

August 28 - September 3, 2011: Issue 21

Dynamic

adjective Also, dy-nam-i-cal. pertaining to or characterized by energy or effective action; vigorously active; energetic. Origin: 1810–20; French *dynamique*, from Greek *dynamikós*, equivalent to *dýnam (is)* force, power + *-ikos -ic*

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Quote for the Week

**"Champions are built, not born."
Barton Lynch, World Champion Surfer**

Change Location: Enter a postcode/suburb...

SYDNEY, NSW

Today	Fine, Mostly sunny.	Tomorrow	Few showers possible.
11	23	11	

> Current Temp: 14.1 °C > 3 Hourly Forecast
> Feels Like: 11 °C > 10 Day Forecast
> Wind: 13 km/h W > Warnings
> Rain since 9am: 0 mm > Radar | Cloud

Latest News [New York escapes worst of Irene](#)

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World Championships; Szeged, Hungary

From Jo Brigden-Jones

I had a fantastic time at the World Championships last week. It was the perfect end to a tough season but shows I am on track to achieve bigger and better things. The racing was held in Szeged, Hungary and as kayaking is one of the countries national sports, it drew crowds into the thousands plus most of the races were live on Euro Sport worldwide. The atmosphere was electric and exciting.



My first race was K4 500m and the most important race because we had to finish top 10 to qualify the boat and four positions for Australia at the 2012 London Olympics. We had a new crew that had never raced before so in our third race together in the final we place 5th. This was an amazing result for us as we had only been training as a crew for the past 6 weeks and this was the best result any Australia women's K4 had finished at the World Championships level. Our 5th place also secured a K4 position for the Olympics next year so it was a big relief for the whole team.

I also competed in the K2 200m with Hannah Davis. We did not focus on this event as the K4 was our priority, so little time was spent training in this boat. We went into the race confident and just gave it everything. We ended up placing 3rd in the final which was so exciting as it was both our first medal won at the Worlds Championships. It was such an amazing experience to be on the podium in front of thousands of screaming spectators. The last race of the regatta was the K1 200m relay, which is always a lot of fun. Our team placed 5th in a quality field, so it was a great way to finish a wonderful week of racing.



My results put me in a good position to represent Australia next year at the London Olympics. The Australian Team will be decided next year based on results at the National Selection Trials held in March 2012. I still have lots of work to do and many improvements to make but it's exciting as my results show that we have a realistic chance of medalling next year. This is my major goal, to win a medal at the Olympics so I will be training my butt off to achieve that.

I am currently in Portugal at a surf and ocean ski competition for a bit of fun. Next week I am heading to London to race in the Olympic Test Event held at Eton Dorney, the course for the 2012 Games. I will race the K1 200m event and it will be a great opportunity to test the waters and prepare for next year.

Here are some links to the racing and post-race interviews from the week. We are in the green and gold boat and wearing yellow singlets.

http://www.youtube.com/watch?v=iFE0s_YWRW4&feature=related
<http://www.youtube.com/watch?v=XcFv6WEXYFY&feature=relmfu>

The Big Ones below: Jo and Hannah on the Podium and the K4 Team Qualifies!

Congratulations girls! Great stuff!

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Above: Bob and Nan at the Warringah Council Event.

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

When Bob Waterer found a leather pouch containing family certificates he was elated.

For him "... it put beyond doubt that our family's heritage, traced through the female line, went back to the Broken Bay Aboriginal clan led by Bungaree."

The Story of Bob Waterer and his family covers more than 200 years and this book project began in a very small way some 4 years ago. The Aboriginal Support Group published a story in Elimatta about Bob's discovery of that leather folder containing family history records for some of his ancestors.

Earlier his cousin Agnes had seen a book advertised in a Gosford newspaper, *Love among the Prawns* written by Hawkesbury historian Tom Richmond. She purchased the book thinking it might be interesting as it was about families of the Hawkesbury River and they knew that their families came from that area.

In the book there was a chapter on an Aboriginal woman called Bidy and a German convict who lived in an isolated place on the Hawkesbury River called Marramarra Creek. They had ten children; three were thought to have died as infants and of the other seven only the first four were known about; no trace could be found of the last three. These had been identified in the book as Catherine, James and Charles.

Agnes realised that their great grandmother was Catherine and that they had two great great uncles named James and Charles. Agnes made contact with Tom Richmond who was delighted with what Agnes told him. The missing three had been found.

Bob was determined to locate his parent's certificates to begin to prove their ancestry and the day before his sister's house was demolished he was successful.

The [Aboriginal Support Group-Manly Warringah Pittwater](#) was excited about Bob's find. Perhaps they could expand what was known about Bob's ancestors and write a book. Tom Richmond kindly allowed us access to his early research.

In 2008 Warringah Council provided a small scoping grant to the Aboriginal Support Group to allow us to explore the possibility of recording the story. The group unsuccessfully sought an Aboriginal writer who had time to research and write the book. I am a member of the Aboriginal Support Group – Manly Warringah Pittwater and am very proud that I was given the opportunity to write this book.

It has been a journey of discovery. There were times of frustration but slowly challenges slipped away and writing and editing became a great pleasure as Pat Frater and I teamed to bring to life this incredible story.

We never ceased to be amazed by Bob's incredible recall of the details of his life. There were bursts of excitement as additional descendants of Sarah Bidy Wallace were found; many providing valuable new family information. There was satisfaction as additional documentation allowed us to expand the story. I was keen to help readers understand more about the people, places and happenings that were the background of this book, and so expanded the endnotes to provide far more than references. The book has combined family and local history and every endeavour has been made to be respectful and as historically accurate as possible. Even though some early family stories would have expanded the story the book has only used information that could be backed up by documentation.

There are many to thank for their support, encouragement and assistance and most of them were present at the launch hosted by Warringah Council when her Excellency Professor Marie Bashir AC CVO, Governor of New South Wales launched the book.

Sarah Bidy Wallace, later Sarah Bidy Lewis, was an incredible person; it would seem that she began life as a member of the Aboriginal Clan led by Bungaree. She adapted to the changing lifestyle as Sydney grew from a village to a city. She lived to see railways crossing the nation and the telegraph linking the settlements. She was industrious and compassionate as were her children. She loved her family and would have been intensely proud of the achievements of all of her descendants.

Her daughter Catherine was known as the Queen of Scotland Island. I hope that the book allows more of Catherine's story to become known. One of those who read an earlier version of the book for us posed a question about the ownership of Scotland Island after the death of Joseph Bens. We didn't have a very good answer so more research was needed, before we unravelled the full story.

Bob Waterer learnt of his Aboriginal Heritage at the age of 81 and this discovery has given him a thirst for knowledge about his ancestors. He has constantly sought to learn and understand more of the culture and history of the Aboriginal peoples. But who is Bob?

He was Brookvale born and bred; as a youngster he sought odd jobs to help support his mother as she brought up 4 children on her own; he had no fear of racing his billy cart down the steepest of hills; he was a sportsman; he was a soldier; he was a baker; he was a loving husband and he is a loving father. He is a Guringai Man.

Learn more about the lives of Bob Waterer, his relatives and friends. Step back in time as the lives of the descendants of Sarah Bidy Wallace unfold and find out more about the places they lived – especially Marramarra Creek on the Hawkesbury, Brookvale and two chapters about Scotland Island.

Contact donandpatfrater@bigpond.com for more details or to order copies of the book. The book is available for \$25 plus postage.



Aboriginal Support Group
Manly Warringah Pittwater

AN INVITATION

Come and celebrate this amazing book
The Story of Bob Waterer and his Family
1803-2010
At Mona Vale Community Hall
7.30 pm Monday 12th September 2011

Meet Bob Waterer and author Nan Bosler
Hear about the background and the research that led to information in the book
There will be time for questions

The Story of Bob Waterer and his Family 1803 - 2010

This book is the story of one family who can trace its heritage back to Sarah (Bidy) Wallace, c.1803-1880. Sarah is believed to have been a member of the Broken Bay clan led by Bungaree. She settled on Marramarra Creek in the Hawkesbury with her husband John (Ferdinand) Lewis, a convict who was a German soldier sentenced to transportation to NSW for life. It is both a family and local history covering the early days of the Lower Hawkesbury River, Scotland Island, Pittwater and Brookvale. Bob Waterer's great grandmother Catherine Bens, 1838-1920, was known as The Queen of Scotland Island. Brookvale was home to Bob for more than 80 years and the book follows his school and working years, his passion for Rugby League and his love for his family. Copies of the book will be for sale \$25

To order a book Contact
donandpatfrater@bigpond.com

Please stay for Tea and Coffee with us
Enquiries: Leigh Bowden 0405 381 038 or Anna Bell 9913 7940
For catering purposes, please reply to this invitation by the 9th September so we know you are coming. Click on logo above to visit their website.



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Above: (l to r) Brian Sargeson, Dorothy Clarke, Don Chessell, Brian Smith.

Below: Ken Hughes of the NSW Rural Fire Service and Hans Carlborg, President of the Rotary Club of Pittwater.



Above: (l to r) Mavis Bickerton NBU3A, Allan Burrowes of Computer Pals NB and Rosemary McCullough of NBU3A

Below: Lions Club of Pittwater members Ken Davison and Tony Denham.



Above: (l to r) Frank Windeyer of Easy Care Gardening, Rob Emerson President of Newport SLSC and Cr. Julie Hegarty of Pittwater Council.

Below: Lizzie Landers and Jan Kirk of Aboriginal Support Group Manly Warringah Pittwater



Pittwater RSL Community Development and Sponsorship Evening

On Tuesday night [Pittwater RSL](#) held their annual Community Development and Sponsorship evening. Bruce Smith, CEO of Pittwater RSL explained that 'supporting the community is what the Club is about'. In the past twelve months donations made by Pittwater RSL amount to approximately \$389,000. These range from sports and SLS Clubs to Medical Research and Charity organisations. Local schools, Support groups, the RSPCA and the Premier's disaster Relief Appeal (QLD Floods) were included. This represents a huge investment in our community and its individuals and signifies the commitment Pittwater RSL has towards being a responsible and caring member of Pittwater.

This evening cheques were presented to a further thirty community based support groups, educational volunteers groups, organisations that strive to provide assistance to the frail and disabled in Pittwater as well as providing continuing support to Organisations such as Lifeline and Care Flight.

Guests were welcomed by Bruce Smith who is retiring this year and will be sorely missed in his role as CEO. He explained Pittwater RSL is all about investing in and supporting our Community. Cheques were presented by the President of the Sub Branch for the last 16 years, Brian Sargeson. Both gentlemen were warm and generous hosts. Pittwater RSL staff constantly brought out canapés of prawns, rolled rice rolls and other delicacies to keep gathered guests comfortable. One of our staff requested a copy of the list of those who have received from this excellent RSL in the last year. We place it here so you may gauge for yourself the scope and level of Pittwater RSL's interest in developing and maintaining Pittwater.

DONATIONS MADE OVER THE LAST 12 MONTHS INCLUDE, AMONGST OTHERS:

BEI LOON DRAGON BOAT CLUB
 BUNGAN BEACH SLSC CANCER COUNCIL
 CHILDREN'S MEDICAL RESEARCH
 CURE OUR KIDS
 LIFELINE NORTHERN BEACHES
 LIONS CLUB OF PITTWATER
 MANLY WARRINGAH BASKETBALL
 MANLY WARRINGAH TAXI GOLF CLUB
 MONA VALE CRICKET CLUB
 MONA VALE HOSPITAL
 MONA VALE JNR RUGBY LEAGUE
 NARRABEEN SPORTS HIGH SCHOOL
 NEWPORT BREAKERS RUGBY CLUB
 NEWPORT PUBLIC SCHOOL
 NEWPORT SLSC
 NORTHERN BEACHES OUTRIGGER CANOE CLUB
 NORTHERN METROPOLITAN CLUBS IN THE COMMUNITY
 NORTHSIDE RIDING CLUB
 NSW FIRE BRIGADE
 PALM BEACH GOLF CLUB
 PENINSULA CRICKET CLUB
 PENINSULA SOFT BALL CLUB
 PITTWATER HIGH SCHOOL BAND
 PITTWATER RSL FOOTBALL CLUB
 PITTWATER RSL NETBALL CLUB
 PITTWATER SOFTBALL
 PITTWATER STAFF CHARITY COMMITTEE
 PITTWATER TIGERS JUNIOR AFL CLUB
 PREMIER'S DISASTER RELIEF APPEAL (QLD FLOODS)
 RED CROSS
 RSPCA
 ROTARY CLUB OF PITTWATER
 SALVATION ARMY
 SPECIAL CHILDREN'S CHRISTMAS PARTY
 SURF LIFE SAVING NORTHERN BEACHES
 WARRIEWOOD SLSC
 WARRINGAH CRICKET CLUB

TOTAL DONATIONS MADE BY THE CLUB OVER THE LAST 12 MONTHS, INCLUDING IN KIND DONATIONS, AMOUNT TO APPROX 389,000.

DONATIONS made on Tuesday Night:

Aboriginal Support Group Manly Warringah Pittwater

These funds will be put towards regular information evenings with guest speakers on indigenous issues.

Autism Spectrum Australia

Our donation will contribute to alterations and additions to the entry gates and the existing swimming pool at the Vern Barnett School.

CareFlight

Tonight's donation will provide funding for 1 mission in the local area.

Cerebral Palsy Alliance (formerly the Spastic Centre)

Our grant will be put towards the purchase of a lap top computer and play equipment.

Computer Pals for Seniors Northern Beaches

This donation will help to provide external training for volunteer teachers.

Cubby House Toy Library

The funds provided will be used to help provide loan, of toys and equipment to families whose children have special needs, with the support of occupational therapists to allow them to undertake therapy at home.

Easy Care Gardening Inc (Community Assist Lawn Mowing)

Our grant will help to provide subsidised lawn mowing to aged/disabled members of the community who are financially disadvantaged.

Elanora Heights Community Kindergarten

This donation will assist to purchase a new cover for the Kindy's sand pit.

Lifeline Northern Beaches

We are proud to continue our association with Lifeline and tonight's donation will help to continue the 24 hour telephone counselling service established for problem gamblers.

Manly Warringah Pittwater Community Aid Service Inc

These funds will support this local welfare service and provide training for volunteers in first aid, dementia and mental health support communication, as well as the purchase of additional resources such as first aid kits and street directories.

Manly Warringah Pittwater Community Transport Inc.

Our support will help to provide a Door to door, weekly transport service to frail aged residents in the community.

Northern Beaches Interchange

Tonight's donation will be put towards activities and social & emotional support for the whole family of children with disabilities.

Northern Beaches Lone Parent Family Support Scheme

This money will be used to help replace worn out, mouldy carpet at their premises, where meetings & support groups are held.

Northern Beaches U3A

Tonight's donation will be used to purchase a data projector and lap top to allow expansion of the current curriculum.

Palm Beach War Memorial Kindy

These funds will be used to purchase a shed to house the specialised "Gross Motor Skills equipment" purchased with funds from the CDSE in 2010.

Peninsula Senior Citizens Toy Repair Group

Our donation will assist the Toy Repair Group to continue their excellent work supplying restored/repared toys to underprivileged children.

Sailability Pittwater

Funds would be used to replace various items of equipment, i.e. sails, an outboard motor, etc.

