

# Pittwater Online News

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June 19 - 25, 2011: Issue 11

## The Services Issue

On Saturday 18th of June, 2011 the Avalon Tattoo was held at Dunbar Park. Governor of NSW, Professor Marie Bashir AC, CVO, made an honorary Commodore for this Event, described Pittwater as 'one of the most beautiful areas on our continent' before praising those who organised and participated in the day.

**"The Tattoo brings the Community together. It reminds us of the traditions of comradeship, discipline and working together."**

No one in our Services receives multi-million dollar bonuses at Christmas. Many spend a greater part of each year away from home and family in very dangerous situations. Their aim, as reiterated by **Major-General P Brereton**, is to promote 'Stability, Security and Safety'.

Some consider our Navy, Army and Air Force in terms of 'Defence' forces. Those who are part of these organisations consider themselves to be 'in the Services'. What was apparent on Saturday is that not only are many of these Service-people physical giants, they are also, even when diminutive, giants in moral stature, in perseverance and deeds. The uprightness witnessed in those marching clearly, on a one by one individual basis, also resides bone deep.

They, with thanks for a day that brought joy to our Community, are our Feature this week: [here](#).

Images from the Avalon Tattoo: [here](#)

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Pittwater Online News issued every Sunday, 6am.



### Quote for the Week

**"Teach this triple truth to all: A generous heart, kind speech, and a life of service and compassion are the things which renew humanity."**

Buddha quotes (Hindu Prince Gautama Siddharta, the founder of Buddhism, 563-483 B.C.)

Change Location: Enter a postcode/suburb...

**SYDNEY, NSW**

	<b>Today</b> Fine, Sunny.		<b>Tomorrow</b> Fine, Mostly sunny.
8	16	8	18

> Current Temp: 9.8 °C    > 3 Hourly Forecasts  
> Feels Like: 3 °C    > 10 Day Forecast  
> Wind: 24 km/h NW    > Warnings  
> Rain since 9am: 0 mm    > Radar | Cloud | Lightning

**Latest News**    Small demand tipped for farm flood a



## Suscribe to Pittwater Online News

Enter email address

### Friday June 24th is Red Nose Day

Organisation: SIDS and Kids

Red Nose Day is the national fundraising event day for SIDS and Kids held throughout the month of June. Red Nose Day provides critical funding for a 24-hour bereavement support service, community education to reduce incidents of SIDS and fatal sleeping accidents, and research into areas such as SIDS and stillbirth. To date it is estimated that SIDS and Kids has saved the lives of over 6,500 babies across Australia.

National/State: National  
Contact

Phone: 1300 173 366

Email: [rednoseday@sidsandkids.org](mailto:rednoseday@sidsandkids.org)  
Website: [www.rednoseday.com.au/](http://www.rednoseday.com.au/)



Above: The Australian Federal Police Pipe Band, who performed at the Edinburgh Tattoo in 2010 and will do so again in 2012.



Above: Superintendent Doreen Cruickshank, Commander of the NSW Police Northern Beaches Local Area and Commander Christine Clarke, CO of HMAS Kuttabul.



Members of the Pittwater Friends of Soibada with Timor-Leste Ambassador Abel Guterres dining at Avalon Chinese Restaurant on Friday night.

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## Avalon Tattoo 18th of June, 2011 PARTICIPANTS

Navy, Army, Air Force and Rural Fire Service Cadets  
Australian Defence Force Mine Warfare and Divers  
28 Battery 7 Field Regiment  
Defence Force Recruiting  
Department of Veterans' Affairs  
Huey Helicopter—ANL  
NSW Sports Aircraft Association  
Vietnam Veterans Motor Cycle Club

The Vietnam Bus  
NSW Police Pipe Band  
Australian Federal Police Pipe Band  
Clan MacLeod Pipe Band  
NSW Rural Fire Service Pipe Band  
NSW Fire & Rescue Band and Marching Team  
Royal Australian Navy Admiral's Band  
Pittwater House School Band  
Barrenjoey High School Band  
Marta Maria High School Band  
Pittwater Motor Enthusiasts  
Pittwater Friends of Soibada  
NSW Police  
NSW Fire & Rescue  
NSW Rural Fire Service  
St John's Ambulance  
Broken Bay Marine Rescue  
French North Africa War Veterans



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Avalon Tattoo, June 18th, 2011



After a fantastic day at Dunbar Park, Avalon, locals are calling the Avalon Tattoo 'the little Edinburgh of Australia'. Everyone attending, from those barely a year old to our seniors, found the music, sunshine, displays of marching and vintage cars a delight. A wide range of Services people and organisations were on hand to educate visitors in what each specialised in from First Aid to Navy to Veteran's Affairs.

HMAS Waterhen personnel gave away a cardboard model ship for the children to build at home. Across from their tent The Vietnam Bus, a mobile museum of artifacts from Australian troops, helped us realise 500 Australians lost their lives in that conflict. An Iroquois Huey UH1H Helicopter proved a huge success with children who were allowed to sit in its seats and cockpit. One accidentally pushed the Emergency Beacon on board and the organisers had Canberra calling them quite quickly, wondering what was going on.

250 local and NSW Navy, Army, Air Force and Rural Fire Service Cadets, the Australian Defence Force with a minewarfare team and the divers in their display tank, the 28th Field Battery 7th Field Regiment, Defence Force Recruiting, Defence Housing, the Department of Veterans' Affairs, Scottish Pipe Bands from NSW Police, Clan MacLeod, Rural Fire Service and Australian Federal Police participated. A favourite with the crowd were the NSW Fire and Rescue Precision Marching Band. A lot of little girls joined in with the marchers and were welcomed, shown the steps. Community Service Organisations including the Fire and Rescue NSW, the NSW Rural Fire Service, the NSW Police, St John's Ambulance, Marine Rescue, the Pittwater Motor Enthusiasts, the Pittwater Friends of Soibada (Timor Leste) and local bands and choirs entertained, informed and celebrated.

The "Freedom of Entry" ceremony was exercised this year by the 201 Army Cadet Unit. This centuries old tradition gives "the right of entry on Ceremonial Occasions in full panoply with swords drawn, bayonets fixed, drums beating, bands playing and Colours flying. The Challenge was made by Superintendent Doreen Cruickshank, Commander of the NSW Police Northern Beaches Local Area Command, in company with the Mayor of Pittwater, Harvey Rose. The 201 Army Cadet Unit have participated in all the previous Tattoos.

It was a long day for all those representing each branch of the Services but all were open, hospitable, friendly and just downright good folk from set-up to after sundown. There were a few father and son visitors from the Services represented. Martin and Lyn Cotterell from the Sydney Chapter of the Vietnam Veterans Motorcyle Club, with 82 members, said the Club's motto is 'Together Forever' and this could apply to all those representing each Service today.

The brilliant blue day closed with the traditional Massed Pipes and Drums Finale and Lone Piper of the Sunset Ceremony just as the cold fresh winds of winter quickly moved the sun's warmth from the green. As Robert Stokes MP remarked in his quick thanks to all involved, "Not only did it sound like Scotland, it felt like Scotland."

[Eagle One Iroquois Huey UH1H at Avalon Tattoo](#)

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Bell 'Iroquois' Huey UH1H



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One of the most popular displays at Saturdays' Avalon Tattoo 2011 was the Eagle One Huey Helicopter. Just after ten am orange flares were lit at one end of Dunbar Park and we heard and then saw this magnificent craft come into land carrying our own resident Australian Vietnam Veterans. As soon as they had alighted and the large crowd acknowledged their contribution in this conflict with a resounding applause, a swarm of adults and children surrounded the helicopter. For hours Patrick Soars and his team of Andrew Coates and Brett Hodgson helped numerous children climb in and out of the cockpit and back to experience what it felt like. One child managed to set off the Emergency Beacon and Organisers had Canberra on the phone enquiring what was going on.

'Eagle One' was purchased by Patrick Soars in Houston, Texas in 2007. It took three years and cost one million dollars to restore her to pristine condition.

From their flyer:

The Vietnam War was a conflict personified by the enduring image of the 'chopper' – it was a helicopter war. Bell Corporation built 10,005 Iroquois helicopters between 1957 and 1975, 7013 of these serving in Vietnam. Of those 3305 were destroyed during combat. The RAAF No 9 Squadron operated UH1H Iroquois in Vietnam. Of these, three were highly armed gun ship versions of the UH1H named 'Bushrangers'. A total of 237,000 sorties were flown by the RAAF.

No other aircraft in the history of aviation evokes the emotional response the Huey does... combat veterans or not...she is recognised all around the world by young and old, she is the ICON of the Vietnam war, U.S. Army. The Eagle One, Serial No 66-16301, has had a long and proud history in the US Army seeing service in the Vietnam conflict (in a training and utility role) and in Gulf War 1. She finished her life of active service with the Texas National Guard and Texas Search and Rescue Services.



This fine ship was rescued from perhaps a fate of spare parts and was dismantled and rebuilt to the zero time condition you see today with the help and assistance of Australian Native Landscapes PTY. Ltd. And HeliAust Pty Ltd. Eagle One is a living reminder of the brave and dedicated crews that rode this magnificent machine into combat. The owners of Eagle One are humbled and honoured to be able to fly and display this incredible 'Grand Old Lady'.

Visit websites by clicking on Logos:



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**Avalon Tattoo Feature:** the annual Avalon Tattoo is a chance for young and old to listen to great music and observe ancient traditions.

[Eagle One Iroquois Huey UH1H at Avalon Tattoo](#)



**Profile:** This week, as part of our Service Issue, **two unique 93 years young locals**, Josephine Wild and Charles 'Henry' MacPhillamy, share pivotal moments from their WWII experiences and life after.

### Previous Profiles:

[Barton Lynch](#) [Shane Withington](#) [Commodore Sloper](#) [Herminie Swainston](#) [Teresa Cutter](#) [Joanne Brigden-Jones](#) [Tamara Sloper](#) [Harding](#) [Katie Spithill](#) [Chris Salisbury](#) [Doug Crane](#)



**History:** In June we feature Historic Buildings in Pittwater. La Corniche, formerly at Mona Vale, was utilised by various groups during WWI and WWII and as such, was a Service Building.

### Previous History Pages:

[Marie Byles](#) [Lucy Gullett](#) [Kookoomgiligai](#) [Frank Hurley](#) [Archpriest JJ Therry](#) [Sir Patrick Gordon Taylor](#) [Bowen Bungaree](#) [W. Bradley 1788](#) [Journal](#) [Midholme](#) [Loggan Rock Cabin](#)



**Park Bench Philosopher:** Extract from Seeing Things from lady flyers.

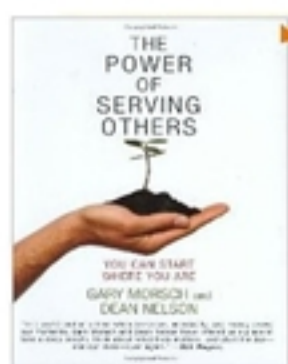
**Food:** Avalon Deli and Cafe.



**Artist of the Month:** Wordsmith Pam Bayfield is our first local artist of the month and shares a short story, 'A Fishy Tale'.



**Events:** Amazing Avalon Day, The Bopulators return, Mental As Anything to play RSL at Avalon, Christmas in July, RMYC Marine Art Competition, Manly Art Gallery Exhibits, Guringai 'One Voice' Program for 2011 and much more.



**Books:** Books about Service to others and yourself, and link to Australian War Museum website for more.

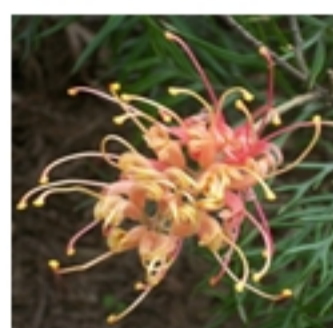
**Old Books:** last week for books about the ocean and voyages from the 1800's.



**Lenny Duck Tribute** Ferrymaster of the Elmina for over three decades.



**Community News:** NBI Talk at Pittwater Rotary, Ambassador for Timor-Leste dines in Avalon, Free Lighthouse Tour for Bushcarers, Barrenjoey Film Festival, Council and Shorac updates.



