

## April 17 – 23, 2011: Issue 2

Our second issue features Shane Withington as our Profile of the Week and former Palm Beachian Dr Lucy Gullett on our historical page. Our Park Bench Philosopher is Graeme from Pittwater Climate action who has some interesting facts to share.

There's more news from locals and Council on our Community News and the new 'From our Inbox' pages. The 'Seasons and Cycles' walk we were going on yesterday was postponed, so we offer a MacKay Reserve Meditation on our Environment page and will bring you news of the bushwalk once it is rescheduled.

Food features the Elephant King (crossing) Restaurant this week where traditional dishes with authentic recipes can be had.

Mildred has been birdwatching and we found some great stuff on Music as Knowledge, which is on the Youth Page. There's also some great news about the 'Enable Me' program on our Seniors page, well worth perusing.

This morning, after the mentioned to the right visit to Mona Vale, we attended the morning meditation at Avalon Community Center given by the visiting Buddhist monks. Article below.

We're leaving the Currawong images up on the Photo Gallery page in honour of Mr Withington and the Friends of Currawong. Let them linger another week...

Tonight we're going dancing at the benefit for Alyse Saxby at Pittwater RSL.

Tomorrow we'll get up and begin again...

Monday is exhale day.

## Sacred Footsteps

Since 2002 Tibetan monks who must reside in India have been coming to Avalon Community Center to share knowledge and insights into their culture, Buddhism and their efforts to empower their peoples. As part of this the monks create a Sand Mandala that is given to the sea once it is created in a ceremony that is called the 'Dissolution'. The point of the Mandala, brilliant with colours, intricate in designs recreated according to ancient texts, is that these mandalas correlate with the human being and their casting back into the water, the wind, the earth, is to communicate how all disappear. We are all beautiful, spun from brilliant colours, and we all, one day, disappear, our colours fleeing from our earthly bodies.

This year the monks are creating a Namagylama mandala that contains the essence of a powerful female energy for healing and prolonging life. It is this we are asked to visualise during their chanting meditation, her energy is said to work by purifying the meditators' mind and body of negative karmic conditions. By creating this mandala the monks generate a wish for the wellbeing of all sentient beings and bring about peace and happiness for the world.



The other focus this visit is to send people in Tibet overseas for education. Geshe Sonam Thargye tells us, after the meditation, that many in his homeland are poorly educated and that last year they managed to send fifty children to University in China to become doctors, nurses and teachers. The year before he had an audience with the Dalai Lama in New Zealand who told him, 'The buddha, a hundred years he sits 'still smiling' and doing nothing. We must do something. We must ensure we are educated, our children educated, so they can understand the Chinese Laws and Constitution, and that way bring about change.'

The monks move to the Imperial Gardens in Terry Hills from April 21- 25 should you wish to see the next mandala being created or participate by being there at their Mindfulness meditations. Well worth it, if only to listen to the rounds of chants.

Further reading:

In Tibetan Buddhism a mandala is an imagined place that is created by the monks in contemplation and meditation. The mandala is a symbol of a perfect world and its energy; a representation of an enlightened beings' place of residence and everything contained within it.

## Palm Beach Telephone Exchange... still flooding after all these years...

Due to circumstances beyond our control, but not Telstras', our issue this week is late as the ongoing and seeming perpetual problem of Palm Beach telephone exchange flooding everytime it rains for more then a few hours, taking all landlines and internet cables down with it, has still not, years later, been addressed let alone fixed.

When you add on top of this the fact that 'no one works on weekends, only sub-contractors, so they will get to you only if someone is in the area and takes the appointment...apart from that it will be tomorrow (which is now) or Monday by 7pm at the latest.' you'd be hard pressed to run a business anywhere north of Careel Head Road that requires a landline on any day that's not sunny.

Off we race to Officeworks to buy a wireless modem, humming a sweet chant at five minutes to nine outside their doors this morning and engaging in conversation with another local waiting to get in and get stuff done.

