

Pittwater Online News

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November 6 - 12, 2011: Issue 31

November

November is the eleventh month of the year in the Gregorian Calendar and one of four Gregorian months with the length of 30 days. November begins in Scorpio and ends in Sagittarius. The name is from the Latin novem for "nine". The month was originally the ninth month of the year in the early Roman calendar, which started in March, before January and February were inserted.

The birthstone for November is Topaz. The name "topaz" is derived from the Greek "to seek," which was the name of an island in the Red Sea that was difficult to find and from which a yellow stone (now believed to be a yellowish olivine) was mined in ancient times.

Quote for the Week

In the spring, at the end of the day, you should smell like dirt.
- [Margaret Atwood](#)

Change Location: Enter a postcode/suburb...

SYDNEY, NSW

Today
Few showers.
20 28

Tomorrow
Few showers.
19

> Current Temp: 25.5 °C > 3 Hourly Forecast
> Feels Like: 26 °C > 10 Day Forecast
> Wind: 9 km/h W > Warnings
> Rain since 9am: 0 mm > Radar | Cloud

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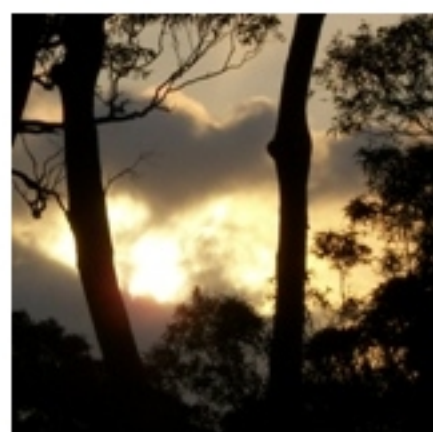
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Dr Roc and the Graduates at RMYC

From Newport School of Music



Above: "Hard Science" Marter Maria College Jazz Ensemble

Roc Koren (aka DR Roc) presented his Dr Roc and the Graduates show Friday night at the RMYC. It's the second time this event has been held, and it provided an opportunity for Dr Roc's star music school graduates to play jazz/rock fusion alongside himself and his musical buddies.

Abuzz with anticipation, the night was a great success. Dinner and show tickets sold out and many with show only tickets also attended. The atmosphere was a jazz supper club style and the music fit the bill perfectly.

Graduates who stole the show were Mathew Thompson on piano and vocals, Edward Wells on piano and saxophones, both these young musicians played Jazz and Roc fusion with great musical flare and exceptional ability. Other highlights included Joe Giuffrida Guitarist and pianist singer song writer; he performed some great solo pieces, and was then joined on stage by Mathew and Edward as well as Ged Langford on bass and Brad Landy on drums. Know as the 'Graduate's Quintet' they had the audience captivated with their singing and playing.

Added to this list of talent was the Kirsten Milenko (piano and vocals) trio which also included Josh Reeves on Drums and Ben Jackson on Bass. Other performers on the night were Marc Holloway, The Mater Maria Catholic College jazz ensemble. Supporting these young musicians were Ken Lloyd on guitar, Rebecca Schweinsberg on vocals, Bill Pfeifer on Saxophone. As well as Roc on Keyboards

A large part of the repertoire is songs and charts from the London Associated Board of Royal Schools of Music jazz curriculum. All of the musicians Passed the highest level 5th grade jazz piano exams from the London Board with Distinction. The repertoire also includes songs by Sting, Steely Dan, Stevie Wonder and jazz standards as well as original compositions. These are some of Sydney's finest young musicians and it was a great opportunity to see them perform live.

Roc has been a professional musician and teacher for 25 years. As well as a teacher, he is a jazz contemporary piano player, a soloist, bandleader, arranger, and conductor for jazz ensembles. The graduates are former pupils whom he helped prepare for jazz/piano examinations.

Newport School of Music
Ph: 9999 1195
0408 220 780

Photo by [Michael Mannington](#). More on our [Pictures](#) page.

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This Weeks Articles

This Friday is Remembrance Day (11/11/11 at 11am). Ceremonies will be held from 10.45am at Palm Beach, Pittwater and Avalon RSLs which the public are cordially invited to attend. We are privileged to share articles on family members who have served in conflicts Australians were involved in from Doreen Cherry, David James and Margaret Millar... [HERE](#)

[Third Put your Foot Down for Pancreatic Cancer Successful](#) from Caroline Kelly

[Dr Roc and the Graduates at RMYC](#)



Profile: In November we are privileged to present small insights into some lovely resident ladies with a definite 'Spring' in their step, this week; writer, teacher and matriarch Pam Bayfield

Previous Profiles:

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



History: Spring Landscapes: it would not be Spring without a nod to all cardinal points of the natural world in this season. Our second round of Pittwater Landscape Histories commences to the East with Bilgola.

Previous History Pages:

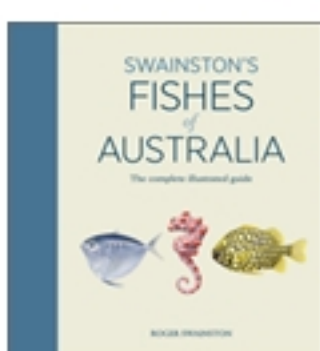
[Marie Byles](#) [Lucy Gullett](#) [Kookoomgilgai](#) [Frank Hurley](#) [Archpriest JJ Therry](#) [Sir Patrick Gordon Taylor](#) [Bowen Bungaree](#) [W. Bradley 1788](#) [Journal Midholme](#) [Loggan Rock Cabin](#) [La Corniche](#) [La Corniche II](#) [Lion Island](#) [Bungan Beach](#) [Botham Beach](#) [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](#) [Ruth Bedford](#) [Jean Curlewis](#) [Mollie Horseman](#) [Charlotte Boutin](#) [May Moore](#) [Neville W Cayley](#) [Leon Houreux](#) [Frederick Wymark](#) [Sir Adrian Curlewis](#)



Park Bench Philosopher: Bilgola and Mollhullin for the men in our eyes.



Food: Movember is when our menfolk get a little bit hairy to promote awareness of men's health issues; particularly Prostrate Cancer and Depression; a few new ideas and a recipe for health.



Books: Newly released Books on Burke & Wills, Owls, Fish and the Sky of 2012.

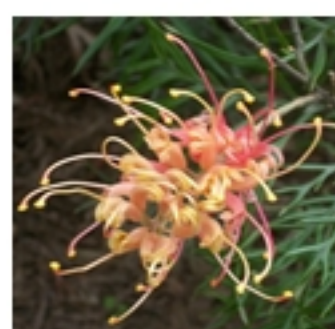
Old Books: NOVEMBER Australian Journals from WWI; two new works of old from 1917 and 1918.



Events: New Artists at GFG, Brass Concert at DY, Author Talks, Creek to Coast Field Day, Messiah, Mosman Festival, Books, Spring Fetes and Shows, History Lectures, Pittwater Council Events, Manly Art Bathers & Beach Exhibit.



Community News: Narrabeen Lagoon shows signs of good health, Book Launch, Women of the Year, MOverember, Bopulaters, Mountaineer Breakfast, RTA seeks MV Road consults, New Markets, PON Newsletter, New Lifejacket Rules, Council's Notices.



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



Lynda Hill: Update: Igniting The Flame Or Burning The Candle At Both Ends: October's Scorpio New Moon



Pictures: Images from Pittwater in Late Spring; out and about flora, fauna and human beings **Being**



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



Seniors: Retirement? What retirement!, link to Seniors Online Newspaper and Information regarding local Health and Education Activities.



Community Clubs: Updates on Activities and links to sites.



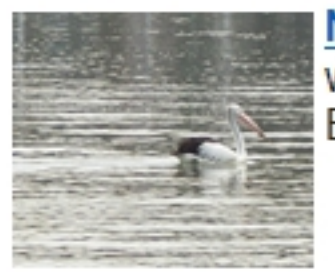
Artist of the Month: Photographer Danny Scotting shares some of his images of Pittwater.



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



Collector's Corner: Springtime is shearing time.



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

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My Family During World War Two by Margaret Millar



My father Daniel Freney enlisted in the Australian Army on 10th May 1941. Because of previous driving experience he was consigned the job of Driver in the 2/3rd Motor Ambulance Convoy (MAC) of the 8th Division of the AIF.

In May 1941 the Japanese invaded Malaya from the north. The Australians of dad's unit arrived in Singapore and until November 1941 were sent up to Kajang Military Camp near Kuala Lumpur in Malaya. As the Japanese moved down through Malaya the Australian, British and Indian troops were involved in fierce jungle warfare. The Japanese also bombed the allied forces throughout the campaign.

The 2/3rd MAC had to drive through heavy fire and bombardment to rescue wounded and dying soldiers on jungle battlefields. They had to evacuate them, through rice paddies and rubber plantations to hospitals and jungle military first aid camps. The 2/3MAC suffered casualties, including deaths, as the ambulances were constant targets and jungle fighting in dense forests was fierce and desperate and the injured were often difficult to locate. The fighting continued down the Peninsula until the Allies, because of superior Japanese numbers and weaponry were forced to cross the Causeway to Singapore.



The 2/3rd MAC Ambulances were the last to drive across the Causeway a minute before it was dynamited. They were last because they stopped to rescue wounded soldiers and civilians all along the south road. Once in Singapore the entire Convoy unit was given a Citation for valour in the line of duty.

They were a brave lot who spent all of their time during and after the Battle for Singapore rescuing allied soldiers and civilians. After the Capitulation the Japanese would not allow them to take medical supplies into Changi Prison but they smuggled them in anyway regardless of the death penalty imposed for disobedience. They then became Prisoners of War of the Japanese for over three long torturous years.

The unit did not stay together. Mates were separated, sent to different areas and others died. Most went first to Changi prison and then, like dad, were transported by train and long forced marches to slave on the infamous Thai-Burma Railway. Others were sent to work in Sandakan, Ambon, Timor, Japan and Manchuria.

Dad had learnt medical skills and so, besides being part of the work parties, also became an aid to doctors such as Dunlop, Fagan and Marsden in the camps of the Hellfire Pass.

My mother had no idea what had happened to my father both in Malaya and after the Surrender. In 1942 she was sent a telegram informing her that dad was 'missing'. This was the procedure after the surrender until the status of those captured status was verified. It was two long years before she found out from the Red Cross that he was alive and a POW. Her experience was that of thousands of women waiting for news of missing soldiers. They were left to carry on the war effort and to look after children.

Women had to deal with food and clothing rationing and other shortages and many who were able, worked in heavy industry or on farms to help the war effort. Women who did male jobs were only permitted to do so whilst the war continued. My aunt joined the Australian Women's Air Force. These women did much helpful war work throughout the WWII.

I would like to mention my mother's parents Jessie and Frank Booth of Harbord who looked after all their grown daughters during this period. In fact every night Frank Booth would run around the streets of Harbord to the houses of his four married daughters, whose husbands were at war, to check if the blackout blinds he had installed for them worked properly.

When the Japanese submarine fired on Sydney my grandfather was running around Harbord in the pitch dark, knocking on each daughter's house to make sure that they were properly protected from shelling. He had quite a long way to run as the houses were not close together.

My grandmother had to feed and clothe her large family. She had some home grown vegetables for dinner. There was a dairy not far away and the Chinese market gardens were also handy for vegetables. People were very resourceful. Nana would cut down some old dress and make two girls dresses and also boys' shirts from all sorts of pieces of material. Rationing continued after the war was over and goods were scarce until the consumer boom of the 1950's.

My dad was one of the lucky ones who made it back home. Many did not. He returned to Sydney on 25th September 1945. He spent a long time in the Concord Repatriation Hospital before coming home. He received his discharged pay and had to immediately begin to restart his small business. There was no counselling whatsoever.

However people did not expect much in the war era. Without any fuss they simply did what had to be done. They also did not want the enormous range of material consumer goods that we do nowadays.

My parents lived a good life together. Dad died a Life Member of the RSL. He had been one of the founders of the Harbord Branch now known as the Harbord Diggers. My grandmother and grandfather and their larger family were of that generation that had lived through World War One, followed by the great depression of the 1930's and then World War Two with all its hardships.

War is not glorious but I believe the spirit of comradeship, family and courage sustained my family and the majority of Australians.



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11-11-11 by Doreen Cherry



Remembrance Day has always been special for me but this year all the more so as it will be the 11th 11th 11 th.

