

# Pittwater Online News

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September 25 - October 1, 2011: Issue 25

## Sociable

### This Weeks Articles

[The writing of 'Growing Up with Fragile X Syndrome: The Road to Marty Campbell' by Dr Robyn Iredale](#)

[Pittwater Friends of Soibada Update from Tamara Sloper-Harding](#)

[Local fisherman dispels myths associated with commercial fishing in Pittwater by Mark Arblaster](#)

[Pictures: photos from Friends of Northern Beaches Palliative Care Fashion Parade at Blue Illusion, Mona Vale](#)

[Profile: Colin Casey, local gent, gives an insight into the first Atomic Bomb test at Emu Fields](#)

[History: Charlotte Boutin, superb cook and romantic](#)

### Quote for the Week

**Don't judge each day by the harvest you reap but by the seeds that you plant.**

**Robert Louis Stevenson**

Change Location: Enter a postcode/suburb...

**SYDNEY, NSW**

 Today Showers.	 Tomorrow Few showers Morning or two.
13 17	13

> Current Temp: 13.7 °C   > 3 Hourly Forecast  
> Feels Like: 10 °C   > 10 Day Forecast  
> Wind: 24 km/h SE   > Warnings  
> Rain since 9am: 8 mm   > Radar | Cloud

**Latest News**   World Bank triples Africa drou

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## Pittwater Economic Development Plan E – NEWSLETTER

What will Pittwater look like in the future?  
What are the challenges for the village centres in Pittwater as places for people to live, work, visit and invest?  
What ways could Council support local businesses?

The purpose of the Pittwater Economic Development Plan 2012 – 2016 is to understand and highlight the importance of the small and medium business contribution to the LGA and to their role in building strong, vibrant communities, so that our businesses grow and remain competitive in metropolitan, national and global markets.

The Plan will integrate with regional initiatives such as SHOROC's – 'Shaping Our Future' and is to be linked to Council's long-term goals, strategies and outcomes. Opportunities for economic growth through ongoing engagement, effective partnerships and collaborative relationships with key business stakeholders, government and non-government organisations will be identified as part of the process.

There will be a number of opportunities for you to participate and get involved in relation to the engagement progress of the first Pittwater Economic Development Plan.

You are invited to participate in the planning process through:

- Interviews with targeted individual business stakeholders and stakeholder groups
- Workshops with business groups such as local chambers over September - October
- Focus groups both general and specific business sectors such as micro and small business groups

You are also welcome to get involved in the Pittwater Economic Development engagement process through the following links to Council's website [www.pittwater.nsw.gov.au](http://www.pittwater.nsw.gov.au).

- [Make a general comment](#) - online form
- [Get Involved](#) - quick online survey
- [SHOROC Economy Profile](#)
- [Pittwater Economy Profile](#)

For any enquiries about the Pittwater Economic Development Plan 2012 – 2016 and this important economic development planning process for Pittwater please contact Paul William-Smith, Regional Economic Development Co-ordinator, Ph 9942 2233, or email [vienna\\_muller@pittwater.nsw.gov.au](mailto:vienna_muller@pittwater.nsw.gov.au)



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**Book launch for Growing Up with Fragile X Syndrome at the Gone Fishing Gallery, Pasadena, Church Point Saturday 29 October, 4pm – 6pm**



THE ROAD TO MARTY CAMPBELL



Robyn R. Iredale

*Growing up with Fragile X Syndrome: The Road to Marty Campbell* is the new biography from long time Scotland Island resident, Robyn Iredale.

Robyn is launching her story of raising a son affected by fragile X (FX) and invites those living in the Pittwater area and who work in health and disability services, or who have a personal connection to or interest in fragile X, to attend.

FX syndrome is the leading cause of inherited intellectual disability and the most common known genetic cause of autism. It is found in all races and at all socio-economic levels. Latest statistics indicate 1 in 3600 males and 1 in 4000- 6000 females are affected and that as many as 1 in 280 males and 1 in 125 females are carriers. Every week in Australia one child is born who is fully affected and twelve children are born

who are carriers.

Dr Iredale's book describes her extended family's journey along the FX road from Marty's pre-diagnosis at age seven back in 1977, when awareness and support services were essentially non-existent, through the trials and the triumphs of school, sport and employment, to the present.

It also includes vital FX research and information on testing, health issues, education, behavioural challenges, likely outcomes for carriers versus those affected and describes with humour the many common personality traits shared by those affected, which will resonate with families touched by FX.

There have been plenty of academic books and research papers written on FX but it is believed *The Road to Marty Campbell* is the first personal account available worldwide.

Launch speakers:

Dr Paolo Totaro AM

John Kelleher, Fragile X Association of Australia President

Dr Robyn Iredale, author

The book's main subject, Marty Campbell, will attend the launch.

RSVP by 24 October to Robyn via email [robyn.iredale@anu.edu.au](mailto:robyn.iredale@anu.edu.au) or ph. 9979 1096. Complimentary refreshments will be supplied.

For information on fragile x and to order a copy of *Growing up with Fragile X Syndrome* go to <http://www.fragilex.org.au/> or download file below

 [ORDER FORM.pdf](#)  
Size : 7.765 Kb  
Type : pdf



Martin aged 6 with Nana and sisters, Danielle and Lisa, 1978



2 year old Marty



Marty playing in Bayview tennis club tournament, August 2011

Copyright Robyn Iredale, 2011.

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## The writing of 'Growing Up with Fragile X Syndrome: The Road to Marty Campbell' by Dr Robyn Iredale

Marty is my 39-year old son and he is a pre-mutation Fragile X (FX) carrier. The name of the syndrome comes from its location on the X chromosome, where the bottom of the long arm of this chromosome can appear broken or fragile(1). Since 2005 both the United States National FX Foundation and the Fragile X Association of Australia (FXAA) have adopted a new classification of the whole suite of FX disorders, known as Fragile X-associated Disorders (FXDs). This includes the following three key categories:

- Fragile X Syndrome (FXS)—the most common cause of inherited intellectual disability, behavioural disorders and speech and language delays that manifest in early childhood;
- Fragile X-associated tremor/ataxia syndrome (FXTAS) which occurs only in FX pre-mutation carriers—a neurological disorder which sets in at 50 or over, causing tremors, balance and memory problems, and cognitive decline;
- Fragile X-associated primary ovarian insufficiency (FXPOI) which occurs in carrier women only—causing irregular menstrual cycles, infertility and premature menopause in females.

The above classification may imply that pre-mutation individuals may only be affected by FXTAS and FXPOI. However, pre-mutation FX carriers can experience cognitive, behavioural and social disorders. A fourth dot point, and one where Marty falls, should be added.

• Pre-mutation Fragile X (PMFX)—more common than FXS and can include intellectual disability, behavioural disorders and development delays that are often less obvious than for FXS. The writing of this book was Marty's idea. Most of my immediate family are writers, in some form or other, and Marty has seen us constantly working away on our computers. Tim and I are academics, Marty's elder sister, Lisa, is a media/public relations consultant and Danielle, his younger sister, is a community development manager with the Central Land Council in Alice Springs.

Marty would repeatedly ask us why we did not write a book about him. I resisted for some time suggested to another woman who has a FX grandson and who is a widely-published author that she should do it. She told me that she 'could not as it would be too painful'. In 2003 I started to take Marty more seriously and to realise that what he was really wanting was affirmation that his life and achievements merited as much attention as our work. When I started writing he was Martin Dennis Smith but by the time I had finished, in 2011, he had changed his name to Marty Campbell—hence the title.

The process of writing was hard and one that we all shied away from for some time. I commenced on a number of chapters and I thought that I would keep to the positives and skate lightly over many of the struggles and difficulties. Marty was insisting on reading the book at this stage, so I trod carefully. I also wanted to minimise the pain. By asking Lisa and Danielle, Tim, Xiang Biao (a Chinese student who lived with Marty while he was doing his PhD), Cristina Cesaro (a teacher friend of Lisa's) and June Wilson (Marty's babysitter when he was young) to write a chapter each I thought I could gain different perspectives and not go too deeply myself. Tim joined in enthusiastically and wrote several chapters on his insights since coming to live with Marty when he was 19 years old. He could be more dispassionate as he had not been part of the early years, but still he found it a challenge as he struggled with Marty's idiosyncracies.

Lisa and Danielle found writing about their experiences a major challenge but gave each other the strength to persevere. Part of this relates to their own difficulties, as young children and then young women, in dealing with the dynamics of having a single mother, a non-participating father and a brother with FX. Writing their pieces exposed many hurts and struggles and was a very difficult process for them. They both found it hard to focus on the positive elements, given that the negatives loomed so large when they were young. At one point I wrote the following as part of a letter to them both to try to entice them to write:

It is not a book like *Siblings* that is written about the nature of siblings' relations with their affected person. I think there is room for some of this but it is not its predominant theme. In this aspect I think we need to focus on the support, riddled with tensions, you both gave him. In the absence of a supportive father you both probably tried to compensate for this and to mother/father him as well. He knows he missed out on a loving father...

Dan's letter about how she grew up with him and the difficulties as well as the fun times will help people to see what a sibling experienced – albeit one who was caring and supportive but who also had her own life to live. It also shows how you included him and then excluded him when the teenage years hit. This is not surprising at all but in adulthood you see it differently.

For Lisa I think the task was harder as the job was harder. So much responsibility was cast onto you – probably too much for a pre-teenager. ... (Robyn Iredale, 2005)

This book is really the first chance that my daughters have had to get things out into the open and try to be honest. In retrospect I think they can now understand how and why they felt as they did and I hope that the book has positive benefits for both of them. Their comments are particularly important because they draw attention to the sacrifices, usually unrecognised, that need to be made if a FX sibling is to achieve a relatively normal life.

After I showed the first draft to a publishing agent she suggested that it be rewritten from my perspective, as Marty's mother. I found this daunting at first but after some months set about redoing it. This meant drawing on the chapters that others had written and expanding my own accounts of major periods in Marty's life. For me it has been a chance to put many things down on paper that have been occupying much of my time and thoughts for many years. It has also given me a chance to think about the implications of FX for all members of our family and those that came into contact with.

Aside from immediate family members, many other people have contributed to this book in various ways. Xiang Biao, the Chinese anthropologist who lived with Marty for 18 months in 2000-01 wrote of his experiences of living with Marty and this provides a fascinating insight. June Wilson, Marty's babysitter from the time he was 2 to 5 and a long time friend, agreed to interview Marty and ask him about his feelings, concerns and joys. She spent a month with Marty in June-July 2008, while I was away, and used this opportunity to talk to him about lots of issues, especially how he felt and what he found most difficult and most rewarding.

So, for all of us, it has been a chance to explore our experiences and feelings and hopefully for all to benefit. It is a story about Marty and what it means to be in a fragile X family. I felt that there has been so little written about FXS, and intellectual disability in general, that there was room for a book such as this.

(1.): It has been estimated that, worldwide, 50% of people affected by fragile X have not been correctly diagnosed.



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Top: the Schoolroom. Below this; the toilet. Above: children wearing blankets made by the Soibada Knitteres (Avalon).

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## Recent Trip to Soibada Pittwater Friends of Soibada Update From Tamara Sloper-Harding

### Background

Pittwater Council signed in 2010 a Friendship Agreement with the Community of Soibada. The agreement is in accordance with the guidelines of the Timorese Government under the Friendship Movement Act. It provides a structured basis for Pittwater Community to assist and support the people of Soibada to improve not only their daily lives but also to create sustainable programs for future development of the community.

Any projects to be undertaken must be determined by both the Soibada Community and the Committee of Pittwater Friends of Soibada (PFOS). Guidance will be sought from Government Agencies and NGOs. This will include the District Administrator of Manatuto and Soibada Parish Priest Father Abel Alves Soares and village elders. There will be consultation with the Sydney based Consul General of Timor Leste, Maria Jose de Jesus and His Excellency Abel Guterres, the Timorese Ambassador to Australia will be regularly updated.

### Aim

A small team from the PFOS Committee visited Timor Leste 13 – 19 September 2011 to cement and maintain the relationship and friendship between the communities and to ascertain the following:

- The immediate and long term needs of the community of Soibada
- Project priority
- Availability of materials and labour
- Logistics issues

An additional task was to film village life for education and publicity purposes in Australia

### Team Members:

Tamara Sloper Harding, Chairperson PFOS  
Klaus Sandles, Secretary and Project Director, PFOS  
Peter Atchison, Building Project Manager PFOS  
David Haythornthwaite, General Member PFOS and Filmmaker

### Proposals:

The team's proposal was developed together with Father Abel Soares Alves and can be divided into three categories. These must be prioritised and approved by the Pittwater Friends of Soibada Committee before any action is taken.

#### 1. Construction and physical improvements to existing facilities

Toilets  
Classroom floors

#### 2. Hearts and minds

Scholarship Program for senior high school in Dili  
Use of local NGOs for education  
English Teacher  
Books  
Doctor  
Blankets and Ponchos  
Weaving and handicrafts  
Small business development  
Concept for building maintenance

#### 3. Major Construction Project

Community Centre

### Recommendations

We recommend that several projects run in parallel and that the committee approve the following:

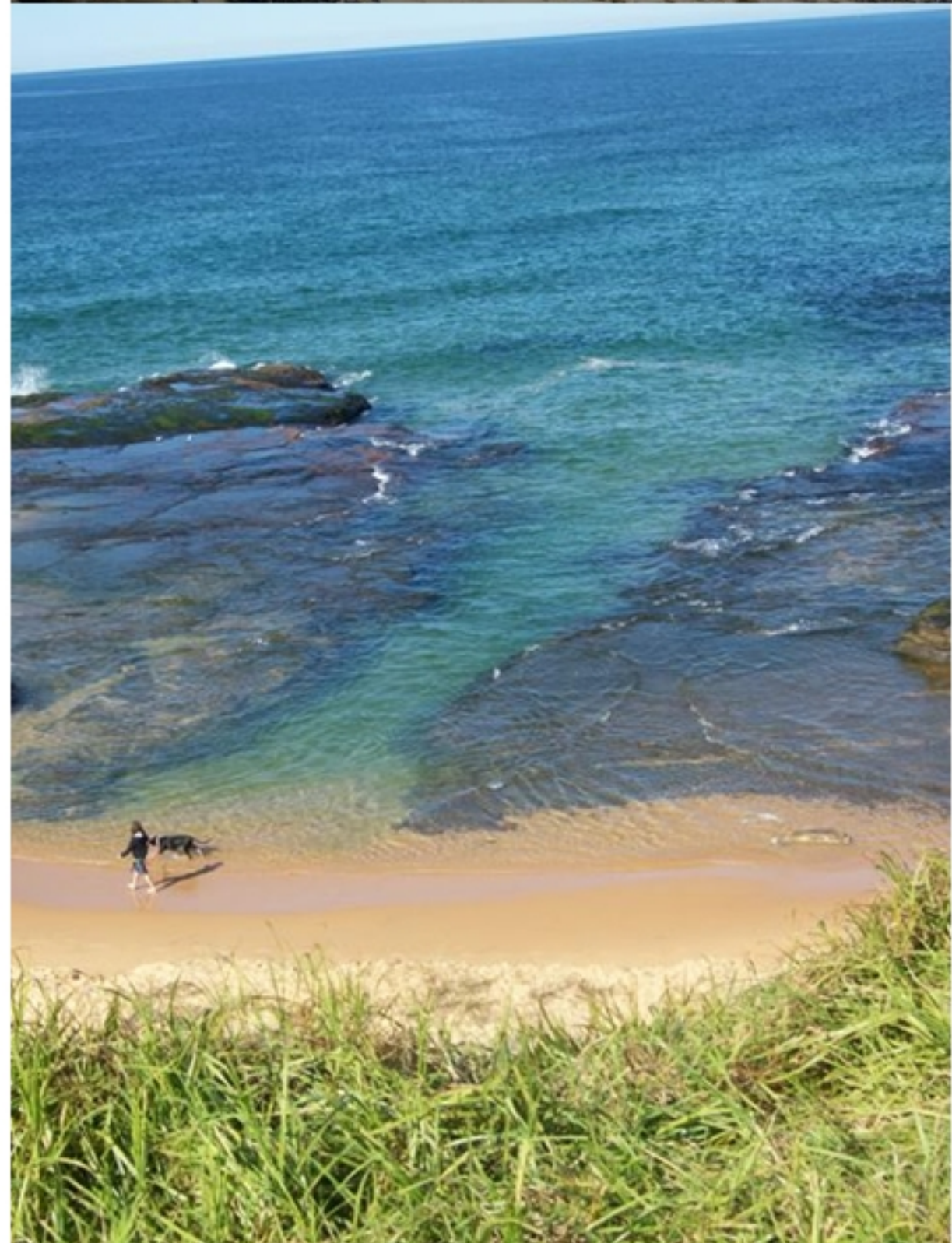
- Research to ensure that no other volunteer or government agencies are planning to undertake the same tasks.
- The immediate raising of funds to have the toilets and floors at the school repaired by local tradesmen.
- Consultation with Government agencies are undertaken in regard to volunteer doctors and teachers spending set periods of time in the village.
- Funds are raised to assist Timor based NGOs to implement training programs in the village.
- The Pittwater community continue with the Wrap with Love project and research the viability of shipping goods (i.e. blankets, books, etc) to Soibada in a 20 ft container.
- The development of plans for the proposed community centre and begin fund raising (Buy a Brick, Build a Future).
- Investigation into the possibility of "hiking" tours.
- Develop several different types of education and information packs that include various versions of David's film.
- Enhance the "Friendship" aspects of the relationship. It is much appreciated by both communities.

Tamara Sloper-Harding is current Pittwater Woman of the year and whom we were fortunate, "as long as it's about Soibada" to [Profile](#) a few months back. If you have the capacity or inclination to help with Services, Donations or Support for this worthwhile project, please contact the Pittwater Friends of Soibada at: [tamara.harding@bigpond.com.au](mailto:tamara.harding@bigpond.com.au)

We have heard there will also be a **Concert for Soibada** at the end of **October (28th)** and will be able to bring you details in the next Issue.



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## Local fisherman dispels myths associated with commercial fishing in Pittwater by Mark Arblaster

Decisions relating to the fishing industry should always be considered in the fullness of history, from the ancient Egyptians who relied upon fishing as an important means of food and industry to the activities of the apostles on the Sea of Galilee two millennia ago to the fishermen of Pittwater today. And throughout the ages, few have been more intimately connected with the sea than fisherman. Few have been more attuned to the state of the marine environment. Few have had a stronger vested interest in ensuring the sustainability of their industry.

I am a third generation fisherman to have fished the Pittwater and Hawkesbury River regions. My family was one of the first to settle in the area more than 100 years ago. It has played a significant role in the cultural heritage of the Palm Beach/Pittwater region.

My father retired from commercial fishing this year after more than 60 years in the industry, fishing almost entirely in the Pittwater/Hawkesbury River area. Few would dispute his remarkable knowledge of the area. I joined the industry last year after 20 years as a journalist for the Packer and Murdoch media groups. I am also the first to join the dwindling commercial fishing ranks in this region in the last 25 years. The fishing industry has seen many changes over the last 20 years. As a sustainable industry it is now controlled by the Department of Primary Industries (DPI). Our region, referred to by the DPI as Region 5, is one the smallest fisheries on the eastern seaboard.

Whereas years ago a fisherman could roam the coast and inland waters pursuing whatever manner of fishing they desired, the fishing of each part of the waterways is now constrained by licensing and other conditions. In some instances, quotas are imposed to ensure fishing sustainability and management. Licences for hauling, lobster, trapping and other forms of commercial fishing are limited in number, expensive to purchase and difficult to obtain.

To ensure fishing sustainability, the DPI monitors our catch rates and insists on fish returns, in some cases every 48 hours, reporting on the size and quantity of species caught. Our equipment is regularly checked by DPI officers and breaches of legislative requirements carry heavy penalties not limited to fines, criminal records and confiscation of equipment.

Whereas there may have been 50 fisherman working in Pittwater half a century ago, in 2010-11 there have been less than five fishing boats working within the region; four did no fishing whatsoever in Pittwater as they were trawling for prawn and calamari in the Hawkesbury River and only one, fished predominately from Mackerel Beach, up to five days a week, excluding weekends and public holidays, during the season only which lasts for four to five months of the year at most.

The closure of the eastern side of Pittwater to commercial fishing in about 2004 decimated the local fishing industry. The decision to close it was made by the DPI, purportedly in an effort to stop the spread of caulerpa taxofolia weed - a pest that has spread prolifically throughout the eastern seaboard.

It is ironic that this weed is now prolific in Lake Macquarie, an area that has been closed to commercial fishing for over 10 years. It has since been established that this weed is not spread by commercial fishing. The eastern side of Pittwater has nevertheless remained closed to commercial fishing. The area we now fish has no weed on the bottom, as we are fishing on sandy shoals, so to suggest that fishing nets are the cause of spreading the weed is ill founded.

In addition to my fishing activities in Pittwater during approximately five months of the year (summer), approximately three commercial trap fishermen (each allowed 10 traps each for the entire bay and river system) try and make a living. The trap fishermen, like the rest of us, are generally locals and possess the relevant permits and licences issued by DPI.

Fishing is affected by many factors. Tides, water temperature, wind direction, the sun and moon, rainfall, time of year are but a few of the issues that need to fall into place to make fishing successful, much like farming in rural areas of the State. For instance, most fishermen do not fish during the day because it is generally not as good a time as dawn and dusk. Given the proliferation of watercraft, jet skis and ferry runs up and down the bay every half hour in summer months, it is not an environment conducive to fish habitation or fishing during daylight hours in any event.

Having lived and fished in this area my entire life, I have seen many changes in the fish stocks; it cycles in a similar way to the weather, like El Nino. Last summer, the hauling season was one of the shortest in history but my father had never seen fish stocks so high in that short period in over 60 years of fishing.