"It's been like that for over ten years now," she informs, "You can pay the highest rates, live in the most expensive houses, but if you think you're not living in a third world country then you'd be mistaken. They said years ago they know it happens but have no intention of upgrading it."

This is true, after six hours of twenty five conversations with all the sweet 'Telstra Departments' in India and Manilla, who then tried to get us patched through to someone in Australia, who turned out to be in Perth, where it was four am, no wonder no one answered, we realise nothing will be done. And that will be three days with no service, a great effort on their behalf for a capital city. Goodness knows how long we'd be waiting if living outside of one.

Telstra will keep announcing billions of dollars in profits each year and keep laying Australians off. Businesses must go to the wall, go to the dogs, go down the tubes.

Either way we we will endeavour to bring you each new issue by 6am every Sunday morning in future and will be able to now that we have become independant of the 'best and highest package' which they're sure to keep sending us the account for.

And no, even as this is posted, the internet isn't back on and no one can call us on the landline, nor can we call them. Our computers can't talk to each other so all is being loaded, slowly, by hand.

The best part about this whole experience is all the waffle we were told while trying to get through to someone.... we laughed and laughed and laughed.

Very fanciful stuff ! Gobble-de-gook epitomised.

## PITTWATER LOCAL PLANNING STRATEGY: HOW DO YOU WANT PITTWATER TO LOOK IN 20 YEARS?

On Community News Page: [here](#).



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## About Us

## Archives



## Quote for the Week:

I thank you God for this most amazing day, for the leaping greenly spirits of trees, and for the blue dream of sky and for everything which is natural, which is infinite, which is yes.

e.e. cummings

weatherchannel.com.au WEATHERACTIVE  
Change Location: Enter a postcode/suburb... GO  
SYDNEY, NSW + SAVE  
Today Fine, Mostly sunny. 15 26  
Tomorrow Partly Cloudy. 15 24  
> Current Temp: 25.6 °C > 3 Hourly Forecasts  
> Feels Like: 24 °C > 10 Day Forecast  
> Wind: 13 km/h WNW > Warnings  
> Rain since 9am: 0 mm > Radar | Cloud | Lightning  
Latest News Slater asks flood victims



## Scotland Island Road Reserve & Stormwater Strategies

Scotland Island Road Reserve & Stormwater Management Implementation Plan  
Scotland Island Road Reserve Strategy  
Scotland Island Stormwater Management Strategy

Pittwater Council recently resolved to place on exhibition for public comment the three separate documents forming Council's draft Scotland Island Roads and Drainage Strategy. The two strategy documents define what and where the various forms of road and drainage infrastructure will be constructed, while the implementation plan prioritises those infrastructure works for Council's consideration when developing future Council construction programs.

The documents will be on exhibition from Saturday 4 December 2010 until Sunday 1 May 2011 and can be viewed at Council's customer service centres at 59A Barrenjoey Road, Avalon and 1 Park Street, Mona Vale, as well as the document links on this Pittwater Council [Page](#).

Written comments addressed to the [General Manager](#) should reach Council by close of business on the 1 May 2011.

Please note that all submissions in their entirety will be treated as public documents and may be made available upon request.

Submit your comments via Pittwater Council's [Online Submission Form](#)



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**Our Park Bench Philosopher for this week is Graeme Jessup of Climate Action Pittwater.**

## Pittwater households use lots of electricity – so what?

Crikey – according to figures just released by Energy Australia (or now Ausgrid) Pittwater is one of the highest consumers of electricity in Sydney – 21.5 kWh/day average.

This is not a good look when we are trying to grapple with the issue of Global Warming, and we are told by many experts in the IPCC that we will have to cut our carbon dioxide emissions by at least 50% if we are to avoid major climatic changes. But even if we agree that we must do something about our electricity consumption, how could we possibly reduce it 50%.

Well for a start we don't have to do it all at once in the next 6 months – if we could reach this goal in the next 10 years that would be fine. So lets get Pittwater moving in the right direction – are you ready to get on board?

First of all put a date in your calendar for the Pittwater Sustainable Living EXPO on Sun 9 October 2011 – it will be a really stimulating day out for the whole family and will give you the opportunity to find out what's happening and how you can start the journey.