During the post war years after the Second World War whilst I was training to be a Nurse one of our Staff doctors had been killed on active service and his Nursing Sister widow and their teenaged son were attending a hospital Remembrance service. He told his mother this day was always special for him as he felt close to his Father and his own loving thoughts came easily and he felt emotional and comforted and this would be his own special day forever. I have adopted this thought process for myself ever since, including those killed or who have served in war.

My father joined up from Manly and served in the A.I.F. in the First World War and the Second World War. In the first War he was wounded in France and sent to a hospital in England for many months then returned to the trenches in France where he was wounded in a hip and later returned by ship to a Military hospital in Sydney where he spent many months of his life at Randwick or Concord, Lady Gowrie or Lady Davidson Hospitals even the Quarantine Station at North Head when he first arrived back in Australia.

Then came Penicillin and a cure for [osteomyelitis](#) and my father's life changed forever.

During the 2nd World War he applied to join the A.I.F. but his time was short lived even though he made it to a military camp in Victoria and Ingleburn near Sydney. All his Military records were found and he didn't pass a second medical examination to join the A.I.F. for service overseas. So he was given permission to transfer to the Australian Militia as a Warrant officer riding along the Northern Beaches on a motorbike wearing a tin helmet and checking the gun turret on Westhead and overlooking Barrenjoey Headland and the entrance and to the Pacific Ocean with his binoculars.

Who can remember the huge concrete pyramids on Dee Why Beach intended to keep the Japanese enemy from landing? Barbwire and the concrete structures were checked all the time by my wonderful Father a very brave A.N.Z.A.C. My hero.

As a family we are negotiating for a plaque in the Manly memorial walkway.

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Ivo Brien Joy by David James



My uncle Ivo Lyndon James served in the RAAF in the Middle East in WW2 (as did my father George James in New Guinea), but it is their uncle, Ivo Brien Joy, that I speak of. Ivo died, unburied, aged 19 and eight months. His personal effects returned to Australia were merely a belt and a book of Lovell's poems

Six days after the outbreak of World War One, Ivo Brien Joy enlisted in the 1st AIF on 14 August 1914. He was in the famous Western Australian 11th Battalion, 3

Brigade, that put the first troops ashore from the destroyer "Chelmer" landing at 5 am, 25 April 1915, just to the north of Anzac Cove. In a party under Captain E W Tulloch, Ivo was in a party of men, mainly from 11th Bn. but including some from 12th, that attacked the 11th's final objective for the landing, Battleship Hill, not far below Chunuk Bair. They were part of the covering force, with orders to take and hold the Hill and until reinforcements would relieve them from below. Unfortunately orders were changed about then and the relieving troops were diverted to the South.

After a tiring climb the 11th took Battleship Hill under Turkish rifle fire at about 9 am, holding onto stony ground on the South East flank of the hill (as described by CEW Bean in the Official History). Unable to dig in to any significant extent, they came under increasingly heavy fire on three sides from the three Turkish regiments personally sent around the heights of Chunuk Bair by Kemal Ataturk himself, disregarding his orders not to do so.

Spurred on by Ataturk the Australians suffered ever increasing losses, including that of inspiring leader, Lt Mort Reid (with a broken femur). Facing annihilation, they had to fall back on Baby 700 where Lance Sergeant Ivo Joy was severely wounded, shot through the chest region. Following desperately heavy fighting on both sides of [Baby 700](#) later that day and evening, our troops had to fall back onto Popes Hill and The Checkerboard, leaving some of their wounded hopelessly behind. Ivo Joy, his body never found, was amongst some 3000 Australians that fell who have no known grave, their bones mingled into the dust of the Gallipoli Peninsula, and lying there yet.

Ivo's mother Caroline Joy wrote an autobiography, Them that are Without. Although written many years later, it still conveys her deep grief for her lost son in these words "We have seen sorrow and joy together, rejoiced over and with our children, and broke our hearts over the youngest laddie, who lies in a soldier's grave, far away."

Believing all her life the kindly story that her son had been properly buried, Caroline thankfully never knew the real reason her appeals to the Army for a photograph of his grave, written in 1919 and again in 1929, could never be granted. For there was none.

And this is the real importance of our cenotaphs like the one at Avalon for they are literally, "a place for those of our dead having no known grave".



Former Mayor and current Cr. James has written an excellent essay, *A Tale of Two 11th Battalion Soldiers*, which he is allowing us to publish in it's entirety in Issue 32.

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Above: Caroline Kelly. Below (l to r) Hon. Rob Stokes, Cate Pippia, Warwick White CEO of Coca-cola Amatil.



Third annual 'Put your foot down' walk for pancreatic cancer a great success from Caroline Kelly

Avalon charity, the Avner Nahmani Pancreatic Cancer Foundation held their third annual walk for pancreatic cancer on October 30th at Palm Beach.

A record 198 people registered for the event and almost \$17,000 was raised for pancreatic cancer research to be carried out by renowned researchers from the Garvan Institute.

Pancreatic cancer is one of the most lethal adult cancers with median survival of between 3 and 6 months and only 5% of patients surviving beyond 5 years. Avner and his wife Caroline Kelly, co-founded the charity three years ago with an aim of getting this disease out of the too hard basket. Sadly the disease claimed Avner's life thirteen months after his diagnosis. The Foundation lives on fulfilling his dreams of making a difference and has raised more than \$1.8m for research and support services.

The charity has achieved such significant success through three C's corporate, colleague and community support. Avner's employer Woolworths have been a driving force behind its success and Coca-Cola Amatil have helped bring awareness to the masses through it's specially market Deep Spring water on sale at Woolworths Supermarkets. Coca-Cola Amatil donates 10c from the sale of each specially marked bottle of water and has contributed \$170,000 in a year towards research.

Of the funds raised, \$1m dollars is funding a trial by the Australasian Gastro-Intestinal Trials Group, more than \$340,000 has been contributed towards the Garvan Institute's research, and in excess of \$400,000 has been raised towards the foundation's first foray into support services a night nursing pilot. Under the pilot nurses will be provided overnight in a pancreatic cancer patient's home in their final nights to administer medication, liaise with doctors and hospitals and provide support in the most difficult hours of the most difficult days. In principle government support has been given to this worthy initiative with meetings held with Treasurer, Mike Baird and Health Minister, Gillian Skinner.

In an effort to bring awareness to other locations and to show those that have been affected by this lethal disease that they are not alone, walks have been established in Melbourne and Hobart. Plans are underway for Adelaide to join this list in 2012.

Organisation: Avner Nahmani Pancreatic Cancer Foundation.
Email: avandcaro@mac.com Website: www.avnersfund.org.au

Our local MP. Hon Rob Stokes attended and was seen helping clean up afterwards. We contacted his office during the week for a comment.

"There's no greater challenge than fighting cancer - so to see such strong community support for this event was fantastic."

More images of those who put their feet down on sunday are on our [Pictures](#) Page. All images by [Michael Mannington](#).

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Bilgola of Mollhullin

Lily is welcomed to the universe through her dreams during this summer. And then in broad bright blue waking life, with her eyes wide open. Her dreams are of walking with the first songers, only now their brown cowls are gold and first blue and white. Lily dreamt of herself playing a golden flute and trumpet and saxophone in a large green and blue vision land. A wide golden beam followed her as she moved from under broad apple tree out into this country, making a music that seemed to come from the land as much as from her breath filling those instruments.

In waking she looked up to the dark blue sky and saw all the millions of white and gold stars, and then those stars were in belts, lines that curved and rolled out from the deep blue skins. These lines of stars turned into words before her eyes. These words were spoken by all that sky and skies as much as coming from them. Lily heard them sung to her, and looked at the characters of letters that made whole words, and felt their meanings...

Until dawned one bright blue and bright green and yellow rising sun morning. No one else seemed to be awake. No breeze moved and the ocean was flat and quiet. And Lily, sitting in the small green backyard overlooking the beach, saw a giant white cloud in the perfect shape of 'U' materialise before her in the clear blue sky. This letter U, in capital form, stayed for a moment, for three long moments, then Lily made herself look away and then look back, and it was gone. Blue clear sky was all once again.

She blinked, breathed the breath in her for that moment again, and told herself something was definitely happening, a definite something else, and this something else was happening to her. She didn't know, yet, this something, of original colours, is the original Converse.

"Cup? What cup?" she asks this pure blue sky.
And the sky laughed, happy, and hugged her closer.

This welcoming of a daughter made Lily feel claimed by earth, water, sky and spirit more than people. Moments later this claiming of a daughter caused Lily to decide to be more patient with the limitations of others as theirs reminded her of her own. She saw no one spoke out loud, even though voices poured and poured out of them, and she saw she was the same. No one spoke out loud, and no one showed another where they took a real breath, where they offered up more than their naked skin to be embraced by love if not a lover. She saw everyone sensed they were all a long way, or a kiss away from where they should be, could be, as a planet and a species.

Then TulucAmon, conversing with Lil, whispered 'Imagine the original balance.' into her soul.

Lily blinked, and whispered back, "Imagine the original balance... of gardens... and solaced eyes. And now we ache and yearn for two kinds of coming home, for the manifest to become again what truly lives, and for us to be amongst that home coming, that rising, for us to be the ones who make the spark. Can't you hear us all chanting in every moment, with each heartbeat, 'This lifetime, this lifetime, this lifetime.'?"

Wills' dreams since he returned from what is left of southern forests are of dancing, and trying to dance. He dreams his jigger boots are slabs of concrete and he can't lift them, let alone dance. He dreamt of falling over everytime he moved towards a dance floor. All those he'd once ogled stood around laughing at him, grading him a 'medium six' or, 'no, no, low five.'

He dreamt of leaping, and not making the drop. His ankles would buckle and his wingless back would crash him to earth, earth that was concrete and steel and never soft sweet dirt. In the middle of bright blue days a strange uneasiness would rise from his stomach and bones. Seconds ago he had been joking with a passenger about the weather or the bus running late, and then the feeling would rise, or descend, and clamp itself over and through all of him. He felt heavy, and sad, and scared, and like he couldn't breathe deeply enough, and like someone or something was about to slam him in the face. He dreamt of dancing and trying to dance, and everyday the strange irking came, made his heart and limbs heavy, made sighs and catches in his breathing rhythm. Then another dream came.

Will, eyes closed, sees his dark sweating limbs twitching in a concrete room, unable to move. The daytime sense of being paralysed with fear is throughout his twitching dream form. Four mute grey black walls, no window, no door, no tremble in the dark air, surround him. He can hardly breathe himself, feels he is dying, imprisoned in a tomb. His eyelids flicker, but can't open, he can't wake up. 'Wake up! Wake up!' he tells himself and struggles to open his eyes. A moment later his dream eyes open and blink underwater, like they used to, four million years ago. He began swimming up, up through air thick as water. He blinked again, opened wider his fish eyes, escaping the tomb.

A moment later he is still dreaming and he dreaming of Mollhullin. He is walking through Mollhullin on his own, he could tell no one else was there, and he was meeting that place. Every verge and mere, every hill, every tree told him their songnames and thus all of their souls. All came all together all around him, and through him. He could see he was still pale skinned and awkward, but felt he was shining too. Shining. Bright like the green and blue around him.

All of a sudden three men stand under a tree on a gently sloping bank before him. They wear brown hooded tunics and green trews, woodsmen from a long time ago. The green arc of the hills' bank, the brown and green tree, the arcing Saxon blue sky, the three men suddenly smiling at him are stark to Will. He wonders why they smile greeting. Then a strange wind rushes out of his dream lips as breath, an exhale tasting as a paisley incense of trees. His dream lips look emerald for a moment, sparkle a flash of brilliance as though this green breath has spoken.

Wills' flesh eyes flicker open. He blinks hard once more to know he is really awake this time, that no dark dream-air paralysis grips his drenched skin or stutters his breathing. He lay there, feeling he was ten thousand miles away from some other home, his throat catching on one of those small shudders that come when a child has finished crying and is quiet again. He opened his mouth to exhale, tried tasting the tree breath he had breathed out in dream. A breath later these words rang from the core of him, in his own voice... "When I became a man I went with my father, to look for our father, and found his paradise is sand, his language extinct and great hollows of stars where his eyes had once been. I stood there, looking for the father in me, looking for his language, looking for his land, and the wind in my ears changed and became a song that became his long lost language until those words were rain on my dry heart, and all those stars, all those small lights of the sons and fathers who had come before me, were falling to become dew on the grass."

Extract from *Village Green, Dreams*. Copyright A J Guesdon 1985-2011.



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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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One of our regular contributors and consultants in grammatical matters is writer Pam Bayfield, a matriarch of our community and a former teacher. Asking Pam if we could share content about her instead of from her is like getting a free pass as her love of words, and writing, meant all we had to do was set it.

