

September 4 - 10, 2011: Issue 22

Father's Day Springs! Happy Father's Day to all you Dads.

Quotes for the Week

"My father used to play with my brother and me in the yard. Mother would come out and say, "You're tearing up the grass"; "We're not raising grass," Dad would reply. "We're raising boys";"

Harmon Killebrew

There's something like a line of gold thread running through a man's words when he talks to his daughter, and gradually over the years it gets to be long enough for you to pick up in your hands and weave into a cloth that feels like love itself.

John Gregory Brown

Articles this week

To Celebrate the first week of Spring, Ian White, Founder of Australian Bush Flower Essences, is our [Profile of the Week](#)

[Gone Fishing Gallery proves to be a Font of Artists](#)

[Pittwater Business Limited Breakfast](#) by Mardi Dean

[Friends of Northern Beaches Palliative Care](#) by Jo-Ann Steeves

[Pittwater & Coffs Harbour Regatta 2012](#) by Damian Devine

Fish Story of the week



Gent from [Avalon Beach RSL Fishing Club](#) described big long flathead caught 'way outside' on Friday night whilst selling us some raffle tickets. Caught the day before, he held his hands at least two feet apart.

Avalon Beach RSL Fishing Club have a monthly fishing competition that starts on the third Friday of the month at 5pm and weighing in at 2pm on the Sunday usually outside the Avalon RSL, with BBQ and prizes.

Past Features Archives

Change Location: Enter a postcode/suburb...

SYDNEY, NSW +

	Today Partly Cloudy, Cloud decreasing.		Tomorrow Showers late rain.
13	24		13

> Current Temp: 15.2 °C > 3 Hourly Foreca
> Feels Like: 13 °C > 10 Day Forecas
> Wind: 8 km/h NNE > Warnings
> Rain since 9am: 0 mm > Radar | Cloud |

Latest News ad, 50 missing after typhoon last



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Spring



Spring, or [Lengten](#) as some here prefer to call it, is the Season of Love. Music is the food of love, play on!

Pittwater Council's Bush Regeneration team gives us cause to celebrate (see below), not the yellow pea with bee one, the one below. Great news for the first week of Spring!



Above: *Tasmannia insipida*, copyright by Peter Woodard 2010.



NEW PLANT DISCOVERED IN PITTWATER

One of the Council's bushland management officers has made a surprise but welcome discovery while undertaking bush regeneration in Pittwater. The officer recently came across the small native shrub species *Tasmannia insipida* – more popularly known as the pepper bush – while weeding an area in Bayview Heights behind the golf course. Since then, another pepper bush has been discovered at Church Point.

Reserves & Recreation Manager Les Munn said the native pepper bush was previously not known to exist in Pittwater. "There are about 40 species of this particular plant occurring in Australia, New Guinea and the islands off south-east Asia, but this is the first time we have recorded one in the Pittwater area," he said.

The native pepper bush originates from another species of plant found in Antarctica and is a shrub growing to around 3 metres high. As its name suggests, it was used by indigenous people as a spice because of its peppery leaves and stems. In Australia, it is normally found in moist areas of rainforest from eastern Victoria to northern Queensland.

Mr Munn said it was an exciting find for the bushland management team at the Council.

"One of our goals is to increase biodiversity in Pittwater and this is proof that our environment is becoming more diverse," he said. For more information about Pittwater's native plants, log onto the Council's biodiversity calendar at www.pittwater.nsw.gov.au

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Below: About Time, IRC Handicap Winner 30th race series.



Words and Images Copyright Damian Devine and [The Royal Prince Alfred Yacht Club of Newport, 2011.](#)

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Pittwater & Coffs Harbour Regatta 2012 by Damian Devine

Entries for the 2012 Pittwater & Coffs Harbour Regatta have now opened with the release of the Notice of Race by host Club, [The Royal Prince Alfred Yacht Club.](#)

When the fleet leaves the RPAYC on 2 January, 2012 for the running of the 31st Pittwater to Coffs Harbour race, it will be just the start of the expanded aquatic series boasting a new name. The five race regatta starts with the Cat 2, 226nm Pittwater to Coffs Harbour ocean race followed by four Cat 4 races in Coffs Harbour over two consecutive days on January 5 & 6, 2012 with a 8nm windward/leeward sprint followed by a 20nm race around the South Solitary Islands each day. The five races shall count for the overall regatta score with no discards and points awarded for race one, shall be doubled in value.

There will be IRC, PHS, ORCi, Cruising and Shorthanded divisions. In another new development for 2012, the RPAYC will incorporate the Australian PHS Championships to the regatta. The Performance Handicap System (PHS) is weighted more towards the performance of the skipper and the crew rather than a boat, making it the perfect handicapping system for anyone new to racing. The five race Championship will see PHS boats challenging for a trophy to become the National champion. The Shorthanded Division was introduced in 2011 and their inclusion was warmly welcomed by the shorthanded sailors who don't get many longer offshore racing opportunities in Australia. The RPAYC invite and welcome more shorthanded sailors to join in the regatta in 2012.

RPAYC Commodore Robert Curtis who will be competing in the regatta with his Murray 42 'Secret Men's Business #1' says, "The Royal Prince Alfred Yacht Club invites all past competitors and indeed newcomers to get a taste of some challenging and spectacular east coast racing in this warm water classic that's entering its 31st year. Both the RPAYC and Coffs Harbour Yacht Club have put in a lot of hard work into setting up the regatta and we know this year will be another great event for everybody."

"The Coffs race offers the crews the great option of going North but also poses the age old question of Inshore or offshore. It is always the main discussion point on the dock prior to the race and always sets up great competition between crews.

"With the introduction of the PHS Australian championships we hope that such an event will become an established part of this great regatta and provide for some excellent competition in the PHS arena. I am looking forward to competing in the event this year after having a rest for a couple of years by doing the race that goes South from Sydney on Boxing Day. My crew and I are very much looking forward to the race and regatta this year and especially, the turning left aspect towards Coffs."

Committee Chairman and one of the race veterans, Richard Hudson, co-owner and skipper of the Farr 45 'Pretty Woman' will be sailing in his 26th Coffs race and says this race is one of his favourites, "I have been in many offshore races and the Coffs is one of my favourites. What I enjoy about the race is the opportunity to sail with good mates and also to give the chance for younger RPAYC members to go in an ocean race. As a Committee we're very excited to provide a platform for a National Championship for PHS boats. It will encourage more entrants to the regatta and we hope to grow this aspect of the event in years to come."

The 2011 line honors was won by Bob Oatley's 66 foot 'Wild Oats X' in a time of 23hrs 6mins 48secs, with Julian Farren-Price's Cookson 12 'About Time' winning dual IRC crowns for the race and overall series for the second time in three years and Garry Holder's ID35 'The Real Thing' taking out the PHS series Division. All three have stated their intentions to race in the regatta and defend their crowns.

It is anticipated 70 boats will take part in the 2012 Pittwater to Coffs Harbour race with the majority staying on to compete for the entire regatta.

Competitors will only be able to submit their entry online via the event website which will go live next week and the race will once again feature the Yellow Brick yacht tracking system to assist competitors, spectators, media and families onshore to follow the race with 15 minute updates. You can also follow the race via Twitter and Facebook with frequent updates.

Renowned as a fun, family event there will also be plenty of onshore activity for families organised by the receiving Club, Coffs Harbour Yacht Club.

The notice of race for the Pittwater & Coffs Harbour Regatta can be downloaded [here](#)

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.

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Pittwater Business Limited's next Breakfast is held on Wednesday, 19th October at Bayview Golf Club @ 7am with special guest speaker Andrew Holder.

Click on their Logo to visit their website or download the Form for this Breakfast from below.

 [PBL October 19 Breakfast Form.pdf](#)
Size : 208.511 Kb
Type : pdf

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Pittwater Business Limited Breakfast

August 2011

By Mardi Dean,

New Business Manager & Social Media Director at Push Creative

www.pushcreative.com.au

160 guests attended the Pittwater Business Limited Breakfast on August 31 at [The Terrace on Pittwater](#), the biggest attendance in PBL's history! It is always a pleasure returning to the PBL breakfast events seeing familiar faces and meeting many new local businesses.

The guest speaker for the morning was Craig Rispin CSP, Business Futurist and Innovation Expert. His expertise lies in emerging business, people and technology trends and how companies can profit from them. He is an award-winning speaker and has addressed audiences across 5 continents and has consulted with CEOs of leading companies worldwide.

Some of his clients include: Apple, Disney, GE, IBM, Mercedes Benz, BHP Billiton, Canon, Colonial First State, IBM, Kimberly-Clark, NRMA, Symantec, and Toyota. Now a keynote speaker and innovation consultant, Craig shows his clients how to Know First, Be First and Profit First.

Craig is a compelling speaker who walks the room and looks right into your eyes as he speaks. He humorously, engaged with the audience by asking many questions and in turn we interacted with one another, Craig had everyone's attention. No wonder he is an award-winning speaker!

A Futurist is a real job, it is an amazing opportunity to have great conversations about what that future could be. Craig asked "Do you think the future is set or do you think we can nudge it a little bit to adjust the outcome?"

Richard Morgan, one PBL's directors, answered, "Yes we can definitely give the future a nudge. I believe it is already being nudged by Social Media. The newspapers are going to have to adjust dramatically".

Futurists are reversed historians. Let's create preferred futures, rather than just let it happen to us.