Pittwater Council is taking a lead and has committed Council to work towards becoming a carbon neutral community. If you want to get started right away and make a difference come along to the Climate Action Pittwater monthly meetings and meet people that are walking the talk (ph Graeme on 0419 495 178).

My partner and I started down the path a few years ago, and our house now uses an average of 9.6 kWh per day, so we have already reached the 50% mark – and we can go further. Our electricity bill for 2010 was less than zero – in fact to our great satisfaction we were paid \$958 by our supplier. Some households use even less electricity, so it can be done.

One thing for sure, the sooner we get started on this journey the easier it will be – and it can be very rewarding as well.

Graeme Jessup.



Climate Action Pittwater: <http://www.climateactionpittwater.org.au> From their website:

Climate Action Pittwater (CAP) is a group of concerned citizens who have decided to help our community in the transition to a more sustainable lifestyle, so we can avoid the serious consequences of climate change. We are dedicated to promoting solutions and engaging the local community in the development of a more sustainable lifestyle.

## 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@hotmail.com](mailto:pittwateronlinenews@hotmail.com)

Be you old or be you young,

We want to hear your voice, your song...

Please note that Pittwater Online News does not endorse any of the content of works contributed. Articles, poems, stories and anecdotes which contain swearing or may offend others will not be accepted. All works will be posted unedited unless you go on and on and on..... and on.



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## Shane Withington

Many thespians seem to have an affinity with everything outdoors, earthiness as much as being able to communicate this, to be in its skin, must come with the territory in seeking to portray characters who are real, believable. There's a necessary Poet inside that tests resonances to find and feel what is true. Resilience is required too, to put yourself out there, to be prepared to go the longer way, ready to meet all challenges in self and path. It is an occupation that also engenders, especially in film work where shoots may run all day and halfway through the night, an ability to go the distance. Commitment that instils a recognition of fellow workers occurs.

Since 1978 Shane Withington has worked portraying genuine Australian characteristics in roles that range from affable larrikins to weathered farmers trying to withstand the ubiquitous drought. In the real world he is open, approachable, unpretentious, friendly and charming. Australian in other terms. He must have seemed a natural for those who needed someone to speak eloquently and to the point on behalf of Currawong. He puts the time and energy in, invests himself, goes the distance.

Shane is varnishing his boat when I call.. "Hold on, just have to tie a rope..."

How long have you lived in Pittwater?

"Since it was in black and white and mono (laughs). No, about 28 years."

What is your dream role or favourite character?

With Rachel Ward in Rain Shadow. I played this crusty burnt out old farmer and I loved it, it suited me."

Shane played Harry Greene in the 2007 Rain Shadow mini series. Filmed on the west side of the Adelaide Hills, the episodes portrayed a rural community in the midst of a drought exacerbated by their geographical location, that of a 'rain shadow'. A rain shadow is an area on the lee side of a mountain which blocks the passage of rain producing weather, casting a 'shadow' of dryness.

What is your favourite place?

"Currawong!"

Apart from Currawong?

"Ellis Creek Station in Ku Ring Gai National Park. There's this rocky outcrop near there where you get a 360 degree view of the whole escarpment. The water, the hills, it's beautiful, magnificent."

What stands out from saving Currawong as a pivotal moment or the pivotal moment?

"Just one?"

If possible.

"Ok, there was one. We were shooting Home and Away and I'd just been blown up on a bus with Bob and I had blood all over my jeans and leaves all through my hair, mud all over me, and I had to do this Voice Over for a cartoon that day too, so I jumped in the car and headed into town, and I was standing on this corner in Newtown, blood and mud all over me still, and I got a call from Daryl Watkins (PA to Kristina Keneally who was Planning Minister at the time) and he told me we'd been successful in getting Currawong Heritage listed. So I called Rob Stokes and Mark Ferguson at Pittwater Council and all the girls and guys on the team (Friends of Currawong) and told them "We've done it ! It's Heritage listed!"