Streetwork Incorporated

Our cheque will contribute towards "Breaking the Cycle" an early intervention strategy for 4 high risk/need 12 - 18 yr olds of multicultural background from Pittwater LGA

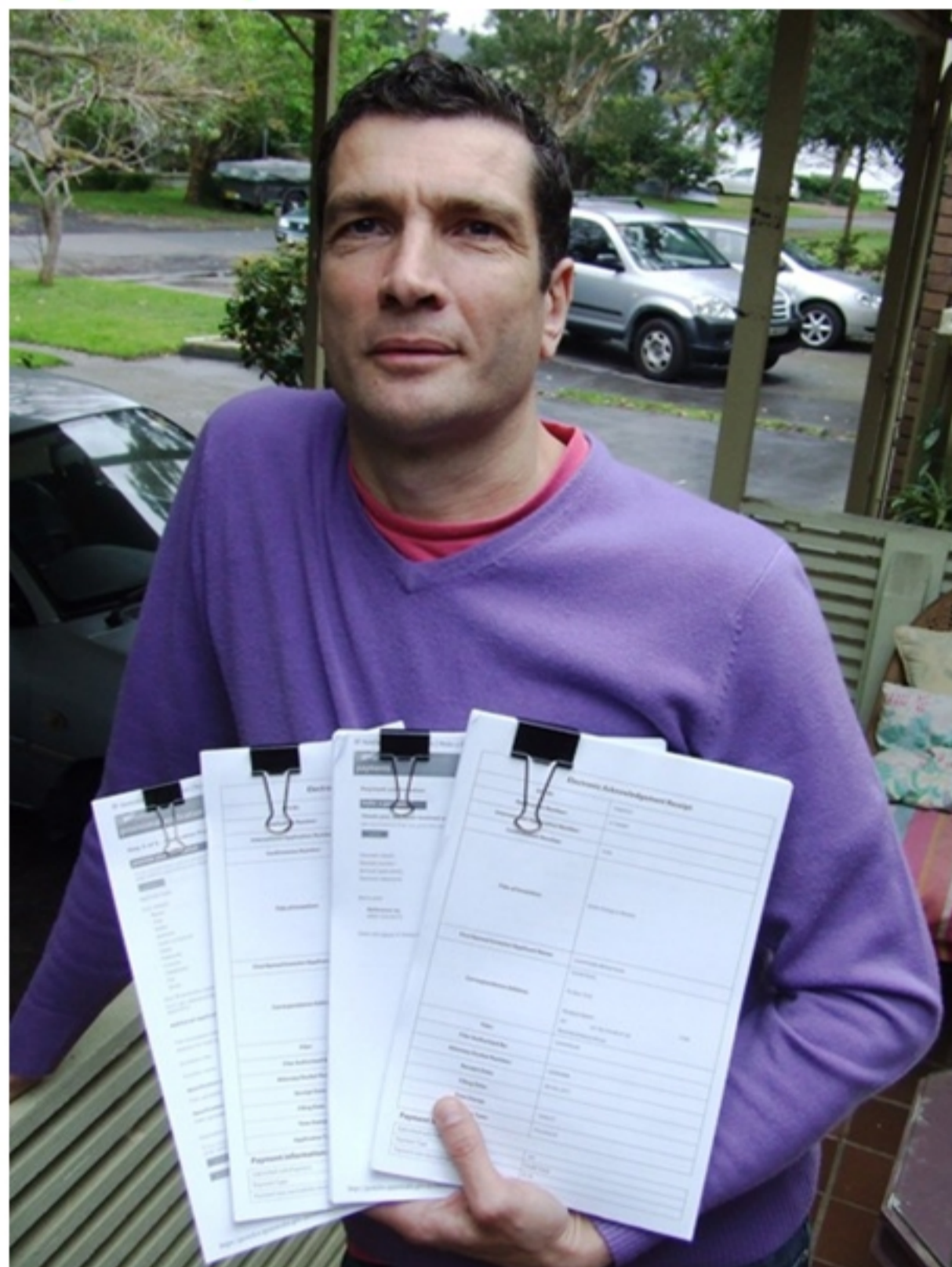
Warringah Volunteer Rural Fire Service

Our donation will be used to purchase a set of simulated injuries and wounds to be used in first aid training.

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Picture of Lionel Kools holding his US and AUS Patent application Acknowledgement Receipts.

MMD Press Releases

Palm Beach, Australia (MMD Newswire) August 17, 2011 -- An Australian architect turned product developer, invented the ultimate green electric vehicle technology. The device is designed to charge electric powered vehicles as you drive. There is no need to recharge the electric vehicle batteries at the end of your driving cycle as they are continuously topped to their full capacity while in motion. No grid, no plug, no waiting. You can drive until you drop.

The principle is to convert kinetic energy from a vehicle in motion into electrical power without affecting the vehicle's performance and/or its energy consumption. This affordable, scalable and highly flexible technology has tremendous potential and is not only limited to the electric car industry. The range of applications can vary from a single electric operated pocket bike to a worldwide conversion of existing electric and non-electric operated transportation infrastructure network into green renewable energy power plants.

Read more:

<http://finance.nydailynews.com/nydailynews/news/read/19256093#ixzz1VvHPsnkd>

Copyright Lionel Kools, 2011.

"Recharge As You Drive" Technology!

Palm Beach architect and inventor, Lionel Kools kindly shared some information this week on his 'Recharge as You Drive' Technology:

To date, I have developed 2 products: "Green Energy in Motion" and "888-SuperPower". Both products are 100% developed in Australia. As you are aware, the world population is expending dramatically and our natural resources will be not necessary able to sustain this growth without additional support.

The "green energy in motion" and/or the "888-superpower" technology aims are not to compete with the petrol, the gas, the coal mining and the nuclear industries.

Our aim is to offer additional solutions to utilize these natural resources in a more efficient manners and consequently to reduce the level of CO2 produced worldwide.

"50/50 by 2020" is achievable and someone - at some stage - needs to lead the way. Why not! Australia.

The "Green Energy in Motion" device was developed as a "one fits all" solution to fit into the current Electric Vehicle component industry (AC/DC converter, electric motor,...). The "888-SuperPower" was developed under a different design approach: To design a simple, affordable and flexible solution able to accommodate specific end user power output requirements.

Our 4 years product development program wasn't based on the "drive until you drop" experience but how:

- To move away from nuclear and coal fired power station as the main energy provider for the electric car industry
- To move away from petrol, diesel powered vehicle
- To avoid the development and the construction of a worldwide network of thousands "electric fuel station" and/or "electric battery swapping program"
- To reduce the number of batteries and/or the size of the battery banks in any electric powered vehicle
- To integrate the concept into any future electric powered vehicle design
- To design a simple and flexible solution able to accommodate specific end user power output requirements
- To produce an efficient, reliable and cost effective device (production and maintenance) - also accessible to the developing countries.

Our products and technologies is the next logical step for the hybrid and electric powered vehicle industry: To be self-rechargeable as you drive!

Our technology is to recharge electric powered vehicle during their driving cycle - while driving - and not only while coasting or braking (as hybrid vehicles do!)

As a part of our technology flexibility, all non electric operated vehicles can be converted into green energy plant on wheels without changing or modifying their type of engine, transmission or propulsion.

Lionel Kools
Eurus Developments Pty Ltd

Mobile: 0410 484 726 Email: lkools@netspace.net.au
Palm Beach - NSW - 2108 Australia

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Photos Courtesy Sydney Kings: Luke Cooper who plays for Manly and Sydney Kings. With the mayor of Warringah Michael Regan, in the huddle during the match and signing autographs with the fans after the match



Sydney Kings Website:

<http://www.nbl.com.au/kings>

Manly Warringah Basketball:

<http://www.manlybasketball.com.au/>

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Kings vs Drake University by Sydney Kings – Matt McQuade

from Brad Dalton

It was a wild Friday night (19.8.11) in the Harbour City and the action was intense at the Northern Beaches Indoor Sports Centre as the Sydney Kings kicked off their 2011/12 preseason with a 95-62 blowout win over visiting US college team Drake University.

Sydney overcame a slow start to dominate the second half and gave their many fans a taste of what to expect in the National Basketball League – a high-powered unit who will present a lot of different looks to opposing teams and be a very difficult team to defend in the upcoming season.

Five Kings scored in double figures, led by 'The Franchise', Julian Khazzouh, who tallied 20 points, 12 rebounds and five blocked shots and was a colossus inside all night.

Ben Madgen had 17 points, six rebounds and four assists to show he is going to be a force yet again, Anatoly Bose was impressive on debut with 16 points and seven boards, and Aaron Bruce had a fine game with 11 points, seven rebounds and two steals.

Drake got 26 points and six rebounds from star guard Rayvonte Rice and 17 points from forward Ben Simons, but they shot just 30% from the field and were outrebounded 47-26 by a Sydney team that just overpowered them after halftime.

"A big part of what we are trying to do this season is try to put together a group that will show a different look every single time down the floor", Assistant Coach Tim Hudson said in the aftermath.

"We aren't getting ahead of ourselves – we know that was a college team and they were a lot smaller than us – but I think the potential of this team is very exciting. One thing's for sure – we've gotten guys who are gym rats, who work hard, and are all good people, and that's really important for us".

This was the final game for Drake in a tour that has taken them to Auckland and Melbourne before their final stop in Sydney, and the past ten days have been extremely special for Coach Mark Phelps and his young group, who have conducted themselves in an exemplary fashion during their trip down under.

"Obviously tonight wasn't a great way to finish the tour, but this has been an incredible experience for us", Coach Phelps said later.

"The opportunity to come down and be together for the ten days and play against bigger and older teams has been really valuable, and we've been able to do a lot of team-building exercises and build chemistry, which for our team is very important". The Kings were boosted by the surprise clearance of import Kevin Ratzsch, who only arrived in the country on Thursday yet suited up and hit a jumper in the lane for his first points in the purple and gold, although he looked understandably rusty given he was still suffering the after effects of jet lag.

And another pair of new Kings were involved early. Anatoly Bose scored the first basket on a beautiful feed from Aaron Bruce, and Bose looked in the early going as every inch the potent offensive weapon he was in college at Nicholls State.

It may have been an exhibition game, but don't tell Coach Phelps and his staff that. Right from tipoff they were exhorting their team on as though they were back in Iowa playing in the NCAA, and the players responded with a wholehearted effort, although their lack of size and experience were too much to overcome over the 40 minute journey.

The man early for the visitors was the explosive Rayvonte Rice, who swished a trey as part of his eight points in the opening four minutes as Drake jumped out to an early 13-7 lead.

Julian Khazzouh was being double teamed every time he touched the ball as Sydney struggled to get in the flow offensively, and at the other end of the floor the Kings' coaching staff would not have been pleased with the number of defensive breakdowns as the Bulldogs' penetration was causing all kinds of problems.

Drake big man Ben Simons showed a deft touch from the perimeter, contributing nine points of his own, and with the purple and gold turning over the ball six times in the opening ten minutes, the visitors went to the first break up 23-17.

The Kings looked to up the intensity at both ends as the second period got underway, and a triple from Luke Martin followed by a monster two hand tip jam by Martin Ili brought the crowd to their feet and cut the margin to a single basket in the opening couple of minutes.

It's size and athleticism were causing issues for the smaller Bulldog squad and he had another four points to help the Kings tie the game at 27, forcing Coach Phelps to burn a timeout with the momentum shifting to the home team.

The Kings began to take control, with Khazzouh finally breaking free for a pair of scores and Madgen knocking down a wide open three, and Sydney forged ahead 36-30 thanks to a 13-3 run in just over three minutes.

Simons continued his fine play with a pair of baskets to pull Drake back in it, but Aaron Bruce started to come into his own and had six points to help the Kings stay in charge.

Rice came off the pine to swish a triple to keep Drake close, but Ben 'Mad Man' Madgen upfaked and drained a trey at the buzzer to make it 47-43 Sydney at the main break.

That man Madgen was at it again as we got the third period underway with a three pointer from the corner, and when Bose found Khazzouh with a great feed for the easy score and then scored himself in transition, the Kings had a quick 7-0 run and a 54-43 advantage in less than ninety seconds.

Rice again knocked down a three to continue his torrid offensive showing, but the Kings' size and experience were starting to take their toll, and when Luke Cooper attacked the rim and scored with the and one, Sydney had blown the lead out to 63-48 midway through the period.

The Kings kept pouring it on to the delight of the sellout crowd, and a dunk from Khazzouh and a ten footer from Madgen capped another 13-3 run and had the purple and gold leading 67-48.

Coach Phelps exhorted his troops to up their effort, and to their credit the Bulldogs responded, cutting into the lead as the Kings rotated their bench frequently, and with three minutes left the margin was a still gettable 15 points.

Sydney's offence dried up momentarily, but Martin Ili again had fans screaming with a monster one hand alley-oop dunk off a pass from Luke Martin, and the Kings went to the final break with their biggest lead of the ballgame to that point, 73-52.

With one period left to play on their tour, Drake tried to up the ante, but their shots were falling consistently short, betraying tired legs. Meanwhile Luke Cooper was in attack mode, putting enormous pressure on the Bulldogs' D with relentless penetration to the basket.

It took nearly four minutes for the visitors to register their first field goal of the period – a jumper to the impressive Ben Simons – and the Kings just kept pulling away. Bose had a couple of dunks down the stretch and Sydney got anything they wanted to in transition, closing the show with a late 14-2 run as the crowd stood and acknowledged what was a impressive start to Sydney's campaign.

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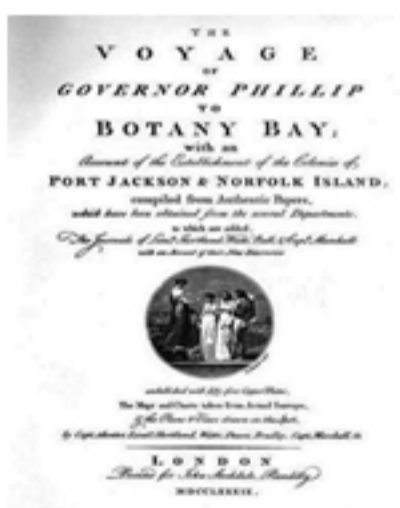
[Governor Phillip camps on Resolute Beach and names the estuary in last Historical Events for the month of August](#)



Profile: Christine Hopton, current President of Avalon SLSC, writer, mum and dynamo.

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History: In August we feature Events in Pittwater. For our final week; Governor Phillip camped on Resolute Beach on March 5th, 1788 and earlier that day had named the estuary 'Pitt Water'. Extract and whole copy of *The Voyage of Governor Phillip to Botany Bay with an Account of the Establishment of the Colonies at Port Jackson and Norfolk Island* This book includes the Journals of Lieutenants Shortland, Watts, Ball and

Captain Marshall, with an account of their new discoveries. Illustrated. 1789.

Previous History Pages:

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



Park Bench Philosopher: Light.



Food: New Season Strawberries are beginning to appear in shops; cheap, sweet; some health benefits and a traditional recipe.



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

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



Community News: Two Lovely Gents, Palm Beach Inventor, Second Whale washed ashore in a month, Free Business Seminar, Pittwater Council Staff support Cerebral Palsy Challenge, Council's Notices, Resident Query, Aboriginal Support Group of Manly Warringah Pittwater Invitation, all this and more compiled for your perusal.



Environment: An update from PNHA, PYHA Open Day, Notices, Seed Bank with full Index of all Australian plants Facts Sheets and more.



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



Pictures: Where the blue of the sky meets the green of the land meets the blue of the water. Joy.

GENERATION ONE Youth: Maria Regina's Music Performance Night, Council's School Holiday Activities, GenerationOne School's Competition, Blast Off Entry Form.



Seniors: Mildred and George have gone to **Lake Eyre**, bird-watching, and will send us a report and pictures next week. They have forwarded a joke shared with them for your bemusement, Fed. Govt. Media Releases on Health, link to Seniors Online Newspaper and Information regarding local Health and

Education Activities.



Community Clubs: Updates on Activities and links to sites.



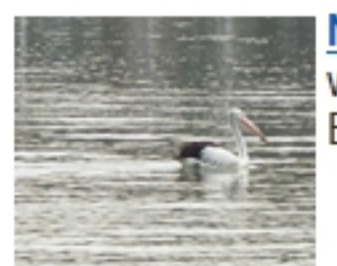
Artist of the Month: Painter Sophie Haythornthwaite shares some of her beautiful and brilliant paintings. Last chance to dwell on these visual splendours!



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



Collector's Corner: **Gould's 1840** Improved Single and Compound Pocket Microscope.



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



Events: Music, Art, Food, Books, Laughter, Photography, Outdoors on the water and trails, CEC Event, SOUP, Karaoke Saturdays at Avalon RSL, YHA Open Day, Curlew Farewell at Gone Fishing Gallery, Barry Leef at Palmie Golf Club, History Lectures, Pittwater Council Events, Manly Art Festival 2011 and more.

