December 18 - 24, 2011: Issue 37

Quote for the Week

Wherever you go, no matter what the weather, always bring your own sunshine. ~Anthony J. D'Angelo

Past Features Archives

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Clareville Beach in Afternoon Light by Geoff Clarke

Mr Clarke is a 78 years young resident who is up at dawn to photograph local beachs and bays.

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This Weeks Articles

Clareville Beach in Afternoon Light by Geoff Clarke

New Year's Eve in Pittwater 2011; What's On

Profile: December Gents: Summer 2011; Andrew Holder, Author, Father, Speaker, Entrepreneur.

Previous Profiles:

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

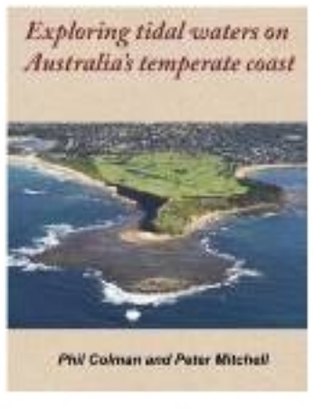
History: Summer Houses: Shacks, cottages, boarding houses and mansions; Collin's Retreat becomes Bay View House becomes Scott's Sanatorium, Guest House, Boarding House and Hotel. Crystal Bay, Newport.

Previous History Pages:

Marie Byles Lucy Gullett Kookoomgiligai Frank Hurley Archpriest JJ Therry Sir Patrick Gordon Taylor Bowen Bungaree W. Bradley 1788 Journal Midholme Loggan Rock Cabin La Corniche La Corniche II Lion Island Bungan Beach Botham Beach Scarred Trees Castles in the Sand Dame Nellie Melba lunches at Bilgola Spring, 1914 First to Fly in Australia at North Narrabeen Mona Vale Golf Club's Annual Balls Governor Phillip camps on Resolute Beach Ruth Bedford Jean Curlewis Mollie Horseman Charlotte Boutin May Moore Neville W Cayley Leon Houreux Frederick Wymark Sir Adrian Curlewis Bilgola Heron Cove Mullet Creek Shark Point Woodley's Cottage A Tent at The Basin

Park Bench Philosopher: A HAPPY CHRISTMAS INC. by Martin Thorndycraft

Food: Lunch at Barrenjoey house



Books: books written by residents for Christmas gift inspirations: Anecdotes, Astrology, Birds, Food, Histories, Journeys, Surfing; if we've missed you, send it in !

Old Books: **December; Summer** by Edith Wharton and also a version by 17th Centuary Scottish Poet, James Thomson

Events: ArtzSpace, Tumbleweed at Mona Vale, Sandcastles at Windsor, Peats Ridge Festival, It Just Is Cricket, Christmas Carols Time, Circus Oz, Picasso, Art Raffle, Ocean Swims, Summerama, Saltwater-Freshwater Market calls for stallholders, History Competition, Council Events, New Year's Eve notices.

News From our Inbox: A Christmas Carol from 1910; remastered Edison Production, Weather Photo Competition, Australiana, Internet and Marketing News, New CSIRO Wildlife Research magazine

Community News: Community Vale, Loosely Woven 'Summertime' Concert, Legacy Lunch, Isaac Newton now Online, Holey Dollar, Shorac End of Year Report, BBMR Summer Boat Safety Tips, The PON Newsletter, Council's Notices, Media Releases Federal Government.

Environment; **Identifying Pittwater Wildflowers: Waratah**, Coastal Ambassadors 2013 applications open, **WetlandCare Australia Photo and Art Competition**, New CSIRO Mags, **Cooee Newsletter for Dec**., Seed Bank with full Index of all Australian plants Facts Sheets and more.

Lynda Hill: **Update 7.12.11**: The Search For Meaning - Where To Find It? December's Gemini Lunar Eclipse

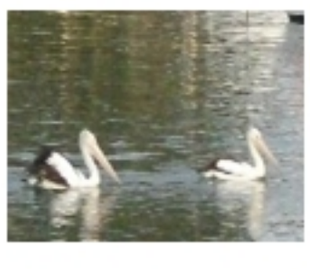
Pictures: Summer Greenings.

Youth: Waratah Legend and Australian Books Online at Project Gutenburg, Pittwater Council's School Holiday fun, Links for local websites for, about and by Youth.

Seniors; London Bridge May Never Fall Down, Colours, link to Seniors Online Newspaper and Information regarding local Health and Education Activities.

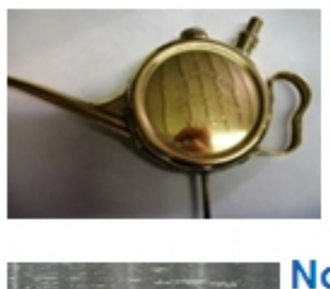
Community Clubs: Updates on Activities and links to sites.

Artist of the Month: The band **Suspect Behaviour** and **Taking the Drop**; inspirational new book on taking up surfing in your 40's by four resident ladies



Reflections by George Repin. **This week; The Paragon at Katoomba**

DIY Hints: Great ideas on seasonal themes from Bruce Crutcher of Johnson Bros Hardware. This week: **Decking Finishes**



Collector's Corner: The No.38 Roll's Royce of Motor Oilers

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

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New Years Eve in Pittwater 2011 What's On

Going to the beach for a BBQ or sitting back on your own or a friend's boat and watching the fireworks whilst sipping champagne and eating whatever you've packed into a hamper are great alternatives for NYE in Pittwater. Racing between parties is fine for a few hours but as midnight approaches you will want to be where you most want to be. On the harbour amongst a zillion others may not be it!

To give you an overview of the local alternatives, especially if you feel like putting on your good shoes, frock or shirt, dancing a bit and enjoying some fantastic food and wine without having to clean up afterwards, we have put together what's on and where.

For fireworks fans the Newport bays and Rowland Reserve opposite will give you the best vantage points for the light spectacular. The Royal Motor Yacht Club is putting on a dinner and dance, with 'On The Prowl' providing the music. Cost is $115 per person. Book at: http://www.royalmotor.com.au/contact-us.html At the Newport Arms The Terrace restaurant has a 7 course degustation feast, which includes beverages, and moonlit dance-floor for $170.00. See their menu at: http://www.theterraceonpittwater.com.au/new-years-eve.html

In the grounds of this grand old dame of hotels will be a strictly over 18's beergarden which will have the largest outdoor waterside screen to show the Sydney Harbour Fireworks. Entry to the grounds is free and music will be played from sunset. The estuary fireworks will be at 9pm and again at midnight; great for those with little ones who want to get them something children-friendly in the Bistro and have them tucked in bed by 10pm. Both The Arms and RMYC have courtesy buses. The Hotel will close at 2pm and the Royal Motor Yacht Club at 12.30pm.

There will also be a Dinner and Dance at Pittwater RSL: http://www.pittwaterrsl.com.au/index.html

North at Jonahs, overlooking Whale Beach, a five course dinner with music by the Lionel Robinson trio, with a glass of champagne on arrival is on offer. The cost will be $170 per person. Bookings are essential and can be made on (02) 9974 5599 or enquiries@jonahs.com.au.

In Avalon, The RSL will have Karaoke on offer which, judging by those leaping up to stretch their vocals chords last Saturday, is becoming more and more popular. A glass of ale or bubbly there will certainly 'oil the throat' and their Bistro always has great fare.

There's simply no need to travel all the way into town and then try and get home again. Pull up your boat, pull on your sandshoes or stilettos and enjoy the local feasts for the palette and eyes.

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Articles This Week

New Year's Eve in Pittwater, 2011; What's On

Reflections by George Repin: The Paragon At Katoomba

DIY Hints by Bruce Crutcher: Decking Finishes

Profile of the Week: Andrew Holder; Dad, Speaker, Author

History: Summer Houses; Collin's Retreat, Bay View House and Scott's Sanatorium, Guest and Boarding House, Crystal Bay

Collector's Corner: No.38 Motor Oiler

Legacy Ladies Lunch at Avalon
13th of December, 2011.

Avalon Beach RSL hosted a Christmas lunch for our Legacy ladies on Tuesday with wonderful food, entertainments and jokes aplenty by the Avalon Voices and MC's Norma and David Bennett. A 'Coffee Break' sketch and a rendition of 'Love and Marriage', which finally disclosed a rather pregnant singer, brought laughter and appreciation from the audience. A sing-a-long of old classics such as Tulips From Amsterdam as well as Christmas Carols roused Santa from wherever he was and he too put in an appearance and took an opportunity to distribute gifts to all present.

We understand Santa (aka Commodore Graham Sloper AM RAN Rtd.) returned on Thursday to the Avalon Beach RSL's Children's Christmas Party and again kept everyone entertained. He's pictured below with one of the young ladies who attended Tuesday's lunch.

Pittwater Cares
7th of December, 2011 from RMYC

Pittwater Cares is a programme providing families who have children with serious or terminal illnesses and have been in residence at Ronald McDonald house with an all-expenses paid holiday. RMYC was pleased to be involved and hosted a dinner for 19 adults and 11 children with surprise Christmas gifts for the kids.

Photo: Kate Doube from the RMYC Quarterdeck Brasserie helped out on the night to bring joy to the children of Ronald McDonald House

RMYC Christmas Hampers - Salvation Army

RMYC Life Member Eleanor Swansbra and her Santa's little helpers recently packed together some unexpected gifts to the Salvation Army to be enjoyed by those less fortunate than us at this time of year.

Photos: Santas little helpers | Eleanor Swansbra and RMYC General Manager Karen Baldwin

PITTWATER COUNCIL

Council offices will close at 12 noon on Friday 23 December and reopen at 8.30am on Wednesday 28 December. We will also be closed for the public holiday on Monday 2 January.

CHECK ON YOUR FESTIVE POWER USE

Pittwater residents can learn how to save power and money over the festive season by borrowing a **free Save Power Kit from Mona Vale and Avalon libraries**. Council's Library Manager Cathy Howie said the free kits were part of the NSW Government's Save Power program. "In the run up to the holiday season when you are powering up your Christmas lights, a Save Power Kit will be helpful in establishing how much energy you're using at home."

Ms Howie said The Save Power Kit contained tools and instructions to help people find ways to save power, reduce their power bills including their impact on the environment. The kits are the latest in a series of education initiatives to help NSW householders learn more about their power use, developed as part of the Department of Environment Climate Change and Water NSW (DECCW) Save Power program.

DECCW Director General Lisa Corbyn said the library kit tools can be used to measure power use from appliances, find out where energy is being wasted and learn how to improve efficiency to save on bills. "The kits can be used in the comfort of your own home to work out what's using the most power, what's wasting power and the easiest ways you can save," Ms Corbyn said.

The kit comes with a guidebook to get you started and an action plan to record results and plan your improvements. For more information call 9970 1600 or visit the Save Power website at www.savepower.nsw.gov.au/librarykit

Mona Vale library is located at 1 Park Street, Mona Vale and Avalon Library at 59a Old Barrenjoey Road, Avalon.

ARE YOU A READING CHAMPION?

Lovers of reading are invited to be part of Pittwater's celebration of the National Year of Reading in 2012. Mona Vale Library is looking for residents who are avid readers and willing to coordinate a project to encourage residents to read more. Library Manager Cathy Howie said that reading champions will be awarded Bronze, Silver, or Gold status depending on their level of involvement.

"A bronze reading champion could get involved in writing book reviews or making reading recommendations".

"To become a silver reading champion you could organise a themed display in the library, while a gold champion may set up a reading event".

"A reading event could involve arranging something with a local school," added Ms Howie.

The National Year of Reading 2012 is a collaborative project joining public libraries, government, community groups, media and commercial partners, as well as the public.
For more information on the National Year of Reading 2012 visit www.love2read.org.au

For more information on becoming a Pittwater Reading Champion call 9970 1600 or to register your interest visit www.pittwater.nsw.gov.au/readingchampions

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

R U OVER IT?

Pittwater and Warringah Councils will be joining forces over the Christmas and New Year holiday period with a drink drive campaign known as R U Over It?

The campaign focuses on thinking about the day after a 'big night out' and the possibility that you may still be over the limit.

Pittwater Council's Road Safety Officer Michelle Carter said that the community needs to be reminded that alcohol can stay in your system for a surprisingly long time, even after sleeping, having breakfast and a shower!

"To help promote the R U Over It? message, pubs and clubs and other venues will be issued with free resources such as poster, coasters and brochures, " said Ms Carter.

"And to reinforce the drink drive message, bottle shops will be issued with paper bags with the random breath test message You Won't Know Where….You Won't Know When".

During the lead-up to Christmas and throughout January the Northern Beaches Highway Patrol will also ramp up their presence on local roads with a campaign known as Operation Burgundy.

Senior Sergeant Rick Janssen from the Northern Beaches Highway Patrol said they will be targeting drinkers who get behind the wheel of a car with random breath testing.

"What is of particular concern to us is that the northern beaches was ranked number one last year in the Sydney Metro area for drink drive charges," said Sgt Janssen.

Warringah Road Safety Officer Peter Wright also wished to remind residents that if they are going out and are drinking alcohol that they plan in advance how they are going to get home. We urge you to leave your car at home," said Mr Wright.

To help you plan your night out, you can pick up a Pittwater and Warringah Late Night Transport Card which provides details of local venues with shuttle services, taxi information and local evening bus timetables. The transport card is available at Council's customer service offices or at www.pittwater.nsw.gov.au/localservices or www.warringah.nsw.gov.au

The R U Over It? campaign will begin on 12 December and will run until the end of January.

Seniors Week 2012

Council is seeking senior's groups and organisations to host an event as part of NSW Senior's Week between 18 and 25 of March, 2012. Contact Susan Machar on 9970 1169 or email details of your event to seniors@pittwater.nsw.gov.au

Christmas Vacation Care

Pittwater Council's Vacation care service at Narrabeen looks after children from kindergarten through to Year 7. Bookings open 9am on November 23rd. Visit www.pittwater.nsw.gov.au/children for details or call 9970 1118.

Recreational boating: preparing for

Summer
from Broken Bay Marine Rescue

Every year Marine Rescue assists recreational boat users who have broken down for various reasons. Marine Rescue volunteers at Bayview will always assist if they can as that is what they are trained and volunteered for.

The typical breakdown causes can vary from running out of fuel, or dirty, or contaminated fuel, dead battery, engine failure or other reason why the boat is unserviceable or the engine will not start.

There may be many causes as to why an engine will not start and one of them is that whilst at anchor there has been a large drain on the boat's batteries.

Before going out on the water it is important that boat owners check what accessories are connected to the battery when the engine is stopped. These could include a fridge, kettle, stereo, etc. or, the engine may not have been run for some time.

Before setting out for the first time at the commencement of the season it is worth checking the condition of your boat. Is the fuel fresh, are the electrics in good condition, are all the moving parts in good condition and not jammed with corrosion?

There is a comprehensive checklist on websites. One is for example "Boating Industry Association".

It is so much more convenient to check your boat before you go out than have a breakdown when you are on the water. It is important not to be in a hurry when preparing your boat for the water because if you breakdown you will have plenty of time to regret it.

Marine Rescue runs various courses to educate boaties in how to enjoy their boating safer. These and other useful information can be found on www.marinerescuebrokenbay.org.au.