Kevin Roberts, CEO of Saatchi and Saatchi, is considered a thought leader in the advertising industry. He says only two things can set you apart from your competitors, Foresight and Innovation. Apple computer embodies this idea. Craig initially worked for Apple. They had a 6 week induction of the "Apple way" before selling a computer. Steve Jobs stood in front of the employees and said you will be selling computers today but not always. In the future we are going to do something different. I don't know what that is right now but we will find out. The employees were to sell computers 4 days a week and on the 5th day Apple would ask a question that will transform Apple Computers into the world's most profitable phone company, and the world's most profitable consumer electronics company. The question, "Is there a better way?" Simple enough. Do we all apply this to our company? If the answer is "no" then I dare say think about it.

Organisations that don't adjust to the future changes are falling apart. "Technology has given absolute transparency to our customers, every business is going through this. New regulations are impacting every business model that is based on commission".

Jack Welsh, the Chairman and CEO of General Electric says, "If change is happening outside faster than on the inside, the end is in sight". We need to move faster than our customers. It is keeping your mind open to new opportunities, to new possibilities, new challenges. When a chapter closes, a new one emerges. Craig says, those that are looking beyond the horizon asking what's coming? and how can I be a part of it? have an advantage.

10 years ago, Craig Venter changed the world forever. By mapping the human genome. Biologists researched the connection with certain forms of cancer and viruses. The Venter Institute did the DNA sequencing of the virus and the human DNA and found that all sorts of viruses cause cancer. May 2010 Craig Venter announced the first synthetic cell. A cell made starting with the digital code in the computer building the body with 4 bottles of chemicals, assembling in yeast and transplanting it into a recipient bacterial cell and transforming that cell into a new bacteria species. This is the first self replicating species that we have had on the planet whose parent is a computer and the first species to have its own website coded in its genetic code. These species expire in 18 months.

The Chinese have developed a way for E-coli to store data. One gram of bacteria can store 90 gigabytes of data. This is science reality today. Craig Venter says "if he wasn't a member of world's future society for 30 years, he wouldn't have been able to apply foresight to his area of medicine". The idea behind the genome is to transform energy production worldwide.

"What got you here, won't get you there", Jack Welsh

Steve Jobs taught Craig that when there is most risk that is when you innovate. Two weeks ago Apple became the most valued company in America, The iPad was valued more than oil. Every successful initiative Apple has had is when there was the most risk. The iPod was launched two weeks after the 9/11 attacks. It was the exact time when people needed a little music in their lives.

Craig finalised by saying, "Continue looking into the future and creating your preferable outcome".

To find out more about Craig Rispin you can take a look at his site, <http://www.futuretrendsgroup.com> or buy his book, <http://www.howtothinklikeafuturist.com>

A special thanks to Craig Rispin, the PBL sponsors, organisers and directors, this event was one of the best!

You can view photos of the morning from Luminere Imaging, <http://luminere.com.au/PBL/31082011/content/index.html> - Thank you Orlando!

The next PBL breakfast will be held on Wednesday, 19th October at Bayview Golf Club @ 7am with special guest speaker Andrew Holder.

Please book early! PBL members were given the opportunity to register for the October breakfast at yesterday's event - already many tables are full! Please fax the attached form back to Kylie on (02) 9907 0782.

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Above: Paul Smith with Laurel May (Mae) print, photo kindly provided by Tracy Smith.



Above: Tracy Smith and [Marion Den Driesschen](#) at the Gallery.
Below: Fish painted on exterior wall of the Gone Fishing entrance by [Nettie Lodge](#).



Below: The Gone Fishing Gallery is also a Community Meeting Place; 'after the dog race' kindly provided by Tracy Smith.



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Artist's Spring; The Gone Fishing Art Gallery

Scotland Island has long been a font of inspiration for many Pittwater residents. Capturing the essence of what it is to live in this beautiful place, tucked away in the estuary where it is surrounded by the hills of the National Park and waters that lap and recede, lap and recede, the air itself seems to foster gazing up and around and attempting to place here, in words and material objects, all this oasis communicates. Community, the annual Christmas Eve Dog Race, ferries that fill the nostrils with salt air and the ears with songs from waterbirds and birds of the bush, people who have a comforting ease in their walk and voices, shimmering edges of summer and blue risen mists in winter, Scotland Island both produces and quells pangs that feel like home.

Where may one sip from this font? At the waters edge of Church Point you may gaze across, allow what steeps to rise. When you have finished gazing, turn around and there behind you, where the tinnies gather, is also moored the [Gone Fishing Gallery](#). Housed in the former Pasadena restaurant since December 4th 2010, a venue kindly loaned by Mary and Joe Romeo, a group of offshore artists curates, taking turns on a month by month basis as the works are changed, a feast of local creations. Each month a wall shows the works of a Featured Artist.



Their **Mission Statement**: 'To provide an opportunity for off-shore practicing artists, (artists that have a proven record of a sustained body of high quality and professional artwork) to display their work in a professional outlet that reaches a wide audience.'

Right: hand carved by Paul Smith, the board outside the aGone Fishing Gallery.

Paul Smith, a master printmaker for over 25 years, who has worked with artists such as Margret Olley, Ben Quilty, Euan Macleod and Arthur and David Boyd, was approached by Mary Romeo to make use of the space and he, in the inclusive spirit of Pittwater and the Offshore community, invited other artists to participate. Curiosity piqued we asked Paul and his bubbly wife Tracy to be our [Artists of the Month](#) for September and share some insights on their work.

PAUL:

Why did you begin creating, what were your influences?

I have been creative as far back as I remember. its not something you develop. Its like having a fifth limb. I guess my earliest influences came from my childhood growing up in Fiji, the rich and bright tropical colours.

How did you get into this field, what training did you undertake ?

When I left school I went to art college. All I could think about was following my creative drive. My family were not creative in any way and did not fully understand but it didn't stop my need to pursue this path. When I left college I came to Sydney and began working at Sydney College of the Arts. It was there that I learnt the skills as a printmaker. I wrote a book on etching techniques. When I left SCA I set up Warringah Printmakers studio which is still a thriving community space today. I handed this over in order to work as a master printmaker with some of Australia's leading artists.

Who are your inspirations or influences?

My influences are the Impressionists. I love their rich and vibrant colours. Although I majored in sculpture, I have never been given the opportunity to follow this urge until recently. My works are mostly based on images of the Pittwater, jetties, reflections etc,

What are your future aims?

Recently due to the world market and technological advances in digital printing my hand crafted printing business has collapsed. I have now started a community gallery at Church Point; the Gone Fishing Gallery. For the first time in my life I can paint the images I always aspired to but never had the time to; (And) now paint in an almost three dimensional way. The Paintings are three dimensional as I build up a surface of wood which I then carve and sculpt and finish with paint. In the future I would like to make artwork more accessible to most people with an art rental service.

TRACY:

Why did you begin creating, what were your influences?

I have always loved art. My mother and father encouraged my beginnings and I received my first commission when I was just 8 years old. (it was a friend of mum's and I am still embarrassed to think of it) There is not a day goes by where I don't paint or write.

How did you get into this field, what training did you undertake ?

I studied at Alexander Mackie and received my bachelor degree in art teaching.

When we moved to Scotland Island 27 years ago Paul and I started to seriously exhibit our work. We helped set up the Island Arts group who have been exhibiting since 1985. I had my first solo exhibition in 1986.

In about 2006 I started getting recognition for my work, getting into prestigious exhibitions such as the Blake Prize and Salon des Refuses. In 2008 I won the Fleurieu Peninsular Vista Prize. One of the judges was Betty Churcher, an art historian who I have admired my whole career. Hearing her praise my work to a huge audience of 400 has been one of those moments in my career that left me speechless.



Above: MAPPING HISTORIES, Tracy Smith's winning entry.

Who are you inspirations or influences?

I love to go to galleries and am inspired by primitive and raw art. Art that is expressive speaks about what the artist feels and thinks. Styles too varied to name in a few lines. I also love to research traditional techniques such as fresco, egg tempera etc. The slow grinding of pigment, and fusion of traditional with contemporary is satisfying, it gives me time to contemplate where the work is going. I paint and make sculptures and write about where I live and my life experiences. Pittwater obviously features very strongly. I love to get up at dawn and paint the beginnings of the day, full of promise and potential.

Every colour, every brush mark, every seemingly accidental mark represents something to me and if they speak to an audience as well then I am satisfied.

What are your future aims?

I just want to keep exploring new ideas and styles.

Watermarks, a Bi-annual show in artist's own studio on Scotland Island and Elvina Bay is on this year, **September 24th and 25th**. Tracy explained that last time there were over two thousands attendees so, to learn more or book; <http://watermarks.net.au/>

To see more of **Tracy's** works:

http://www.tracysmith.com.au/Tracy_Smith/Home.html

To see more of **Paul's** works;

<http://www.estudioeditions.com.au/pages/Paul-Smith.html>



Gone Fishing Gallery

1858 Pittwater Rd
Church Point 2105
(in the old Pasadena Restaurant)
www.gonefishinggallery.com.au

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Above: Fundraising mini-golf day at Pirates in Warriewood. The Friends from left to right are Eleanor Swansbra, Jenny Dempsey, Peta Saunders, Dave Steeves, Jo-Ann Steeves and Gail Carew.



