions/savethetamar) 874x536x8 (51987 bytes) Tamar river from Brady's lookout (near [Exeter, Tasmania][Exeter]).



Pittwater Native Fauna Draft Plan of Management Document

Think before you print : A kilo of recycled paper creates around 1.8 kilograms of carbon emissions, without taking into account the emissions produced from transporting 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](http://www.florabank.org.au/default.asp?V_DOC_ID=1)



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.

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Bilgola Bends Clean Up Day



The Clean Up Day at Bilgola Bends is planned for Saturday 6th August 2011 from 9 am -12 pm

Meet at the carpark area on the left hand side of the Serpentine when travelling north. Gloves and equipment, morning tea will be provided. Please wear closed shoes.

Plan is to remove any dumped rubbish and control weeds within the Bilgola Bends catchment as part of the **Caring for our Country** grant project which aims to restore the coastal community vegetation within this area. It's hands on but very satisfying to see an area become restored and cared for by the community.

Australia's delegation to attend international whaling meeting

Federal Government media release 11 July 2011
PORTFOLIO: Sustainability, Environment, Water, Population and Communities
URL: [HERE](http://www.environment.gov.au/whaling) Minister for Sustainability, Environment, Water, Population and Communities: Environment Minister Tony Burke is leading Australia's delegation to the 53rd annual International Whaling Commission (IWC) in Jersey, United Kingdom. The International Whaling Commission provides an opportunity for the international community to continue advance important whale conservation initiatives.



Guided Spring Wildflower Walk Sunday 21st of August Ku-ru-nga NP, Chiltern Track, Ingleside The best place for spring flowers in Pittwater?

When/Where: 9-11.30 am. Meet at start of track on Chiltern Road, Ingleside, north of Cicada Glen Road intersection. Walk is on a fire trail so please wear walking shoes; not suitable for strollers. Bring: a drink and snack, binoculars, camera
Bookings: pnhainfo@gmail.com or Ph: 9918 3368, 9918 9170 or 0439 409 202.
Cost: Free

2011 IRRIGATION NEW HORIZONS FRESH IDEAS AUSTRALIA REGIONAL CONFERENCE & EXHIBITION
22-25 AUGUST - LAUNCESTON, TASMANIA

Website: [here](http://www.2011irrigation.com.au)

Register for the Sustainable Living Expo
This year's Expo will take place on Sunday 9 October in Mona Vale's Village Park and the Memorial Hall. Expo organisers have opened registrations for the event and are looking for speakers, products, food & drinks, transport options or anything that has a sustainable angle that can be shared with the public - [register here](http://www.sustainablelivingexpo.com.au).



PITTWATER COUNCIL

WARRIEWOOD WETLANDS GET A HELPING HAND

Pittwater Council has received a \$20,000 grant from the Sydney Metropolitan Catchment Management Authority (SMCMA) to help support environmental work in the Warriewood Wetlands. Pittwater Mayor Harvey Rose said Council was grateful for the support from SMCMA. The funds will be used in the fight to remove noxious weeds from the Wetlands.

"This funding boost will be a great help to the volunteers from the Warriewood Wetlands Bushcare group who have been caring for the area for nearly 15 years," said Mayor Rose.

Acting Natural Environment & Education Manager Matthew Hansen said the Warriewood Wetlands, which covers an area of 26 hectares, is the largest remaining sand plain wetland in the northern Sydney area. "It contains several endangered ecological communities including the Sydney Freshwater Wetland and Swamp Sclerophyll Forest," he said. "The main focus for the group will be to improve the water quality of Mullet Creek, the main creek running through the Warriewood Wetlands.

Mr Hansen said that bushcarers would remove Lantana and Blackberry, Coral Tree and Water Primrose, as well as monitoring the control of Salvinia. He said that Salvinia weevils were recently released in the Wetlands and Council staff and volunteers were currently monitoring their effectiveness.

Salvinia weevils are a small beetle that have proven effective in combating the spread of Salvinia and do not affect local wildlife.

Other work planned for the Wetlands includes environmental monitoring by volunteers and community educators from the Coastal Environment Centre.

"Monitoring includes water quality testing, undertaking macro-invertebrate surveys as well as assessing wildlife activity in the Wetland area," said Mr Hansen.

The grant project will also allow for a number of community events to be planned later in the year to help educate the community about the Wetland area.

"These events will provide an opportunity for the local community to get involved in learning more about their local environment and protecting these important Wetlands," added Mr Hansen.

The Warriewood Wetlands Bushcare Support project is part of the much larger Statewide Caring for our Coast - Stage 2 project, involving thousands of volunteers along the NSW coast. It is supported by the five coastal Catchment Management Authorities and the Australian Government through Caring for our Country.

For more information about the project or to get involved, ring Pittwater Council on 9970 1111 or go to their website at www.pittwater.nsw.gov.au.

Sustainability Awards - nominations open
Pittwater's Sustainability Awards aim to recognise and reward individuals and businesses committed to making Pittwater sustainable. Applications will be judged by a panel of Councillors, Council staff and an independent representative. Entries close 15 August - [submit your entry online](http://www.pittwater.nsw.gov.au).

International Conference of Environment Centres MEC Events (Manly Environment Centre)
Thursday 8th - Sunday 11th September 2011
North Head Sanctuary, Manly
More From: <http://www.mec.org.au/>

International Conference of Environment Centres - Driving Environmental Change from the Street. Making global issues local is the theme for Sydney's 'International Conference for Environment Centres & Community Activists', organised by the Manly Environment Centre.

The four-day-conference aims to be a hub for green groups, providing opportunities to network and share expertise in everything from biodiversity to how to make an impact with events. Speakers include Polly Higgins, 'the planet's lawyer', and Transition Towns Tonnes' advocate and Professor Janet Richardson.

Venue: North Head Sanctuary, Manly, Sydney.
Contact: Robynne Millward, 02 9976 2842



What Does PNHA do?

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

Proposed Marine Sanctuaries Inadequate; have your say at: click logo

NEWS FLASH: It's time to act! Marine life under threat - 8 out of 10 hotspots ignored



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 1600 ha) of the original pre-European 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 animal effects, altered drainage, biohazard 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 Quirrel Glider) and eight endangered ecological communities or types of bushland. To visit their site please click on logo above.

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

July's Newsletter includes information on local:
- Flora and fauna;
- Weeds and pests;
- Events, workshops and activities;
- Environmental projects and grants.

[Cooee July 2011.pdf](http://www.pittwater.nsw.gov.au/environment/cec)
Size : 642.033 Kb
Type : pdf

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



[pitt_est_processes_study.pdf](http://www.pittwater.nsw.gov.au/environment/cec)
Size : 492.173 Kb
Type : pdf

12th International Coral Reef Symposium
9-13 July 2012 • Cairns • Queensland • Australia

Every four years the International Society for Reef Studies (ISRS) sanctions a major international scientific conference which provides the latest knowledge and leading edge technologies about coral reefs worldwide. In July 2012, the world's leading natural scientists, conservationists, conservatists, economists, educators and graduate students will meet together in Cairns to progress coral reef science, management and conservation. We welcome the return of this event to Australia for the first time since Bicentennial year 1988.

This 5 day event will bring together 2,500 people from some 80 countries, to communicate their science and hear the latest advances from the international experts in coral reef science. Their research and findings are fundamental in informing international and national policies and protocols in the conservation and sustainable use of coral reefs.

James Cook University and the Australian Research Council Centre of Excellence for Coral Reef Studies are proud to host the 12th International Coral Reef Symposium (ICRS 2012) in Cairns, Australia from 9 - 13 July 2012.