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

Compiled by Tony Dawson, Editor

SAVE A VITAL LINK

KILLARNEY POINT and surrounding Bushland provide the vital link connecting Davidson Park with Bantry Bay, both part of Garigal National Park.
You know how special this area is. Will you help to safe-guard forever this
1. Historic and Heritage link with Federation years
2. Essential wildlife corridor.
3. Beautiful Flat Rock Track
4. Harbour to Hawkesbury walking trail?

Killarney Point (known to many as Killarney Picnic Grounds) is for sale, representing a unique opportunity to seek in-corporation in Garigal National Park.
There is a huge 'hidden' swell trying to preserve these Historic Killarney Picnic grounds. Will you help turn it into a tidal wave?
Contrary-wise in private hands the property may be beyond regulation – all of the above can disappear – No Heritage – no wildlife corridor - no walks – no peaceful respite and the locality may be subject to parties and percussion music.
Please write (fax or hard copy better than email) to your State Member of Parliament and/or other representatives to make your voice heard. Relevant contact details appear below.
Brad Hazzard MP – Member for Wakehurst and Minister for Planning and Infrastructure Level 33 Governor Macquarie Tower, 1 Farrer Place, Sydney NSW 2000
Mike Baird MP – Member for Manly and NSW Treasurer Electorate Office: 2 Wentworth Street, Manly, NSW 2095 Tel: 9976 2773 Fax: 9976 2993 manly@parliament.nsw.gov.au
Rob Stokes MP – Member for Pittwater Electorate Office: 1725 Pittwater Road, Mona Vale, NSW 2103 Tel: 9999 3599 Fax: 9999 0922 pittwater@parliament.nsw.gov.au
Warringah Mayor Michael Regan Councillor Julie Sutton Tel: 9942 2422 Fax: 9942 2604 Tel: 9451 5769 Fax: 9452 5769 mayor@warringah.nsw.gov.au Mob: 0418 962 519 julie.sutton@warringah.nsw.gov.au
Councillor Dr Conny Harris Councillor Virginia Laugesen Tel: 9451 3231 Fax: 9453 1240 Tel: 9400 3299 Fax: 9400 3299 Mob: 0432 643 295 Mob: 0437 499 959 conny.harris@warringah.nsw.gov.au virginia.laugesen@warringah.nsw.gov.au
Tony Abbott MHR – Federal Member for Warringah Electorate Office: 17 Sydney Road, Manly, NSW 2095 Tel: 9977 6411 Fax: 9977 8715 tony.abbott.mp@aph.gov.au

Aboriginal Support Group Manly Warringah Pittwater

Click on logo above to vist 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

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Community Vale

Doug Crane Classic
Sunday 18th of December at 10am

A minutes silence will be held at this year's Doug Crane Classic to honour Douglas Crane, a man who gave so much to Avalon Beach SLSC. Doug was a quiet self-effacing and wonderful gentleman who was a club member for 65 years, Club President for twelve years and still taking part in Patrols until recently. He loved his fishing and a career as a Naval Architect was extended to building his own surfboat. His quick mind and generous spirit shall be missed by his family and our community.

Jenny Hill
From the Pittwater Offshore Newsletter

Sadly Jenny Hill, CPRA's founding member and long standing President passed away. She died peacefully at home. Jenny was a long term Church Point resident who took an active role in community issues. She had numerous recollections of living at the point including almost lost memories of the Pasadena when it was a garage and dance hall.

She was a kind and considerate friend to those who new her and an inspiration to us all. Her dance card was always full. Jenny always felt frustrated at the divisions within our community and worked tirelessly to break these down and find common ground. She was a gifted artist and ran art lessons up until recent times.

Summertime Loosely Woven Concert
from Kath Moody

Local talented musicians "Loosely Woven" gave the community an exceptional Christmas feast of music last Sunday (11th Dec) at Avalon Baptist Church. Everything was free!

There was a happy and enthusiastic audience and a great diversity of music had been chosen by the musicians as well as by their leader Wayne Richmond. One member of the group is musician and music lecturer Gill Stubington (Uni. Of NSW) and as usual her arrangements and input were superb.

Some outstanding numbers were the sad and beautiful "The Bethlehem Bell Ringe" – longing for peace in Palestine, "The Huron Carol" , "Susanni" , "O Holy Night".

Loosely Woven always do some fun numbers to get the audience laughing and this time it was "Granpa's gonna sue the pants offa Santa".

As well the audience gave generous donations to help Amnesty International Aust. fight against injustice around the world and many signed petitions to Yemen and Turkey to protest about 2 victims of human rights abuse in those countries.

Pittwater Offshore Newsletter Update 14/12/2011: click on Logo. Also has an Extensive Local Directory.

Scotland Island - Western Shores - Mackeral Beach
Pittwater Offshore Newsletter

To contact Julian: editor@scotlandisland.org.au

Issac Newton's Works now Online

Cambridge University in the UK has recently been able to scan and place in its Digital Library, copies of all the works, showing his scribbled notes, by former student, Lecturer and the 'apple' tree man, Issac Newton. Access to these digitised works is at; http://cudl.lib.cam.ac.uk/collections/newton

Portrait by Godfrey Kneller, 1689.

The Warriewood bushcare group managed by Pittwater Council needs more volunteers on 4th Wednesday morning of the month – Can you help? Please contact Mary Johnsen at 9999 2020.

National Museum acquires rare colonial Holey dollar
14 DECEMBER 2011

The National Museum of Australia in Canberra has acquired a rare 1813 New South Wales 'Holey dollar' – the first currency minted in Australia.
In the early days of New South Wales, the colony faced a shortage of currency and in 1812 Governor Lachlan Macquarie imported 40,000 Spanish dollars, called 'pieces of eight', and had William Hensell, a convicted forger, cut the centre out of each coin.
The outer ring became known as a 'Holey dollar' and the centre was called a dump. Governor Macquarie set their value at five shillings for the Holey dollar and 15 pence for the dump. The coins went into circulation in 1814 and, in doing so, Macquarie created the first currency minted in Australia.

"Holey dollars speak eloquently of the creative and improvisatory attempts to create an orderly administration in colonial Australia. The holey dollar we have acquired for the National Museum is a finely preserved example of this iconic object from the era of Macquarie," said Andrew Sayers, Director of the National Museum of Australia.
The Holey dollars were recalled from 1822 and replaced with sterling coinage. By 1829 most of the 40,000 coins in circulation had been exchanged for legal tender. The coins were then melted down into bullion. Experts estimate that around 300 Holey dollars and just over 1,000 dumps remain in circulation today.

The National Museum of Australia acquired the Holey dollar at auction for a total price, including auction house commission and GST, of $129,315.

The Holey dollar will go on display in the National Museum's Landmarks gallery along with other items recalling Governor Macquarie's remarkable career including his sword and dirk – a short dagger – and a rose mahogany worktable. In July this year another Holey Dollar sold for $485 000.

SHOROC 2010/11 Annual Report Unveils Significant Results
by Lisa S

SHOROC – MAKING OUR REGION OUR COUNCILS AND OUR COMMUNITY EVEN STRONGER

SHOROC has released its 2010-11 Annual Report 'Our Region, Our Results & Our Future', outlining the significant results and value gained for councils and the region in the past year.

"The strong collaboration between Manly, Mosman, Warringah and Pittwater councils through SHOROC on important issues such as transport and health infrastructure planning and joint procurement and projects to save ratepayer funds is clearly getting strong results" said Cr Jean Hay, SHOROC President and Manly Mayor.

"This year we have achieved significant results for the future of our region, including; **$125 million for hospitals, $3 million for transport feasibility planning and over $320,000 in council savings**" Cr Hay said. "Even with these positive results, SHOROC is committed to achieving even stronger results in the years to come to ensure the projects we have started are completed and value to councils is even greater."

See Full Artcile and Report HERE

From Elsewhere:

Community Awareness Grants Awarded to Support DonateLife Week 2012
PORTFOLIO: Health and Ageing
SNIPPET: THE HON CATHERINE KING. The Community Awareness Grants are administered by the Organ and Tissue Authority as part of its Community Awareness and Education program. The media campaign will be launched during DonateLife Week 2012 and will utilise the Book of Life in order to create awareness with Vietnamese young people and local families $17,100.00 University of NSW - Student Development A DonateLife 'O-Week' event during DonateLife Week 2012 targeting over 15,000 students and staff with activities including greeting cards to inform loved ones of donation wishes, extensions of the Book of Life with interactive performances and an information stall with a range of organ-themed games $14,494.00 Community Broadcasting Association of Australia To utilise the large and diverse network of community radio stations around Australia to raise awareness of the importance of organ and tissue donation $22,640.00 The Transplants /Austin Hospital 'DonateLife Concert to be held at a Melbourne music

$350 million available to improve early childhood education and care | Ministers&#039 Media Centre
PORTFOLIO: Education, Employment and Workplace Relations
SNIPPET: **The Australian Government is calling on quality organisations to apply for around $350million in grant funding to deliver professional development and inclusion support for early childhood education and care services.** The Government has taken on board feedback from providers and early childhood education and care services, and has streamlined the program so that it provides nationally consistent support and professional development to the sector's workforce. This will improve the quality of early childhood services available to families across the nation.

New infrastructure projects for NSW irrigation districts - PORTFOLIO: Sustainability, Environment, Water, Population and Communities
SNIPPET: Minister for Sustainability, Environment, Water, Population and Communities. **Water Minister Tony Burke today announced funding of up to $382.5 million for projects in four irrigation districts in NSW** to modernise their systems under the second round of the NSW Private Irrigation Infrastructure Operators Program. 'The approved projects include a range of works including reducing leaks in irrigation channels that deliver water to farms, removing some inefficient irrigation channels, reducing the footprint of some irrigation schemes, and installing stock and domestic pipelines to replace inefficient irrigation channels.

$114.2 million investment in health and medical research | National Health and Medical Research Council
PORTFOLIO: Health and Ageing
SNIPPET: Some of the best and brightest minds in Australian health and medical research were recognised in Sydney today. Minister for Health Tanya Plibersek has announced a further $114.2 million investment in health and medical research for 159 grants. **This latest announcement brings the total NHMRC investment in health and medical research this year to $787.9 million and 1,299 research grants.**

Cyber-tracker backs biosecurity surveillance efforts - DAFF
PORTFOLIO: Agriculture, Fisheries and Forestry
SNIPPET: Cutting-edge technology is enhancing the surveillance capabilities of biosecurity officers from the Department of Agriculture, Fisheries and Forestry (DAFF) and Indigenous ranger groups in Australia's remote northern region. The devices will provide a detailed `roadmap' of biosecurity surveillance activities in the north and inform future Indigenous and community engagement activities across the region. NAQS Manager NT/WA, Chris Dale, explained the devices will also enable effective collection and transfer of biosecurity surveillance data on a range of activities undertaken by Indigenous rangers on behalf of NAQS.

New Appointments to the ABC Advisory Council
PORTFOLIO: Broadband, Communications and the Digital Economy
SNIPPET: New Appointments to the ABC Advisory Council. The Chairman of the ABC Maurice Newman AC this week announced the appointment of four new members to the ABC Advisory Council effective from 1 January 2012 for a two-year term with a possible two-year extension. The role of the ABC Advisory Council, established under the ABC Act 1983, is:

Enhanced learning as students access ABCs archive via new NBN education portal | Senator Stephen Conroy | Minister for Broadband, Communications and the Digital Economy
PORTFOLIO: Broadband, Communications and the Digital Economy
SNIPPET: Deputy Leader of the Government in the Senate. &raquo Enhanced learning as students access ABCs archive via new NBN education portal. Minister for Broadband, Communications and the Digital Economy, Senator Stephen Conroy and Minister for School Education, Peter Garrett, said the free portal was an exciting learning tool for use at school, and importantly, at home.

Giving the gift of 10 000 jobs this Christmas | Ministers&#039 Media Centre
PORTFOLIO: Education, Employment and Workplace Relations
SNIPPET: Employers of all sizes have banded together to hire more than 10,000 disadvantaged job seekers as a part of the Job Services Australia provider MAX Employment's Great Australian Christmas Jobs Drive campaign. Minister for Employment Participation Kate Ellis said that the campaign, which began October 1, had already exceeded its target of getting 10 000 unemployed people into work by Christmas Day. The Great Australian Christmas Jobs Drive has truly changed the lives of thousands of unemployed Australians, providing them with the best possible Christmas present a decent job.

Elizabeth O'Neill Journalism Award - Fostering understanding between Australia and Indonesia, media release, 15 December 2011, Australian Minister for Foreign Affairs
PORTFOLIO: Foreign Affairs and Trade
SNIPPET: Foreign Minister Kevin Rudd announced today that two top journalists - Mr Auskar Surbakti, an Australian reporter with the Australia Network , and Ms Devianti Faridz, an Indonesian TV Producer for Metro TV - had won the 2011 Elizabeth O'Neill Journalism Award. This award is in memory of Liz O'Neill, the Public Affairs Counsellor at the Australian Embassy in Jakarta who died tragically on duty on 7 March 2007 in a plane crash in Yogyakarta, Indonesia. Formerly a reporter with SBS, Mr Surbakti is a journalist with the Australia Network in Melbourne.

Bureau announces a new tool for managing water resources
PORTFOLIO: Sustainability, Environment, Water, Population and Communities
SNIPPET: Issued: 15 December 2011. Assistant Director Water Information Services, Dr Louise Minty said the Australian Water Resources Assessment 2010 functions on a national and regional level, is scientifically robust and provides an unbiased presentation of the state of our water resources during 2009-10. The Bureau of Meteorology produces a range of water information products, including Water Storage, the National Water Account, Seasonal Streamflow Forecasts and the Australian Hydrological Geospatial Fabric (Geofabric)

Appointments to the Classification Review Board and the Classification Board
PORTFOLIO: Attorney-General's
SNIPPET: Minister for Home Affairs and Justice Brendan O'Connor today announced the reappointment of the Convenor of the Classification Review Board and the appointment of a new Deputy Convenor and two new members.. Ms Rubensohn has a very good understanding of current classification issues and is well positioned to ensure the ongoing good management of the Classification Review Board as it is joined by a new Deputy Convenor and two new members, Mr O'Connor said. Following a merit-based selection process, Ms Fiona Jolly has been appointed Deputy Convenor of the Classification Review Board and Ms Jane Smith and Mr Peter Attard as board members each for a period of three years from 7 December 2011.

Keeping dangerous weapons off our streets
PORTFOLIO: Attorney-General's
SNIPPET: Tougher laws to reduce the number of dangerous weapons, particularly knives, entering Australia will come into effect tomorrow, Minister for Home Affairs and Justice Brendan O'Connor announced today. From tomorrow, 14 December, importers of high risk weapons must demonstrate a legitimate end-use to Customs and Border Protection for import permission to be granted - for example, for supply to the Australian military or a law enforcement agency. This will ensure that only people with a recognised, legitimate use will obtain permission to import prohibited weapons into Australia, Mr O'Connor said.