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Friends of Northern Beaches Palliative Care

By Jo-Ann Steeves

President

Friends of Northern Beaches Palliative Care United Hospital Auxiliaries NSW Inc.

It was Dr John Doran's vision to bring Palliative Care to our Northern Beaches. He was a GP beloved up and down the peninsula for his lifetime of service. His special interest had been obstetrics, welcoming new citizens to our beautiful part of the world. However when his cherished wife Bunty contracted cancer, his heart turned to good local care for people with life-limiting illness. Thus in October 1989 he delivered Palliative Care to Mona Vale Hospital. It was always his dream for the community to embrace this project, providing their time, skills and love as a significant and vital part of the work. Since the beginning of the service a dedicated team of specially qualified medical and allied health professionals and volunteers has supported thousands of people and their families from Manly to Palm Beach and from the Ocean to the Roseville Bridge. This holistic care, physical, emotional and spiritual, has been given in patients' own homes, in hospitals, nursing homes and at The Palliative Care Cottage.

While John developed the concept of bringing the service to the peninsula he travelled the world observing new models of modern Palliative Care. As he encountered the work from its genesis at St Christopher's Hospice in England, to Canada, to other places that nurtured its growth, he conceived an optimal model for the Northern Beaches. There was co-operative support and there was obstructive, bureaucratic red tape. Eventually his determination and perseverance culminated in success. His staff was joined, as he had hoped, by a group of dedicated volunteers who shared the desire to enhance quality of life for people on the journey through a difficult but very precious time. As they worked together the team formed a special bond with patients and their families. The social cement also united the volunteers with each other.

The volunteers spanned generations from university students to octogenarians. They performed a variety of roles, wherever their help was needed. They were active participants in patient and bereavement support groups at The Cottage. They served and shared delicious lunches, played games and listened to and laughed with people whose traditional friends had often abandoned them to a world bereft of the therapeutic laughter they still enjoyed. They visited in homes, providing company for patients and, sometimes, giving carer relief, time out for a husband to have lunch at the RSL or for a wife to visit the hairdresser or relax by the ocean on a park bench. They drove patients to The Cottage, to treatments and to shopping. They supported Look Good Feel Better cosmetic sessions for cancer patients. They participated in and provided support during memorial services. Some occasions were particularly memorable. A volunteer accompanied a patient to the medal ceremony that finally acknowledged his WW11 service in Darwin. One guided a wheelchair through Warringah Mall, shopping with a mother of the bride for her apricot ensemble. Others were with patients thrilled by the experience of a Qantas jet simulator.

As they interfaced with patients and families, volunteers identified a significant need for amenities to enhance The Cottage facilities and for medical equipment to assist home care. Thus it was that fundraising for Palliative Care began. There were stalls, raffles, fashion shows, excursions, etc. Patients participated with vicarious enthusiasm and bereavement support groups worked energetically. The local community came on board, crafting, cooking and contributing their skills. One woman said "thank you" for her husband's care by knitting beautiful toys. They were sold and raffled and helped to buy a wheelchair whose first passenger, a year later, was her own son.

In July 1992 plans for a patients' family concert at The Cottage expanded exponentially to a much larger venue, Pittwater RSL. Money raised that night initiated the Hospice Trust Fund. The Palliative Care volunteers subsequently worked to build the fund as did the community and, significantly, the Mona Vale Hospital Auxiliary. These funds are now in train to alter The Cottage, to enhance and expand care at The Cora Adcock Day Hospital.

Under the umbrella of HammondCare Health and Hospitals, the fundraising volunteers were designated Friends of Northern Beaches Palliative Care. Earlier this year they became a branch of the United Hospital Auxiliaries NSW Inc, thereby achieving tax deductibility for donations and leveraging the strength of this long-established, government-sponsored organization.

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.

It is gratifying that synergistic peninsula groups are involved. Pittwater Rotary is dedicating its current work to Palliative Care. **Their Northern Beaches Spring Concert and Auction 7th September** will enhance the building project. For information go to www.rotarypittwater.com/concert.html. Another club, ZONTA, has recently donated a piece of Occupational Therapy equipment to extend the care of patients at home.

The Friends next meeting will be 11 am 12th September at The Cottage Mona Vale Hospital. A fundraising fashion parade will be held at **Blue Illusion Mona Vale 22nd September.** We welcome enquiries at fonbpc@hammond.com.au or contact Jo-Ann Steeves 9918 6575.

However little, however large, support from our community will be valued and appreciated.

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Profile: Ian White, Founder of Australian Bush Flower Essences shares some insights on his work.

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](#)



History: Spring brings a return of visitors to Pittwater, purists who, like us, will skip to the water at dawn and dusk as the hotter weather brings crowds. To open a Spring month of ladies on our History page, we share glimpses and verses of poet Ruth Bedford, dear friend of Dorothea Mackellar (after whom our electorate was named) with whom she used to escape to the bush and waters.

Previous History Pages:

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



Park Bench Philosopher: Lengtēn; the Old English original word for Spring!



Food: In EAT History Week we share a family recipe from World War II.



Books: **Pure Pittwater** we remain this week; local wordsmiths abound!

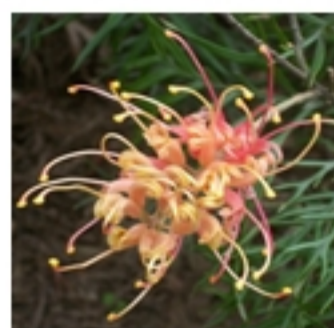
Old Books: **Springtime!**; two new works of old about the this season from 1909 and 1920



Events: Bushwalks, Paddling, Bi-Annual Watermarks, Surfers Exhibition, Karaoke Saturdays at Avalon RSL, YHA Open Day, Barry Leef at Palmie Golf Club, History Lectures, Pittwater Council Events, Manly Art Festival 2011 and more.



Community News: BUSHCARE MAJOR DAY OUT, Bandicoots, Soup Night Success, Winnererremy Bay Playground, HSC STUDY LOCK-IN @ LIBRARY, Free Business Seminars, Pittwater Council Staff support Cerebral Palsy Challenge, Council's Notices, Resident Query, Aboriginal Support Group of Manly Warringah Pittwater Invitation, all this and more compiled for your perusal.



Environment: Support Pittwater Council's Bushcare Day and Receive plants for your own Garden! PYHA Open Day, Notices, New Bird Book from CSIRO, Seed Bank with full Index of all Australian plants Facts Sheets and more.



Lynda Hill: Update 27.8.11: The Ups And Downs And The Ins And Outs: August's Virgo New Moon



Pictures: Australian Bush Flowers of Pittwater.

GENERATION ONE Youth: Journals as self-development tools, A book from 1855 about the **Springtime of Youth**, Council's School Holiday Activities, GenerationOne School's Competition, Blast Off Entry Form.



Seniors: Mildred and George have returned from **Lake Eyre**, Fed. Govt. Media Releases on Health, 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.

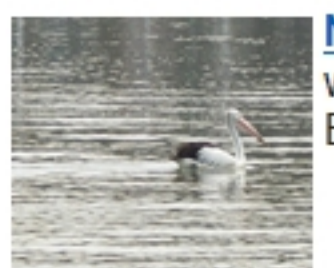
Also: [Gone Fishing Gallery Article](#)



Reflections by George Repin. This week; **The Sydney Push.**



Collector's Corner: Tibetan Thangka WHEEL OF LIFE Painting.



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

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Lengten

*Origin: ME lentan; OE lengten, the spring ; Gmc *langat-tin from base of long + *tina-, day ; IE base *dei-, to shine; L dies, day: from the lengthening of the days in the spring; akin to Ger lenz, spring*

In each element is evidence of an innate spirit of all seasons and their lilt and 'natures'. Hot summer days can suddenly be quenched by smooching southerly blasts. Autumn can seem to swoon back into the arms of the purple rims of Summer or trill as its leaves ferment with semblances of Spring. Renewal, even in the coldest spark in the middle of Winter is one of these threads and for us, in salty airs, it is seen in what is the difference between what is called a Neap Tide and a Spring Tide and what becomes a lengthening of Light. Gravitational pulls and releases may create this 'springs and lulls' to maintain balance, rather like the harmonic rhythms of the planet has a form of 'walking' itself too, but there is also an echo of this in the way our own blood pulses. In truth, or troth, there has always been a 'reason in our rhymes', which though we may have piled on the meanings, all have an original noticed, by all of us, being. Is it any wonder we ascribe toll deep and high meaning to some words, that they can acquire a sacredness when we formulate them into prayer or, if we are Buddhist, intone them into mantras? If all are words rang back to and then from their original meanings, in which lives still the truthful being, how resplendent would we, and the Creation we have been given time to dwell in, actually be?

Springtime is the clearly recognisable season of Renewal. Spring is the Time to clean house, to 'toss the feathers', to purge old resentments or bad habits which prevent us from skipping lightly through the flowered meadows and bubbling waters. We lift our heads from the introverted perspectives of Winter and look out, and around, our eyes shifted this way then that by the sweet smelling winds. The world proves the natural, touchable, hearable, seeable, smellable, tasteable Wonderland in its thralls and that we too are healable and are invited to renew ourselves, to rise and don our own flowery skin in sincere and de-lighted dance. It is the season when light returns, when love rises, when birds, flowers and waters seem to rush a little clearer with in purpose. Welcome back Lengten, lift us up with your songs.

Copyright A J Guesdon. Spring. 2011.