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August 28 - September 3, 2011: Issue 21



Articles This Week

- [Fantastic Results in World Championships in Hungary](#) from Jo Brigidon-Jones on Front Page
- [The Story of Bob Waterer and his Family 1803-2010](#)
By Nan Bosler
- [Pittwater RSL 2011 Community Development and Sponsorship Evening](#)
- [Recharge as You Drive Technology](#) developed by Palm Beach Inventor, Lionel Kools
- [Kings vs Drake University Sydney Kings](#) - by Matt McQuade
- [Mania Regina Music Performance Night](#) (Youth page)
- [Update from PNHA](#) on Environment page
- [The Sydney Push](#) by George Repin in Reflections
- [Gould's Improved Pocket Single and Compound microscope from 1840 in Collector's Corner](#)
- [Christine Hopton, mum, writer and current President of Avalon SLSC is our Profile of the Week](#)
- [Governor Phillip camps on Resolute Beach and names the estuary in last Historical Events for the month of August](#)

Two Lovely Gents



Sir Keith Jones and Major-General Sandy Pearson on Wednesday morning. Sandy is named thus due to the association during their era of anyone with the surname 'Pearson' with Pearson's suds soap. Sir Keith is a former doctor whom we were allowed to share an Article on a few weeks back: [here](#). Sandy (Cedric) is the former Commander of the Australian Forces during the Vietnam War and Commandant of Duntroon Military College. They are 100 and 93 years young respectively. Delightful true gentlemen and both still sharp as tacks.



Tickets now on sale for the Northern Beaches Spring Concert 2011. Proceeds to upgrade the Palliative Care Cottage at Mona Vale Hospital.

First week of Spring! 1 Available to purchase online; [here](#). To purchase by post send cheque to P.O. Box 321 MONA VALE NSW 1660

Rotary Club of Pittwater information on this event: [here](#)

From Elsewhere...

25 New Grants to Support Men's Sheds

PORTFOLIO: Health and Ageing
SNIPPET: The Australian Government is funding new grants for 25 men's sheds across the country to purchase tools, conduct building and maintenance and employ shed coordinators. The National Male Health Policy included \$3 million to the Australian Men's Shed Association (AMSA) to support Men's Sheds across Australia, including \$750,000 for the Australian Government Shed Development Program. All Men's Sheds throughout Australia are eligible to apply for up to \$10,000 in Government assistance

Comments invited from Digital Local Government

Minister for Broadband, Communications and the Digital Economy
PORTFOLIO: Broadband, Communications and the Digital Economy
SNIPPET: Deputy Leader of the Government in the Senate. " Comments invited from Digital Local Government Program stakeholders. The Minister for Broadband, Communications and the Digital Economy, Senator Stephen Conroy, and the Hon Simon Crean, Minister for Regional Development and Local Government, today called for comments from stakeholders on draft program guidelines for the Digital Local Government program.

Department of Defence

PORTFOLIO: Defence
SNIPPET: Sea Power Centre Australia has announced that registrations for the Royal Australian Navy's 2012 Sea Power Conference are now open. The conference is open to all Australian and foreign defence personnel free of charge. The RAN Sea Power Conference is an integral part of the biennial Pacific Maritime Congress, incorporating Pacific 2012 International Maritime Exposition, conducted by Maritime Australia Limited, and Pacific 2012 International Maritime Conference, hosted by Engineers Australia, The Royal Institution of Naval Architects and the Institute of Marine Engineering, Science and Technology.

Gillard government launches online financial counsellor map

PORTFOLIO: Families, Housing, Community Services and Indigenous Affairs
SNIPPET: David Bradbury MP, Parliamentary Secretary to the Treasurer, Parliamentary Secretary to the Treasurer, David Bradbury and Parliamentary Secretary for Community Services, Julie Collins today launched an online map to help people in financial difficulty find their nearest financial counsellor. Along with the other online calculators, mobile phone apps and links to service providers, the new financial counsellor map on MoneySmart will help people to find assistance in their local area.

19,000 wetlands assessed for acid sulfate soils

PORTFOLIO: Agriculture, Fisheries and Forestry
SNIPPET: A 3 year study by the Murray-Darling Basin Authority and stakeholders has identified the broad scope of. The MDBA worked with other Basin governments to train local stakeholders so that more than 19,000 wetlands received desktop assessment 1,385 rapid onground assessments occurred and nearly 200 wetlands and river reaches received detailed assessment including 14 of the 16 Ramsar-listed wetlands in the Murray-Darling Basin. Due to recent flooding, acid sulfate soils are less of a concern, but the findings of this study will contribute to the ongoing management of acid sulfate soils.

Only two weeks left to nominate for once a year Awards

PORTFOLIO: Attorney-General's
SNIPPET: Nominations are closing on 9 September for the 2011 Human Rights Awards. Join the Human Rights Awards electronic mailing list for information at [www.humanrights.gov.au](#)

Discussion paper released for Interactive Gambling Act review

PORTFOLIO: Broadband, Communications and the Digital Economy
SNIPPET: Deputy Leader of the Government in the Senate. Discussion paper released for Interactive Gambling Act review. The Minister for Broadband, Communications and the Digital Economy, Senator Stephen Conroy, today released a discussion paper for the review of the Interactive Gambling Act 2001, and called for the public to contribute to the review process.

Shining a Light on Hospital Performance

PORTFOLIO: Health and Ageing
SNIPPET: The following opinion piece by Minister for Health and Ageing Nicola Roxon was published in The Australian on 24 August. All states and territories have agreed to the establishment of the National Health Performance Authority, which will report on hospitals that are performing well and those that need to lift their game. They will continue to be funded based on block

Politics Taken Out of Hospital Funding: National Health Reform

PORTFOLIO: Health and Ageing
SNIPPET: Legislation to establish the Independent Hospital Pricing Authority has been introduced into Parliament. In a watershed moment for national health reform, Minister for Health and Ageing Nicola Roxon today introduced legislation to establish the Independent Hospital Pricing Authority and explained the new legislation will help to deliver a more sustainable, efficient and transparent health system for Australians. The introduction of activity-based funding was a key recommendation of the National Health and Hospitals Reform Commission, who concluded that the introduction of activity-based funding would result in efficiencies of between \$500 million and \$1.3 billion - the equivalent of hundreds of extra hospital beds.

Buy Australian at Home and Abroad

PORTFOLIO: Resources, Energy and Tourism
SNIPPET: Minister for Innovation, Industry, Science and Research, Mr Beattie will work with Australian firms as part of the Buy Australian at Home and Abroad Initiative and help Australian suppliers benefit from the nation's major resources projects. Buy Australian at Home and Abroad is about showcasing the strengths of local industry, improving their competitiveness, and helping them target the right opportunities, Senator Carr said.

Draft north and north-west marine plans released

PORTFOLIO: Sustainability, Environment, Water, Population and Communities
SNIPPET: Minister for Sustainability, Environment, Water, Population and Communities. The Gillard Government today released draft marine bioregional plans and proposed marine reserves networks to protect Australia's north and north-west marine environment. Mr Burke said the Government had worked with environment groups, the fishing industry, recreational fishing groups and other marine users in the development of draft bioregional plans and a proposed marine reserves networks for the north and north-west.



Pittwater Council voted at its meeting this week to place its procurement policy on public exhibition. The policy sets out an approach to purchasing goods and services using best practice principles and an emphasis on sustainability.

Council's Manager of Urban Infrastructure Mark Shaw said the policy covers minor purchases to complex, high value projects. "We are moving to a more efficient online system which tracks both ordering and reporting of purchases more effectively," said Mr Shaw.

"The policy also takes into account selecting products and services with a demonstrated track record in environmental sustainability, as well as minimising waste and unnecessary expenditure," he said. "We will be purchasing products that save energy and water and avoid those that pollute the environment or add to greenhouse gas emissions."

Mr Shaw said the Council had already moved to more fuel-efficient, cleaner passenger and light commercial vehicles for its vehicle fleet.

"Other changes made include the use of 100% carbon neutral paper in Council publications," he said.

The draft policy will also take into account the following elements:
 • ethics and probity
 • governance
 • value for money
 • financial delegations
 • management of risk
 • management of Occupational Health & Safety.

"Other efficiencies include working with other northern beaches councils through SHOROC where possible on goods or services that could be purchased jointly," added Mr Shaw.

The procurement policy will be on public exhibition until 13 September 2011 and can be viewed at [www.pittwater.nsw.gov.au/exhibition](#) or at Council's customer service centres at Avalon or Mona Vale



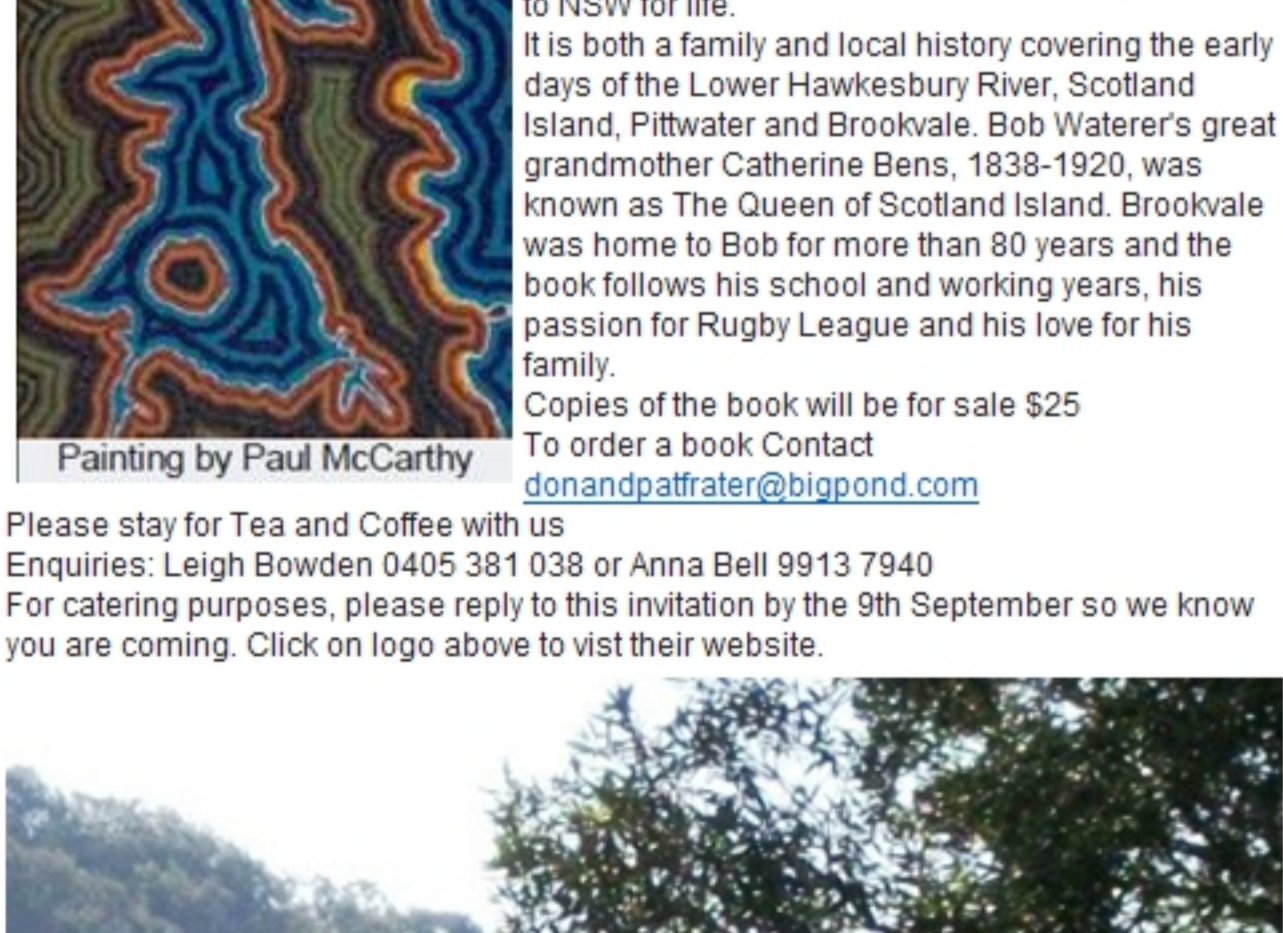
AN INVITATION

Come and celebrate this amazing book
The Story of Bob Waterer and his Family
 1803-2010
 At Mona Vale Community Hall
 7.30 pm Monday 12th September 2011

Meet Bob Waterer and author Nan Bosler
 Hear about the background and the research that led to information in the book
 There will be time for questions

The Story of Bob Waterer and his Family 1803 - 2010
 This book is the story of one family who can trace its heritage back to Sarah (Biddy) Wallace, c.1803-1880. Sarah is believed to have been a member of the Broken Bay crew in the Hunkesbury with her husband John (Ferdinand) Lewis, a convict who was a German soldier sentenced to transportation to NSW for life.
 It is both a family and local history covering the early days of the Lower Hawkesbury River, Scotland Island, Pittwater and Brookvale. Bob Waterer's great grandmother Catherine Bens, 1838-1920, was known as The Queen of Scotland Island. Brookvale was home to Bob for more than 80 years and the book follows his school and working years, his passion for Rugby League and his love for his family.
 Copies of the book will be for sale \$25
 To order a pdf contact [donandpattalater@bigpond.com](#)

Please stay for Tea and Coffee with us
 Enquiries: Leigh Bowden 0455 381 038 or Anna Bell 9913 7940
 For catering purposes, please reply to this invitation by the 9th September so we know you are coming. Click on logo above to visit their website.



Submit your Event

Name of Event

Date of Event

Address of Event

Description of Event

Contact Name

Contact Phone Number

Website or Email

Submit

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

Website at: [www.sumba.org.au](#)



Query from Resident



Does anyone know anything about this white Carrara marble bust of a lady supposedly from the old Her Majesty's Theatre, Sydney? Maybe someone out there can identify her?? She is almost life size and unsigned. Contact us and we will pass onto querant; [here](#).

Palm Beach Inventor Shares Great News

Article

MMD Press Releases
 Palm Beach, Australia (MMD Newswire) August 17, 2011 -- An Australian architect turned product developer, invented the ultimate green electric vehicle technology. The device is designed to charge electric powered vehicles as you drive. There is no need to recharge the electric vehicle batteries at the end of your driving cycle as they are continuously topped to their full capacity while in motion. No grid, no plug, no waiting. You can drive until you drop.

The principle is to convert kinetic energy from a vehicle in motion into electrical power without affecting the vehicle's performance and/or its energy consumption. This affordable, scalable and highly flexible technology has tremendous potential and is not only limited to the electric car industry. The range of applications can vary from a single electric operated pocket bike to a worldwide conversion of existing electric and non-electric operated transportation infrastructure network into green renewable energy power plants.

Read more:

<http://finance.mmdallnews.com/mvdallnews/news/read/19256093#zz1VHPsnkd>



Free Small Business September Events

Warringah and Pittwater Councils in collaboration with NSW Trade & Investment are hosting three free events as part of Small Business September. "The free Small Business September events are a must for people who want the best advice on how to take their business to the next level," said Warringah Mayor Michael Regan.

The first seminar, *Trades Business Sydney Northern Beaches* is a first for Warringah and will be held at **Hardware & General in Brookvale from 7.30 - 9.30am on Thursday 8 September.** "Construction is currently one of the leading small business sectors in the SHOROC region, the Trades Business workshop will allow local trades to hear, update and learn more about the building and construction business," said Mayor Regan.

Joanna Oakey who heads up Aspect Legal will speak at the The major legal risks in growing a small business and how to avoid them seminar being held from 8.30 - 10am at Long Reef Golf Club on Thursday 15 September. Ms Oakey specialises in commercial legal solutions, her tips and advice will cover how successful small businesses can manage risks and avoid them in the future.

Creating a Sales Success Mindset Based On Trust presented by Ari Galper, international sales speaker and trainer, will run from held **8 - 10.30am on Friday 23 September at Long Reef Golf Club.**

Mr Galper's workshop will be relevant to many Warringah and Pittwater small businesses, focusing on how to build trust between buyers and sellers in the all important sales business sector

"Small Business September is designed by business experts and fits perfectly into the themes and context of Warringah's and Pittwater's Economic Development Plans," said Pittwater Mayor and SHOROC's Chair Harvey Rose.

For more information and to register to attend a Small Business September event go to www.smallbusinessmonth.nsw.gov.au or call Paul William-Smith Regional Economic Development Coordinator for Warringah and Pittwater Councils on 9942 2233.