Taking the financial stress out of the festive season - The Hon Jenny Macklin MP
PORTFOLIO: Families, Housing, Community Services and Indigenous Affairs
SNIPPET: The Minister for Families, Housing, Community Services and Indigenous Affairs, Jenny Macklin, today rolled up her sleeves to pack Christmas hampers for vulnerable families and individuals in Melbourne. This holiday season the Government is helping to reduce financial stress for vulnerable families by providing funding for emergency relief providers, like Anglicare Mission House, across the country. The Government is delivering **$56.6 million for financial** counselling, including $2.2 million for a national telephone financial counselling helpline - 1800007007 - to complement the 96 organisations delivering face-to-face services across Australia.

One Million Mental Health Services Provided
PORTFOLIO: Health and Ageing
SNIPPET: THE HON MARK BUTLER. Minister for Mental Health and Ageing. One million therapy sessions have been provided to people with a mental illness under the Access to Allied Psychological Services (ATAPS) program.

Draft Energy White Paper Released
PORTFOLIO: Resources, Energy and Tourism
SNIPPET: The draft Energy White Paper sets out a series of proposed Commonwealth Government priorities to address challenges confronting Australia's energy sector.. The draft Energy White Paper identifies four priority areas for further action:. The Government intends to release the final Energy White Paper around mid 2012.

Reforming the Disability Support Pension - Senator the Hon Jan McLucas
PORTFOLIO: Families, Housing, Community Services and Indigenous Affairs
SNIPPET: , Minister for Families, Housing, Community Services and Indigenous Affairs. The report, Characteristics of Disability Support Pension Recipients June 2011 ,profiles the 818,850 people receiving the DSP in June 2011 and demonstrates the effects the Government's reforms are having. The Characteristics of Disability Support Pension Recipients report can be viewed at:.

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 January 6th, 2012.**

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.

Living Ocean Short Film Festival

http://www.livingocean.com.au/

CALL FOR ENTRIES - END OF SUMMER PFP Film Festival
SHOW YOUR TALENT TO THE WORLD

Plastic Free Pacific: Living Ocean Short Film Festival to celebrate Ocean lifestyles & raise awareness of plastic contamination
* Short Film 'Living Ocean' Theme - how the ocean inspires us - student & open section
* 30 Second Commercial 'Plastic in the Ocean' - Theme - plastic in the ocean - student & open section
Details of location, time and prizes as they come to hand...start creating now.
Living Ocean's Aim: To celebrate the ocean lifestyle, raise funds for active groups that help conserve and protect life in our oceans by focusing on the **300 million tons of plastic pollution in the oceans worldwide. Entry Form on website.**

Sumba Foundation Australia Article at: here

Website at:

THE SUMBA FOUNDATION AUSTRALIA

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A HAPPY CHRISTMAS INC.

"God bless us, every one!" cried Tiny Tim, prince of all twits!
He should have sent a bomb to Scrooge and blown the sod to bits!
Oh! Here I go! Uncharitable thoughts invade my mind
Instead of "Peace and happiness to you and all mankind"

Why do I greet with dread and irritation beyond reason?
The three months early onslaught of another 'Festive Season'?
Retailers cry, "We're only satisfying the demand"
But now this Holy Cargo Cult becomes quite out of hand.

How has the Holy Birthday thrived throughout 2000 years?
The answer is – it hasn't and I'll tell you why, my dears.
For 1900 years or so religion was the aim
Then someone changed the rules and moved the goalposts for the game!

And subtly and sneakily commercialism spread
Until the wondrous origins of it were almost dead!
We spend cash that we do not have on gifts we can't afford
For people that we don't like who don't want them! Oh! Good Lord!

That's it! The spleen is spat, the venom's vented, I feel better!
I'll send those Christmas cards again, in some I'll slip a letter.
I'll hit that awful shopping trail for presents for each kid
And know inevitably that I'll soon be pleased I did

Forgive this sinful cynic's thoughts, dear family and friends!
Deep down I love it all, of course, I'll try to make amends
And end with Charlie Dickens through the mouth of Tiny Tim:
"A Happy Christmas and God bless us all!" - The same to him!
M.A.T.
1-12-99

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Park Bench Philosophers

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

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

Contact us at: pittwateronlinenews@live.com.au

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

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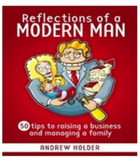
Above: Andrew as he is today. Below: as a younger lad .



Reflections of a Modern Man, 50 Tips to raising a business and managing a family

$24.95

Available At:

http://andrewholder.com.au/store.html

PBL October Breakfast Report

Andrew Holder

Andrew Holder has a large capacity of all we want our dads to be this summer; cool, calm and lots of fun to be around. Born in England in 1971 where he was educated and then served an apprenticeship as a young marketeer in an interior design business, Andrew became a partner at age 24. In 2002 he and his wife emigrated to Australia and settled in Pittwater, which shows he also has an appreciation of great Exterior design as well. At the same time he began new businesses here and in 2005, TDA Interiors was founded. Between 2005 and 2010, Andrew launched five more busi¬nesses. A father of four energetic children, he now spends his time between family and work commitments. His two passions, family and career, give him the purpose to experience all that this big modern life has to offer. Earlier this year he released a wonderful book, Reflections of a Modern Man, 50 Tips to Raising a Business and Running A Family, with often hilarious anecdotes that are compiled in a way that, ultimately, makes us exhale, smile, and decide to rise to the challenge, whatever the challenge is. Again. As our third summer gent he kindly agreed to share a few insights on how he keeps each day vibrant.

You have a very active life, running businesses, a young family to look after and engage with, and now a career in writing too. What do you do to exhale or relax ?

Family life and business life pretty much dominate the landscape of my life. It's the in-between moments where I often find moments of peace and space. The commute to and from work, down time between business appointments, regular vacations etc. That said, I have learnt over the years never to resent the lack of "me" time. Sure there are constant pressures, but ultimately I am privileged and grateful to have so much love and success in my life and this means I am often able to relax and exhale at work and at home, in the moment, rather than seek relaxation diversion elsewhere. My life is essentially one entity, not a clash of time demands. This mindset has helped me through all the pressure and stress points in my life. I think it was Gandhi that was once asked, "have you ever had a holiday". His reply… "every day of my life is a holiday"

What do you enjoy most with your children ?

Watching them grow up is the most rewarding aspect of my life, particularly when they grow and develop with many of my own character traits. I love the fact that they hold the same sense of humor as me, always hold a positive outlook, and can always see the lighter side of life. If I could give my children just one thing, it would be the magic potion of always looking on the bright side. This is what has served me so well over the years, and I know it will serve them.

What are your future plans ?

The next 10 years for the business' and the kids are very important development years and need my full attention. I plan to use this experience as rocket fuel to write more books about these two dominant areas of my life

Favourite funny anecdote ?

Actually, funnily enough there are a few in my book that I love.

1) Love has no nostrils – always remember this when I am changing a nappy

2) If you bit off more than you can chew, try chewing anyway. You may just surprise yourself – I live by this mantra

What is your favourite place in Pittwater and why?

Clareville Beach carries so many happy memories for me. I have watched all my children enjoy the serenity there. At dusk and at dawn the peace there is quite awe inspiring. It's like a sanctuary for Family Holder.

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

If you help other people get everything what they want, then you will end up with everything you want. Zig Ziglar said this and it's the way I live my life, every day, in every way.

Clareville Beach in Late Afternoon Light, both images by Geoff Clarke. All Rights Reserved.

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Collin's Retreat, Bay View House, Scott's Sanatorium, Guest and Boarding House Crystal Bay, Newport

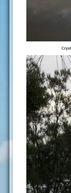
Above: Scotts' guest house at Newport (NSW) 2/1321656 Pic No. 18525_a024_050511. Below: Tallow at Scotts Guest House, Newport (NSW) Pic No. 18525_a024_050109 Below This: View from Scotts Guest House at Newport Pic No. 18525_a024_050599. Under This: View towards Palmgrove from Scotts' guest house at Newport Pic No. 18525_a024_050507 **All dated 31/12/10656 and from the State Records of NSW**

Above: Left: Walking towards Newport Beach Pic No. 18525_a024_050509 **dated 31/12/10656 and from the State Records of NSW**

Below: Panorama View on Pittwater from Scotts. 1912 from Government Printing Office No image 1. 12140

Further: in File Below

Scotts Hotel and Boarding House Research.pdf
Size: 278.477 kb
Type: pdf



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Pittwater Online News

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Australian Stories Online

Project Gutenberg Australia, has a great list of old legends and books, filled with stories, that you may not be able to access anymore as some of them are a few hundred years old and either out of print or in museums where it can be even more difficult to read these words. You can access them online though.

This week we have heard reports of the complete works of Isaac Newton also being digitised and now you can access them at Cambridge Universities Online Library. This week we'd like to share an aboriginal legend of old with you about the waratah. These wonderful flowers bloom in very early Spring in Pittwater, and you find out more about them on our Environment page this week. Project Gutenberg Australia is at: http://gutenberg.net.au/

HOW THE WARATAH GOT ITS HONEY

Krubi was the name of the beautiful black girl who became a waratah, and amongst the aborigines of the Burragorang Valley the name is only given to one girl of any tribe, of all its branches; and then only when the mother or the father has been reckoned to be very good looking, and the child is expected, therefore, to bear the same advantage (if advantage it is); so that not a baby girl can be christened Krubi until the former Krubi is dead.

THE STORY

Once upon a time, not long after the original Krubi had become a waratah plant, and her red cloak had made the brilliant hue of the flower, and only a very few other Krubis had ever been so named, a young lubra wife had determined that should she ever have a girl baby it must bear the coveted name. The living Krubi was very old, and already she had more than once failed to carry what her youngest child had put into her dilly-bag. That was the sign that her husband could leave her to the care of that youngest child, instead of staying back to aid her along.

The young wife wished for old Krubi's death very much. She was never far away when Krubi was being assisted by Warrindie, the youngest Of her family. But never did the good-looking lubra (Woolyan) so much as place her hand under Krubi's elbow.

But Krubi was wonderfully tenacious of life. She battled on.

She was relieved from all work. She had only to carry the dilly-bag when the tribe were moving, and they did not move much.

Woolyan grew very anxious. Her longing for the death of Krubi grew a passion. At last she determined to "bone" Krubi. No woman had ever done that. Only the men of her tribe were accustomed to kill by "boning."

So Woolyan picked out the fine shinbone of a big dingo, and she rubbed it with sand from the bed of the creek until it was white and smooth, and she hid it in her hair, awaiting the time when she could catch Krubi alone.

Many days sped by; several moons came and went.

Then the blacks determined to have a corroboree.

A good young man had been having private lessons in the things that were taught which Krubi and Woolyan and the other women were not permitted to see, and then came the great night.

It was very dark. A space had been cleared amongst the giant gum trees. But whilst it was still daylight the young women had chosen their places. Woolyan was delighted to see that Krubi was not well enough to take her place in the little march that the active old women made. So she got up from her place, and going back to Krubi, she hurriedly undid her hair that she had done up to hold the bone concealed, but before she could catch hold of it the thing fell to the ground.

Old Krubi saw it.

Then did old age give place to greater activity than youth possessed. With a bound and a yell Krubi jumped forward and stamped her foot on the death-dealing bone.

And Krubi's youngest bounded too. Woolyan was caught in a grip that she could not shake off, and blow after blow found her face and head and shoulders.

The corroboree was abandoned. The tribe surrounded the fighting women. But the chief demanded that the hubbub stop, and Krubi tell the cause of the trouble.

The sentence upon Woolyan was death. Before she was to die she "went bush." The beautiful waratahs were in bloom, and when Woolyan saw them all her false pride and hatred left her.

Kneeling beside a plant covered with the beautiful red flowers, her tears fell into them. They were tears of repentance. And as she wept her child was born.

She laid it at the foot of a waratah bush.

When the men who were to club her to death came and saw her they were filled with a great compassion.

So they sent for old Krubi.

There was a great reconciliation, and the tears of both women fell into the waratahs.

Woolyan's husband happened to smell the blooms and the scent was good. He plucked one separate flower, and the liquid within it crept into his fingers, He put them into his mouth, and, lo, the taste was very sweet!

So that day the waratah became a further source of comfort to the aborigines.

Sir James Smith wrote of it in 1793: "It is, moreover, a great favourite with the natives upon account of a rich honeyed juice which they sip from its flowers."

From: http://gutenberg.net.au/ebooks06/0607141h.html#s3

Apprenticeships

There are over 500 industries in Australia in which apprenticeships and traineeships are available. The Australian Apprenticeship Centre can you help you and a prospective employer determine what qualification you are doing, how long your apprenticeship or traineeship will go for, the industrial instrument or award you're employed under, employment conditions, pay, leave or more about who your registered training organisation (RTO) is. They also have a search facility where you enter your postcode to find those available. Local businesses should also be approached to determine if they have trainee positions available and what would be required to secure one. There are even some apprenticeships that may be started while you're still at school.

You can also search for apprenticeship and traineeship vacancies through Australian Jobsearch –(Job Services Australia vacancy site), Group Training Organisations (only employ apprentices and trainees) and State Government organisations (current vacancies in the NSW Government).

Apprenticeships NSW Website: https://www.training.nsw.gov.au/

The Australian Apprenticeships Centre (enter postcode to find): http://www.australianapprenticeships.gov.au/search/aacsearch.asp

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

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

Bullying; NO WAY !!!

This website has many different items and guidelines on how to deal with bullying. If you can't find it there, ask someone in school or talk to mum and dad. **Make sure you are heard**. We are here to lift each other up, not tear each other down. Anyone who tries to tell you otherwise is wrong.

No charge for mobile phone calls to Lifeline from anywhere in Australia; Mobile phone calls to **Lifeline** made from anywhere in Australia will be free of charge from **1 July** under an agreement made between the three major phone carriers.

PITTWATER COUNCIL

CRAFTY HOLIDAY FUN AT MONA VALE LIBRARY

Children from 5 to 12 years of age are invited to free holiday craft sessions at Mona Vale library this January. The free drop-in craft sessions will run from 11am until 1pm on weekdays from Tuesday 3 January to Friday 27 January, with the exception of Australia Day.

Library Manager Cathy Howie said there would be a wide range of activities to suit both boys and girls between the ages of 5 and 12. "Kids will have the opportunity to make paper aeroplanes, a chance to create their very own jewellery or treasure box, along with bracelet beading and paper doll craft. Making a tote bag, creating something unique with paddle pop sticks and using stenciling techniques are also on offer. Each day there'll be a different craft activity so your child will find something creative and interesting," added Mrs Howie.

To complement the craft sessions the library has a range of craft books available for loan that will keep little hands busy at home over the holidays too. A detailed list of the children's craft activities on offer will be available from Mona Vale Library early in January. All craft sessions are free and bookings are not required.

For more information call 9970 1600. Mona Vale library is located at 1 Park Street, Mona Vale.

EXTENDED HOURS FOR KIDS HOLIDAY PROGRAM

Pittwater Council's Coastal Environment Centre (CEC) has announced the release of its sensational summer holiday program for kids, with new extended hours from 9am to 4pm. **Kids on the Coast offers healthy and fun outdoor activities for 5 to 12 year olds from Monday 9 January to Friday 20 January**. The Council decided to extend the hours of the program to ensure children with working parents do not miss out.

"There are many new highlights including stand-up paddle boarding, a boardwalk birding adventure and how to become an eco-ranger," said the Council's Natural Environment & Education Manager Mark Beharrell.