Most species of fish caught in Pittwater are not resident fish. In other words, they don't live here all year around; they migrate with warm currents throughout the yearly seasons which is why catch rates are more prolific in the summer months. Fish that are here today are often gone tomorrow, following bait fish and other food sources that also migrate with currents, rainfall and climate.

Decision making policies pertaining to this industry that lack the input of local fisherman and substantiated scientific support will have far reaching repercussions not limited to:  
Depriving residents of fresh local seafood at the very time when questions are being asked about the quality of imported produce  
Causing substantial economic damage to area  
Destruction of an ancient and proud industry  
Undermining local heritage  
Leading to economic hardships to the families of those engaged in the commercial fishing

Recreational fishers are now frequenting the waters in greater numbers that ever before and the high level of boating activity and changing global weather patterns are highly detrimental to fishing results;

Fishing tackle businesses are being crippled by the cheap internet sales, not depleted fish stocks and the closest tackle store to palm Beach is approximately 20kms away at Narrabeen;

Hire boat businesses are busier now than they have ever been with their two stroke outboards adding to potential environmental/pollution issues in the region. The hirers are a constant target of NSW Fisheries officers and NSW Maritime as they are generally unlicensed and are not familiar with fish sizes or with bag limits.

The commercial fishing industry, especially locally, is a proud of its heritage and the manner in which it conducts itself. It is disappointing that loose and unfounded statements about commercial fishing have been made; particularly as such statements are liable to have the effect of turning public opinion against the industry through speculation, hearsay and mistruths. Such statements do not assist calm, reasoned and informed debate.



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[Pictures: photos from Friends of Northern Beaches Palliative Care Fashion Parade at Blue Illusion, Mona Vale](#)



**Profile:** Colin Casey; gent, Radio Engineer at Woomera during Atomic Tests, Vice President Avalon-Bilgola Amateur swimmers.

## Previous Profiles:

[Barton Lynch](#) [Shane Withington](#) [Commodore Sloper](#) [Herminie Swainston](#) [Teresa Cutter](#) [Joanne Brigden-Jones](#) [Tamara Sloper Harding](#) [Katie Spithill](#) [Chris Salisbury](#) [Doug Crane](#) [Henry MacPhillamy](#) [Ben Baillie](#) [Aim for the Stars Foundation](#) [Broken Bay Marine Rescue](#) [Pittwater Environmental Foundation](#) [Rotary Club of Pittwater](#) [Sophie Haythornthwaite](#) [Joan Fisher](#) [Mark Ferguson](#) [Veteran](#) [Carolyn McKay](#) [Christine Hopton](#) [Ian White](#) [Jack Elsegood](#) [Robert Grace](#)



**History:** Spring Ladies: Charlotte Boutin, Belgian chef, Hotelier, Romantic.

## Previous History Pages:

[Marie Byles](#) [Lucy Gullett](#) [Kookoomgilgai](#) [Frank Hurley](#) [Archpriest JJ Thery](#) [Sir Patrick Gordon Taylor](#) [Bowen Bungaree W. Bradley](#) [1788 Journal](#) [Midholme](#) [Loggan Rock](#) [Cabin La Corniche](#) [La Corniche II](#) [Lion Island](#) [Bungan Beach](#) [Botham Beach](#) [Scarred Trees](#) [Castles in the Sand](#) [Dame Nellie Melba lunches at Bilgola Spring, 1914](#) [First to Fly in Australia at North Narrabeen](#) [Mona Vale Golf Club's Annual Balls](#) [Governor Phillip camps on Resolute Beach](#) [Ruth Bedford](#) [Jean Curlewis](#) [Mollie Horseman](#)



**Park Bench Philosopher:** The Underground Hippie.



**Food:** Spring is asparagus time; some history, health benefits and a recipe.



**Books:** **Pure Pittwater**, added this week; New work from Scotland Island resident.

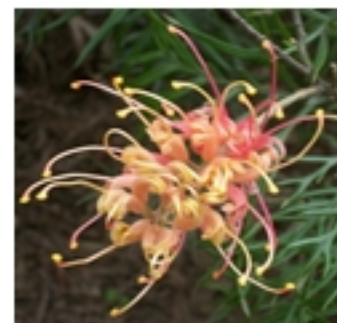
**Old Books:** **Springtime!**; two new works of old about the this season from 1909 and 1920



**Events:** Books, Paddling, Walking, Great School Holiday Activities at CEC and Wiggles at Powerhouse Museum, Spring Fair, Nocturnal Bushwalk, Offshore Art Events, History Lectures, Pittwater Council Events, Manly Art Festival 2011 .



Council's Notices.



**Community News:** Dog Day Today, Soibada Knitters need Wool!, PB Yacht Club, Award Winning Film Showing, Pittwater nearly 20, Living Ocean Short Film Competition, Entries Open for Pittwater Regatta, Pittwater Council Staff support Cerebral Palsy Challenge,

**Environment:** CEC offers Teaching Program, Notices, New Bird Book from CSIRO, Seed Bank with full Index of all Australian plants Facts Sheets and more.



**Lynda Hill: Update:** Getting Straight And Getting The Message: September's Libran New Moon



**Pictures:** Friends of Northern Beaches Palliative Care Fashion Parade at Blue Illusion, Mona Vale.



**Youth:** PYC for Narrabeen, Council's CEC School Holiday Activities.



**Seniors:** Fresh Start Program to put the Spring in your step, Federal Govt. moves to protect pensioners, link to Seniors Online Newspaper and Information regarding local Health and Education Activities.

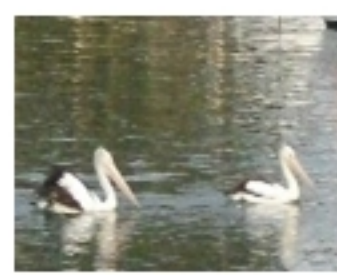


**Community Clubs:** Updates on Activities and links to sites.



**Artist of the Month:** Artists Tracy and Paul Smith share some of their works.

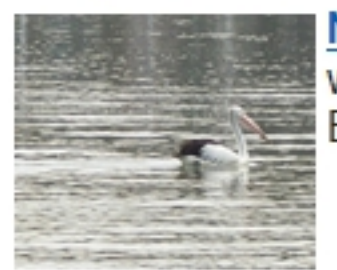
Also: [Gone Fishing Gallery Article](#)



**Reflections** by George Repin. This week; **Shooting Through Like a Bondi Tram.**



**Collector's Corner:** The Customs of Traditional Dining by Hans and Jenny Carlborg.



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

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[Profile: Colin Casey, local gent, gives an insight into the first Atmoic Bomb test at Emu Fields](#)  
[History: Charlotte Boutin, superb cook and romantic](#)



## DOG DAY BY THE BAY THIS SUNDAY

Pittwater Council will host their popular annual event for dogs and their owners at Rowland Reserve Bayview on this Sunday, 25 September between 10am and 3pm. The day has a mix of fun doggy events, with obedience and agility demonstrations, plus talks on topics relevant to dog owners.

Highlights of the day include training demonstrations with renowned trainer Steve Austin, the obedience challenge with Gooddog Positive Training and fun for dogs and kids with Dog Musical Chairs conducted by John Vella from DogTech.

New to this year's program is the Obedience Challenge, where owners instruct their dog to perform a command, such as sit, shake hands, or roll over. Dogs unable to carry out the task will be eliminated until the most obedient dog is left as the winner.

Event organiser Rennee Projeski from the Council said there were a variety of education sessions for pet owners including sessions on training and tick paralysis and prevention.

**Official proceedings start at 10.15am,** followed by the popular canine fancy dress show and 'Dogs Musical Chairs'. The winner of **Pittwater's Dog of the Year photo competition will be announced around midday.**

A performance from live band SAS will entertain the crowd at luncheon while children can have fun on the free jumping castle. There will be a variety of pet-related stalls, hot food stalls and coffee available for purchase.

Brian Pickering and Kaye Browne from EssentialPet.com.au will compare the events, with plenty of great prizes on offer.

**All money raised by the event will be donated to local branches of the Animal Welfare League.**

Ms Projeski said that Dog Day by the Bay was a waste wise event, and urged participants to help reduce waste by using the recycling bins available at the event. "This year, to assist in future planning for Dog Day, we're inviting visitors to stop by the Pittwater Council tent and share their views about the day via a feedback form. Every entrant will receive a giveaway," added Ms Projeski.

Entry and parking is free for this event at Rowland Reserve. In the event of extreme wet weather or wind the event may be cancelled. For more information visit [www.pittwater.nsw.gov.au/dogday](http://www.pittwater.nsw.gov.au/dogday)

### PCYC PROPOSED FOR PITTWATER

Pittwater Council will put together a proposal for a PCYC located in southern Pittwater after the idea was given the green light by the Council at its meeting this week. The NSW Government recently called for expressions of interest for the establishment of eight new Police and Community Youth Clubs, with funding to be made available between 2011 and 2015.

The proposal would see a multi-purpose community centre built at the southern end of Pittwater Ruggby Park North Narrabeen, encompassing the current function centre at the ground which would be replaced in the overall development. According to a report prepared by staff and presented at the Council meeting last night, management of such a centre would be through PCYC NSW, a not-for-profit organisation closely linked to the NSW Police. PCYC NSW currently operates 57 community centres throughout New South Wales and offers a management model whereby a local PCYC is supported by an allocation of two additional police officers.

The proposed centre at North Narrabeen would have a focus on youth activities, with space for computers, a music rehearsal room and a commercial kitchen capable of hosting a hospitality training. The centre would also have a café, meeting rooms and office space for youth services and be able to host performances and sport-related activities.

According to the report the funds needed to build the new centre, initially estimated at \$8 million, would come from a variety of sources.

Community Services Manager Lindsay Godfrey said the next step was to prepare a detailed submission to the Council, including concept drawings of the proposed centre. "Once the Council has agreed to a design and a plan for funding, a submission can then be made to the State Government," he said.

To read the Council report visit [www.pittwater.nsw.gov.au/council/meetings](http://www.pittwater.nsw.gov.au/council/meetings) and click on the link to 19 September.

### SPOTLIGHT ON COMMERCIAL FISHING IN PITTWATER

The Council has joined local member Rob Stokes in calling for a review of commercial fishing in Pittwater. At its meeting this week the Council adopted a Mayoral minute by Cr Harvey Rose, asking the state government to widen its current enquiry into commercial fishing to examine the impacts on the Pittwater estuary. The enquiry is being administered by the NSW Minister for Primary Industries and is expected to deliver its findings later this year.

Cr Rose said it was vital that long-term fish stocks in Pittwater were preserved. He said the Council had had discussions with the group representing amateur anglers – the Anglers Action Group (Northside) – and agreed with them that commercial fishing appeared to be unsustainable in Pittwater. "The Pittwater estuary is a breeding ground for a variety of species of smaller fish and these are a vital link in ensuring the continuation of the marine food chain," he said. "Commercial fishing disrupts this food chain because of the indiscriminate nature of drag-netting."

Cr Rose said that in harbours and waterways where commercial fishing had ceased, such as Botany Bay, Sydney Harbour and Lake Macquarie, fish stocks had dramatically improved within a few years. The Mayor said that there were a large number of businesses in Pittwater which depended heavily on recreational fishing and boating for their sustainability.

### COASTAL AMBASSADORS PROGRAM OPENS

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

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

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

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

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

### NEW LIFE FOR CEMETERY

Pittwater Council voted at its meeting this week to place its draft plan of management for Mona Vale Cemetery on public exhibition for comment. Pittwater Mayor Harvey Rose said the plan of management sets out a vision for the future of the cemetery as an important regional burial ground. "The plan ensures that the life of the cemetery is extended by increasing the availability of new burial sites."

"It means that the sale of new burial sites will be available for the next 20 years and pre-purchased burial sites will extend to over 70 years," said Cr Rose. "The plan also guarantees more space for cremation ashes such as garden, wall and lawn niches, effectively giving an extra 160 years of cremation memorialisation," he said.

The draft plan, which updates a previous masterplan prepared in 2002 for the cemetery, allows for:

- Improvement of suitable land for additional burial sites
- A range of options for the memorialisation of cremation ashes
- Extensive landscaping and sculptures
- Upgraded memorial gardens
- Increased parking areas
- Planning for future expansion, such as purchase of adjoining land.

Once the state government has given its approval the draft policy will be on public exhibition for comment by the community.

### BILGOLA BEACH NAME CHANGE SUPPORTED

Beachside residents of Bilgola will soon be able to call Bilgola Beach home after Pittwater Council last night endorsed a report to advise the Geographical Names Board (GNB) of the name change. The Council this week adopted a report recommending that Bilgola Beach become a recognised suburb of Pittwater, subject to approval by the Geographical Names Board.

In February this year, the Council recommended a proposal for the name change from "Bilgola" to "Bilgola Beach" be forwarded to the GNB for them to conduct a public exhibition of the proposed change. The Council had earlier exhibited the proposed name change between October and November 2010, attracting 29 submissions in favour.

Pittwater Council Mayor Harvey Rose said the exhibition carried out by the GNB between 15 April and 15 May 2011 received two submissions in opposition to the proposal. "One was against the name change itself and the other referred to five properties that were included in Bilgola but whose boundaries were approved by Avalon."

The Mayor said that once the GNB approves the name change, residents living within the boundaries of the new suburb will be able to refer to their properties as being in Bilgola Beach.

To view the Council report, visit [www.pittwater.nsw.gov.au/council](http://www.pittwater.nsw.gov.au/council) and click on the link to the 19 September meeting.

### PITTWATER TURNS 20 IN 2012

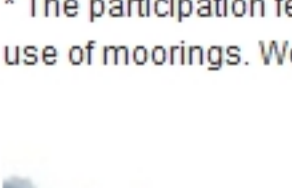
Pittwater Council will celebrate its twentieth birthday in 2012 and is asking local residents how the occasion should be celebrated. The Council will officially mark turning 20 in May next year and has suggested several options for a month of celebrations in a community survey on its website. Survey results will be published on the Council website at the end of October 2011.

Among the suggestions for the birthday celebrations that residents are asked to vote on:

- A commemorative bottle of Pittwater wine at the Pittwater Food & Wine Fair on Sunday 6 May 2012
- An Open Day at Currawong with free ferry rides, a sausage sizzle and entertainment
- A new Pittwater flag to be flown on special occasions and for display at citizenship ceremonies
- A 'before and after' photo display of Pittwater 20 years ago and in the present day
- A photo/video/writing competition called 'My Pittwater' with prizes A 'virtual memory wall' where residents can write or draw their impressions of Pittwater after 20 years
- A ceremonial tree-planting by Councillors of 20 native trees
- A talk by a well-known Pittwater resident or author.

Residents are also invited to give their own suggestions in the survey on how Pittwater should celebrate its first 20 years. Mayor Harvey Rose said the Council wanted the birthday celebrations to be as inclusive as possible. "Pittwater is the first new Council formed in New South Wales in the last 100 years, so this is a special occasion for everyone in the community who was involved, whether they're staff, Councillors or residents," he said.

To complete the survey visit [www.pittwater.nsw.gov.au](http://www.pittwater.nsw.gov.au)



### Club of the Week Palm Beach Yacht Club

The Club was formed in 1984 with the aim of providing racing, cruising and social activities to extend the enjoyment of owning a yacht in beautiful Pittwater (Palm Beach). Our emphasis is on members having the opportunity to participate in activities for the whole family while providing the chance for everyone to relax and enjoy friendly racing & cruising and to extend their knowledge and competence in seamanship.

The spirit of the Club is based on members getting to know one another and participating in activities in a manner that enhances the enjoyment for everyone. We don't have a club house so our annual fees are very low. Our emphasis is on using our boats not maintaining a building.

Members of this relaxed and friendly Club benefit from:

- Low annual fees without club house maintenance
- Friendly Friday Twilight racing to start the weekend relaxation\*
- Sundays races once a month to build seamanship skills\*
- Sundays cruising adventures to relax seamlessly with friends\*
- Social dinners, get-togethers and outings to get to know each other
- THREE CLUBS MAINTAINED MOORINGS\* for casual use and overnight stays
- Yacht insurance discounts

\* The participation fee must be paid to participate in club organised racing, cruising and use of moorings. We hope you enjoy exploring the various pages of our [website](http://www.pittwater.nsw.gov.au)



### Submit your Event

Name of Event

Date of Event

Address of Event

Description of Event

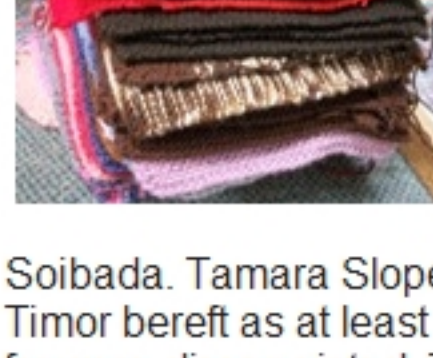
Contact Name

Contact Phone Number

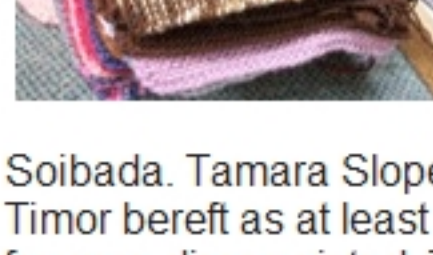
Website or Email

Sumba Foundation Australia Article at: [here](#)

Website at:



### Soibada Knitters Group needs Wool ! Please Help



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

Information on Soibada Knitters Group: [here](#)

### Winners of 24/7 Film Festival Awards Announced... From Shorac

The short film Monkey on My Back has won the four top awards at Sunday's 24/7 Youth Film Festival, hosted by the four SHORAC councils: Warriminh, Pittwater, Mosman and Manly. Over 450 people attended the Awards night to...

Read more at <http://shorac.com/2011/24-7-awards/>

**Screening in Avalon: Award winning film "Budrus" It takes a village to unite the most divided people on earth.**



In 2003, the Palestinian village of Budrus mounts a 10-month-long non-violent protest to stop a barrier being built across their olive groves. A Palestinian community organizer, Ayed, unites local Fatah and Hamas members along with Israeli supporters to save his village from destruction by Israel's Separation Barrier. Non violence is the means. At first he is not successful but then his 15-year-old daughter, Itzeam, launches a women's contingent that quickly moves to the front lines. Struggling side by side, father and daughter inspire a little-known movement in Occupied Palestine

Ayed succeeded in doing what many people believed to be impossible: he united feuding Palestinian political groups, including Fatah and Hamas; he brought women to the heart of the struggle by encouraging his daughter's leadership; and hundreds of Israelis crossed into Palestinian territory for the first time and joined this nonviolent effort. This non-violent action continues, but we don't hear of it.

Presenter: Dr.Vacy Vlazna Q & A

See the film - Join the discussion- Enjoy the supper (hot soup)  
Place: Avalon Baptist Church 2 George St, Avalon  
Time: 5 p.m.  
Date: Sunday 23rd Oct.

Free - (Voluntary donations to Amnesty International)  
Sponsored by Avalon Baptist Church and Avalon Group of Amnesty International Aust.

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



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

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

**Book launch for Growing Up with Fragile X Syndrome the Gene Fishing Gallery, Pasadena, Church Point Saturday 29 October, 4pm - 6pm**

*Growing up with Fragile X Syndrome: The Road to Marty Campbell* is the new biography from long time Scotland Island resident, Robyn Iredale.

Robyn is launching her story of raising a son affected by fragile X (FX) and invites those living in the Pittwater area and who work in health and disability services, or who have a personal connection to or interest in fragile X, to attend.

FX syndrome is the leading cause of inherited intellectual disability and the most common known genetic cause of autism. It is found in all races and at all socio-economic levels. Latest statistics indicate 1 in 3600 males and 1 in 4000-6000 females are affected and that as many as 1 in 280 males and 1 in 125 females are carriers. Every week in Australia one child is born who is fully affected and twelve children are born who are carriers.

Dr Iredale's pre-diagnosis took her extended family's journey along the FX road from Marty's pre-diagnosis at age seven back in 1977, when awareness and support services were essentially non-existent, through the trials and the triumphs of school, sport and employment, to the present.

It also includes vital FX research and information on testing, health issues, education, behavioural challenges, likely outcomes for carriers versus those affected and describes with humour the many common personality traits shared by those affected, which will resonate with families touched by FX.

There have been plenty of academic books and research papers written on FX but it is believed The Road to Marty Campbell is the first personal account available worldwide.

Launch speakers:  
Dr Paolo Totaro AM  
John Kelleher, Fragile X Association of Australia President  
Dr Robyn Iredale, author

The book's main subject, Marty Campbell, will attend the launch.  
RSVP by 24 October to Robyn via email [robyn.iredale@anu.edu.au](mailto:robyn.iredale@anu.edu.au) or ph. 9979 1096. Complimentary refreshments will be supplied.

For information on fragile x and to order a copy of Growing up with Fragile X Syndrome go to <http://www.fragilex.org.au/> or download the form below.

[ORDER FORM pdf](#)  
Size : 7.765 Kb  
Type : pdf

### Living Ocean Short Film Festival

<http://www.livingocean.com.au/>  
**CALL FOR ENTRIES - END OF SUMMER PFF Film Festival SHOW YOUR TALENT TO THE WORLD**

**Plastic Free Pacific**  
Living Ocean Short Film Festival to celebrate Ocean lifestyles & raise awareness of plastic contamination

\* Short Film 'Living Ocean' Theme - how the ocean inspires us - student & open section  
\* 30 Second Commercial 'Plastic in the Ocean' - Theme - plastic in the ocean - student & open section

Details of location, time and prizes as they come to hand...start creating now.  
**Living Ocean's Aim**

To celebrate the ocean lifestyle, raise funds for active groups that help conserve and protect life in our oceans by focusing on the 300 million tons of plastic pollution in the oceans worldwide.