ICRS 2012 is important because it provides the international science community with a platform to: increase global knowledge and interest in coral reefs, including sustainable use and conservation strategies; Showcase successful science, conservation and management efforts; Develop collaborations and partnerships to increase international capacity to address coral reef issues; and Increase global awareness of reef degradation and possible solutions by extensive promotion in the media.

ICRS 2012 Symposia Themes

1. Reefs through time
2. Palaeontology
3. Evolution, biogeography and taxonomy
4. Biophysical processes
5. Technologies for coral reef science
6. Physiological and functional biology
7. Genomic approaches to coral reef biology
8. Ocean acidification
9. Climate change and bleaching
10. Modelling reef futures
11. Ecological dynamics, resilience and phase shifts
12. Life histories and reproduction
13. Fish and fisheries
14. Larval ecology, recruitment and connectivity
15. Biodiversity and systematics
16. Microbes and viruses
17. The Coral Triangle Initiative
18. Management and monitoring
19. Human impacts on coral reefs
20. Restoration of coral reefs
21. Water quality, impacts and management
22. Social, economic and cultural perspectives

More at: <http://www.icrs2012.com/>

"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

July 24 -30, 2011: Issue 16

Bread and Fish Soup

When we think about Service above Self in our celebration of Rotary and their philosophy and works, what instantly occurs in the food department is the notion of filling bellies that are empty so they are infused with natural warmth and warming thoughts. The members of the Starving Poets Society on staff can attest to the fact of how lofty and lyrical your thoughts become the moment you get to eat again. It's a natural form of drunkenness and enhances thankfulness; A prayer, or wish if you like, for everyone everywhere to have a hot bowl of soup and crust of bread rises up from the blood until it fills the breath.

Traditionally the Bread of Life also refers to spiritual sustenance of course, and spending the time to grow spirituality within yourself, and its truer guidance, so you can bring the best of you into any and every situation. This is another inner warmth that provides sustenance not only for yourself but also for those you would humbly 'feed'. The analogy rings, among other things, of mustard seeds creating huge trees as much as being able to turn a handful of fish and few loaves into a feast for thousands. From one spark great light may come and banish all darkness; illuminate, enlighten and grant en-Light-en-ment.

In Pittwater our feast, when translated into physical food, would be Fish Soup and homemade bread. A legendary Fish Soup (or stew) is the bouillabaisse, which originated in Marseilles, France and is a mixture of fish and shellfish in a seasoned broth. Our locally depleted fish stocks, as shared by one local this week, and long gone shellfish even though these too were once abundant ([Jolly's Spirit Of](#)), may make it difficult to create a unique Pittwater tasting version. We offer the 'how to' anyway, to remember for when the tide turns, and to give thoughts of leaping fish and visions of earthly abundance for all those poet atoms in you.

Also remember we need Omega 3, which is highly concentrated in most fish, to develop the minds of our children and to help us think clearly and long into our latter years. Get some fish in your dish; think well, feel strong.

Service is a form of sustenance when you are serving your Community, a gift offered to all.

Bouillabaisse Recipe

From: Simply Recipes ©2003-2011 Simply Recipes, Inc., by Elise Bauer [elise.com](#)

Ingredients

3 pounds of at least 3 different kinds of fish fillets, fresh or quick frozen (thaw first)
1/2 cup Olive oil
1-2 pounds of Oysters, clams, or mussels
1 cup cooked shrimp, crab, or lobster meat, or rock lobster tails
1 cup thinly sliced onions
4 Shallots, thinly sliced OR the white parts of 2 or 3 leeks, thinly sliced
2 cloves garlic, crushed
1 large tomato, chopped, or 1/2 cup canned tomatoes
1 sweet red pepper, chopped
4 stalks celery, thinly sliced
2-inch slice of fennel or 1 teaspoon of fennel seed
3 sprigs fresh thyme or 3/4 teaspoon dried thyme
1 bay leaf
2-3 whole cloves
Zest of half an orange
1/2 teaspoon powdered saffron
2 teaspoons salt
1/4 teaspoon freshly ground black pepper
1 cup clam juice or fish broth
2 Tbsp lemon juice
2/3 cup white wine
Sliced French bread
Directions for Sauce Rouille:

1 Tbsp hot fish stock or clam broth.
2 cloves peeled garlic
1 small red hot pepper
1/2 teaspoon salt
1/4 cup soft white bread, pulled into bits
1/2 cup olive oil

Put hot fish stock or clam broth into the bottom of a blender. Add garlic and red hot pepper, salt and bread. Blend until very smooth. With the blender still running, add olive oil slowly and stop the blending as soon as the oil disappears. At serving time pass Rouille in a little bowl along with the bouillabaisse. Each serving is about 1/2 a teaspoon that you stir into your soup. Use gingerly like Tabasco.

Method

1 Heat 1/4 cup of the olive oil in a large (6-qt) saucepan. When it is hot, add onions and shallots (or leeks). Sauté for a minute, then add crushed garlic (more or less to taste), and sweet red pepper. Add tomato, celery, and fennel. Stir the vegetables into the oil with a wooden spoon until well coated. Then add another 1/4 cup of olive oil, thyme, bay leaf, cloves and the orange zest. Cook until the onion is soft and golden but not brown.

2 Cut fish fillets into 2-inch pieces. Add the pieces of fish and 2 cups of water to the vegetable mixture. Bring to a boil, then reduce heat and simmer, uncovered, for about 10 minutes. Add oysters, clams or mussels (though these may be omitted if desired) and shrimp, crabmeat or lobster tails, cut into pieces or left whole.

3 Add saffron, salt, pepper. Add clam juice, lemon juice, and white wine. Bring to a simmer again and cook about 5 minutes longer.

4 At serving time taste and correct the seasoning of the broth, adding a little more salt or pepper if need be, and maybe a touch of lemon juice. Into each soup bowl place a thick slice of crusty French bread, plain or slightly toasted. Spoon the bouillabaisse over the bread. If desired, serve with Sauce Rouille.

Yield: Serves 6.

Adapted from Poppy Cannon's *Eating European*, 1961.



FOOD GLORIOUS FOOD!

Mona Vale library is seeking expressions of interest from residents who would like to participate as a speaker at their All About Food event at the library on 17 September between 3pm and 5.30pm. All About Food will feature talks for about 20 minutes and explore different aspects of eating and food.

Event organiser Heather Thomson said speakers should choose an aspect of food in which they have specialist knowledge or experience.

"We are asking those interested to complete a form available on our website and forward it together with a short summary of their talk," said Ms Thompson.

All About Food is just one several events with a gastronomic flavour running throughout September.

History Week is from 3 – 11 September, with the theme Eat History. The library will host a display exploring the influences migration has had on the foods Australians currently eat and how these foods have evolved to become uniquely Australian.

Ms Thomson said the library will also celebrate its 39th birthday in September and will soon launch their annual writing competition with a food-based theme.

Expressions of interest can be downloaded at www.pittwater.nsw.gov.au/library/foodfair and sent via email to heather_thomson@pittwater.nsw.gov.au by Friday 19 August.

For more details about All About Food contact Heather Thomson on 9970 1600 or email heather_thomson@pittwater.nsw.gov.au



How to Make No-Knead Ciabatta Bread - An



Above: Uploaded by [foodwishes](#) on Jan 19, 2009 Visit <http://foodwishes.com>

NB: 425°F is equal to 218.33°C

Flat Bread Recipe

2 Cups of Self Raising Flour
Pinch of Salt
Water

Place dry ingredients in bowl and make well in center. pour in water until you have a firm but sticky dough. Allow to sit and rise for 12-15 minutes.

Form into balls a little larger than tennis balls and then roll out flat to size of a large frypan. Ensure frypan is hot but not too hot; you want a steady heat.