For children aged eight years and over there is a chance to grab your camera and join a photographic adventure, plus the ever-popular 'Fishing Clinic' run in partnership with the NSW Department of Primary Industries. Mr Beharrell said the program encouraged children to explore beaches, rock platforms, headlands, bushland, wetlands and the Narrabeen Lagoon foreshore.

"Kids on the Coast is the ideal school holiday experience. The program gives children the chance to learn about our natural environment in a fun and interactive way," said Mr Beharrell.

Two hour sessions are held from 10am to 12pm and 1pm to 3pm. The cost is $22 per child per session, with full-day sessions available from 10am to 3pm at $55 per child (for standard activities), which includes supervision between sessions (BYO lunch).

Working parents who require extended care for their children can also take advantage of a 9am to 10am session and/or a 3pm to 4pm session. These sessions are an additional $10 each. The Fishing Clinic offers giveaways including a rod, reel, tackle box, hat and bag for the cost of $40.

The CEC is located at Pelican Path, Lake Park Road, North Narrabeen, only 300m from the North Narrabeen beach entrance. Book online at www.pittwater.nsw.gov.au/ceckids or call 1300 000 CEC (232). For further inquiries please call Bianca Springford on 9970 1313 or email bianca_springford@pittwater.nsw.gov.au

TEMPORARY CLOSURE OF PLAYGROUND

On the advice of NSW Health, Pittwater Council is temporarily closing part of the children's playground at Winnererremy Bay's Flying Fox Park at Mona Vale. The closure comes after salmonella bacteria was discovered in surface bark in one part of the playground following recent testing. Six sections were tested by staff from the Public Health Unit in the area of the playground covered by the bark.

General Manager Mark Ferguson said the part of the playground where the positive result occurred is closed off to the public while bark is replaced. "We understand that NSW Health will carry out further testing over the next month after the bark is replaced and the playground reopened," he said.

Salmonella is a bacterium that can cause gastroenteritis. Symptoms include fever, vomiting and diarrhoea. This bacterium has previously been identified in playground sand and more recently, in bark at the Winnererremy Bay playground. According to Dr Michael Staff from the Public Health Unit conducting the testing, "there has not been a human case of gastroenteritis caused by salmonella java linked to the most recently confirmed contaminated bark, and therefore the bark is being replaced as a precaution."

Dr Staff said it is important that parents and carers follow good hygiene principles when children are playing outdoors and ensure their children do not eat the bark and that they wash their hands after playing outside. Mr Ferguson said the bark would be replaced in time for the playground to re-open for the school holiday period.

MANLY WARRINGAH BASKETBALL CAMP

Mon 23rd, Tues 24th & Wed 25th January 2012
Session One 5-11 years
10.30am to 12.30pm
Session Two 12-18 years
1:00pm to 3:00pm
Venue: NBISC, Jackson Rd Warriewood
Special Guest Coaches, Professional coaching, Competitions with great prizes
Cost: $60

This is a 3 day camp ONLY. Payments must be made prior to camp starting date: Please complete details (form below) and forward to: Post: Po Box 396, Narrabeen NSW 2101. Fax: 99133644
Email: mwba@manlybasketball.com.au. Enquiries-99133622
•REFRESH YOUR SKILLS •IMPROVE YOUR GAME•HAVE SOME FUN•

Holiday Camp 2012.pdf
Size : 108.122 Kb
Type : pdf

JOHNSON BROS MITRE 10
ABN: 12 000 660 066

APPRENTICE CLUB

Johnson Bros are extending an invitation to all Building Trade Apprentices to join our exclusive "Apprentice Club". We have teamed up with our loyal suppliers to offer different tools each month at vastly reduced prices to help apprentices build up their tool boxes. File Below for further details and registration form. At: http://hardwoodsaustralia.com/a/117.html

Apprentice_club_form[1].pdf
Size : 494.83 Kb
Type : pdf

Teaching Our Children to be Safety Conscious

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

Being Safety Smart is a Queensland Police Service initiative, developed by the University of the Sunshine Coast in partnership with the Queensland Police Service, Education Queensland, and the Crime and Misconduct Commission, and supported by the Daniel Morcombe Foundation.
The Website is at: http://www.beingsafetysmart.com.au/BSS/

New Website for Northern Beaches Youth

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

www.northernbeachesyouthinfo.net.au

www.facebook.com/manlyyouthcentre

www.myspace.com/manlyyouthcentre

PITTWATER COUNCIL

PCYC CONCEPT PLANS ON PUBLIC EXHIBITION

Pittwater Council has agreed to place on public exhibition concept plans for a proposed Police and Community Youth Club (PCYC) to be located at North Narrabeen. The plans have been developed as part of a submission to the state government and PCYC NSW for funding for the project. Council submitted a comprehensive expression of interest late last month seeking a grant of $2.5 million towards the establishment of a new club. This follows the NSW Government recently calling for expressions of interest for the establishment of eight new Police and Community Youth Clubs, with funding to be announced in early 2012. The overall funds required to build the new centre are estimated to be $8.5 million and would come from a variety of sources.

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

Community Services Manager Lindsay Godfrey said if Pittwater is successful in gaining funding the centre would have a focus on youth activities, with space for computers, a music rehearsal room and a commercial kitchen capable of hosting hospitality training. "The centre would also have a café, meeting rooms and office space for youth services and be able to host performances and sport-related activities, " said Mr Godfrey.

The design concepts will be on exhibition until Friday 2 March 2012 and can be viewed at www.pittwater.nsw.gov.au/exhibition The documents will also be available at Council's customer service centres at 1 Park Street, Mona Vale and 59A Old Barrenjoey Road, Avalon.

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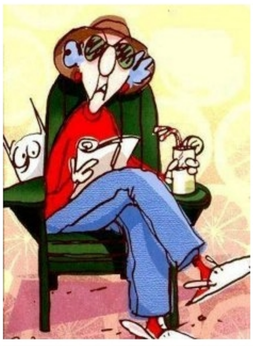
COLOR IS GOOD

from J.A.



Yesterday I went to the doctor for my yearly physical.
My blood pressure was high.
My cholesterol was high.
I'd gained some weight, and I didn't feel so hot.
My doctor said eating right doesn't have to be complicated and it would solve my physical problems.
He said:
Just think in colors.
Fill your plate with bright colors.
Try some greens, oranges, reds, maybe something yellow, etc.

So I went right home and ate an entire bowl of

And
Sure Enough,
I Felt Better Immediately !!
I never knew eating right could be so easy !!

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

Contact Community Care Northern Beaches by clicking their logo:

CCNB COMMUNITY CARE (NORTHERN BEACHES) LIMITED

HEARTMOVES Heart Foundation

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

London Bridge May Never Fall Down

from W.A.G & R.G.

Members of the Gents Wing of underground email Grey Army sent this mid-week; an article about construction photographs found by a chap in the UK who couldn't place them with any museum for a few years as those in charge thought they already had enough images. Pardon ???!!!

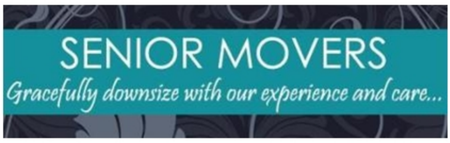
The photos, some dating from 1892, are great and a bit of their history accompanies this story at;

http://www.dailymail.co.uk/news/article-2067581/Stripped-youve-seen-Pictures-Tower-Bridge-construction-dumped-skip.html

Senior Movers

Senior Movers is a wonderful resource for the Pittwater senior community who are thinking about downsizing from their property. Senior Movers what you to stop worrying about downsizing from the family home and let us take care of you. Senior movers gives you peace of mind during stressful times of downsizing and moving to a smaller home. No retirement living plan is too large or too small. We are glad to help whether it is a move to a loved one's home, assisted living or to a seniors apartment.

If you are overwhelmed about the thought of a downsize, or worried about trusting anyone in your home and helping you sort your treasured mementoes. Perhaps your family are time poor, not around to help or they and you just need someone on site for you to help coordinate and take the burden? We have a team of specialists working with us ranging from auctioneers, removalists, packers, eBay traders, all different trades and services to give you the whole project solution. We want you to we help you gracefully downsize with our experience and care. Click on logo to visit website.



www.seniormovers.com.au

Also see Belinda Grundy's Profile other great Business;
www.bgpropertystyling.com.au

The Senior Newspaper Online

Click on logo:

Australian Senior PUBLICATIONS

Avalon Computer Pals for Seniors

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

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

Article on their Seminar

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 | DIY Hints

December 18 - 24, 2011: Issue 37

Identifying Flowers of Pittwater

Photograph by A J Guesdon

Waratah (Telopea) is a genus of five species of large shrubs or small trees in the Proteaceae, native to the southeastern parts of Australia (New South Wales, Victoria and Tasmania). They have lovely Christmas colours and with many cultivars available, make an alternative to Christmas Bush. Those pictured here show their spirally arranged leaves 10-20 cm long and 2-3 cm broad with entire or serrated margins, and large, dense flowerheads 6-15 cm diameter with numerous small red flowers and a basal ring of red bracts. The generic name Telopea is derived from the Greek 'telopos', meaning 'seen from afar', and refers to the great distance from which the crimson flowers are discernible. The specific name speciosissima is the superlative of the Latin adjective 'speciosus', meaning 'beautiful' or 'handsome'. The name waratah comes from the Eora Aboriginal people, the original inhabitants of the Sydney area. Waratah's meaning is 'red flowering tree'.

Telopea speciosissima, commonly known as the New South Wales waratah or simply waratah, is a large shrub in the plant family Proteaceae. It is endemic to New South Wales in Australia and is the floral emblem of NSW. No subspecies are recognised, but the closely related Telopea aspera was only recently classified as a separate species. T. speciosissima will grow to 3 or 4 m (10–13 ft) high and 2 m (7 ft) wide, with dark green leaves. Its several stems arise from a pronounced woody base known as a lignotuber. The species is most renowned for its striking large red springtime inflorescences (flowerheads), with each including hundreds of individual flowers. These flowers contain a wondrously sweet nectar and are visited by the eastern pygmy possum (*Cercartetus nanus*) or birds such as honeyeaters (*Meliphagidae*).

The New South Wales waratah features prominently in the folklore of the Darug and Tharawal people in the Sydney basin and Gandangara people to the southwest. A Dreamtime legend from the Eora tells of a female Wonga Pigeon searching for her husband who has been lost while out hunting. A hawk attacks and wounds her, and she hides in a waratah bush. Her husband calls and as she struggles in the bush her blood turns the white waratah blooms red. A tale from the Burragorang Valley tells of a beautiful maiden named Krubi, who wore a red cloak of rock wallaby adorned with the feathers of the Gang-gang Cockatoo. She fell in love with a young warrior who did not return from battle. Grief-stricken, she died, and up from the ground grew the first waratah. The Dharawal people regarded it as a totem, using it in ceremonies and timing ceremonies to its flowering.

We have placed another old legend on our Youth Page this week regarding this wonderful flower. Australian Bush Flower Essences has a remedy made from this flower which enhances our ability to cope with crisis or to deal with what is termed 'the black night of the soul'. The positive outcomes are enhancing your courage and adaptability. More Here.

Some data extracted from; Telopea speciosissima. (2011, December 13). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Telopea_speciosissima&oldid=465678110

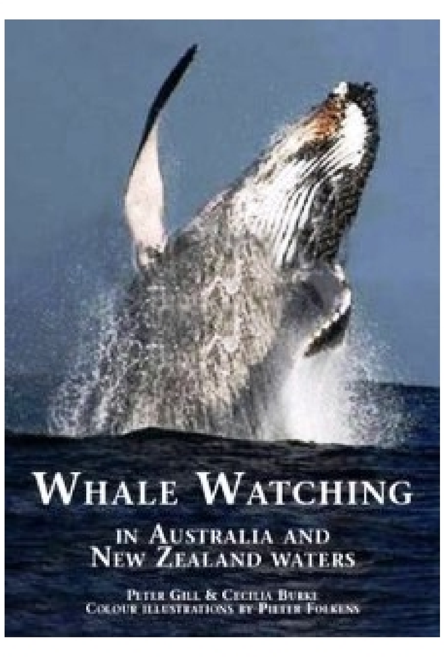
WetlandCare Australia National Art and Photography Competition

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

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

•NSW Catchment Management Authorities Open Art 1st Prize: $1500 Open to all Australian residents
•Central West Catchment Management Authority Youth Art 1st Prize: $1200 Open to all Australian residents aged 12-17
•WetlandCare Australia Children's Art 1st Prize: $1000 Open to all Australian residents aged 4-11
•Murray-Darling Basin Authority Indigenous Art Youth 1st Prize: $1200 + Art supply kit Open to Aboriginal and Torres Strait Islander artists aged 17 years and under
•Queensland Wetlands Program Indigenous Art Open 1st Prize: $1200 + Art supply kit Open to all Aboriginal and Torres Strait Islander artists
•NSW Office of Environment and Heritage Open Photography 1st Prize: $1200 Open to all Australian residents
•Golden Chain Youth Photography 1st Prize $1000 Open to all Australian residents aged 17 years and under
WetlandCare Australia Awards
WetlandCare Australia Senior Management will select 3 of the winning works selected by the judges in Art, Indigenous Art or Photography that best promote the organisations objectives for the next 12 months. These works will be awarded a WetlandCare Australia Award, and will be used in promotional materials and events. See the Rules of the Competition for full details.

Entry Forms Here



Whale watching in Australia and New Zealand waters.
Gill, Peter and Cecilia Burke.

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

Includes the ecology and behaviour of whales and dolphins; identification notes, accompanied by detailed colour illustrations and location maps for each species; and a comprehensive guide to sites, highlighting the best places to see whales. This new edition includes new species information, conservation status (eg endangered vs safe); species updates, whale-watching site updated (including the Gold Coast).
About the author
Peter Gill has been involved in whale research since 1983 and is currently studying Blue whale ecology off the coast of Victoria and South Australia. Peter has taken part in whale surveys and sailing expeditions in Australian, South Pacific and Antarctic waters and has worked as a guide on Antarctic tourist expeditions. He is the author of several books about whales and many scientific and magazine articles.

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

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

"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

Bushcare at Warriewood

The Warriewood bushcare group managed by Pittwater Council needs more volunteers on 4th Wednesday morning of the month – Can you help? Please contact Mary Johnsen at 9999 2020.

PITTWATER COUNCIL

NEW COASTAL AMBASSADORS GRADUATE

Pittwater Council's award-winning Coastal Ambassador program has completed another successful year, with nine new ambassadors graduating this year. This year's Coastal Ambassadors are volunteers from local surf clubs including Curl Curl, Mona Vale, Bungan and Freshwater, the Surfrider Foundation and the Eco-Divers organisation.

Coastal Ambassadors underwent five weeks training in environmental education, including lectures and field trips. Topics covered were beach and rock platform ecology and the effects of global warming on oceans. The Ambassadors have been trained by a top marine scientist, as well as community educators from the Coastal Environment Centre at North Narrabeen.