As he says this, and even now, rewriting it onto this page, the shiver runs over skin. Shane Withington is an asset to our community. His judgement is trusted, his stance respected, his honesty clearly defined. He could be viewed as a healer in what he and his compatriots in the Friends of Currawong have done for the land, for all us simple folk, and for the future. They put their money, hearts and sweat where their mouths are, fought the good fight, and won. Liking 360 degree views also hints of broad horizons and eagle qualities, sea eagles in Shane's case as these roost and soar near his favourite place.

When you look over the long list of works Mr Withington has done you realise you've seen most, if not all of them. These shows, and their characters, bring a smile to your face, a nod of how else those who toil to keep the portrayal of Australians alive for all Australia invest in community, invest in us. A crusty old farmer may be Shane's favourite role but his greatest has occurred in the real world, with his real voice and from his real self when he stood and spoke for all of us.

Shane's Motto for Life?

"The one I live by:

**"With patience and persistence we will prevail ! "**

Further Reading, Looking and Listening:

1999; Friends of Currawong: [http://workers.labor.net.au/7/news4\\_four.html](http://workers.labor.net.au/7/news4_four.html)

2005: from Sydney Morning Herald: <http://www.smh.com.au/news/national/unions-fly-the-nest-from-currawong-retreat/2005/08/01/1122748579431.html>

2007: The Rally Against Inappropriate Development (RAID): <http://www.sandon-point.org.au/mediacoverage/daily-telegraph/20081014.html>

2008: Telegraph: <http://www.dailytelegraph.com.au/news/opinion/paradise-now-labors-skull-island/story-e6frez0-111115719610>

2008: 7.30 Report: <http://www.abc.net.au/7.30/content/2007/s2201091.htm>

Final Heritage Report PDF: [http://www.friendsofcurrawong.com/documents/Ministers%20decision/THAPReport\\_Significance&SHRListing09.pdf](http://www.friendsofcurrawong.com/documents/Ministers%20decision/THAPReport_Significance&SHRListing09.pdf)

Shane as Harry Greene, Rain Shadow character:



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**Spinsters Hill; Sunrise Hill, Palm Beach**

Our first month of historical articles celebrate the women who lived on what was called 'spinsters hill' (Sunrise Hill) at Palm Beach, due to most of the blocks being sold to single women in the 1912 sales by the Barrenjoey Land Company. In this series we will examine the lives and accomplishments of women such as Marie Beauville Byles of Seaview, the first woman solicitor of NSW, and Dr Lucy Gullett, pioneer lady doctor, who owned 40 Sunrise Road from 1912 to 1922.

We will, of course, get around to some fine men too. Landscapes, suburbs and events will also be researched and explored. This week it's Dr Lucy Edith Gullett, in concord with other healers and poets on this issues' pages.

Of note while researching 'Spinsters Hill':

"Palm Beach, contrary to popular opinion, wasn't named after Livistona australis or cabbage tree palms. It was coined instead by the Barrenjoey Land Company in 1912 as a sales pitch, marketing this new seaside estate as Sydney's very own Florida tip, with its own Palm Beach." 1912 sale of blocks at Palm Beach NSW by Barrenjoey Land Company

From: <http://www.smh.com.au/news/property/whats-in-a-name/2007/01/12/1168105152671.html?page=2>



496 GEORGE STREET, SYDNEY.



The women undergraduates shown in the 1897 photograph below, included Julia Carlisle-Thomas (rear second from their left), Lucy Gullett (rear far left) Harriet Biffin (rear second from their right), and in the front Alice Newton and Ada Affleck.