Entry Form below:  
[Isa\\_ff\\_entry\\_2011.pdf](#)  
Size : 200.054 Kb  
Type : pdf

**Aboriginal Support Group**  
Manly Warringah Pittwater

Click on logo above to visit their website.

### Online Entry now available for Pittwater & Coffs Harbour Regatta 2012 by Damian Devine

The online entry for the 2012 Pittwater & Coffs Harbour Regatta is now live on the event website at [www.pittwatercoffsharbour.com.au](http://www.pittwatercoffsharbour.com.au). With just under 100 downloads of the Notice of Race since its release a little over a week ago, expectations are building for a strong fleet for the start of the 31st Pittwater to Coffs Harbour Ocean race on 2nd January 2012 and the associated five race regatta.

Applications for entry close Friday 2nd December 2011.  
For race enquiries please contact the RPAYC Sailing Office on (02) 9998 3771 or [yachting@rpayc.com.au](mailto:yachting@rpayc.com.au)

### Pittwater Offshore Newsletter Update 13/9/2011: click on Logo. Also has an Extensive Local Directory.

Scotland Island - Watters Shores - Mackeral Beach  
**Pittwater Offshore Newsletter**

To contact Julian: [editor@scotlandisland.org.au](mailto:editor@scotlandisland.org.au)

### PITTWATER SUPPORTS CEREBRAL PALSY CHALLENGE

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

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

The teams will also hold a number of fundraising events such as BBQs and a lolly-jar guessing competition during the next school holiday vacation care program. "We urge our supporters to get behind us and either donate via [www.cpchallenge.org.au](http://www.cpchallenge.org.au) or at one of our fundraising events," added Mr Everett.

Cerebral Palsy Alliance CEO Rob White said an Australian child is born with cerebral palsy every 15 hours, making it the most common physical disability affecting children. "Funds raised through the Cerebral Palsy Challenge will contribute to vital services and research needed to enhance the lives of those living with cerebral palsy," he said.

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

To donate or find out more about the Cerebral Palsy Challenge visit [www.cpchallenge.org.au](http://www.cpchallenge.org.au)

### LEGO AT THE LIBRARY

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

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

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

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

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

### From Pittwater Council Online Report

**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](#). [View online version](#)

### From Elsewhere:

[Minister welcomes ABC decision on local football: News Centre: Australian Sports Commission](#)

[SPORTS.COM.au](#) Prime Minister and Cabinet

[SNIPPET:](#) Minister for Sport Mark Arbib today welcomed the decision of the ABC to continue its coverage of local football leagues across Australia. Senator Arbib said the ABC had listened to the community and local Labor MPs who have been campaigning to maintain their local football on television. "Providing television coverage of local sport and sports like bowls on the ABC encourages more people to get out and play sport which has obvious health benefits."

[Helping exporters gain access to working capital - Australian Export Finance and Insurance Corporation](#)

[PORTFOLIO:](#) Foreign Affairs and Trade

[SNIPPET:](#) Overcoming financial barriers for exporters. HSBC Bank Australia and Export Finance and Insurance Corporation () today announced the signing of a Master Working Capital Guarantee Facility to help Australian exporters gain additional working capital to finance export contracts. Export customers with plans to establish and grow offshore markets for their products and services need access to working capital finance, said Andrew Skinner, Head of Trade and Supply Chain at HSBC.

[Government Committed to Forest Agreement - media release, 22 September 2011](#)

[PORTFOLIO:](#) Sustainability, Environment, Water, Population and Communities

[SNIPPET:](#) Minister for Sustainability, Environment, Water, Population and Communities. Professor Mark Burgman - expert on forest modelling.

The signatories are Environment Tasmania, Australian Conservation Foundation, The Wilderness Society, Forest Industries Association of Tasmania, National Association of Forest Industries, Australian Forest Contractors Association, Tasmanian Forest Contractors Association, Timber Communities Australia, Tasmanian Country Sawmills Federation and Construction Forestry Mining and Energy Union.

[Lunch time lectures in the city // National Film and Sound Archive, Australia](#)

[SNIPPET:](#) The 4th annual Thomas Rome Lecture at the NFSA, is an opportunity for anyone interested in music, radio, TV and new media to meet and talk with one of Australia's broadcasting pioneers, Chris Winter from the ABC's Innovation Division. In the fourth annual Thomas Rome lecture, Winter will take a look at how the technologies of sound and broadcasting have evolved and are evolving, bringing challenges and opportunities for business and consumers alike. Andrew Davies, the NFSA's Manager of Sound Broadcasting and New Media, says "Chris Winter's knowledge and passion for sound, broadcasting and new media is sure to result in a provocative lecture, and lead to lively debate and discussion".

[Young Australians to fly the flag at Commonwealth Youth Forum](#)

[SNIPPET:](#) Education, Employment and Workplace Relations

[PORTFOLIO:](#) Education, Employment and Workplace Relations

[SNIPPET:](#) Young people from across the country will gather in Fremantle next month to represent Australia at the Commonwealth Youth Forum, with 30 delegates selected to take part in the event. Delegates to the Commonwealth Youth Forum were selected by the Australian Youth Affairs Coalition, on behalf of the Office of Youth. Commonwealth Youth Forum Delegates.

[Grants to Support DonatLife Week 2012](#)

[PORTFOLIO:](#) Health and Ageing; SNIPPET: The Parliamentary Secretary for Health and Ageing, Catherine King announced the availability of \$300,000 in Community Awareness Grants to support community-based activities held during DonatLife Week 2012 (Sunday 19 - Sunday 26 February 2012). The Parliamentary Secretary for Health and Ageing, Catherine King today announced the availability of \$300,000 in Community Awareness Grants to support community-based activities held during DonatLife Week 2012 (Sunday 19 - Sunday 26 February 2012). Community Awareness Grants are available for community-based activities that align with the DonatLife Week national theme.

[VA078](#)

[PORTFOLIO:](#) Defence

[SNIPPET:](#) Some 32000 veterans, partners and war widows and widowers will now receive increased pensions and income support payments from 20 September 2011, Minister for Veterans Affairs, Warren Snowdon announced today. Mr Snowdon said the increase was part of the bi-annual pension indexation process and will help to support veterans and provide extra assistance to those who need it most. This increase will affect all DVA pensions, including the Service Pension, War Widow Pension and Disability All Pensions.

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# Pittwater Online News

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Community News   Pictures   News From our Inbox   Books   Events   Artist of the Month   Reflections   Collector's Corner

September 25 - October 1, 2011: Issue 25

## Phoebe - *The Hippie's Underground*, extract from *The Lilith Emerald*

This morning the sea is pale, the sky opaque above it. The last white star and last quarter of moon are so transparent they cannot shine, let alone spark. A low white haze along the horizon rushes quickly to green shore with the first sea breeze, smooching the dawn warmed earth.

Phoebe gazes along the sand to where one sodden red beach towel is caught among a refuse of seaweed, sticks and chip wrappers. She frowns at the towel, knows it has not moved from where it was at yesterday's sunset.

'I always think someone is drowning somewhere, when someone has left their towel behind,' she thinks.

Once she sat near a pair of sandals abandoned on the rock shelf that juts into deeper water until her nose was red thinking someone else had drowned.

The sea blinks quietly at her, astounded at her worrying, then chants,

"Get into the water, come into the water, get a breath of free."

Phoebe splashes in the full tide, rolls around in the thick slow waves of a lazy north swell. The sea lolls with her, inspires the dugong dreaming instead of the dolphin leapt trills. She surges, lolls, surges. When the skin on her fingers is puckering from being waterlogged, and her nails are turning blue from cold, she flops back onto the warming sand and pulls her hat down over her pale face. There she dreams a while, lets all the tourists and local yokels stroll unseen past her earth clinging body.

The yellow from the sand seeps into her skin, turns her into tawny lion again.

'I am alone in my jungle,' she dreams.

I am alone in my jungle. I don't let anyone come near or if they do get near me, I don't let them get too close.

All who pass through or stay here do so at my whim. I keep them or let them know to keep themselves far from me, especially when you all are anathema, lie, and poison to me.

I roar so my roar rebounds through the coward core of you and sounds warning through the trees. I put that warning tone in there. I place it deliberately.

It tells all not to come near, to not lie to me or I will tear you limb from limb. It tolls none has ever conquered me, the pure of heart, and none ever will.

I am alone in my jungle. I don't let anyone come near.

I am afraid with a fear that paralyses me. I flinch back from letting anyone glimmer me just like the frog flinches back burnt where dry fingers touch acid to its smooth wet green skin.

I cannot speak with any other the way my soul speaks with hills and sea and air. There is no one here who can speak to me, there are none who speak my language. I am surrounded by your deafness in the roar of your din.

I rise and speak with stars and angels in the ever Word of creation Converse. I roar so you do not glimmer and steal the gold that pours from my breath, my soul, my skin.

My soul chants 'Know, not No.'

Know not No.

I know through coming to know. I am Knowing through Knowing... for all and ever else it has always been this way.

At night I ache for all those who I love who are dead, gone from this fleshy place. I weep for all those who died before I was tall enough to speak with them eye to eye. I weep for all those who have lost their lovely ones too.

I ache for all the children dying right now from hunger, from no shelter, from oppression, from disease.

I ache for the smashed man reeling in his prison cell. I can feel the shudder in his breathing and see his bruised and bleeding night skin.

I ache afraid that if that longed for moment that will begin the ever paradise ever comes as we all will ourselves for just one moment as light as we can be, I will lose my breath and breathe water as breath as dew and sunair breaks free from the created world in the same moment it bursts from all our skins.

I ache. I am alone in my jungle. And I am a hippie of the underground.

*The Lilith Emerald*, copyright A J Guesdon, 2001.



## 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](mailto:pittwateronlinenews@live.com.au)

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

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September 25 - October 1, 2011: Issue 25

**Colin Casey**



Above: Colin and wife Denise, 22 and 21 years at RAAF Ball, 1956.



Above: Superintendent Doreen Cruickshank, Flight Lieutenant Colin Casey and President of [Avalon Beach RSL](#) Sub Branch, Commodore Graham Sloper (Rtd.) at [2011 Vietnam Veteran's Day](#) (Northern) at [Palm Beach RSL](#).



Above: Denise and Colin were avid Square Dancers until recently as part of the Newport Ocean's Waves, now at Warriewood. Photo from the 1988 Bicentennial Square Dance Convention.

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I was born in Brisbane 2/3/34. When I was five years old Mother took up employment as Housekeeper on a farm on Sunshine Coast. Within 2 years married a farmer at a nearby banana farm. I completed Primary School at a one teacher school and then started secondary school at Nambour which involved catching Rail motor from Eudlo to Nambour Monday morning then home on Friday afternoon.

Because of my interest in the RAAF I joined Air Training Corps. As Cadets we had a weekly parade plus once a month we had a weekend camp at Amberley where we sometimes got rides in RAAF aircraft. The more I saw of the RAAF the more I like it. At 15 years in March 1950 I joined as an Apprentice and moved to Melbourne to do 3 years training to become a Radio Engineer. When I graduated I was posted to No6 Squadron then shortly to Woomera for the Atomic Bomb Trials. This involved cleaning radio active dust from the planes, servicing and refuelling them. Six months after return to Amberley I was posted to Melbourne for a further 2 years training as a Radio Engineer. When completed I was commissioned as a Radio Officer and posted for two years as the Officer in charge of No 1 Transmitting Station Laverton. This was a great posting with good Technicians and the station on the air 24 hours a day communicating with Air Forces around the World.

Another 6 years were spent in Headquarters St Kilda Road Melbourne before I was posted to Darwin for two years, which was also a great posting. After a year in Canberra at Department of Air, I resigned and started 6 years as an Engineer followed by 25 years in Sales before retiring

How did you come to join the Services?

I joined RAAF as an Apprentice at 15 years leaving home in Brisbane to train in Melbourne for 4 years. My motive was to be able to complete my education and escape an unhappy home life. My step father believed I should work full time on banana farm but I thought this was a lot of physical effort for little return. Also the chance to see Melbourne and other towns later was appealing. I had 17 years in the RAAF and I was a Flight Lieutenant when I resigned.

You were part of the Australian soldiers involved in the first Atomic test at Woomera, could you tell us about this and what was involved?

I was a Radio Technician with No6 Squadron flying Lincolns. The Squadron with support personnel was sent to Woomera where 6 aircraft were to track the path of the radio activity released by the blast so a warning could be given if it headed towards Sydney or Melbourne. The first blast was at Emu Field about 100 miles from Woomera but our aircraft operated from Woomera which had a longer strip. When they returned the radio active canisters were removed and the radio active dust was washed from the wings and fuselage with soap and water. After refuelling they returned to follow the cloud. Because the aircrew were in radio activity for long periods they were more affected than ground crew. To some of us it was an adventure. I was 18 years at the time. Veterans Affairs have recently granted me a Health Card.

You have been at Avalon sub-branch for ex-service personnel for a number of years now. Could you tell us what the RSL means to you?

The RSL to me when I joined meant a group of people with shared experiences and camaraderie with dedicated members looking after our rightful entitlements.

What is your favourite place in Pittwater?

My favourite place in Pittwater is West Head the nearby walking tracks the Rock Art, Aboriginal Midden close to the World War 2 Gun Emplacements.

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

**Leave the World as a better place**

### Further reading

From Daily Telegraph 23/9/11: "Help for nuke vets; a small number of Veterans of British nuclear test in Australia in the 1950's and 1960's will be entitled to health care and compensation. Veteran's Affairs Minister Warwick Snowdon said yesterday the former RAAF personnel had been excluded because their involvement had fallen outside the currently legislated nuclear test areas or time periods. Mr Snowdon said others would also be eligible."

Colin is a former President of Avalon/Bilgola Amateur swimmers: still involved in Vice President Role  
<http://www.avalonbilgolawimming.asn.au/committee.html>

SA A Bomb in Press of Adelaide: Courtesy and with kind premission of SA State Library; <http://www.slsa.sa.gov.au/exhibitions/boland/eventOz1953.htm>



ARTICLE: At dawn on 15 October 1953, the British detonated the first atomic bomb on the Australian mainland at Emu Field, about 480 kilometres north west of Woomera in the desert of South Australia (testing had begun at the Monte Bello Islands off the north coast of Western Australia the previous year). Contemporary accounts reported that the plume of smoke produced by the explosion resembled the profile of an Aboriginal person. A second bomb was exploded at Emu Field on 27 October.

After these detonations at Emu Field, the British decided that their program of tests might continue for 10 years or so and asked the Australian government if a more permanent proving ground might be established. Maralinga was chosen and regular British atomic testing began there on September 27, 1956. Seven atomic bombs were detonated at Maralinga in

1956 and 1957 with a further series of "minor trials" in which at least another 300 nuclear devices were exploded. Atomic testing at these sites, and at Woomera, has left a lasting legacy. The sites were officially "cleaned up" in 1967. However, there are continued concerns about the effect of radiation exposure on the people involved in the tests. There have been numerous incidences of radiation sickness, chronic illness and birth defects amongst the Australian and British service personnel and in the Aboriginal communities on whose lands the tests occurred.

Royal Commission into British Nuclear Tests in Australia. [The report of the Royal Commission into British Nuclear Tests in Australia](#). Canberra: Australian Govt. Pub. Service, 1985

The day the black and red cloud came for us - Maralinga testimony:  
<http://www.adelaidenow.com.au/news/south-australia/the-day-the-black-and-red-cloud-came-for-us-maralinga-testimony/story-e6frea83-1225835368593>



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Above: Picture No: 603/60374 from Warringah Library. Inscription on front: "Tooth & Co. Kent Brewery Employees Annual Picnic Feb. 1907". Top row (L-R) (Women) Housemaid, May Bligh; Second row: Leon Houreux; Third row (L-R) second girl Caroline Marie Whittaker, wife of John Winter (local land owner). Lady at end of third row is Madame Boutin (who, in 1907, opened the Royal Hotel, Narrabeen).  
 CREATED: 1907

Below: Picture No: 41WAR41247 from Warringah Library Horse-drawn vehicles; New South Wales; Narrabeen; Narrabeen (N.S.W.)

Bottom: Pic No: a2005208h, courtesy of the State Library of NSW and taken by Norman Lindsay when visiting the Rock Lily in 1912; the arbor at side of building.

**HOTELS.**  
**TEL., 152 MANLY. - NARRABEEN HOTEL.**  
 Madame BOUTIN, Proprietress  
 (late Manageress of Rock Lily Hotel) for 20 years).  
 The Motor Car runs to and from Manly Wharf daily  
 10.45 a.m., 12.15, 2.45, and 4.15 p.m. First-class & one  
 way, with trip 14 miles, 6s 6d; or Refreshments, 4s 6d.

**IN THE SUPREME COURT OF NEW SOUTH WALES - Probate Jurisdiction.**-In the Will of BENIGNO BATTISTELLA (sometimes called George Battistella) late of Narrabeen in the State of New South Wales late Hotel Manager deceased.- Application will be made after fourteen days from the publication hereof that Probate of the last Will of the abovesaid deceased may be granted to CHARLOTTE BOUTIN of Narrabeen Widow the Executrix named in the said Will (BENJAMIN FREDRICK PARKER the Executor therein named having renounced Probate). And Creditors are required to send in forthwith particulars of their claims to the undersigned at whose offices all notices may be served, DIBBS, PARKER, and PARKER, Proctors for the Executrix, B.N.Z.-chambers, George and Wynyard streets, Sydney.



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## Charlotte Boutin (Madame)



One of the livelier characters Pittwater had roaming its tracks at the turn of last century is Belgian born Charlotte Boutin. It is difficult to determine exactly when she landed in Sydney but a Madame Boutin, Miss Boutin and child Boutin arrived from New Caledonia on the Egmont in late August 1873. Madam Boutin then appears to have then departed to Galle (France) in early September 1873 but without 'Miss' or 'child'. We may wonder of the 'miss' is Charlotte, left behind to make her own living with Boutins already in Sydney. By 1888 she seems to be established at the Rock Lily at Mona Vale, named for *Dendrobium speciosum*, an Australian orchid that was widespread around the premises at that time. Famed for her fare and large menu, sometimes rumoured to be disguising possum or snake, Charlotte was also appreciated for an 'earthy sense of humour'.

George Ellis, a botanist, and guest in 1895 states: "We are quite prepared on reaching Rock Lily to do justice to the good things provided for us by the burly host of the Rock Lily Hotel. **The menu is extensive and varied and quite equal to the best of our metropolitan cafes**, and after luncheon there are quarts, skittles, swings, and other aids to digestion in the recreation ground over the road, to which many of the visitors make their way. The landlord and his wife hail from La Belle France. He is somewhat expert in the use of the brush, and visitors to the hotel cannot fail to notice the evidences of his skill in the numerous sketches which ornament the walls of the rooms.

There were also tales of unattached ladies who would allow gents to buy beer for them in the bars and vine-covered trellises of a grape arbor to one side of the building around this time. Risqué and attractive to artists and statesman became the Rock Lily's reputation.

By 1901 Charlotte had purchased the license for the Narrabeen Hotel although she continued to be on hand at Mona Vale until at least February 1907. If she was the mistress of Leon Houreaux prior to her departure she seemed to be very fond of a George Battistella when encosed at Narrabeen. This man was a bar-keep at that premises until his death in 1920. Charlotte continued placing notices in the SMH In Memorium section to his memory right up until her death in 1932. These were always from 'his loving friend C Boutin' or 'Madame Boutin' even seven years after her marriage to a John C Elliott. She was named as executrix and widow in his Probate Notices so perhaps she was 'Madame Boutin' to herself first, last and always.

On April 25th 1907 the Narrabeen Hotel, an edifice of some 20 bedrooms at the time, burnt to the ground at 5am in the morning. On April 26th Leon Houreaux died suddenly; whether this was from shock at what had happened to the Hotel at Narrabeen or not there is some indication of regret from Charlotte at this instance; HOUREUX-In memory of Leon Houreux, late Rock-lily, died April 26, 1907. Regret from his old friend, C. Boutin. Family Notices. (1910, April 26). The Sydney Morning Herald (NSW : 1842 - 1954), p. 6. Retrieved September 21, 2011, from <http://nla.gov.au/nla.news-article15136801>

Leon was 76 when he died and was buried at Manly in the Catholic section. It is curious that this fire occurred at a time when, a few years later as Leon's daughter Justine Leontine Briquet, shows through trying to sell not only the Rock Lily, but also the extensive stables and property at Newport and Mona Vale, that Leon was virtually bankrupt. It is also notable that no one called for a fire brigade even though the Hotel had a telephone from 1904 (Number 152); NARRABEEN HOTEL, Tel. 152 Manly-Madame C. Boutin. Close to beach, rod fishing, shooting-, etc. Advertising. (1904, September 20). The Sydney Morning Herald (NSW : 1842 - 1954), p. 10. Retrieved September 21, 2011, from <http://nla.gov.au/nla.news-article14624820> Reports of the fire state that the local fire brigade would not have turned up anyway as Narrabeen was 'outside of their jurisdiction'. There is also an account of the building burning too fast and those on hand saving Madame's collection of birds from the front balcony.

By 1913 Charlotte had sold the licence to a man named Bacon, one of those whom added his name to her second last In Memorium to Battistella almost twenty years later. Charlotte was advertising a Green African Parrot next to the Narrabeen Hotel in 1920 but soon after George's death she began buying other Hotel licenses closer to town; The Imperial in Alfred Street North Sydney and the Flagstaff in Princes Street, The Rocks in 1923 and 1924. One of these changed license hands less than six months later.