**Environment:** Winter Blooming Bush Flowers, Dolphins at Risk In Singapore, Seed Bank with full Index of all Australian plants Facts Sheets.



**Lynda Hill:** Total Lunar Eclipse! June's Sagittarius Full Moon Ride on One's Hobby Horse



**Pictures:** Avalon Tattoo Day 2011.



**Youth:** Pictures of those who participated in Avalon Tattoo 2011.



**Seniors:** Sleep Dearie Sleep and LOne Piper Information.



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



**Timor Leste Independence Day at Maria Regina School:** a day to celebrate and be educated in what children in their sister village, Soibada, experience.

**Pictures** [Lenda Lafaek](#) [Timor:](#) short history.

**Soibada Knitters Group:** Avalon based Community 'hands on' project to keep children warm.



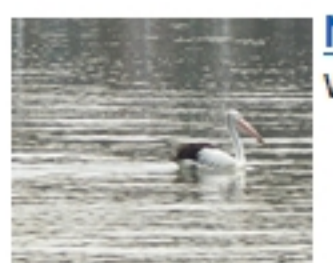
**The Sumba Foundation Australia:** Pittwater's Dr Stephen Nolan shares information about his work to eradicate Malaria and water borne disease in Sumba.



**Currawong Day 2011:** photos, extracts from speeches and files related to the battle to Save Currawong

**Images** [Midholme History](#)

[Patricia Nolan's Holidays at Currawong](#)



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

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## **Flights on Planes through Realms**

Some say others are full of air, but I don't think any has been filled with air in the way Nancy is. It's as though she breathed air straight into her heart instead of her lungs and breathed this way to be part of the sky filled with sun and to be flying. I noticed her as she walked by me whistling jauntily, singing, "Not falling, Flying!" under her breath. I met Nancy at a reunion dinner, a gathering of mature ladies who had been training pilots, nurses and ground crew during the Second World War. They were speaking of religion, a subject held dear by those who have intimate knowledge of some of the heavens and their quarters in the skies.

Nancy said not all are praying or chanting for peace. She said, stridently, that nowhere in any religion does it state that God wants people to kill each other, all that seems to state they should is just a hangover from tribal skirmishes out on the edges of ancient deserts and has been inserted into holy text by those who aren't too holy. God, in Nancy's reckoning, whether he be Jahweh, Allah, or Father, is Life, and Love, and Truth, not the opposite, not even on an off day or wayward second of a half moment. She said a true Muslim does not believe in killing all who are not like them... they believe in God... they believe that God exists. She said similarly that a Christianity with its own history of Inquisitions and other campaigns of murder may leave similar disbelief in a 'christian' but they still believe in God, they are still sure, in the essence of life itself, that God exists.

"It is the same for the Hebrew, the Hindu, the Sikh, the whoever. They may not turn up to church anymore... to the temples of, but they are still vessels of who can be filled with divinity, they still believe God exists... in fact, they know he does."

And why do they believe, despite all those wrong things in their religions, which are misogyny, murder, and maligning perpetuated instead of being discarded, as though there is some other, more accepted meaning of pure. Why do they believe? Where and what is their evidence?

In an Everdance?

In the perpetual swoon and dip and rose rise of all the trees, clouds, waters and weathers of ever annuals until a sense of attuning to these, watching, listening, sees you noticing your senses greet a turn of wind that comes only like this in the middle part of just these three weeks in each year, smiling in some kind of sunlitful brimming as the everdance communicates a something. Some thing.

There is something there, a something. A something there until the so called blind dumb trees and blue river over their feet, and even the vast blue mute sky seem to be surface filled with simply listening, watching, waiting, just like you. Until, in them looking at you, waiting, listening with you, they are a part of you, quite suddenly, and wholely, filled with you as you are filled with them, not just as core rushing from and all around to swamp, to overwhelm, to fill you so your throat moves in swallow and your lungs lurch, trying to suddenly breathe higher breath, but simply is suddenly there, as it has ever been, and reveals itself thus just to speak truths to you, with your eyes wide open and your ears unstoppered.

Everdance ever dancing Reveals all the trees, hills, oceans, peoples, skies and ants are also filled with a spark and sparks, pure presence inside a moment and also outside of time, and reveal, in revealing, all have ever and always been. All this is Vision. And if all this is Vision, surface filled with spectacular individualness, personal sighs, intimate dreams... presence and spark,

Everdancing... in the evidence... as the ever dancing, when will this be seen?

Draida has just stomped off all huffy, raving over his smelly old hunchback's shoulder that true believers will still want to reclaim their church, their temple, their shrine, their rooms modelled on divine vision, wrest it back from the malingers until their minds are transformed. He thinks people don't accept yet that their bodies are a temple and their substance melding closer with their spirit is the gold that lights them. He whines I should stop singing of the illusions here, of how life is a kind of dream. But if life is a dream we are Dreaming all together, and you can have it anyway you want, why a Bloodied Nightmare? Why not get to live in peace somewhere, with enough to eat, or even toffee apple trees if you want? What can be so wrong with loving your neighbour, with being the way you were dreamed to be? Why not do work that you love and as nature, from practice, not kill the rest of the surfaces filled with substance, with presence, with dreaming, by sucking its' oil, its gas out when that jewel is set to motion by, and breathes fine strawberries out from, the sun.

And then imagine the thoughts you may be able to dream. Do you really feel will be some fools paradise of doleful lethargy.... How will you ever know by shying back continually from the aspirational pinnacles you throw, relying on the Everdance. We are all already dreaming the same dream. So why not fill these timeless moments with a realized everdance.

Which is what Nancy was trying to say far less fatuously, with less air of fairy in her, then me. Her way is in a mild soft genteel voice that rises slightly insistent-lea at the end of each sentence. Her vocabulary enhances her conversation with words such as 'disinclined' and 'actually' or terms such as 'walking out with'. She is gentle, genteel, and feisty.

Nancy and her peers are all genteel in a way that comes out from their skin, even if you know it is a code that has been learned in an era where conducting yourself rightly, politely, was impressed upon you as being your optimum self and anything else then this striving to be, to develop this in you, relegated you to lesser living. These women brought in the crops of the menless nation, built the war machines, nursed the broken in mind and limb.

They know, *KNOW*, everything here is singing 'life!' not 'kill, kill, kill'. This, above all, is obvious. This is what springs up and out and from every single moment.

Extract from Seeing Things. Copyright A J Guesdon.

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

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





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This week we move **South** to examine some of the history of La Corniche at Mona Vale.



Photo Attributions:

TOP: W.A.A.A.F. recruits, Mona Vale, 1944  
 FILE: 41WAR41923 SUBJECTS: Australia. Royal Australian Air Force. Women's Auxiliary Australian Air Force; La Corniche (House : Mona Vale, N.S.W.) ; World War, 1939-1945; New South Wales; Mona Vale; Mona Vale (N.S.W.)  
 DESCRIPT: "La Corniche" commandeered by Air Force during World War II and used as training ground for recruits CREATED: [1944]

Below Top: Members of Australian Women's Flying Corps, Mona Vale, 1944  
 FILE: 41WAR41916 SUBJECTS: Williams, Phyllis; Australia. Royal Australian Air Force. Women's Auxiliary Australian Air Force; World War, 1939-1945; New South Wales; Mona Vale; Mona Vale (N.S.W.)  
 DESCRIPT: Phyllis Williams, second from left, back row Photograph taken at "La Corniche" CREATED: [1944]

Below: Cadets at Camp at Mona Vale, NSW - 1943  
 Cadets from Parramatta Company at 'La Corniche' training camp, Mona Vale in 1943.



Above: Bedroom 8 at La Corniche. Right the Ballroom. Images courtesy Mitchell Library, NSW, ca. 1900-1927 Sydney & Ashfield : Broadhurst Post Card Publishers. Nos: a106011 & a106008 . Below Right Bedroom 7. Below: the villas beside the main building and Dininr room, No: a106006.



**Previous History Pages:**  
[Marie Byles Lucy Gullett Kookoomgiligai Frank Hurley Archpriest JJ Therry Sir Patrick Gordon Taylor Bowen Bungaree W. Bradley 1788 Journal Midholme Loggan Rock Cabin](#)

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## La Corniche



The mansion built at Mona Vale by George Brock in 1894, which sent this poor man broke, became known as 'Brock's Folly'. It was renamed 'La Corniche' by Rainaud, a Restauranter and later was called Mona Vale Hydro, the Oaks and Pacific Paradise. This three storey edifice had 37 rooms consisting of 25 bedrooms, 6 bathrooms, kitchens, a ladies lounge and ballroom, a billiards room and servants quarters. The grounds had ornate fountains, stables, statues and a polo field. Smaller villas were built beside the main house and the grounds around them stretched from Bassett to Darley Street.

During World War I La Corniche was used as a Red Cross centre for wounded soldiers. In World War II "La Corniche" was commandeered by the Air Force during and used as training ground for recruits. Some sources state it was also used by the Army as an Infantry Training School for NCO's. Of then:

I was ordained in 1941, the beginning of '41, and appointed as a curate in the parish of St Faith's, Narrabeen. I was then just two days beyond my twenty-third birthday. The war had commenced, and, during my first appointment at Narrabeen, army camps were being formed in the area, because the threat of invasion was feared. I can recall fences being erected along the sides of the road, so that places like Palm Beach or Bayview could be shut off if need be, and then, when the threat of the Japanese came, the more intense development of army troops in that area. And Canon Tugwell then asked me to become a part-time chaplain to those troops in that area.

The parish of Narrabeen in those days went from Collaroy down to Palm Beach. There were main residential settlements at Collaroy, Narrabeen, but when you went out beyond that to Mona Vale you had mainly twenty-five acre small farms, many glasshouse tomato producers. Beyond Mona Vale, Newport was ... just one hotel in Newport, and mainly accommodation for people coming down to holiday use. Beyond Newport, at Bilgola and at Avalon, and then at Palm Beach, there were just mainly holiday homes, very few permanent residents.

My appointment was to help commence a ministry in that northern part. So I boarded with an old Boer war veteran and his wife, a Mr and Mrs Wilson, who lived in Fermoy Avenue, Bayview. And from there would conduct services in the store at Avalon, where there was little tea-rooms behind the store, and in an estate agent's office at Palm Beach. Subsequently a family by the name of Byle lent us their home for the service at Palm Beach. And my other ministry there was to the troops, which were then being trained by the army, and they had an officers' training unit in a big home at Mona Vale, and my responsibility was to conduct services, and then to have discussions or what they called padre's hours with the intake of recruits.

**Canon Charles Henry Sherlock, Chaplain RAAF, interviewed by Gail Winkworth for the Keith Murdoch Sound Archives of Australia in the War of 1939-45**  
 From: [http://www.awm.gov.au/transcripts/kmsa/s00572\\_tran.htm](http://www.awm.gov.au/transcripts/kmsa/s00572_tran.htm)

There were a number of submarine sightings during World War II in Pittwater and barbed wire along every beach except Newport. The Green Hornets of the 7th Battalion Volunteer Defence Corps camped in Warriewood Valley during this period and Mona Vale, south of La Corniche, was a camp for trainee machine gunners. Ruskin Rowe at Avalon hosted the Sundown RAAF Camp, who were trained by Nancy Bird Walton.

The building was demolished to build home units after 1953.

Further Reading:

Mona Vale Library History of Brock's Folly:

[http://www.pittwater.nsw.gov.au/library/local\\_history/Pittwaters\\_past/brocks\\_folly](http://www.pittwater.nsw.gov.au/library/local_history/Pittwaters_past/brocks_folly)

WAAAF: <http://www.defence.gov.au/news/raafnews/editions/4404/story10.htm> &

<http://home.st.net.au/~dunn/waaaf/waaaf.htm>



Above: View from Brock's House, Allen Family Album, 1911. Image No: 3289054, courtesy Mitchell Library NSW.