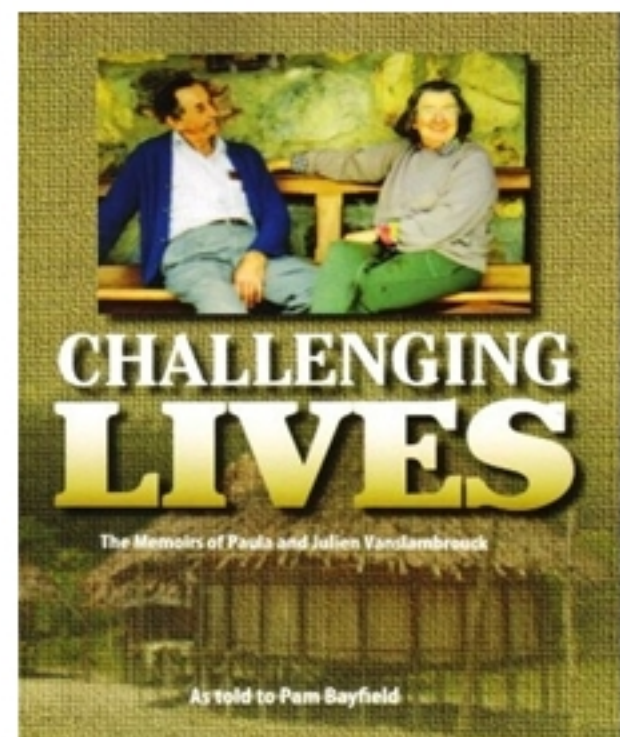
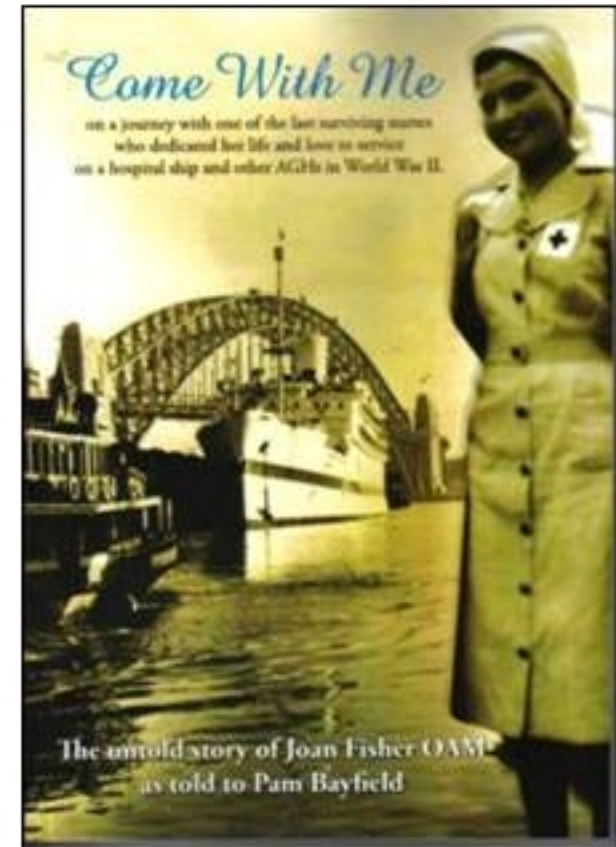
Pam's deep interest in other people and their stories has provided and contributed insights on Australians we would be poorer without. Her love of family brings a realism and richness to all her works. Since time is not slowing down or dulling her appetite for life it is fitting that she is our first ever Spring Lady.



Above: Pam with Justin as a baby. Below: On holidays with Garnet.



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.



Pam Bayfield's **Challenging Lives** is the memoirs of Paula and Julien Vanslambrouck, as told to her, and gives insights into two people whose lives encapsulate a whole era of Australia's history. Paula, born in Wauchope and growing up during the Depression, and Julien, whom we meet when he is hiding from Nazis and flees to Australia as a post-war migrant, both seek a better life. Their marriage and determination to make their lives all they can be, their contributions to community, make theirs an inspiring journey and this a worthwhile read.

Copyright Pam Bayfield, 2011. All Rights Reserved.



PAM BAYFIELD



I had a very enjoyable childhood, living in many different parts of Australia as my father was a mining engineer. I was born in Mt Isa, my mother from Dunedin New Zealand hating every minute of her time there. David, my only brother was born three years later. We moved to the Atherton Tablelands, to a place called Herberton, a much milder climate and lived there for four years. Most of my schooling was in Broken Hill where dad was the Mines Inspector. Six happy years putting up with the heat of summer, dust storms and mosquitoes. By the time we left I had completed three years of primary and three years of High School. I made many true friends in this city and we are back in touch today through my autobiography, which I wrote in 2002.

Armidale was our next move and my mother thought a private school may improve my manners and give me a lick of polish. I attended PLC for my last two years of school. As we lived right around the corner from the Teachers College I thought it beneficial to go there and what a good decision that turned out to be as I loved my years of teaching. My first appointment was Arncliffe and that meant three modes of transport as we lived in Manly Vale at the time. While I was there they celebrated their 100 years and now I have been invited back to their 150th at the end of this year. Where did that fifty years go?

I was then appointed to Dee Why Primary and had a wonderful time for the next six years, teaching all girls classes and then co-ed before moving to Brookvale as Deputy in 1970. In the mean time I had met Garnet and married him in 1966. A few years later Justin was born to be followed by Cameron and then Mark. My teaching days were over as I became an at home mother. As they moved on to school I helped Garnet in his Real Estate business and played tennis two days a week. Life was good. We lived in Cromer in those early days and then bought a house in Elanora where I still am today minus my darling husband. My children are all married with their own families. I now have four granddaughters. One son Justin lives in America and he has a three year old daughter. I am going over to visit later this year.

I returned to teaching after 17 years and taught at Pittwater House where my boys were pupils. I taught for ten years before deciding enough was enough and I retired. What was I going to do to fill in those years stretching ahead of me? I did a few years of art and craft before I began writing my mother's story, which was very basic, done in an A4 folder with photos. I was very proud of my efforts. I knew there had to be more to it and decided to attend a writing course at a Community College at Narrabeen with Robyn McWilliam. I met some lovely ladies and seven of us formed our own little writing group. We met occasionally to listen to each other's work and give comments. At this time I embarked on my first novel, a fiction (fiction based on fact) about my father's side of the family. I changed the names and places and called it *To Those Who Wait* as it told how each of dad's sisters had to wait to marry their loved ones as did my father as he had to complete his university studies before mum would become engaged to him. The oldest sister was denied the opportunity to go to university as 'you will only get married'. Ironically she didn't ever marry but was a wonderful actress and the subject of another book called *A Leading Lady*.

Anneke's Story followed and this was a biography about a lady imprisoned by the Japanese in Java during WWII. Anna Van der Laarse lived at Dee Why Gardens and we met while I was promoting my first book. She told me she had a story under her bed and it was about her memories of the time in the camps. I interviewed her to get the story behind the story, before going away and writing it for her. She wanted her story told and was happy once it was out there for others to read.

Knees Up Mother Brown was written after my bilateral knee operation and that has had many re-prints. It has helped many people having similar operations to understand what I went through to achieve full recovery and back to playing tennis once again.

My first fiction story *Silver Dreams* was about Broken Hill and it is a family saga, going back to the early days of the town, following the lives of four families. The historical facts are as true as I could make them, having done a lot of research. Going back for a book launch was a lot of fun and I sold a great number at the time. Book launches are the way to get your book out there and I had many at Mona Vale Golf Club. I had it as a dinner and always invited someone of note to do the launching.

The last two books have been about people who lived at the War Vets and Joan Fisher's *Come With Me* sold over 600 copies and the latest *Challenging Lives* - the memoirs of Paula and Julien Vanslambrouck sold well at book launches in Wauchope, Goulburn and at the War Vets. This is a great effort for self-published books. Where do I go from here? Another project may be just around the corner but I'm enjoying a break at the moment. Writing has been my great love and it has filled in the last 12 years admirably. After Garnet died in 2007 I had to keep going and writing helped fill the gap. I would advise anyone to get their story down for the next generation. We all have stories to tell.

I have lived on the Northern Beaches for over 30 years and simply love it. I do lots of walking and my favourite walk is along the beachfront at Narrabeen. Looking out at that wonderful blue ocean fills me with a feeling of peace and happiness. I also love Winnerremy Bay Reserve with its lovely walks, seeing the dogs swimming and exercising. I enjoy taking my two granddaughters there. The playground is very popular at the Flying Fox cafe and the girls love it.

My philosophy is to make sure my glass is half full and not half empty. I try to make the most of each day and fill it with walking, writing, Probus meetings and outings, babysitting and going out with friends. I have been President of the Society of Women Writers in recent years and am still on the committee and I am Vice President of my Probus Club, having had a turn as President. I play tennis every Friday with ladies I have known since my early 20s where many of us played at Manly Lawn Tennis Club. One of our group is still playing well into her eighties. May we all be able to do that.

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November 6 - 12, 2011: Issue 31

Bilgola Beach and Valley

Bilgola is named after an Aboriginal word meaning "swirling waters" and seems to have been a popular fishing spot for our original custodians prior to the arrival of settlers. First mapped by Government Surveyor James Meehan, the word 'Belgoula' was noted in his records of 1814. This 'swirling waters' name seems very appropriate when you cast your eyes over the long list of people who have drowned in the undertows and rips off this beach prior to the formation of a Surf Club in 1949. Although the western bends protect the plants the northern face is exposed to southerlies and has borne the brunt of many summer storms. During the weekend of 8th - 9th of June 1974 gale force winds devastated a house along the Serpentine and the beach itself as well as other structures from Patonga to Manly. (See file below).

The beach itself is 500m long, faces south east and is bordered by a high headland, Bilgola Head to the north and the lower, shale predominated, Newport Head and rocks to the south. The beach has a single sand bar cut by two shifting beach rips and permanent rips against the rocks at each end. The southern rip is called the 'Newport Express' as it flows fast over the rocks and carries the unwary south to Newport. It is also one of the quieter amphitheatres of sand and water in Pittwater and this stillness, due to Bilgola's form, causes sea mists to linger during season overlaps and create, with moonlit and still water, the stuff of visions. Many artists, writers and actors have resided within its natural enclave.

The landscape was once a deep tidal cove, which still shows in the 'bends' which curve around the walls of a 400m wide valley. The green reserve surrounding the Bilgola Bends western and northern slopes is known as Hewitt Park. A sandstone escarpment in the uppermost section of the Reserve drops over 75 metres as a very steep slope. A reserve at the south end of the beach, with a constructed track which winds around the headland through to Newport beach has been named Hamilton Reserve. Attunga Reserve, at 7.95 hectares is located over the ridgeline which separates Bilgola and Newport beaches. At the north end of the beach the A (Arthur) J Small Lookout, with a panoramic view south and north, is bounded by thick coastal scrubland. There are two rainfall influenced intermittent creeks, both boulder lined, which drain from Bilgola plateau, one at mid slope and one at the northern end. The northern creek can become a waterfall as it enters this Reserve.

The gully structure of Bilgola has preserved some areas close to their original state and supports a Cabbage-tree Palm Forest (*Livistona australis*), Lilly Pilly (*Acmena smithii*) and Guioa (*Guioa semiglaucula*) with emergent eucalypts such as Broad-leaved White Mahogany (*E. umbra*). An understorey plant world of low tree and shrub layer species include Forest Oak (*Allocasuarina torulosa*), Veiny Wilkiea (*Wilkiea huegeliana*), Bolwarra (*Eupomatia laurina*), Bastard Rosewood (*Synoum glandulosum*), Mock Olive (*Notelaea longifolia*) and Sweet Pittosporum (*Pittosporum undulatum*). The ground layer is dominated by ferns. Common ground layer plants include Rasp Fern (*Doodia aspera*), Jasmine Morinda (*Morinda jasminoides*), Settler's Flax (*Gymnostachys anceps*), Native Grape (*Cissus hypoglaucula*), False Bracken Fern (*Calochaena dubia*), Lawyer Vine and Harsh Ground-fern (*Hypolepis muelleri*). Also present are small areas of forest or woodland community where the trees are of lower height than the forest on the upper slopes. Here Smooth-barked Apple (*Angophora costata*), Rough-barked Apple (*Angophora floribunda*) and Black She-oak (*Allocasuarina littoralis*) grow. Associated small tree species include Bangalay (*E. botryoides*), Cheese Tree (*Glochidion ferdinandi*), Coast Banksia (*Banksia integrifolia*) and Blueberry Ash (*Elaeocarpus reticulatus*).