Her romantic side surfaces as the last visible note in her marriage to John C Elliott in 1924 when she must have been mature. After that she disappears apart from the annual notices for George until her death on July 26th. 1932; ELLIOTT-July 26 Charlotte beloved wife of John C Elliott at Randwick Private burial. Family Notices. (1932, July 30). The Sydney Morning Herald (NSW : 1842 - 1954), p. 12. Retrieved September 22, 2011, from <http://nla.gov.au/nla.news-article16912266>

Further: too much to list here; in file below



[Charlotte Boutin Further.pdf](#)  
 Size : 162.348 Kb  
 Type : pdf



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## PCYC PROPOSED FOR PITTWATER

Pittwater Council will put together a proposal for a PCYC located in southern Pittwater after the idea was given the green light by the Council at its meeting this week. The NSW Government recently called for expressions of interest for the establishment of eight new Police and Community Youth Clubs, with funding to be made available between 2011 and 2015.

The proposal would see a multi-purpose community centre built at the southern end of Pittwater Rugby Park North Narrabeen, encompassing the current function centre at the ground which would be replaced in the overall development. According to a report prepared by staff and presented at the Council meeting last night, management of such a centre would be through PCYC NSW, a not-for-profit organisation closely linked to the NSW Police. PCYC NSW currently operates 57 community centres throughout New South Wales and offers a management model whereby a local PCYC is supported by an allocation of two additional police officers.

The proposed centre at North Narrabeen would have a focus on youth activities, with space for computers, a music rehearsal room and a commercial kitchen capable of hosting hospitality training. The centre would also have a café, meeting rooms and office space for youth services and be able to host performances and sport-related activities.

According to the report the funds needed to build the new centre, initially estimated at \$8 million, would come from a variety of sources.

Community Services Manager Lindsay Godfrey said the next step was to prepare a detailed submission to the Council, including concept drawings of the proposed centre. "Once the Council has agreed to a design and a plan for funding, a submission can then be made to the State Government," he said.

To read the Council report visit [www.pittwater.nsw.gov.au/council/meetings](http://www.pittwater.nsw.gov.au/council/meetings) and click on the link to 19 September.

## HSC STUDY LOCK-IN @ LIBRARY

Mona Vale Library is offering to 'lock up' HSC students for special after-hours study sessions at the library during October. To make studying for the HSC exams even more palatable, the Library will be offering students **free pizza** along with a Thursday evening study session. The lock-in and free pizza sessions will be **each Thursday evening from 6pm to 9pm between 29 September and 27 October**.

Early opening hours at Mona Vale Library will also be on offer to HSC students each weekday from 9am to 10am, from Monday 10 October to Friday 28 October. The library normally opens at 10am on weekdays, but HSC students will have access to the library from 9am during this period.

Library Manager Cathy Howie said that the after-hours study sessions aimed to help HSC students to make use of a quieter environment for studying. "We hope the offer of free pizza on Thursday evenings will also make studying a little less stressful for them," she said. "The only requirement for students to take advantage of the study 'lock-in' is for them to arrive by 6.15pm on the Thursday evening at the library, or by 9.15am for the early morning sessions."

Mona Vale Library is located at 1 Park Street, Mona Vale.

- STARRING IN ALPHABETICAL ORDER -

ADRIAN LUX / CRYSTAL FIGHTERS / DEATH FROM ABOVE 1979  
DIGITALISM (LIVE) / DIPLO / DUCK SAUCE / EXAMPLE / FEED ME  
FLUX PAVILION / GOLD FIELDS / GOSSIP / HARVARD BASS  
JOKER & MC NOMAD / KATY B / KIMBRA / LITTLE DRAGON / LYKKE LI  
MAGNETIC MAN / MSTRKRFT / MYLO (DJ SET) / NERO / SANTIGOLD  
SEBASTIAN / SEBASTIEN TELLIER / SIMIAN MOBILE DISCO (LIVE) / TENSNAKE  
THE ASTON SHUFFLE (LIVE) / THE NAKED & FAMOUS / THE STREETS  
WOLFGANG GARTNER / YACHT CLUB DJS / AND MANY MORE

TICKETS & INFO [PARKLIFE.COM.AU](http://PARKLIFE.COM.AU) ON SALE MIDDAY **30 JUNE**

MELBOURNE SAT 24TH SEPT SUNNY SPHER MUSIC BOHEA & KINGS DOORAN	PERTH SUN 25TH SEPT WELLINGTON SQUARE	BRISBANE SAT 17TH OCT RIVERSTAGE & CITY BOTANIC GARDENS	SYDNEY SUN 29TH OCT KIPPAX LAKE SIOORE PARK	ADELAIDE MON 30TH OCT BOTANIC PARK
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Logos for sponsors: GAZZ, HUGO, M&P, THE VINE, M, GAZZ

Parklife 2011 Sydney Website: [here](http://www.parklife.com.au)



Every school holiday the CEC offers "Kids on the Coast" - an exciting program of fun and engaging activities for your kids and their friends. The program combines a mix of outdoor adventure, discovery and learning, fun and games, art and craft. Kids are inspired and motivated by hands-on interactive activities with an emphasis on the plants and animals that make up our coastal environment.

[Sept/Oct school holiday activities](#)

The program is suited for 5 to 12 year olds (unless stated otherwise) and taught by experienced community educators with environmental or teaching qualifications.

Bookings can be made by calling 1300 000 232 (CEC), by email to [cec@pittwater.nsw.gov.au](mailto:cec@pittwater.nsw.gov.au) or on-line at [www.pittwater.nsw.gov.au/ceckids](http://www.pittwater.nsw.gov.au/ceckids).

CEC  
Lake Park Rd  
North Narrabeen NSW 2101  
[www.pittwater.nsw.gov.au/cec](http://www.pittwater.nsw.gov.au/cec)



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

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

## School Holiday Fun from Pittwater Council



Pittwater Council has some great ideas and services for the upcoming school holidays: At [http://www.pittwater.nsw.gov.au/children/vacation\\_care](http://www.pittwater.nsw.gov.au/children/vacation_care)

There will also be **Vacation Care Carnival Capers**, hosted by Warringah, Mosman, Manly and our very own Pittwater Council at Winnererremy Bay, Mona Vale on Tuesday the 4th of October for children aged from kindergarten to year six.

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## New Website for Northern Beaches Youth

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

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

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

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

**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](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 phone carriers.



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## Federal Government Media Releases this Week

[New Consumer Credit Protections Introduced into Parliament \[21/09/2011\]](#)

PORTFOLIO: Treasury

SNIPPET: Better protections for senior Australians taking out reverse mortgages and vulnerable people who use payday loans are a step closer following the introduction of the Consumer Credit and Corporations Legislation Amendment (Enhancements) Bill 2011 in the House of Representatives. The Bill will introduce significant new protections for senior Australians and other consumers who are vulnerable to inappropriate lending practices, through reforms in four main categories: short-term loans, reverse mortgages, consumer leases and other enhancements to the operation of the National Consumer Credit Protection Act 2009. For reverse mortgages, the Bill includes:

### 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](http://www.agedcarecrisis.com) provides a voice for elderly and frail citizens in Australia

The Senior Newspaper Online

Click on logo:

**Australian Senior**  
PUBLICATIONS

Mildred and George are off gallivanting this week. We offer some information on local exercises programs to keep the Spring in your step too:



Fresh Start has been offering innovative health, fitness and wellness programs to the Northern Beaches Community since 2006.

The premier club in Narrabeen is a large facility which offers a range of classes and programs for all ages and is home to the Award Winning 10 Week Weight Loss Challenge and the high-intensity Cross-Fit Conditioning program. The NEW fitness Centre in Mona Vale, aside from providing a fully equipped yet non-intimidating training centre for adults only, is home to the Thrive Lifestyle Program. This program is a specialised progressive strength training program aimed at reducing the risks associated with aging and has helped hundreds of older adults improve their quality of life. Among many other benefits, this program helps with:

Arthritis  
Osteoporosis  
Cardio-Vascular Diseases  
Obesity  
Diabetes  
Posture Correction  
Injury Rehabilitation

Above all, the program helps you maintain physical mobility and independence as you move into your later years and is a great way to meet new friends.

Fresh Start Wellness and Fitness Centre is opening it's hours to become Mona Vale's first and only 24 hour fitness centre. Aside from a range of great new equipment, minimal changes will be made during the current hours of operation. After hours, easy, automated access allows you to get in early, leave when you are ready and most importantly, GIVE YOU THE FREEDOM TO EXPERIENCE THE BENEFITS OF TRAINING IN THE SAME GREAT CLUB

#### Fresh Start Mona Vale

5/2 Mona Vale Rd, Mona Vale.  
Sydney, NSW, Australia. 2103.  
P: 02.9970.8400 F: 02.9970.8488

#### Fresh Start Narrabeen

1525 Pittwater Road, Narrabeen.  
Sydney, NSW, Australia. 2101.  
P: 02.9970.8400 F: 02.9970.8488 M: 0420 947 244

## 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](http://www.avpals.com) or ring the co-ordinator Jenny McLaughlin on 02 9999 1348

HEARTMOVES



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](http://www.heartfoundation.org.au)



Enable Me

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

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



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

- The program may include advice and support with:-
- An appropriate exercise or strengthening program
  - Nutrition
  - Home modifications
  - Assistive technology
  - Social and leisure activities

For more information or to register please phone.

Call Kerrie on 9979 7677



home and community care

Contact Community Care Northern Beaches by clicking their logo:



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## COASTAL AMBASSADORS PROGRAM OPENS

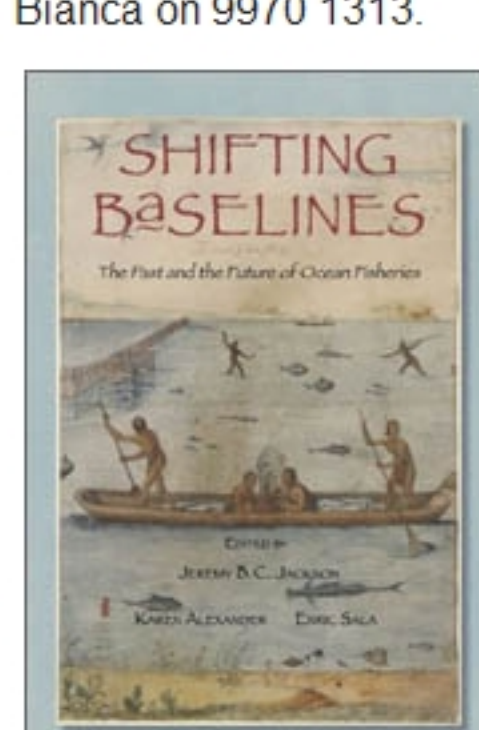
Pittwater Council's Coastal Environment Centre (CEC), Surf Life Saving Sydney Northern Beaches, Surfriider Foundation and Eco-Divers are joining forces again this year to offer their members free environmental training through the Coastal Ambassadors program. This year's program will offer workshops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

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

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

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

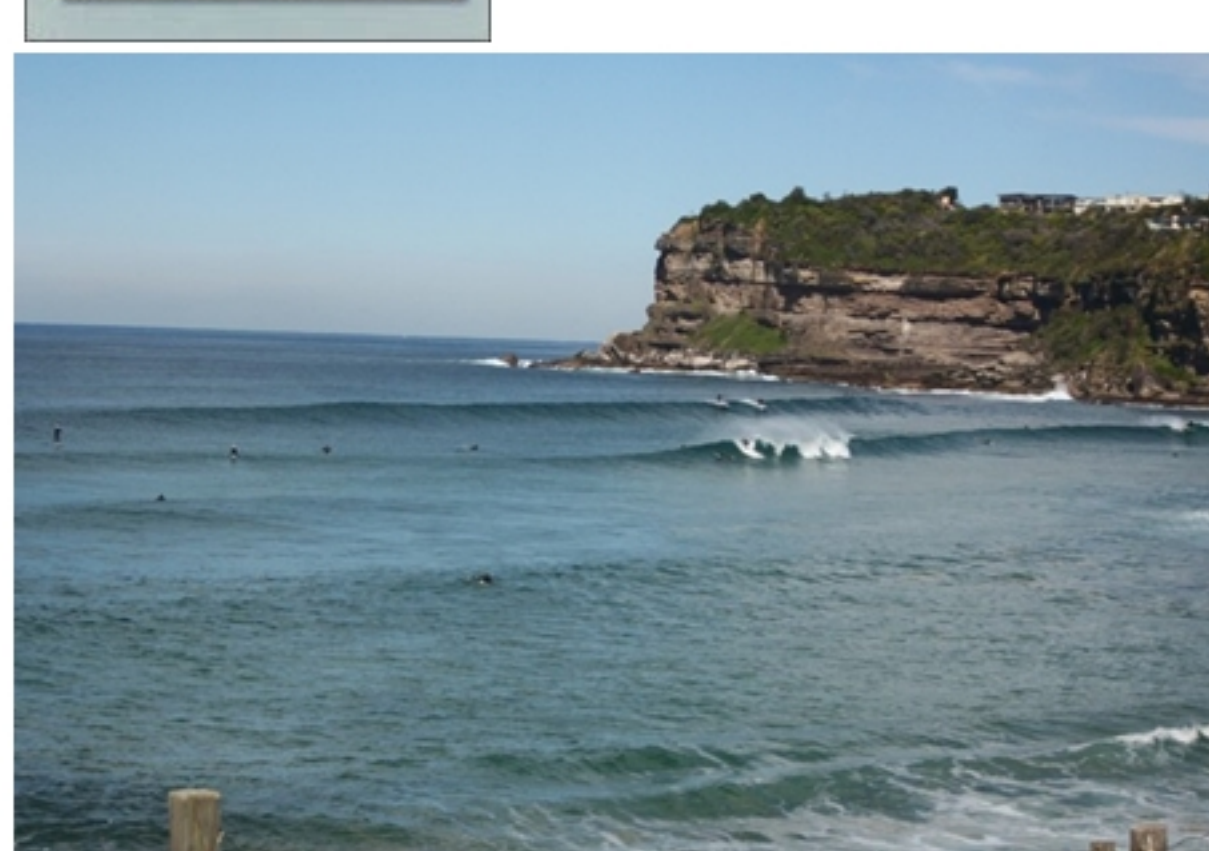
For more information or to download an application form visit [www.pittwater.nsw.gov.au/cec](http://www.pittwater.nsw.gov.au/cec) or call Cathy on 9970 1314 or Bianca on 9970 1313.



### Shifting Baselines

The Past and the Future of Ocean Fisheries  
Jeremy BC Jackson, Karen Alexander, Enric Sala  
Explores the implications of a groundbreaking idea: we must understand the oceans of the past to protect the oceans of the future.

DUE Sep 2011 - 284pp  
Paperback - 9781610910019 - \$55.95



### How Green is a Spotted Gum when Wet?

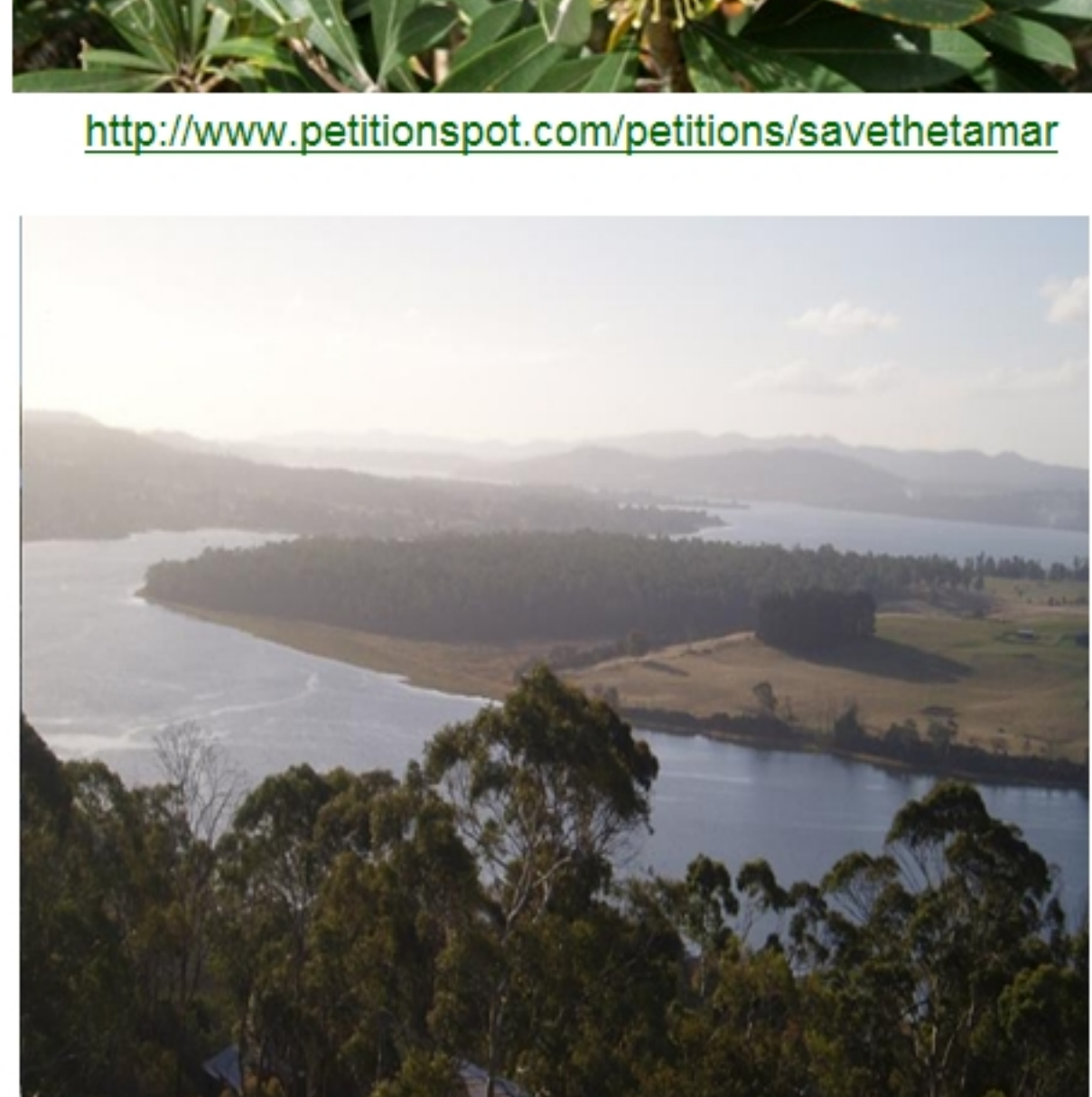


For tips on how to be more energy efficient, visit **Climate Action Pittwater** at:

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



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



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



Florabank recognises and shares the best available florabank from research and practice in native species seed management.

More at: [http://www.florabank.org.au/default.asp?V\\_DOC\\_ID=1](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.

[Pittwater Native Fauna Draft Plan of Management Document](#)



*"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



Every school holiday the CEC offers "Kids on the Coast" - an exciting program of fun and engaging activities for your kids and their friends. The program combines a mix of outdoor adventure, discovery and learning, fun and games, art and craft. Kids are inspired and motivated by hands-on interactive activities with an emphasis on the plants and animals that make up our coastal environment. [Sept/Oct school holiday activities](#)

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CEC  
Lake Park Rd  
North Narrabeen NSW 2101  
[www.pittwater.nsw.gov.au/cec](http://www.pittwater.nsw.gov.au/cec)



### The Action Plan for Australian Birds 2010

Stephen Garnett, Judit Szabo, Guy Dutton

The most authoritative account yet of the status of Australia's birds. DUE Sept 2011 - CSIRO PUBLISHING - 456pp - Illustrations

Paperback - 9780643103689 - \$49.95



### ONLINE BIODIVERSITY CALENDAR A FIRST

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

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

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

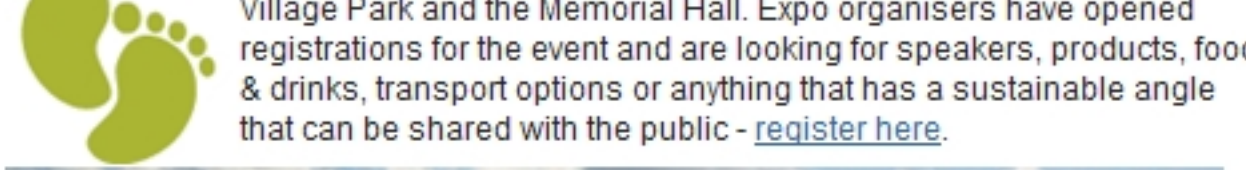
Pittwater Council's Natural Environment and Education Manager Mark Beharrell said the calendar was a work in progress and was designed to be interactive. "We hope that the public will contribute images and other information to the calendar."

"It's a living atlas that will help us measure changes to the coastal environment and increase awareness of native birds, animals and plants throughout the seasons," he said.

The calendar can be viewed at [www.pittwater.nsw.gov.au/environment/biocalendar](http://www.pittwater.nsw.gov.au/environment/biocalendar). To submit photos for the biodiversity calendar email [cec@pittwater.nsw.gov.au](mailto:cec@pittwater.nsw.gov.au)

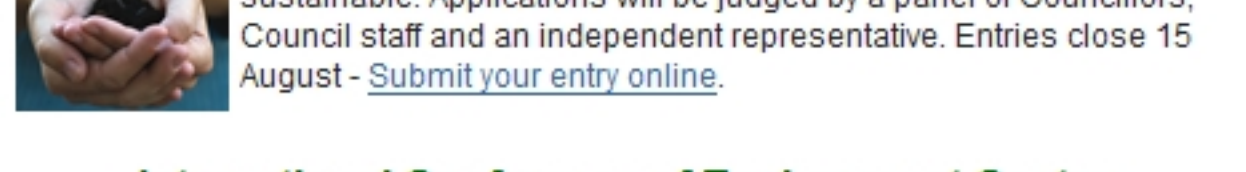
### Register for the Sustainable Living Expo

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](#).