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## Avalon Tattoo 2011

This week we have some photos of those who sang and played at Dubar Park On Saturday. Maria Regina College began proceedings, (photo on the Pictures page). Paperbark Tree, from Barrenjoey High School, with Ben Jackson on Bass, Harry Parsons on Trombone, Josh Reeves on Drums and James Oldroyd on Guitar.

Sweet voices and pure tones from Abbey Gatward of the Northern Beaches Christian School and Evie Gibney from Pittwater High School and Lange Theory, with James on guitar, Billy on drums and Mitchell on Bass. Lange Theory were playing the Oxford Art Factory last night; hope it went well.

The Souttones were the last band to play and the Tattoo was their first public gig.



On June 18th, YADM will showcase Sydney's young, independent and emerging designers and provide a quality marketplace for young designer fashion, designer kids fashion, jewellery & accessories and pre-loved vintage garments. Come and bag yourself a bargain from the emerging 'cream of the crop' in Australian fashion. 18th of June 10am to 4.30pm Free entry  
Contact 0412 287 009; [info@youngaustraliandesignersmarket.com.au](mailto:info@youngaustraliandesignersmarket.com.au)



  
 national cannabis prevention and information centre

## 2011 Poster Competition

The National Cannabis Prevention and Information Centre (NCPIC) Poster Competition gives secondary school students between the ages of 15 and 18 years the opportunity to showcase their creative talent and express their thoughts and ideas about cannabis. This year the competition will focus on how the use of cannabis may impact negatively upon young people and their sporting performance.

Closing date

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

Announcement of winner

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

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

## 2011 Short Film Competition

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

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

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

### • Announcement of winner:

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



## Year 12 completion and youth transitions

On average, young people who complete Year 12 tend to have more successful transitions from education to work than those who do not. However, in recent years there has been a realisation that it does not make much sense to promote Year 12 retention for its own sake.

In this paper, Ryan investigates labour market outcomes for a range of different pathways undertaken by young people. He uses the Longitudinal Surveys of Australian Youth (LSAY) to show that completion of senior secondary schooling provides the best labour market outcomes, relative to other vocational education paths. [Click on link to read.](#)

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

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



## 6th April 2011 closing 16 June 2011 My First Speech Competition Australian students enrolled in years 10 to 12 are invited to enter the 'My First Speech' competition.

You can enter as a school or as an individual. Imagine yourself as a newly elected Member of the House of Representatives. Your task is to write a 3 minute speech about issues you are passionate about then record yourself presenting the speech on video. For more information visit <http://www.aph.gov.au/exhibitions/myfirstspeech/index.html>

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



## New Website for Northern Beaches Youth

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

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

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

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

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June 19 - 25, 2011: Issue 11

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

About us

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

We do not receive any funding  
We are not affiliated with any government body  
We are not affiliated with any religious body  
We are completely independent

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

The Senior Newspaper Online

Click on logo:

**Australian Senior**  
PUBLICATIONS

## The lone piper and Flowers of the forest

The origins of the lone piper are obscure, although a lone piper has been a feature of Scottish military ceremonies for several hundred years. The bagpipes are the traditional instrument of the people of the Scottish highlands and have been carried into battle with Scottish soldiers from the days of William Wallace in the 14th century to the Falklands War of 1982. Traditionally, in Scottish units a lone piper takes the place of a bugler to signal the day's end to troops (see Last Post) and also bids farewell to the dead at funerals and memorial services.

It is unclear when pipers first became a feature of Australian memorial services. In the early decades of the 20th century, Australia had a large expatriate Scottish community, represented by several Scottish battalions in the Militia. It seems likely that the ceremonial presence of a piper became established during the 1920s.

Flowers of the forest is the tune usually played on these occasions. It is a traditional Scottish lament (song of mourning and remembrance).

From: <http://www.awm.gov.au/commemoration/customs/piper.asp>

On Saturday, at Avalon Tattoo 2011, Sleep Dearie Sleep, the traditional Lights Out music for Highland Regiments was played:



## Avalon Computer Pals for Seniors

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

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

## BENEFITS OF EXERCISE FOR SENIORS

By Ingrid Davey

Older Adult Trainer/Instructor Heartmoves

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

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

HEARTMOVES



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

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

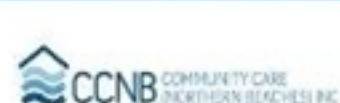
Ingrid Davey is a qualified Older Adult Instructor and accredited Heartmoves Leader who will guide you through an exercise program that is fun, safe and modified to suit you.

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

Phone Ingrid to secure your spot on 0405 457 063.  
[www.heartfoundation.org.au](http://www.heartfoundation.org.au)



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## Enable Me

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

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



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

The program may include advice and support with:-

- An appropriate exercise or strengthening program
- Nutrition
- Home modifications
- Assistive technology
- Social and leisure activities

For more information or to register please phone.

Call Kerrie on 9979 7677



## Jan's Story...Enable Me in action

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

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

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

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

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

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

Contact Community Care Northern Beaches by clicking their logo:



## Ladies Golf at Bayview Golf Club

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

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

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

Silver Salver (0-20 handicap) – 28 July

Bronze Bowl (21-36 handicap) – 28 July

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



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**June 19 - 25, 2011: Issue 11**



**Avalon Deli Cafe**  
**Shop 7 Barefoot Blv Old**  
**Barrenjoey Rd**  
**Avalon NSW 2107**  
**(02) 9918 0419**



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June 19 - 25, 2011: Issue 11

Winter Bush Flowers

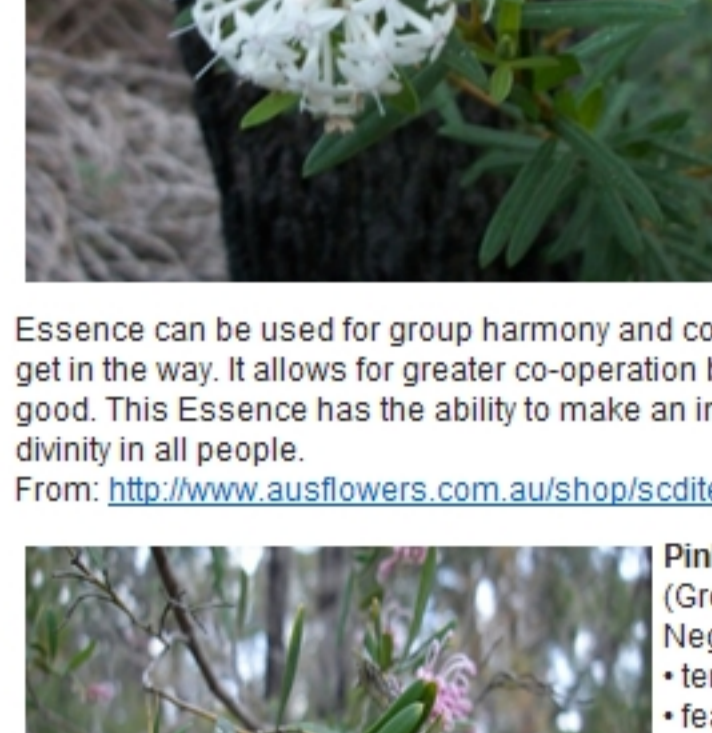
There are many flowers that bloom in the bush during the colder months, making bright patches of colour amongst the green. Those that have been seen so far are listed below, with information regarding their healing properties courtesy of Australian Bush Flower Essences. Each Season tends to flower with what is needed by us humans the most during those days.



Wattle: Negative Condition: • stuck in the past • expectation of a grim future • struggle Positive Outcome: • optimism • acceptance of the beauty and joy in the present • open to a bright future

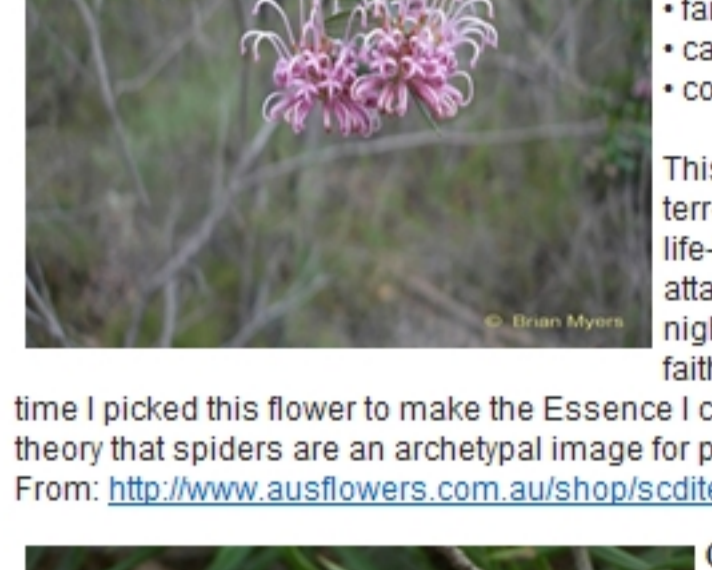
For people who have had a difficult time in the past and who are stuck there. They bring their negative experiences of the past into the present. Life is seen as being grim and full of struggle. When they look at life they only see bleakness, hard times and disappointment continuing into the future. In the positive mode these people will see the beauty, joy and excitement in the present and optimistically anticipate the future.

From: http://www.ausflowers.com.au/shop/scditem.asp?prodid=54&catid=1



Slender Rice Flower: Negative Condition: • prejudice • racism • narrow mindedness • comparison with others Positive Outcome: • humility • group harmony • co-operation • perception of beauty in others Price City Buy Slender Rice Flower is for people who are racist, narrow minded and lack humility. Humanity has, through its many wars, seen the grim ramifications of these attitudes. This Essence can be used for group harmony and conflict resolution when individual egos get in the way. It allows for greater co-operation between people for the common good. This Essence has the ability to make an individual aware of the common divinity in all people.

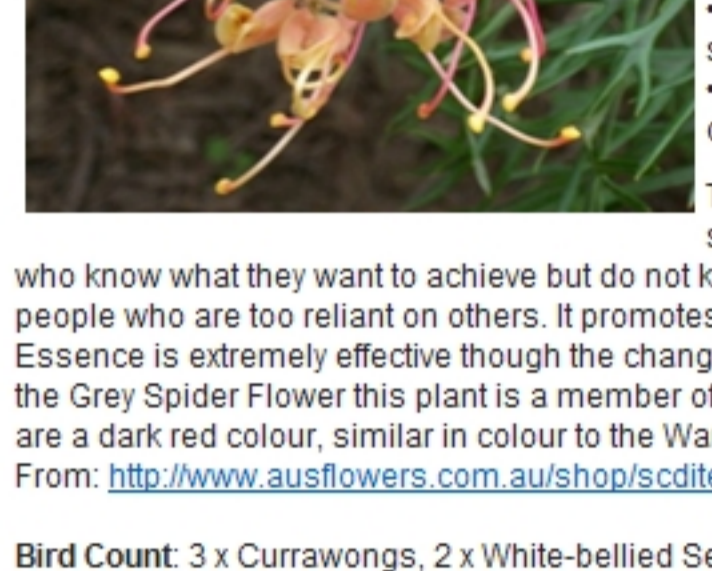
From: http://www.ausflowers.com.au/shop/scditem.asp?prodid=48&catid=1



Pink Spider Flower: (Grey Spider Flower) Negative Condition: • terror • fear of supernatural and psychic attack Positive Outcome: • faith • calm • courage

This is an Essence to deal with extreme terror, especially terror experienced in life-threatening situations or psychic attack. It deals with panic and nightmares. The Essence will restore faith and trust. Interestingly enough every time I picked this flower to make the Essence I came across a spider. There is a theory that spiders are an archetypal image for primordial fear.

From: http://www.ausflowers.com.au/shop/scditem.asp?prodid=23&catid=1



Grevillea is for Red Grevillea (Orange = Soul) Negative Condition: • feeling stuck • oversensitive • affected by criticism and unpleasant people • too reliant on others Positive Outcome: • boldness • strength to leave unpleasant situations • indifference to the judgment of others

This Essence is for people who feel stuck. It acts as a catalyst for those who know what they want to achieve but do not know how to go about it. It is for people who are too reliant on others. It promotes independence and boldness. This Essence is extremely effective though the changes may not be as anticipated. Like the Grey Spider Flower this plant is a member of the Grevillea family and its flowers are a dark red colour, similar in colour to the Waratah.