WHALE CARCASS AT PALM BEACH

Pittwater Council are investigating options for the removal of a large whale carcass that has washed up on Palm Beach. The whale carcass was first sighted by Council life guards close to the rockpool at Palm Beach early this morning.

Reserves & Recreation Manager Les Munn said it appeared the whale carcass had been in the water for some time. "The carcass has deteriorated to the point where the skin has come away and we are unable to say which whale species it is," he said.

Mr Munn said the carcass was approximately 7 metres long and was currently in the wave zone in the middle of Palm Beach. "We have put up signs along the beach warning people not to enter the water until we can remove the carcass," he said. "Sharks may well be attracted to the carcass and for this reason it is dangerous for anyone to be surfing or swimming at Palm Beach. Council staff are investigating options on how best to dispose of the carcass, given that it is now badly decomposed."

The whale carcass is the second to come ashore on Pittwater beaches this year. Earlier this year, the carcass of a sperm whale was washed ashore at Newport Beach. Under the direction of NSW Parks & Wildlife staff, the Council dismembered the whale carcass and trucked its remains to Eastern Creek waste disposal facility, at a cost of around **\$20,000.**

A NOSTALGIC LOOK AT AVALON

To celebrate History Week, Mona Vale Library is holding a free author talk featuring the memoir *Remembering Avalon* on Saturday 17 September at 3.30pm. Long time Avalon resident Jan Roberts, editor and contributor, will share details of the book which captures the memories of 15 people who grew up in Avalon in the 1940s and 1950s.

Ms Roberts said the book originated from a conversation with two other women who had grown up in Avalon after the war. "We were drawn by a blend of nostalgia, family connections and the desire to return to the lost world of our youth," writes Ms Roberts.

The book recalls when koalas were a common sight around Avalon, keeping residents awake at night with their grunting, and childhood friends roamed free exploring the surrounding bush and sand dunes. Along with nostalgic accounts of Avalon, the book contains wonderful old photographs contributed by local historian Geoff Searl and other precious family collections.

Jan Roberts is an historian, author and small publisher. In 1996 she set up Ruskin Rowe Press to publish limited edition, high quality books on art, history and architecture, mostly with a Pittwater focus. As part of this year's History Week, which celebrates the theme EAT History, the library will also feature photographs and oral history excerpts about food on the northern beaches.

The winner of the *Eat writing competition* will also be announced at 5pm on the day with great prizes on offer. Mona Vale Library is located at 1 Park Street, Mona Vale. Bookings are essential; to book phone 9970 1600. Following the talk there will be book signings and light refreshments.

Details of Remembering Avalon on our [Books page](#).

GOLF COURSE REDUCES RELIANCE ON TOWN WATER

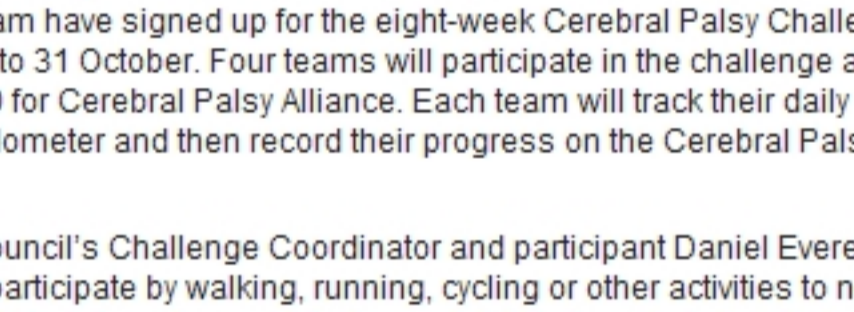
As part of Pittwater Council's sustainability initiatives, the council-owned Avalon Golf Course will reduce its reliance on town water through an innovative irrigation project.

Director of Urban and Environmental Assets Chris Hunt said the project was another important milestone in Pittwater's goal of reducing its use of drinking water to irrigate recreational land. The work involved the construction of a bore, a 120,000 litre concrete tank and an upgrade to existing sprinkler systems. The system draws water in order of priority - initially from the bore using groundwater, then from a pond located on the course and lastly from town water. The collected water is then treated before being pumped through the irrigation system and onto the course.

Mr Hunt said the work at Avalon Golf Course was made possible through funding from Sydney Water's Irrigation and Landscape Efficiency grant program. "The program's focus is to look at open spaces such as parks and sporting fields that are irrigated with drinking water and to come up with options to achieve greater water efficiency over the long term," he said. "The grant was awarded on a dollar-for-dollar basis, meaning grant funding was matched by the Council to fund the total cost of the program, at just over \$375,000.

Mr Hunt said the program will provide ongoing water savings and ensure the golf course is irrigated all year round, making it less susceptible to water restrictions during dry periods.

"The golf course can be maintained during dry periods by using overflows from the pond after heavy rain, making it a much more sustainable system," he added.



PITTWATER SUPPORTS CEREBRAL PALSY CHALLENGE

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

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

The teams will also hold a number of fundraising events such as BBQs and a lollyr guessing competition during the next school holiday vacation care program. "We urge our supporters to get behind us and either donate via [www.cpchallenge.org.au](#) or at one of our fundraising events," added Mr Everett. Cerebral Palsy Alliance CEO Rob White said an Australian child is born with cerebral palsy every 15 hours, making it the most common physical disability affecting children. "Funds raised through the Cerebral Palsy Challenge will contribute to vital services and research needed to enhance the lives of those living with cerebral palsy," he said.

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

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

Pittwater Offshore Newsletter Update 24/8/2011: click on Logo. Also has an Extensive Local Directory.



To contact Julian: editor@scotlandisland.org.au



Blast Off your Name in File Band; simply Click, Download and 'save as'

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

LEGO AT THE LIBRARY

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

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

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

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

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From Pittwater Council Online Report

Register for the Sustainable Living Expo

This year's Expo will take place on **Sunday 9 October** in Mona Vale's Village Park and the Memorial Hall. Expo organisers have opened registrations for the event and are looking for speakers, products, food & drinks, transport options or anything that has a sustainable angle that can be shared with the public - [register here](#). [View online version](#)

Pittwater Online News

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

August 28 - September 3, 2011: Issue 21

Light

We are in touch but seem to keep shying back, afeared, still waiting for skin to brim in the ways these pure glimmers, this evidence of the light behind the light, outside and within, inner, can. We walk beside the great sages of old, on the flattened grass paths between the mountain tops, pacing back and forth, even while our physical bodies remain in suburban backyards, pacing back and forth, the ancient and holy mountains just on the edge of our eyes seeing. We can see these others spring up, materialise, and walk beside each other, but how often do we remark to each other what we have seen. It is not just the wonder of whom comes to teach us, when all earthly teachers have taught all they can, it is also the shock of noticing we can see inside that befuddles our caught in throat breath. You most likely saw inside when a child too though, and then this was natural, part of your world.

We hear the Lost Chord, which cannot be lost, given over to some before Jesus time and place of paradise harmonies of city if we hear it now, and now. It is just some of us who have lost the ability to hear it and thus can 'find' this within us again.

The One Note of this earth is ever, and thus resounds even now. Let yourself in, let yourself hear this. Allow yourself to be having these things. The Lost Chord is not lost, I can hear it right now. It can still open and make whole the world and universe for you too... in just one second. You too are composed from music, from songs and songlines. You too can hear the [music of the spheres](#)*.

We were born before the light. Our souls were the sparks that sparkled all through the night and began the dawn, the dawn that came before you were born. We are the doors that have opened to allow to come into this place real meaning, real peace, real grace. The younger seas, white blue at their edges, and green where water resounds deep, where skin, while swelling with breath, can keep out a galaxy of water, are where we gambolled.

Here I can hear Dravida chanting softly. This is what he chants; "what thou inspires in me is simple whole answers to simple whole yearning. I am inclined towards, waiting for brand new flowerings and a dissolving of the stumbling over the same old doorway ledges. Invisible movable churches fill my eyes. I am shaken to remove all but what is unshakable, all obstacles from the way of purposeful being, all callousness from my heart. Thou Inspires in me to fulfil, with a harbinger throat that moves in ever aubade. Aum bade, all through my many name changes as I become."

He is good, my friend, at absorbing the energy of heaven and earth and fusing it with his own. He is a soul too thinly clothed in veils of skin and has a visible glow in his breath. Which is what he has been seeking so long anyway, to breathe the essence of life.

* Pythagorus found the pitch of notes depends on the rapidity of vibrations and applied this to the planet's rates of motion. All sounds made by their movements would vary according to this rate of motion and since all in Nature is made harmoniously these sounds would also harmonize as the 'Music of the Spheres', or 'Lost Chord'.

Extract from *Seeing Things*, 2008 Draft. Copyright A J Guesdon 2011 and ad infinitum.



Park Bench Philosophers

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

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

Contact us at: pittwateronlinenews@live.com.au

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

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August 28 - September 3, 2011: Issue 21

Christine Hopton



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The Surf Life Saving 2011-2012 Season will commence with Patrols returning to all beaches from September 24th. Each summer a large team of professionals and trained volunteers are ensconced on our waters and sands, running Events, watching out for the unwary and unaware, and ultimately, saving lives.



This week we are given an insight into one of Pittwater's dynamic ladies, writer, mum and current President of the **Avalon Surf Life Saving Club**, Christine Hopton. Chris is passionate about her work for the SLSC, Avalon and being in the sea. Chris has spent more than 25 years in the media working in newspapers and television and is also passionate about mentoring women in leadership. Whenever we have a question about local Surf Life Saving we call Chris Hopton. This week we asked a few more...

What drew you to Surf Life Saving to begin with?

Like many, I began as a nipper parent, then my husband Robert and I decided we needed a challenge for the year 2000 so we did our Bronze Medallion. From there I became hooked. I loved paddling a board so competed, love writing so did the newsletter, loved being part of such a great Club so put my hand up to be the club's vice president which led to my current position as President.

You are President of **Avalon Surf Life Saving Club**, what does involve?

This role is what you make of it. I am a hands-on person so tend to be very involved at all levels of the Club from administration and organising events through to on the beach assisting with patrols and the nippers. I suppose you could liken it to being the manager of a small business, the difference though that you have to constantly remind yourself that you are dealing with volunteers, not paid staff, and everyone is in it for different reasons. Obviously as President I have to be very aware of compliance and ensure that our Club ticks all the right boxes in regards to our lifesaving agreements. I attend at least 2 to 3 meetings per month and spend at least an hour or so per day doing admin behind the scenes which might be writing nominations for our members or securing sponsorship.

I work hard to make ensure our Club continues to be a friendly, family orientated club which engages all its members from our older Life Members through to our youngest nippers. We provide a great service to the community and, as President, maintaining our relevancy and importance in this area is one of my number one goals.

What are the future plans for the Club?

Our Club is facing some exciting times over the next couple of years as we are embarking on a major renovation of our building. Members of Avalon Beach Surf Life Saving Club have patrolled the beach for 86 years old and the current building is now more than 60 years old. Only 5 years ago we had only around 500 members - that number is now close to 900 and growing every year. Our building is far past its use by date and is continually requiring maintenance to keep it up to scratch.

We believe we are an integral part of the Pittwater community and want our building to reflect this. Our immediate challenges are to raise the necessary funds, satisfy our members, the community and Pittwater Council with the design and manage the project in the appropriate time frame, whilst maintaining our services in patrolling our beach.

In the meantime we will continue to ensure our members and the public are educated in saving lives, both on and off the sand.

Nippers registration begins soon (**11th and 18th Sept**), what age groups are welcome and what will they be doing once they've enrolled?

Children from the age of 5 years to 13 years are eligible to take part in the nipper program. At Avalon Beach we hold Nippers most Sundays from the middle of October through to March from 9 am till around 11 am. Nippers enjoy a range of activities which not only keep them fit and healthy but teach them surf and beach awareness. On the beach they will do beach sprints and play flags, in the surf they will learn to surf swim and paddle boards. In between these activities they are taught the fundamentals of keeping themselves and their friends safe on the beach. Of course the most important message a nipper learns is to swim between the flags. By the time they are in the Under 14 years age group they will have a basic understanding of CPR and first aid in preparation for undertaking their Bronze Medallion.

Could you share with us one or two pivotal moments that best illustrate or encapsulate what SLS means to you?

There are many moments which continually remind you that you are part of a great organisation from watching hundreds of nippers running excitedly down the beach on a Sunday morning to seeing members enjoying each others camaraderie. One of the most significant moments for me however occurred a couple of years ago when I helped save an elderly man's life after he collapsed in front of me. I performed mouth to mouth while another person did the CPR and after a few minutes, the elderly gentleman - who was grey and with no pulse - took a deep breath and opened his eyes. If I had not done my surf life saving training I would not have known what to do in such an emergency. My story is just one of many experiences that our members have in emergency situations which more often than not happen off the beach than on.

What is your favourite place in Pittwater and why?

Nowhere else make me happier than sitting out the back of the surf at Avalon Beach on a calm winter's morning with my paddling mates. Sitting on our paddleboards alongside the headland looking back towards the club, we are often the only ones on the beach at this time of year. I always think how lucky we are to be living in a major city like Sydney and yet can have the entire beach to ourselves.

What is your 'motto for life' ?

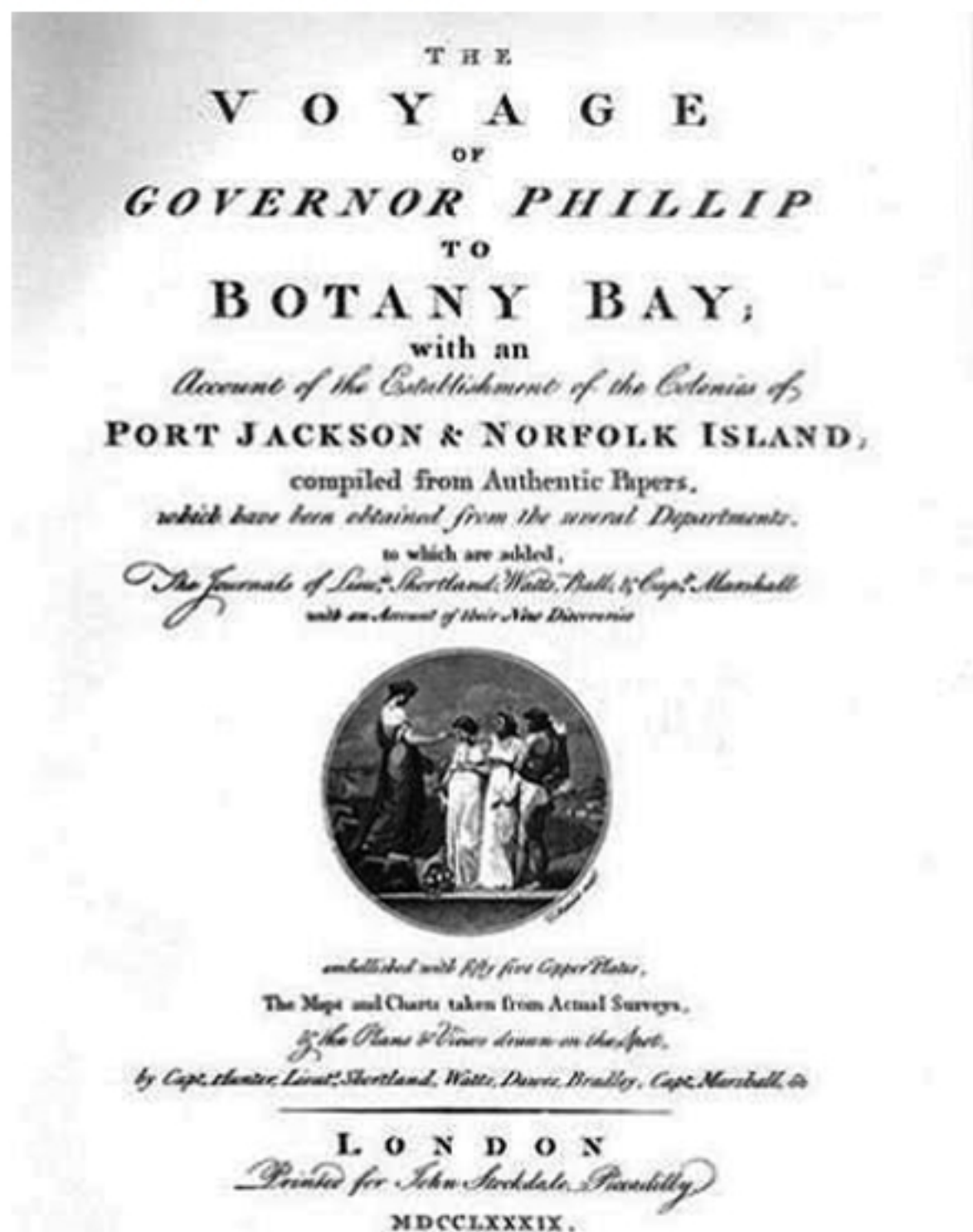
Believe in yourself and have a go.