### 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](#).



### International Conference of Environment Centres MEC Events (Manly Environment Centre)

Thursday 8th - Sunday 11th September 2011

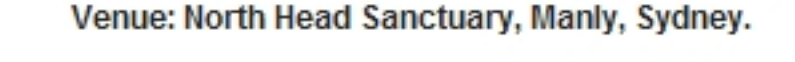
North Head Sanctuary, Manly  
More From: <http://www.mec.org.au/>

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 Totnes' 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 newsletter, online or paper
- Members email group for latest environmental news and events
- AGM with Guest Speaker
- Free advice for members on managing gardens for Native Vegetation and fauna habitat
- Lobbies Pittwater Council and State Government on inappropriate management practices and development
- Provides support to Council for PNHA-approved grant applications for environmental projects
- Publications: Introductory Field Guide to Birds of Warriewood Wetlands & Irrawong Reserve, \$20.00rpp, attractive cards with photos of Pittwater scenes, flora and fauna \$2.00

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



### Pittwater YHA Open Day

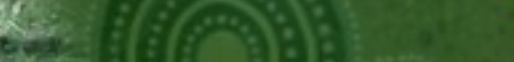
4th September 2011

Includes free ferry trip @ 12.30 pm

leaving Church Point Wharf

BBQ lunch music wildlife etc...

Open Day Speaker: Ric Laplastier, local architect and Pittwater resident.



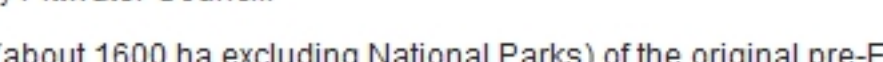
### Pittwater's Environmental Foundation

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

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

### Coastal Environment Centre



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

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

Monthly Cooeee Newsletter below. If you would like to receive Council's environmental newsletter via email, please contact [jodi\\_harvey@pittwater.nsw.gov.au](mailto:jodi_harvey@pittwater.nsw.gov.au)

### September Newsletter includes information on local:

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

[HERE](#)

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



[pitt\\_est\\_processes\\_study.pdf](#)

Size : 492.173 Kb

Type : pdf

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

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

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September 25 - October 1, 2011: Issue 25

## Asparagus



Asparagus spears, an early Spring crop, are beginning to come down in price and be more plentiful. Asparagus is best served lightly steamed and tossed through a green salad or with a rich Hollandaise sauce for dipping.

**Ingredients**  
3 egg yolks, at room temperature  
2 tbs water  
175g unsalted butter, cut into 1.5cm cubes, at room temperature  
2 tbs fresh lemon juice  
Salt & ground white pepper

**Method**  
Place a heatproof bowl over a medium saucepan that is quarter-filled with water. The bowl should fit snugly into the pan without touching the water (lift the bowl to check and remove some water if it does).

Remove the bowl, cover the pan and bring the water to the boil over high heat. Uncover and reduce heat to very low so the water is barely simmering (there should be almost no movement at all). It is important that the water is barely simmering while making the sauce - if it is too hot, the egg yolks will cook too much and the sauce will curdle.

Place the egg yolks and the 2 tbs water in the heatproof bowl and place over the pan. Use a wire balloon whisk to whisk the mixture constantly for 3 minutes or until it is thick and pale, has doubled in volume and a ribbon trail forms when the whisk is lifted.

Add the butter a cube at a time, whisking constantly and adding another cube when the previous one is incorporated completely. (It should take about 10 minutes to add it all.) If butter is added too quickly, it won't mix easily with the egg yolks or the sauce may lose volume. At the same time, it is important that the butter is at room temperature and added a cube at a time, so that it doesn't take too long to be incorporated - if the sauce cooks for too long, it can curdle.

The sauce will begin to thin when you start adding the butter. However, once the emulsion is established (after about the third cube), it will begin to thicken again. It will continue to thicken as the remaining butter is added. If the sauce curdles or separates it can be saved as long as it isn't grainy and the eggs haven't set.

Remove the bowl from the pan and place on a heatproof surface. The cooked sauce should have the consistency of very lightly whisked thickened cream. Whisk in the lemon juice and season with salt and pepper. Serve immediately.



*Asparagus officinalis* is a spring vegetable, a flowering perennial plant species in the genus *Asparagus*. It was once classified in the lily family, like its *Allium* cousins, onions and garlic, but the Liliaceae have been split and the onion-like plants are now in the family Amaryllidaceae and asparagus in the Asparagaceae. *Asparagus officinalis* is native to most of Europe, northern Africa and western Asia, and is widely cultivated as a vegetable crop.

20,000 years ago asparagus was eaten near Aswan in Egypt. It has been used as a vegetable and medicine, owing to its delicate flavour, diuretic properties, and more. It is pictured as an offering on an Egyptian frieze dating to 3000 BC. Still in ancient times, it was known in Syria and in Spain. Greeks and Romans ate it fresh when in season and dried the vegetable for use in winter; Romans even froze it in, high on the Alps, until the Feast of Epicurius. Emperor Augustus reserved the *Asparagus Fleet* for hauling the vegetable, and coined the expression "faster than cooking asparagus" for quick action.

### Medicinal

The second century physician Galen described asparagus as "cleansing and healing".

Nutrition studies have shown asparagus is a low-calorie source of folate and potassium. Its stalks are high in antioxidants. "Asparagus provides essential nutrients: six spears contain some 135 micrograms (µg) of folate, almost half the adult RDI (recommended daily intake), 20 milligrams of potassium," notes an article in *Reader's Digest*. Research suggests folate is key in taming homocysteine, a substance implicated in heart disease. Folate is also critical for pregnant women, since it protects against neural tube defects in babies. Studies have shown that people who have died from Alzheimer's Disease have extremely low to no levels of folate. Several studies indicate getting plenty of potassium may reduce the loss of calcium from the body.

Particularly green asparagus is a good source of vitamin C. Vitamin C helps the body produce and maintain collagen, the major structural protein component of the body's connective tissues. Asparagus is low in calories and is very low in sodium. It is a good source of vitamin B6, calcium, magnesium and zinc, and a very good source of dietary fiber, protein, vitamin A, vitamin C, vitamin E, vitamin K, thiamin, riboflavin, rutin, niacin, folic acid, iron, phosphorus, potassium, copper, manganese and selenium as well as chromium, a trace mineral that enhances the ability of insulin to transport glucose from the bloodstream into cells.[citation needed] The amino acid asparagine gets its name from asparagus, as the asparagus plant is rich in this compound.

"Asparagus has long been recognized for its medicinal properties," wrote D. Onstad, author of *Whole Foods Companion: A Guide for Adventurous Cooks, Curious Shoppers and Lovers of Natural Foods*. "Asparagus contains substances that act as a diuretic, neutralize ammonia that makes us tired, and protect small blood vessels from rupturing. Its fiber content makes it a laxative, too."

Water from cooking asparagus may help clean blemishes on the face if used for washing the face morning and night. From John Heinerman's *Heinerman's new Encyclopedia of Fruits and Vegetables*: "Cooked asparagus and its watery juices are very good for helping dissolve uric acid deposits in the extremities, (causes gout), as well as inducing urination where such a function may be lacking or only done on an infrequent basis. Asparagus is especially useful in cases of hypertension where the amount of sodium in the blood far exceeds the potassium present. Cooked asparagus also increases bowel evacuations."

The English word "asparagus" derives from classical Latin, but the plant was once known in English as sperage, from the Medieval Latin sparagus. This term itself derives from the Greek aspharagos or asparagos, and the Greek term originates from the Persian *asparag*, meaning "sprout" or "shoot".

Asparagus. (2011, September 21). In Wikipedia, The Free Encyclopedia. Retrieved 05:26, September 24, 2011, from <http://en.wikipedia.org/w/index.php?title=Asparagus&oldid=451718625>



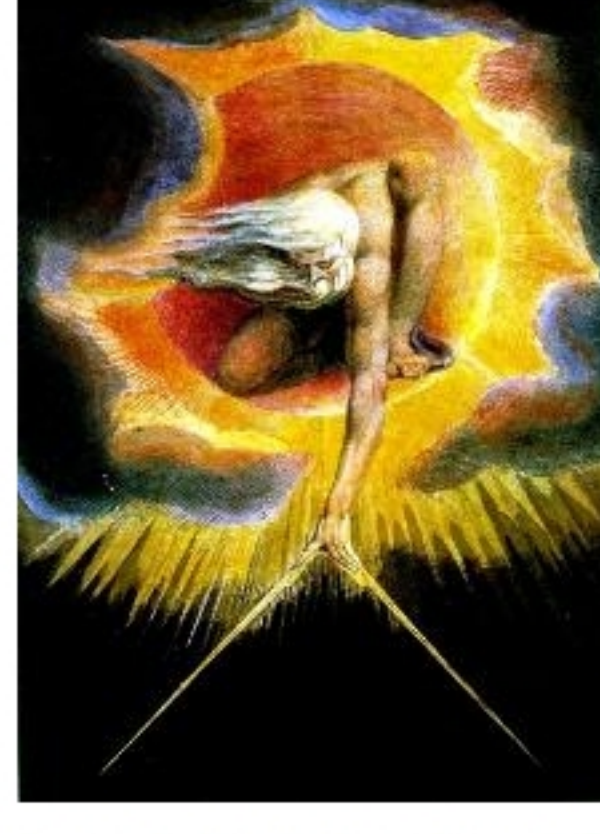
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September 25 - October 1, 2011: Issue 25

**Getting Straight And Getting The Message:  
September's Libran New Moon**



When the pupil is ready, the Master appears. Confucius  
I called the New World into existence to redress the balance of the Old. George Canning  
We were all on this ship in the sixties, our generation, a ship going to discover the New World. John Lennon  
If you know you are on the right track, if you have this inner knowledge, then nobody can turn you off. . . no matter what they say. Barbara McClintock

Learning is finding out what we already know. Doing is demonstrating that you know it. Teaching is reminding others that they know just as well as you. You are all learners, doers and teachers. Richard Bach

Why does life keep teaching me lessons I have no desire to learn?  
Ashleigh Brilliant

**September's Libra new Moon occurs on September 27 and it is another extremely strong lunation.** The Sun and the Moon are mixing it up with Uranus and Pluto and things are set to shake, rattle and roll. The Sabian Symbol is **Libra 5: A Man Teaching The True Inner Knowledge Of The New World To His Students.** From my book [The Sabian Oracle: 360 Degrees Of Wisdom](#)

Information and understanding is coming to you or through you. Insight, knowledge and expertise are available or present, or at least they may need to be. True 'Inner Knowledge' is available to all, no matter how "educated" one may be. If everyone is coming from a true sense of this 'Inner Knowledge', there can be whole 'New Worlds' built, with the foundations being passed down from the 'Teacher' to the 'Students'. Do people have the mindset and the "ears" to listen to what's being taught? Is the 'Teacher' radiating a pure sense of integrity regarding how he teaches the ways of this 'New World'? If so, this can picture a 'True Teacher', someone who can lead others on to a brighter and better future. However, sometimes there can be feelings of superiority, that someone "knows it all". Their ideas can be rather uninspiring, yet they still try to foist them on anyone who'll listen. The 'Students' who are truly learning are those who will be the pioneers of the 'New World'. How are you feeling about your 'Teachings' and your lessons? What needs to be learnt on an 'Inner' level? What can be passed on to others so they might learn, and improve their lives?

**Keywords:** Guidance and protection on the path. Being a guiding light for others. Imparting knowledge. Wisdom. Looking for truth. Seeking answers to complicated questions. Listening and learning. Turning to others to receive guidance. Speaking one's truth. Instinctual knowledge. Pioneers on the path. Teachers and students. Secrets of the new age.

**The Caution:** Dogmatism. Feeling that one person has the only true answer. Feelings of being highly "evolved" and holding it over other people's heads. Arrogance. Evangelism. Telling others "how it is", regardless of how they feel. Gurus and cult dogma. The blind leading the blind.

**This new Moon feels incredibly powerful for several reasons.** First, it occurs on the Super Galactic Center, which is said to be the center of all the galaxies. Philip Sedgwick described the Super Galactic Center this way in one of his recent [Galactic Times](#):

*For all intents and purposes, it could be considered to span from 25 degrees of Virgo through 8 degrees of Libra, plus or minus. Why so much space? This supermassive black hole is estimated to have once possessed the mass of three billion times that of our sun! In its grasp it holds three trillion stars, ten thousand globular clusters and more than thirty galaxies, including our own. In reality, all these objects are slowly sipped into the core of this massive black hole.*

Philip says about the transit of the Sun over this part of the zodiac:

*It's time to conduct an internal audit. Observe and note all resources, attributes, talents, skills, humor that you possess inside. Stack up all the goodies you possess as an earth walker and figure out how to use those in a way that suits the dharma you intended to create when you incarnated on this planet.*

So, what information is coming your way, or coming from you, that can fertilize your life in such a way that you can live your life more authentically?

**The Quest Symbol (the degree after) the new Moon is Libra 6: A Man Watches His Ideals Taking A Concrete Form Before His Inner Vision.** This is an amazing Symbol that follows several wonderful Symbols through from the beginning of Libra.

*Plant the seed of desire in your mind and it forms a nucleus with power to attract to itself everything needed for its fulfillment. Robert Collier*

**Keywords:** Vivid confrontations with one's objectives. Creative visualizations. Imagining things. Meditations and affirmations. Ideas crystallized. Putting things into the universe. Making things happen. Seeing things take shape and form. Clairvoyance. Film making. Writing and getting published. The power of manifestation. Solidification. Builders. Sculptures. Dreams.

**The Caution:** Being dissatisfied with what was thought to be the true ideal. Feeling that things are "written in stone" and can't be changed. Calcified situations or emotions. Neurosis. Focusing on the negative thereby bringing the negative.

**So, combining The Man Teaching The True Inner Knowledge Of The New World To His Students and A Man Watches His Ideals Taking Concrete Form Before His Inner Vision** with the incredible power and velocity of the **Super Galactic Center**, this feels to be a very powerful new Moon.

**Further adding power and intensity is Pluto exactly squaring this new Moon.** Pluto is pushing us, perhaps demanding, that we make the necessary changes to our lives, that we recognize and respond to the urges to transform our lives. **Pluto is on Capricorn 5: Indians - Some Rowing A Canoe While Others Are Dancing A War Dance.** This square from Pluto to the new Moon is showing some wanting to get on with things while others may want to obstruct, confront, control or generally get in the way.

**Keywords:** Vehicles of discovery versus arguing and bickering. Threats and intimidation. Making a show of power and mobility. Cooperation bringing release from difficulties. Mobilizing forces. Psyching oneself up. Group efforts. Traffic.

**The Caution:** Making one's case whilst having to be continually on the move. Being emotionally charged. Arguments and bickering that halt forward movement or growth. Intimidation. Moving targets. Superficial shows of strength for display purposes. Making a lot of noise. Pulling faces. Gestures that threaten. Accepting no opposition to progress. Aggression. Divergent motivations leading to confusion. Road rage.

**Mercury is also in the mix, conjunct (together with) the new Moon and also squared by Pluto.** Mercury will also highlight the above degrees for a few days following the new Moon. Mercury's Symbol is **Libra 3: The Dawn Of A New Day Reveals Everything Changed.**

**Keywords:** New perspectives and realizations. Waking up to a whole new consciousness or sense of reality. Emerging from depression. Huge changes that erase things that mattered before. Radical shifts. Major life experiences. Being reborn. Events out of nowhere. Changes of fortune. Revitalized perspectives. Coming out of a sleep.



**The Caution:** Holding on despite all evidence and reason to move on. Refusing to believe that things are getting better. Waking up and not knowing where one is. Fickleness. Change for the sake of change. Sticking with the old. Having to adjust continually to changing circumstances. Unstable behavior.

It kind of feels like **'transmute now or be square'**.



**Adding more fuel to this fire is Uranus exactly opposite Mercury, the Sun and the Moon and square Pluto.** Uranus is asking that we take a good look at how we see ourselves, how we fit into things, how we want to be seen and how we want to be involved in the world. The Symbol is **Aries 3: A Cameo Shows The Profile Of A Man That Suggests The Outline Of His Country.**

**Keywords:** Observing one's limitations. Living a life that is large. Atlases and maps. Standing by one's self. Allegiances with creed, religion, race or country. Nationhood. Brotherhood. The land. People in uniforms of any kind. The face of fighters who fought 'the good fight'. Borders and limitations to activity. Identification. Expatriates.

**The Caution:** Stereotyping one's self or others. Blindly following the dogma of parents, government or officials. Not seeing the true essence of one's self. Expecting to fit into some "shape" or model. Becoming identified with externals. Seeking recognition from others.

How do you see yourself? How do you want to see yourself? How do you fit in with 'your nation'?

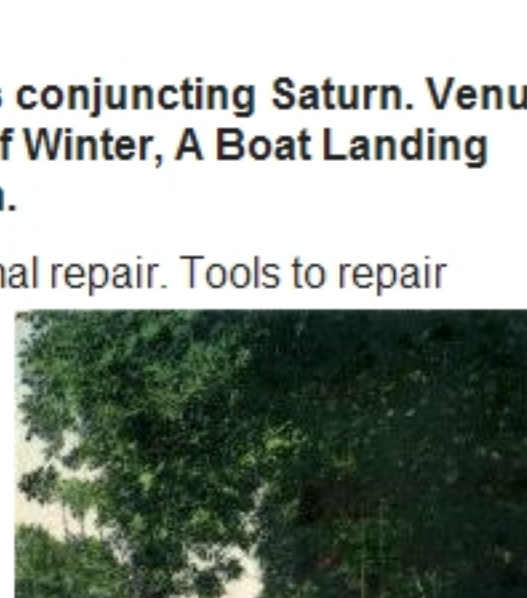
So, with all this cardinal energy going on in a very powerful t-square such as this, we are likely to find ourselves buzzing, perhaps nervous, ambitious, argumentative, upset with the status-quo, angry at the government, cheesed off about what various nations are doing and how our planet is being treated. Of course, there are many permutations of how we may be feeling. Wanting freedom is bound to be one of the main themes.

**Saturn is on a rather rigorous degree, it's Libra 19: A Gang Of Robbers In Hiding, having spent the week prior to the new Moon on Libra 18: Two Men Placed Under Arrest Give An Accounting For Their Acts Before The Tribunal Of Society.** These two Libra degrees can be very confronting and Saturn is asking that we weed out those relationships or situations that are holding us back, limiting us or otherwise sabotaging. As always, the Symbols could be operating on a mental or spiritual level and it may be that we're holding ourselves back. The Gang Of Robbers In Hiding does not have to be something external, although often that will be seen as well, it can be mental states that rob one of their sense of peace or attitudes that are not doing anyone any favors.

Certainly, these degrees can be seen through things going on in the world. It seems to me that there are a lot of 'robbers' that could do with some 'arresting'.

**Adding further to the mix is Venus conjuncting Saturn. Venus is on Libra 16: After The Storms Of Winter, A Boat Landing Stands In Need Of Reconstruction.**

**Keywords:** Temporary loss. Emotional repair. Tools to repair damage and build a new life. Having faith that the worst is over and recovery can begin. Calling in the experts. Taking time to put the pieces back together. Working to ensure the safety of the community. Insurance claims. The fragility of man's world in the face of nature. Returning to work.



**The Caution:** Making excuses instead of fixing things. Feeling emotionally swamped and powerless. Being torn apart. Leaving things a mess. Feeling shot to pieces. Letting things wear down to the point of collapse. Having nowhere to dock. Arguments and violence.

**Venus will go over the Two Men Placed Under Arrest and The Gang Of Robbers In Hiding a few days after the new Moon.** Venus and Saturn together in Libra, especially on these degrees, signifies a time of difficulty and stress in relationships, or around relationship issues, and it could be showing the need to draw boundaries around what you do and don't want and what you will and won't accept. Venus and Saturn conjuncting on those degrees can, of course, signify other areas of endings. Doors may be closing on chapters in your life, and this could be any level; mentally, physically or emotionally, and you may be walking away from things that have meant a great deal to you. Whether it's you that makes the decision, or someone else who's calling the shots, communicating and getting things out into the open in a caring, straightforward way can lead to resolutions. Some situations could feel particularly karmic; like they've been brewing for years. Although this is a stressful configuration, some relationships will solidify and commitments can be made around living, loving and working together. For this to happen, the relationship would need to contain the desire to work for humanity; to contribute to the mental, physical and spiritual health of others. The Gang Of Robbers In Hiding can show a difficulty in relaxing, accepting and trusting, and, when manifesting negatively, can lead, if unchecked, to depression and mental illness.

**Mars is on Leo 6: An Old Fashioned Conservative Woman Is Confronted By An Up-To-Date Girl.** This can be having people confronting issues to do with age, beauty, being taken seriously, having to grow up, learning through experiences, confrontations with one's shadow, etc. Obviously, the young can learn from their elders, while those who are older can learn a lot from the young ones. Learning to let our hair down may be part of the equation. Perhaps, in amongst all this, it's time for having fun?

**I sense a very strong need to shield and protect our selves, our lives, nature, the planet and those who can't look after themselves.** The karmic Moon's north node is **Sagittarius 17: Tiny Children Playing In Sunbonnets.** This can speak of care taken with youngsters, issues of innocence and protection along with a need for a healthy environment. It can also show issues to do with blinking. Sometimes this Symbol can show cover-ups and naivety and not being shown the truth or the whole picture.

**Many are emerging into a new life. Neptune is on Aquarius 29: A Butterfly Emerging From A Chrysalis.** It seems like it's time to come out of that "cocoon", stretch your wings and take flight. How is your 'emergence' going?

We certainly need to maintain a sense of equilibrium in this Libran new Moon as it pushes up forward and into new realities that are likely to be both rewarding and confronting.



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](mailto: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.