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Park Bench Philosophers

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

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

Contact us at: pittwateronlinenews@live.com.au

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

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Above: Image © Ian White, 2011. All Rights Reserved.

Below: The Arch on Bangalley Headland looking north.



AUSTRALIAN BUSH FLOWER ESSENCES®

Website: [here](#)
Workshops: [here](#)
Books and DVDs: [here](#)
Essences: [here](#)
Pittwater Bush Flowers: [here](#)



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Ian White

Australia is very ancient, Proteas, prehistoric flowers, still bloom from the earth, our skies are open vistas to the most brilliant suns and potent seasons. During Spring many of us take walks in the local reserves marvelling at the colours and scents of the many bush flowers. Traditionally many of these were utilised by our native custodians as foods and healing agents.

A few years ago, whilst attending an Australian Bush Flowers Workshop, the revelation that this earth, especially in the form of these blooms which rise to light, truly is filled with knowledge of God was made abundantly clear. Ian White, founder of [Australian Bush Flower Essences](#), presented a catalogue of flower remedies made here from our own bush blooms. What are Flower Essences?

From the Australian Bush Flower Essences website:
'Flower Remedies are not new. The Australian Aboriginals have always used flowers to heal the emotions, as did the Ancient Egyptians. There has also been a very long tradition of use of Flower Essences in India, Asia and South America and they were also very popular in Europe in the Middle Ages. Hildegard von Bingen (12th century) and Paracelsus (15th century) both wrote about how they collected dew from flowering plants to treat health imbalances.'
© Australian Bush Flower Essences, 2011.

Paracelsus articulated the notion that the metaphysical creates the physical and that in a plant's form and colour are indications of what health properties it may contain and how it may be utilised to enhance emotional and physical health. For example, the walnut, shaped like a brain, is good for the mind. Plants and flowers coloured red are good for the blood and the organs in the body that process the blood. This became known as the Doctrine of Signatures.

It makes sense that Australians will benefit most from products made from the pristine environments they dwell in. These essences are also a gift to many who live overseas. This week we'd like to share an insight on the knowledge our bush flowers represent so that the next time you stroll beneath the trees you may look a little closer at what springs to your feet.

Can you tell us a little about how, when and why you were inspired to begin making Australian Bush Flower Essences?

I grew up in Terrey Hills and I lived next door to my grandmother who, with my great-grandmother, were among the first white people studying the medicinal properties of Australian plants and I spent as much in the bush with her as I could. She pointed out the plants properties as the core of the work, so I had an appreciation from an early age of the potency of the plants.

When I was studying Naturopathy I came across the concept of Flower Essences and then, in the 1970's, the only flower essences available were the English Bach flower ones. I thought it strange that no one was working with Australian plants. A couple of years after I graduated and was in practice a friend of mine who I'd shared a house with when I was a student was diagnosed with bowel cancer. This was a young man, early thirties, highly successful in all areas of his life. He'd been brought up on an organic farm, so it was a shock to me that someone so young and vibrant and healthy could have such a serious illness.

He asked me if I would organise a Healing Circle the night before they operated. All of our mutual friends came, there were prayers, meditations, directing energy. They operated the next day and found that his body was riddled with cancer and there was nothing they could do for him. I continued with a Healing Circle for him, which he opened up to anyone else who needed healing, on a weekly basis in my home. He died six months later, the circle continued and then in the meditations I started receiving information about flowering plants, was told where to find them and what their healing qualities were. If I didn't know the plants there would be a little caption underneath with the botanic name.

My practice was well established at that point. If I was making up a local remedy in the morning then invariably the patients I would see in the afternoon would need the remedy I had just made. As well as the synchronicity showing me I was on the right track this also gave me the opportunity to see how the remedies worked and whether they were effective or not. I found them very quick and deep acting. Instead of using them four times a day for 4 weeks like the English ones, I only had to use them twice a day and for only two weeks. For two years I shared my research with a number of other practitioners so they could use them on their patients to see if we could verify all of my intuitive information. At the end of that time I was very satisfied with the results and began publishing them.

Where are the Essences made?

They're made from all parts of Australia. I have some from Alpine areas, the Hawkesbury sandstone. We have them up in the Top End, the Center, Central Victoria, S-W Western Australia, the Kimberley's, all regions of Australia. I'm the one in the Company who goes and prepares them throughout the year in all seasons. Some of the Banksias flower in January. In winter, from July the Slender Rice Flower, Red Grevillea and Boronia start to bloom and is really the beginning of our flowering time here in the bush. Spring is obviously a very busy time for me. In early December we have Dagger hakea flowering, and you have a number of Autumn flowering ones as well such as Crowea, Sunshine Wattle and Peach-flower Tea-tree. There are many plants like the Flannel Flowers and Bush Fuchsia, which you find throughout the year.

Why did you choose the waratah as your company's logo?

I chose the Waratah as the logo for the Australian Bush Flower Essences because of it's quality of great strength and courage. Qualities that are going to be very important for so many people on all levels, economically, spiritually etc. over these next few decades.

You have also made [White Light Essences](#) and [Light Frequency Essences](#). Could you tell us what the difference between these and flower essences are?

The Bush Essences are working on emotional and consequently there's a flow on effect to the physical healing, whereas the White Light Essences are working on the soul level, helping us to access the realm of Nature and Spirit within ourselves. Whereas the Light Frequency Essences are helping us maintain harmony and balance with all the physical and spiritual changes occurring around us and helping activate our divine essence.

Where could people learn more about these if they wanted to ?

They could go to our website as there's a lot of information on our website. They could attend Courses or go to one of our Workshops. We have Courses all around Australia and overseas. Apart from myself there's 80 teachers throughout the country running Australia Bush Essences Workshops. We also have some of the Workshops now available on DVD and I have written 5 books on the Bush Essences.

What is your Favourite Place in Pittwater and why ?

My favourite place is this ridge up at Terrey Hills looking out into the bush where you don't see any sign of humanity; you can see the escarpment and the sandstone country is so beautiful. Many of the Bush Essences I work with can be found in this area and you can also see the ocean from there. It's where, as a young boy, I used to go for a lot of walks and it feels like home.

On the coast I love going up to the top of Bangalley Headland. Its quiet, peaceful and has fantastic views over Pittwater and the coast, including Avalon beach where I bodysurf nearly every day.

What is your 'motto or phrase for life'?

How would Love respond in this situation? So rather than having a having a knee jerk reaction of fear, anger or impatience to a person or situation I try to stop for a moment ask myself, "is that the best way to respond - what would be the higher choice here". This question helps me to take a step back and ponder on how would love or Spirit respond in this situation and how can I act?



Above Image Copyright Ian White, Spring, 2011. All Rights Reserved.



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During the first month of Spring we glimpse scenes from the lives of women who inspire what Spring means; poetry, botany, cooks of the season's fruits. Those who have lived in and loved and visited Pittwater, whose laughter still echoes on the wind, help us celebrate the ever-renewing Spring.



Above: Ruth Marjory Bedford (1882-1963), by unknown photographer, 1930s National Library of Australia, nla.pic-an23207577

SURFING MORNING.

Blue and white the sea is; blue and white the sky;
Softer than the flight of birds the little breezes fly;
The very clouds are flecks of light, the sand is warm and gold,
And you and I this morning are six and five years old!

Take my hand and run with me!
Now the waves begin;
Quickly through the shallows-deeper, deeper in!
The laughing water plays with us, splashes us with spray.
Leaps at us and knocks us down and rolls our years away.

Towering come the great waves-will you jump or dive?
Are you glad the summer's come-glad that you're alive?
Happy is the sparkling sea, the sky, the golden sands,
And all the world is given into our young hands.

RUTH M. BEDFORD.

SURFING MORNING. (1925, February 7). The Sydney Morning Herald (NSW : 1842 - 1954), p. 13. Retrieved September 2, 2011, from <http://nla.gov.au/nla.news-article16201618>

BUSH FLOWERS.

Now is the bush all foaming full
Of flowers we love and long to pull,
The sweet boronia, pink and white.
And crimson bottle-brushes bright.

And all the hundred flowers, so small.,
A child can scarcely find ' them all,
While the tall blossoms overhead
Their wild, delicious perfume shed.

Scarlet and yellow, pink and grey
How many have we found to-day?
How many have we welcomed back
Along the gully, up the track?

But In the bush all brown and green
Most gay and lovely arc they seen,
For when we bring them home we find
That half their beauty's left behind.

RUTH M. BEDFORD.