The fruits of the trees are favoured by species such as the Topknot Pidgeon and seasonal migrants such as the Koel and Channel-billed Cuckoo. Up until 2000 a few koalas had been spotted still living along Bilgola Bends. Predator foxes have been seen at the edge of the road at dusk. The ridgeline, and open scrubland of Attunga reserve, lends itself to raptors both daylight loving, hawks, eagles, peregrine falcons and nocturnal owls. All have been spotted in this area recently and in past years. Birdline NSW reports of white-tailed Tropicbird off the headland in May and Eastern Koel on the top of the ridge in August of this year show this provides a haven for many land and coastal birds in their due seasons.

Bilgola has been a holiday destination for over a hundred years and we will revisit this in our Summer Houses series in December on these History pages but those first built stood out from the landscape and were in what were the classic designs of their times. In 1870 William Bede Dalley built what was named 'Bilgola Cottage'. This premises was visited by many persons associated with this gentleman and his children, including a [Dame Melba](#).

The Bilgola Surf Life Saving Club was formed in the summer of 1949 when a small band of locals commenced patrols on Bilgola Beach. This Club has now served the local community and our visitors for over 60 years.

Further, in files to left

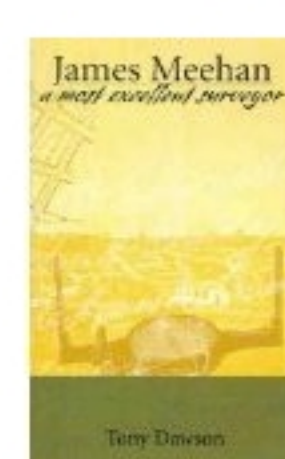


Top: Members of the Allen Family swimming in 1913. PicNo:3292031h from NSW State Library. Above 1962 Frank Hurley photo nla24768552. Below, 2011 southview of Bilgola.




[Bilgola1974storm.pdf](#)
 Size : 1714.144 Kb
 Type : pdf


[Bilgola Research from TROVE.pdf](#)
 Size : 25.49 Kb
 Type : pdf



James Meehan : a most excellent surveyor by Tony Dawson

James Meehan made an immense contribution to land development in early New South Wales; he stated at the Bigge Commission of inquiry that he had measured every farm in the early colony. He measured land grants and leases for over two decades with the Office of Surveyor General from the early 1800s.

Published 2003: limited availability: [order here](#)

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Bilgola Beach 1909 (top) and 1928 (below) Samuel Wood - ca. 1928 Bilgola Beach 1928: Digital Order No. a1470001 and No 1373015h from the Allen Family Album 1909. Both Courtesy the State Library of NSW.

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Identifying Bush flowers of Pittwater



Bottlebrush or *Callistemon citrinus*, also known as Crimson Bottlebrush is a shrub in the family Myrtaceae. It is native to the states of Queensland, New South Wales and Victoria in Australia and occurs in open heath land bush and near-coastal swamps. Growing to between 1 and 3 metres in height, it has leaves which are 3 to 7 cm long and 5 to 8 mm wide. The flower spikes are 6 to 10 cm in length and about 4 to 7 cm in diameter. The stamens are red, purplish-red or lilac with dark-coloured anthers.

Callistemon is a genus of 34 species of shrubs in the family Myrtaceae, all of which are endemic to Australia. Callistemon species are commonly referred to as bottlebrushes because of their cylindrical, brush like flowers resembling a traditional bottle brush. They are found in the more temperate regions of Australia, mostly along the east coast and south-west, and although they favour moist conditions they also thrive away from streams. The one pictured here was photographed at Careel Bay while darker red ones have been found on Bangalley headland.

The Bottlebrush Essence is a cleansing and clearing enhancer, for mother-child bonding, promotes serenity and calmness. More at [Australian Bush Flower Essences](http://www.australianbushfloweressences.com) website.

Bottlebrush is also a sweet drink for our original custodians. The flowers are steeped in water, while the dew is still on them.

Coastal Environment Centre



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

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

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

November Newsletter includes information on local:

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

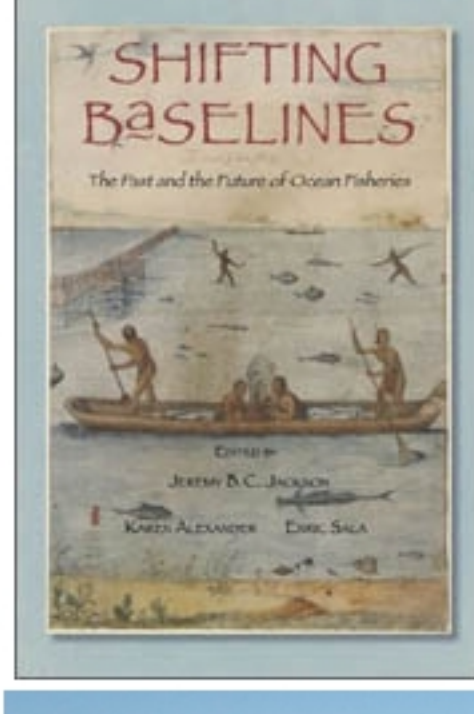
HERE

Shifting Baselines

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

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

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



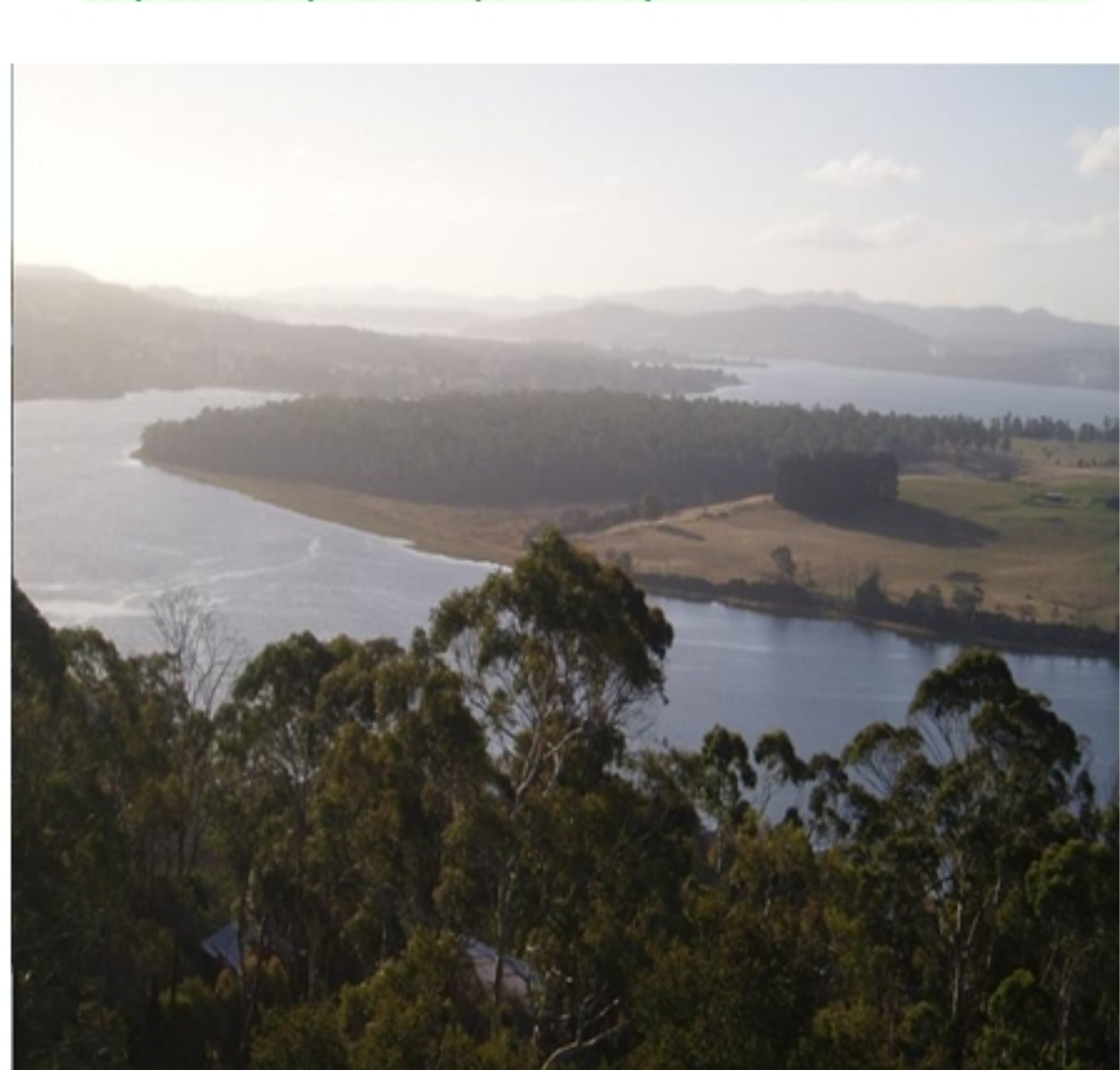
How Green is a Spotted Gum when Wet?



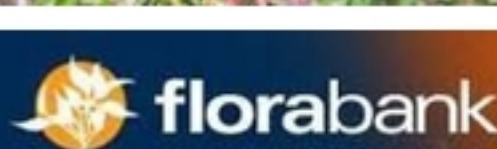
For tips on how to be more energy efficient, visit Climate Action Pittwater at: <http://www.climateactionpittwater.org.au/>



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



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



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

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

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



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

Rocky Point is on Pittwater's western shore, near Elvina Bay. Magnificent Spotted Gum forest needs to be saved from Asparagus Fern. We start the day with a free ferry ride from Newport. Last year over 60 people came to attack Asparagus Fern with great results. Join the local bushcare groups for another Big Day Out, with a Gourmet Lunch as the finale. This really may be the end of Asparagus Fern here!
Bring: gloves, water to drink.
Wear: long trousers and sleeves, enclosed footwear
Sponsors: DATS Environmental Services, Pittwater Council, Hawkesbury Nepean Catchment Management Authority and NPWS
Cost: Free
RSVP: pnhainfo@gmail.com or phone 9918 3368, 9918 7190 or 0439 409 202



WetlandCare Australia National Art and Photography Competition

To celebrate World Wetlands Day 2012 on February 2, WetlandCare Australia is hosting their 5th annual Australia wide art and photography competition. There are categories for young people and adults, and for the first time the competition includes categories specifically for Indigenous artists.

The categories in the competition have been designed to give as many people as possible the opportunity to submit entries. The categories are:

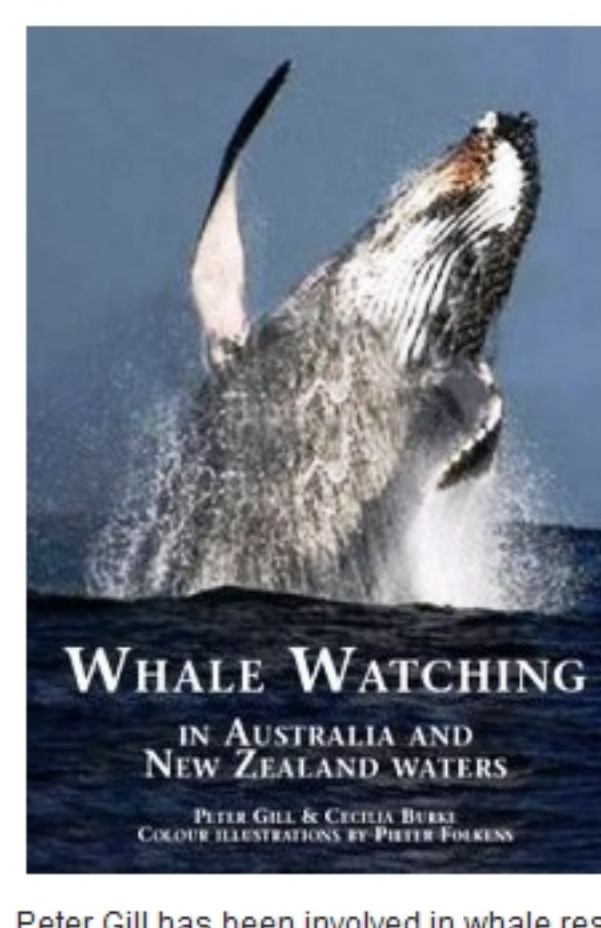
- NSW Catchment Management Authorities Open Art 1st Prize: \$1500 Open to all Australian residents
- Central West Catchment Management Authority Youth Art 1st Prize: \$1200 Open to all Australian residents aged 12-17
- WetlandCare Australia Children's Art 1st Prize: \$1000 Open to all Australian residents aged 4-11
- Murray-Darling Basin Authority Indigenous Art Youth 1st Prize: \$1200 + Art supply kit Open to Aboriginal and Torres Strait Islander artists aged 17 years and under
- Queensland Wetlands Program Indigenous Art Open 1st Prize: \$1200 + Art supply kit Open to all Aboriginal and Torres Strait Islander artists
- NSW Office of Environment and Heritage Open Photography 1st Prize: \$1200 Open to all Australian residents
- Golden Chain Youth Photography 1st Prize \$1000 Open to all Australian residents aged 17 years and under

WetlandCare Australia Awards
WetlandCare Australia Senior Management will select 3 of the winning works selected by the judges in Art, Indigenous Art or Photography that best promote the organisations objectives for the next 12 months. These works will be awarded a WetlandCare Australia Award, and will be used in promotional materials and events. See the Rules of the Competition for full details.