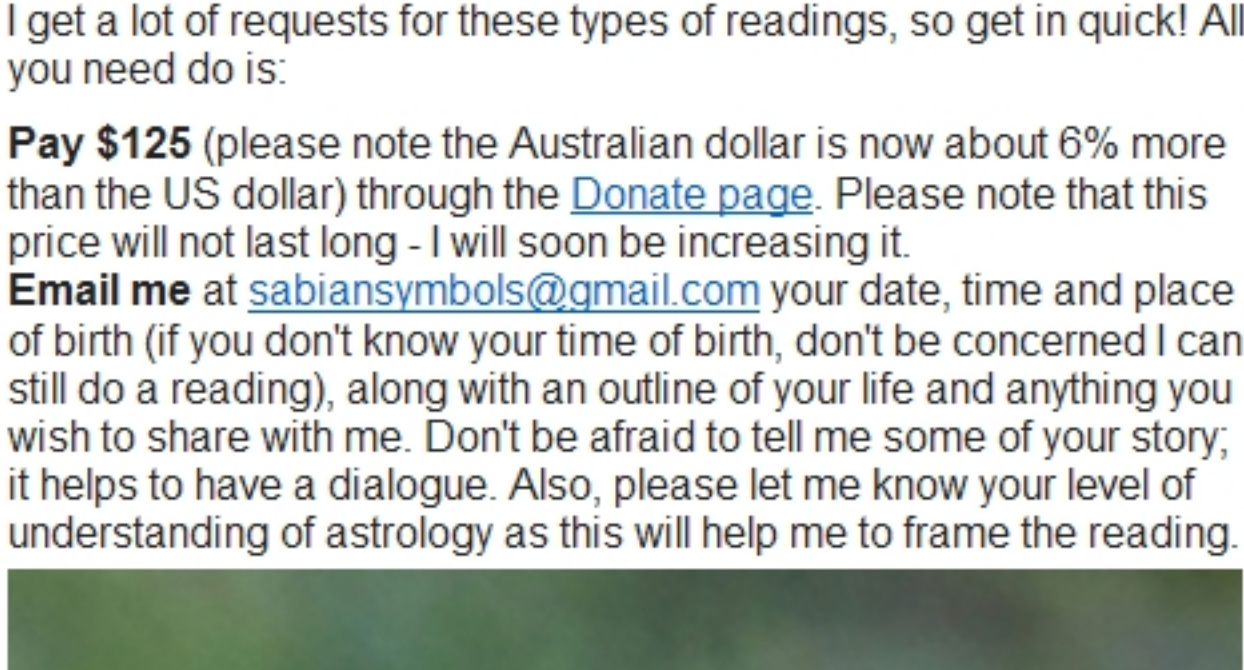
Whether you are generally curious about your chart, looking for greater self-awareness, wondering how long a bad patch will last or seeking clarity on what your future holds, these readings can empower you on many levels and can mark a major turning point in your life.

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



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# Pittwater Online News

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- Annual Spring Concert and Bush Flowers Too   Avalon Tattoo 2011 Images   Bangalley Mid-Winter   Blue-Green-Blue   Currawong Day Images   Eleven
- Issue 20 VP Day Thora Concert Pittwater Artists   Mona Vale Eye Balm   Palm Beach Bible Garden Flowering   Palm Beach from Sunrise Hill
- Pittwater Bush Flowers   Tree Giant   Vietnam Veteran's Day at Palm Beach RSL Images   White Light Beams

## September 25 - October 1, 2011: Issue 25

The celebration of Blue Illusion's Spring Garden Party at Mona Vale on Thursday 22 September welcomed Friends of Northern Beaches Palliative Care and their guests. Generous hospitality, an enticing parade and the tempting opportunity to indulge in new season's fashions, rewarded those who gathered to support the current work and future expansion of Northern Beaches Palliative Care.

This is a specialist team that has served our peninsula since 1989 caring for thousands of people with life-limiting illness and their families. For further information contact Jo-Ann Steeves 9918 6575 or [fonbpc@hammond.com.au](mailto:fonbpc@hammond.com.au).



Above: (l to r) Robin Macmanamon, Mary Catchlove  
Below: (l to r) Sarah Van Dyke, Judy Tuck, Caroline Jones



Above: (l to r) Jo-Ann Steeves (president FONBPC), Sarah Van Dyke, Elaine Tutt



Above: (l to r) Cathy Dyer, Elaine Tutt, Rita Redman  
Below: (l to r) Eleanor Swansbra (treasurer FONBPC), Wendy Morris, Dee Williams



Left: (l to r) Cora Russell, Nancy Vuka, Beryl McKenna



Above: (l to r) Dorothy Hyland (model), Denise Rowell (model) Jennifer McKay (Blue Illusion proprietor)  
Below: (l to r) Denise Rowell (model), Dorothy Hyland (model), Rachel Watson (model)



Above: (l to r) Jan Humphreys, Gail Carew, Carmen Sablatnig  
Below: (l to r) Denise Allen, Fae Larsen, Margaret Wright



### Friends of Northern Beaches Palliative Care

By fundraising, advocacy and awareness the Friends are actively working for Palliative Care now and into its future on our Northern Beaches. They invite people to embrace, with them, this service that cares for local adults of all generations. A pair of idle crafty hands could create market goods; relevant skills and knowledge could contribute; attendance at fundraising functions would expand the support base; membership of the Friends group could increase its potential.

Full Article at <http://www.pittwateronlinenews.com/friends-of-northern-beaches-palliative-care.php>

[Blue Illusion Boutique Mona Vale](#)





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## September 25 - October 1, 2011: Issue 25

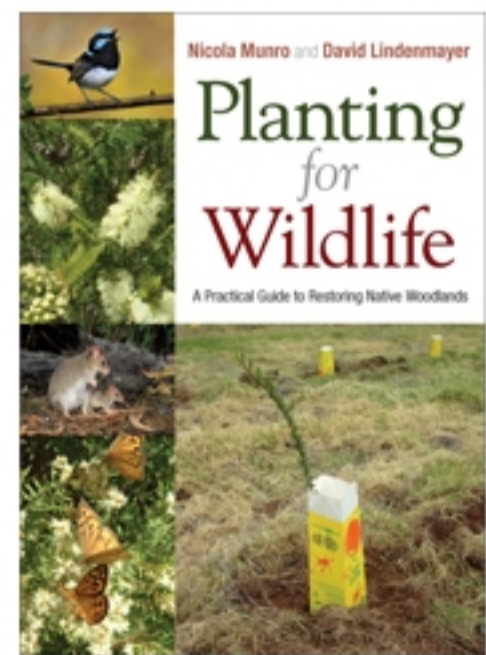
**Pittwater Online News receives a lot of information from various sources each week. For Your Interest and Bemusement:**



Above: **Kangaroo - The Australian Story** - Robert Bassler  
Maureen O'Hara, Peter Lawford and Richard Boone in Australia with Chips Rafferty and Bud Tingwell. Taking two years to make, this was Twentieth Century Fox's first of many productions in Australia. The promos for this movie say it all. Watch the film and compare: "Tribute to greatness...TO-NIGHT SCREEN HISTORY IS MADE...as "Kangaroo," the first feature film in Technicolor produced by Hollywood in Australia, makes its debut before distinguished audiences at gala charity previews in Canberra, Sydney, Melbourne, Adelaide, Brisbane...

For Bird Counts on a Weekly Update basis, suscribe to [Birdline](#)

Birdline NSW is sponsored by [Birding NSW](#), [Birds Australia - Southern NSW & ACT](#) and [Cumberland Bird Observers Club](#) and co-ordinated and hosted by [Eremaea Birds](#).



**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 - \$39.95



[Google+ vs. Facebook: The Gloves Are Off \[OPINION\]](#) - mashable.com

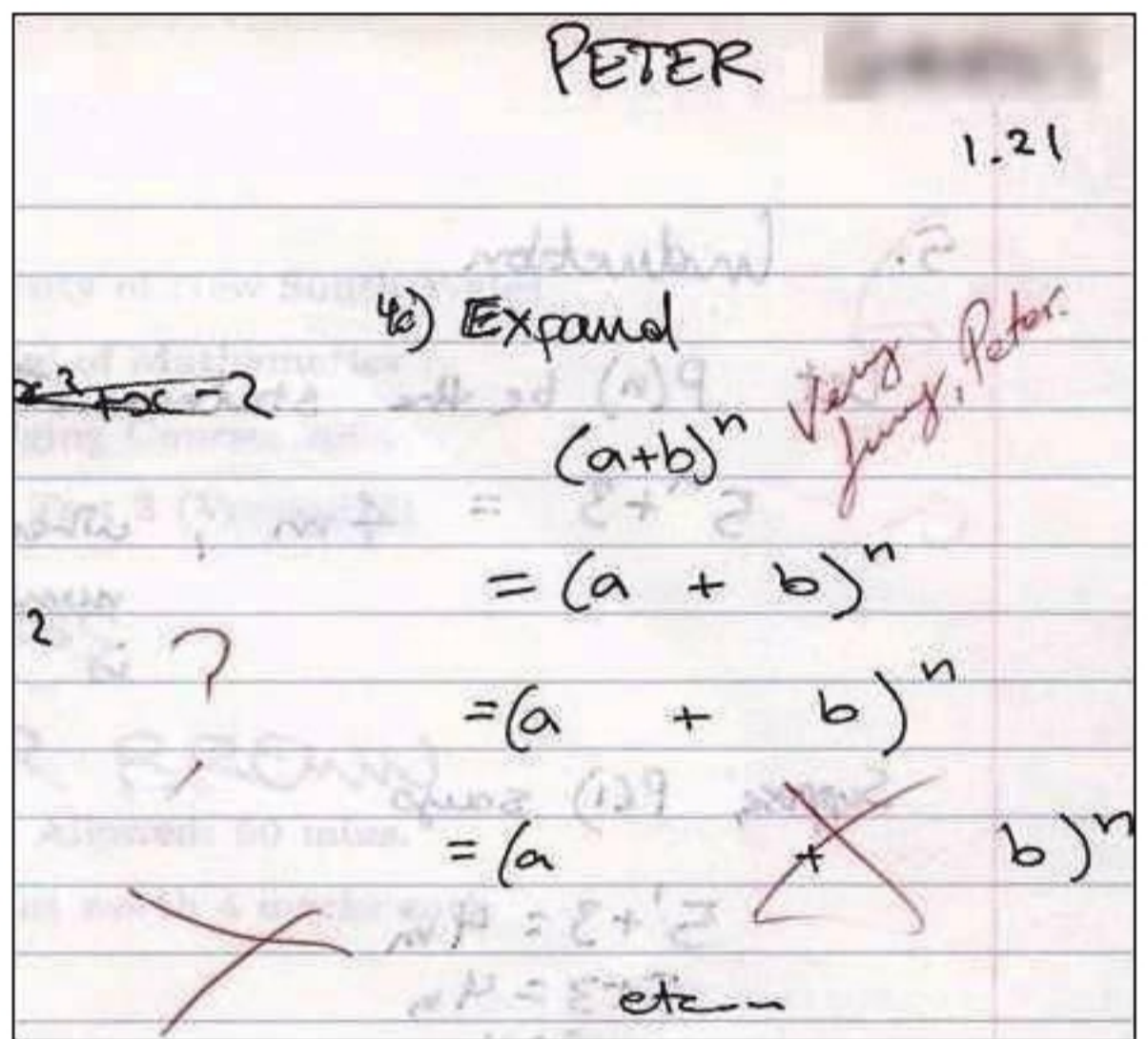
What a day. In the space of a few short hours, Google+ wrenched open the floodgates, allowing anyone to sign up for the fledgling social network -- while Facebook retooled its newsfeed so you...



[The Twelve Attributes of a Truly Great Place to Work](#) - blogs.hbr.org

The most engaged employees -- those who report they're fully invested in their jobs and committed to their employers -- are significantly more productive, drive higher customer satisfaction and outperform those who are less engaged.

### Why Teachers May Need a Holiday from School Too:



Why would living close to a mobile phone mast cause ill health?

You might walk into it.

Joanna works in an office. Her computer is a stand-alone system. What is a stand-alone computer system?

It doesn't come with a chair

Steve is driving his car. He is travelling at 60 feet/second and the speed limit is 40 mph. Is Steve speeding?

He could find out by checking his speedometer.

Where was Hadrian's Wall built?

Around Hadrian's garden



### Marine and Freshwater Research

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

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September 25 - October 1, 2011: Issue 25

**Old Books: September 2011**

## Springtime !

### Springtime and other essays (1920)

Author: Darwin, Francis, Sir, 1848-1925

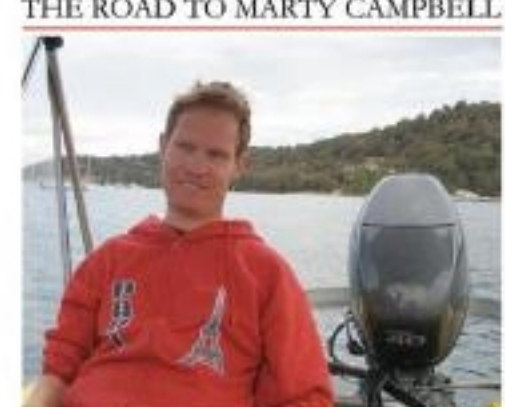
Publisher: London J. Murray

Springtime--Some names of characters in fiction--Thomas Hearne, 1678-1735--Recollections--Old instruments of music--The traditional names of English plants--Sir Joseph Dalton Hooker--A great hospital [St. Bartholomew's]--Sir George Airy--Sydney Smith--Charles Dickens--A procession of flowers

### Book launch for *Growing Up with Fragile X Syndrome* at the *Gone Fishing Gallery, Pasadena, Church Point Saturday 29 October, 4pm - 6pm*

#### GROWING UP with Fragile X Syndrome

THE ROAD TO MARTY CAMPBELL



Robyn R. Iredale

*Growing up with Fragile X Syndrome: The Road to Marty Campbell* is the new biography from long time Scotland Island resident, Robyn Iredale.

Robyn is launching her story of raising a son affected by fragile X (FX) and invites those living in the Pittwater area and who work in health and disability services, or who have a personal connection to or interest in fragile X, to attend.

FX syndrome is the leading cause of inherited intellectual disability and the most common known genetic cause of autism. It is found in all races and at all socio-economic levels. Latest statistics indicate 1 in 3600 males and 1 in 4000- 6000 females are affected and that as many as 1 in 280 males and 1 in 125 females are carriers. Every week in Australia one child is born who is fully affected and twelve children are born

who are carriers.

Dr Iredale's book describes her extended family's journey along the FX road from Marty's pre-diagnosis at age seven back in 1977, when awareness and support services were essentially non-existent, through the trials and the triumphs of school, sport and employment, to the present.

It also includes vital FX research and information on testing, health issues, education, behavioural challenges, likely outcomes for carriers versus those affected and describes with humour the many common personality traits shared by those affected, which will resonate with families touched by FX.

There have been plenty of academic books and research papers written on FX but it is believed *The Road to Marty Campbell* is the first personal account available worldwide.

Launch speakers:

Dr Paolo Totaro AM

John Kelleher, Fragile X Association of Australia President

Dr Robyn Iredale, author

The book's main subject, Marty Campbell, will attend the launch.

RSVP by 24 October to Robyn via email [robyn.iredale@anu.edu.au](mailto:robyn.iredale@anu.edu.au) or ph. 9979 1096 Complimentary refreshments will be supplied.

For information on fragile x and to order a copy of *Growing up with Fragile X Syndrome* go to <http://www.fragilex.org.au/>



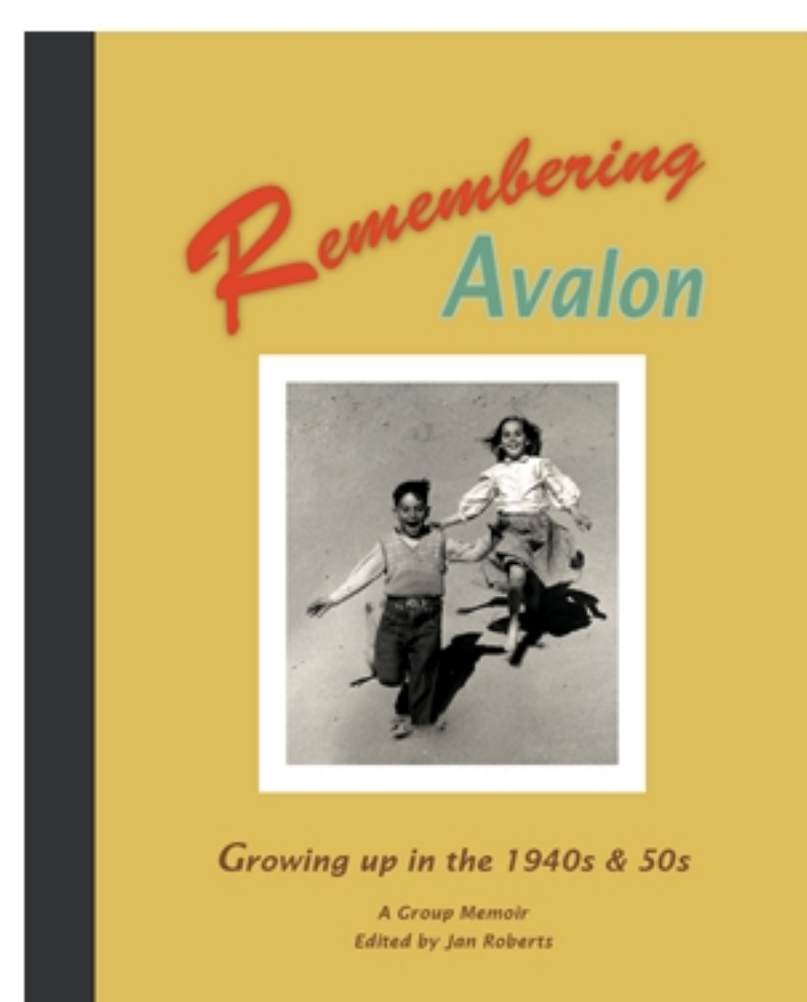
### The Story of Bob Waterer and his Family 1803 - 2010, Nan Bosler

This book is the story of one family who can trace its heritage back to Sarah (Biddy) Wallace, c.1803-1880. Sarah is believed to have been a member of the Broken Bay clan led by Bungaree. She settled on Marramara Creek in the Hawkesbury with her husband John (Ferdinand) Lewis, a convict who was a German soldier sentenced to transportation to NSW for life.

It is both a family and local history covering the early days of the Lower Hawkesbury River, Scotland Island, Pittwater and Brookvale. Bob Waterer's great grandmother Catherine Bens, 1838-1920, was known as The Queen of Scotland Island. Brookvale was home to Bob for more than 80 years and the book follows his school and working years, his passion for Rugby League and his love for his family.

\$25 To order a book Contact [donandpat@bigpond.com](mailto:donandpat@bigpond.com)

To read more about [Writing the book](#)



**Remembering Avalon: Growing up in the 1940s & 50s** is a group memoir where fifteen people write about aspects of their Avalon childhood in the days of few phones and cars, many koalas in the trees and canes at school – and no TV, mobiles or internet.

None of us had written personally before, and, not being the 'Facebook' generation, some of us found it hard to use the first person 'I'. Mostly 'war babies', writing our stories brought back memories long repressed and forgotten. School days are a large part of this book, and there are

plenty of lively out-of-school adventures and confessions.

The stories are enlivened by many classic photos from the post-war era as well as high-quality paintings and art work reproduced in colour. This is Avalon Beach described through the fresh, honest, loving eyes of those who were there sixty and more years ago.

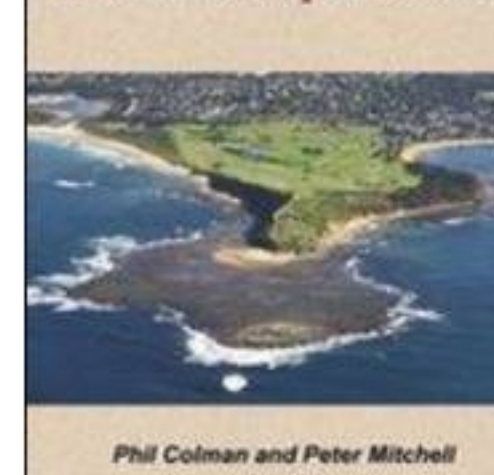
It could be any tiny beach settlement, but few had as many artists, writers and characters. They 'discovered' one of the most beautiful, affordable areas of Australia, within reach of Sydney, yet remote, in its own world.

We had to make our own entertainment. Luckily most years the circus came to town with animals now never seen, bonfires and crackers weren't banned, the sandhills were for fun and adventure – and our parents exerted little supervision. Read all about it!

It is 90 years since Arthur Jabez Small named and planned Avalon Beach. This beautifully produced little book is a fitting memorial to his vision, and we are delighted that three of his grandchildren contributed to *Remembering Avalon*.

**Available at: Bookoccino Avalon, Berkelouw's Mona Vale and the State Library Australian Bookshop in Macquarie St.**

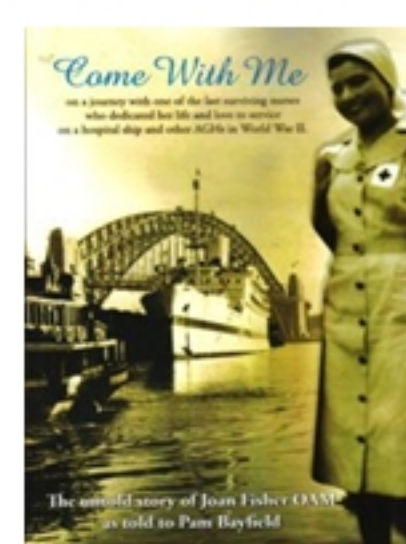
### Exploring tidal waters on Australia's temperate coast



Exploring Tidal Waters on Australia's Temperate Coast  
Phil Colman & Peter Mitchell Groundtruth Consulting, Gladesville (2011) 128pp; 190 colour illustrations Price \$22.00

An armchair guide to shore platforms without getting your feet wet. Visit Long Reef at low tide and find out what makes it tick. Invaluable in helping you understand just how wonderful, how diverse, and how valuable our coast really is. Professor Tim Flannery describes it as '...a wonderful book! ...With a gift for explanation and simple language, Colman and Mitchell unlock the mysteries of the seashore to everyone. Anyone who enjoys the beach should have a copy of this book. It will transform their understanding and enjoyment of one of life's simplest pleasures.'