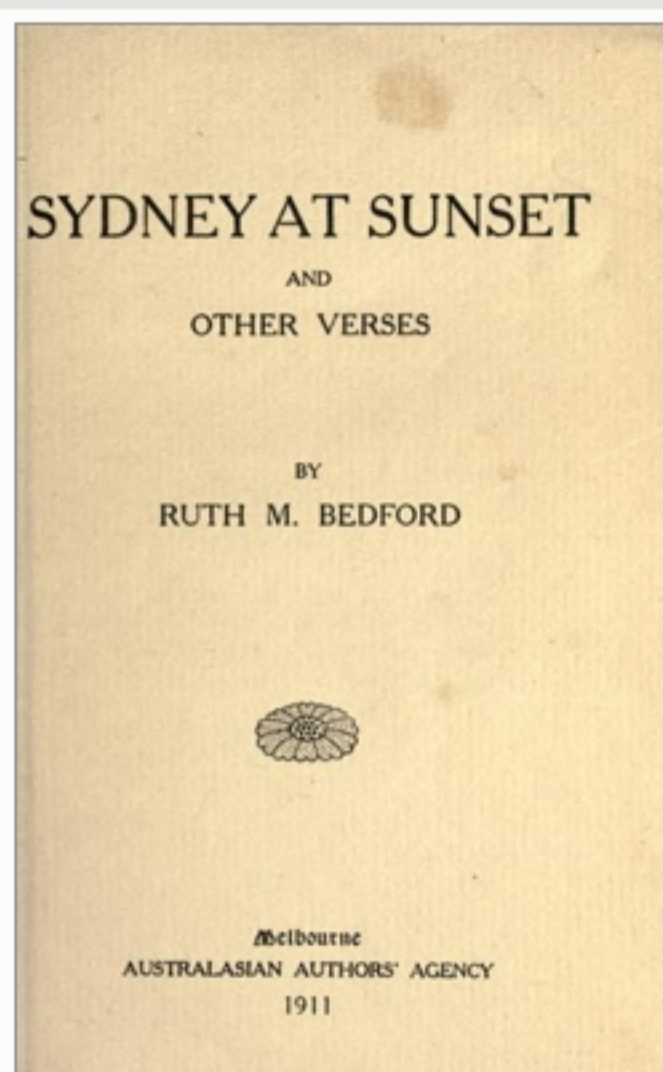
BUSH FLOWERS. (1930, November 15). The Sydney Morning Herald (NSW : 1842 - 1954), p. 11. Retrieved September 2, 2011, from <http://nla.gov.au/nla.news-article16730647>

Sydney at sunset : and other verses (1911)

Author: Bedford, Ruth Marjory

Publisher: Melbourne : Australasian Author's Agency

Sydney at sunset : and other verses



Copyright Pittwater Online News, 2011.

Ruth Marjory Bedford 1882-1963

When Spring is whispering, all astir,
(O the dear young voice and the joy of her!)
When the poorest tree has its gift of green,
And the blood runs swift and the pulse is keen,
Then clear from the heights rings a glad new cry
And swift through the heart of us Joy rides high.

Out ! for the morning is bright once more,
There is life on the hills, in the woods, on the shore;
The warm waves dance, and we're strong of limb,
And the wine of life's at the cup's gold brim,
And we're one with Youth that can never die,
And Joy rides ever, and Joy rides high !

From *Joy Rides High*, Copyright Ruth Bedford, 1911

Poet, playwright, conservationist, fiction and article writer, lover of the bush and bush flowers, and acting, Ruth Marjory Bedford was also a lifelong friend of Dorothea Mackellar (b1885). These two used to drive into the bush outside the city of Sydney to 'play' imagined characters they had created together. They later collaborated on two books together based on these created characters *The Little Blue Devil* (London, 1912) and *Two's Company* (London, 1914). Born into an affluent family, Ruth was educated at home by governesses beside sisters Sylvia and Alfreda.

Her first book *Rhymes by Ruth*, was published when she was only 11 years old. All her life she wrote for children as much as adults. A lover of the bush, especially its bush flowers, an avid swimmer and 'surfer', Ruth Marjory Bedford pursued a professional career as a writer and promoting Australian literature and literacy. In 1931 she co-founded with her best friend Dorothea the Sydney branch of the London-based international literary society, PEN-an acronym for Poets, Essayists, Novelists. Spring remained one of her favourite subjects in verse and from the early 1920's to 1930's many of her verses celebrated the bush and all its flowers or the sea. She was also a correspondent for SMH during overseas travels of 1912-1914 and had her poems published by the SMH for over thirty years.

Although she resided at Edgecliff in her latter years, a short way from Coogee's waves, her references to bush flowers, and regular swims with Dorothea would also have made her a guest at Tarrangaua, the home overlooking Lovett Bay built for Dorothea in 1924.

Further:

Sir,-All decent people must be ashamed at accounts of the lack of public response to the **surf lifesavers'** modest appeal for funds. That this splendid body of young men, who-unlike many motorists-save lives every week, instead of ending them, should have to ask for money at all is unbelievable, especially as the money is not for themselves, but simply to buy necessary equipment. Ingratitude and meanness used not to be Australian characteristics, yet when one thinks of the thousands who surf and the few who have given even a shilling one is filled with anxiety as well as shame.

RUTH M. BEDFORD, Edgecliff.

Lifesavers. (1952, January 3). The Sydney Morning Herald (NSW : 1842 - 1954), p. 2. Retrieved September 2, 2011, from <http://nla.gov.au/nla.news-article18262589>

Tarrangaua Bungalow
Lovett Bay, NSW 2105
Pittwater

Notable former home of writer Dorothea McKellar, in bushland setting, built in 1924 in a great position (LEP, 1994). Significant aesthetic, historic and social values for as a rare remaining example of residential design by influential interwar architect William Hardy Wilson in a splendid setting surrounded by spotted gum forest (*Corymbia maculata*) overlooking Lovett Bay (Read, S., pers.comm., 11/2006). From: http://www.heritage.nsw.gov.au/07_subnav_02_2.cfm?itemid=5060288

Trove Results: <http://trove.nla.gov.au/newspaper/result?q=ruth+bedford+dorothea+mackellar>

ON THE OCEAN WAVE. Life Aboard Ship. (RUTH M. BEDFORD.)

The Sydney Morning Herald (NSW : 1842 - 1954) Thursday 13 February 1930 p 15 Article

... ON THE OCEAN WAVE. Life Aboard Ship. (RUTH M. BEDFORD.) Life on the ocean wave, at last One is not too sophisticated to thrill at the thought, at the reality, indeed; for here in truth is the good ship Oswego, setting forth on her 12,000-mile trip; there, through the port-1 hole, one can ... 1431 words

COMMUNITY PLAYHOUSE

The Sydney Morning Herald (NSW : 1842 - 1954) Saturday 20 June 1931 p 8 Article

... COMMUNITY PLAYHOUSE Miss Ruth Bedford s play The Murder Next Door will be staged at the Community Playhouse this evening ... 20 words

Ruth Bedford Biography; Connors, Jane, 'Bedford, Ruth Marjory (1882-1963)', Australian Dictionary of Biography, National Centre of Biography, Australian National University, <http://adb.anu.edu.au/biography/bedford-ruth-marjory-9468/text16655>

PEN MEMBERS 1931

J.M.H. Abbott, Prof. L.H. Allen, Ethel Anderson, Marjorie Barnard, Flinders Barr, Ruth Bedford, C.E.W. Bean, E.J. Brady, Prof. le Gay Brereton, A.H. Chisholm, Zora Cross, John Dalley, Miss Eldershaw, Dr. Firth, C. Brunson Fletcher, Mary Gilmore, H.M. Green, Nora Kelly, Amy Mack, G. Mackaness, Wm. Moore, Dorothea Mackellar, Elliott Napier, Shaw Neilson, Marjorie Quinn, Steele Rudd, Professor Sadler, Kenneth Slessor, Ethel Turner, Paul Wenz, Dora Wilcox.

From:

http://hass.unsw.adfa.edu.au/ASEC/HOBA96_Papers/heath.html

The Sir Archibald Strong Memorial Prize for Literature Misses Ruth and Alfreda Bedford, having given £500 on behalf of their sister Sylvia Bedford, to provide for an annual prize for literary work in memory of Sir Archibald Strong, formerly Jury Professor of English Language and Literature.

From; [here](#)

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Journal Keeping; a Tool for Self-development and Problem Solving

"I want you to do whatever you want to do, become who you want to be, as long as you do not hurt yourself or others in the process. And if you do hurt yourself, call me, so I can pick you up again."

So spoke dear dad when only around nine years of age. Self worth and self-development are any parent's dreams for their children. Reaching for the stars and trying is encouraged. Part of growing tall is wishing to learn skills that will enable us to tackle problems as they come along. One of these which is good, and can be referred back to to track your own development, is that of journal keeping. Since it's also Spring now, a time of renewal and cleansing, we propose giving yourselves a little gift too in the form of beginning a journal.

Journals have steps to enable you to use them as a self development and problem solving tool; they allow you 1) to record a problem, this also engages the brain and fingers to use words, thus also developing, as you continue, articulation and even eloquence 2) record 'why did I do this?' and 'How did it happen?' while something is fresh so your details (as it is yours alone) allow insights which will lead to; 3) record how it makes you feel; by doing this it enables you to sit back and examine, without self-judgement, how a problem or matter is making you *feel* and kindly and gently allow yourself to also come up with the words that verse a ways and means of addressing them, (list ways of overcoming the problem by listing your own recognised strengths and weaknesses and thus identifying areas you need to work on and what you already have in you to support shifts towards how you want to be), and finally 4) you can also refer back to these, and the ways you recorded to address a problem, to sight your own development and deepen understanding of your self and the way you aspire to live your life.

It's a good practice to apply to studying any subject, to tackling every day or just for the fun of it. Let yourself have this!

Do what you want to do, Be what you want to be.
Master Apprentices, Australian Band of the '70's.