Place rolled dough in pan and turn over when has risen. You may also create **potato** flat bread or **cheese** version by placing mashed (not added milk or butter) potato in center of ball and folding over dough; adding coriander seeds to this version is nice too. Same again for cheese variety. You will need to allow a little longer for cooking.

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July 24 -30, 2011: Issue 16

Overthrowing The Old And Bringing In A New Order: July's Leo New Moon



We Can Do It! If you don't stand for something, you will fall for anything. Chinese Proverb

A man may be poorly dressed and penniless, yet his burning desire can bring him the opportunity of his lifetime. E Barnes

There is nothing more difficult to take in hand, more perilous to conduct or more uncertain in its success than to take the lead in the introduction of a new order of things. Niccolo Machiavelli

The people must fight for their laws as for their walls. Heraclitus

The first duty of a revolutionist is to get away with it. Abbie Hoffman

I hate the idea of causes, and if I had to choose between betraying my country and betraying my friend, I hope I should have the guts to betray my country. E. M. Forster

Occurring on July 30 in the United States and July 31 in Australia, July's Leo new Moon brings a message of revolution, change, taking bold steps, standing up to the status quo and making one's mark on the world. The Sabian Symbol is **Leo 8: An Activist is Stirring up Discontent by Spreading his Revolutionary Ideals**. From my book *The Sabian Oracle: 360 Degrees Of Wisdom*:

'An Activist is Stirring up Discontent by Spreading his Revolutionary Ideals'. He has had some enlightening or disturbing insight into what's going on in society. He wants people to listen to his message and, probably, influence or change their way of thinking. The 'Activist' feels that he has the answers to how life should really be and what rights people are entitled to. To some people, his beliefs, or his radical ways, may be somewhat confronting and threatening to their everyday lives. To others, his 'ideals' may fit with what they've wanted in their own lives; he can be a beacon calling out for action. His message can be challenging, stirring or misleading.

Society often looks down on those who have bright and burning ideas of 'Revolution', when in reality they should perhaps be thanked for having the vision, or foresight, to see the need for it. On the other hand, somebody may be forcing their ideas on others – what one person thinks is not always right for others. And, of course, 'Activists' are not always spreading useful, or practical, ideas. They can be extremist and unrealistic. Striving for the ideals of equality for all tends to be more relevant to those in a disadvantaged position. Those who live safely within the comfort of society rarely rebel against what's happening; however, there are exceptions to this. There may indeed be the need for a change to the status quo. This must come from someone who is prepared to sacrifice personal comfort in order to remain true to his or her ideals fighting for the common good. You may feel that you have had enough of the situation and that you have no power. If so, you probably need to enlist the support of others if you wish to succeed. It is through the promise of equality that power will be won.

Keywords: Unwavering and unbending intellect. Burning passions. Revolutionary ideals. Change for the sake of change. Making one's ideas and passions known. Standing on a soapbox. Greenpeace and other radical groups. Anti-capitalism. Entrepreneurs. Working hard to wake others up. Challenging authority. Demonstrations. Placards. Rejecting oppression. Soapboxes.

The Caution: Political brainwashing. Finding things to be dissatisfied with. Extremism. Religious fundamentalists. Street preachers. Cult leaders. Terrorism. Breeding hate. Challenging powerful institutions. Propaganda. Animosity.

I'd say that 'challenging powerful institutions' is very much the order of what's happening. This can be an internal process or change or it could be something that's welling from within your being that needs a new emergence, a greater sense of personal autonomy, freedom and more authenticity. It can speak of challenging the establishment and wanting to overthrow the old, corrupt and disingenuous ways of the past.

It will be fascinating to watch the financial markets and what's going on in the world as there are bound to be many ramifications with so much going on. Rupert Murdoch and News Corporation are in for a rough ride, as I believe are newspapers in many countries, especially Australia and the United States, along with more to emerge in Great Britain. The British government is likely to go through a lot of damage and damage control and the ramifications could go all the way to the top. Of course, there will be fall guys at the lower levels of society, but it will be interesting to see just how many 'heads' of power get the chop in this rather radical time.

A man is sometimes lost in the dust of his own raising. David Ruggles

Making this new Moon way more powerful, stronger and bigger is Jupiter (a planet which can be known for the overstatement), it's the planet of big things, expansion, optimism, religion, philosophy, faith and things foreign. Jupiter is squaring this new Moon on **Taurus 9: A Christmas Tree Is Decorated And Shines In The Darkness**.

Keywords: Enjoying the fruits of one's culture. Warmth within whilst it may be cold outside. The rebirth of the spirit. Faith and the hope of happiness and goodwill of people to one another. Celebrations bringing people together that once were parted. Decorations. Things done with loving intent. The promise of good things. Colored lights. Gifts. Stars and angels.

The Caution: The pretense of happiness or success in a decorative show. Not allowing for others from different religions or social classes. Being excluded and left in the cold. Family cohesion on display belying the real situation. Commercialism. Family disappointments.

People want to share in the bounty, but not be left out. This is a time for family and friends gathering and enjoying the fruits of life. However, some may feel a bit left out as the Karmic **Condition (the degree before) Jupiter is Taurus 8: A Sleigh Without Snow**. This can show a lack of fuel (finances perhaps), energy or the impetus to effect forward motion. It can also speak of ideas, projects and possibilities that are a bit before their time. Perhaps this new Moon can push forward those things that you've been wanting to do. Remember that motto "We Can Do It!"

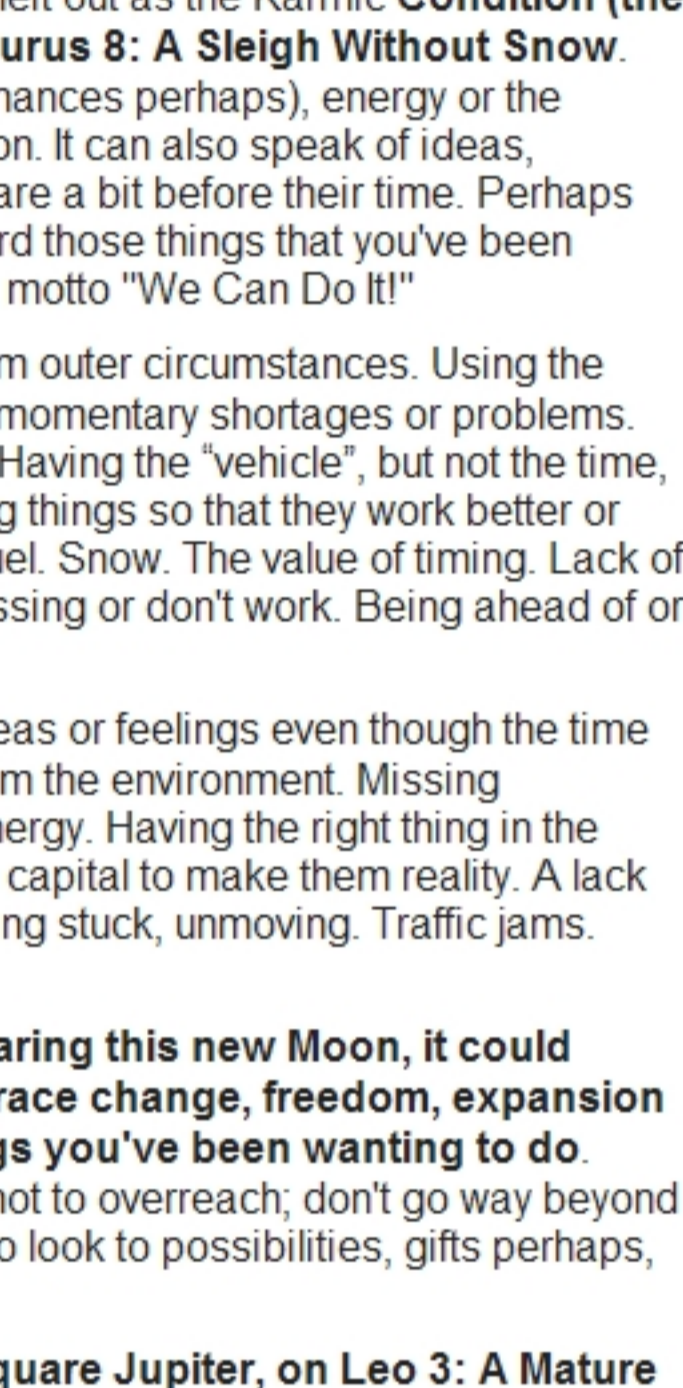
Keywords: Independence from outer circumstances. Using the creative mind to work through momentary shortages or problems. Anticipating future conditions. Having the "vehicle", but not the time, energy or the "fuel". Improvising things so that they work better or ahead of their time. Gas, oil, fuel. Snow.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