Available from Berkelouw Books, Dee Why and Mona Vale, and at the Coastal Environment Centre, North Narrabeen. Email orders to [groundtruth-mitchell@gmail.com](mailto:groundtruth-mitchell@gmail.com).

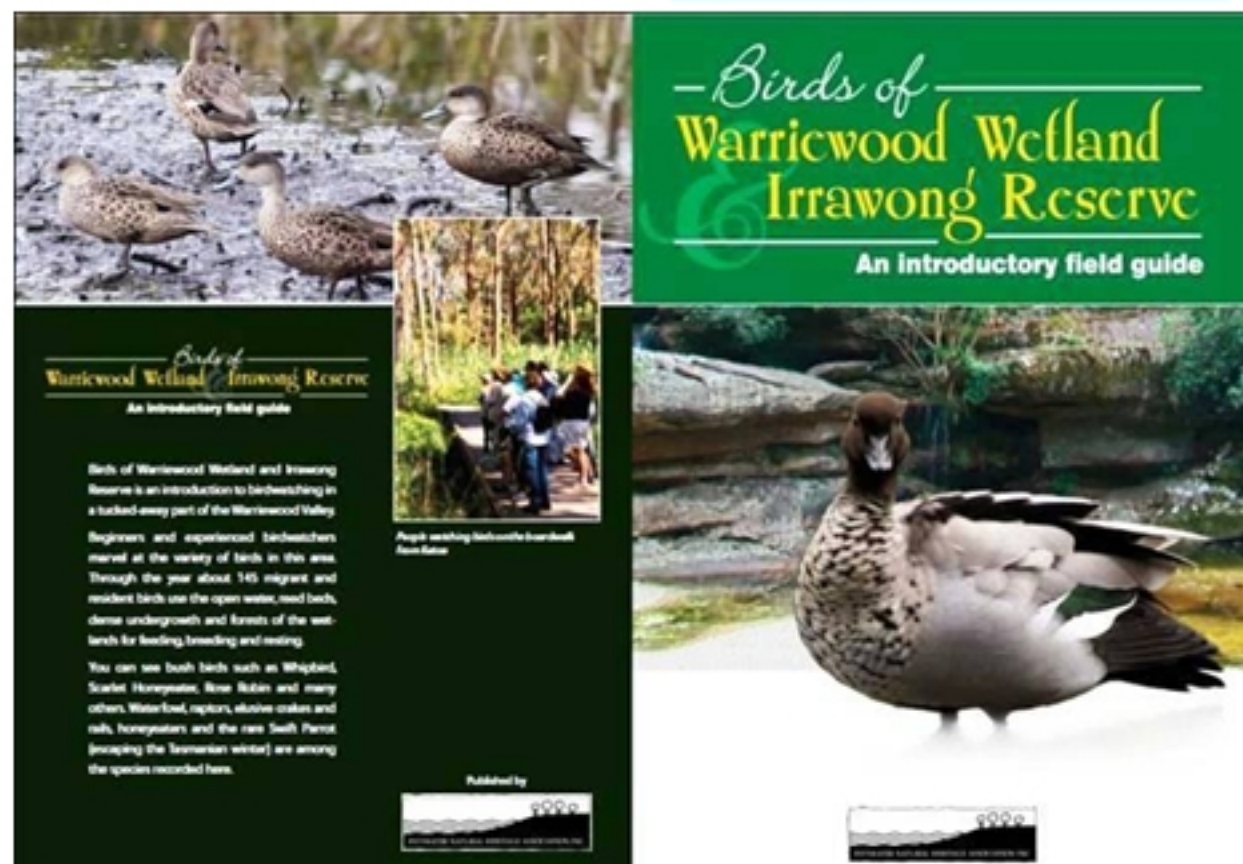


Recent OAM Recipient **Joan Fisher** shared her story of Nursing in the Defence Forces with local writer Pam Bayfield who then wrote *Come With Me*. To Celebrate her award this book has been re-released and is available at <http://www.pambayfield.com.au/> and at Berkelouw Books in Mona Vale.

Vocational, Historical and just a great read !



**Introductory Field Guide to the Birds of Warriewood Wetland and Irrawong 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

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### Michele And Nathalie's Kitchen: A Journey Into The World Of Couscous, Quiches And Paella by Muir and Blundstone

Two enterprising Scotland Island residents cook up a storm in their kitchens

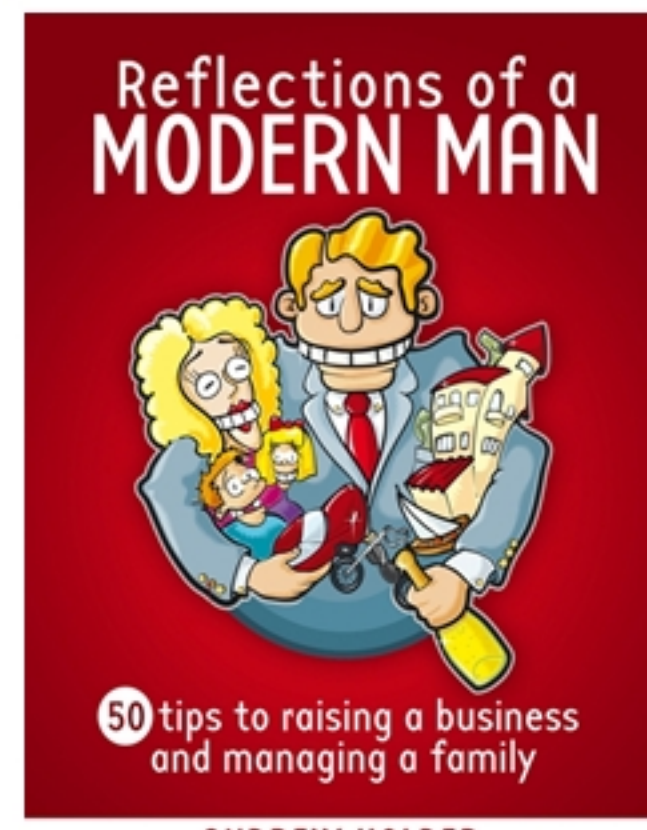
Michèle Blundstone and Nathalie Muir first met at a wine tasting function on Scotland Island in Sydney's beautiful Pittwater. Both were residents there, but neither had any idea that they shared far more in common. Over a glass, or two, they discovered a remarkable connection. Not only were they French, but both were born in Casablanca, Morocco.

Food played a large part in their childhoods and both women grew up harbouring a love of good food and cooking. Food and food preparation was an essential part of celebrating family life in French Morocco. Many of Michèle's recipes have come from these gatherings. Her mother and grandmother were family cooks and as a young child she was always helping to prepare food for family gatherings.

Nathalie's love of cooking came from her maid Zorah, who although illiterate, was a fantastic creator.

A shared desire to see their beloved recipes in print led to the birth of Michèle and Nathalie's Kitchen. They decided to organise a few cooking classes to see what the reaction of the general public was to their recipes.

For more information: <http://mn-kitchen.com/>



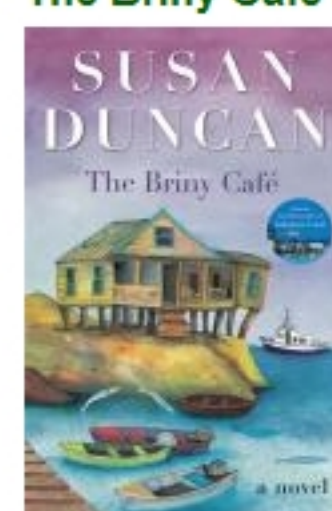
### Reflections of a Modern Man, Andrew Holder

The modern man does a lot of running: running a business, running meetings, running up bills, running up hills, running late, running the bath for the babies, running amok, running on empty, running around like a headless chook, running the gauntlet, running to the shops or running the kids to school. In his book *Reflections of a Modern Man*, Andrew Holder looks at the parallels between raising a business and managing a family. Sharing his own experiences in both arenas, he delivers a book that is full of handy tips and tricks to keep your cool and your sense of humour.

*Reflections of a Modern Man* is one man's user-friendly guide to navigating the long and winding road of career and family, showing that just one regular guy can perform both roles successfully if he just remembers to breathe, smile and focus on what's already wonderful.

\$24.95 Available At: <http://andrewholder.com.au/store.html>

### The Briny Cafe by Susan Duncan



At: **Berkelouw Mona Vale, 12-14 Park Street, Mona Vale, NSW, 2103**

After a 25-year career spanning radio, newspaper and magazine journalism, including editing two of Australia's top selling women's magazines, THE AUSTRALIAN WOMEN'S WEEKLY and NEW IDEA, SUSAN DUNCAN woke up one morning and chucked in her job. The decision followed the deaths of her husband and brother. After struggling to begin again, she finally found her own patch of paradise on earth only to discover it might already be too late when she was diagnosed with cancer herself. Today Susan lives with her second husband, Bob, on the shores of Pittwater at Tarrangaua, the beautiful home built for poet Dorothea Mackellar in 1925. Susan's bestselling memoir, SALVATION CREEK, won the 2007 Nielsen BookData Booksellers Choice Award and was shortlisted for the prestigious Dobbie Award, part of the Nita B Kibble awards for women writers. She has now turned her hand to fiction, with her first novel THE BRINY CAFE, set in a fictional Pittwater. FROM: <http://www.randomhouse.com.au>

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



**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](mailto:avalonlibrary@ozemail.com.au)  
Web Address [www.avalonlibrary.org.au](http://www.avalonlibrary.org.au)



PITTWATER COUNCIL

Dog Day at the Bay Today

Pittwater Council will host their popular Dog Day by the Bay at Rowland Reserve Bayview on Sunday 25 September.

CAR & BIKE FEST AT PITTWATER PARK

Car enthusiasts and bike nuts will be out in force at the Car & Bike Fest at Pittwater Rugby Park at the end of this month. The one-day event on Sunday 25 September is expected to feature over 100 vehicles and motorcycles and is being hosted to help raise funds for the Heart Kids charity.

ELECTRIFYING TRANSPORT AT EXPO

Pittwater's second Sustainable Living Expo will feature an electric vehicle displayed by the Australian Electric Vehicle Association. The Expo, to be held at Mona Vale Memorial Hall and Village Park on Sunday 9 October, has already attracted over 40 exhibitors, 17 workshop presentations and 8 speakers. The Expo is an all-day event for the general public, aimed at raising awareness about how to live more sustainably on a day-to-day basis.

Mark Beharrell from Pittwater Council, which is hosting the event along with the community group Climate Action Pittwater, said the display by the Australian Electric Vehicle Association was just one of several Expo highlights. The vehicle on display is a Suzuki van used as a family car which has been completely converted to run on electric power," he said.

Mr Beharrell said the van had an electric motor which ran off rechargeable lithium batteries which were charged each evening. "It runs and looks just like a standard vehicle and can travel up to 100 kilometres in one day at speeds averaging 60 kms an hour." Other highlights of the Expo include:

- A Green Forum - ask the experts how to make your home or unit more energy efficient
- live chicken coop and native Australian animals
- workshops and speakers on reducing home and business energy costs
- workshops on reducing water consumption, water harvesting, saving and storing water
- workshop on chemical free pest management
- a workshop on low-energy earth wall construction
- products that are free of toxic chemicals to clean your home and wash your clothes
- exhibits of solar PV panels
- exhibits of solar hot water systems
- community gardens and permaculture
- a display and workshop on non-toxic paints and oils
- a workshop on sustainable cooking and menu planning
- free entertainment with an environmental theme
- calculating your ecological footprint with help from Bilgola Plateau school students.

The Sustainable Living Expo starts at 9am and ends at 4pm on Sunday 9 October. Entry is free to the public; for full details visit [www.pittwater.nsw.gov.au/sustainablelivingexpo](http://www.pittwater.nsw.gov.au/sustainablelivingexpo)

Author Talks at Mona Vale Library - Susan Duncan

Local author, Susan Duncan speaking about her first novel, "The Briny Cafe"



Date: 5th Oct 2011  
Time: 6:30am - 8pm  
Cost: \$8/\$6 concession, cards must be shown

Bookings: essential tel. 9970 1600, payment required within 3 days of booking. Light refreshments served

Venue: Mona Vale Library, Contact: Catherine Buddin tel. 9970 1600. Website: <http://www.susanduncan.com.au/>

Mind Your Mind  
Answers to some of your questions on how to look after your memory and how to keep your brain healthy.

CCNB COMMUNITY CARE (NORTH BEACHES) LIMITED

Date: 12th Oct 2011, Time: 10am - 12:30pm

Free event for Dementia Awareness Week 2011, coordinated by Community Care North Beaches and Alzheimer's Australia NSW.

Hear the experts advise you about the difference between normal forgetfulness and dementia. Discover new ideas about keeping your brain fit and memory sharp.

Bookings essential  
Venue: Pittwater RSL Auditorium, Con Foley and Mona Vale Rd, Mona Vale  
RSVP: by October 7 to Libby Palmer from (CCNB) on 9979 7677 or [libby@ccnb.com.au](mailto:libby@ccnb.com.au)

Technology Morning Tea for Women

A digital morning tea for women exploring Skype, Photoscape and Sketchup

Date: 17th Oct 2011, Time: 10:30am - 12pm

Brush up your technology skills and have fun with other women learning how to use Skype, Photoscape and Sketchup. Cost entry is by a gold coin donation. All funds raised donated to the Pink Ribbon Campaign

Venue: Mona Vale Library 1 Park Street Mona Vale  
Contact: 9443 4429 Website: [www.msifalansw.edu.au](http://www.msifalansw.edu.au)

Art Show

Art show featuring local artists at Elanora Heights Community Centre Pre School

Date: 22nd Oct 2011, Time: 9am - 5pm

Art show featuring local artists Show will be held on 22 & 23 October 2011. Venue: Elanora Heights Community Centre Pre school - 49a Kalang Road, Elanora Heights Contact: Isabel Gowenlock by email [info@elanorapre.school.com](mailto:info@elanorapre.school.com)

See the film - Join the discussion

Award winning inspiring film



**BUDRUS**  
It takes a village to unite the most divided people on earth

Amnesty International (Avalon) and AVALON BAPTIST CHURCH

INVITE YOU to come and bring your friends

SUNDAY 23rd OCTOBER  
5:00 - 7:30 PM

AVALON BAPTIST CHURCH  
2 George Street, Avalon  
Special speaker: Dr. Vacey Vilazna ( Qand A )

Free entry - free Supper (Donations to Amnesty International Aust.)

kath\_mood@hotmail.com 9918 2502

Powerhouse Museum

24 September - 9 October School Holiday Program

See Cops the Robot's brand new show premiering at the Museum and learn to make slime that you can take home.

Kids' Animation Weekend

Part of the UTS. Sydney International Animation Festival 2011. View the world's best animation films for children! Young animators can make a thaumatrope in a drop in hands-on workshop.

September 30 fastBREAK

fastBREAK is a monthly series of rapid-fire interactive talks hosted by non-profit youth organisation Vibeview Youth Inc. and the Powerhouse Museum. This month's topic is Better Together with speakers: Gavin Artz, CEO of Australian Network of Arts and Technology, Doug Millen, Ambassador at Youth Ambassador for Inspire Foundation, Creechy Hen The Forynine Collective Ruchir Punjabi from Langoor.

The Wiggles Exhibition

Discover the magical world of The Wiggles in a wonderful new exhibition. Find out more about your favourite band members Anthony, Jeff, Murray and Sam and their friends including Dorothy the Dinosaur, Wags the Dog, Henry the Octopus and Captain Featherword, more...

From: <http://www.powerhousemuseum.com/exhibitions/coming.php>

Floride 2011

Commonwealth Park Canberra 17th September - 16th October, 2011

Floride 2011 is Australia's celebration of spring. Featuring more than a million blooms as a backdrop, Commonwealth Park in Canberra explodes into colourful bloom with fantastic entertainment, displays and a whole program celebrating a set theme each year.

Be captivated by exhibitions and displays to inspire a taste of fresh and healthy living, spring sensations including fashion exhibitions, floral art, crafts and fine art, horticultural displays and practical tips and advice on home gardening and outdoor living from noted celebrities and experts.

Talks After Noon

A series of lectures from Museum curators, experts and special guests. Free with Museum entry. Click on logo for more details.

PITTWATER COUNCIL

Spring Markets Update

It is warming up again as we spring into market season! Mark your calendars with the following market dates for 2011.

Palm Beach Markets

Looking for a nice way to spend a Sunday? Why not visit the Palm Beach Markets? You can have a variety of live music from 9am until 3pm. The markets are held in Governor Phillip Park (next to Dunes Restaurant).

Mona Vale's Twilight Markets

The markets are held from 5pm until 9pm in Village Park Mona Vale. Bring your picnic rug, enjoy tasty food and a glass of wine. You can also browse a variety of stalls selling jewellery and fashion while relaxing in the parks.

Monday 25 September, Sunday 24 September, Sunday 25 September, 23 October, 11 November. For more information on Markets in Pittwater and surrounding areas visit [www.pittwater.nsw.gov.au/markets](http://www.pittwater.nsw.gov.au/markets)

NEXT MEETING

Date: 8 October 2011  
Venue: Berry Hall, Tramshed Arts & Community Centre, 1395A Pittwater Road, Narrabeen  
Time: 2.15pm - 4.00pm  
Speaker: Howard Clark

Title: History of the Northern Beaches Tramways  
One of the oldest suburban historical societies in Australia, the Manly, Warringah & Pittwater Historical Society has kept the only continuous record of northern beaches achievements, local historical memories, documents and research.

Bayview Golf Club Corporate Challenge Cup

Friday 28th October 2011

As a member of our local business community Bayview Golf Club would like to invite you to participate in the 2011 Corporate Cup. This event is for local companies who may wish to entertain clients or reward staff by competing and networking against other local businesses at a local corporate golf day.

The format of the day begins with registration and breakfast at 7.00am, followed by a shotgun start for 18 holes of golf and lunch and drinks, including a guest speaker, with activities due to conclude by 3pm. Last year the entry cost for a team of 4 was \$700. Given the challenges that all companies are facing in this economic environment we have reduced the cost this year to \$600 per team.

Even in this challenging climate I am sure that many companies still want to strengthen the relationship with their customers and clients.

Included in the day will be some great prizes. Pacific Boaters is supplying a magnificent first prize which includes 4 hours of cruising (including skipper) in one of their magnificent long drive 6 guests - valued at \$2,400.00. There are other team prizes as well as individual, fleet and NDP's.

The attached flyer (file below) summarizes the day and provides the contact details for you to book your team of four. Please act quickly as we have a maximum field of 30 teams and entries in the last year were already rolling in.

Entries to be forwarded to [recption@bayviewgolfclub.com](mailto:recption@bayviewgolfclub.com) or faxed to (02) 9979-5806.

With kind regards  
Nigel Gibson  
General Manager  
Bayview Golf Club  
1825 Pittwater Rd  
Mona Vale NSW 2103  
02 9999 3789  
[www.bayviewgolfclub.com.au](http://www.bayviewgolfclub.com.au)

Corporate Challenge Cup - Entry Form.pdf  
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PITTWATER COUNCIL

Pittwater Council Events

Great Australian Marsupial Nightstalk  
30th Sep 2011 6:00pm-8:30pm  
A fun and adventurous discovery walk through the Warriewood Wetlands

Twilight Market at Mona Vale  
Sun Oct 2011 5:00pm-9:00pm  
Village Park comes alive from 5pm with entertainment, stalls and food

Peninsula Historian

Newsletter of the Manly, Warringah & Pittwater Historical Society Inc.

Compiled by Tony Dawson, Editor.

20 October 2011 9.00 am - 4.30pm Symposium - Archiving the iconic: exploring community memory, meaning and pluralisation

A series of intriguing, inspiring and entertaining architect and non-architect speakers will offer perspectives on working with cultural icons, community memory, meaning and pluralisation. The day will comprise three plenary sessions: 'iconic spaces, iconic people and iconic events'. Topics to be explored include autobiographical spaces, sites of witness, public professions, whistleblowers, social media and much more.

(Cost: ASA Professional Members \$275, ASA Associate & Institutional Members \$325, Non-members \$375 - price includes morning and afternoon tea, lunch, an afternoon heritage presentation of Coney Island, Luna Park and full Symposium program) For further information about the event and program, please visit the ASA website or email [events@archivists.org.au](mailto:events@archivists.org.au) cloning date for registrations is 23 September 2011.

Manly, Warringah and Pittwater Historical Society Inc.  
Established 1924

Patron: The Honourable Dr James Macken LLD  
President: Jim Boyce  
0402 096 080  
[jimboycs37@gmail.com](mailto:jimboycs37@gmail.com)

Secretary (Memberships): Tony Dawson  
9953 8374  
[drawdawson@hotmail.com](mailto:drawdawson@hotmail.com)

Join us on the water and see what you Discover

TOUR SCHEDULE  
Saturday 6 August 2011  
Upper Berowra Creek  
Cowan Creek  
Cowan Creek Headwaters  
Kuringgai Chase National Park  
Saturday 15 October 2011  
Hawkesbury River Adventure  
Magomarrum Nature Reserve  
Sunday 13 November 2011  
Lane Cove River  
Lane Cove National Park  
Saturday 3 December 2011  
Akuna to Refuge Bays  
Kuringgai Chase National Park  
The National Parks and Reserves of Sydney's northern suburbs are a kayaking paradise. From large open waterways to quiet creek systems, hidden suburban bushland to untouched natural areas, there is a waterway available for all abilities.