From: http://www.ausflowers.com.au/shop/scditem.asp?prodid=41&catid=1

Bird Count: 3 x Currawongs, 2 x White-bellied Sea Eagle pair, Lorikeets, Sulphur crested cockatoo flock, kookaburras, magpies, 7 x Silver-eyes.

Visit ABFE at:



News that Twenty-five (25) bottlenose dolphins that once roamed free and wild are now facing a life of captivity and sadness as permanent residents of Resorts World - Sentosa, Singapore. These 25 dolphins were captured in the waters of the Solomon Islands and are now being kept in the Philippines while the new facility at Resorts World Sentosa is being built. Two of them have already tragically died. Ric O'Barry, the marine mammal specialist has also offered his help to rehabilitate and release the dolphins back to the wild, in the Solomon Islands, off Papua New Guinea.

http://www.youtube.com/watch?v=QP3Fbr5YjM

Some known facts about Dolphins:

53% of those dolphins who survive the violent capture die within 90 days. The average life span of a dolphin in the wild is 45 years; yet half of all captured dolphins die within their first two years of captivity. Every seven years, half of all dolphins in captivity die from capture shock, pneumonia, intestinal disease, ulcers, chlorine poisoning, and other stress-related illnesses. Some may die due to stress while transport. To the captive dolphin industry, these facts are accepted as routine operating expenses.

In many tanks the water is full of chemicals as well as bacteria, causing many health problems in dolphins including blindness. When a baby dolphin is born in captivity, the news is usually kept secret until the calf shows signs of survival. Although marine mammals do breed in captivity, the birth rate is not nearly as successful as the one in the wild, with high infant mortality rates.

Wild dolphins can swim 40 to 100 miles per day - in pools they go around in circles. Dolphins are predators of fish and spend up to half of their time in the wild hunting for food. Supplying dead fish results in less exercise and lack of mental stimulation, thus causing boredom.

Many marine parks subject their mammals to hunger so they will perform for their food. Jumping through hoops, tallwalking and playing ball are trained behaviors that do not occur in the wild. Confined animals who abuse themselves (banging their heads against the walls) are creating stimuli which their environment cannot supply. Dolphins in captivity tend to develop stereotypical behaviors (swimming in a repetitive circle pattern, with eyes closed and in silence) because of boredom and confinement. This is equivalent to the swaying and pacing of primates, lions, tigers and bears confined in cages.

Sign Petition to protest against this at: http://www.petitions.com.au/signatures/signature.asp?signature=38011

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/ LIFE IS BETTER WITH NATIONAL TREE DAY



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

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

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



CANNES RESERVE PLAN ON EXHIBITION

A plan of management for Cannas Reserve and Gunyah Reserve Place in Avalon will go on public exhibition for comment between 21 May and 18 June.

The Council decided to place the plan on exhibition at its meeting this week, following a lengthy period of community consultation. The five-year plan covers management practices for the reserve, aimed at conserving two endangered ecological plant communities – the Pittwater Spotted Gum Forest and Littoral Rainforest - and a colony of Grey-headed Flying-fox. The flying-fox colony currently numbers around 360.

A working party of key stakeholders will meet on a six monthly basis and as required to monitor progress on implementing the plan.

Key points of the plan include: • Ensuring a balance between the needs of local residents and viable habitat for the flying-fox colony. • Preserving endangered vegetation in Cannas Reserve • Retaining Walking Place as a recreational area with the existing playground • Upgrading the walking track from Cannas Reserve to Therry Street and the steps at the corner of Net Road and Cannas Drive.

Mayor Hammett Rose thanked the participants in the working group for their cooperation and commitment to finding a solution. "We believe the plan provides a foundation by which the residents and flying foxes can coexist," he said.

To view the draft plan, visit www.pittwater.nsw.gov.au/exhibition or at the Council's customer service centres at 1 Park Street Mona Vale and 59A Old Barrenjoey Road Avalon. Comments should be in writing and received by the closing date of Friday 1 July 2011.

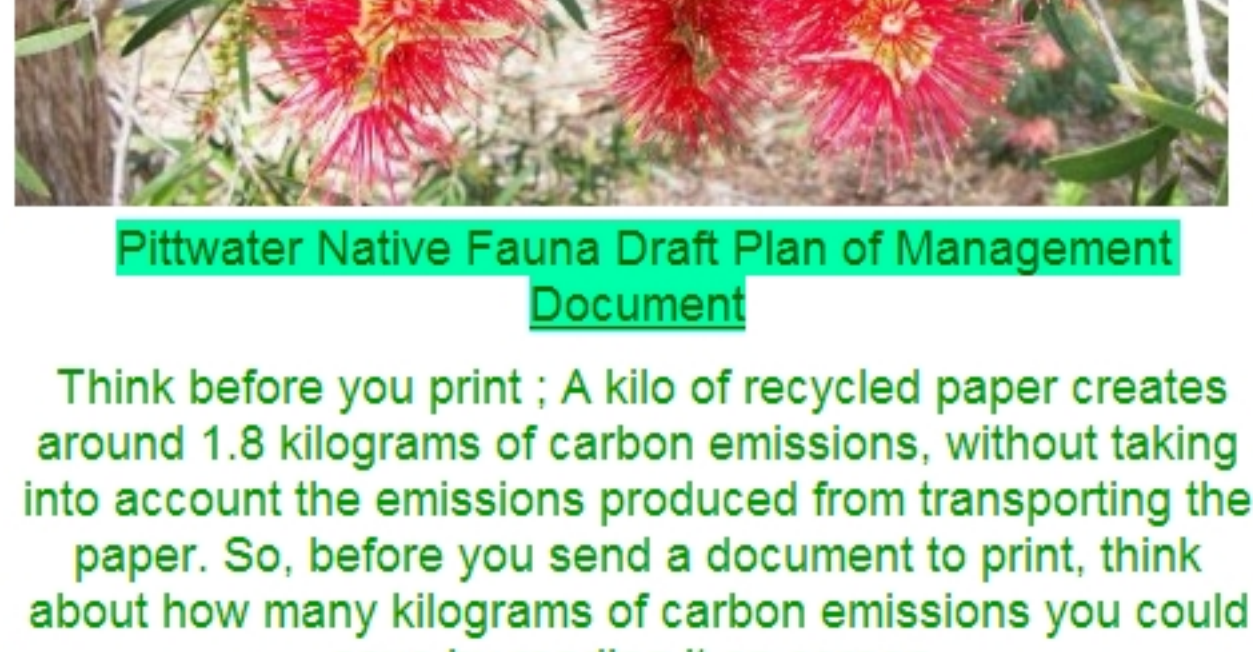
NRM Conference, Sydney 29th June to July 1st, 2011; file for below

NRM Conference June 2011.pdf Size : 1147.432 Kb Type : pdf

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



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



Pittwater Native Fauna Draft Plan of Management Document

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

Sydney Harbour Foreshore Authority Carbon Footprints Document

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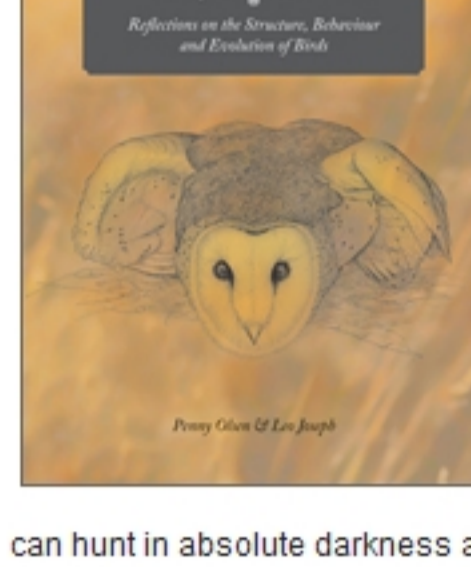
BREAKFAST WITH THE BIRDS WARRIEWOOD WETLAND Sunday June 26 8-10.30am



PITTWATER NATURAL HERITAGE ASSOCIATION INC.

What Does PNHA do? On-ground bush regeneration, eg. Asparagus Fern Out Days Activities: guided walks, bird-watching

Stray Feathers Reflections on the Structure, Behaviour and Evolution of Birds



Stray Feathers Penny Olsen AM The Australian National University Leo Joseph Australian National Wildlife Collection, CSIRO

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

Flora of Australia Volume 39 Australian Biological Resources Study

Australian Journal of Botany Volume 59 Number 4 2011

Coastal Environment Centre

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

Cooeee! Issue 26 - June 2011

Pittwater's Environmental Foundation

Art v Extinction - Ghosts of Gone Birds

Keeping islands rat-free for Pacific birds and people - with Elena Seniloi

Reserves created for Endangered Fringe-backed Fire-eye

Hunting threat to Critically Endangered Dwarf Olive Ibis

BirdLife renews its commitment to work for wetlands

Migrants under threat

To receive Monthly news click on logo below:

BirdLife INTERNATIONAL

florabank

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

Pittwater Natural Heritage Association At: http://pnha.org.au/about/



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

WASTE WATCH IN PITTWATER

Pittwater Council will be carrying out an audit of domestic and garden organic waste throughout Pittwater between 16 May and 8 July.

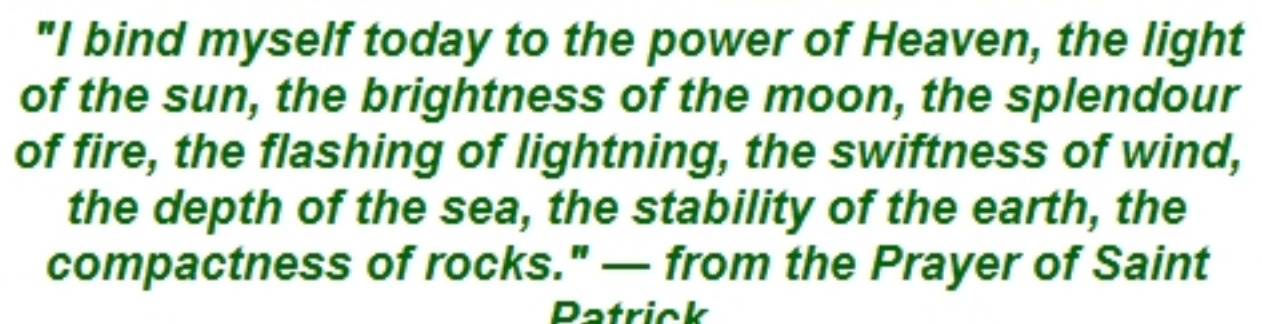
"The audit involves collecting a variety of waste materials from randomly selected households to establish the amount, type and recycling present," he said.

Mr Lofts said that households would be randomly selected for the audit and collection would take place from the kerbside on normal collection days.

Data gleaned from the audit will be used in a collective way to help the Council inform and encourage better waste management and reduction strategies.

Recycling bins located at Pittwater beaches will be audited to improve education programs about recycling away from home.

For more information on waste management visit www.pittwater.nsw.gov.au/local\_services



Currawong Saved Icon copyright Michael Mannington 2011.

June 12 - 18, 2011: Issue 10

## Total Lunar Eclipse! June's Sagittarius Full Moon Ride On One's Hobby Horse



Do not handicap your children by making their lives easy. Lazarus Long

Nothing is so hard for those who abound in riches to conceive how others can be in want. Jonathan Swift

It is amazing how quickly the kids learn to drive a car, yet are unable to understand the lawnmower, snow blower, or vacuum cleaner. Ben Berger

In this era of affluence and of permissiveness, we have, in all but cultural areas, bred a nation of over-privileged youngsters, saturated with vitamins, television and plastic toys. Judith Crist

Well, you know when you're rocking in a rocking chair, and you go so far that you almost fall over backwards, but at the last instant you catch yourself? That's how I feel all the time. Stephen Wright

A hobby a day keeps the doldrums away. Phyllis McGinley

June's Sagittarius full Moon is a total lunar eclipse. Occurring on June 15 in the United States and June 16 in Australia, this is a relatively rare central eclipse, with the total eclipse lasting a long duration of around 100 minutes.