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Above Picture: Arthur Phillip Esq. Captain-General and Commander in Chief in and over the Territory of New South Wales



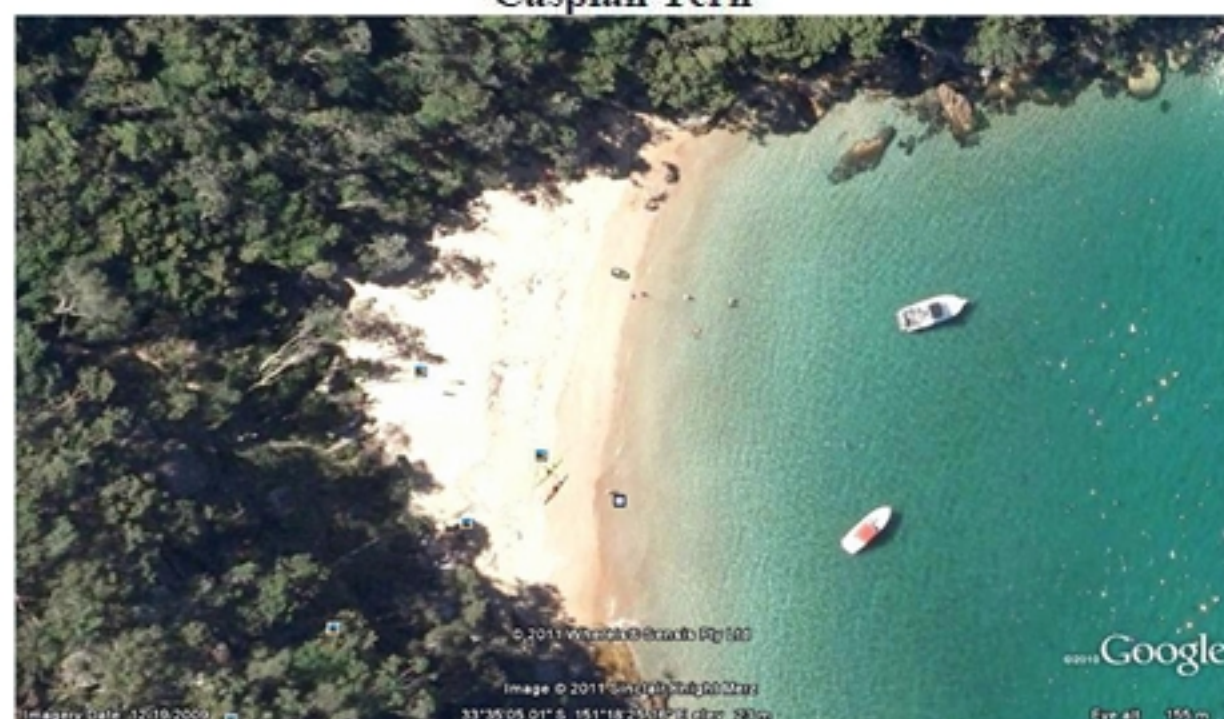
Above Book Front Page. About Front Page from Book: he elegant vignette in the title-page, was engraved from a medallion which the ingenious Mr. Wedge-wood caused to be modelled from a small piece of claybrought from Sydney Cove. The clay proves to be of a fine texture, and will be found very useful for the manufactory of earthen ware. The design is allegorical; it represents Hope encouraging Art and Labour, under the influence of Peace, to pursue the employments necessary to give security and happiness to an infantsettlement. The following verses upon the same subject, and in allusion tothe medallion, were written by the author of The Botanic Garden, and will speakmore powerfully for themselves than any encomium we could bestow.

File Below: The Voyage of Governor Phillip to Botany Bay with an Account of the Establishment of the Colonies at Port Jackson and Norfolk Island This book includes the Journals of Lieutenants Shortland, Watts, Ball and Captain Marshall, with an account of their new discoveries. Illustrated. Ships and Crews list of First Fleet. Published in London. 1789.


[ArthurPhillipBook1789.pdf](#)
 Size : 3780.481 Kb
 Type : pdf



Caspian Tern



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Governor Phillip Camps on Resolute Beach

On the 5th of March, 1788, in rain that wouldn't let up, British Naval Officer and first Governor of NSW, Arthur Phillip, officer's and ship's crew camped at Resolute Beach, the second little sandy shore inside south of West Head and just north of Great Mackerel Beach, Pittwater. Earlier that same day he had proclaimed our estuary 'the finest piece of water he had ever seen' and named it 'Pitt Water' after the then prime minister of Britain, William Pitt the younger (right), the then Prime Minister of England. Resolute Beach is named for a timber schooner, (some sources state it was a paddle steamer) that ran aground there in 1877.



Governor Phillip travelled to Pittwater again in August of this year, walking overland from Manly. In June 1789 he again visited, finding many of the original custodians of these places suffering from smallpox.

Extracts From: The Project Gutenberg EBook of *The Voyage Of Governor Phillip To Botany Bay. 1789.*

'2 March 1788

On the 2d of March Governor Phillip went with a long boat and cutter to examine the broken land, mentioned by Captain Cook, about eight miles to the northward of Port Jackson, and by him named Broken Bay. This bay proved to be very extensive. The first night they slept in the boats, within a rocky point in the north-west part of the bay, as the natives, though friendly, appeared to be numerous; and the next day, after passing a bar that had only water for small vessels, they entered a very extensive branch, from which the ebb tide came out so strong that the boats could not row against it in the stream; and here was deep water.

This opening appeared to end in several small branches, and in a large lagoon which could not then be examined, as there was not time to seek a channel for the boats among the banks of sand and mud. Most of the land in the upper part of this branch was low and full of swamps. Pelicans and various other birds were here seen in great numbers. Among the rest an uncommon kind, called then the Hooded Gull, and supposed to be a non descript; but it appears from a drawing sent to England, a plate from which is here inserted, to be of that species called by Mr. Latham the Caspian Tern, and is described by him as the second variety of that species. [* Latham's Synopsis of Birds, vol. vi. p. 351.]

Leaving this north-west branch they proceeded across the bay, and went into the south-west branch. This is also very extensive; and from it runs a second opening to the westward, affording shelter for almost any number of ships. In this part, as far as could then be examined, there is water for vessels of the greatest burthen, the soundings being at the entrance seven fathoms, and in going up still more. Continual rains prevented them from taking a survey. The land here was found much higher than at Port Jackson, more rocky, and equally covered with timber. Large trees were seen growing even on the summits of the mountains, which appeared accessible only to birds. Immediately round the headland that forms the southern entrance into the bay, there is a third branch, which Governor Phillip thought the finest piece of water he had ever seen; and which therefore he thought worthy to be honoured with the name of Pitt Water.

This, as well as the south-west branch, is of sufficient extent to contain all the navy of Great Britain. But on a narrow bar which runs across the entrance it has only eighteen feet depth at low water. Within the bar there are from seven to fifteen fathoms. The land is not so high in this part as in the south-west branch, and there are some good situations where the land might be cultivated. Small springs of water were seen in most of the coves, and three cascades falling from heights, which the rains at that time rendered inaccessible.

In this excursion some interviews with the natives took place.

One of their modes of fishing was now observed: their hooks are made of the inside of a shell resembling mother of pearl. When a fish which has taken the bait is supposed to be too strong to be landed with the line, the canoe is paddled to shore, and while one man gently draws the fish along, another stands prepared to strike it with a spear: in this attempt they seldom fail.

When the southern branch of Broken Bay was first visited, the getting round the headland that separates the branches, was attended with some difficulty, on account of very heavy squalls of wind, accompanied with rain. An attempt was made to land, where there proved not to be sufficient water for the boat. During this transaction, an old man and a youth were standing on the rocks where the boat was trying to approach.

Having seen how much our men had laboured to get under land, they were very solicitous to point out the deepest water. Afterwards they brought fire, and seemed willing to render any service in their power. Two of the officers suffered themselves to be conducted by the old man to a cave at some distance, but declined going in, though he invited them by all the signs he could invent. This was rather unfortunate, as the rain was falling very violently, and the cave was found next day sufficiently large to have sheltered the whole party. The old man certainly took great pains to make this understood, but the motive of his earnestness unluckily was mistaken, and his visitors suffered for their suspicions.

He afterwards assisted in clearing away the bushes, and making preparations for the party to sleep on shore, and next morning was rewarded with presents for his very friendly behaviour. Two days afterwards, when Governor Phillip returned to the same spot, the old man met him with a dance and a song of joy. His son was with him, and several of the natives; a hatchet was given them and other presents; and as the Governor was to return next day to Port Jackson, it was hoped that the friendship thus begun, and so studiously cultivated, would have continued firm.

9 March 1788

It was now the 9th of March, and Governor Phillip returned to Port Jackson: having gained some useful knowledge of the country, and maintained an intercourse with the natives without departing from his favourite plan of treating them with the utmost kindness. He had endeavoured at the same time to gain their confidence, if possible, and secure their friendship. If these humane endeavours were afterwards rendered fruitless by the wanton profligacy of some depraved individuals, however he might regret it, he could have no reason to reproach himself.

The rain, which was almost constant, prevented the Governor from returning by land, which otherwise he meant to have done, for the sake of exploring a part of the country which appeared to be good and free from timber.'

Available at (along with other Australian Stories):

<http://gutenberg.net.au/pgaus.html>

Further:

Arthur Phillip Biography: <http://adb.anu.edu.au/biography/phillip-arthur-2549>

Resolute Beach Walking Track: <http://ozultimate.com/bushwalking/walk.php?nid=238>

Shipwrecks: <http://www.shipwrecks.com.au/shipwrecks-articles/2001/7/11/shipping-disasters-leave-more-than-a-memory/>

Wildwalks: <http://www.wildwalks.com/bushwalking-and-hiking-in-nsw/ku-ring-gai-chase-national-park/>

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Maria Regina Avalon Music Performance Night



Delightful best describes spending Wednesday night listening to the voices and music of the children at Maria Regina Catholic Primary School in Avalon. This school is quite small and teaches children from Kindergarten through to Year 6 and yet produced a concert and musical performances from a choir, soloists and a Training Band that was wonderful and more what you'd expect from a bigger school with a larger student body. Soloists on piano, violin, clarinets, flute and trumpet, a choir formed from all Years and Kindergarten classes and the training band gave us almost two hours of solid entertainment.



Mrs Sam Browne conducted the choir in some wonderful songs, the last accompanied by actions to match the words. Their voices were sweet, their grasp of who sang what when faultless. The Training band, conducted by Mrs Sarah Shaw, who is working hard to ensure this smaller school can continue to produce musicians, spoke passionately to the audience about how music is not only a gift for life but also aids children in their other learning activities. Learning an instrument is a discipline and must constitute a fair amount of extra work for those who wish to pursue this art. The brass, wind and Tyler Johnson on drums of Maria Regina's training band left no doubt that the children love it and have worked hard. Their efforts produced a resounding success on Wednesday and the applause was equal to that given to all other performers. Let's hope we see more of all these wonderful and talented members of the rising generation sharing their talents with our community again soon. Lovely!



— STARRING IN ALPHABETICAL ORDER —

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

PARK LIFE 2011

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

MELBOURNE SAT 24 TH SEPT SUNSET VEEV BEACH, RIVINGTON SQUARE	PERTH SUN 25 TH SEPT WELLINGTON SQUARE	BRISBANE SAT 3 RD OCT RIVERSIDE & CITY BOTANIC GARDENS	SYDNEY SUN 2 ND OCT KURRA LANE ROCKE PARK	ADELAIDE MON 3 RD OCT ROFANE PARK
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Suzer | FUELY | native | THEVINE | GRIZZLI

Parklife 2011 Sydney Website: [here](#)

New Website for Northern Beaches Youth

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

www.northernbeachesyouthinfo.net.au

www.facebook.com/manlyyouthcentre

www.myspace.com/manlyyouthcentre

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School Holiday Fun from Pittwater Council

Pittwater Council has some great ideas and services for the upcoming school holidays: At http://www.pittwater.nsw.gov.au/children/vacation_care

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

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

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

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

GENERATIONone

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

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

Hands Across Australia

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

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

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

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

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

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

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

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

Entries close Friday 23 September 2011, so get moving!

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



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

BL's BLAST OFF

Presented by Hurley

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

Yeah Mate!

biblastoff.com.au

Sponsoring Partners: Surfing World, FUELY, native, BOARD'BOG, chilli, COASTWATCH, SKULLCANDY, streetboardz, fantasea

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

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

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Federal Government Media Releases this Week

Medicare Locals to Deliver Home Grown Health Solutions

PORTFOLIO: Health and Ageing
 SNIPPET: Prime Minister Julia Gillard and Health Minister Nicola Roxon have heard how Australia's first Medicare Locals are on their way to better coordinating local doctors, nurses and allied health professionals to provide more responsive and targeted services for patients. Medicare Locals are a key part of the Gillard Labor Government's national health reform measures. There is no one-size-fits-all for Medicare Locals.

New CEO for Preventive Health Agency

PORTFOLIO: Health and Ageing
 SNIPPET: Australia's focus on preventing illness and promoting better health and wellbeing has received a boost with the appointment of a permanent Chief Executive Officer to the Australian National Preventive Health Agency. Australia's focus on preventing illness and promoting better health and wellbeing has received a boost with the appointment of a permanent Chief Executive Officer to the Australian National Preventive Health Agency (ANPHA). Minister for Mental Health and Ageing Mark Butler today announced the appointment of Ms Louise Sylvan as CEO of ANPHA, which is a major element of the Government's national health reform agenda.

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

About us

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

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

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

The Senior Newspaper Online

Click on logo:



Mildred and George have gone to Lake Eyre, bird-watching, and will send us a report and pictures next week. They have forwarded the joke shared below, sent them by one of their mates in Victoria, for a giggle for you this week.

RETIRED HUSBAND

After I retired, my wife insisted that I accompany her on her trips to Target.

Unfortunately, like most men, I found shopping boring and preferred to get in and get out. Equally unfortunate, my wife is like most women - she loves to browse.

Yesterday my dear wife received the following letter from the local Target:

Dear Mrs. Harris,

Over the past six months, your husband has caused quite a commotion in our store. We cannot tolerate this behavior and have been forced to ban both of you from the store. Our complaints against your husband, Mr. Harris, are listed below and are documented by our video surveillance cameras:

1. June 15: He took 24 boxes of condoms and randomly put them in other people's carts when they weren't looking.
2. July 2: Set all the alarm clocks in Housewares to go off at 5-minute intervals.
3. July 7: He made a trail of tomato juice on the floor leading to the women's restroom.
4. July 19: Walked up to an employee and told her in an official voice, 'Code 3 in Housewares. Get on it right away'. This caused the employee to leave her assigned station and receive a reprimand from her Supervisor that in turn resulted with a union grievance, causing management to lose time and costing the company money.
5. August 4: Went to the Service Desk and tried to put a bag of M&Ms on layby.
6. August 14: Moved a 'CAUTION - WET FLOOR' sign to a carpeted area.
7. August 15: Set up a tent in the camping department and told the children shoppers he'd invite them in if they would bring pillows and blankets from the bedding department to which twenty children obliged.
8. August 23: When a clerk asked if they could help him he began crying and screamed, 'Why can't you people just leave me alone?' Security were called.
9. September 4: Looked right into the security camera and used it as a mirror while he picked his nose.
10. September 10: While handling guns in the hunting department, he asked the clerk where the antidepressants were.
11. October 3: Darted around the store suspiciously while loudly humming the 'Mission Impossible' theme.
12. October 6: In the auto department, he practiced his 'Madonna look' by using different sizes of funnels.
13. October 18: Hid in a clothing rack and when people browsed through, yelled 'PICK ME! PICK ME!'
14. October 21: When an announcement came over the loud speaker, he assumed a fetal position and screamed 'OH NO! IT'S THOSE VOICES AGAIN!'