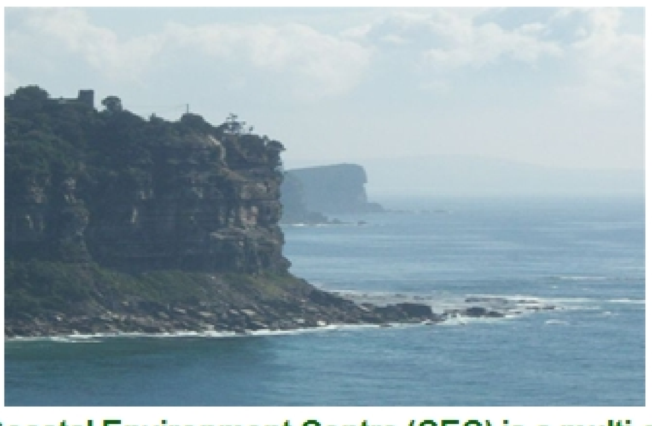
The Coastal Ambassadors program was set up in 2006 to educate marine-based volunteers on how to look after the coastal environment. Its success has been recognised by the NSW Environmental Trust, which has provided grant funding for the program for the last five years.

Mayor Harvey Rose and the President of Surf Live Saving Northern Beaches Gordon Lang presented the new graduates with their certificates at the Coastal Environment Centre earlier this month.

Mayor Rose said the volunteers had learnt valuable knowledge to pass on to others. "The more educated our community become about protecting our coast, the less likely it is that people will damage or pollute the environment."

For expressions of interest in the 2012 Coastal Ambassadors program, visit www.pittwater.nsw.gov.au/cec or call the Coastal Environment Centre on 1300 000 232.

Coastal Environment Centre



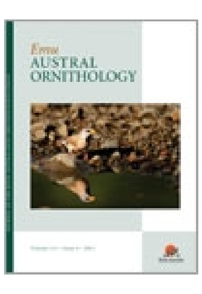
The Coastal Environment Centre (CEC) is a multi-award winning regional community environmental learning centre, and Pittwater Council's environmental flagship. CEC is celebrating its 20th year this December

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

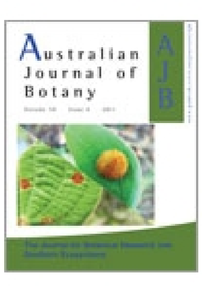
Monthly Cooee Newsletter below. If you would like to receive Council's environmental newsletter via email, please contact jodi_harvey@pittwater.nsw.gov.au

December Newsletter includes information on:
- Kids on the Coast Holiday Program
- Explore Pittwater by Kayak - Events, competitions and activities; - Environmental projects and Bushcare Notices.

HERE



Emu
Volume 111 Number 4 2011
Includes: Temporal and spatial variability of breeding in Australian birds and the potential implications of climate change, Breeding ecology of an Australian estrildid, the Long-tailed Finch (Poephila acuticauda), Selection of breeding habitat by the endangered Gouldian Finch (Erythrura gouldiae) at two spatial scales and More.



Australian Journal of Botany
Volume 59 Number 6 2011

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

How Green is a Spotted Gum when Wet?

PITTWATER COUNCIL

ONLINE BIODIVERSITY CALENDAR A FIRST

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

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

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

Pittwater Council's Natural Environment and Education Manager Mark Beharrel said the calendar was a work in progress and was designed to be interactive. "We hope that the public will contribute images and other information to the calendar."
"It's a living atlas that will help us measure changes to the coastal environment and increase awareness of native birds, animals and plants throughout the seasons," he said.
The calendar can be viewed at www.pittwater.nsw.gov.au/environment/biocalendar
To submit photos for the biodiversity calendar email cec@pittwater.nsw.gov.au

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

What Does PNHA do?

On-ground bush regeneration. eg: Asparagus Fern Out Days
Activities: guided walks, bird-watching
Quaterly informative newsletter, online or paper
Members email group for leaset environmental news and events
AGM with Guest Speaker
Free advice for members on managing gardens for Native Vegetation and fauna habitat
Lobbies Pittwater Council and State Government on inappropriate management practices and development
Provides support to Council for PNHA-approved grant applications for environmental projects
Publications: Introductory Field Guide to Birds of Warriewood Wetlands & Irrawong Reserve, $20.00rrp, attractive cards with photos of Pittwater scenes, flora and fauna $2.00

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

CLIMATE ACTION PITTWATER

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

Pittwater's Environmental Foundation

Pittwater Environmental Foundation

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

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

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

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

Sydney Harbour Foreshore Authority Carbon Footprints Document

florabank

Florabank recognises and shares the best available knowledge from research and practice in native species seed management. More at: http://www.florabank.org.au/default.asp?V_DOC_ID=1 Click on logo above for Index to the most extensive list of fact sheets on every Australian plant.

Tweet | Like | +1

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December 18 - 24, 2011: Issue 37

Barrenjoey House

The grand old building facing Palm Beach Ferries has been a guesthouse since 1923 and has always, through many changes of management, put on a great table. During Summer, eating out, where you can enjoy the company of friends, is a great way to catch up or relax in end of year celebrations.

On Wednesday we lunched at Barrenjoey House, beginning with a Tasting Plate which had slices of San Danielle prosciutto, hommous, baba ganouj, olives, marinated peppers served with grilled bread. To keep the oyster fans happy we also ordered a dozen freshly shucked Sydney Rock Oysters which came with a cucumber mignonette dressing. Both were a great accompaniment to the WA white we ordered and a relaxing way to begin. For mains all but one of us ordered the Local Flathead in a light Beer Batter with chips and tartare. Very fresh fish. The odd one out decided on the Spatchock roasted with Mascarpone and oregano, steamed asparagus, sauce vierge and lemon. A Caesar salad for the table was crisp, lightly dressed and contained radish and cucumber ribbons.

All waived Desert rights and shared a Cheese Plate of Australian and imported cheeses with muscatels, chutney and crisp-breads. This was sampled while tasting a lovely Australian sauterne from the Hunter Valley. Sunny day, great company, yachts sailing by, bliss!

Barrenjoey House
1108 Barrenjoey Road,
Palm Beach NSW 2108
Ph: 9974 4001

http://www.barrenjoeyhouse.com.au/index.html

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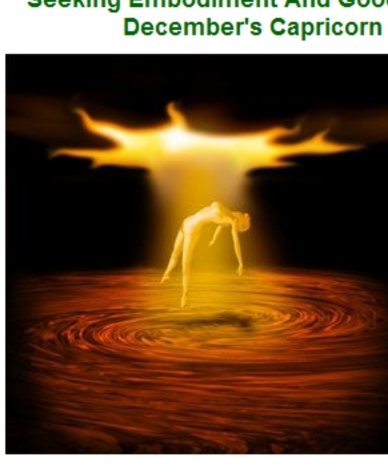
December 18 - 24, 2011: Issue 37

Seeking Embodiment And Goodwill To All People: December's Capricorn New Moon



We do not believe in ourselves until someone reveals that deep inside us is something valuable, worth listening to, worthy of our trust, sacred to our touch. Once we believe in ourselves we can risk curiosity, wonder, spontaneous delight or any experience that reveals the human spirit. **e. e. cummings**

May I be I is the only prayer - not may I be great or good or beautiful or wise or strong. **e.e. cummings**

I count life just as stuff to try the soul's strength on. **Robert Browning**

God does not ask about our ability, but our availability. Anon

The act of writing is the act of making soul, alchemy. **Gloria Evangelina Anzaldua**

The greatest human quest is to know what one must do in order to become a human being. **Immanuel Kant**

Know your human rights. Be what you came here for. **Sting**

What could be better than e.e. cummings (I've loved him since I first saw a quote of his), or Sting for that matter, to give us food for thought at this time of the year.

December's new Moon falls right on Christmas, on the evening of 24th December in the United States and on the 25th December in Australia.

The Sabian Symbol is a fabulous one and it's wonderful that Elsie Wheeler, the amazing spiritualist medium that gave birth to the Sabian Symbols in 1925, (remembering that she assigned the Sabian Symbols to degrees in a completely double blind 'experiment') gave the Symbol of **Capricorn 3: The Human Soul, In Its Eagerness For New Experiences, Seeks Embodiment** to the degree that most often falls on Christmas Day. This is so totally the Symbol of the story of Christ, but more importantly, it is a story for all of us that we are seeking our own embodiment. To be who we came here for (to paraphrase Sting). This is a fabulous degree of dropping into one's body, into one's spirit, into one's destiny and it reflects the Jesus story in many ways - he 'sought embodiment'. Quoting from my book The Sabian Oracle: 360 Degrees Of Wisdom:

This Symbol shows that a new level of consciousness is about to reveal and express itself. Many parts of yourself are seeking expression - 'Embodiment' - and there may be a sense of 'Eagerness' or urgency in the process. Something 'New' is being born, particularly something that's coming from deep inside of you, and it can feel like nothing is going to stop you from achieving this 'Embodiment'. You may feel very open to the messages of the world around you, as clues come through to show you how to go about 'Embodying' these 'New Experiences'. There can be unbounded enthusiasm, but it may take some time before what you want can be brought into reality. At first, this is likely to be a quiet time of inner contemplation and outer observance. Regardless of your more immediate, physical circumstances, there is an evolution of understanding going on. This Symbol can point to children wanting to come through into this life along with an unfurling of one's creativity and projects into physical form. Whatever it represents, this new beginning of life or hope is wanting to come through into conscious manifestation now.This Symbol often brings up issues to do with writing and self expression. It may be a good idea to keep a diary or to write things down as often ideas will pour out of you. This situation may have a fated quality about it, with some extraordinary outcome just waiting to happen.

Keywords: Inner motivation leading to expansion. Jesus and his disciples. Being "born" quickly. Manifesting one's desires without concern for consequences. Being "born again". Feeling like a changed person. The need to drop into the body. Religious and spiritual rebirth. Reincarnation.

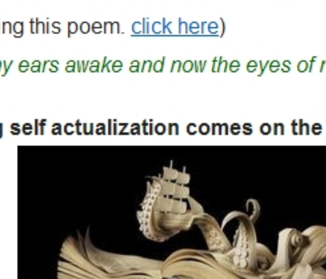
The Caution: Denying the growth that's beckoning in favor of social responsibility. Not leaving when perhaps one should. Having to seek permission to come through any "new gateway". A loss of faith. Being obsessed about an ideal or idea.

i thank you God for most this amazing
day:for the leaping greenly spirits of trees
and a blue true dream of sky; and for everything
which is natural which is infinite which is yes **e.e. cummings**

(listen to e.e. cummings reciting this poem. click here)

now the ears of my ears of my ears awake and now the eyes of my eyes are open

This degree of our seeking self actualization comes on the heels of the Karmic Condition of this degree: Capricorn 3: Three Stained-Glass Windows In A Gothic Church, One Damaged By War.



Keywords: Seeking sanctuary. Careless aggression where love should be. Religious or philosophical differences that spark off problems. Fears of being "under attack" whilst in the spotlight. Sorrow and despair over losses. Loss of faith. 'Windows' that are cracked, broken or shattered. Cracks and shattering. Rescue of endangered holy places. Loss of love through harsh circumstance. The need for repair.

The Caution: Feeling disconnected from the reality of what's going on. Fearfulness OR fearlessness, when one should be careful. Signs of rubble all around. Aggression between people. Burning down churches. A lack of safe places. Being shell-shocked and ravaged. Cold breezes entering sacred spaces. Psychological and emotional scars. Nowhere to run, nowhere to hide.

There is a crack, a crack in everything. That's how the light gets in. **Leonard Cohen**

So, from the difficulties of the past emerges a new day with a resolved attitude to manifest one's self more fully, more authentically and, well, more.

Saturn, the ruler of this new Moon in Capricorn, is bringing a message of further 'salvation' - the Sabian Symbol is Libra 28: A Man Alone In Deep Gloom, Unnoticed, Angels Are Coming To His Aid.

Keywords: Feelings of not being alone. Awareness of spiritual help in times of need. Salvation versus depression. Feeling like one's luck is about to change. Improvements in the pipeline. Changes in the "weather". Helpers arriving just when they're needed. Brightening influences. Angels and spiritual forces for good.

The Caution: Unrealistic reliance on spiritual agencies or help from others. Feeling like no one cares or that no one is listening. Being alone and forgotten. Losing faith in things getting better. Refusing help. Misery and gloom and doom.

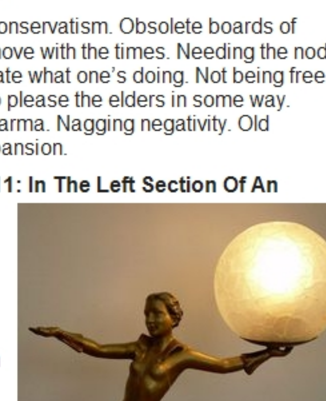
So, it seems that light relief is around us and it's by having faith and trust that it will happen that it will happen.

Gathering together with one's family and remembering those who have gone before is shown through the degree of Venus on Aquarius 5: A Council Of Ancestors Has Been Called To Guide A Man. How fitting for Christmas that this degree is highlighted by Venus.

Keywords: Inner knowledge. Instruction. Direct tap roots to deep sources of energy. Karmic connections with the past. The place one comes from. Ancient wisdom versus "old fogies". Parents and grandparents. Families and family lineage. Proving bloodlines. Committees, boards and councils. Memories of those who've gone before. The Akashic records.

The Caution: Reliance on conservatism. Obsolete boards of authority. Not being able to move with the times. Needing the nod of approval from others to validate what one's doing. Not being free to do what one wants. Having to please the elders in some way. Bound by family or past-life karma. Nagging negativity. Old fashioned views that limit expansion.

Mercury is on Sagittarius 11: In The Left Section Of An Archaic Temple, A Lamp Burns In A Container Shaped Like A Human Body. This reminds us to treat our body as our temple, to connect with our physical selves and to be respectful in every way. Of course, many eat and drink a lot during the festive season, so this can be a bit of a challenge, particularly at this time of the year!



Keywords: Connecting the left and right sides. Working out, physical fitness and exercise. Yoga. Grounding reality. Sexuality. Realizing that body is the same as spirit. Remembering to be in the body. Light workers. The acceptance of the body and its functions. Sport and its physical rewards. Metabolic rates.

The Caution: Worshiping the body at the expense of the psyche or spirit. Concentrating exclusively on physical desires and needs. Rationalizing intuitive thought until it is rejected. Needing actual physical evidence to accept anything. Being caught up in the illusion of the body, the "physical self".

Christmas can bring up some interesting situations and emotions and Mars may have something to say on **Virgo 19: A Swimming Race.** This can show the need to get things done - now. It can also show competition between people, wanting to get going, win the day, take out the competition, etc.

Keywords: Looking sideways to see how others are coping with the strain of competition. Competing with one's emotions. Capitalism. The striving for first place or greatness. Swimming, sports, competition. Wanting to be first at everything. Learning how fit one is. Concentrating on the goal. Medals and awards.Training and practice. Showing your abilities in front of others.

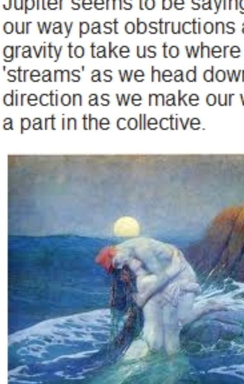
The Caution: Allowing the competitive spirit to dominate emotional sensitivity. Always going for "the win". Trying to outdo each other. Being on the go all the time. Bad sportsmanship. Not knowing how to lose.