[Entry Forms Here](#)

Whale watching in Australia and New Zealand waters.

Gill, Peter and Cecilia Burke.



Australia New Holland Publishers (2011 third edition).
Octavo, paperback, 148 pp. colour photographs, colour illustrations, maps. \$30.00

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

Peter Gill has been involved in whale research since 1983 and is currently studying Blue whale ecology off the coast of Victoria and South Australia. Peter has taken part in whale surveys and sailing expeditions in Australian, South Pacific and Antarctic waters and has worked as a guide on Antarctic tourist expeditions. He is the author of several books about whales and many scientific and magazine articles.



WWF Australia

New reports highlight the urgent need for marine sanctuaries

Australia's north and northwest teeming with rare and threatened marine life - WWF www.wwf.org.au
New reports released today (18.10.11) reveal critical sites for rare and threatened seafife - including ancient coral reefs, enormous whale sharks, dugong, snubfin dolphins and humpback whales - off Australia's north and northwest coast.



Sea Turtle © Jürgen Freund / WWF-Canon



Functional Plant Biology

Volume 38 Number 11 2011

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



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

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

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

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



Australian Journal of Botany

Volume 59 Number 6 2011

Includes: Habitat differentiation between estuarine and inland *Hibiscus tiliaceus* L. (Malvaceae) as revealed by retrotransposon-based SSAP marker, The tortoise and the hare? Post-fire regeneration in mixed Eucalyptus-Callitris forest, Floral phenology and morphology of colchicine-induced tetraploid *Acacia mangium* compared with diploid A. mangium and A. auriculiformis: implications for interploidy pollination and more

PITTPATER COUNCIL

ONLINE BIODIVERSITY CALENDAR A FIRST

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

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

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

Pittwater Council's Natural Environment and Education Manager Mark Beharrel said the calendar was a work in progress and was designed to be interactive. "We hope that the public will contribute images and other information to the calendar." "It's a living atlas that will help us measure changes to the coastal environment and increase awareness of native birds, animals and plants throughout the seasons," he said.

The calendar can be viewed at www.pittwater.nsw.gov.au/environment/biodiversitycalendar
To submit photos for the biodiversity calendar email cec@pittwater.nsw.gov.au



What Does PNHA do?

- On-ground bush regeneration, eg: Asparagus Fern Out Days
- Activities: guided walks, bird-watching
- Quarterly informative newsletter, online or paper
- Members email group for leasee environmental news and events
- AGM with Guest Speaker
- Free advice for members on managing gardens for Native Vegetation and fauna habitat
- Lobby 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 Pittwater scenes, flora and fauna \$2.00

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



Pittwater's Environmental Foundation

Pittwater Environmental Foundation was established in 2006 to conserve and enhance the natural environment of the Pittwater local government area through the application of tax deductible donations, gifts and bequests. The Directors were appointed by Pittwater Council. Our [PROFILE](#)

About 33% (about 1600 ha excluding National Parks) of the original pre-European bushland in Pittwater remains in a reasonably natural or undisturbed condition. Of this, only about 400ha remains in public ownership. All remaining natural bushland is subject to encroachment, illegal clearing, weed invasion, feral animals, altered drainage, bushfire hazard reduction requirements and other edge effects.

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

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

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

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"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 swiftiness 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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Springing Men's Health

November is the month where our menfolk delay shaving their upper lip in order to promote addressing men's health issues, specifically Prostate Cancer or Depression issues.

From their website:

"The Movember Effect: Awareness & Education, Survivorship, Research
The funds raised in Australia support equally the two biggest health issues men face – prostate cancer and depression. The funds raised are directed to programs run directly by Movember and our men's health partners, the Prostate Cancer Foundation of Australia and beyondblue: the national depression initiative. Together, the three channels work together to ensure that Movember funds are supporting a broad range of innovative, world-class programs in line with our strategic goals, in the areas of awareness and education, survivorship and research." From; <http://au.movember.com/about>

Awareness of what Movember is about or simply ensuring you have a regular check-up, is also an opportunity to look at diet and how this may enhance health in this area. A fairly recent addition to our chemist's shelves in this area is Trinovin, which is being recommended between men to maintain prostate health and relieve urinary problems. This product is based on a belief that men with traditional Eastern diets are less susceptible to prostate problems for much longer. The crucial ingredient (*Trifolium pratense* = red clover) and legumes Isoflavones content, a naturally occurring plant compound found in legumes such as chick peas, lentils, beans are said to assist in relieving BPH (Benign Prostatic Hyperplasia) or enlargement of the walnut sized prostate gland. The product you can purchase contains high doses of Red Clover, which is said to contain all of the four vital isoflavones that enhance prostate health. You can also, besides getting a little bit hairy, eat the legumes themselves in yummy dishes both hot and cold. Dahl, Chana Marsala and Hoummos recipes we've already run when it was still cold outside.

One that's more 'man friendly' is a lamb chop version of these with every legume adding vital and good clean energy to this dish. We call it the LLS; Lamb Legume Spring, or Stew if it's cold again next time you make it. Red Clover tea can be purchased but as with all products you must consult your GP to determine its properties may clash with prescribed medications or be of benefit.

Lamb Legume Spring (Stew)

You will need:

500g lamb chops; stewing pieces of forequarter chops with bone.

3-4 minced garlic cloves.

Half a bunch of parsley to rid thee of 'garlic breath'; chop ¼ and place in stew, keep the other ¼ to use as garnish and breath 'freshener' after eating.

2 carrots; dice.

2 lengths of celery; dice.

Some tomatoes, some eggplant; whatever is seasonal; diced.

Legumes; if using dried versions, soak overnight, if using those from a can, increase your lamb chop weight to equal 50/50 with meat. Dried; 150g chick peas, 150g lentils, 100g kidney beans, 100g haricot beans.

2 litres of vegetable stock.

Mashed potatoes or cooked rice to serve on. Green peas or salad to accompany.

Season and brown the chops in a deep dish or casserole pot. Add the garlic, parsley, vegetables and soaked legumes. Top all with vegetable stock and allow to simmer (slow cook) for approximately two hours until meat is falling off the bone. Serve with mashed potatoes or on rice with fresh green salad or green peas.



Above: red, green and puy lentils by Justinc.

The Chickpea (*Cicer arietinum*) (also ceci bean, garbanzo bean, chana, sanagalu Indian pea, Bengal gram) is a legume of the family Fabaceae, subfamily Faboideae. Its seeds are high in protein and it is one of the earliest cultivated vegetables; 7,500-year-old remains have been found in the Middle East. The name "chickpea" traces back through the French chiche to Latin cicer (from which the Roman cognomen Cicero was taken). The Oxford English Dictionary lists a 1548 citation that reads, "Cicer may be named in English Cich, or chiche pease, after the Frenche tonge." The dictionary cites "Chick-pea" in the mid-18th century; the original word in English was chich, found in print in English in 1388, and taken directly from French.

The word garbanzo came to English as "calavance" in the 17th century, from Old Spanish (perhaps influenced by Old Spanish garroba or algarroba), though it came to refer to a variety of other beans (cf. Calavance). The Portuguese (?) avanço has suggested to some that the origin of the word garbanzo is in the Greek erebinthos. The Oxford English Dictionary mentions a possible origination in the word garbantzu, from Basque in which it is a compound of garau, seed + antzu, dry.

The lentil (*Lens culinaris*) is an edible pulse. It is a bushy annual plant of the legume family, grown for its lens-shaped seeds. It is about 40 centimetres (16 in) tall and the seeds grow in pods, usually with two seeds in each. The plant originated in India, and lentils have been part of the human diet since the aceramic (pottery nonproducing) Neolithic times, being one of the first crops domesticated in the Near East. Archeological evidence shows they were eaten 13,000 to 9,500 years ago.

DHAL, DAL OR DHOLL from Sanskrit; dal; 'to split', Hindi; dal; 'split pulse'. A tropical Asian and African leguminous shrub yielding pealike seeds.

lentil n 1. small annual leguminous plant, *Lens culinaris*, of the Mediterranean region and W Asia, having edible brownish convex seeds
2. any of the seeds of this plant, which are cooked and eaten as a vegetable, in soups, etc. [from Old French lentille, from Latin lenticula, diminutive of *lens* lentil]

***Trifolium pratense* (red clover)** is a species of clover, native to Europe, Western Asia and northwest Africa, but planted and naturalised in many other regions.

It is an herbaceous, short-lived Summer perennial plant, variable in size, growing to 20–80 cm tall. The leaves are alternate, trifoliate (with three leaflets), each leaflet 15–30 mm long and 8–15 mm broad, green with a characteristic pale crescent in the outer half of the leaf, the petiole is 1–4 cm long, with two basal stipules. The flowers are dark pink with a paler base, 12–15 mm long, produced in a dense inflorescence.

Red clover has been reported to be used for a variety of medicinal purposes, such as the treatment of bronchitis, burns, cancers, ulcers, sedation, asthma, and syphilis. Studies are now also being done as a remedy for treating diabetes. Some sources state the flower of Red Clover plants has been shown to contain the anti-cancer compound Genistein. This compound prevents blood vessels from forming near tumours causing the tumour to starve to death.

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SEEKING SENIORS INPUT ON SOCIAL INTERACTION

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

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

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

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

Copies of the survey can be obtained by calling the Social Inclusion Working Party research officer Julie Gee on 0414 94 54 71 or email juliegee@optusnet.com.au
Completed surveys are to be returned to in the reply paid envelope provided by Friday 28 October 2011.

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

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

About us

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

We do not receive any funding

We are not affiliated with any government body

We are not affiliated with any religious body

We are completely independent

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

From NCVER Older workers: 60 is the new 50 3 November 2011

As the nation faces the challenge of an ageing population, encouraging older workers to stay in the workforce and postpone their retirement is a dominant policy trend. To generate discussion around older workers, the National Centre for Vocational Education Research (NCVER) has released a book of research readings.

Issues addressed include:

the challenge of low literacy and numeracy skills for some groups of older workers
discrimination and stereotypes
lifelong learning as a core concept in modern careers, aligned to the notion of active ageing

Ms Francesca Beddie, General Manager, Research, NCVER warned against typecasting older workers as some are at the peak of their careers while others are at risk of being pushed into early retirement.

"While some older workers can manage their transition into retirement, others are not in a position to choose when and how they move out of the workforce," Ms Beddie said. "It's important to factor in the diversity of mature-age workers when devising strategies that improve their labour market participation. Superannuation and social security are one part of the story, but so is removing barriers to employment and education for those who want to re-skill and continue working, perhaps in a more flexible way.

"We must also remember that not all older workers want to continue working."

Copies of Older workers: research readings edited by Tabatha Griffin and Francesca Beddie, NCVER are available from www.ncver.edu.au/publications/2422.html

Federal Government Media Releases:

[2011 Media Release: Removal of superannuation age cap to be applauded](#)
PORTFOLIO: Attorney-General's

SNIPPET: Age Discrimination Commissioner, Susan Ryan, said that Assistant Treasurer Bill Shorten's announcement today, that the age bar for superannuation guarantee contributions would be lifted completely, was a significant achievement in the fight against age discrimination. "This amendment sends a strong and positive message to older employees, and to their employers, that age should not be a barrier to employment, nor should it be a barrier to equal employee rights and entitlements," Commissioner Ryan said.

[Second Report on Economic Potential of Senior Australians](#)

PORTFOLIO: Health and Ageing
SNIPPET: The Australian Government has welcomed the second report from the Advisory Panel on the Economic Potential of Senior Australians, which looks at how to the most of the opportunities presented by a larger and more active community of older Australians. The Gillard Government today welcomes the second report from the Advisory Panel on the Economic Potential of Senior Australians (the Panel) that looks at how we can make the most of the opportunities presented by a larger and more active community of older Australians. The second report, Realising the Economic Potential of Senior Australians: Enabling Opportunity can be found on the .