With Jupiter so closely squaring this new Moon, it could show a time for you to embrace change, freedom, expansion and get going with the things you've been wanting to do. Caution is advised, however, not to overreach, don't go way beyond comfortable boundaries, but do look to possibilities, gifts perhaps, and rewards.

Venus is also in Leo, and square Jupiter, on Leo 3: A Mature Woman, Keeping Up With the Times, Having Her Hair Bobbed. This speaks of beauty and strength, maturity and glamour and independence and the ability to really show one's self.

Keywords: Making an effort to keep up with trends. Asserting one's independence from social constraints. Wanting to shrug off the years. Adopting a younger attitude. Following the herd. Going along with the fashions. Plastic surgery. Changing appearances. Hairdressers and hairstyles. Gray hair. Hats and scarves. Meeting the challenges of age. Radiating sexuality. Bad hair days. Mid-life crisis. Being a trend setter.



The Caution: Relying on external fashion to disguise inner emptiness. Cosmetic changes that are transitory. Making superficial but not meaningful alterations. Fashion slaves. The illusion of keeping up with the times. Giving up on one's appearance. Battling society's glorification of youth. Mutton dressed up as lamb.

Overspending, overeating and just generally overdoing things could be a real issue this coming month. Some may reach for lovely things that bring more color and enjoyment to their lives; new clothes, new accessories, new hairstyles, new modes of living.

It's interesting that one of the aspects of this new Moon could be about how one looks, how one stacks up in the eyes of society. Independence can be shown, of course, through a rejection of today's glamorous (some would say vacuous) culture in favor of being more natural, more earthy and not worrying about what others think if one doesn't keep up with the 'trends'. Others will find that getting more into their appearance and feeling good about themselves can bring a renewal and more of a sense of freedom. Of course, both paths are completely valid.

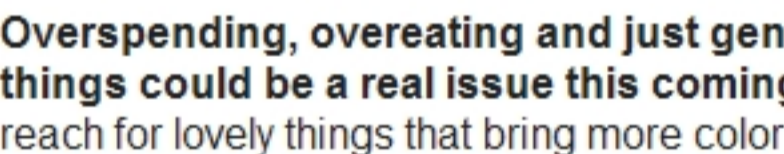
Adding to this theme is Mercury at Virgo 1: In A Portrait, The Best Of A Man's Traits And Character Are Idealized.

Keywords: Projection of beauty. Drawings, paintings, photographs, etc. Art, cosmetics, beauty salons. Hairstyles. Elevated thoughts or memories. Taking someone at face value. Visual senses and clues. Recognition. Caricatures of people. Highlighting features. 'Identikit' drawings. Visual prototypes. Profiles. Face reading. Written reviews and references. Viewpoints.

The Caution: Not truly assessing people. Vanity. Superficial judgments. Propaganda. Misleading appearances. Tricking people with labels. Misidentifications. Taking someone the wrong way. Seeing only the best, or the worst. Preconceived beliefs. Feeling misunderstood. Prejudice. Projections.

This speaks of not "judging a book by its cover", but it also shows the possibility, or the need, for seeing others in their best light. Seeing others for who they truly are is the major consideration and delving may reveal some things not usually seen.

Mars could be showing where someone gets caught red-handed (more arrests in the Murdoch case?), or, where someone needs to be forgiven, things forgotten and to be let off the hook. It could be that you need to let yourself off the hook - to lighten the pressure you place on yourself to perform, to make it in the world, to live up to your own or other's expectations. The Sabian Symbol for **Mars is Gemini 28: Society Granting Bankruptcy To Him, A Man Leaves The Court With Mixed Feelings**. Of course, this could show a record number of bankruptcies happening, but it's more likely to bring about the need to walk out of the 'court room', to move on from any failures of the past and into a new life, at least in some respects. The 'Mixed Feelings' can show a relief from pressure but it can also show a feeling that perhaps one could have done better. Mars will square Uranus in the first week of August, which could see some big realizations about one's self or others.



Neptune is adding to the mix of financial uncertainty or the allure of making it big or breaking into (or maintaining one's place in) the market place as it's on Pisces 1: A

crowded Public Marketplace. This speaks of getting one's needs met, meeting with others in a public place, buying and selling and bartering, advertising, the economy, globalization, the internet, ebay, bargains and bargaining, the stock market, money changing hands. It's interesting to note that the world's economies are going through such tough times with Neptune on this 'Public Market' degree.

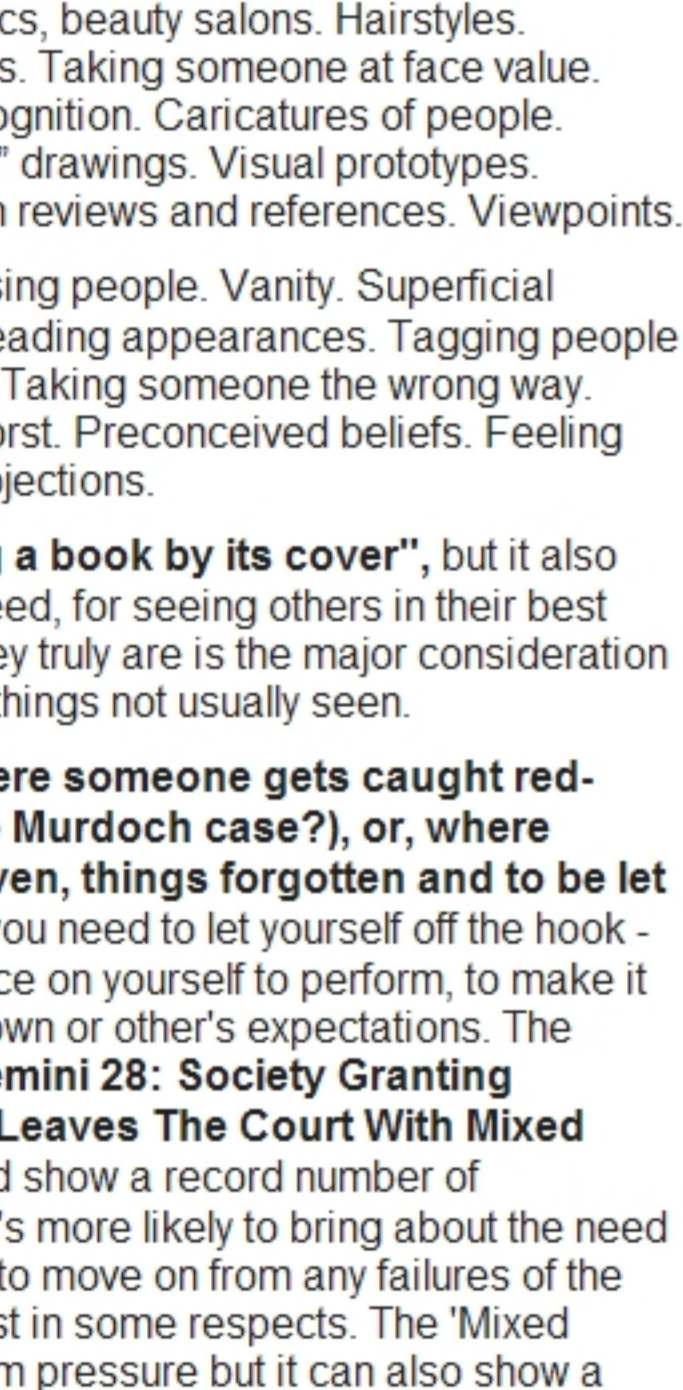
Pluto and Jupiter are trine each other, so there's a big push to get things going. However, Pluto is on a rather enigmatic degree, it's Capricorn 6: Ten Logs Lie Under An Archway Leading To Darker Woods.