The full duration of totality is visible from south west Africa, Madagascar, the Middle East, central Asia, India, Sri Lanka, eastern China, Bangladesh, western Myanmar, western Thailand, Malaysia, Singapore, western Indonesia, Antarctica, and western edge of western Australia. [More information can be found here.](#) For Australian readers, you may want to watch this [youtube video](#) which describes what times you can catch the eclipse, depending on where you are. People in Western Australia are going to have the best viewing. Of course, we need clear skies in order to see it at all, and, for the east coast, we have rain forecast for the rest of the week, and in order to see the eclipse, you'd have to be up very early in the morning.

It's instructive and interesting that this eclipse falls over the Middle East, with so much uprising going on there, especially as this eclipse is very much about freedom; freedom to do and be who one wants to be.

**The Sabian Symbol for this lunar eclipse is Sagittarius 25: A Chubby Little Rich Boy Rides Upon A Hobbyhorse.** This Symbol speaks about taking time to have hobbies, to be indulging in what sets your heart on fire, what gets you going, something that can have you waking up in the morning eager to do something that you love. If you don't have this in your life, or you don't give yourself enough time to be doing what you want to be doing, or you ignore the promptings of your creative self, perhaps you need to set some time aside to just do what YOU want, rather than feeling duty bound to do what others expect of you. Of course, we have to do what is expected in life, that is a natural outcome of being on this planet, however, if we're not satisfying our natural curiosity, creativity or talents, we can find ourselves wondering when we're going to get around to doing it. This eclipse seems to be suggesting that the time is NOW. The following is some of the keywords and cautions for this degree:

**Keywords:** Hobbies and their pleasures. Unrestrained, imaginative play that can lead to truly wonderful creations, physically, emotionally and spiritually. Protected practice. Having to have one's sexual needs fulfilled before one loses energy. Exercise, doing something because one can. Constantly going off on distracting schemes. Boys and their toys. Unrestrained passion.

**The Caution:** Someone spoilt and shallow. Feeling that one can take on anything without thought of the actual consequences. Playing when one should be more serious about life. Not doing one's work, avoiding it by doing 'fun' things instead. Having no friends to play with.

This Symbol can show situations where, instead of getting love and attention, the 'boy' of the Symbol gets given things to amuse himself. He's a 'chubby little rich boy', he has most of his needs met, but one wonders whether his 'parents' notice him, care about him, give him credit where credit is due, or if he just must get on with amusing himself and not bother anyone. Perhaps the family just does what it's expected to do and not much more.

This is a very strong lunar eclipse and the message to you may be about being more serious about what you're capable of, or, it may be saying that you need to get more serious about the things you really 'should' be doing. Of course this is all rather subjective and you, the reader, will have to apply what the message is to your own life. Certainly, happiness and being able to be young, carefree and able to play has gone to be part of the message.

The issue of happiness, fulfillment and love comes up with the Karmic Condition (the degree before) the eclipsed Moon - this is also the degree of the karmic Moon's north node. The Symbol is Sagittarius 24: A Bluebird, A Sign Of Good Luck And Happiness, Is Standing At The Door Of The House. Paying attention to signs of happiness and joy can ensure that you have more happiness and joy in your life. If you're not feeling particularly happy, what can you do in order to bring more of it into your life?



What shifts of attitude or emotions can you employ to change things? Where can you make some decisions around finding more fulfillment from your living situation? Do you spend too much time alone, feeling unloved, unfulfilled? Perhaps you need to do an 'energy clearing' of your house? The following are the keywords and cautions for this degree:

**Keywords:** Calmness and rewards. Promise (or promises) of 'Happiness'. Love and happiness available by acknowledging its presence. Real estate, house boundaries. Reminders of joy. Cottages and picket fences. Waiting for invitations to enter. Omens of good luck. Blessings. Front doors and back doors.

**The Caution:** Denying happiness or good news. Feeling that the grass is always greener somewhere else. Putting on false shows of happiness for all to see. Thinking that buying things will make one's life happier. Wanting what's not available.

Faith is a bluebird you see from afar. It's real and sure as the first evening star. You can't touch it or buy it or wrap it up tight. But it's there just the same making things turn out right. Margery Sharp

Spread love everywhere you go: first of all in your own house. Give love to your children, to your wife or husband, to a next-door neighbor... Let no one ever come to you without leaving better or happier. Mother Teresa

When one door of happiness closes another door opens, but often we look so long at the closed door that we don't see the one that has opened. Helen Keller

**The Quest Symbol (the degree after) of this eclipse is Sagittarius 26: A Flag-Bearer In A Battle.** What flag are you waving? Are the 'battles' being fought worth it? Some are, of course, some have to be waged in order to change the status quo, particularly when people feel oppressed and hard done by (as many people do on the planet).

**Keywords:** Having the courage of convictions. Standing up for ideals. Representing one's collective in a worthy cause. Carrying the standard or the 'Flag'. David and Goliath. Being the messenger. Advocates. Ensigns. Leadership. Self sacrifice. Fighting for political ideals. Flag waving.

**The Caution:** The sacrificial lamb. Overzealous idealism. Empty shows of courage. The scapegoat. Always being ready to go into battle. Violence. Fanaticism. Stepping out of line. An inability to keep quiet. Not knowing when to back off.

As always at the full Moon, the degree of the Sun is very strongly implicated in the message. The Sabian Symbol for the Sun is Gemini 25: A Gardener Trimming Large Palm Trees. This symbol talks about getting rid of those things that are unimportant or are encumbering your life, holding you down because of the weight of the 'dross of the past'. Where can you cut out things that don't matter, are no longer relevant, those things that don't breathe life into your life?

**Keywords:** Trimming off non essentials to get to the bare reality. Caring for one's possessions. Doing the work simply because it needs to be done. Getting rid of rubbish. Gardening and landscaping. Editing words, thoughts, emotions - superfluous things. Weeding out the unnecessary. Looking after cosmetic appearances. Tidying up. Tools. Trips to the dump.

**The Caution:** Doing the work because of routine, rather than need. Spending time doing things because of appearances. Neglecting the real issues at hand, which may include good nourishment, watering, and caring for physical realities. Doing menial jobs when one could be doing much bigger better ones. Not knowing when to stop. Leaving a mess.



Jupiter, the ruler of this Sagittarian lunar eclipse, is on a fabulously rewarding Symbol. It's Taurus 3: Natural Steps Up To A Lawn Blooming With Clover. This speaks of the wonderful rewards that can come from making little steps (or changes) and finding yourself in a more rewarding, comfortable and fun situation. This Symbol speaks of arriving in a place that feels like 'the land of milk and honey'. There's rewards here in seeing how wonderful life can be, to feel grateful for what one has. This is an auspicious degree, but it is triple that with Jupiter on it. The degree following is Taurus 4: A Pot Of Gold At The End Of The Rainbow... Jupiter seems to be bringing us rewards in many ways.

Venus is on an interesting degree which could have many wanting to go on strike (to pursue their true dreams, their hobbies, the things that turn them on?). The Sabian

Symbol is Gemini 8: Aroused Strikers Surrounding A Factory. This can be about demanding better rights and conditions, disruptions to the normal flow of things, taking action or refusing to act, labor strikes and strikers, demonstrations, peace rallies, standing up for others, placard waving... it can be refusing compromises.

Mars further brings about this message of what we do and how much it's worth (to us or others). This so supports the 'hobby horse' theme of this eclipse. It's Taurus 27: An Old Indian Woman Selling Beads And Trinkets. Are you getting your 'just rewards'? Are you selling yourself short?

**Keywords:** Older, wiser products. Society making offerings to the younger, less integrated. Small, but worthy products. Adapting to changing conditions, particularly monetary or financial. Working hard for small returns and rewards. Battling against the odds. Selling the products of one's culture. Artifacts. Jewelry. Handicrafts. Retailing. Supplying the populace with beautiful things. Markets and stalls. Patience. Bartering and bargaining.

**The Caution:** Looking down on those that seem less fortunate. Loss of culture and traditional duties. Menial jobs. Devaluing things or overvaluing junk. Feeling that you have nothing to offer. Waiting for others to validate your worth. Bickering over money. Feeling 'cursed' with ones lot in life. Lack of the respect for the artists.

The trick seems to be to let yourself, and no doubt others, off the hook. The Symbol for Mercury is Gemini 28: Society Granting Bankruptcy To Him, A Man Leaves The Court With Mixed Feelings. Although this Symbol obviously speaks about 'bankruptcy' and a lack of money, it doesn't have to mean that at all. It can show that it's time to focus on restarting something. There's a need for forgiveness, perhaps a need to forget the past, it's time to leave 'the court', to let go, to be gracious with one's self and others, whether you're celebrating successes or accepting some failures.

It's interesting that this eclipse seems to be largely about money, or ones ability to do something you love and yet sustain yourself financially. The Symbol for Neptune brings some interesting messages. It's Pisces 1: A Large Public Market. This brings up issues to do with the instability of the financial markets at the moment and the feeling that many have that an imminent collapse of the financial situation is due. Perhaps that's your feeling. You could also be wondering how you can get more out of 'the large public market', how you can market what you do, what you love doing, what brings you your rewards. The trick is, of course, is that you've got to be in to win it.

Perhaps Uranus may provide a clue as to how to proceed. The Symbol is Aries 5: A White Triangle Is Seen; It Has Golden Wings. This may be implying that we need to rise above our situations, problems and issues in order to truly see what's going on. This degree is, amongst other things, about ascended beings, visions and unlettered imaginations. Check out the landscape to see how you can improve your life now.

What and where is your heart's desire?



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

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

## What are the Sabian Symbols?

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

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

For more information: [click here](#)





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Commodore G.V. Sloper AM RAN (Rtd)



Right: Hon. Robert Stokes MP, Tamara Sloper Harding and Ambassador Abel Gutierrez. Below Image courtesy of Lieutenant Gregory Smith.



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

## One Laptop per Child



The OLPC's aim is to provide each child in developing countries with a low-cost, easy to maintain and most importantly, connected laptop. The OLPC have designed the XO laptop to be durable, easy to charge (even through alternative energy sources) and using open source software which is packed with activities such as drawing, reading, browsing, chatting and several educational games. With the XO, children are engaged in their own education, which makes them more likely to go to school and participate in the learning experience.

Currently OLPC reaches around 1.6 million children and teachers in Latin America as well as another 500,000 in Africa and the rest of the world. In Uruguay they succeeded in providing every elementary school child with a laptop, while their largest deployment was in Peru where they reached more than 8,300 schools.

more at:



one  
laptop  
per  
child



## It's Eclipse Season: Are You Ready to Enter the Wormhole?

by Divine Harmony

Eclipse season is upon us! This coming week we will enter into a portal where we have not two eclipses but three! Think back to the summer of 2009 (July through August)- that is the last time we had three eclipses back to back (lunar/solar/lunar).

This time we have a solar, lunar and solar- which is a different energy. Lunar eclipses occur at the time of the full moon and are classically associated with climaxes, endings, completions and major turning points. Solar eclipses occur at the time of the new moon and are classically associated with new beginnings, starting over, taking action and initiative.

Full moons and new moons always come with this energy, but when an eclipse occurs that energy is amplified. Usually eclipses come in pairs, but when three occur back to back we have a lot more intensity, opportunity for growth and change.

More At: [here](#)

## THE MONTREAL INTERNATIONAL POETRY PRIZE

This is a new and historic poetry competition launched on March 24 of this year, according to ASA Boxer, Director. The Montreal International Poetry Prize will award \$50,000 for a single poem in any style and in any English dialect. They will also produce an annual global poetry anthology - something curiously missing from our cultural environment.