The Senior Newspaper Online

Click on logo:



Avalon Computer Pals for Seniors

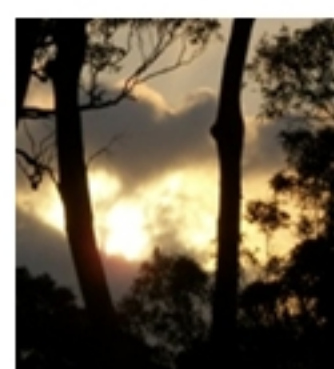
AVPALS is a volunteer organisation dedicated to helping seniors improve their computer skills. Started in 2000 it now has 20+ trainers and many hundreds of students. At a really low cost (about \$30 a school term) they can provide one to one training on most matters connected with computing. From the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

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

[Article on their Seminar](#)



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

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



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

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

For more information or to register please phone.

Call Kerrie on 9979 7677



Contact Community Care Northern Beaches by clicking their logo:



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

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

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

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

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

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Teaching Our Children to be Safety Conscious

Being Safety Smart is a free to use online educational game providing safety strategies for children aged from 6 to 8. The program is designed to increase the awareness of children to situations within the community which might impact upon their personal safety and to empower them with the ability to act appropriately and with confidence.

Being Safety Smart is a fun to play cartoon world with interactive stories and mini games. Children learn key safety strategies through solving puzzles and completing activities online. Children are protected whilst playing Being Safety Smart as there are no opportunities within the game for children to chat with, or share information with others.

- 8 levels of personal safety messages and strategies each with interactive games,
- Safety messages spoken by children for children,
- Cartoon animations of real life personal safety scenarios,
- Rehearsal of personal safety skills using role-play in the safe and secure gaming environment,
- Child award certificates and parent and carer information for each level.

Being Safety Smart is a Queensland Police Service initiative, developed by the University of the Sunshine Coast in partnership with the Queensland Police Service, Education Queensland, and the Crime and Misconduct Commission, and supported by the Daniel Morcombe Foundation.

The Website is at: <http://www.beingsafetysmart.com.au/BSS/>



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

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

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

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

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

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

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

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

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

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

From: [SHORAC](#)



New Website for Northern Beaches Youth

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

www.northernbeachesyouthinfo.net.au

www.facebook.com/manlyyouthcentre

www.myspace.com/manlyyouthcentre



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

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

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

Discussions will include:

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

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

More information: www.bestenemies.org

From NCVER:

Are we there yet? Making the successful transition to adulthood

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

From The Pittwater Report Online:

PCYC bid approved by Council

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

- [Read the Council report](#)



Soundwave 2012
SUN 26 February 2012 at SYDNEY SHOWGROUNDS

General Public on sale: Thu 20 October, 9am

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



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

Mobile phone calls to **Lifeline** made from anywhere in Australia will be free of charge from **1 July** under an agreement made between the three major phone carriers.

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

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

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Previous Pictures Features:

[Annual Spring Concert and Bush Flowers Too](#) [Avalon Tattoo 2011](#) [Bangalley Mid-Winter Blue-Green-Blue BL's Blast Off 2011](#) [Currawong Day Issue 20 Eleven FONBPC Fashion Parade](#) [Mona Vale Eye Balm Mid-Spring 2011](#) [Palm Beach Bible Gardens Flowering](#) [PBYC Images](#) [Palm Beach from Sunrise Hill](#) [Pittwater Bush Flowers](#) [Tree Giant](#) [Songs for Soibada II](#) [Vietnam Veteran's Day at PB RSL](#) [White Light Beams](#)

Naturally

Flowering this week: Spotted and Turpentine gums. The Kookaburra is a consultant for the magazine and sits on fence beside office window, supervising, every morning.



Dr Roc & the Graduates



Images Copyright Michael Mannington and A J Guesdon, 2011. All Rights Reserved.

3rd Annual Put Your Foot Down at Palm Beach



Above: My mum passed away from Pancreatic Cancer on 27 October 2010, and I made a promise to her to help raise money for Pancreatic Cancer and here we are. We made some shirts as this will not be our last fundraiser.

Photo: Lisa, Zane, Alison, Adam (L to R) Look forward to the next one Alison

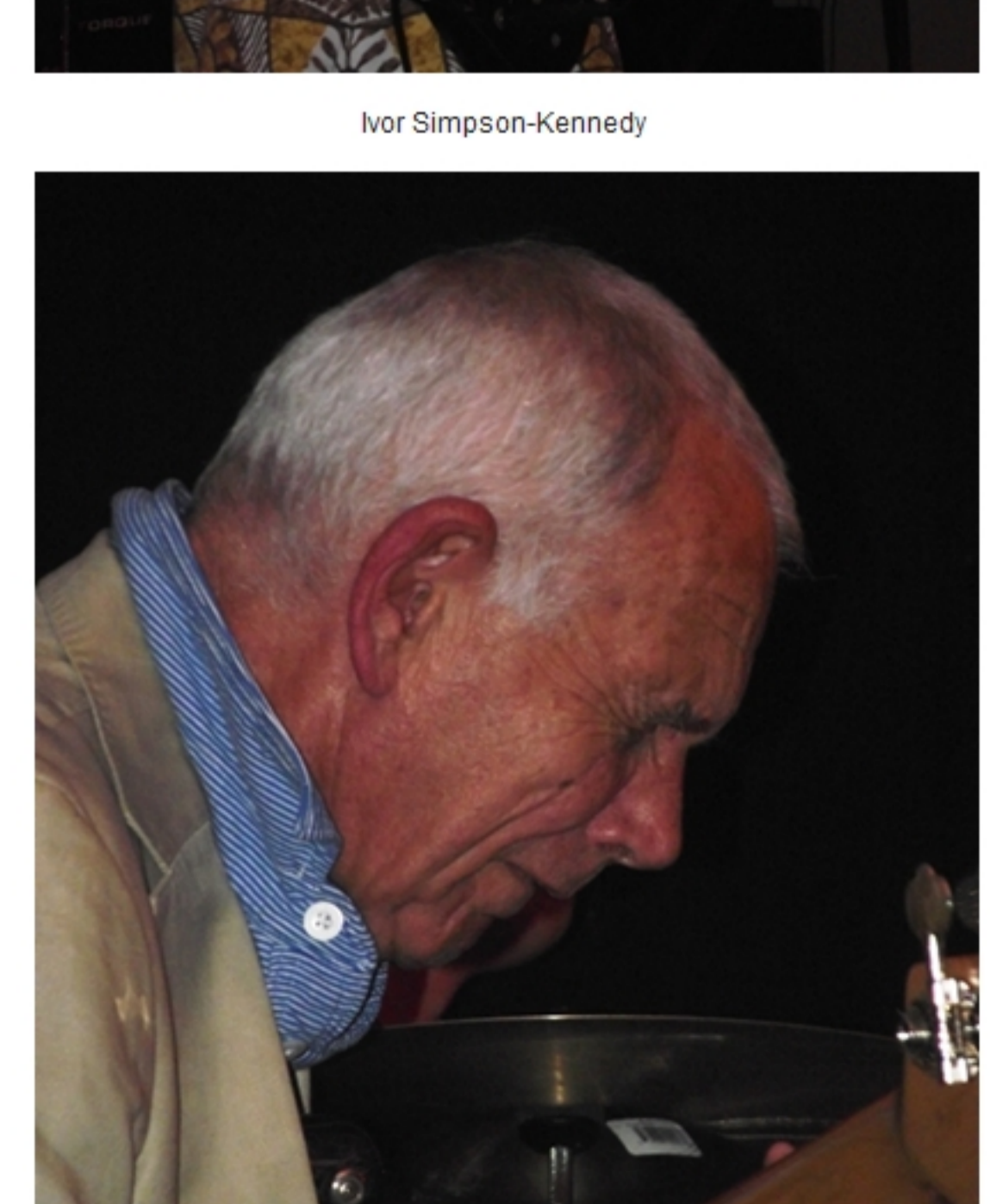
Populators at Palm Beach Golf Club



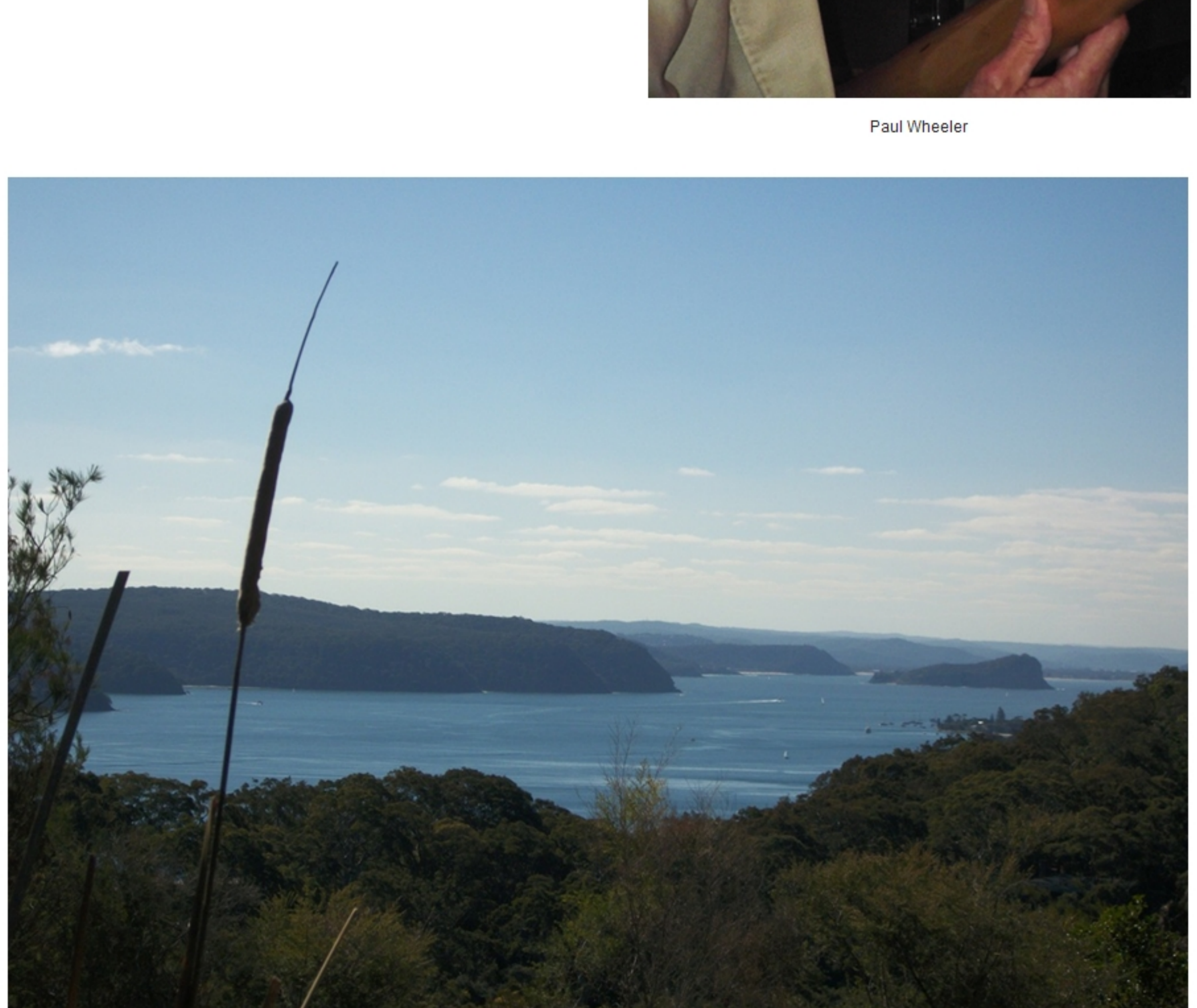
Above: Simon Abbott (drums) and Jonty Erwin



Ivor Simpson-Kennedy



Paul Wheeler



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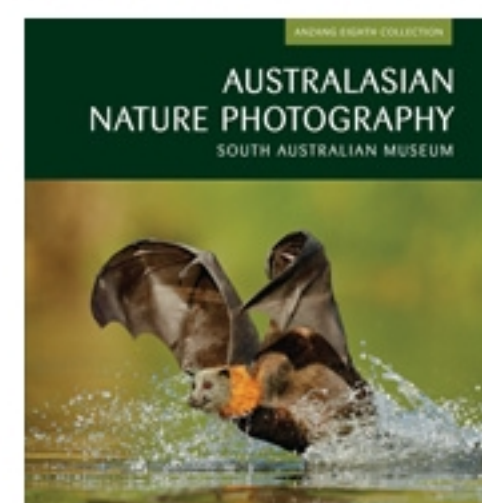
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Pittwater Online News receives a lot of information from various sources each week. For Your Interest and Bemusement:

[Tweet](#) [Like](#) [+1](#)



Above: **Uncivilised (1936) directed by Charles Chauvel**
A white novelist, looking for a story in the outback, is kidnapped by an Afghan slaver, betrothed to a white jungle-man, and menaced by a jealous half-caste rival, a hostile witch-doctor, his crazed-killer son, and opium smugglers!
This was legendary Australian-based film maker Charles Chauvel's attempt to break the international market. It stars Dennis Hoey (Inspector Lestrade in the Rathbone Sherlock Holmes movies.)
It also features Kenneth Brampton - director and star of the 1920 Version of Robbery Under Arms



Australasian Nature Photography

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

Congratulations to Ofer Levy who has won the 2011 ANZANG Nature Photographer of the Year, and to all the category winners featured in the book.