And last, but not least:

15. October 23: Went into a fitting room, shut the door, waited awhile, then yelled very loudly, 'Hey! There's no toilet paper in here.' One of the clerks passed out.

Avalon Computer Pals for Seniors

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

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

BENEFITS OF EXERCISE FOR SENIORS

By Ingrid Davey

Older Adult Trainer/Instructor Heartmoves

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

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



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

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

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

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

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

Enable Me

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

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

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

The program may include advice and support with:-

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

For more information or to register please phone.

Call Kerrie on 9979 7677

Contact Community Care Northern Beaches by clicking their logo:



Ladies Golf at Bayview Golf Club

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

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

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

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



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Update from PNHA

<http://pnha.org.au/about/>

Guided Spring Wildflower Walk Sunday 21st of August Ku-ring-gai NP, Chiltern Track, Ingleside

Chiltern Track at Ingleside is splendid just now with three different Boronias, (Native Rose, Boronia serrulata image attached) three different Spider flowers, (Pink, Red and Grey Grevilleas), several wattles and peas, and flowering Scribbly Gums attracting honeyeaters. Sundews (insectivorous plants) are along the damp track edge and there are a lot of tadpoles in the ditch beside the track. A special bird was the Yellow-tufted Honeyeater. Other birds were: Whipbird, Variegated Wren, Little Wattlebird, Yellow-faced and New Holland Honeyeater, and Silvereye.



Above: Boronia Serrulata

Bush Stone-curlew



This week in Catalina Crescent Avalon we saw a Bush Stone-Curlew with a leg-band, hanging out on a neighbour's drive during the day. This bird is probably the male banded at Umina high school on 16.1.09.

Usually only active at night or in twilight, this species is now endangered in NSW, but occurring Australia-wide. This bird may be the one which has been several times in the last year, chasing cockroaches outside the shops in Avalon in the early morning and occasionally outside the shops in North Avalon Rd, and in the grounds of Barrenjoey High School.

One or two pairs breed in the Careel Bay saltmarsh and mangrove area and are

regularly seen behind houses at the saltmarsh end of George St Avalon. The Gosford area is home to others. The birds need woodland habitat with an open understorey, rough grass and fallen branches. They feed on insects and small vertebrates. They nest on the ground, usually next to a fallen branch, relying on camouflage for protection. When startled they crouch rather than fly off, so they are at great risk from cats and foxes. Hear its eerie wailing cry at: <http://www.abc.net.au/archives/sound/b069001.ram>



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

Stay Sunday afternoon for Pittwater YHA open day BBQ + Music + HISTORY

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

two night + accommodation and evening meals, guided bushwalks, sale of kayaks from \$170. Book \$999 \$748
mailto: pittwater@yha.com.au [on-line bookings unavailable]

How Green is a Spotted Gum when Wet?



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

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



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



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



Federal Government Media Releases regarding Environment This Week:

Reforms better for the environment, better for business

PORTFOLIO: Sustainability, Environment, Water, Population and Communities SNIPPET: Minister for Sustainability, Environment, Water, Population and Communities. 'It sets out a new national approach to the protection of Australia's environment and biodiversity which will be better for the environment, better for business and mean better co-operation between government, industry and communities'. The environmental reforms include:

Draft north and north-west marine plans released

PORTFOLIO: Sustainability, Environment, Water, Population and Communities SNIPPET: Minister for Sustainability, Environment, Water, Population and Communities. The Gillard Government today released draft marine bioregional plans and proposed marine reserves networks to protect Australia's north and north-west marine environment. Mr Burke said the Government had worked with environment groups, the fishing industry, recreational fishing groups and other marine users in the development of draft bioregional plans and a proposed marine reserves networks for the north and north-west.



ONLINE BIODIVERSITY CALENDAR A FIRST

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

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

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

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

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

The calendar can be viewed at www.pittwater.nsw.gov.au/environment/biodi/calendar

To submit photos for the biodiversity calendar email cec@pittwater.nsw.gov.au

Register for the Sustainable Living Expo

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



Sustainability Awards - nominations open

Pittwater's Sustainability Awards aim to recognise and reward individuals and businesses committed to making Pittwater sustainable. Applications will be judged by a panel of Councillors, Council staff and an independent representative. Entries close 15 August - [Submit your entry online](#).

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

Thursday 8th - Sunday 11th September 2011

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

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

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

Venue: North Head Sanctuary, Manly, Sydney.

Contact: Robynne Millward, 02 9976 2842



What Does PNHA do?

On-ground bush regeneration, eg: Asparagus Fern Out Days

Activities: guided walks, bird-watching

Quarterly informative newsletter, online or paper

Members email group for latest environmental news and events

AGM with Guest Speaker

Free advice for members on managing gardens for Native Vegetation and fauna habitat

Lobbies Pittwater Council and State Government on inappropriate management practices and development

Provides support to Council for PNHA-approved grant applications for environmental projects

Publications: Introductory Field Guide to Birds of Warriewood Wetlands & Irrawong Reserve, \$20.00rpf, attractive cards with photos of Pittwater scenes, flora and fauna \$2.00

Email: pnhainfo@gmail.com Or click on Logo to visit website.

Pittwater YHA Open Day
4th September 2011

Includes free ferry trip @ 12.30 pm leaving Church Point Wharf BBQ lunch music wildlife etc...

Open Day Speakers: Ric Leplastrier, local architect and Pittwater resident.



Pittwater's Environmental Foundation

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

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

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

Coastal Environment Centre



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

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

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

August Newsletter includes information on local:

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

HERE

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



[pitt_est_processes_study.pdf](#)
Size: 492.173 Kb
Type: pdf

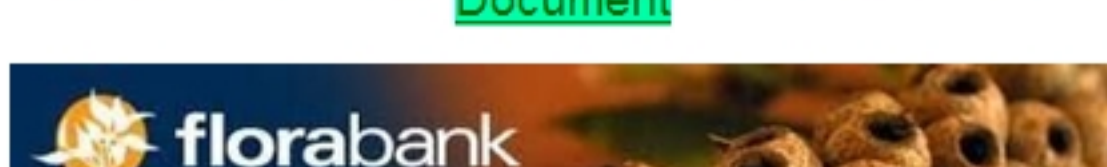
Think before you print ; A kilo of recycled paper creates around 1.8 kilograms of carbon emissions, without taking into account the emissions produced from transporting the paper. So, before you send a document to print, think about how many kilograms of carbon emissions you could save by reading it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

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

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

from the Prayer of Saint Patrick

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



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

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

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

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Pittwater Online News

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

August 28 - September 3, 2011: Issue 21

Strawberries

Fresh new season strawberries are beginning to arrive this week and are sweet, juicy and cheap averaging \$2 to \$2.25 in shops this week. Strawberries, *Fragaria ananassa*, from the **Rosaceae** Family, aren't really 'berries' at all but are accessory fruits in that they grow not from the plants ovaries but from the receptacle that holds the ovaries.. 'Each apparent "seed" (achene) on the outside of the fruit is actually one of the ovaries of the flower, with a seed inside it.' (Wikipedia; Strawberries).

Health benefits; red foods are for the blood, purging and also for restoring immunity, especially for those who have been going through treatments that may have diminished their overall health. Finding someone who is being treated for cancer with chemotherapy naturally craving these is a sure sign their physical body is fighting back and trying to regain a healthy metabolism. The list of vitamins, minerals, proximates, lipids and amino acids contain in these tiny fruits is quite large and they too could be called small mouthfuls of health. They are best known for their Vitamin C content and flavonoids boosts.

What are flavonoids?

From Wikipedia (<http://en.wikipedia.org/wiki/Flavonoid>) Preliminary research indicates that flavonoids may modify allergens, viruses, and carcinogens, and so may be biological "response modifiers". In vitro studies show that flavonoids also have anti-allergic, anti-inflammatory, anti-microbial, anti-cancer, and anti-diarrheal activities.

Sounds good, tastes great without any modifications, but here are a few standards for when they get cheaper still and the weather warmer.

Strawberry Fool

Serves 4

500g strawberries

100g icing sugar

40g caster sugar

250ml double cream

250ml greek yoghurt or fromage frais

Whizz 400g of the strawberries in a food processor with the icing sugar and lemon juice to make a purée. Dice the remaining strawberries and sprinkle with the caster sugar. In a large bowl, whip the cream until it forms soft peaks, add the yoghurt or fromage frais and beat until it thickens. Fold in the strawberry purée and diced strawberries.

Pour into wineglasses or one large glass serving bowl. Refrigerate for at least 1 hour if in glasses, 2-3 hours if in a bowl.

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 **PITTWATER COUNCIL**

FOOD GLORIOUS FOOD!

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

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

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

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

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

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

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

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

August 28 - September 3, 2011: Issue 21

The Ups And Downs And The Ins And Outs: August's Virgo New Moon



The wheel goes round and round, some are up and some are on the down, and still the wheel goes round. Josephine Pollard

We dance round in a ring and suppose, but the Secret sits in the middle and knows. Robert Frost

Life is a roller coaster. Try to eat a light lunch. David A. Schmalz

If only bad habits could be broken as easily as hearts! Christopher Spranger

It's not true that life is one damn thing after another—it's the same damn thing over and over. Edna St. Vincent Millay

Few tasks are more like the torture of Sisyphus than housework, with its endless repetition: the clean becomes soiled; the soiled is made clean, over and over, day after day. Simone de Beauvoir

An umeboshi plum is a little Japanese salt plum. The best thing for motion sickness is to take one of these plums . . . and tape it to your belly button. I'm not kidding you. This really, really works. Marilu Henner

The Virgo new Moon, occurring on August 28 in the United States and August 29 in Australia, is on Virgo 6: A Merry-Go-Round. This new Moon seems set to bring at least some measure of light relief after several months of very intense lunations (full and new Moons). The following is from my book [The Sabian Oracle: 360 Degrees Of Wisdom](#)

A 'Merry-Go-Round' is a Symbol that arouses memories of fair grounds, carnivals, playgrounds and childhood fun and games. The blaringly loud music, the children looking around at each other and watching the faces and the squeals of the others were all part of the fun. The thrill of going around and around was the objective. This can be great fun for children and big kids alike who enjoy this type of activity without tiring or getting bored. It can, however, be another story when we're older. It can be tiring going around in circles without finding any real outcome or having a clear sense of an objective to strive for.

There's a need to see definite possibilities and evidence of advancement in life and to feel as though we are making progress towards a goal or a clear outcome. This image can relate to any situation where we feel stuck in repetitive or un-progressive ruts. Relationships, marriages, jobs and everyday chores or habits can have you running around in circles landing you right back in the same place. This can lead you to wonder if you should just hold on tight, wait to see if the thing will ever eventually stop or jump off. Jumping off whilst things are still in motion can actually feel life threatening. The desire, longing or even addiction to things, people, places, substances, etc., can put a hold on your life to the point where you can't see a way out. Just when you may think you've seen a way to get off, or out, you're back in the same situation, emotion or location. However, each time you return to what feels like the same place, if you've been watchful, you've had the opportunity to look at other alternatives, answers or possibilities. At some stage, though, there will need to be a decision made: do you want to keep going round and round, or do you want to stop repetitive situations or reactions and get off?

Keywords: Repeating circles of activity. Looking for a park. Driving around and around. Motion sickness. Childhood fun and joy. Yo-yoing and oscillating backwards and forwards. Emotional polarization. Once you're on it, you want to get off. The ups and downs and the ins and outs. Habits that are hard to break. Carnivals. Lights. Noise. Music.

The Caution: Repeating the same mistakes. Bouncing around from one thing to another and not getting anywhere. Feeling like there's no end in sight. Addictive behavior. Feeling dizzy. Not being able to focus on one point. Manic depression. Getting nowhere. Seeking only pleasure. Seemingly endless treadmills. Motion sickness.

So, where are you going round and round and round in your life? Do you return to the same place again and again and wonder what you're doing?

Adding to this idea is Saturn on Libra 15: Circular Paths. I mean really, you wouldn't read about it :) The following are the quotes I've gathered for this Symbol. am I repeating the theme? Well, yes, this theme is repeating itself.



History is simply one damned thing after another. Winston Churchill

The air is full of our cries. But habit is a great deadener. Samuel Beckett

Dangers bring fears, and fears more dangers bring.

We are what we repeatedly do. Excellence, then, is not an act, but a habit. Aristotle

Search for meaning, eat, sleep. Search for meaning, eat, sleep. Die, search for meaning, search for meaning, search for meaning. Doug Horton

When in danger or in doubt, run in circles, scream and shout. Bumper Sticker

The great thing in the world is not so much where we stand, as in what direction we are moving. Oliver Wendell Holmes

As people are walking all the time, in the same spot, a path appears. Lu Xun

Men have become the tools of their tools. Henry David Thoreau

As I write this, hurricane Irene is gyrating its way up the east coast of the United States. Hopefully it will peter out and not do much damage. It's interesting to note the circular path that constitutes a hurricane in the light of the image for this new Moon.

Further, there's the Symbol that Saturn will move onto by August 31st: Libra 16: After The Storms Of Winter, A Boat Landing Stands In Need Of Reconstruction.

Hurricanes or storms in your life or not, Saturn on this degree is showing how many people are going to be in the process of 'rebuilding' their lives. What is it that is, or has, deteriorated and needs refurbishment? It could be your health, relationships, financial situation, the home where you live, anything. What needs rebuilding? What were the "Storms Of Winter"? Is it something recent or something that happened quite some time ago that you're now seeing the results of? Saturn is suggesting we get out our building materials - our 'hammers and nails' - and get about reconstructing the bits of our lives that have been damaged or knocked down in some way.

Thankfully, Mercury, the ruler of the Virgo new Moon, is now no longer retrograde, having turned pro grade a few days before this new Moon.

Mercury went direct on Leo 19: A Houseboat Party. This can have one going around in circles as well and feeling somehow 'unmoored', or wondering where exactly they are going to end up landing.

Mercury has just moved onto the next degree for this new Moon; Leo 20: American Indians Perform A Ritual To The Sun.

Keywords: Restoring spirit. Rituals and worship. The desire to return to nature. Shining through one's life, not through social credentials. Sweat lodges. Drum-beating. Celebrating a unique heritage. Participation with nature's cycles. Eclipses. Smudging. Reveling in the larger picture leading to belonging and oneness. Fire, passion, spontaneity, sacrifice. Restoring sacredness. American Indian traditions. Vision quests. Fasting. Courage. Conquering bad habits and attitudes. The truth of conviction. Prayer. Eagle feathers. Baptisms of fire.

The Caution: Egoistic responses to life situations leading to narrow responses. Relying too much on rituals to manifest magic (without putting in any effort). Losing sight of the meaning of ceremony. Holding onto tradition without intuiting new and modern truths. Living in the past. Cult worship. Losing identity in one's own culture. Sunstroke.

Venus is along for the ride in this new Moon. Venus is conjunct (together with) the Sun and Moon on Virgo 9: An Expressionist Painting Making A Futuristic Drawing. Venus is bringing us hope, and help, to make those plans to get life back on track, or on a new trajectory, with new plans and visions for the future.

Keywords: Creativity projected into the future. Seeing things ahead of their time. Taking chances. Having the dreamer's disease. Talent. Seeing things in a different way. Being unrestricted by reality. Time machines and time travel. Artists, architects and engineers. Plans, schemes, blueprints. "When I win the lottery..." Forecasting and prediction. Genius. Sketches. Abstract art.

The Caution: Focusing on tomorrow not today. Not seeing the complete picture. Plans that often come to nothing. Being unrealistic. Losing touch with the real world. Losing enthusiasm. Thinking the worst will happen. Making things up that don't reflect reality. Being stuck on one version of the future. Living for tomorrow, not today. Distorted reality. Getting lost in abstract thought. Being divorced from the real world.



With Venus on this degree with all this going around in circles energy that we've got going on, it helps that we have a focus that leads you forward into the future. Shortly after the new Moon, Venus moves onto Virgo 10: Two Heads Looking Out And Beyond The Shadows.