To reflect its global perspective, the Montreal Prize has assembled an editorial board of accomplished poets from Australia, Canada, England, Guyana, India, Jamaica, Malawi, Nigeria, Northern Ireland and the US. These poets will select 50 poems for the competition's shortlist, which will be published in a unique global poetry anthology, representing the very latest work from around the world. From these finalists, Andrew Motion will select the winner of the prize.

As the Montreal Prize is a grassroots non-profit in its first year, they are appealing to writing societies and organizations interested in promoting poetry to help spread the word about the project.

You can also find out more about this at the Huffington Post and at Poets & Writers: Huffington Post

[http://www.huffingtonpost.com/john-lundberg/national-poetry-month\\_b\\_843616.html](http://www.huffingtonpost.com/john-lundberg/national-poetry-month_b_843616.html)  
Poets & Writers

[http://www.pw.org/content/new\\_fiftythousanddollar\\_poetry\\_prize\\_has\\_global\\_ambitions?cmnt\\_all=1](http://www.pw.org/content/new_fiftythousanddollar_poetry_prize_has_global_ambitions?cmnt_all=1)

The final entry deadline for the competition is July 8.

If you have any questions about the Montreal Prize, please do not hesitate to contact directly: Asa Boxer, Director. Basic entry information can be found at: <http://montrealprize.com>.



## It's that time of year again - the Voiceless Grants Program is open and accepting applications.

This fabulous program offers financial support to non-profit organisations, councils and universities for the design and implementation of projects focusing on Voiceless's core areas of work - the suffering of factory farmed animals and the commercial kangaroo industry. To date, \$1.2 million has been awarded to a wide array of projects across the country covering a number of animal protection issues.

Visit our [website](#) for further information relating to this year's program, including the judging criteria, eligibility and how to apply. We look forward to receiving your applications by 15th July 2011.

Click on photo to go to site



Online Discounts At: click on logos



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More At: [Here](#)



Introducing Windows Intune™ - a new, simple way to not only monitor and manage your PC but also move those PCs over to Windows 7 Enterprise. And deliver the best Windows experience available today.

With management and security capabilities through a single Web-based console, Windows Intune helps keep your computers and users operating at peak performance from anywhere. Extending beyond your corporate domains and networks, Windows Intune allows you to manage PCs in remote or disconnected locations, and stay in control of those machines. And it's easy to deploy, without the extensive planning required to deploy many traditional PC management solutions. The result? Less hassle, and the peace of mind of knowing that all your PCs are well managed and highly secure. Find out more at: [here](#)



Tues 21 June to Thurs 23 June at 8:30pm on SBS ONE.

Go Back To Where You Came From is a world first, three day television event following six ordinary Australians who agree to challenge their preconceived notions about refugees and asylum seekers by embarking on a confronting 25 day journey. Tracing in reverse the journeys that refugees have taken to reach Australia, they travel to some of the most dangerous and desperate corners of the world, with no idea what's in store for them along the way. 8.30pm Tuesday 21 June to Thursday 23, on SBS ONE.

Six Australians agree to challenge their preconceived notions by living with, and as, refugees for one month. To do so, they will trace, in reverse, the journeys that real refugees took to reach Australia. In Episode I, the participants move in with a recently arrived refugee family and join them in their everyday lives... to work, to school and their social, cultural and religious activities. In Episode II, the Australians head for Malaysia, getting a first-hand account of refugee life in transit and why some board leaky boats even if there are structures for re-settlement in place. In Episode III, our participants travel all the way to (or near to) the countries of origin of their refugee hosts in Australia. There they will live in sprawling refugee camps or as destitute urban refugees. Along the route the participants will debate, argue and perhaps change some of their opinions. Not one will be untouched by their experience.

Sneak peak: <http://player.sbs.com.au/p>

## Money Bags

This year, July has 5 Fridays, 5 Saturdays and 5 Sundays. This happens once every 823 years. This is called money bags. This year we're going to experience four unusual dates.

1/1/11, 1/11/11, 11/1/11, 11/11/11 and that's not all...

Take the last two digits of the year in which you were born - now add the age you will be this year. The results will be 111 for everyone in whole world. This is the year of The Money!!!

Apparently, if you let 8 people know about this you should experience an increase in prosperity! We did...waiting...



MELBOURNE AUSTRALIA | 23-30 JULY 2011

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

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

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

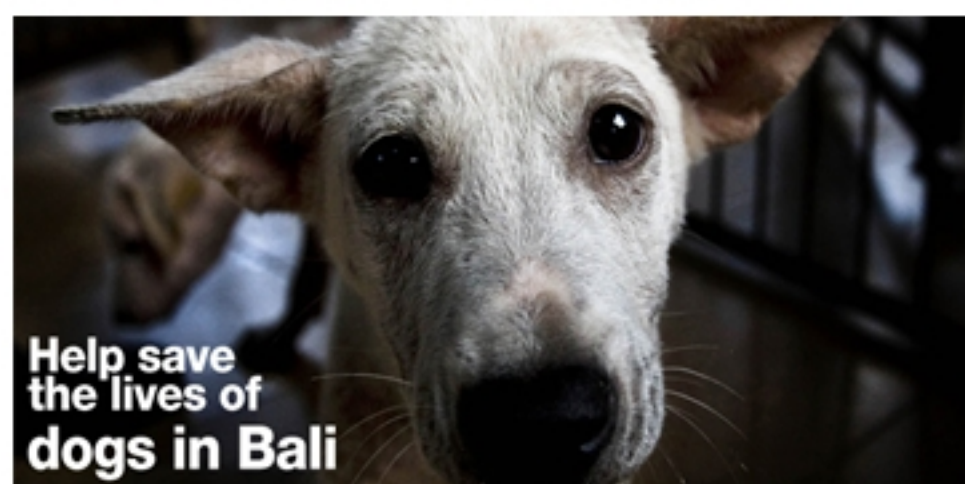
Judy West, Congress President

Information and Registration at: <http://www.ibc2011.com/Default.htm>



## 3 Ways to Prepare Your Business for Social Search - socialmediaexaminer.com

Current best practices and guidelines to prepare for the continued evolution in social search and get your business ranked well on the search...



Help save the lives of dogs in Bali

Right now in Bali, every dog is in terrible danger. In fact, their lives are in our hands.

Rabies has spread across Bali. And with no experience in controlling this deadly disease, the Balinese government felt that they had no other option than to order a mass cull of all dogs. They sent teams, armed with strychnine-poisoned darts, to villages and towns.

Thousands are already dead. Many were just innocent puppies. And all died in great pain and fear. Rabies is a terrible way for a dog to die, but being killed slowly by strychnine poison is even worse.

Thankfully, after months of negotiation, WSPA and our partners the Bali Animal Welfare Association have secured the Balinese Government's agreement to stop the mass culling if we complete an island-wide emergency vaccination program. We need to vaccinate over 70% of 460,000 of Bali's dogs against rabies, or the culling could begin again.

With your ongoing support, we can deliver this vital program to save the dogs of Bali from a cruel death.

Giving each month is important because it takes time, money and persistence to tackle animal welfare issues at the root of the problem and achieve lasting solutions.

It costs just \$30 to vaccinate and save the lives of 18 dogs. By joining WSPA's Animal Rescue Team with a monthly donation of \$30 you can help save the lives of Bali's dogs, and also help protect stray dogs and other animals around the world from cruelty.

Together we can achieve practical, long-term solutions to protect the dogs of Bali and other animals by:

- Providing rescue teams to save abandoned and neglected animals and those stricken by disasters.
- Breaking animal abuse and working to enforce stronger laws.
- Breaking the cycle of cruelty through education programs that are changing hearts and minds, so animals receive the respect and compassion they deserve.

If you love animals like we do and can't sit by while they suffer, please join WSPA Animal Rescue Team, or make an urgent donation today.

Contact us: [https://donate.wspa.org.au/campaigns/balidogs2/index.asp?utm\\_source=ninemsn&utm\\_medium=banner&utm\\_campaign=php\\_april\\_2011](https://donate.wspa.org.au/campaigns/balidogs2/index.asp?utm_source=ninemsn&utm_medium=banner&utm_campaign=php_april_2011)

There are a number of other ways you can make a donation and help animals around the world.

Phone: Contact us on 1300 13 9772 If you wish to donate over the phone or organise a direct debit facility.

Post: WSPA Australia, GPO Box 3294

Sydney NSW 2001

Fax: 9906 1166

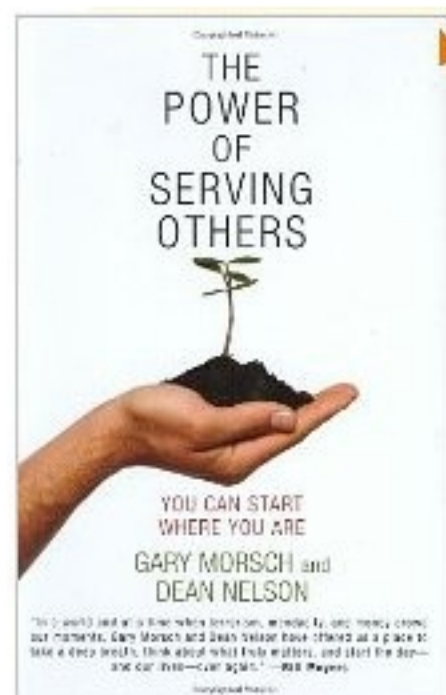
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Old Books

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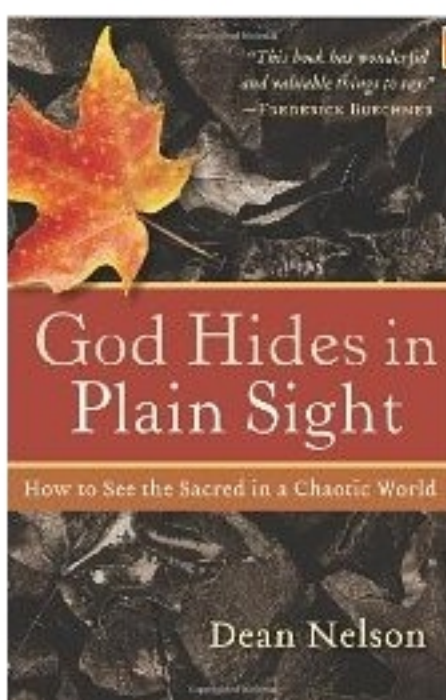


No one wants to end life's journey wondering: Did my life count for something? Did I have a reason for being here? The stories in this book show that for people of all ages, income levels, and expertise, the answer can be a resounding "Yes!" From extraordinary examples -- relief efforts in the aftermath of Hurricane Katrina or work in refugee camps in Afghanistan -- to localized, everyday actions, the authors demonstrate that living a life of service to others, and seeing how lives are changed as a result, establishes the meaning and significance all humans long for. Moreover, the book provides strategies for creating a purposeful life through daily service. The authors prove that the ability to find fulfillment is within reach, and that the discovery is waiting to be made in homes, workplaces, communities, neighborhoods, and schools all across America.

#### About the Author

Gary Morsch, M.D., M.P.H. is the founder and president of Heart To Heart International, an internationally recognised relief and development organisation that provides medical support, education and disaster assistance worldwide through an extensive network of volunteers. Dean Nelson, Ph.D., is the founder and director of the journalism program at Point Loma Nazarene University in San Diego. He currently writes for the New York Times and previously wrote for the Boston Globe and other national magazines for 20 years.

Available from: <http://www.amazon.com/Power-Serving-Others-Start-Where/dp/1576753662#>



In his 1933 essay, "The End of Our Time," Nicholas Berdyaev writes: "Two attitudes, two completely divergent positions, are possible for man, and he finds the face of everything different accordingly as he chooses the one or the other. He can -- if he will -- put himself in the presence of God and the mystery of being. Then he has a clear conscience and a clean heart, revelation and intuition are vouchsafed to him, the true primordial spirit appears, he reaches to the very source of all."