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

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

Saturn is on an interesting degree that speaks about being clear with words (and actions) and making sure that things are on the up-and-up (so to speak) and not just words for the sake of it. Saturn wants things to be crystalized, realized - made real. The Sabian Symbol of **Saturn is Libra 13: Children Blowing Soap Bubbles**.

News headlines are like 'soap bubbles', here one minute and gone the next. Sometimes statements or 'promises' are like that - said in the moment without much regard for the outcome. Saturn wants reality, solidity and follow through, not the ethereal, unreal and uncertain. Getting very clear about what's said (and not said) is important now, as is getting a handle on what your thoughts are bringing you. Do your thoughts bring joy, love, a feeling of abundance and a strong belief in the future. If not, perhaps it's time to examine any negative thoughts or feelings that could be holding you back.



It's a time for moving into new territory in many ways. This is shown through the Moon's north node on Sagittarius 23: A Group Of Immigrants Fulfilling The Requirements For Entering A New Country. What requirements do you fulfill? What would you do to up your credentials? Are you ready for fresh new ground? Have you got the paperwork filled out? Have you got the road map for where you're going.

One thing is for sure, the old guard is getting thrown over in some way and the new is making more of a mark. Viva la revolution!



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

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

What are the Sabian Symbols?

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

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

For more information: [click here](#)



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

This is your opportunity to have Lynda read your chart. Details below:

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

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

A mini-reading works this way:

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

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

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

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

The reading explores what's going on in your life, how your life is unfolding, your gifts along with your challenges, why you are going through certain situations or attract particular types of relationships. The Sabian Symbols reveal, brilliantly and amazingly, your spiritual path and where you are headed. My readings are like no other as I use the Symbols in my own unique and in-depth style in order to draw together the pictures that colour your life and your destiny.

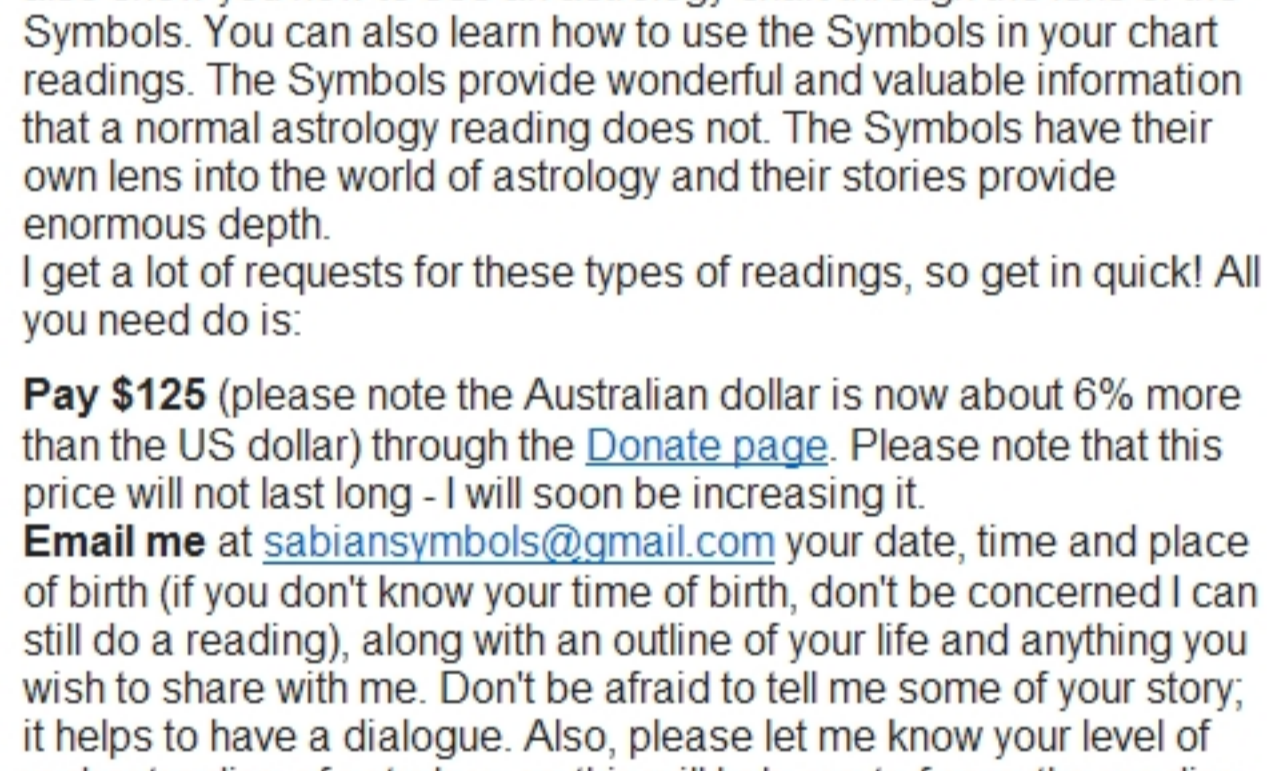
If you know nothing at all about astrology, you'll see that astrology AND the Sabian Symbols are one of the best tools for self awareness, insight and discovery.

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

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

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

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



July 24 -30, 2011: Issue 16

Mona Vale Eye Balm

There are lots of warm places in Mona Vale, even during winter, that receive the sun in a manner that makes for colourful and profuse displays of flowers. Grevilleas of all varieties, from the spider flowers in the bush, to the larger versions featured here, are out in every hue at present. Among them are others not bothered by snow winds, tiny but still managing eight petals, or long soft bright orange bells attracting bees and birds.

Great website for Native Plants, ANPSA: Australian Native Plants Society (Australia) at: <http://anpsa.org.au/greville.html>



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Pittwater Online News

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

July 24 -30, 2011: Issue 16

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



WSPA Update: A safer future for Bali's dogs Thanks to you... A safer future for Bali's dogs

Exciting News! The first stage of our Bali Dogs Vaccination Programme has been successfully completed, and thousands of dogs have been saved from a cruel death.



Thanks to your generous donations, we were able to support veterinary teams from local organisations Bali Animal Welfare Association (BAWA), Yudisthira Animal Welfare and Indonesian Animal Welfare, to vaccinate at least 210,000 dogs, in 4,126 villages across Bali. Without your help these dogs would have been subject to the cruel culling methods that the Balinese government had previously used to try to stop the spread of rabies.

Our initial aim with this vaccination programme had been to stop the poisoning of an estimated 400,000 dogs, by proving to the Balinese authorities that there is a humane alternative to culling in order to control rabies, and we have succeeded! Since launching the programme in 2010 with BAWA, the number of human and dog cases of rabies on the island has halved.