This is a great degree for being able to see both sides of a situation, but it can have us being afraid to get things wrong. It also speaks of the media (more Rupert Murdoch NEWS?) - did you know that

FOX is 666 and NEWS is 5551? - interesting!) Making decisions and sticking to them and yet being open to seeing how others may feel is the main point of Venus here. There will, I believe, be more to come out of the recent media scandals going on around the world. Another point of this Symbol "can be" (doesn't have to be!), people spying on each other, waiting for someone to trip up, make a mistake or whatever.

I digress... Venus conjunct the new Moon is a lovely omen of things going well, but there is a caution not to be too judgmental (or mental, for that matter), and for allowing for your own, and others', foibles.

Mars is on Cancer 17: The Seed Grows Into Knowledge And Life. This speaks of learning things, it can show pregnancies of all kinds. What is it that you are sprouting at this time? What is in need of fertilizing and watering? What is germinating in your mind and heart? Mars is squaring Saturn, which has brought about a lot of tension and worry in the lead up to this new Moon.

Thankfully, Mars will be separating out from that square but the energy will be there for some time, adding to the need to rebuild one's life in some way.

Jupiter is in a lovely river aspect to this new Moon and the energy of Jupiter's beneficence will continue to grow in the days after the new Moon. **Jupiter is on Taurus 11: A Woman Sprinkling Long Rows Of Flowers.** This so reflects the degree of Mars where the image is of the 'seed'. Here, Jupiter has the 'flowers'. I see both Jupiter and Mars as showing the need to nurture and nourish ourselves and others in every way possible. Nurture and watch things grow from small beginnings.

Pluto is in a wonderfully close trine aspect, also, to the new Moon. In fact there's a grand trine happening with the new Moon, Venus and Pluto. This is wonderful and shows how this new Moon looks set to bring some really good things our way. The trick is that many people are not exactly sure where they're going (in some sense, at least). It feels really important at the moment to get a handle on what is true and real and what is not, what is useful and appropriate and what is fake and unreal.

Pluto is on Capricorn 5: Indians - Some Rowing A Canoe While Others Are Dancing A War Dance. While some people just want to get on with their lives, others may want to cause obstructions, make war or just generally cause problems. Perhaps 'war' can involve wanting to make a difference, to right injustices and to stir things up where things need stirring up.

This is great and as it should be, but there will be issues of some just causing problems for the sake of causing problems. Be on the lookout for those who just want to 'rock the boat' and make life difficult for others. We need to 'row our canoe' and head in the direction we want and we may just have to jettison some things, memories, issues to do with the past, etc, and move on. Pluto in trine aspect to this new Moon is wonderful as it can help us to push past these barriers and into a more powerful, respectful and rewarding life.

Chiron is ever present, as he always ever is (smile), and he's bringing a challenge, also, to the new Moon. Chiron is opposite this new Moon at Pisces 3: A Petrified Forest, An Eternal Record Of A Life Lived Long Ago. This adds more oomph to the need to sort through what's real and what's not, what's worth hanging onto and what's not. Records from the past; papers, photographs, memorabilia, may need to be sorted through and some assigned to the rubbish bin of your history. Some, of course, you might like to frame and put up on the wall as a reminder of days gone by. Chiron, from my reckoning, is very much about 'the stories we tell ourselves'... have your stories about yourself fossilized over the years and become stuck in amber? The following are some of the themes for this degree:

Keywords: Remnants from the past. Stillness. Agelessness. Plastic surgery. Being able to withstand life's storms. Resilience. Crystals, diamonds, gemstones. Beauty that remains ageless. Wood and lacquered wood. Coal, oil and petrochemicals. Diets. Dependability. Family histories. Keeping records. Amber. Fossils. Geology. Archeology. Ancient remnants. Mental and emotional filing cabinets. Lingering evidence. Petrified wood. Photographs and photography. Stones. Stone monuments. Diaries.

The Caution: Rigidity, immobility, inflexibility. Being frozen. Not letting go of difficulties. Hanging on for grim death. Feeling stuck. Destroying the old. Severing links to the past. Keeping tabs. Memories that destroy the present.

It seems it's time to get straight about our stories, our lives, the myths we portray (perhaps betray), and to get going with our new objectives. Can you feel the energy building?

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

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

What are the Sabian Symbols?

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

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

For more Information: [click here](#)



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

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

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

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

A mini-reading works this way:

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

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

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

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

The reading explores what's going on in your life, how your life is unfolding, your gifts along with your challenges, why you are going through certain situations or attract particular types of relationships. The Sabian Symbols reveal, brilliantly and amazingly, your spiritual path and where you are headed. My readings are like no other as I use the Symbols in my own unique and in-depth style in order to draw together the pictures that colour your life and your destiny. If you know nothing at all about astrology, you'll see that astrology AND the Sabian Symbols are one of the best tools for self awareness, insight and discovery.

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

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

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

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





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Blue Green Blue; where the blue of the sky meets the green of the land meets the blue of the water. Joy.



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

Below: Community Video from Alaska: whales swimming and feeding; July in Alaska, view of the mountains from the sea, snow

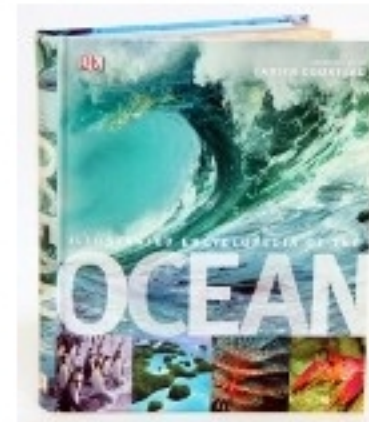


Won Park is the master of Origami. He is also called the "money folder", a practitioner of origami whose canvas is the United States One Dollar Bill. Remember one dollar bills? Bending, twisting, and folding, he creates life-like shapes in stunning detail. Some samples of Won's works:



Emu Volume 111 Number 3 2011

Contains: Museum collections in ornithology: today's record of avian biodiversity for tomorrow's world
by Leo Joseph, Using an age-structured population model to define management requirements for conservation of egrets in the Murray-Darling Basin, Australia by Anthony D. Arthur, Intergenerational transfer of plastic debris by Short-tailed Shearwaters (*Ardenna tenuirostris*) by Mark J. Carey
And much more at: [here](#)



Illustrated encyclopedia of the ocean.
Cousteau, Fabien.
London: Penguin Books, 2011.
\$45.00: 512 pp. colour illustrations, maps.

Explore the last wilderness left on Earth, the Ocean - with this compact guide with a striking new look. From mangrove swamp to ocean floor, mollusc to manatee, Atlantic Conveyor to Hurricane Katrina, unravel the mysteries of the sea. Marvel at the oceans' power and importance to our planet - as the birthplace of life on Earth, a crucial element of our climate, and as a vital but increasingly fragile resource for mankind. You will discover every aspect - from the geology of the sea floor and the interaction between the ocean and atmosphere - to the extraordinary diversity of marine life. Stunning illustrations and the latest satellite-derived maps explain and illuminate each natural process and phenomena. This title includes an inspiring introduction by editor-in-chief Fabien Cousteau.



Every Hour of TV You Watch May Shorten Your Lifespan By 22 Minutes [STUDY] - mashable.com

New research shows that there is a correlation between the amount of time you spend in front of the TV and how long you live.



Amazon Launches Cloud Services for U.S. Government - mashable.com

Amazon on Tuesday announced the launch of GovCloud, its cloud services designed specifically to meet the requirements of U.S. government agencies and contractors.



Planting for Wildlife
A Practical Guide to Restoring Native Woodlands
Nicola Munro, David Lindenmayer

Provides the latest information on restoring woodlands, with particular emphasis on plantings as habitat for wildlife.

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

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WIN a Rugby jersey signed by Wallaby **Rocky Elsom!** To be in running, email us at promotions@harpercollins.com.au by 31/8/11 and tell us why your dad deserves to win. There are 2 signed jerseys up for grabs!

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Just for Laughs at Sydney Opera House

MARTIN SHORT
DEMETRI MARTIN
RUSSELL HOWARD
AND MORE

AT SYDNEY OPERA HOUSE
1-4 SEPTEMBER

Just for Laughs at Sydney Opera House will premiere in September 2011 with a program conceived and created especially for Australian audiences, headlined by John Cleese that will feature the very best international and home-grown talent.

THE ROTARY CLUB OF PITTWATER PRESENTS

NORTHERN BEACHES SPRING CONCERT

NORTHERN BEACHES ORCHESTRA
AN EXCITING PROGRAM OF LIGHT CLASSICS
LIVE AND SILENT AUCTIONS FOR LOCAL CHARITIES

WEDNESDAY 7 SEPTEMBER 2011 - 7.30PM
THE GRAND THEATRE - UNITED CINEMAS WARRIEWOOD

TICKETS: \$35 (ADULTS) - \$25 (CONCESSION) - \$15 (CHILDREN UNDER 16)
SEATING IS LIMITED - ADVANCE BOOKING RECOMMENDED
DETAILS & ADVANCE TICKETS: WWW.ROTARYPITTWATER.COM

Farewell Curlew Exhibition - All Welcome

The exhibition at the GONE FISHING GALLERY will continue to run for the month of August and the gallery is open 10am-4pm Saturdays and Sundays

Aboriginal Support Group Manly Warringah Pittwater

AN INVITATION
Come and celebrate an amazing book
The Story of Bob Water and his Family
1803-2010
At Mona Vale Community Hall
7.30 pm Monday 12th September 2011

Meet Bob Water and author Nan Bosler
Hear about the background and the research that went into the information in the book
There will be time for questions

Meet Susan Duncan, author of The Briny Cafe
Where: Berkshire Mona Vale, 12-14 Park Street, Mona Vale, NSW, 2103
When: Tuesday, 20th September 2011 @ 06:30PM

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

PITTWATER COUNCIL

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

Palm Beach Markets
Looking for a nice way to spend a Sunday? Why not visit the Palm Beach Markets? You can browse a variety of stalls and listen to live music from 9am until 3pm. The markets are under the Governor Phillip Park (next to Dunes Restaurant).
Sunday 25 September
23 October
11 December.

Mona Vale's Twilight Markets
The markets are held from 5pm until 9pm in Village Park Mona Vale. Bring your picnic rug, enjoy tasty food and a drink of wine. You can browse a variety of stalls selling jewellery and fashion while relaxing with live entertainment.
Friday 7 October
Friday 21 October
Friday 4 November
Friday 18 November

Warriewood Children's Centre Open Day
17th Sep 2011 10:00am-12:00pm
Come and meet the staff and see the centre and the facilities

Mona Vale Library 'All About Food' Event
17th Sep 2011 10:00am-6:30pm
September is Food Month at Mona Vale Library - do you know about food?

Pittwater and Warringah Bike Day
18th Sep 2011 9:00am-4:00pm
Bike Week NSW event with Pittwater and Warringah Council.

BLAST OFF

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

Presented by Hurley

Walley Oval, AV SEPTEMBER 2011
26 - 27 - 28 - 29

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

BO11 entry final.pdf
Size: 1215.19 Kb
Type: pdf

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

Compiled by Tony Dawson, Editor.

HISTORY WEEK 2011
This annual event organised by the History Council of NSW will be held from 3 - 11 September. The theme this year is 'Eat History and the Q Station at North Head - will hold Community Days from 10am to 4pm on 10 & 11 September. Food traditions introduced by visitors and staff during the Quarantine Station's 150-year history will be explored, and there will be cooking demonstrations, food stalls and tours. Also throughout the week, the Warringah Council Library at Dee Wharf will have a photographic exhibition entitled 'From Garden to Table: Flavours of Warringah.' For details of other events in Sydney and all of NSW go to www.historyweek.com.au/20

October 2011 9.00 am - 4.30pm Symposium - Archiving the iconic: exploring community memory, meaning and pluralization
A series of intriguing, inspiring and entertaining archivist and non-archivist speakers will offer perspectives on working with cultural icons, community memory, meaning and pluralization. The day will comprise three sessions, between 9.00am and 4.30pm and iconic events. Topics to be explored include autobiographical spaces, sites of witness, public secrets, whistleblowers, social media and much more.

Manly, Warringah and Pittwater Historical Society Inc.
Established 1924
Patron: The Honourable Dr James Macken LLD
President: Jim Boyce
jimboyc37@gmail.com
Secretary (Memberships): Tony Dawson
9953 8374
dragdawson@hotmail.com

Join us on the water and see what you Discover

TOUR SCHEDULE
Saturday 6 AUGUST 2011
Upper Berowra Creek
Berowra Valley Regional Park
Sunday 4 September 2011
Cowan Creek Headwaters
Ku ring gai Chase National Park
Saturday 15 October 2011
Hawkesbury River Adventure
Maugamara Nature Reserve
Sunday 13 November 2011
Lane Cove River
Lane Cove Regional Park
Saturday 3 December 2011
Akuna to Refuge Bays
Ku ring gai Chase National Park

PADDLE OUR PARKS KAYAK DISCOVERY TOURS
Join us on a guided kayak adventure and see the parks from a unique angle. Our guides will show you the hidden gems of the parks, including the history, nature and the beauty of the parks. We'll also have a picnic and a drink of wine. The tour is suitable for all ages and abilities. Book online at www.wildworld.com.au

Pittwater YHA Open Day
4th September 2011
Includes free ferry trip @ 12.30 pm leaving Church Point Wharf
BBQ lunch music whilst eat
Open Day speakers include local architect and Pittwater resident.

For Royal Motor Yacht Club Members

The President, Commodore and Officers of the Mess
Royal Motor Yacht Club Broken Bay
Request the pleasure of your company

2011 Formal Mess Dinner

Venue:
Main Dining Room, Royal Motor Yacht Club
46 Prince Alfred Parade, Newport NSW 2106

Date:
Saturday 10th September 2011 at 1830 hours.

Dress:
Men: Ties, Jackets, Waistcoats, Miniatures, Black Tie
Ladies: Cocktail Dress, Evening Wear

Cost:
\$75 per person & includes cocktail on arrival, delicious 3-course Dinner & Dancing to the fabulous sounds of the **EXQUISITE HORNS**

R.S.V.P
before Monday 5 September 2011 to 9997 5511 to reserve your tickets

Manly Arts Festival 2011
2 - 18 September

Many of our local artists are a part of this year's Festival; details in Brochure Below and at: <http://www.manlyartsfestival.com>

MAF2011 program.pdf
Size: 1995.882 Kb
Type: pdf

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Living Ocean Film Festival Saturday, 24th September

Festival 2011 Palm Beach RSL is hosting the launch of the inaugural Living Ocean Short Film Festival - an event showcasing short films celebrating the theme 'Living Ocean in any of its inspirational aspects, and/or a 30 second commercial drawing attention to the crisis of plastic pollution in our oceans.'

3rd Annual Kids Clothes Swap

Friday 16th of September
9am-12 noon
1 Elaine Avenue
Sizes 000-10 boys and girls
Upsize, downsize or just donate all your outgrown kids clothes. Much appreciated by the local mums. Keeping it local and recycled.
Email: emmakatewilson@yahoo.com.au for details

Researching Your Market

Date: 13th Sep 2011
Time: 9am - 12:45pm
Cost: \$50 morning tea refreshments included
Website: www.fdiqirgs.com.au

Mona Vale Garden Club 40th Spring Flower Show

Date: 4th Sep 2011
Time: 10:30am - 4pm
Venue: Ted Blackwood Hall, Jacksons & Boondah Roads, Warriewood

Pittwater Artist's Trail 2011 - 2012

Home Studios 2011 - 2012

Local Markets

Palm Beach Market

- Venue: Governor Phillip Park, Palm Beach
- Time: 9am to 3pm
- Contact: Nikki Griffin 9970 1355 or email: nikkigriffin@pittwater.nsw.gov.au
- Organic fruit and vegetable stallholders are encouraged to apply. 2011 markets will be held on 25 September, 23 October and 11 December.
- Application form 2011 markets

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

- Friday: 2nd September, 7 October, 2 December 2011 - 5pm to 9pm.
- Venue: Village Park Mona Vale
- Contact: Nikki Griffin 9970 1355 or email: nikkigriffin@pittwater.nsw.gov.au
- Hot Food Vendor: www.cantastate.com
- General Stall Vendor: contact@palm.com

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

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: 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: artisans@events.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: bluesky@blueskymarkets.com.au

LifeLine Northern Beaches Book Fair

Date: 28th Aug 2011
Time: 9am - 3pm
Venue: Ted Blackwood Hall, Cur Jacksons and Boondah Roads, Warriewood

Soup for Soibada #2

Win a Prize in the Father's Day Raffle

Soup for Soibada Fund Raiser

Warm your belly and support the people of Soibada in Timor-Leste.