It is precisely this posture toward reality and experience that Dean Nelson endorses in his new book: "God Hides in Plain Sight." Nelson, who reminds me of Leonard Sweet in person -- brilliant, quick on his feet, enormously well read -- writes here with the poetic grace of Anne Lamott or Thomas Merton, exploring the mystery and the meaning of Divine presence in everyday moments.

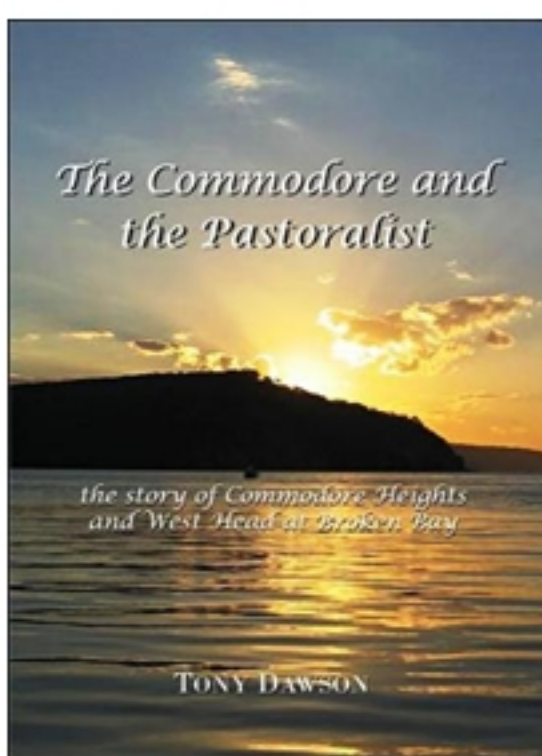
By day, Nelson writes op-ed pieces in The New York Times and other venues while leading the journalism department at Point Loma Nazarene University in San Diego. Yet in these pages he writes from a philosophical perspective. Using a skeletal outline from the Christian sacraments, Nelson traces the tiny, often unobserved specks of DNA evidence that establish God's paternity amid His creation, teaching us to be more attentive as we experience family, community and society.

Woven through these well-crafted pages are quotes from Henri Nouwen, Walter Wangerin, Frederick Buechner and others, including novelist Walker Percy. The result is a collection of tightly-written essays that command the reader's notice while rewarding it with perceptive and intriguing depth.

With this book, Nelson places himself among the first tier of contemporary thinkers, challenging us to address the critical questions of life by becoming more attentive to daily graces.

Dr. David Frisbie  
The Center for Marriage & Family Studies

### Old Books: The Book of the Ocean (1898) and The Ocean (1856)



#### The Commodore and the Pastoralist

the story of Commodore Heights and West Head at Broken Bay

by Tony Dawson

Published by the Manly Warringah & Pittwater Historical Society (April 2011) Price \$15

Almost a century before battle lines were drawn over what should be done with Currawong, there was a similar, though less publicly fought, conflict

over the fate of a far larger parcel of land at the tip of the peninsula separating Pittwater from Cowan Creek. The area, known as Commodore Heights, comprised 259 hectares (1 square mile) and now embraces one of Australia's iconic viewpoints, the West Head Lookout.

In this, his third book, Tony Dawson examines the history of Commodore Heights from its geological formation and occupation by the Garigal people until its incorporation into Ku-ring-gai Chase National Park in the years following World War 2. He looks at Alexander Stuart Waddell, the young Irishman who, in 1831, selected the land for a farm, and at pastoralist William Lawson who claimed it in 1833 and in whose family it remained, unused, until after the Great War. Tony also traces the life of Commodore Rowley Lambert, the Royal Navy officer for whom both Commodore Heights and the Lambert Peninsula were named.



Australian War Memorial Stories online at:  
<http://www.awm.gov.au/>

### THANKS TO PAM BAYFIELD, JOAN FISHER GOT THE OAM

Joan Fisher, 90, is the subject of Pam Bayfield's self-published book in 2009, Come With Me, which she co-authored with Joan. Pam nominated Joan for this year's Queen's Birthday Honours List and the Medal of the Order of Australia for Joan is as much Pam's pride and joy as it is to the recipient. Well done, Pam.

The book was a memoir of the nurse Joan aboard a ship during World War II, as told to Pam Bayfield, who is the immediate Past President of the Society of Women Writers and currently serving as Treasurer. To purchase the book, go to [www.pambayfield.com.au](http://www.pambayfield.com.au).



### 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](mailto:avalonlibrary@ozemail.com.au)

Web Address [www.avalonlibrary.org.au](http://www.avalonlibrary.org.au)

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

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### The Snow Leopard Trust

At: <http://www.snowleopard.org/>







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## Pittwater Council Events

**Pittwater Business Limited**  
Business breakfast with special guest speaker Paul Wallbank

Date: 29th Jun 2011  
Time: 7am - 8:30am

Details: You are warmly invited to attend our Annual Pittwater Business Limited & Pittwater Council June Breakfast with special guest speaker Paul Wallbank. Paul is a writer and broadcaster committed to exploring how industries, businesses and communities adapt to the connected society and find opportunities in this changing world. Having helped thousands of business and home technology users, he is an expert in deciphering the internet's jargon and explains the opportunities and risks facing us in layman's terms.

Paul Wallbank has a regular computer column with the Australian Smart Company website and has written six books including the Australian Dummies Guides - for PCs, Internet and Laptops. His latest book, e-Business, will be released in June. He is also a frequent commentator on television, radio and in print media. He has founded four businesses including PC Rescue which he built into a national IT support company and Netsmarts which helps small businesses understand and use local search and cloud computing tools. The next breakfast, sponsored by Pittwater Council, will be held on **Wednesday, 29th June**

Venue: Bayview Golf Club, 1825 Pittwater Road, Mona Vale.  
Cost: The cost for PBL members is \$35 per person; \$60 for non-members. Early bird prices apply up until Thursday, 17th June.  
Bookings: To register for the breakfast please go to [www.pittwaterbusiness.com.au](http://www.pittwaterbusiness.com.au)  
Sponsored by Pittwater Council.

## Sydney Northern Beaches Symphonic Wind Ensemble in concert



You are invited to come along and listen to the Ensemble perform a selection of symphonic music: 26th Jun 2011, 3pm - 5pm.

The Sydney Northern Beaches Symphonic Wind Ensemble serves the local Northern Beaches community through regular concerts. It provides opportunities for experience brass, percussion and woodwind musicians to play high quality repertoire. The concert will include performances of Overture to "Candide" (Leonard Bernstein), Dedicatory Overture (Clifton Williams), Abracadabra (Frank Tichell) and Saturn: The Ringed Planet (Rob Romeyn).

Cost: Tickets can be purchased at the door. Prices are \$10 Adult, \$5 Concession and \$25 Family  
Venue: Pittwater High School Auditorium, Mona St, Mona Vale  
Contact: Robert Johanson  
Website: [www.snbswe.org.au](http://www.snbswe.org.au)

## Unique Vehicle Show at Royal Motor Yacht Club



Date: 26th Jun 2011  
Time: 10am - 4pm

Model Fords, Mustangs, Maseratis and antique motor cycles on show for one day only, free entry!  
Venue: Lower car park Royal Motor Yacht Club 46 Prince Alfred Parade Newport  
Contact: 9997 5511 Website: [www.royalmotor.com.au](http://www.royalmotor.com.au)

Manly Warringah Basketball Association

2011 Basketball Season

**Cocktail Party**

on  
**Friday July 1st 2011**

at  
**Oxford Falls Peace park**  
7 pm to Midnight

Cost: \$50  
(Includes food and drinks)

Dress: Smart Casual  
(Boys in coloured shirts and long pants)

RSVP and Ticket Purchases

Northern Beaches Indoor Sports Centre (NBISC)  
Bakers Rd, Warriewood.  
Tel 9913 3522

"Celebrating over 50 years of Basketball"



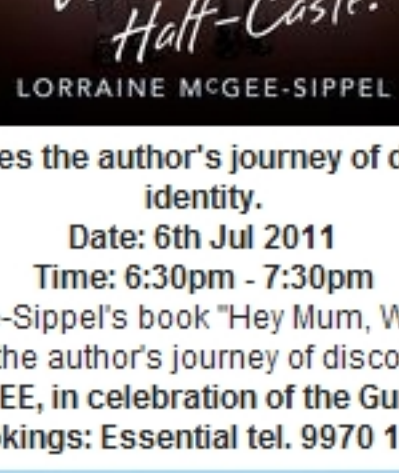
Historical Society Established in 1924  
One of the oldest suburban historical societies in Australia, the Manly, Warringah & Pittwater Historical Society has kept the only continuous record of northern beaches achievements, local historical mementoes, documents and research.

Membership at: [here](#)

Next Meeting  
Date: 6th July 2011  
Venue: Warringah Mall Library, Level 2, Warringah Mall  
Time: 2:15pm

There will be no guest speaker at our July meeting which is to be a general meeting for members. Officers of the society will present their mid-year reports and members are invited to raise any issues of concern or interest. The committee is always open to new ideas on how to promote the interests of the society and its members, and on how it might improve its services to the general community. If you wish to put forward any matter for discussion it would be of great assistance if you could contact the Minutes Secretary beforehand on 9953 8374 or at [dragadawson@hotmail.com](mailto:dragadawson@hotmail.com)

## Author Talk@Mona Vale Library - Lorraine McGee-Sippel



Autobiography which traces the author's journey of discovering the truth of her identity.  
Date: 6th Jul 2011  
Time: 6:30pm - 7:30pm  
Details: Lorraine McGee-Sippel's book "Hey Mum, What's a Half-Caste" is an autobiography which traces the author's journey of discovering the truth of her identity. This talk is FREE, in celebration of the Guringai Festival.  
Bookings: Essential tel. 9970 1600.



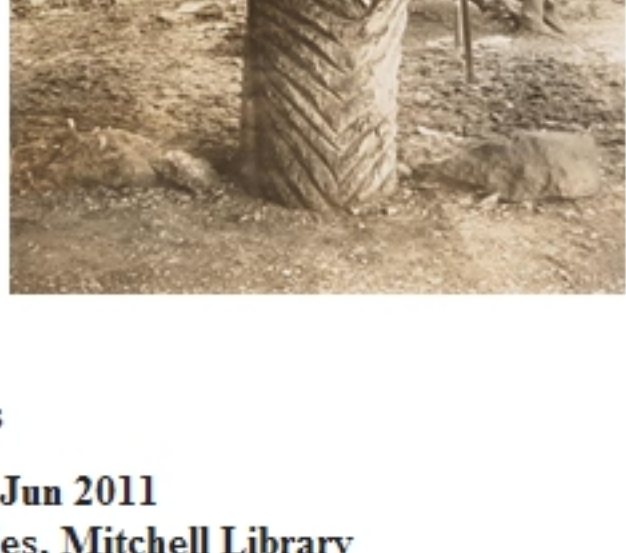
## Online Exhibition



**Belongings; post World War II migrations told through oral histories and photographs, AT:**  
<http://www.migrationheritage.nsw.gov.au/belongings/>

## Carved Trees Exhibition at State Library

Trees were carved to mark and define Bora (Ceremonial) Grounds. At:



## Exhibition Details

16 Apr 2011 - 26 Jun 2011  
Exhibition Galleries, Mitchell Library  
[State Library opening hours](#)  
Admission: Free

**Bora or Ceremonial Ground:** Bora grounds are Aboriginal ceremonial places. These are where initiation ceremonies are performed and are often meeting places as well. A bora ground most commonly consists of two circles marked by raised earth banks, and connected by a pathway. One of the rings would have been for everyone -- uninitiated men, women and children. The second ring would have been for initiated men and the young men about to be initiated. Occasionally, one ring can be found that would have been used for coroborees, and for the rare fight. Bora grounds are a reminder of the spiritual beliefs and ceremonial life of the Aboriginal people. From: <http://www.aboriginalheritage.org/sites/identification.php>