This massive initiative received generous funding from WSPA, with support from the Australian government and the International Fund for Animal Welfare. It was also backed by the World Health Organisation and the United Nations' Food and Agriculture Organization (FAO). The achievements seen so far are incredibly significant, not just for the dogs of Bali, but for the millions of dogs around the world, that are cruelly culled each year due to the threat and fear of rabies. By showing that vaccination is a real alternative to inhumane culling, means great hope for animals and communities alike.

As well as demonstrating a humane alternative, we wanted to ensure that the programme was sustainable - to be carried on by the Balinese authorities without our financial support - and we have also achieved this objective. We are very pleased to report that, thanks to you, the Balinese government have agreed to launch the second phase of the vaccination programme - and, crucially, has assumed responsibility for the project ahead of schedule.

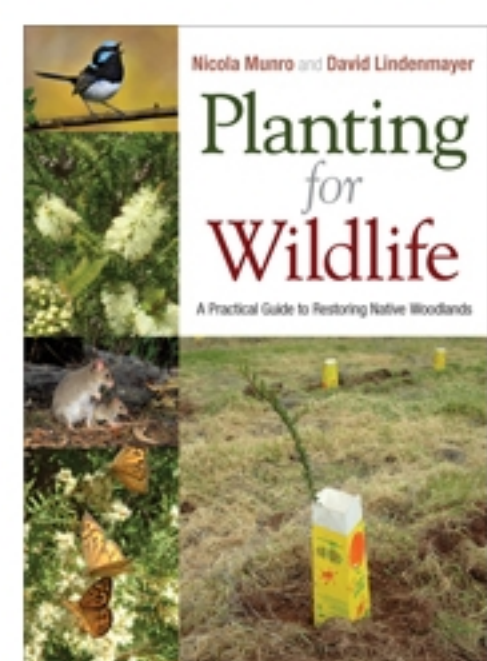
"This is a great success only made possible because of the generosity of our supporters," says WSPA's Campaign Director Ray Mitchell. "The Balinese government is showing the rest of Asia that there is a humane way to control rabies, while also working towards a future where Bali is rabies free, and where healthy animals are no longer at risk from cruel and ineffective culls."

On behalf of dogs around the world, many thanks again to all WSPA supporters!

More At: <http://www.wspa.org.au/>

Our General Manager Mark Ferguson is blogging this month on the future of Warriewood. Click on the link below to have your say

http://www.pittwater.nsw.gov.au/blogspot/blog_topics/2011/where_to_for_warriewood



Planting for Wildlife

A Practical Guide to Restoring Native Woodlands
Nicola Munro, David Lindenmayer
Provides the latest information on restoring woodlands, with particular emphasis on plantings as habitat for wildlife.

DUE Aug 2011 - CSIRO PUBLISHING - 96pp - Colour photographs
Paperback - 9780643103122 - \$39.95

Save this date!

AUG 14 BAN LIVE EXPORT

NATIONAL RALLY for all Australians opposed to animal cruelty.

Join us at a family-friendly event to rally for a kinder future free from live export.

RSVP online now

We know that the majority of Australians want an end to the cruelty of live export. If our politicians were to truly represent the concerns of the public then they would have no choice but to support the Bill that will end live export, support pastoralists, and keep jobs in Australia.

With RSPCA supporters in every electorate in Australia, we can encourage more caring politicians to find their voice and speak out. This is where we need your help. If you've never contacted your MP before, now is the time. Our step-by-step tools make it easy.

To add maximum public pressure in the lead up to the vote, RSPCA Australia and Animals Australia are excited to announce an official national public rally on Sunday August 14. Please save this date and join us at this family-friendly event to rally for a kinder future free from live export.

RSVP at BanLiveExport.com/rally

Weeks of intensive meetings in Canberra have shown that many politicians feel uncomfortable with their party's policy on live export. They know that cutting the throat of a fully conscious animal is abhorrently cruel, and that sending animals to be killed in countries where there are no laws to protect them from cruelty is inexcusable. Encouraged by people like you, some brave politicians are now speaking out against the torture and abuse inflicted on animals who leave our shores in the live trade.

Importantly, with an historic Bill to end live export due for a vote on August 18, now is the time to make your voice count.



Wildlife Research Volume 38 Number 3 2011

Includes Papers on: Do young eucalypt plantations benefit bats in an intensive agricultural landscape? Palatability and efficacy of rodent baits for eradicating house mice (*Mus musculus*) from Gough Island, Do young eucalypt plantations benefit bats in an intensive agricultural landscape? From CSIRO At: [HERE](http://www.csiro.au)



Click on photo to go to site

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ONE

You may have seen the pictures of starving people in the Horn of Africa on your TV screens. We are all asking: how can this be happening again? Parts of Somalia, Kenya and Ethiopia are facing one of the worst droughts for 60 years, and around 10 million people are desperately in need of food, clean water and basic sanitation. But something can be done. You can add your voice to help make a difference.

Despite the urgency of the situation, most world leaders are responding too slowly. Immediate aid is essential. Yet at the same time we must not let them drop the ball on long term solutions as has too often happened in the past.

Please sign our petition: in BOLD below

<http://act.one.org/ao/10?akid=2295.2023666.NFmvd&t=3>

Dear World Leaders,
Please urgently provide the full funding that the UN has identified as necessary to help people in the Horn of Africa, and please keep your promises to deliver the long term solutions which could prevent crises like this happening again.

Some people look back to previous droughts and question whether things will ever change. But because of the smart aid that is supporting African leadership, progress really is being made. For example, 87% of people in the world today have enough food to eat and lead healthy lives - up from just 76% in 1970. And in Ethiopia the number of people malnourished has fallen from 71% in 1992 to 46% now.

But we know how to change things even more: we can help stop starvation now - and stop the causes of starvation. Firstly, we need to make sure funding is provided to pay for urgent help that will prevent people from dying. Secondly, the promises that world leaders made to invest in long term solutions must be kept, so that the people of this region can feed themselves and will not need food aid in the future.

Thanks for all you do.

Stuart McWilliam, [ONE.org](http://www.one.org)

Speak, Write and Promote
BECOME A Mover & Shaker

Ports of Call
Sydney, Australia and exotic islands of the South Pacific

Join Hay House for an Extraordinary Thirteen-Day AUSTRALIAN CRUISE
More Information at http://www.hayhouse.com/tour_details.php?tour_id=98
From Sydney, Australia visit the exotic islands of New Caledonia, Fiji, and Vanuatu while cruising on the Holland America Volendam!
Holland America Volendam Holland America is "consistently the highest rated among the world's best cruise lines" according to the discriminating readers of Conde Nast Traveler and Travel & Leisure

ALL RESERVATIONS MUST BE MADE THROUGH LIFE JOURNEYS TO ATTEND THIS EVENT. Contact:

Ron Oyer's Life Journeys / Worldview Travel • 888-259-9191 or 714-619-8859 ext. 1262 - Adam Or Email: asavage@worldviewtravel.com



New dinosaur discoveries at James Price Point

It's been an action packed week for the Kimberley 'no gas hub' campaign. One month after the Broome community set up a peaceful blockade to stop Woodside bulldozers from clearing land at James Price Point, a police intervention was requested by Woodside. WA Premier Colin Barnett responded with around 80 riot police, who used excessive force to allow heavy machinery to clear land for a project that Woodside has no approvals for yet.

How are they doing it? By saying it's not "significant clearing" under the Land Administration Act of WA. The Department of Indigenous Affairs halted clearing for a few days as Woodside had no heritage approvals from law boss of the country, Joseph Roe. But work has now recommenced.