Soibada is an isolated village with few resources. It is located high in the mountains in central Timor and is only accessible by foot. The Portuguese, the remnants of East Timor's communities have been devastated by past occupation by Indonesian and military groups and subsequent natural following independence.

The people of Soibada have been rebuilding their small community since independence. However, they need further support to improve the health, well-being and capacity of the community. The purpose of establishing a strong relationship with the Soibada community is to provide their support for local projects and promote skills that will contribute to the long term independence and sustainability of the community.

When: 28th September 2011 7 to 10 pm
Where: Manly Regalia Catholic Church Hall next to drive way Central Road Enquiries: info@soibada.org.au or 0418 960 570

SEAFOOD BUFFET

with fresh carvery & homemade dessert
IN THE TOP DECK DINING ROOM

ADULTS \$55pp
KIDS (12/u) \$35pp

Sunday 28 August 2011
12.30 to 2.30

Pittwater Camera Club - Phillip Ramsden presents Macro Photography

Date: 28th Aug 2011
Time: 8pm - 10pm
Venue: Byra Hall, 1842 Pittwater Road, Bayview 2104, Contact: 0408 633 173
Website: www.pittwatercameraclub.org

Pittwater RSL BEATLES MAGIC BRITISH INVASION

Saturday 24th September

Manly Art Gallery

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

Exhibition dates: 2 September - 6 November 2011

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

Exhibition dates: 2 September 2011 - 14 August 2012

Narrabeen Lagoon Catchment Traverse

Warringah Councillor Conny Harris will lead this 4 hour bushwalk in Garigal National Park.

Date: 11th Sep 2011
Time: 8am - 12pm
Grade: Medium with some inclines
Meet starting next to 27 Morgan Road
Register: Email conny.harris@warringah.nsw.gov.au You must register to attend - don't just turn up on the day.

Friends of the Narrabeen Lagoon Catchment

Secrets and Special Places
Sun Sept 18 @ 12pm-4pm

The lagoon supports a wide range of threatened flora and fauna. This new, half bushwalk led by Friends President Tony Carr, will circumnavigate a beautiful waterway. Expert commentary on its wildlife, Aboriginal history and ecology. You'll visit Deep Creek or we can provide comfortable hire boat (\$55 per person or \$48 for Friends members). Kayaks are provided by a company independent of Friends. No previous paddling experience required - tuition will be given. Free with your own kayak or we can provide comfortable hire boat (\$55 per person or \$48 for Friends members). Kayaks are provided by a company independent of Friends. Phone: 0411 502 056 or Email tonycarr@ozemail.com.au You must register to attend - don't just turn up on the day.

St Marks art & craft at the park

An opportunity for local Avalon and Palm Beach artists and craftsmen to exhibit, showcase and sell their works.

Art and crafts people from the 'Bends to Barrenjoey' - the post codes of 2107 and 2108 are invited to enter art and craftsworks to connect and engage in our local community. A chance to encourage new and old artists to show their works with already established local artists. A small way (a beginning) to mentor and meet.

Funds raised will be donated to support the Manly Warringah Women's Refuge

Three designated groups:

- Junior Division: Kindy to year 8 - Entry Fee: \$ 10.00 per piece
- Youth: year 7 to year 11 - Entry Fee: \$ 10.00 per piece
- Open: year 12 and beyond - Entry Fee: \$ 15.00 per piece
- Art and craft table - Entry Fee: \$ 5.00 per table
- \$50.00 for large art works - 150cm x 150cm / 1.5m x 1.5m

Prizes totaling \$800.00

Details to remember

- Date: September 16th, 17th & 18th 2011
- Where: Avalon Community Centre
- Registration: info@stmarks.org.au
- Registration close: September 1st 2011
- Click here for registration form PDF

Pittwater YHA, Flora Fauna

Photo Weekend: 2 to 4 August 2011

Wildlife photography instruction with Ken Griffiths

"DOOBIES EAGLES WEST COAST ROCK SHOW"

Saturday 10th September 2011

Featuring:
The Legendary BARRY LEEF

Vocalist/Drummer extraordinaire KIMI TUPAEA
Guitar Heroes REX GOH and PETER NORTHCOATE
Bass/Vocals Mr VICTOR ROUNDS
Keyboard Giants GARRY STEELARA NERCESSIAN
Drums RICHARD HARVEY Percussion/Vocals TERE LEE

You are invited to the official launch of the Kimberley Campaign

Where: North Head Sanctuary, North Head, Manly
When: Saturday 10 September at 11am

Speakers:
Mr Lyndon Schneiders, TWS National Campaign Director
Dr Anne Peckin, Nyikina Traditional Owner from the Mardoowarra
Mr Neil McKenzie, Jabiru-Jabiru Traditional Custodian and Yawuru Traditional Owner from the Dampier Peninsula.

Robus Club of Pittwater

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

Pittwater Robus Club is a men's club. Join and enjoy the experience of new friends, interesting guest speakers and mixed lunches and social functions in the wonderful atmosphere of Mona Vale Golf Club. More information here

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

Future excursions
20 Sep Etaling Beach Club, 13 Oct Club BBQ Lunch, North Palm Beach, 15 Nov Postman Ferry.

Avalon Beach RSL

Saturday Nights
8pm

BLAZED UP
8pm

Saturday Nights
8pm

PITTWATER COUNCIL

SPONSORS & STALLHOLDERS SOUGHT FOR DOG DAY BY THE BAY

Pittwater Council will host their popular Dog Day by the Bay at Rowland Reserve Bayview on Sunday 25 September and are looking for stallholders and sponsors for the event.

Organiser's Renae Projects from the Council said that stallholders should be providers of products and services for dogs. 'The day will be a mix of fun events and talks on interesting topics relevant to dog owners,' she said.

"Highlights of the day include MCs Brian and Kaye from Pat Tack Radio and Australia's leading animal trainer, Steve Austin discussing a range of issues relating to dog behaviour and providing some entertaining demonstrations. We're also keen to hear from organisations who wish to sponsor the event or provide prizes."

Ms Projects said Dog Day by the Bay was aimed at dog-owners and their pets and regularly drew a crowd of around 2000. The event is now in its 11th year.

Sponsorship packages range from \$1500 to \$4000; full details are available at www.pittwater.nsw.gov.au/dogday

Learn alongside local women in business? Then this 1/2 day hands-on program is for you!

Registrations are essential! Robyn.woolley@pittwater.nsw.gov.au

Mona Vale Garden Club 40th Spring Flower Show

Date: 4th Sep 2011
Time: 10:30am - 4pm
Venue: Ted Blackwood Hall, Jacksons & Boondah Roads, Warriewood

Spectacular exhibits of flowers/vegetables & floral art - Children's floral exhibits. Goods for sale at the plants; craft & white elephant tables. Refreshments available. Gold Coin Admission - children free.
Contact Name: Cheryl Wunsch
Phone: 9971 7875 Email: munby@pubstat.net.au

Pittwater Artist's Trail 2011 - 2012

Home Studios 2011 - 2012

Researching Your Market

Date: 13th Sep 2011
Time: 9am - 12:45pm
Cost: \$50 morning tea refreshments included
Website: www.fdiqirgs.com.au

Would you like to:
Learn how to identify your niche markets?
Find your business markets via the internet?
Learn how to maximise your business exposure?
Network with other women in small business?
Learn alongside local women in business?
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August 28 - September 3, 2011: Issue 21



Above: Dick Gooding (on right of door) from Lincoln Coffee Lounge & Cafe, Rowe Street, Sydney / photographed by Brian Bird c. 1948-1951. The Lincoln Coffee Lounge is said to be the birth place of the "Sydney Push" movement in its early days, just after the war. A popular meeting place for artists & writers, it comprised a mixture of university students, lecturers, Bohemians & Libertarians. Photo No: a1629001 courtesy State Library of NSW. Find more detailed information about this photographic collection: [here](#)

Below: John Barry, proprietor (standing at rear) from Lincoln Coffee Lounge & Cafe, Rowe Street, Sydney / photographed by Brian Bird c. 1948-1951. The Lincoln Coffee Lounge is said to be the birth place of the "Sydney Push" movement in its early days, just after the war. A popular meeting place for artists & writers, it comprised a mixture of university students, lecturers, Bohemians & Libertarians. Photo No a1629007, [Courtesy the State Library of NSW](#).



Further reading;

Article: <http://www.takver.com/history/aia/aia00026.htm>

Darcy Waters: <http://www.takver.com/history/sydney/waters.htm>

Germaine Greer:
http://www.usyd.edu.au/sydney_ideas_quarterly/columns/01_in_the_loop.shtml

John Anderson (philosopher). (2011, August 14). In Wikipedia, The Free Encyclopedia. Retrieved 20:21, August 21, 2011, from [http://en.wikipedia.org/w/index.php?title=John_Anderson_\(philosopher\)&oldid=444874197](http://en.wikipedia.org/w/index.php?title=John_Anderson_(philosopher)&oldid=444874197)

SMH Video Conference transcript:
http://www.smh.com.au/10years/videoconf/Anne_Coombs.html

Sydney Push in Wikipedia: Sydney Push. (2011, July 14). In Wikipedia, The Free Encyclopedia. Retrieved 20:24, August 21, 2011, from http://en.wikipedia.org/w/index.php?title=Sydney_Push&oldid=439365740

THE SYDNEY PUSH

By George Repin AM

Reference to the Sydney Push in the article [Remembering Rowe Street](#) in the last issue may have sparked interest in what this was. This is a brief outline.

When Sydney was a much smaller city, with a population of about one million people in the 1950s, intellectual and artistic life, though relatively limited, flourished in what is now the central business district. In this environment, influenced by the empirical philosophy



of John Anderson, Professor of Philosophy at the University of Sydney and his Freethought Society, the Sydney Push provided a formative experience for several generations of young adults, during the late 40s and into the 50s and 60s. At the centre of influence within the Push were the Libertarians whose views were anarchic and pessimistic and who embraced anti-careerism and sexual freedom at a time long before the "pill" launched the sexual revolution in the wider community.

Photo: John Anderson, 1926.

In a society which was essentially conservative, in the aftermath of World War II and post-war uncertainty, those coming into contact with the Push were exposed to rejection of respect for authority, family values, hard work and sobriety. Some, such as the almost legendary figures Darcy Waters and Roelof Smilde, recognised by many as leaders of the Push, were involved throughout its existence. Some like the poets Lex Banning and Harry Hooton, and Margaret Elliott (later, as Margaret Fink, the producer of the outstanding award-winning movie "My Brilliant Career") stayed for varying periods of time while others, such as Paddy McGuinness, Germaine Greer, Robert Hughes and even Clive James, were affected and influenced, but moved on. While many who were part of the Push are now names well known to the wider community those most influential at its heart are largely forgotten.

The Lincoln Inn, a coffee lounge which opened in 1948 in a basement on the corner of Rowe Street and a lane which ran at the back of Repin's Quality Inn to King Street, attracted "bohemia" as its clientele. Its customers were students, artists, actors, journalists, musicians and the poets Banning and Hooton. On the walls were drawings of the young John Olsen.

When the Lincoln closed in March 1952 "the Rowe Street crowd" moved to the first floor of Repin's Coffee Inn at 130 King Street. During the quiet afternoons, free of the lunch and dinner crowds, they sat in the dark timber cubicles against the windows looking over King Street towards Culwulla Chambers and conducted their vigorous discussions. Lex Banning, despite suffering from cerebral palsy, was an active participant over the years as was Darcy Waters. Here Margaret Fink became a Push regular. Many others came and went. Repin's at 175 Pitt Street, near the GPO also was a haunt of the coffee drinking conversationalists who were part of the Push.

In the evening coffee gave way to other beverages and members of the Push were regulars at various city pubs for longer and shorter periods, including The Tudor in Phillip Street, The Assembly, and the Newcastle Hotel in George Street near Circular Quay. However, in late 1957 The Royal George in Sussex Street became the Push pub and its back room became the centre of a thriving social scene with the Sydney Libertarians engaging in vigorous debate.

By 1970 the Push began to fall apart, a victim of its own internal contradictions.

Having stood aside from involvement in the pursuit of professional or political goals in an orthodoxy of non-conformism and now faced with significant community issues such as censorship, women's liberation and the green ban movement in which some Libertarians had become involved, the Push faded away.



Photos in text: George hotel: The former Royal George Hotel building, Sussex and King Streets, Sydney. Photo taken by [Bijenks](#) on 21 April, 2004. 1926 photo of John Anderson from: <http://www.cultureandrecreation.gov.au/articles/push/>

Copyright George Repin, 2011.

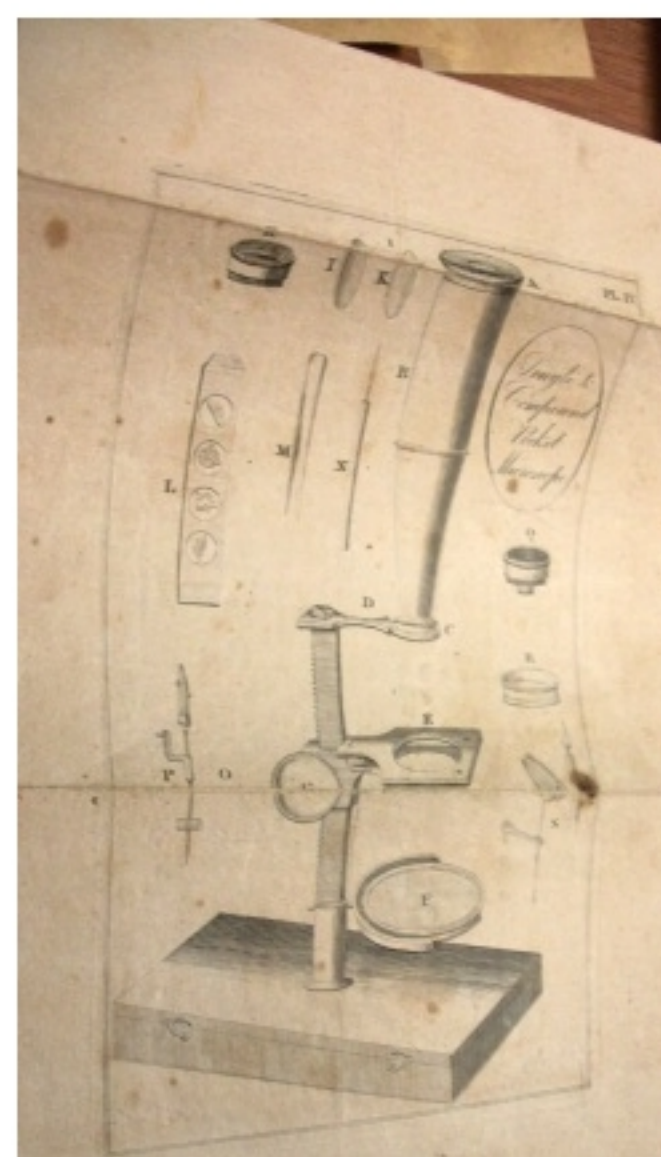
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August 28 - September 3, 2011: Issue 21

Gould's Improved Single and Compound Pocket Microscope



Galileo Galilei perfected the first device known as a microscope in 1609. His compound microscope had a concave and a convex lens. The first microscopes were monocular instruments with simple lenses and made of brass. The sample here is from 1840 which, some sources tell us, are the oldest an antique microscope collector may hope to find. It was designed by Charles Gould who worked for the nephews of William Cary, a very popular instrument maker, establishing himself as such in 1789. His nephews continued to run his business after his death in 1825 at 181 Strand, London. Henry Gould, son of Charles, eventually took over this business which continued until 1891-94.



When this microscope was demonstrated it was shown that you insert the numerous lenses to create a greater magnification. Using the device with a single lens was also an option, thus the 'Single and Compound' name. The instrument is made from brass, the lenses were hand-made too. The box itself is made from mahogany. This model became very popular and well known and would have been utilised to examine everything from small insects to stone samples. Even the notes that came with it were handwritten in a beautiful sloping script.

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