Marine and Freshwater Research Volume 62 Number 11 2011

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



16 Creative Ways to Create Your Facebook Timeline Cover Photo - socialmediaexaminer.com

At the 2011 f8 conference, Facebook announced Timeline -- a major overhaul of the personal Facebook profiles to which we've all grown...

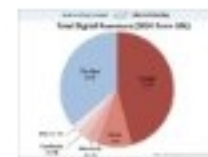


CHART OF THE DAY: These Five Companies Control 64% Of All Online Ad Spending - businessinsider.com

Interesting piece of data from digital marketing guy/VC Darren Herman: Just five companies control 64% of all online spending. (Incredibly, Google controls 46% of all online spending.)



Inbound Marketing vs. Outbound Marketing [INFOGRAPHIC] - mashable.com

The Internet has transformed the way consumers respond to marketing. This infographic pits outbound marketing against inbound marketing -- can you guess which one is winning?



eBooks

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

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Old Books

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Old Books: November 2011

Australians In World War I Journals

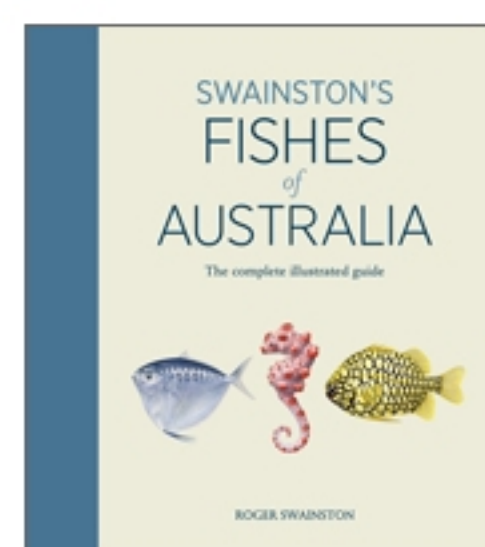
From the Australian front (1917)

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

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

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

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



Swainston's Fishes of Australia The Complete Illustrated Guide Roger Swainston

Colour illustrations, 836 pages, Publisher: Viking - November 2011. \$125.00
Roger Swainston's breathtaking artwork provides a fascinating overview of the extraordinary diversity of Australia's marine and freshwater fishes. Here, more than 1500 remarkable illustrations portray every family of fishes ever recorded from Australian waters. The names of all known species are listed alongside detailed information on the taxonomy and biology of each family.

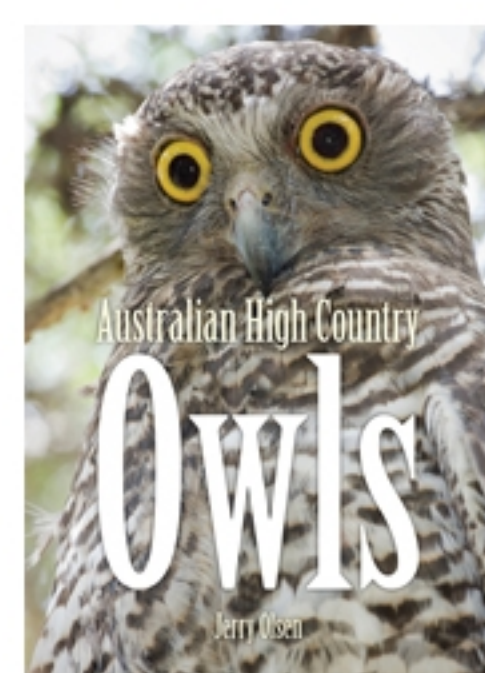


Burke and Wills The Scientific Legacy of the Victorian Exploring Expedition

Edited by:
EB Joyce The University of Melbourne
DA McCann The University of Melbourne

Colour illustrations, 368 pages, Publisher: CSIRO PUBLISHING, November 2011. \$ 59.95
This book challenges the common assumption that little or nothing of scientific value was achieved during the Burke and Wills expedition. The Royal Society of Victoria initiated the Victorian Exploring Expedition as a serious scientific

exploration of hitherto unexplored regions of inland and northern Australia. Members of the expedition were issued with detailed instructions on scientific measurements and observations to be carried out, covering about a dozen areas of science. The tragic ending of the expedition meant that most of the results of the scientific investigations were not reported or published. Burke and Wills: The Scientific Legacy of the Victorian Exploring Expedition rectifies this historic omission. It includes the original instructions as well as numerous paintings and drawings, documents the actual science undertaken as recorded in notebooks and diaries, and analyses the outcomes. It reveals for the first time the true extent and limits of the scientific achievements of both the Burke and Wills expedition and the various relief expeditions which followed.



Australian High Country Owls Jerry Olsen University of Canberra

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

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

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

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



2012 Australasian Sky Guide Nick Lomb

112 pages, Publisher: Powerhouse Museum, November 2011. AU \$ 16.95
Compact, easy to use and reliable, this popular guide contains everything you need to know about the southern night sky with monthly star maps, diagrams and details of all the year's exciting celestial events. Wherever you are in Australia or New Zealand, easy calculations allow you to determine when the Sun, Moon and planets will rise and set throughout the year. Also included is information on the latest astronomical findings from space probes and telescopes around the world.

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



Growing Up with Fragile X Syndrome

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

GROWING UP
with
Fragile X Syndrome

THE ROAD TO MARTY CAMPBELL



Robyn R. Iredale

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.

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 donandpatrater@bigpond.com

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



Children's Storytime at Mona Vale Library

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

Tuesdays 10.00am - 11.00am
Wednesdays 10.00am - 11.00am
Thursdays 10.00am - 11.00am

Avalon Library Hours

Monday to Friday 10am to 5pm
Saturday 10am to 1pm
Sunday 2pm to 5pm

59a Old Barrenjoey Road

Phone: 9918 3013 Fax: 9918 7046

Email avalonlibrary@ozemail.com.au

Web Address www.avalonlibrary.org.au

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TIMBER BOAT FESTIVAL SAT 5TH & SUN 6TH NOVEMBER 2011 10.00AM TO 4.00PM ENTRY: ADULTS \$5.00 - KIDS U16 FREE AT THE ROYAL MOTOR YACHT CLUB 46 PRINCE ALFRED PARADE, NEWPORT OVER 65 MEMBER BOATS ON DISPLAY

Gala Concert Evening A repertoire of popular favourite light classical and musical comedy 6.30pm Saturday, 19 November 2011 at St Lukes 851 Club. Featuring Warrington Concert Brass. We promise you some of the most beautiful music you will ever hear!

"Bag It" Movie Screening Movie Premiere to celebrate recycling week Date: 9th Nov 2011 Time: 6:30pm - 9pm

Learn driver workshop for parents and supervisors of learner drivers to be held at the Mona Vale Library Date: 16th Nov 2011 Time: 6:30pm - 8:30pm

HOLIDAY PARK PILLS IN FOR CHARITY The Council's Big Sydney Lakeside Holiday Park will donate a day's profits on Friday 11 November when it participates in Big4's charitable camping event, Camp and Care.

Local Marathon Runners Sought for Japan The City of Tadaoka is inviting runners from the area to travel from Sydney to Osaka for two successful applicants.

Cemetery Open Day and Historical Tour Pitwater Library will hold an open day and historical tour of Mona Vale Cemetery on Saturday 19 November from 10.00am to 2pm.

Rocky Point Asparagus Fern Out Field Day, Nov. Saturday 12th Rocky Point is an Pittwater's western shore, near Elvina Bay. Magnificent Spotted Gum forests needs to be saved from Asparagus Fern.

Avalon Craft Cottage at St Ives 14th to 20th of November 2011. The Avalon Craft Cottage will be at St Ives Shopping Village, for one week only, from Monday 14th to Sunday 20th November.

Market Day Over 300 stalls including food, gifts, vintage clothing, designer jewellery, handmade linens, crafts, jewellery stalls, gourmet food, still walkers, gourmet twisters, giant stiffs, dog show (stage one 8am)

Jazz Garden James Morrison & Les Buissonnet 15th to 17th November 2011. A three-day jazz festival featuring Les Buissonnet and his band.

Pittwater Camera Club November 21st Competition: Portrait and Welcome: Peita Ward We encourage and evaluate all photographers and visitors.

Creek to Coast Field Day 27th Nov 2011 9:00am-1:30pm 4 hours and 30 minutes. Meet at WellandCare Australia for a Creek to Coast Field Day in Avalon.

Manly Warringah Basketball Association 2011-12 Season Competition: Limited ABL NSW P.O. Box 396, Narrabeen, NSW 2101 (non Profit)

A Hard Dog's Night Beaths' singles from 1962 to 1970 25th and 26th of November 3rd and 4th of December \$20.00 from PNC 9999 4902

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

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

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 on the event website at www.pittwaterregatta.com.au.

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

Next Meeting Date: 12 November 2011 Venue: The Studio, Forestville Community Arts Centre, Darling Street, Forestville 2087

Peninsula Historian Newsletter of the Manly, Warringah & Pittwater Historical Society Inc. Compiled by Tony Dawson, Editor.

St Luke's Library of NSW Macquarie Street, Sydney Dixon Road, Mitchell Building 5 November 2011 8.45 am - 12.30 pm

Join us on the water and see what you discover. Kudu is now on the event website at www.wildworld.com.au

Author Shares Crime Tale with a Comical Touch The crime writer to ARRABENVALE has written a book called 'The Manly Murders' which is a light-hearted, humorous take on a crime novel.

Join us on the water and see what you discover. Kudu is now on the event website at www.wildworld.com.au

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2011 Festival of Mosman A ten day extravaganza running from 28 October to 6 November 2011 it features a huge array of cultural and community events including open air concerts, art exhibitions, wine and food, exploration of historical sites, a world premiers musical and formal recreation activities.

PBL and Rotary combine for fundraiser Pittwater Business Limited and Pittwater Rotary have combined to bring you a special Christmas event to raise funds for the Palliative Care Centre at Mona Vale Hospital.

Diary Note: You're invited to attend the Gala Concert Evening Saturday November 19th 6:30pm - 7pm at St Lukes 851 Club.

Newsletters: November 2011 Newsletter: What is new this month. We will be celebrating our 1st anniversary with a special Christmas open evening 3rd Dec.

Australian Museum Beauty from Nature: the art of the Sift sisters Until 27th November, 2011. Experience the colourful world of butterflies, moths and plants through the eyes of two Australia's finest 19th century female scientific illustrators.

Kidspace for families Designed especially for inquisitive under-5s and their carers, Kidspace is a dedicated 'mini-museum' that stimulates young children's imaginations and encourages them to explore the natural world.

Misinformation and the Media Guest Speaker: Chris Graham, Aboriginal Affairs Journalist. Date: Monday 14th November 2011 Time: 7:15pm for 7.30pm

Frenches Forest Agricultural & Horticultural Show Frenches Forest Showground, Blackbutts Road, Frenches Forest 6th & 6th November 2011

SOHO GALLERIES 2011 ANNETTE LODGE - 27 DAYS IN THE WORLD OCTOBER 22 to NOVEMBER 11, 2011

Manly Art Gallery & Museum OFF SHORE: Artists of Scotland Island and Pittwater's Western Foreshore Exhibition dates: 2 September - 6 November 2011

Museum of Sydney until 18 March, 2012 Corner Phillip and Bridge Streets, Sydney

Manly Warringah Choir Handel's MESSIAH SATURDAY 3 DECEMBER at 7:30pm and SUNDAY 4 DECEMBER at 4pm

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Next Tuesday 8th November Guest Speaker: George Repin AM

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November 2011 - photographer Danny Scotting

About Danny

My interest in photography started when I was about 18 and my dad gave me his old Praktica 35mm SLR. It had a couple of lenses and a whole bunch of effects filters and the quality of the images it captured were fantastic. I had loads of fun playing around with it and experimenting with all the different looks I could create with the filters.