Meanwhile, Dr Steve Salisbury (a Palaeontologist from University of Queensland), discovered new dinosaur footprints along the Dampier Peninsula. He said, "I had read previously that there wasn't really much if anything at James Price Point so I was quite surprised."

"I probably saw about 10 different types of dinosaur footprints and track ways and vast areas that had been trampled by herds of giant sauropods (stegosaurus). A lot of the tracks that are there, there's no other record for those dinosaurs in Australia ... it's the only record of them in the world."

Dr Salisbury will be speaking in Perth at a community Forum on August 9th.
By Jenita Enevoldsen
Kimberley/marine community campaigner
The Wilderness Society WA

[The effect of VET completion on the wages of young people](http://www.wilderness.org.au)

Amongst recent initiatives aimed at lifting Australia's productivity has been a push for a greater number of course completions in both the vocational education and training and higher education sectors. With this, it could be assumed, come benefits for the individual such as better job opportunities and higher wages. Using the 1995 and 1998 cohorts of the Longitudinal Surveys of Australian Youth, this study looked at whether participating in or completing a post-secondary education qualification led to wage benefits for young people. The study finds that not only completing a post-secondary course but participating in one results in higher wages.



Crop and Pasture Science
Volume 62 Number 6 2011
CSIRO: Featuring papers on Climate Change and Agricultural Ecosystem Management in Dry Areas from: [here](http://www.csiro.au)



The next chapter of Ecos reporting from CSIRO
This is the final print edition of Ecos as the magazine evolves to more regular online publication. We retrace some of the highlights of the magazine's long service as a national environment title, and cast forward to its online future.
Learn more from [here](http://www.csiro.au)

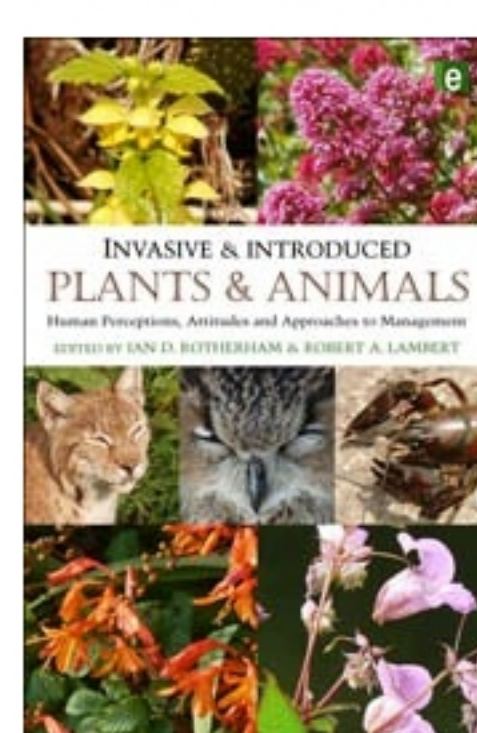
MELBOURNE AUSTRALIA | 23-30 JULY 2011

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

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

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

Judy West, Congress President
Information and Registration at: <http://www.ibc2011.com/Default.htm>



Invasive and Introduced Plants and Animals
Human Perceptions, Attitudes and Approaches to Management
Edited by Ian D Rotherham, Robert A Lambert

352 pages, Publisher: Earthscan
There have been many well-publicised cases of invasive species of plants and animals, often introduced unintentionally but sometimes on purpose, causing widespread ecological havoc. Examples of such alien invasions include pernicious weeds such as Japanese knotweed, an introduced garden ornamental which can grow through concrete, the water hyacinth which has choked tropical waterways, and many introduced animals which have out-competed and displaced local fauna.

<http://www.publish.csiro.au/nid/18/pid/6796.htm>

Pittwater Online News

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

July 24 -30, 2011: Issue 16

Old Books: July 2011, Organisations

Theosophy and the theosophical society - Besant, Annie Wood, 1847-1933. 1913 Publication by Theosophical Publishing House, Chicago.
 The Red Cross World: Bulletin of the League of Red Cross Societies from 1921 The Red Cross world (Volume 2) - League of Red Cross Societies. Bulletin

To Celebrate our own **Rotary Club of Pittwater**, whom we **Profile this week**, we offer some information and links to books written about and by **Rotary Founder, Paul Harris**:

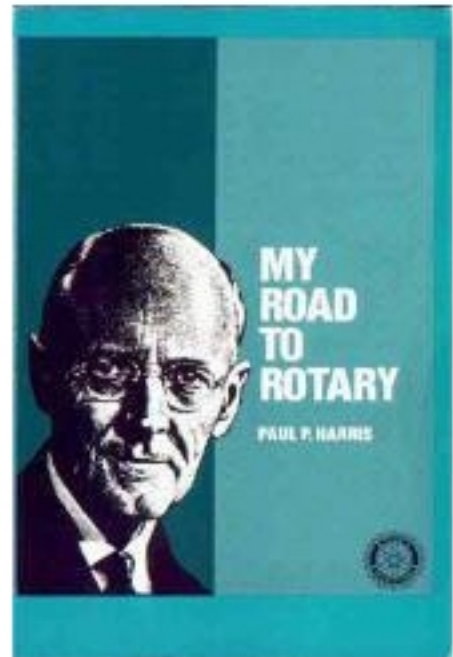
Paul Harris' signature is all that is seen on the cover of his 1928 autobiography "**The Founder of Rotary**," with a forward by RI General Secretary Chesley R. Perry. **The entire book is online to be read**



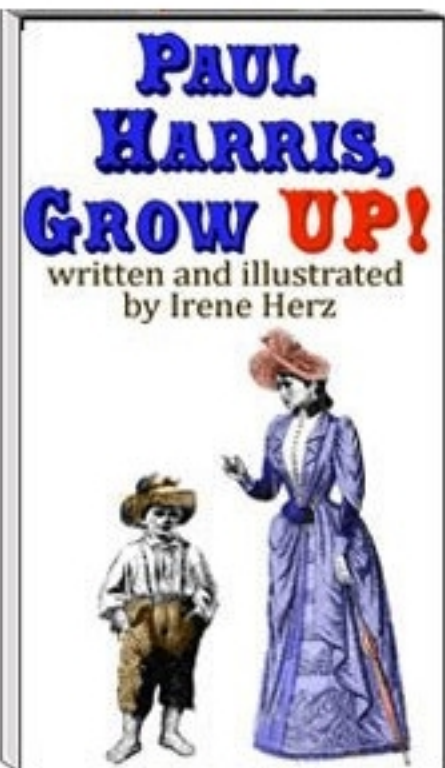
Peregrinations II. Paul writes a statement of **international philosophy** from Parramatta, **Australia**. Along the way they plant many of the **Friendship Trees**, now on display as part of our fellowship.