Tours are set day and are priced at just \$99.00 per participant and include kayak hire and instruction, safety equipment, Discovery Guide and park entry fee (where applicable).  
Book online at: [www.wildwaterworld.com.au](http://www.wildwaterworld.com.au)

Join us on a guided kayak or canoe trip. You can see and discover the hidden gems found within the parks. From ancient Aboriginal art to early European history, flora and fauna and the stories of the characters who live and work on our waterways, there is loads to discover.

FOR MORE INFORMATION AND TO BOOK  
ONLINE VISIT: [WWW.WILDWATERWORLD.COM.AU](http://WWW.WILDWATERWORLD.COM.AU)

Avalon Beach RSL

WAM MORRISON  
TRIBUTE SHOW  
SUNDAY 2ND OCTOBER 8PM  
\$10pp TICKETS ON SALE AT RECEPTION

AC/DC

FRIDAY 7TH OCTOBER  
8PM TICKETS \$20PP

www.acandccrocks.com.au www.snakerocks.com

COASTAL ENVIRONMENT CENTRE

Every school holiday the CEC offers "Kids on the Coast" - an exciting program of fun and engaging activities for your kids and their friends.

The program combines a mix of outdoor adventure, discovery and learning, fun and games, art and craft. Kids are inspired and motivated by hands-on interactive activities with an emphasis on the plants and animals that make up our coastal environment.

Sept/Oct school holiday activities  
The program is suited for 5 to 12 year olds (unless stated otherwise) and taught by experienced community educators with environmental or teaching qualifications.

Bookings can be made by calling 1300 000 232 (CEC), or by email to [cec@pittwater.nsw.gov.au](mailto:cec@pittwater.nsw.gov.au) or on-line at [www.pittwater.nsw.gov.au/cechids](http://www.pittwater.nsw.gov.au/cechids).

CEC  
Lake Park Rd  
North Narrabeen NSW 2101  
[www.pittwater.nsw.gov.au/cec](http://www.pittwater.nsw.gov.au/cec)

Book launch for Growing Up with Fragile X Syndrome the Gone Fishing Gallery, Pasadena, Church Point Saturday 29 October, 4pm - 6pm

Growing up with Fragile X Syndrome: The Road to Marty Campbell is the new biography from long time Scotland Island resident, Robyn Iredale.

Robyn is launching her story of raising a son affected by fragile X (FX) and invites those living in the Pittwater area and who work in health and disability services, or who have a personal connection to or interest in fragile X, to attend.

FX syndrome is the leading cause of inherited intellectual disability and the most common known genetic cause of autism. It is found in all races and at all socio-economic levels. Latest statistics indicate 1 in 3600 males and 1 in 4000-6000 females are affected and that as many as 1 in 280 males and 1 in 125 females are carriers.

Every week in Australia one child is born who is fully affected and twelve children are born who are carriers.

Dr Iredale's book describes her extended family's journey along the FX road from Marty's pre-diagnosis at age seven back in 1977, when awareness and support services were essentially non-existent, through the trials and the triumphs of school, sport and employment, to the present.

It also includes vital FX research and information on testing, health issues, education, behavioural challenges, likely outcomes for carriers versus those affected and describes with humour the many common personality traits shared by those affected, which will resonate with families touched by FX.

There have been plenty of academic books and research papers written on FX but it is believed The Road to Marty Campbell is the first personal account available worldwide.

Launch speakers:  
Dr Paolo Totaro AM  
John Kelleher, Fragile X Association of Australia President  
Dr Robyn Iredale, author

The book's main subject, Marty Campbell, will attend the launch.

RSVP by 24 October to Robyn via email [robin.iredale@anu.edu.au](mailto:robin.iredale@anu.edu.au) or ph. 9979 1095  
Complimentary refreshments will be supplied.

For information on fragile x and to order a copy of Growing up with Fragile X Syndrome go to <http://www.growupwithfragilex.com.au> or download form below

ORDER FORM.pdf  
Size : 7.765 Kb  
Type : pdf

Want to cut your electricity bill in half?

The Rotary Club of Pittwater invites you to attend a solar power seminar conducted by Australia Wide Solar, the longest serving solar power company.

You will be presented with the principles, benefits of solar power at the Royal Motor Yacht Club Newport.

Want to learn more about solar panels, the latest pricing and how you could be cutting your own electricity bills, green energy?

Then come along to this seminar on 12 October at the Royal Motor Yacht Club Newport.

Choosing a solar power system can feel like a daunting task. You'll need to get the knowledge you need and hear from experts in the field about solar electricity for your home, boat or caravan and also solar hot water.

02 9533 7444  
[www.awsolar.com.au](http://www.awsolar.com.au)

Bring a Plate & Donate - East Africa Famine Appeal

St. John's Anglican Church, Mona Vale, Anniversary Lunch supporting Anglican Aid and World Vision's emergency appeals for the current East Africa Famine Crisis.

Date: 25th Sep 2011, Time: 12pm - 3pm

St. John's Anglican Church, Mona Vale, is holding a fundraising appeal to coincide with their anniversary lunch.

Attendees are asked to bring a plate of food (East African inspired if they wish) and be prepared to donate as much as they can afford to either Anglican Aid or World Vision's East Africa Emergency Appeals.

We are aiming to raise \$5000 which will save 70 fellow Africans from perishing in this worsening famine crisis.

Venue: St. John's Church Hall, Pittwater Road, Mona Vale  
Register: [email@stjohnsmonavale.com](mailto:email@stjohnsmonavale.com)  
Website: <http://www.youtube.com/watch?v=yk7K6YFmX>

Join Oxford Falls Triangle Bushwalk

Join Warringah Council Conny Harris for a family bushwalk around Oxford Falls

Date: 16th Oct 2011, Time: 8am - 11:30am

Warringah Council Conny Harris will show you beautiful spring flowers on walk for the whole family. You'll see Sydney sandstone and impressive hanging swamps. Organised by Friends of Narrabeen Lagoon Catchment.

Grade: Medium, Venue: Meet near 27 Morgan Road and finish at Oxford Falls  
Register: Email [connyharris@warringah.nsw.gov.au](mailto:connyharris@warringah.nsw.gov.au) You must register to attend - don't just turn up on the day.

Secrets and Special Places Ecopuddle

Join Friends of Narrabeen Lagoon Catchment President Tony Carr on this new half day Ecopuddle on beautiful Narrabeen Lagoon

Date: 16th Oct 2011, Time: 1pm - 4pm

THIS half day kayak trip will circumnavigate this beautiful waterway. Expert commentary on its wildlife, Aboriginal history and ecology.

You'll visit Deep Creek (over one third of Sydney's bird species make their home here), pretty Jamieson Park beach and the Coastal Environment Centre.

Grade: Easy (tutti given), Cost: \$YO Kayak or hire \$55 per person (\$48 for FoNLCC) - Kayaks from a company independent of Friends of Narrabeen Lagoon Catchment.  
Register: Email [tonycarr@ozemail.com.au](mailto:tonycarr@ozemail.com.au) You must register to attend - don't just turn up on the day.

BRW Top 4 company CEO to address PBL October seminar

How to raise a business and manage a family

Maintaining a successful career while you are raising a family is no easy task. The modern man or woman business executive does a lot of running, running a business, running a family, running meetings, running up hills, running up bills, running the bath for the babies, running the kids to school, running amok, running around like a headless chicken.

Man on the run, Andrew Holder, is a husband and father to four young children - and a CEO to four young businesses with more than 60 staff. During the GFC downturn, Andrew's company, TDA Interiors, one of Australia's leading fit-out organisations, was ranked 4th in BRW's Fast Starters list, another company was 7th. His family lives in Avalon and his businesses live in Sydney, Brisbane and Melbourne.

Andrew will be guest speaker at the October 19 Pittwater Business Limited (PBL) breakfast seminar at Bayview Golf Club. He will deliver a presentation on work-life balance packed full of handy tips and tricks to keep your cool and your sense of humor. He will explore the parallels between raising a business and managing a family as he shares his own experiences in both dramatic arenas of his life.

Book now: The breakfast will be held on Wednesday, October 19, from 7.00am at Bayview Golf Club, 1625 Pittwater Road, Mona Vale. The cost for members of Pittwater Business Limited is \$35 per person; it is \$60 for non-members. Early bird prices apply until 5pm, Friday, October 7, 2011.

To book, donate raffle prizes or for further information please contact Kylie O'Callaghan at PBL, tel: (02) 9907 0780 or visit [www.pittwaterbusiness.com.au](http://www.pittwaterbusiness.com.au)

For further information about Andrew Holder, visit [www.andrewholder.com.au](http://www.andrewholder.com.au) or see details about his book on our Books Page.

PITTWATER COUNCIL

GREAT MARSUPIAL NIGHT STALK!

Residents are being offered the chance to experience a unique night-time encounter with some of the Warriewood Wetlands' nocturnal native animals. The Great Australian Marsupial Night Stalk is a free event taking place on Friday 30 September from 6pm to 8.30pm in the wetlands.

Using torches to light the way, the night stalk explores nocturnal animals such as possums, bandicoots and flying foxes in their natural habitat. The Council's Naturalist Assistant, Marie Beharrell said the event was a unique opportunity to become familiar with local marsupials and other nocturnal animals.

"Previous night-time tours of the wetlands have revealed Ringtail and Brushtail possums, bandicoots and Grey-headed flying foxes. You may also get to see some interesting bird life, including the largest owl in Australia, the Powerful Owl and the Tawny Frogmouth."

The tour is suitable for families with children over eight years old; places are limited to those interested are encouraged to book early. Participants should meet at Katoa Close, Warriewood at 6pm with the tour concluding at 8.30pm. For more information about these events or bookings, please call Jodi Harvey on 9970 1366 or email [jodi\\_harvey@pittwater.nsw.gov.au](mailto:jodi_harvey@pittwater.nsw.gov.au)

Manly Art Gallery & Museum

OFF SHORE: Artists of Scotland Island and Pittwater's Western Foreshore

Exhibition dates: 2 September - 6 November 2011

The Pittwater region of Sydney continues to attract and inspire artists, drawn by its natural beauty, relative isolation and creative community. This exhibition of the work of twenty-five artists reflects the strengths of their individual consciousness as well as the diversity of media and techniques, and ideas and themes in their individual works. Curated by Katherine Roberts.

Offshore Special Events

Offshore Creatives: Film & Design  
Working from home is common to many creative people living on the Northern Beaches. Designers and filmmakers from Pittwater discuss how this affects their work and how they make it work! Boat builders and designers will also talk about their contribution to life on the water. When: Sunday 9 October, 2 - 4pm

Artist's Floor Talks

Several artists featured in Offshore talk about their artworks in the exhibition and their diverse art practices. Afternoon tea included. When: Sunday 16 October, 3 - 4pm

Afternoon Tea & A Cappella

Join the artists, musicians, writers, designers and members of Pittwater's offshore community on the last day of the exhibition for an informal gathering, singing by the new cappella group and afternoon tea prepared by members of the MAG&M Museum Society. When: Sunday 6 November, 3 - 4.30pm

On the Beach: Gems from the Manly Art Gallery & Museum swimwear collection

Exhibition dates: 2 September 2011 - 14 August 2012

An exhibition exploring Manly Art Gallery's unique collection of swimwear and beach paraphernalia. From the wools'ly bikini to knee's swimwear of Victorian and Edwardian eras, to the skimpy 'littles' necklines of the 60s. Manly's collection documents the evolving fashions, styles of swimwear and our changing relationship with the beach. Curated by Sarah Johnson.

Probus Club of Pittwater

Pittwater Probus Club is open to new members. Add extra enjoyment to your retirement. Come and join us at our monthly meetings and hear excellent guest speakers.

Pittwater Probus Club is a men's club. Join and enjoy the experience of new friends, interesting guest speakers and mixed lunches and social functions in the wonderful atmosphere of Mona Vale Golf Club. More information [Here](http://www.pittwaterprobus.com.au)

Meetings every second Tuesday in each month  
Start 10am at Mona Vale Golf Club

Future occasions



## September 25 - October 1, 2011: Issue 25



### Statement of significance

The distinctive coloured symbols which appeared on many of the destinations signs displayed on the front and rear of Sydney's electric trams originated from the days of steam operation. They first appeared in May, 1881, in the form of coloured painted plates placed on the front of the steam tram motors above the painted destination name board. At night they were replaced by oil lamps with coloured shades.

The different colour code adopted for each line or group of lines served several purposes. They provided easy identification of tramway destinations for passengers, who were illiterate, unable to read English or had poor eyesight. Furthermore, in the later years of steam operation, the codes enabled staff at the congested dead-end city terminal at the Bridge Street Yard to readily identify rapidly approaching trams and thus ensure they were quickly placed and shunted onto the correct track for the return journey.

With the opening of the George Street electric line in 1899, larger glass-fronted and internally illuminated boxes were introduced on the ends of electric cars. These boxes had sufficient space for the display of the appropriate coloured symbols and the name of the terminus. The linen rolls were attached to rollers inside the top and bottom of the boxes and were turned by handles on the outside. Destination signs were also displayed on both side of all cars and conductors were required to ensure that both near and offside boxes always displayed the correct destination. On the coupled sets an intermediated termini was usually displayed on the first car. The side signs originally featured black printing on a white background but this was later replaced by white writing.

Read more: <http://www.powerhousemuseum.com/collection/database/?irn=349459#ixzz1YjSFizmm>

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## Shooting Through like a Bondi Tram

By George Repin

This once popular expression is rarely heard today. Anyone hearing it who had never travelled from the city on the **North Bondi via Bellevue Hill** tramline might not understand it - but others, who had, would understand the reference to the interesting and exciting ride it gave passengers. There was another Bondi Tram which left the city along Liverpool Street taking an uninteresting route along Oxford Street through Taylor's Square, skirting Centennial Park, through Bondi Junction and down Bondi Road to the beach – but the tram **via Bellevue Hill** was something again.



Starting at Circular Quay it turned left from Elizabeth Street into Park Street down the hill, between the City Bowling Club (now gone) and the Australian Museum, to Yurong Street where it turned hard right passing a drab building which over time was The **Ice Palais** a

skating rink, a store during World War II and later Government offices. A quick turn into Stanley Street, a short run past Woolloomooloo terraces in poor repair and right into Bourke Street where the bakery smells from the Sargents pie factory quickly assailed the nostrils. Left again, up the rise past the back of the Darlinghurst Police Station and the old Darlinghurst Gaol (now the East Sydney Technical College) on the right. A quick run down the hill past St Vincent's Hospital and across the viaduct (now a roadway) into Paddington. Here passengers were immediately hit by the smell of tobacco from a small factory on the right where sometimes, in a scene reminiscent of the opera **Carmen**, factory girls stood outside smoking. The tram then wound up and down along a route sometimes likened to a goat track, through the narrow streets of Paddington lined by badly maintained terraces. On each side of the tram rails there was barely room for a car to pass – not that there were many cars on the road. It was some years before Paddington became a trendy place to live. Ultimately turning left into Queens Street the route dived down to Edgecliff Road and up to Victoria Road before sweeping down Birriga Road from the Bellevue Hill Public School to Curlewis Street. Then it was a straight run, past a stone quarry (now a service station) to the beach front at Bondi. Turning left, an amusement park on the left and the Hotel Bondi (thought to be a "white elephant" when it opened in 1920) on the right, the tram climbed to its terminus at North Bondi. Here the seabreeze generally was pleasant but, with an unfavourable wind, the smell from the stack over the Bondi sewer outfall was all too apparent.

Over the years Sydney trams developed through a series of Classes.

Early trams consisted of a series of compartments. In the "O" Class two compartments were open at each end of the carriage. The entrances, with sliding doors, were at the ends of each closed compartment. Passengers sat on wooden benches facing each other with standing passengers between their knees. The conductor swung himself precariously to collect fares, from compartment to compartment, on a running board along the side of the tram. "E" Class trams were referred to as "Toast Racks". The accompanying picture shows two coupled "E" Class trams at Bondi Beach. The "P" Class were a more "refined" Toast Rack.



Destination signs on the older trams, in addition to suburb names in printed form, included coloured patterns to help those who were unable to read to recognise where the trams were going. The North Bondi via Bellevue Hill line and that from the city to Watsons Bay were the first to introduce the "R" Class, smart new corridor trams, with comfortable leather seats.

Trams in the Woollahra Municipality were replaced by buses in 1957 and the last Sydney tram routes switched to buses in 1961.

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September 25 - October 1, 2011: Issue 25



[Figure 1] 'My First Season. The Dinner Party. A Middle Aged MP took me in'. Here the service 'à la Russe' is indicated with serried rows of cutlery clearly showing the number of courses to be eaten. The large number of wine glasses gives a similar indication in that quarter. Each guest is provided with a menu card and clearly a long and sumptuous evening will be enjoyed. Reference: Robin Butler & Gillian Walking, 'The Book of Wine Antiques', Antique Collectors' Club, Suffolk, 1986, p. 44



[Figure 2] Table setting for the first course. Reference: E. Smith, 'The Complete Housewife', Literary Services and Production Limited, London, 1968, p. 235



**Carlborg Antiques**

Carlborg Antiques was established in 1984 and has operated in both Sydney and France with the aim to offer customer satisfaction in every interaction.

At: <http://carlborq.com/index.html>

## The Customs of Traditional Dining

by Hans and Jenny Carlborg

WHEN you look at a superbly crafted dining table from an earlier time, do you ever wonder whether it was used then in the same way it would be used now? An 18th-century Georgian dining table, for example, reflects a dramatic change of attitude to dining than existed in the 17th century when communal meals were eaten at long refectory tables in the Great Chambers of people's homes.

By the 1900s meals in a well-to-do English household had become intimate affairs, taken only by the immediate family and their guests. The servants ate in rooms allocated to them according to their status. Most houses had a comfortable parlour which was used daily by the family for eating and other occupations with a separate room for more formal meals. Dining tables were therefore smaller and typically oval in shape with two folding flaps or leaves. They accommodated between four and ten people and were seldom more than six feet in diameter (Figure 1). If there were more guests than could be accommodated at a single table, further tables were brought in and, when not in use, they were folded up and stored in a corridor outside the dining room and the dining chairs were lined up along the walls of the room. Food and wine were served from side tables under the supervision of the butler and plates and glasses carried to the table by footmen.

Dinner was the most important meal of the day eaten at the starting time (by today's standards) of three o'clock in the afternoon. The dinner hour was progressively advanced over the century to 4pm, then 5pm, until by the end of the century it was fixed at 6pm. Dinner lasted several hours. The meal usually consisted of two courses or 'covers'. These terms require some explanation as they represent something quite different from our understanding of them. A cover or course could consist of from five to 25 separate dishes, arranged symmetrically around the centre dish. The dishes displayed a huge variety of foods - soup, fish, meat, game, poultry, pies, vegetables, sauces and pickles. The table was always set with a tablecloth.

There was no formal seating arrangement: the host escorted the senior member into the dining room but then abandoned him or her to find a place for themselves at the table. The most important guests sat next to the host and hostess, everyone else sat wherever there was a gap. After serving the soup, the host would carve the joint and footmen carried the plates to the dishes selected by the person he was serving, a practice which required one footman per diner. Guests were not expected to take something from each dish. When everyone had eaten as much as they wished from this first course, all the dishes, plates and cutlery were removed and the next course of a further five to 25 dishes was brought in (Figure 2 shows the arrangement of dishes for a two course meal). After this, the table was cleared of everything including the tablecloth and the sweetmeats were laid out. When they were eaten, the servants were dismissed, the ladies withdrew and the men continued to drink and talk about things not considered 'suitable' for the ladies to hear.

A curious feature of an 18th-century dinner, and one which explains the length of the dinners apart from the quantity of food, was the custom of drinking toasts to everyone and everything. It is claimed that visiting Frenchmen were bored witless by the inordinate number of speeches proposed formal and responded to and which continued even after the ladies had withdrawn. Chamber pots were placed in the corners of the dining room and according to one French observer, the flow of words was not even interrupted when a speaker had occasion to avail himself of one. The French also complained that they had difficulty with the table forks as their pointed tridents pierced their mouths and tongues.

By the beginning of the 19th century the procedure for entertaining in the dining room changed. Compared with the Georgian free-for-all, this new arrangement was more formal. All the guests could now be accommodated at one larger table at first supported by many legs later on a pedestal arrangement. Extra leaves could be added or removed depending on the number of and the dining room was left with table and chairs in place as we do now. Sideboard replaced the smaller side serving tables.

Another change occurred around the middle of the 19th century when the service à la Russe was introduced with settings of serried ranks of cutlery either side of the plate and different glasses for different wines, all from a matching suite. Decanter wagons circulated the wine around the table for guests to fill their own glasses. Dinner was served at the later time of 7.30pm and this led to the introduction of the luncheon to sustain people between breakfast and dinner. By the 1840s society ladies entertained each other between luncheon and dinner with biscuits and cakes and a glass of Madeira. Before long Madeira was replaced by tea and so was born the afternoon tea for which the English are famous.

Now, of course, people do things, whichever way pleases them. Meals can be formal or informal, eaten at times that suit best. Tables can be any size made in all sorts of shapes from all sorts of materials and are not necessarily set with a tablecloth, sterling silver and fine glassware. However, in Europe at least, the current trend seems to favour a return to the more formal standards of earlier times and it is not impossible the trend will be repeated here in Australia if only for special occasions. After all, doesn't everyone love a grand event and an opportunity to dress up?

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