Jupiter is asking that we be in the flow - don't fight against the current or the river, be in the current but with the impetus at your back. The Sabian Symbol is **Taurus 1: A Clear Mountain Stream Flows Steadily Downstream**. This is a beautiful Symbol of purity and beauty, and, interestingly at Christmas, bloodlines.

Keywords: Remaining fluid. Flowing energy. Pure sources, nourishment and refreshment. Sure sense of direction. "Untainted" blood lines. Purifying one's thoughts, ideas and beliefs. Things set in train from upstream. Water. Dams. Water as a resource. Purification. Cleaning and cleansing. Pipelines. The spiritual dimensions of water. Baptism. Elemental knowledge. Traffic. Flowing crowds of people.

The Caution: Aimlessness. Aloofness. Feelings of physical, spiritual, racial or intellectual purity that can lead to smugness, bigotry or a false sense of superiority. Ice cold feelings and responses. Not taking notice or being concerned about another's feelings. Cold ambition. Mud and sediment. Pollutants. Algae. Stagnant moments.

Jupiter seems to be saying to stay on track, on course, and to wend our way past obstructions and oppositions - to use the weight of gravity to take us to where we're headed. As we mix it up with other 'streams' as we head downstream, we gather strength, volume and direction as we make our way towards the place where we can play a part in the collective.



Uranus is asking that we emerge from that vast ocean as individuals (perhaps after the Jupiterian trip downstream?). Uranus is on **Aries 1: A Woman Has Risen Out Of The Ocean, A Seal Is Embracing Her**. This speaks of emerging into a whole new arena of activity, a whole new way of being. Uranus being on this degree will be a great moment in our history; we have emerged yet again into the clear light and into a new day.

Keywords: Cycles starting. Beginnings. Emergence into concrete manifestation. Embracing and honoring the shadow. Recognizing our animal side. Tropical islands or lands. Rocky shores. Seals. Oceans and water. Shedding skins. Transmutation. The Selkie myth. Grounding one's energy. Stepping between the sea and the shore. Androgyny. Love and its embrace. Finding your feet and your voice.

The Caution: Using masculine power to overshadow emotions or entertain fear. Refusing to move into a new state. Feeling held back by fears and old life patterns. Falling back into previous, unsatisfactory conditions. People dragging others backwards. Immobilizing fear of the unknown. Being just another "fish in the sea".

Neptune is backing up the Uranian ideal as it is on another Symbol of 'emergence'. It's on **Aquarius 29: A Butterfly Emerging From A Chrysalis.** This speaks of giving birth to ourselves again, it's about emerging from our (often) self imposed immobilization, we are learning to spread our wings and take flight and it can bring about a major metamorphosis.

Keywords: Slow building of confidence. Coming out into a fuller participation in the biggerpicture. Growing up and out. Emerging from the dark. Leaving yesterday behind. Becoming more and more beautiful. Finding one's feet or wings. Metamorphosis. Huge changes in the works. Giving up struggling. The drama of a new life unfolding.

The Caution: Failing to allow changes to be experienced. Feeling like one will never "arrive". Struggling to emerge ahead of time. Feeling confined. Being tied to the past. Rushing leading to disorientation or injury.

As it has been for several months now, the karmic Moon's north node is on Sagittarius 15: The Ground Hog Looking For Its Shadow On Ground Hog Day. This has been in operation for ages now... still, are you waking up in the morning only to repeat the same old same old? Are you wondering what you're doing in your life? Perhaps you feel like your life is like a merry-go-round. Perhaps you're analyzing your life and wondering how to make it better every single day.

Keywords: Looking back, reading the signs. Divination and other systems of inquiry. Seeing society as being to blame. People having a good look at how they seem to others. Wondering how others perceive you and picture you. Prophets that can tell the "weather" ahead of time. Predictions. Prognosticating. Welcoming an early spring. Scrutinizing objectives. Looking to nature for clues.

The Caution: Being scared to act without some message of confirmation. People (or society) looking for someone to blame for conditions. Relying on the same solutions without consideration of changes. Blizzards and the cold.

In the hours following the new Moon, the Moon and then a few days later the Sun, will pass over Pluto. This can bring up some intense feelings, but then the festive season often does. The Sabian Symbol for **Pluto is Capricorn 8: Birds In The House Singing Happily.** This may be Pluto, but Pluto can show us the beauty of what can happen when we drop the battle and accept our own power and that of others. This is a beautiful Symbol and it inspires reminders of how life is, or can be, if we allow happiness into our lives.

Keywords: Being at one with everything. Tunes sung or whistled.The promise of contentment. Communal sharing and fun. Faith in the good things of life. Music. Instruments. Playing the piano. Singing. The radio. Chattering in the background. Entertaining others. Seeing the beauty in life. Reminding others of how life can be rewarding. The sound of voices. Birds. Positive thinking.

The Caution: Idle chatter. Smug superiority and the feeling that one has it all. Not seeing the happiness inherent in one's everyday life. Whining and complaining. Making a noise for the sake of it. Looking only at the difficulties one faces. Feeling caged in. Unable to fly when and where one wants to. Loneliness. Feeling abandoned by the good things.

In the spirit of Christmas (and Pluto) I offer you this video to lift your heart. There are so many wonderful friends and clients, new and old who receive this newsletter. May your holiday season be joyful and bring much love, laughter and happiness!

http://www.ted.com/talks/eric_whitacre_a_virtual_choir_2_000_voices_strong.html

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 througout 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

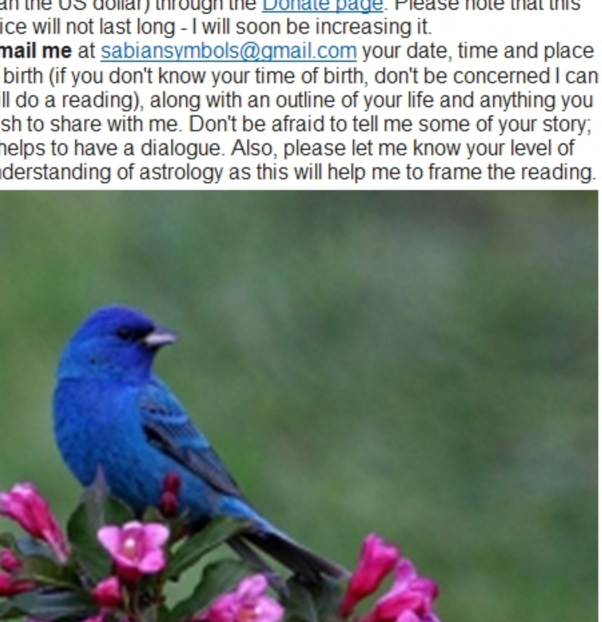
For a limited time, Lynda is offering mini-readings at a special price!

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 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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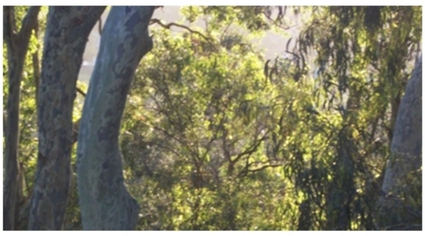
Pittwater Online News

December 18 - 24, 2011: Issue 37

Third Week of December, 2011. Summer Greenings.

Green Hills reflect Green Water

Green Light Through Gum Trees



Spotted Gums are Shedding Bark

Little Black Cormorant, on Green Careel Creek bank, Tuesday

Summer Flower Feast for Birds continues

Pittwater Online News

December 18 - 24, 2011: Issue 37

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

Above: **A Christmas Carol (1910) J. Searle Dawley**
Originally released Christmas 1910, this Edison production features Charles Ogle (Frankenstein) as Bob Cratchet. Remastered, retitled, tinted and new soundtrack added in 2010.

Links for cloud enthusiasts

Cloud Appreciation Society:
http://cloudappreciationsociety.org/
Contact: Gavin Pretor-Pinney, e-mail
gavin@cloudappreciationsociety.org

Great New Competition from **Harper Collins Australia**
We've got two copies of Diane Keaton's memoir, Then Again, signed by the lady herself!
For your chance to win one,email us at promotions@harpercollins.com.au by 24/12/11 and tell us the name of your favourite Diane Keaton movie & why you love it!

Marine and Freshwater Research

Volume 62(12) 2011
December 2011
Includes; A new type of water pollution: concrete drainage infrastructure and geochemical contamination of urban waters, The effect of field-collected biofilms on the toxicity of copper to a marine microalga (Tetraselmis sp.) in laboratory bioassays, A multi-faceted approach for quantifying the estuarine–nearshore transition in the life cycle of the bull shark, Carcharhinus leucas and MORE

Wildlife Research
Volume 38 Number 8 2011

Includes; Sialic acid profiles in the respiratory tracts of selected species of raptors: evidence for potential binding sites for human and avian influenza A viruses, Declines of freshwater turtles associated with climatic drying in Australia, Global population status of shy albatross and an assessment of colony-specific trends and drivers

Awkward Years: Best Companies, Worst Site Designs
mashable.com - It's hard to imagine that the treasured websites we all use today were at one point just scribbles on a piece of paper.

7 Things Highly Productive People Do
inc.com - You have more important things to focus on than, um, focusing. Get back on track with these tips. You probably don't want to admit it but you love distractions. In fact, just like monkeys, you get a shot of dopamine every time...

eBooks

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

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Photo competition

The photographic competition for **the 2013 Australian Weather Calendar began on 1 July 2011 and will close on 31 March 2012**. Please visit the contest page before entering.

The Bureau of Meteorology and the Australian Meteorological and Oceanographic Society invites entries for the Australian Weather Calendar photographic competition. **The contest for the 2013 calendar opened on 1 July 2011 and will close on 31 March 2012**.

Entries must be of a meteorological theme, such as clouds, lightning, rainbows, thunderstorms or tornadoes. If the picture is from a digital camera, it must be a minimum size of 1700 x 1150 pixels. A 2-megapixel camera is the minimum requirement.

Entries must then be:
provided as photographic prints (minimum size 15 x 10 centimetres),
accompanied by a completed entry form, including details of all digital alterations,
accompanied by no more than 10 other entries per person, and
posted to the Bureau of Meteorology at the address below.
If a picture is shortlisted, the entrant must provide the image in its original format, whether that be negative, (35mm) transparency, or digital. Negatives and transparencies will be returned by registered post.

Winning photographers are awarded three complimentary calendars. No prizemoney is offered. All rights associated with the images are retained by the photographer.

Contact:
Mia Schoen, National Meteorological Library (Fridays only)
tel: (03) 9669 4668, e-mail: librarypic@bom.gov.au
from; http://www.bom.gov.au/calendar/contest/index.shtml

LAWYER'S ADVICE (NSW) - Protect Yourself from Fraud

A corporate LAWYER sent the following out to the employees in his company:
1. Next time you order cheques, have only your initials (instead of your first name) and surname put on them. If someone takes your cheque book, they will not know if you sign your cheques with just your initials or your first name, but your bank will know how you sign your cheques.
2. Do not sign the back of your credit cards. Instead, put "PHOTO ID REQUIRED".
3. When you are writing cheques to pay on your credit card accounts, DO NOT put the complete account number on the "For" line. Instead, just put the last four numbers. The credit card company knows the rest of the number, and anyone who might be handling your cheque as it passes through all the cheque processing channels won't have access to it.
4. Place your work phone number on your cheques instead of your home phone. If you have a PO Box, use that instead of your home address. If you do not have a PO Box, use your work address. Never have your Centrelink Number printed on your cheques. You can add it if it is necessary, but if you have it printed, anyone can get it.
5. Run the contents of your wallet through a photocopy machine. Do both sides of each licence, credit card, etc. You will know what you had in your wallet and all of the account numbers and phone numbers to call and cancel. Keep the photocopy in a safe place (not your wallet). I also carry a photocopy of my passport when travelling either here or abroad. We've all heard horror stories about fraud that's committed on us in stealing a name, address, Social Security number, credit cards.

Critical information to limit the damage in case this happens to you or someone you know:

1. We have been told we should cancel our credit cards immediately, but the key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them.
2. File a police report immediately in the jurisdiction where your credit cards, etc., were stolen. This proves to credit providers you were diligent, and this is a first step toward an investigation (if there ever is one).
3. But here's what is perhaps most important of all: (I never even thought to do this.) Call the three national credit reporting organizations immediately to place a fraud alert on your Tax File Number your passport number and drivers licence number. I had never heard of doing that until advised by a bank that called to tell me an application for credit was made over the Internet in my name. The alert means any company that checks your credit knows your information was stolen, and they have to contact you by phone to authorise new credit. Now, here are some numbers which you might need to contact if your wallet etc has been stolen:

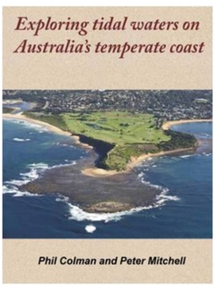
1. Visa Card Australia - 1800 621 199
2. Visa Card International - 1800 450 346
3. Lost Travellers' Cheques - 1800 127 477
4. MasterCard Australia - (02) 9466 3700
5. MasterCard International - 1800 120 113
6. Bankcard Australia - (02) 9281 6633
7. Medicare - 132 011
8. Centrelink Fraud - 137 230
9. Seniors Card - 1300 364 758
10. Passport - 131 232
11. ANZ FREECALL - 1800 033 844
12. Bank West - 131 718
13. Citibank - 132 484
14. Tamworth Coles/Myer Source -2340 1300 306 397
15. Commonwealth - 132 221
16. CUSCAL- MyCard 1300 135 538
17. GE Capital - 1300 369 904
18. Members Equity - 1300 654 998
19. National - 132 265
20. St George - 1800 028 208
21. SydneyVirgin - 2000 1800 080 000
22. Westpac - 1800 230 144
23. Woolworths Ezy Banking - 137 288

December 18 - 24, 2011: Issue 37

Old Books: December 2011; Summer

Summer (1917) Wharton, Edith, 1862-1937, Publisher: New York, Scribner: Pulitzer Prize-winning American novelist, short story writer, and designer.

Summer (1892) Thomson, James, 1700-1748. Publisher: Boston, Estes and Lauriat; Scottish Poet



Looking for a Christmas present? For a 14 year old – 20 year old – 60 year old?

Exploring between tidal waters on Australia's temperate coast. The senior author, Phil Colman, has been taking groups of people over the rock platforms of the northern beaches for about 40 years. As a marine biologist, formerly of the Australian Museum, he is well equipped to explain the very rich and bio-diverse life of the intertidal zone there.

This book is designed to answer, in simple language, the many questions he has been asked over the years – What is it? He describes the book as scientifically accurate but not scientifically boring. Co-author Peter Mitchell, a retired professor, added not only substantially to the written word but supplied all the many excellent photos, nearly all of which were taken locally.

The title indicates that the facts in the book apply equally to the whole of the non-tropical coast, so readers in say Tasmania would feel equally at home.

Available at Berkelouw Books Mona Vale, or Dee Why; or The Coastal Environment Centre in Narrabeen, (all $22), or groundtruthmitchell@gmail.com (25 incl. postage).

Taking the Drop: Life is for living, whatever your age

Taking the Drop is the life-affirming story of four women who took up surfing in their forties, broke away from their existing daily routines and steered their lives into new directions.

Their love of the ocean broadens their horizons, teaches them lessons of skill and survival, allows them time for reflection and shows them that change and loss make way for growth, renewal and peace.