I progressed from there to a slightly more modern Nikon 35mm SLR and carried it everywhere I went. I still have the Praktica though and it still works beautifully, even has the same working battery for the meter!

But, although I loved taking pictures, it was so frustrating (and expensive) to have to wait to have the film processed so I could see if I'd actually got the image I'd intended. That's what made me make the move to digital and my skill set has drastically improved because of it.

My passions really lie in capturing the natural world, any kind of landscape and wildlife photography as well as some macro, although I love taking pictures of anything really.

My profession is as a digital colourist in a Post Production company in Sydney. This means I digitally manipulate the colours and lighting of film/video for TV Commercials, feature Films, TV Series, music videos, documentaries etc.

My role is to work with a Director and D.O.P to give something a "feel" by playing with the light and colours in the images, much like photography.

I generally always touch up my images a little in Photoshop as I prefer shooting RAW but, unless I am after a specific look this is normally limited to contrast, saturation and some curve adjustments.

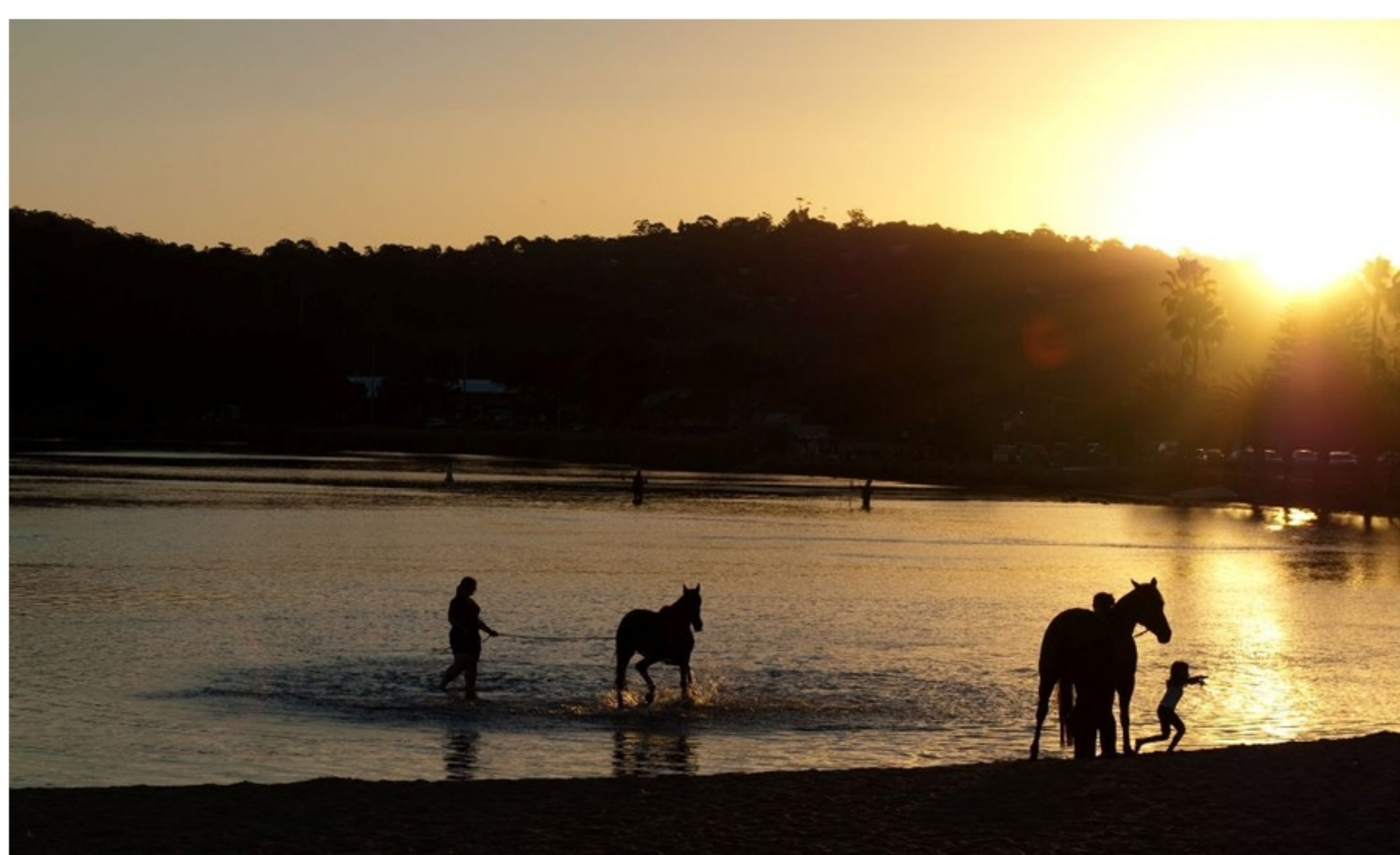
My kit - Nikon D7000, Nikkor 18-105mm 3.5-5.6, Sigma 150-500mm 5-6.3 plus various bits and pieces.

You can find me here - <http://monkibuns.500px.com/>

and here - http://postopgroup.com.au/site/?page_id=1052



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Above: Portrait of the Australian politician Billy Hughes (1862–1952) as a young man. Source <http://nla.gov.au/nla.ms-ms1538-10-582>. Author T. Humphrey
Below: Australian soldiers carry 'the little digger' along George Street, Sydney in triumph after the Prime Minister returned from the Paris Peace Conference in 1919.
Below this: Yehudi and Hephzibah Menuhin.



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AN AUSTRALIAN ICON – THANKS TO BILLY HUGHES

By George Repin

The bark and the leaves of *Salix alba*, the willow tree, have been used in folk medicine down the ages because they contain *salicin* a bitter glycoside. Over time various observers had recognised that chewing the leaves or bark, or drinking a brew made from them, reduced joint pains and acted as an antipyretic - that is, reduced "fever". The active ingredients were salicylates. However, the use of salicylates medicinally was discontinued in the mid-nineteenth century because of nausea and other undesirable side effects. It was not until a derivative of salicylic acid, acetylsalicylic acid, was manufactured towards the end of the century that it began to be used under the name aspirin. Aspirin a mild, non-narcotic analgesic, was found to be valuable in the relief of headache and muscle and joint aches, in reducing fever, and reducing inflammation and swelling in joints.

Its use in Australia came to an abrupt stop during World War I when the German company Bayer stopped exporting aspirin to enemy countries.



In 1915, the Attorney-General, William Morris Hughes – known as "Billy Hughes" and also as "The Little Digger" - (later to become Prime Minister) decided that the German patent and trademark rights for aspirin would be suspended and granted to any Australian manufacturer who could produce the drug at a necessary standard of purity. This decision resulted ultimately in the establishment of an outstandingly successful Australian company.

A pharmacist, George Richard Nicholas, working in his chemist shop at Windsor, Victoria took up the challenge to synthesise aspirin. His "laboratory" was the kitchen at the back of his pharmacy and his equipment was what he had in his dispensary, supplemented by kitchen utensils borrowed from his wife. Progress was slow.

Although Nicholas was able to make aspirin he was unable to achieve the necessary level of purity until he was joined by an industrial chemist, Harry Wolf Shmith. Together they made Australian proprietary medicine history, using a pioneering crystallising process to produce aspirin of exceptional purity. They registered the product as "Nicholas Aspirin" - but marketing was their next major challenge. George brought his brother Alfred Michael into the business, and they were joined by J.W. Broady and Harry Shmith's father. Broady and the Shmiths withdrew when financial losses started to accumulate but George and Alfred persevered. The three who did not stay the distance must have regretted their decision later, when the business flourished and grew into an international enterprise.

In 1917 George and Alfred decided to rename their product ASPRO – a name which soon entered the Australian vocabulary and later gained international recognition. In 1923 they adopted the unique "Sanitape" method of packaging each tablet in its own sealed compartment.

During World War II, when sulphonamide was in critically short supply for the armed services, the Nicholas organisation, at the request of the Australian Government succeeded in synthesising the drug in just six weeks.

Other analgesics with fewer side-effects, such as paracetamol, have superseded aspirin but, because of its anticoagulant properties, it is still used in small doses as a preventive measure to reduce the risk of stroke and heart attacks.

FOOTNOTE

George R Nicholas has another claim to fame. In 1938 his daughter Nola married the virtuoso violinist Yehudi Menuhin and in quick succession his son Lindsay married Hephzibah, Yehudi's sister an outstanding pianist.

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Above; 'Shearing around the flank'

Blade Shearing in Australia

The main seasons for shearing in Australia are Autumn and Spring. Sheep shearing, shearing or clipping is the process by which the woollen fleece of a sheep is cut off. The person who removes the sheep's wool is called a shearer. Typically each adult sheep is shorn once each year (a sheep may be said to have been "shorn" or "sheared", depending upon dialect). The annual shearing most often occurs in a shearing shed, a facility especially designed to process often hundreds and sometimes more than 3,000 sheep per day.

Blade shears were the original method for cutting off the fleece. Blade shears consist of two blades arranged similarly to scissors except that the hinge is at the end farthest from the point (not in the middle). The cutting edges pass each other as the shearer squeezes them together and shear the wool close to the animal's skin. Blade shears are still used today but in a more limited way. Blade shears leave some wool on a sheep and this is more suitable for cold climates where the sheep needs some protection from the elements. For those areas where no powered-machinery is available blade shears are the only option. Blades are more commonly used to shear stud rams.

Shearing Records: On 10 October 1892, Jackie Howe set a record of 321 sheep shorn in 7 hours and 40 minutes, using blade shears. He had previously set a weekly aggregate record of 1,437 sheep over a total working week of 44 hours and 30 minutes. While Howe's weekly aggregate record remained until at least 2005, his daily record tally was broken using machine shears by Ted Reick in 1950.

Kevin Sarre was one of the world's greatest 20th Century machine shearers. He won many shearing championships including five Australian Titles, was a Golden Shears Winner in 1963 and held World Shearing Record in 1965 of shearing 346 Merinos. In 1963, Kevin in association with the Australian Wool Board, was instrumental in the development of the revolutionary Tally-Hi shearing technique, and went on to supervise the training of this technique throughout Australia. The Tally-Hi shearing technique reduced the time taken to shear a sheep by approximately 30 seconds. Kevin's daughter Deanne holds the Australian women's shearing record, having shorn 392 sheep in a day.

Henry Salter (1907–1997) MBE won the first organised shearing contest at Pyramid Hill in 1934 and in 1953 was a machine shearing champion. He continued to use blade shears until he was well into his 80s. In 1946 Salter organised the first Australian shearing school at Kerang, Victoria. During the next 26 years he taught 6,557 students the art of shearing. In 1968 Henry Salter was made a Member of the British Empire for his services to the wool industry.

John Hutchinson O.A.M. from South Australia is a former Australian Shearing Champion who won the first of six Australian championships and demonstrated shearing at the Osaka World Expo. In 1999 John was awarded the Order of Australia Medal for his contribution as a shearer trainer and teacher.

Dwayne Black holds six world records, mainly in shearing endurance or marathon events. On 6 October 2002 he shored 570 Merino lambs in 9 hours at Yeeramulla, Badgingarra, Western Australia. In April 2005, he spent 9 hours shearing 513 Merino ewes, 6 more than the previous world record. In October of the same year he shored 519 crossbred lambs at the showground, Bendigo, Victoria.

On 2 March 2007, Broomehill shearer Brendan Boyle set the world 24-hour sheep shearing record by shearing 841 full wool Merino sheep, and in the process raised over \$20,000 for the fight against prostate cancer. It was the first time a record has been set in 24 hours sheep shearing. However, for the record to be officially recognized, it needs to be overseen by the World Sheep Shearing Records Committee. This committee has a set of rules, and official referees in three member countries for the specific purpose of ensuring records are set under the same rules and consistent referees in these countries.

Some parts of this are extracted From: Sheep shearing. (2011, October 21). In Wikipedia, The Free Encyclopedia. http://en.wikipedia.org/w/index.php?title=Sheep_shearing&oldid=456628610