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

PARK LIFE

2011

TICKETS & INFO PARKLIFE.COM.AU ON SALE MIDDAY 30 JUNE

MELBOURNE SAT 24TH SEPT SHEPPHARDT MOUND BOYLE & HANCO DONAN	PERTH SUN 25TH SEPT WELLINGTON SQUARE	BRISBANE SAT 30TH OCT ROBERTSON & CITY BOTANIC GARDENS	SYDNEY SUN 2ND OCT PARRAMATTA PARK DOORGE PARK	ADELAIDE MON 3RD OCT BOTANIC PARK
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Parklife 2011 Sydney Website: [here](#)

New Website for Northern Beaches Youth

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

www.northernbeachesyouthinfo.net.au

www.facebook.com/manlyyouthcentre

www.myspace.com/manlyyouthcentre

THE 6TH ANNUAL BARTON LYNCH • UNDER 14 GROM SURF FESTIVAL

BL's BLAST OFF

Presented by Hurley

Palmy
WHALEY OR AV
SEPTEMBER 2011
26 • 27 • 28 • 29

Yeah Mate!

blblastoff.com.au

[Surfing World](#)
[NATIVE](#)
[BOARD'BOG](#)
[chilli](#)
[CRISTALWATCH](#)
[FUELY](#)
[Skullcandy](#)
[streetboards](#)
[fonto360](#)

The Internet allows us to store and access Old Books that may not be accessible elsewhere. A sample for you, with a 'Springtime' theme, is below.

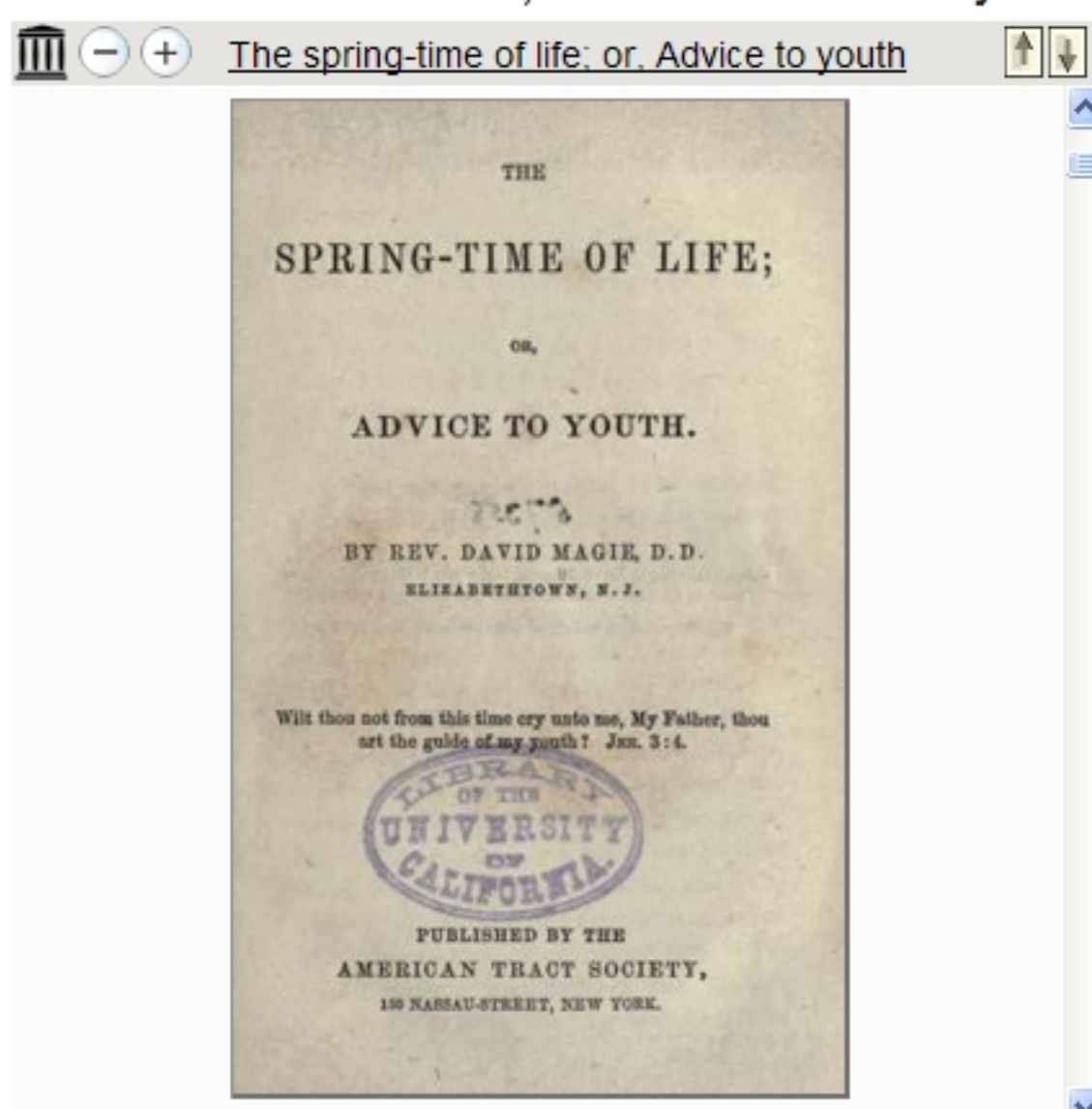
For more works now archived and available to all, please visit: <http://www.archive.org/>

The spring-time of life; or, Advice to youth ([1855])

Author: Magie, David, 1795-1865

Subject: Young men

Publisher: New York, American Tract Society



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

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.

Full details are available under the notice from Shorac on our Community News page.

No charge for mobile phone calls to Lifeline from anywhere in Australia

Senator Stephen Conroy | Minister for Broadband, Communications and the Digital Economy PORTFOLIO: Broadband, Communications and the Digital Economy URL: http://www.minister.dbcde.gov.au/media/media_releases/2011/208SNIPPET Mobile phone calls to Lifeline made from anywhere in Australia will be free of charge from 1 July under an agreement made between the three major phone carriers.

GENERATIONONE

What is Hands Across Australia School Competition Want to win \$15,000 prize money for your school?

GenerationOne has partnered again with the Australian School of Performing Arts to raise awareness and get young Australians actively involved in the initiative to end Indigenous disparity in one generation – this generation. GenerationOne is all about the future and all about education; what better place to grow this movement than in our schools?

Hands Across Australia

Hands Across Australia is GenerationOne's catchy theme song, and this song is the catalyst for the GenerationOne Hands Across Australia School Competition. This year, we have two categories you can enter.

If you would like to perform Hands Across Australia in its original format, you can enter the Outstanding Performance category. You simply need to learn Hands Across Australia, come up with a short rap section about Indigenous disparity, and submit a film clip of your school group performing it. It's an easy song to learn, and all the resources you need are available on this website, including sheet music, and a practice track where you can sing along with the Australian Girls Choir.

If you would really like to let your creative juices flow, you can enter the Creative Interpretation category. Use Hands Across Australia as your inspiration, and write your own song (in any style) that keeps the theme of Indigenous disparity (and your solutions to ending it!). Film your school performing it, and submit your film clip.

Each category winner will receive \$15,000 for their school.

Each entry will also automatically be entered into the People's Choice Award.

Schools entering the competition are encouraged to utilise existing partnerships or establish new ones to create their entry. You could partner with other departments in your school, members of your local community, Indigenous elders, or with another school on the other side of the road, or the other side of the country! Take the opening lines of Hands Across Australia as your inspiration:

"If you help me and I help you, think of all the things that we could do"

Every school in Australia has received a DVD with some additional resources for teachers. We hope the activities, including the 'Blackfella/Whitefella' dance, will assist you to prepare your entry and incorporate the theme of Indigenous disparity in to your classroom. All of these resources are also available on this page here

Entries close Friday 23 September 2011, so get moving!

FROM: <http://songs.generationone.org.au/what-is>



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

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

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Federal Government Media Releases this Week

First Report on Economic Potential of Senior Australians

PORTFOLIO: Treasury
 SNIPPET: The Gillard Government has today received the first report from the Advisory Panel on the Economic Potential of Senior Australians (the Panel) that looks at how our nation can best harness the opportunities presented by a larger and more active community of older Australians. Australians moving into their senior years are generally healthier, higher skilled and more financially secure than previous generations, providing a wider range of opportunities both for individual older Australians and for the broader community. This growing number of older Australians is changing the shape of our society, and bringing with it challenges, but we must not lose sight of the enormous benefits and opportunities that come with a larger and more active community of seniors.

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

About us

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

We do not receive any funding

We are not affiliated with any government body

We are not affiliated with any religious body

We are completely independent

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

The Senior Newspaper Online

Click on logo:



Lake Eyre Mildred Gertrude Smythe



Firstly, Happy Father's Day to all those dads out there! In 1839 (some state it was 1840 or 1841) Edward John Eyre, a pastoralist and explorer who moved sheep from Sydney to Adelaide, discovered what we know as Lake Eyre the 13th biggest salt lake in the world in being 144 km long and 77km wide. When it floods and fills, as it does when we have heavy rains in the north or inland, it becomes a paradise for all waterbirds who must smell or tell each other KATITHANDRRA is risen again. (KATITHANDRRA 'White Star' from Diyari Tribe katit 'white' + handrra 'star'; is Lake Eyre. Diyari language; of far north of South Australia and to the east of Lake Eyre.)

In our experience it is definitely a Pelican Paradise, which is apt considering it's Father's Day, and so we investigated where the legend of these birds, or storks, becoming deliverers of babies stems from. The origin of Obstetricians being referred to as 'Dr Stork' is from English mythology, although some represent this 'deliverer of babies' as a pelican due to their larger bill. In Europe the return of the stork signifies Spring is coming and perhaps is when, alike with other creatures, human babies were born.