With an exciting and sometimes hilarious take on surfing, this book reveals insights into their life journeys and their passion for finding the 'perfect wave'.

'Life is for living — let's go surfing!"

From;

http://www.vividpublishing.com.au/takingthedrop/ **BUY HERE:** www.vividpublishing/takingthedrop **e-mail** takingthedrop@hotmail.com

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

will give you a good start on birdwatching here, $20, available from **PNHA**. All proceeds go to conservation work in the wetlands. **Available at:**

http://pnha.org.au/publications/

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

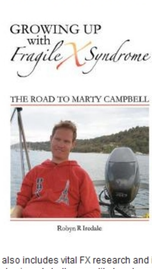
Painting by Paul McCarthy

This book is the story of one family who can trace its heritage back to Sarah (Biddy) Wallace, c.1803-1880. Sarah is believed to have been a member of the Broken Bay clan led by Bungaree. She settled on 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

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



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

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

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

There have been plenty of academic books and research papers written on FX but it is believed The Road to Marty Campbell is the first personal account available worldwide. **For information on fragile x and to order a copy of Growing up with Fragile X Syndrome go to http://www.fragilex.org.au/**

"Michèle and Nathalie's Kitchen" A Journey into the world of Couscous, Quiches and Paëlla

Both French, born in Morocco, Nathalie and Michèle forged a solid friendship based on their love of cooking French, Moroccan and Mediterranean dishes and a desire to see a book of favourite recipes.

In 2008 they started Michèle and Nathalie's Kitchen – cooking classes for the offshore community held in Michele's kitchen. Word of their no-fuss, simple and delicious demonstrations spread to the mainland and became so popular they even had to run "men only classes".

The book is a result of these successful classes. All the photos were taken by them both during the demonstrations. There is no photo-shopping - what you see is what you get! You can make the dishes look even better yourselves." says Nathalie.

"Michele and Nathalie's Kitchen" A Journey into the world of Couscous, Quiches and Paëlla, is a cookbook for everyone with a desire to cook something economically simple and different. This book certainly lives up to their mantra:

"There are no chefs in this kitchen".

For further information please contact: Michèle and Nathalie at info@mn-kitchen.com

Avalon Library Hours
Monday to Friday 10am to 5pm
Saturday 10am to 1pm
Sunday 2pm to 5pm
59a Old Barrenjoey Road
Phone: 9918 3013 Fax: 9918 7046
Email avalonlibrary@ozemail.com.au
Web Address www.avalonlibrary.org.au

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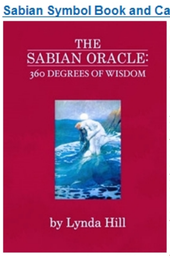
Sabian Symbol Book and Card Set



360 Degrees of Wisdom Charting Your Destiny With The Sabian Oracle by Lynda Hill

400 Page book comes with a set of Oracle cards

If you enjoy using the online Sabian Oracle, you're in for a treat with Lynda's book The Sabian Oracle: 360 Degrees Of Wisdom as the book contains far more information and advice than the on-line Oracle. You can share the book with friends, use it anywhere you go and watch what happens. The Sabian Symbols are extraordinary for insight, revelation and guidance. Miracles, big and small, happen in your life when you tap into their field. With the Sabian Symbols, you're not only tapping into the circle of the zodiac, but also into what Marc Edmund Jones - the founder of the Sabian Symbols with Elsie Wheeler, the spiritualist medium - called an 'ancient mind matrix'.

Seekers can find answers to their questions and commune with spirit in a surprisingly wonderful way. The book is big at 400 pages. Each page has five sections; Commentary, Oracle, Keywords, The Caution and quotes to illustrate the Symbol. There are some 3,500 quotes in the book.

In The Sabian Oracle: 360 Degrees of Wisdom, Australian astrologer Lynda Hill introduces the first easy-to-use guide based on the 360 Sabian Symbols and their meaning. Just like the Tarot and the I Ching, The Sabian Oracle is designed to answer any questions you may have, and often provides answers to the questions you didn't think to ask!

Though the Oracle is based on the signs of the zodiac, no knowledge of astrology is necessary: you can simply ask a question , then pick a red and a blue card from the specially designed pack of cards included with the book, and look up the answer in the book. The Symbols can lead you to the answers you seek. More accessible than the Tarot and more relevant to modern life than the I Ching, The Sabian Oracle will stun you with its accuracy and intuitive guidance, providing you with a tool to guide you on your journey through life. **Great Christmas Gift from**: HERE

Reflections of a Modern Man, by Andrew Holder

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

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

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

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

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

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

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

School days are a large part of this book, and there are plenty of lively out-of-school adventures and confessions.

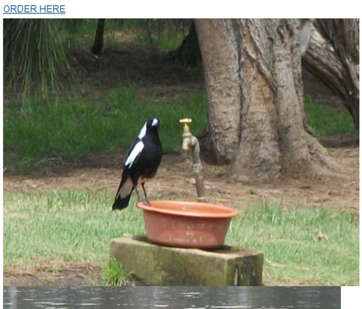
The stories are enlivened by many classic photos from the post-war era as well as high-quality paintings and art work reproduced in colour. This is Avalon Beach described through the fresh, honest, loving eyes of those who were there sixty and more years ago.

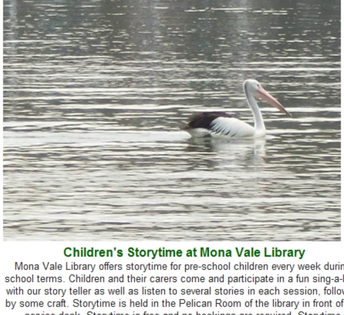
It could be any tiny beach settlement, but few had as many artists, writers and characters. They 'discovered' one of the most beautiful, affordable areas of Australia, within reach of Sydney, yet remote, in its own world.

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

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

ORDER HERE





Children's Storytime at Mona Vale Library

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

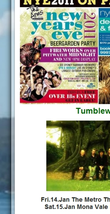
Tuesdays 10.00am - 11.00am
Wednesdays 10.00am - 11.00am
Thursdays 10.00am - 11.00am

Pittwater Online News does not charge to list New Works by residents. You will need to send your material ready to publish. To Contact us regarding your forthcoming Book or Literary Event click: here

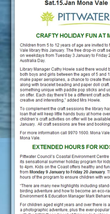
Pittwater Online News

December 18 - 24, 2011: Issue 37

What's On in Pittwater New Year's Eve: If you're not strolling along the beach guzzling at shanty stars whilst your feet twiddle in the sand, then you're probably at one of these fine island and bubbly. Here are boasts for the sun and every location.



Tumbleweed



Fri.14 Jan The Metro Theatre, Sydney
Sat.15 Jan Mona Vale Hotel, Pittwater

PITTWATER COUNCIL

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To complement the craft sessions there will be a range of craft books and activity kits that will keep little hands busy while you view the bookstock too. A detailed list of the children's craft activities on offer will be available from the library from 1 January. All craft sessions are free and bookings are not required.

For more information call 9970 1989 or visit Mona Vale library is located at 1 Park Street, Mona Vale.

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"There are many new highlights including stand-up paddle boarding, a boardwalk building adventure and a chance to be a junior ranger," said the Council's Natural Environment & Education Manager Mark Bennett.

For children aged eight years and over there is a chance to grab your camera and join a photographic adventure, plus the ever-popular 'Fishing Clinic' run in partnership with the Pittwater Professional Fishermen's Association. Other activities will encourage children to explore beaches, rock platforms, headlands, bushland, wetlands and the Narrabeen Lagoon Entrance.

"Kids on the Coast is the ideal holiday activity for families. The program gives children the chance to learn about our natural environment in a fun and interactive way," said Ms Bennett.

Two hour sessions are held from 10am to 12pm and 1pm to 3pm. The cost is $22 per child per session, with full day sessions available from 10am to 3pm at $55 per child (for standard addictees), which includes supervision between sessions @10 minutes.

Meeting parents who require extended hours for their children can also take advantage of a 8am to 10am session and/or a 3pm to 4pm session. These sessions are an additional $10 each. The Fishing Clinic offers places exclusively for kids aged 8 to 12 years, but and bag for the cost of $40.

The CEC is located at Pelican Park, Lake Park Road, North Narrabeen, only 200m from the North Narrabeen beach entrance. Book online at www.pittwater.nsw.gov.au/cec or call the CEC on 9970 1200. For further inquiries please call Karen Armstrong on 9970 1513 or email karen.armstrong@pittwater.nsw.gov.au.

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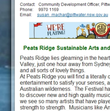
For further information about future ArtQuay exhibitions:

Contact: Community Development Officer, Pittwater Council
Phone 9970 1989
Email: susan.mackie@pittwater.nsw.gov.au



Peats Ridge Sustainable Arts and Music Festival 2011-2012

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The Peats Ridge team is thrilled to announce its Children's Lineup Release! ARTER SCORING TREMENDOUS OVER 1,000 MUSIC APPLICATIONS FOR THE 2012 FESTIVAL, PEATS RIDGE SUSTAINABLE ARTS AND MUSIC FESTIVAL ANNOUNCE A FINAL 78 ACTS. More at: http://www.peatsridgefestival.com.au/tickets

THURSDAY, 26 JANUARY, 2012 - SYDNEY SHOWGROUND
Showground Road, Sydney Olympic Park. Gates open 11am.
Tickets $165 (incl GST) + $7 booking fee. Strictly limited to 35,000 per customer. Available from our website www.bigdayout.com **and Ticketmaster (website only)** www.ticketmaster.com.au
BDO 2012 is MA15. People under 15 should NOT purchase a ticket as they are not allowed into the event.
For full show information and internet ticket booking check out the website www.bigdayout.com.au
***booking fees may vary pending on outlet & mode of purchase**

MANLY WARRINGAH BASKETBALL ASSOCIATION LIMITED ABN 19 923 482 930
PO Box 396, Narrabeen, NSW 2101 (non Profit)

SUMMER AFTERNOON
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Cost $12.50 per session. Cost for the competitions are charged up by one of our qualified coaches to be played against other competitions from all over Sydney & NSW. Tryouts start in November on Sundays10th & 27th of MBBC.
Email: info@MANLYWARRINGAH.COM.AU
Telephone 88172525
MEN'S DEVELOPMENT
Applications from Below:

Saturday team 4 pdf
Time 5:00 PM
Type .pdf

St Mark's, Avalon & St David's, Palm Beach

Monday Evening 19th December
Singing, BBQ, Fun for the Kids

with a special appearance by the
Jelly Wobbles
Bring a picnic and your best singing voice

Starts at 6:00pm

December 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 enjoy live music from 9am until 3pm. The markets are held in Governor Phillip Park (next to Dunes Restaurant) **11 December 2011 and 15 January 2012**
The markets are held between 9am and 3pm in Village Park Reserve. Enjoy delicious tea, enjoy tasty food and a glass of wine. You can even browse a variety of stalls showcasing handmade jewellery, clothing, accessories and more.
Mona Vale Christmas Market Sunday 4th December 2011 For more information on Markets in Pittwater and surrounding areas visit www.pittwater.nsw.gov.au/markets

MWRFNA - Manly Warringah Pittwater Historical Society - Established 1924
One of the oldest historical societies in Australia, the Manly, Warringah & Pittwater Historical Society has had the only continuous publication of northern beaches achievements, local historical memorabilia, and photographs of the area.
Membership at: Free

MANLY WARRINGAH BASKETBALL CAMP
Mon 23rd, Tues 24th & Wed 25th
January 2012.
Session 1 9.30 years
10.30am to 12.30pm
Session Two 12.30 years
1:00pm to 3:00pm
Venue: NBISC, Jacksons Rd
Warriewood
Special Guest Coaches, Professional coaching. Competitions with great prizes
Cost: $60

This is a 3 day camp ONLY. Payment can be made prior to camp starting date. Please complete details (form below) and forward to: Post: Po Box 396, Narrabeen NSW 2101 Fax: 02 9913 7525
Email: mwbaskbtl@optusnet.com.au Enquiries 88172525
+REFERE for YOUR SKILLS + ABBREVOIE YOUR GAME+MAKE SOME FUN+

Holiday Camp 2012.pdf
Size 159.091 kB
Type .pdf

Carols at Tennis - Saturday, 18 December 2011

Offshore Raffle

Outward Bound: by local artist Jacinda Legg

Shells by Kay
David Woodhouse
Pittwater Marina Products
Paul Smith
Sue Hamilton
Bryan Parkes
Anna Lehm
Mona Vale Florist
Pittwater Marina Products
Anna Wilkinson

15 per ticket / 3 for $30 / 6 for $55

Proceeds to Pittwater Rescue Boat Service
Tickets available at Pittwater Marina Office & Mona Vale Florist
Raffle drawn at Carols at Tennis

Tumbleweed

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with a special appearance by the
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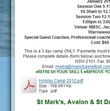
Bring a picnic and your best singing voice

Starts at 6:00pm

Museum of Contemporary Art December 10th 2011 - February 12th 2012
Rafael Lozano-Hemmer
RECORDERS

Be part of the art in this interactive exhibition of light, image, sound and shadow play by the world's best known electronic artist
FREE. More Information



Circus Oz
4-29 January 2012
Tickets from $27
Tumbalong Park, Darling Harbour
www.circusoz.com.au

Talks After Noon

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

Australia Vs. India
2nd Test
Tue. 3 Jan 2012: Sat. 7 Jan 2012
Bookings & Enquiries:

http://premier.ticketek.com.au/shows/show.aspx?sh=TESMATCH12

This year's Vodafone Test at the SCG is set to be a classic, as Australia take on the number one ranked team in the world, India. Cricket fans will be treated to a spectacle to regain the number one Test Ranking, which India have to win for first time series on Australian soil.

TEALPRICE NOTICE: Tickets that are purchased from unauthorised third parties, or are sold at a premium, will be cancelled and therefore you will be refused entry to the venue, in accordance with the 2011/12 Cricket Australia Terms and Conditions of Entry to Venues.

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Newport Ocean Swim

2km Ocean Swim at Newport Beach
Sunday 22nd Jan 2012, 10am - 12pm
Cost: Entry costs $25 and starts from Newport Surf Club at 10am.
www.newportsurfclub.com.au

Avalon Beach Big Swim

1km ocean swim from the north to the south of Avalon Beach
16th Jan 2012, 10:30am - 12pm
Cost: Entry costs $25 and starts from North Avalon Beach at 10.30am.For more details: visit
www.avalonbeachsc.com.au

Mona Vale

Jan.22 2012
Warriewood-Mona Vale Ocean Swim, 1.6km (10am)
Don Jenkin Memorial Trophy
Enter online or on the beach on race day, but race day entries attract a $10 premium. Online entries will open later in 2011.
Entry - $30 online, $40 on race day.
Registration at Warriewood Beach (8.30am-9.40am)
NB: For online entries, it accepts Mastercard and Visa.
Attempts to enter using any other card will not succeed.
Online entries close at 5pm, Wednesday, January 21, 2012.
http://www.oceanswims.com/Mona%20Vale%20Swim/monavaleswim11.pdf

Palm Beach to Whale Beach BIG SWIM

Sunday January 29th, 2012
2.5 km
10 am at Palm Beach.
2012 will be the 38th year since the first group of intrepid swimmers took on the challenge of an open ocean, journey from Palm Beach to Whale Beach. THE BIG SWIM is now considered to be the essential swim to go in for committed ocean swimmers. It attracts swimmers from across Australia and across the World. Online Entry:
http://thebigswim.org.au/

HAWKESBURY INTERNATIONAL SAND SCULPTING CHAMPIONSHIPS

Wednesday 11 January to Sunday 29 January 2012

Nestled on the banks of the magnificent Hawkesbury River and at the foot of the Blue Mountains, the historic town of Windsor is home to the Hawkesbury International Sand Sculpting Championships.