While in Valparaiso, Chile, in 1936, Paul wrote his **thoughts** on the planting of trees. From: [here](#)



1948 First Edition/ Copyright by Publisher A. Kroch & Son
 Posted on the Web in Full by Rotary Global History Fellowship
 At: [here](#)



\$7.99

A Book for children about the Founder of Rotary
 Written and Illustrated by Irene Herz
 Paul Harris' story is inspiring, not only for the great achievements of the organization he founded, but also for the fact that he was not a perfect person. He serves as a model for all children who are not — well — perfect.
 Available at: <http://paulharrischildrensbook.com/>

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



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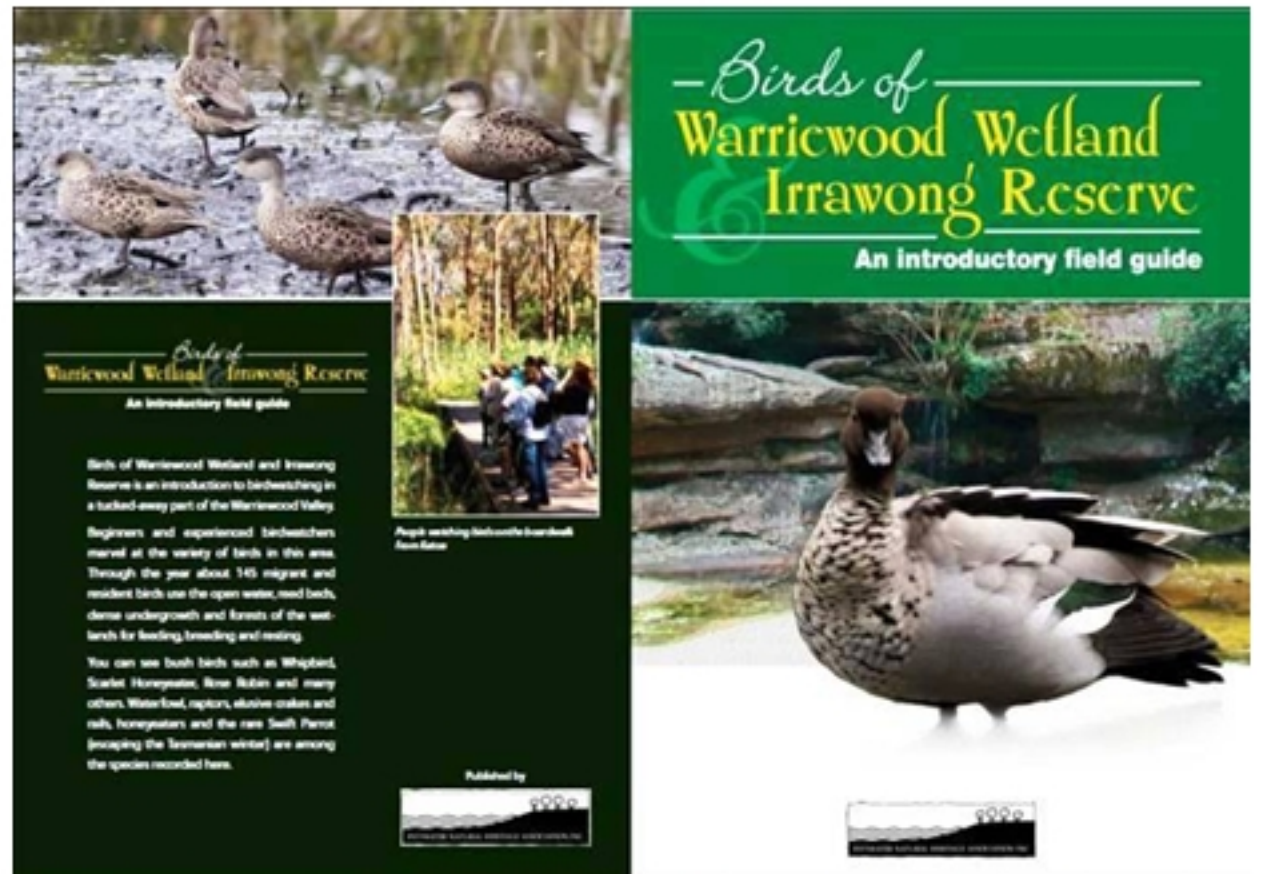


Recent OAM Recipient **Joan Fisher** shared her story of Nursing in the Defence Forces with local writer Pam Bayfield who then wrote *Come With Me*. To Celebrate her award this book has been re-released and is available at <http://www.pambayfield.com.au/> and at Berkelouw Books in Mona Vale.

Vocational, Historical and just a great read !



Introductory Field Guide to the Birds of Warriewood Wetland and Irawong Reserve will give you a good start on birdwatching here, \$20, available from **PNHA**. All proceeds go to conservation work in the wetlands. Available at: <http://pnha.org.au/publications/>



Children's Storytime at Mona Vale Library

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

Tuesdays 10.00am - 11.00am

Wednesdays 10.00am - 11.00am

Thursdays 10.00am - 11.00am

Avalon Library Hours

Monday to Friday 10am to 5pm

Saturday 10am to 1pm

Sunday 2pm to 5pm

59a Old Barrenjoey Road

Phone: 9918 3013 Fax: 9918 7046

Email avalonlibrary@ozemail.com.au

Web Address www.avalonlibrary.org.au

July 24 -30, 2011: Issue 16



Above: Original Stocking Frame. Image by John Beniston, UK, Copyright 2005.



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Nylon Stockings



When it's cold and icy winds swirl around bare legs you remember leggings, tights, stockings and nylons exist and can cover pale winter legs and keep them warm.

Stockings were invented during the reign of Queen Elizabeth I in 1589 by English Reverend William Lee whose sisters and mother used to knit wool stockings in the traditional two needed way. He presented his 'stocking frame' to Queen Elizabeth I, who wore silk stockings, but she found his version too coarse until later modifications and was also concerned about her subjects losing an income from the handmade and homemade version.

Their history goes back further than this though as 8th century 'Barbarians' (peoples of central and northern Europe) wore socks. The Crusaders 1000-1300 wore a form of 'hose' (from hosa; 'leg covering', from Old High German and Old English) made from linen which were originally mere leg coverings and eventually sewn together along a seam.

Men were the first to wear stockings as fashions changed at Court in England and the 'skirts' of tunics rose. Women wore silk or wool stockings. The wool versions were very colourful but the silk, for both men and women, were white.

After the death of Queen Victoria's husband Albert men were required, in a show of respect and mourning, to wear black socks and this became the norm and where current tradition stems from.

Nylons came about when Julian Hill, one of the scientists who worked at the Du Pont Company of Delaware, was investigating how to create a silk substitute. (Silk comes from the Eastern silk worm, who feasts on Mulberry leaves). He found that by pulling a heated rod from a mixture of coal tar, water and alcohol a filament could be formed that was strong and silk-like. He developed this and it became known as Polymer 6.6.

These synthetic fibres were presented at the World's Trade Fair of 1939 in New York. The name 'nylon' was given to the invention, taken from the initials of the city they first appeared in and from London, where stockings first appeared; NY + LON= nylon.

The first nylon stockings appeared in New York stores on May 15th, 1940 and sold 72, 000 pairs on that first day! In their first year they sold over 64 million pairs in America alone.

During the second World War manufacture of the leg enhancers was suspended while nylon was given over to making products such as parachutes. They became much sought after during those years by women in Europe and were taken over there by American troops. One local spoken to earlier this week, when we mentioned we were fortunate to have on staff a person whose mum still has an original boxed pair from the 1960s' (in photos on this page) and had inspired this week's Collector's Corner, explained how his business took him behind the Iron Curtain into Russia and Yugoslavia during the 1970's and that he always took boxes of nylons for the wives of officials as they could not obtain any there.

Elegant, warming, with or without seams, laddered unto shreds and into 'art' (as seen during the week on a sixteen year old), 'nylons' or stockings add a touch of class to any outfit and bring out the girl in all we women. They keep our legs dancing and our selves sashaying even when it's cold and wet.

Further Reading:

Here: <http://www.lensculture.com/nylon2.html>

History of Stockings:
http://www.oldnylons.com/history_of_nylonstockings.htm

Men were first to wear stockings:
<http://graphicsbychristopher.yolasite.com/nylon.php>

Stocking History: <http://en.wikipedia.org/wiki/Stocking>

Queen Elizabeth I Official Royal Website: [here](#)

Stocking frame history: http://en.wikipedia.org/wiki/Stocking_frame

William Lee History: <http://calverton.homestead.com/willlee.html>