Why did George and I need to go to Lake Eyre to see pelicans when we have some around here? you may ask; well, it is to be surrounded by them, to be immersed in their flock. There is something about standing very still and being surrounded by huge white wings that transfers some of their nature to your own, lets you taste what it may be like to be part of what are, for sure, one of the gentle creatures of the earth; the birds. Truly, it felt ethereal! That's the best way I can put it. George and I could not stop smiling and we both felt quite, well, light. A wonderful sensation for our old heavy bones. There is also 70 other species of birds that inhabit this environment, some we would definitely not see on our own home waters. We had a delightful time even though it was a bit cold at night and bit marshy in places.

More about Pelican legends; The pelican was an instrument of 'change' for alchemists and signified, in the bird form, not the apparatus, change occurring; Spring! The pelican is also an alchemical symbol of renewal; the pelican's part in an alchemical process having to do with breaking open one's outer shell to reveal the inner person. George proposes we could take this flooding of the Lake Eyre, and its drawing so many pelicans when this occurs, as denoting the land itself, and we as a result, will similarly experience renewal and abundance. Spring is certainly the season of renewal.

The pelican is also a symbol in alchemy, not only as a specific type of retort whose "beak" bends down toward its "pot belly," for the philosopher's stone, which, when pulverized and mixed with molten lead, transforms the lead into gold. In this sense, the pelican symbolizes selfless striving for purification.

Lake Eyre is fed mainly by its eastern tributaries, the Cooper Creek and the Diamantina and Georgina rivers system. It is Australia's largest lake, in central South Australia. The lake frequently runs dry and becomes a salt marsh. Area; up to 9000 sq. kilometres and down to 3 500 sq. km.

George has taken almost two thousand photographs, some of them in focus, and we'll bring you these as soon as he's sorted the lot.

Avalon Computer Pals for Seniors

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

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

BENEFITS OF EXERCISE FOR SENIORS

By Ingrid Davey

Older Adult Trainer/Instructor Heartmoves

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

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



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

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

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

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

Phone Ingrid to secure your spot on 0405 457 063.

www.heartfoundation.org.au

Enable Me

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

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



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

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

For more information or to register please phone.

Call Kerrie on 9979 7677



Contact Community Care Northern Beaches by clicking their logo:



Ladies Golf at Bayview Golf Club

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

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

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

Gala Charity Day (Teams Stableford 2 scores to count) - 13 October. Click on Logo to visit their website:



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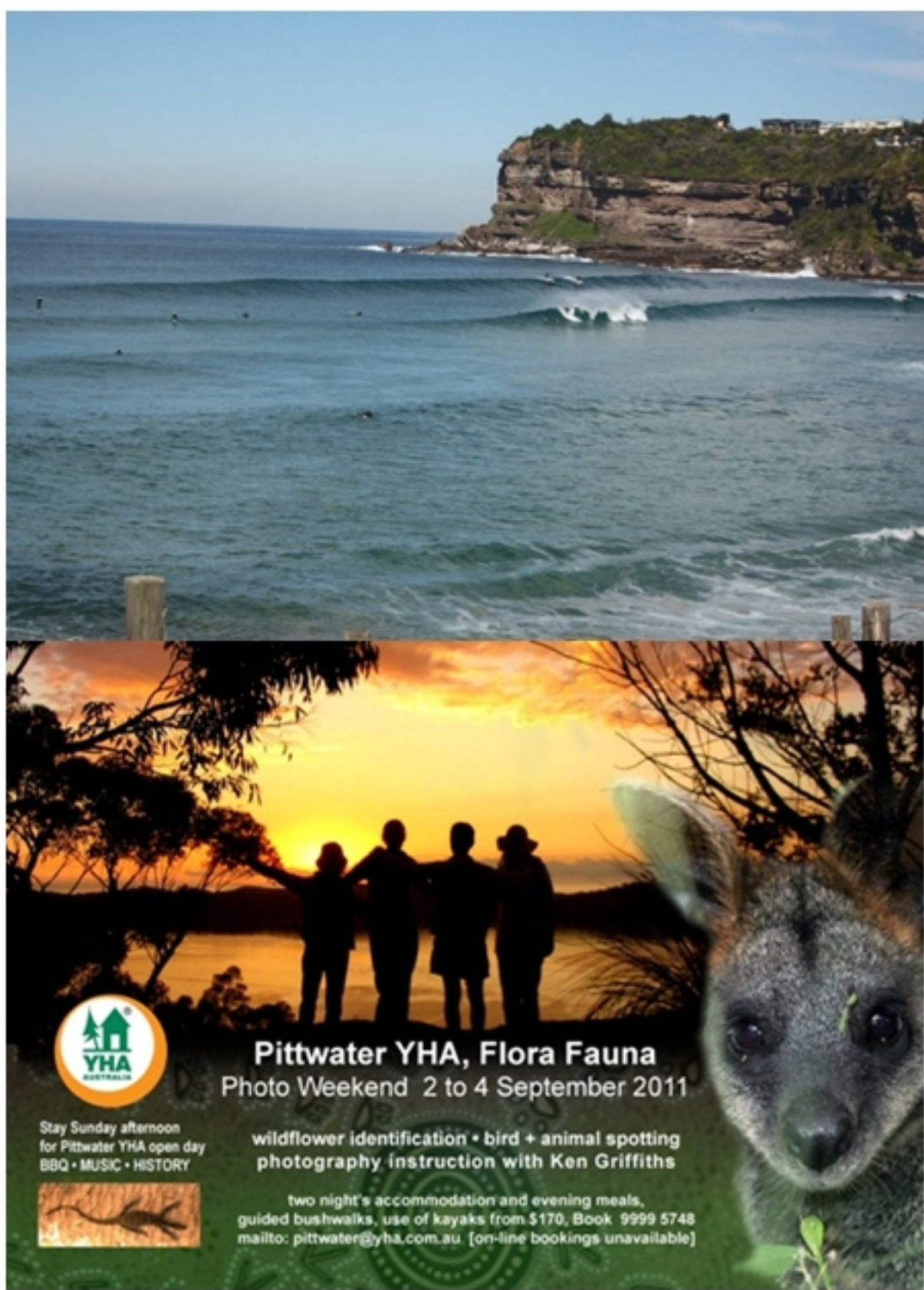
BUSHCARE MAJOR DAY OUT

The offer of free croissants and coffee is just one of the entitlements of Pittwater's Bushcare Major Day Out on **Sunday 11 September at Narroy Park, North Narrabeen from 9am to 12 noon. Free native plants** will also be on offer to residents prepared to roll up their sleeves and do some weeding or planting on the day.

Pittwater Council Mayor Harvey Rose said the Bushcare Major Day Out was a chance for the community to come together and help conserve the local environment. "We would like to encourage residents to come along as well existing bushcare volunteers so everyone can get together and socialise," he said. "We are hoping that the Bushcare Major Day Out could become an annual event, along the lines of Clean Up Australia Day," said Mayor Rose. "Residents are welcome to come for all or part of the morning between 9am and 12pm," he said.

Council's Bushcare Officer Peter Ziegler said the day will include demonstrations of bushcare techniques such as weed identification and removal as well as 'hands on' activity including planting of native tubestock. The work at Narroy Park will support a grant project restoring Nareen wetland, jointly funded by the Sydney Catchment Management Authority and Pittwater Council.

Participants are asked to meet in the Narroy Park playground near the corner of Narroy Road and Venetian Road (near the playground) at North Narrabeen. Participants should wear a hat, covered shoes, long pants and long sleeves and bring a water bottle. Tools and training will be provided on the day. For more information call the Council's Bushcare Officer Peter Ziegler on 9970 1367.



Pittwater YHA, Flora Fauna
Photo Weekend 2 to 4 September 2011

Stay Sunday afternoon for Pittwater YHA open day BBQ - MUSIC - HISTORY

wildflower identification • bird + animal spotting photography instruction with Ken Griffiths

two night's accommodation and evening meals, guided bushwalks, use of kayaks from \$170, Book 9999 5748
mailto: pittwater@yha.com.au [on-line bookings unavailable]

How Green is a Spotted Gum when Wet?



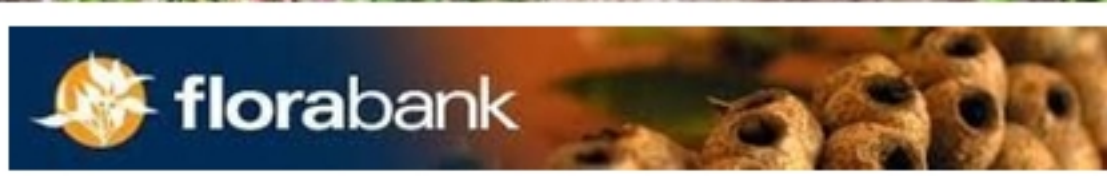
For tips on how to be more energy efficient, visit **Climate Action Pittwater at:**
<http://www.climateactionpittwater.org.au/>



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



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



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

More at: http://www.florabank.org.au/default.asp?V_DOC_ID=1

Click on logo above for Index to the most extensive list of fact sheets on every Australian plant.

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



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 Beharrel said the calendar was a work in progress and was designed to be interactive. "We hope that the public will contribute images and other information to the calendar."