For four days in January 2012, a dozen sand sculptors from Australia and around the world will descend on Windsor to create their masterpieces in the sand. Over 100 tonnes of sand will be transported to the Hawkesbury's Howe Park. The winner will be announced on January 19th and the exhibition will continue through January 29, 2012.

Ticket Prices:
Adult $10.00 (Single adult attendee. $11 inc GST, bus travel for 1 person and free program)
Family $25.00 (Single adult with 2 child $15.40 inc GST, bus travel for 2 persons and free program)
Family $32.00 (2 adults plus 2 adults, 2 children) $22 inc GST, bus travel around the site for 4 persons and free program) Concession $8.00 (Single adult $8.80 inc GST, bus travel for 1 person and free program) Children under 5 years old, no charge and $4.40 inc GST and bus travel for 1 child, no program) further information. contact us on admin@sandsmovements.com.au

PICASSO

Art Gallery of New South Wales
November 12th 2011- March 25th 2012
Book at: ticketek.com.au/picasso

PICASSO Masterpieces from the Musée National Picasso, Paris

Probus Club of Pittwater

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

Pittwater Mens Probus Club is a men's club. Join and enjoy the experience of new friends, interesting guest speakers and the camaraderie of a friendly group. Join 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

Probus Christmas Lunch
Tuesday 6th December

Payment now due
$45 includes meal
Places still available, make your reservation at the next meeting

Summitmania

Get amongst it on Sydney's coastline this summer, with over a hundred family-friendly Summitmania activities on offer. From the beaches to the bushland, Sydney's coastline is the ridiculous time machines. Sydney's coastline welcomes you for Summitmania 2012. Summitmania is the Sydney Coastal Councils Group's (SCCG) Summer initiative that engages residents and visitors in a program of self-guided fun in the month of January in locations ranging from Pittwater to Sutherland.

Rock Platform Exploration

Bring the family and join us on a guided rock platform walk with local Marine Expert, Bronwyn Evans from Pittwater Online Boating.
In person: Coastal Environment Centre, Lake Park Rd, North Narrabeen (9am to 5pm, Monday to Friday)
By Phone: 1300 000 CEC (232) – Reception (option 1)
Enquires: Bianca Springford (Senior Community Education) 02 9970 1513

Indigenous Walk by Kiz-ring-gal Cultural Tours at National Park

Join us on a guided bushwalk to discover cultural sites including rock art and engravings with Kiz-ring-gal Chase Nabarro who will share with you his culture. Learn about traditional native bush medicines and bush tucker, as you search for native foods and learn how to prepare them.
When: Sunday 22 January 2012
Time: 9 - 11am
Location: Bangalley Head, Bangalley Head Road, Kiz-ring-gal Chase National Park - meet at the start of the track (Hread Head Rd)

What to bring:

Hat
Sunscreen
Sunglasses (optional)
Enclosed shoes that you don't mind getting wet!
Camera (optional)
Enthusiasm!

Who: Suitable for children and adults. Children under the age of 16 must be accompanied by an adult. Bookings Essential
In person: Coastal Environment Centre, Lake Park Rd, North Narrabeen (9am to 5pm, Monday to Friday) Phone: 1300 000 CEC (232) – Reception (option 1)
Enquires: Bianca Springford (Senior Community Education) 02 9970 1513

Iizotte's

4/5 Pittwater Road, Dee Why
www.iizottes.com.au
Ph: 9984 9933

December: 10th: Mental as Anything, 9th Sons Of Summer. 16th: The Beatins, 17th: Bondi Cigars, 23rd, The Black Sorrows, 28th: Jimmy Barnes & Russell Morris

January: 5th, Mark Seymour, 8th: Glenn Shorrock, 13th: 1927, 20th & 21st: Ian Moss, 27th: The Band Left

MUSEUM OF SYDNEY
until 18 March, 2012
Corner Phillip and Bridge Streets, Sydney

The Sol City exhibition returns us to the beaches of the 1950s, 60s and 70s, when Sydney's beach culture was at its peak. Surfboards, beach fashion and social change will all mobilise mark on Sydney. Boardriders, shapers, writers, cultural shrines and surfboards will be displayed and such-talented bodies should up the conservative city and created a new culture of freedom and fun. Sol City showcases the work of photographers Max Dupain, Peter Simpson and Mambo co-founder Brian Cook, as well as Australasian shortboards. Also on display is the surfing merged seamlessly into mainstream Australian life. Sol City is presented in partnership with Bondi Rescue and Bondi Beach Is 50 Years – Spirit Cloud Sand Friday and Christmas Day.

Manly Art Gallery & Museum

On the Beach: Gems from the Manly Art Gallery & Museum swimwear collection
Exhibition dates: 2 September 2011 - 14 August 2012

An exhibition exploring Manly Art Gallery's unique collection of swimwear and beach fashion photography. Manly has been a popular beach destination since Edwardian era to the shrimp. Nic Hilton Holmes of this Manly's collection documents the evolving fashions and styles of swimwear and our changing relationship with the beach. Curated by Sarah Johnson.

Pittwater Artist's Trail 2011 - 2012

artists Trail Brochure.pdf
Size 2,158.373 kB
Type .pdf

Compiled by Tony Dawson, Editor.

THE NORTH SHORE HISTORICAL SOCIETY 2013 HISTORY PRIZE
The NSHS History Prize is a biennial competition estab-lished by the Society to encourage historical research at the community level and, in particular, to seek out and encourage new historians. The prize is worth $3,000 in 2013 and $3,666, because the $1,000 and Encouraged Prizes of $1,000. The judges may recognise an outstanding entry by presenting the First and Second Prizes to give a Commended Prize.
The emphasis of the competition is expected to be on the two Acts of North Sydney or the Lower North Shore (including the areas bounded by Hunters Hill, Gladesville, Lane Cove, Willoughby, Manly, Warringah and Pittwater), although expansion of these geographical areas is not precluded if there exist strong historical connections with the North Shore communities.
Entry is open to individuals or groups of individuals. Entries may be submitted to cover subjects such as people, communities, events, organisations or build-ings. Entries must be submitted in English and be typed or printed on A4 paper. Entries must be filed combined with MS PowerPoint. Entrants are required to submit in advance a written précis of their subject matter, the deadline for which is 31 May 2012. The full entry sub-mission date is 31 July 2012.
To obtain details of the requirements of the Competition, as well as the NSHS Constitution, please contact the Secretary, Mrs Jenny Gordon, 9953 8374 jmhgordon@gmail.com or write to: Jenny Gordon Prize, PO Box 384, North Sydney, NSW 2059.

Manly, Warringah and Pittwaterhistorical Society Inc.
Established 1924

Patron: The Honourable Sir James Macken LLD

President - Jan Boyce
0402 066 088
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Avalon Beach RSL
KARAOKE XBAA EVE & NEW YEARS EVE

Saltwater Freshwater - Call for Stall Holders

It's not often you get a chance to combine a powerful discussion about skills, training and careers for Indigenous Australians with music, and activities - and all on Australia Day in **Taree**!

Why not host a stall? The organizers are calling on all crafters, hoodies and artists who want to be involved to run a stall to take advantage of the 5,000+ expected visitors who will flock to Queens Park on January 26. For more info call Jane Cornwell on 0429 666 [illegible] or email stallholders@saltwaterfreshwater.com.au

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THE PARAGON AT KATOOMBA

by George Repin

Above: Entrance to Paragon Cafe By Natalie Broughton 1999. All rights reserved. Others by George Repin, Violet Lily and My Makeup Reviews

Starting as a boy in the 1930's and later with a growing family, a trip to Katoomba for me was never complete without a visit to **The Paragon** in Katoomba Street, a few short steps down the hill from the Carrington Hotel. Whether for a meal, American-style hot waffles with real maple syrup, hot chocolate to warm faces and hands chilled by the cold winter wind at Echo Point, to feast eyes on the enticing, attractively displayed confectionery made on the premises, or to savour the pervading aroma of warm pastries fresh from the ovens, it was a "must".

Established in 1916 and operated by the Simos family **The Paragon** was a constant in a changing world. The owner of the business and the "front man" was "Zach" Simos, the first to come to Australia from Kythera, later to be joined by his brothers Peter and George. George was a master confectioner.

Responsibilities in the business were spread between family members. Zacharias was a tall, very impressive figure, quite bald when I knew him, greatly respected in the local community and one of nature's gentlemen. I came to know him well when I was President of the Catering Trades Organisation of NSW. His courtesy, hospitality and kindness to my wife and myself, whenever we visited the restaurant, is something we remember and cherish.

Driving back to Sydney from Dubbo one Saturday, nostalgia drew me to **The Paragon**. I was disappointed to find it closed for the day. The old style shopfront of glass and ornate metal work set above deep blue tiles was unchanged. Peering through the door I could see the glass cases on each side (filled in my mind's eye with sweets and hand-dipped chocolates on the right - and cakes, pastries and biscuits on the left). I remembered the Butter Brazils, the Marzipans and the Vanilla Almonds – all specialties of the house. Beyond I could see the dark timber loges into which a child could retreat and hide, the dark timber panelling with Grecian figures in bas-relief a major decorative feature in art deco style executed by O.L.Steen, the hanging light fittings characteristic of the time when they were made and, further back, the soda fountain faced with Moruya marble. Behind the bar was the entrance to a room where private functions were held and the Rotary Club of Katoomba met every Monday evening. The floor of what is now the cocktail lounge was a sprung dance floor when ballroom dancing was all the rage and **The Paragon** was the place to hold a party.

Because the décor of **The Paragon** so wonderfully reflects an era, all three rooms have been classified by the National Trust. So many landmarks have gone from country towns over the years, the victims of "progress". Hopefully **The Paragon** will not be one of them.

Footnotes: 1. The Late Justice Theodore Simos of the Supreme Court of New SouthWales, the son of the Late Zacharias Simos, provided me with background information in the preparation of this article.

2. An entry about Zacharias Theodore (Jack) Simos (1897-1976) appears in the Australian Dictionary of Biography first published in Supplementary Volume 2005. Link Below:

Simos, Zacharias Theodore (Jack) (1897–1976) from: http://adb.anu.edu.au/biography/simos-zacharias-theodore-jack-13195

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The Roll's Royce of Motor Oilers

People collect all kinds of shiny objects with a unique quality. Most of these stem from industrial 'leaps forward' and have a fair amount of history, and if they're maintained, usefulness. This No. 38 Motor Oiler, from Trevor's Museum and made by Joseph Lucas and Son Ltd., were originally supplied to Rolls Royce as part of their cars tool kits. The others pictured also form part of Trevor's 'oiler' collection.

Joseph Lucas was a lamp manufacturer and the founder of Lucas Industries which is based in Birmingham, UK. Born in 1834 and educated at the local Church Sunday School, he was apprenticed at age 13 to H. & G.R. Elkington, Silversmiths. By 1850, the father of six, was selling paraffin oil from a barrow cart in the streets of Hockley. By 1860 he had established a business selling shovels, buckets and the like. His son Harry joined the business in 1872 and they opened the Lamp Works, concentrating on new types of lamps that could burn petroleum and paraffin. This business became Lucas Industries.

After the First World War the firm expanded rapidly, branching out into products such as braking systems and diesel systems for the automotive industry and hydraulic actuators and electronic engine control systems for the aerospace industry. In 1926 they gained an exclusive contract with Austin. Around 1930, Lucas and Smiths established a trading agreement to avoid competition in each other's markets. During the 1920s and 1930s Lucas grew rapidly by taking over a number of their competitors such as Rotax and C.A.Vandervell (CAV). During WW2 Lucas were engaged by Rover to work on the combustion and fuel systems for the Whittle jet engine project making the burners. This came about due to their experience of sheet metal manufacture and CAV for the pumps and injectors. In the 1950s (exact dates needed) they started a semiconductor manufacturing plant to make rectifiers and transistors.

Today Lucas Industries plc has merged with the North American Varity Corporation to form LucasVarity plc (1996) and continues to be a viable company involved in everything from wireless components and brakes to aerospace developments through the large amount of other companies acquired along the way. Joseph Lucas died from typhoid in Naples in 1902.

Book on Joseph Lucas and Son: : http://www.competition-commission.org.uk/rep_pub/reports/1960_1969/fulltext/025c03.pdf

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Decking Finishes

by Bruce Crutcher

Hi and welcome to Johnson Bros Mitre 10 DIY Tips. The last two articles have dealt with selecting your timber for your deck and preparing the decking for finishing. This week's article will look at the various types of finishes available for external decking, and their pros and cons.

Most decking finishes either penetrate the timber or leave a coating on the surface, (some of the latest products do both) and are either solvent based or water based. Nearly all external decking finishes have some form of pigmentation which acts as a U.V. inhibitor. If there wasn't this pigmentation, the decking finishes would be broken down very quickly by the sun's UV rays. This would mean constant maintenance. A lot of the deck finishes offer a choice of pigmentation colours.

Up until a few years ago, the vast majority of deck finishes were solvent based. Most decking oils are solvent based and protect the timber by penetrating the surface and revitalising the fibres. These products usually don't last as long as similar water based products, however, decking oils are recommended on timbers with high natural oil content such as Tallowood and Spotted gum.

Using the latest technologies, water based products are becoming more popular as they are easier to clean up, are longer lasting and have quicker recoat times than the solvent base decking oils. Quicker recoat times now mean that once your preparation has been completed, a deck can have 2 coats of finish applied over one day! Water based products also tend to be more environmentally friendly as they have lower VOC's. Some of the water based products available are Cabots Aquadeck, Intergrain Ultradeck and Intergrain Natural stain. Cabots Aquadeck and Intergrain Ultradeck penetrate and nourish the timber whilst also leaving an acrylic film on the surface to offer further protection.

Products which offer a longer lasting finish work on building a coating on the surface of the timber. These include Sikkens Deck, Sikkens Deck Plus and Intergrain DWD. The DWD is water based, whilst the Sikkens products are solvent based and require clean up with mineral turpentine. They do however offer a long lasting finish, and if they are maintained correctly, will save you money over the life of your deck. These products initially are more expensive as they require a primer coat first, then the finish coats. They also require a lot more care in application as they rely on the thickness of the coating to offer the protection, so please follow the directions on the cans!

The Sikkens Deck Plus has a slip resistance added to the product, this is especially good for walkways and ramps, and also any deck to minimise the chance of injury through slipping. Intergrain Ultragrip can be added to most products to give this same slip resistance.

All of these products mentioned are available at Johnson Bros Mitre 10, with some of the lowest prices on the peninsular. Come in and talk to our helpful staff for more information and advice.

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From the management and staff of Johnson Bros, we wish everyone a safe and happy Christmas and New Year.

Click on logo to visit their website

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