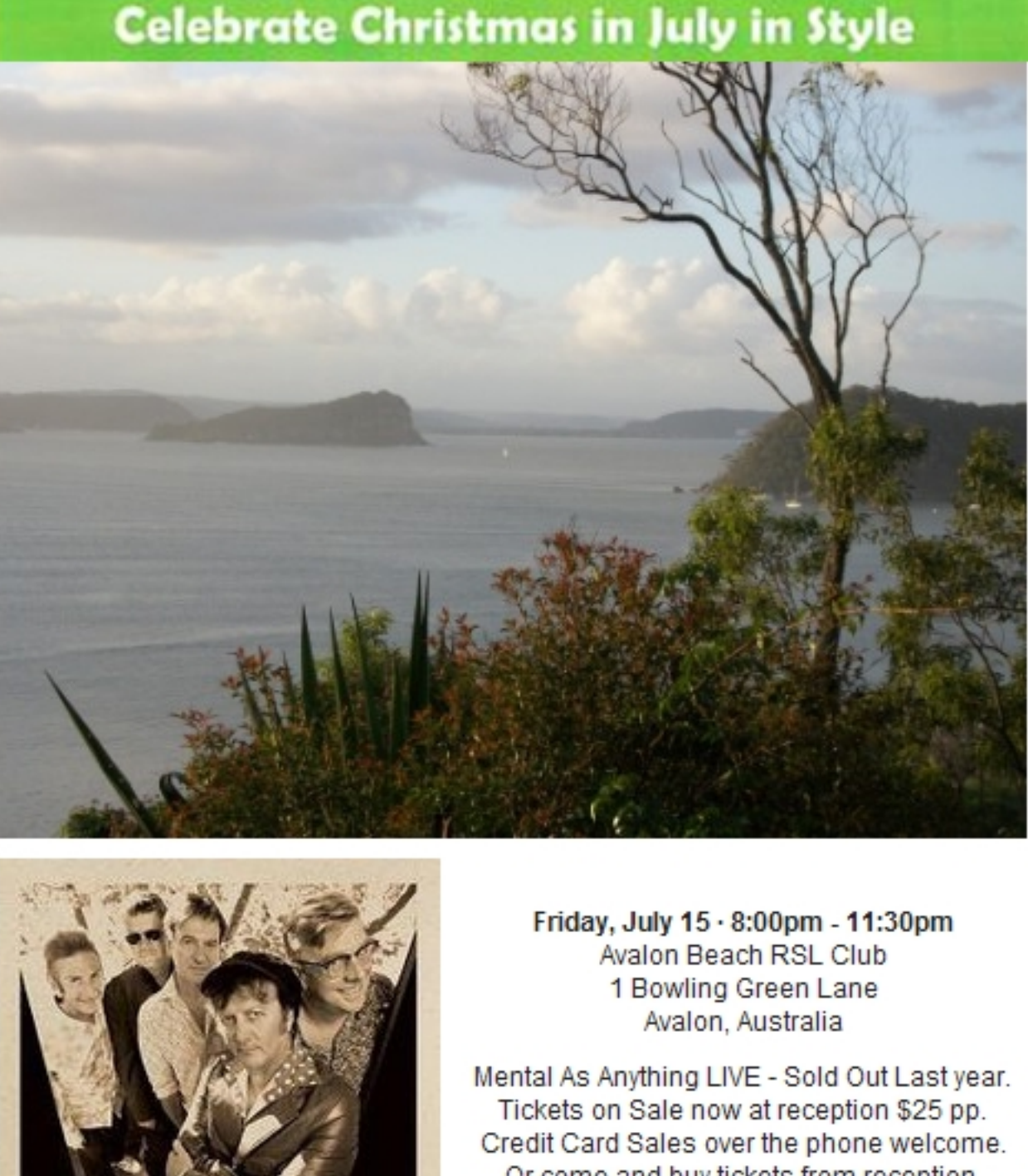
Now We're Swingin!

Friday, July 15 - 8:00pm - 11:30pm  
Avalon Beach RSL Club  
1 Bowling Green Lane  
Avalon, Australia

Mental As Anything LIVE - Sold Out Last year.  
Tickets on Sale now at reception \$25 pp.  
Credit Card Sales over the phone welcome.  
Or come and buy tickets from reception.  
For more info call the club on 02 9918 2201

**TOM BURLINSON**

**Dinner & Dance on Saturday 23 July 2011**  
\$125 Members \$130 Non Members  
Celebrate Christmas in July in Style



**Sydney International BOAT SHOW**

28 July - 1 August 2011

Sydney Convention and Exhibition Centre  
& Cockle Bay Marina, Darling Harbour

[www.sydneyboatshow.com.au](http://www.sydneyboatshow.com.au)

**BREAKFAST WITH THE BIRDS**  
**WARRIEWOOD WETLAND**  
Sunday June 26 8-10.30am

Join Pittwater Natural Heritage Association for guided bird watching as we record winter birds. Swamp Mahoganies will be flowering, attracting a variety of honeyeaters.

Meet 8.00am, end of Kanaa Close (off Garden St) Narrabeen

Cert: \$2.00  
Tea/Coffee/Cake

Bookings:  
P: 9918 3368 or 0439 409 202  
E: [pnhainfo@gmail.com](mailto:pnhainfo@gmail.com)

PITTPATER NATURAL HERITAGE ASSOCIATION  
[WWW.PITTPATER.ORG.AU](http://WWW.PITTPATER.ORG.AU)

## INDIGENOUS EVENTS IN JUNE

2011 'One Voice'

For more information about events please visit the group's website at [www.asqwp.net](http://www.asqwp.net) or see the PDF below.



GuringaiBooklet2011\_LR.pdf  
Size: 3426.358 Kb  
Type: pdf

**AWHALE OF A DAY**  
SUNDAY JUNE 19  
10AM-4PM

**AUSKERS SHOP**  
SPECIALS WHALE WALK  
FOOD TASTING WHALE  
WATCHING CHARITTY STALL

**AMAZING avalon DAY**  
FOR MORE INFORMATION GO TO [avalononline.com.au](http://avalononline.com.au)

**THE POPULATORS**  
(EX BILGOLA BOP BAND + AZTECS)

SUNDAY AFTERNOON  
19th June  
2 - 5PM  
AVALON BOWLING CLUB

**Sydney Winter Festival**

The Australian Winter Festival returns to Sydney for its third consecutive year, promising to transform the heart of the city into a winter wonderland. Located at the Sydney CBD's iconic Cathedral Square, the 2011 Sydney Winter Festival will offer its most exciting line-up yet, an exciting array of gourmet winter food, some dazzling action on the ice and authentic après ski experiences. Sydney thrill seekers can enjoy the experience of the country's largest open air Strepsils Cool Ice Skating rink, measuring an impressive 1,000m², whilst food-lovers can sample some of the most delicious dishes from over 20 winter-loving countries.

Buy Tickets From: <http://www.winterfestival.com.au/sydney.html>

**GONE FISHING GALLERY NEWSLETTER**

1838 Pittwater Rd  
Church point 2105  
(in the old Pasadena Restaurant)  
[www.gonefishinggallery.com.au](http://www.gonefishinggallery.com.au)

The gallery has changed again, new work and new artists.

**Curlew exhibition 30th July**  
Lots of wonderful paintings and poetry, stories and songs are already promised. If you have a hankering to get the creative juices flowing and express your love of our beloved bays as the artist takes water please feel to contact us with your proposal to participate.  
[info@gonefishinggallery.com.au](mailto:info@gonefishinggallery.com.au) or give Paul a call on 0404103691

And don't forget the kids workshop run by Nettie Lodge on June 26th. For more info contact Nettie 99978429.

**Book Launch Everyone Welcome**  
Bothasara: An Eighteenth Century Sanskrit Treasure  
Date: Sunday July 19-24pm  
An opportunity to hear about the work of local writers while viewing the work of local artists Jennifer and Graham Cover will present the first English translation of **Bothasara: An Eighteenth Century Sanskrit Treasure**  
Please bring a bottle and/or plate to share.  
We'd appreciate an RSVP to [jennifer.cover@bothasara.com](mailto:jennifer.cover@bothasara.com) or 0409560008

- We farewell Emmie Collins as she flies out to Bali for a sabbatical in Ubud.
- Welcome home Cas Corrie from a long sojourn in Europe. Cas stepped straight back into it and helped Ellie and Paul curate the latest show. We look forward to seeing Cas's Europe inspired work.

Featured Artist  
**Ellie Shore**

Ellie Shore is a master of colour and gesture as seen in her wonderfully vibrant, spontaneous paintings. They are a gutsy and energetic representation of our working barges and equipment as seen around cargo wharf. Ellie hand grinds all her pigments with the base medium and this hands her work a range of colours unavailable in commercially produced paints. A must see in real life. Ellie's work will be on display until June 12th.

**Marine Art EXHIBITION**

Thurs 9 to Sun 19 June

2010 Marine Art Exhibition winning entry "Tidal Influence" by Earl Hingston

ENTRY FORMS AVAILABLE FROM RMVC RECEPTION

**Pittwater Camera Club**  
**Pittwater Camera Club - Competition Evening**

Date: 20th Jun 2011  
Time: 8pm - 10pm

Details:  
The prestigious Jim Mullens Award for Landscape Photography will be awarded. Come along and see some of the best photography on show captured by our members. Visitors are warmly welcomed.  
Venue: Bvra Hall, 1842 Pittwater Road, Bayview 2104  
Contact: 0408 633 173  
Website: [www.pittwatercameraclub.org](http://www.pittwatercameraclub.org)

**Manly Art Gallery June 2011**

ROYAL FAR WEST - CARING FOR COUNTRY KIDS IN MAINLY  
Friday, 3 September 2010 to Sunday, 14 August 2011  
More information...

**Pittwater Artists Trail 2011 - 2012**

**artistsTrailBrochure.pdf**  
Size: 2198.373 Kb  
Type: pdf

View of Broken Bay, (Pittwater) 1788 by William Bradley Mitchell Library, NSW.

**Local Markets**

**Palm Beach Market**

- Venue: Governor Phillip Park, Palm Beach
- Time: 9am to 3pm
- Contact: Nikki Griffith 9970 1355 or email: [nikki\\_griffith@pittwater.nsw.gov.au](mailto:nikki_griffith@pittwater.nsw.gov.au)
- Organic fruit and vegetable stallholders are encouraged to apply.
- 2011 markets will be held on 27 Feb, 27 March, 24 April, 22 May, 25 September, 23 October and 11 December.
- [Application form](#) 2011 markets

**Twilight Market - Village Park, Mona Vale - NEW !!**

- Friday: 1st April, 2 September, 7 October, 2 December 2011 - 5pm to 9pm.
- Venue: Village Park-Mona Vale
- Contact: Nikki Griffith 9970 1355 or email: [nikki\\_griffith@pittwater.nsw.gov.au](mailto:nikki_griffith@pittwater.nsw.gov.au)
- Hot Food Vendor [Application Form](#)
- General Stall Vendor [Application Form](#)

**Narrabeen Village Market at Berry Reserve**

- When: 3rd Sunday of every month
- Venue: Berry Reserve, Narrabeen, adjacent to Narrabeen Shopping Centre on Pittwater Road
- Time: 9am to 4pm
- Contact: Blue Sky Markets on 9315 7011 or [www.blueskymarkets.com.au](http://www.blueskymarkets.com.au)

**Narrabeen Sports High School Boot Sale**

- When: Last Sunday of February, May, August and November.
- Venue: Narrabeen High School
- Time: 7:30am to 3:30pm (stallholders from 6am)
- Contact: Natasha Lumsden - 0421 810 019

**Newport Artisans Market**

- Every 3rd Saturday
- Next: July 16, August 20, September 17, October 15
- This market aims to create a platform for skilled and unskilled artists and crafts people who enjoy learning from others, enhancing their creativity and offering their work to the public.
- Contact [enquiries@3events.com](mailto:enquiries@3events.com)

**Avalon Beach Market Day**

- When: Saturday 19 November 2011
- Venue: Avalon Shopping Village, Dunbar Park, Avalon Parade, Old Barrenjoey Road
- Time: All day
- Contact: Blue Sky Markets
- Email: [office@blueskymarkets.com.au](mailto:office@blueskymarkets.com.au)