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

The calendar can be viewed at www.pittwater.nsw.gov.au/environment/biodiversity To submit photos for the biodiversity calendar email 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, \$20.00rrp, attractive cards with photos of Warriewood scenes, flora and fauna \$2.00

Email: 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 Lepastrier, local architect and Pittwater resident.



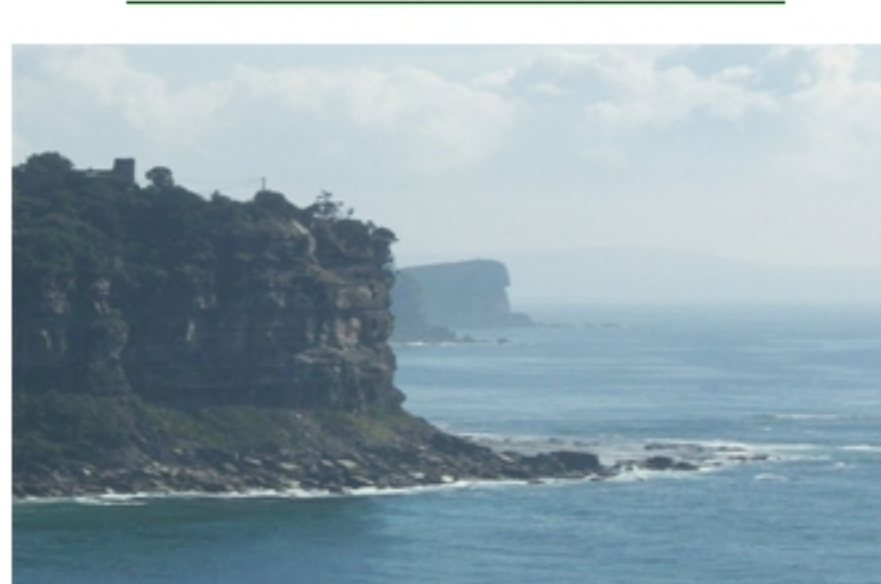
Pittwater's Environmental Foundation

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 centre, and Pittwater Council's environmental flagship.

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

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

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 save by reading it on screen.

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

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

from the Prayer of Saint Patrick

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EAT History Week September 3rd to 11th

To celebrate the theme of History Week in 2011 which is Eat History, we offer a family recipe from the rationing days of World War II which we still make and enjoy today.

Great Grannie's Spice Loaf

2 cups of self raising flour
¾ cup of sugar
1 cup of sultanas
2 dessert spoons of Mixed Spice
1 ½ cups of milk

Mix all together well. Place in buttered and lined Loaf Tin. Bake for ¾ hour at 350 degree-400 degrees (180) or Gas Mark 4. Allow to cool, slice with a bread knife and butter when cold if you can wait that long!



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 **PITTWATER COUNCIL**

FOOD GLORIOUS FOOD!

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

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

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

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

History Week is from 3 – 11 September, with the theme Eat History.

Mona Vale library will host a display exploring the influences migration has had on the foods Australians currently eat and how these foods have evolved to become uniquely Australian.

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



[Marine and Freshwater Research](#)

Volume 62 Number 8 2011



[eMusic and The Echo Nest Partner for Streaming Radio](#) - [mashable.com](#)

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Australian Bush Flowers of Pittwater; links to Single Essences information with kind permission and courtesy of Australian Bush Flower Essences.

(we shall add to this page as flowers come into season).

All Images Copyright A J Guesdon, 2011 and taken within the Pittwater Reserves late Winter to early Spring.



Above: Pink Spider Flower, *Grevillea sericea*, ABFE has information on the [Grey Spider Flower](#), *Grevillea buxifolia*.

Below: [Dagger Hakea](#), *Hakea teretifolia*.



Below: Coast Banksia, *Banksia integrifolia*, ABFE has an essence made from [Old Man Banksia](#), *Banksia serrata* and [Banksia Robur](#).



Above: [Bottlebrush](#) *Callistemon* and belong to the family Myrtaceae.

Below: Coast Banksia, *Banksia integrifolia*, ABFE has an essence made from [Old Man Banksia](#), *Banksia serrata* and [Banksia Robur](#).



Below: [Jacaranda](#), family Bignoniaceae.

Below Right: [Gynea Lily](#), *Doryanthes excelsa*.



Above: Wattle tree in bloom, ABFE has a [Sunshine Wattle](#), *Acacia terminalis*, Essence.

Below: [Flannel Flower](#), *Actinotus helianthi*.



Above: 'Prickly Moses' or *Acacia ulicifolia*

Below: [Red Grevillea](#) photo copyright by Ian White, 2011.



Above: [Waratah](#), *Telopea speciosissima*, *Telopea* is derived from the Greek 'telopos', meaning 'seen from afar' (refers to how bright red flowers are spotted in the bush), 'speciosissima' is the superlative of the Latin adjective 'speciosus', meaning 'beautiful' or 'handsome'.

Below: [Boronia](#), *Boronia ledifolia*



Right: *Hibbertia*, ABFE stocks [Hibbertia pedunculata](#) essence.



Above: Coastal She Oak, *Casuarina* family, ABFE [She Oak](#) is great for women.

Below: [Bush Fuchsia](#)



Below: [Slender Rice Flower](#), *Pimelea linifolia* ssp. *linifolia*.



Bush Peas in Pittwater

Top; probably *Dillwynia* and Pea, Base: possibly *Gompholobium*



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September 2011: Tracy and Paul Smith.

Tracy: Tracy Smith has been a practicing artist for over twenty years. Regional galleries across Australia have exhibited her works. Tracy works in many mediums. In 2008 Tracy won the *Fleurieu Peninsular Vista Prize* with *MAPPING HISTORIES*; artist statement of in file.

More at: http://www.tracysmith.com.au/Tracy_Smith/Home.html

Paul: As an artist and master printmaker, I have created many of my own prints. The environment that surrounds me inspires one series, Pittwater. My studio is waterside on Scotland Island, Pittwater, in Australia. In the prints the subtle depths of the water reflects a kaleidoscope of the world around us. In a single glance, water absorbs a multiple of planes, light and colour. It is a constant source of information.

More recently my beginnings in Fiji have inspired me. The importance of symbols is paramount to the life of these artworks. I have developed a suite of prints called *Skins*, based on shirts and fabrics with traditional island patterns. These patterns are reminiscent of the undulations in landscapes.

From: <http://www.estudioeditions.com.au/categories/Paul-Smith/>

 [artist statementtracy.pdf](#)
Size : 4467.915 Kb
Type : pdf



Above and Left: Mixed Media by Paul Smith, Church Point 7 & 8

Below and Lower Left: Tracy Smith's *Geology of Memory* Fresco Sculpture and *Easter, Jerusalem Bay* Acrylic on Canvas



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Tibetan Thangka WHEEL OF LIFE Painting

Thangkas are traditional Tibetan painted tapestries or cloth scrolls designed as aids in meditation. Painted on cotton or linen, they usually contain images of deities and religious figures and often are representations of spiritual or historical events. Alike mandalas both making a thangka and gazing at one are regarded as forms of meditation. The idea is to lose oneself in thangka not express it. Traditionally, they were never bought or sold. [Source: Edward Wong, New York Times, March 29, 2009]

Thangkas (also spelled tankas) generally fall into 11 categories: 1) mandalas, 2) Tsokshing (Assembly Trees), 3) Tathagata Buddhas, 4) Patriarchs, 5) Avoliteshvara, 6) Buddha-Mother and female Bodhisattvas, 7) tutelary deities, 8) dharma-protecting deities, 9) Arhats. and 10) wrathful deities; and 11) other Bodhisattvas.

Wheel of Life or Bhavacakra
From Wikipedia, the free encyclopedia:

The Bhavacakra is a symbolic representation of samsara (or cyclic existence) found on the outside walls of Tibetan Buddhist temples and monasteries in the Indo-Tibet region. In the Mahayana Buddhist tradition, it is believed that the drawing was designed by the Buddha himself in order to help ordinary people understand the Buddhist teachings.

Explanation of the diagram

The meanings of the main parts of the diagram are:

The images in the hub of the wheel represents the three poisons of ignorance, attachment and aversion.
The second layer represents karma.
The third layer represents the six realms of samsara.
The fourth layer represents the twelve links of dependent origination.
The fierce figure holding the wheel represents impermanence.
The buddha/moon above the wheel (top left in the image at left) represents liberation from samsara or cyclic existence.
The Buddha pointing to the moon (top right in the image at left) indicates that liberation is possible.

Symbolically, the three inner circles, moving from the center outward, show that the three poisons of ignorance, attachment, and aversion give rise to positive and negative actions; these actions and their results are called karma. Karma in turn gives rise to the six realms, which represent the different types of suffering within samsara.

The fourth and outer layer of the wheel symbolizes the twelve links of dependent origination; these links indicate how the sources of suffering—the three poisons and karma—produce lives within cyclic existence.

The fierce being holding the wheel represents impermanence; this symbolizes that the entire process of samsara or cyclic existence is impermanent, transient, constantly changing. The moon above the wheel indicates liberation. The Buddha is pointing to the moon, indicating that liberation from samsara is possible.

Bhavacakra. (2011, August 7). In Wikipedia, The Free Encyclopedia. Retrieved from <http://en.wikipedia.org/w/index.php?title=Bhavacakra&oldid=443559122>