**Lucy Edith Gullett (Dr.)**

28th of September, 1876 to 12th of November, 1949

While investigating Lucy a picture emerged of a socialite who was also socially conscious, a woman who gave numerous Talks on various subjects, was a keen golfer, loved the outdoors, a bridge player, a frequenter of Race Days (horses), was literate, a doctor of Medicine with a Major in Chemistry, an advocate for indigenous peoples health rites, but mostly a champion of women's and childrens issues. Dr Gullett was a member of Sydneys' Feminit Club when 'feminism was defined as 'the womens' Movement is no sex-limited thing, but a great human movement in which women are free to serve their day and generation in what ever direction their talents give them opportunity, not apart from their men folk, but in conjunction with them. The heart of the Womens' Movement is the compassion and justice which should be at the heart of every womans' nature, to be called forth with an instant response for any and every personal, national or world need. It views with distress the present attitude to the woman wage-earner in the financial stresses of today, when her right to earn in order to live is often questioned. Neither can the movement stand idly by and endure the attitude of unthinking citizens to the needs and great injustices under which the aboriginal and hal-caste citizens of Australia labour. (Rischieth, SMH, Dec. 1933).

This 'feminism' would have been fuelled by the attitude towards women during the earlier years of her life. From the Heritage Document for Rachel Forster; 'While women were permitted to study medicine at Sydney University from 1885 onwards, they were routinely denied appointments as residential medical officers in NSW public hospitals. Female medical graduates in NSW typically undertook Health Department lecturing, travelled interstate to undertake residency where they could obtain hospital appointments, or worked at the Sydney Medical Mission in Elizabeth Street. Following a brief period in World War I when female doctors had been appointed to hospital wards, they once again faced exclusion from staff positions.

Born the third child of Henry Gullett, a journalist and NSW Legislative Member from 1908-1914, whose mother was cousin to the poet Keats, and Elizabeth Lucinda, a woman who also wrote under the pseudonym 'Humming Bee' and hosted the first Womens' Literary Society Meeting in her drawing room in 1890, Lucy grew up in an atmosphere of high culture and strong morals. Named for her mother, with four sisters, Amy Florence (born 1873), Minnie Dorothea (born 1875), Bessie (b 1878 d 1880) and Constance Winifred (born 1882) Lucy and her sisters were educated and afforded all the refinements to produce healthy and active minds. They were a family of Australian 'little women'.

Lucys' career as a doctor began on Graduation (June 1st, 1901), a ceremony presided over by the then Duke and Duchess of Cornwall, when she was the first resident medical officer at the Womens' Hospital in Crown Street from 1901 to 1902. By May 31st, 1902 she was heading north to be resident medical officer at the Childrens' Hospital, Brisbane.

Soon after arriving there we get a glimpse of what she was confronted with in the form of one of the scourges of the times 'ptomaine poisoning'. From the Brisbane Courier of July 5th, 1902: "At the South Brisbane Police Court yes- terday, Mr. R. D. Neilson, J.P., concluded a magisterial Inquiry Into the cause of death of William Holger Ludwig Schipper, aged 12 years, who died at the Children's Hospital on the 7th June last, and Waldemar George Schipper, aged 5 years, who died in the same institution on the 9th June last.

Dr. Lucy Edith Gullett, resident medical officer Children's Hospital, deposed that on the 5th the deceased were admitted into the hospital. They were both in a state of weakness when brought in. On the evening of the 5th June she came to the conclusion they were suffering from ptomaine poisoning. Both boys died in the hospital, Wilhelm on the 7th June, and Waldemar on the 9th June. Ptomaine poisoning was caused by the condition set up after consuming decomposed meat or vegetable matter. A decomposed sausage or cooked corned beef, in her opinion, could have caused the poisoning. She did not think that the condensed milk would have caused so violent an attack. The poison would not have been caused by the cheese. In her opinion the two boys died from ptomaine poisoning."

In 1912 Dr Gullett was one of the 'spinsters' who purchased a block of land on Sunrise Hill, Palm Beach, overlooking the golf course. Reputed to have been playing bridge most afternoons at this time, giving over only mornings to her private practice, Lucy must have longed for the links and wilds and peace of Barranjoey, as it was spelt then. A house was built, wich still stands as is today, and was sold to Eldred Moser, a wool merchant, in 1922. These weekend idylls interrupted by travelling to France during 1915-16 to serve in the French Red Cross military hospital at Lyons at her own expense.

Lucy paid 100 pounds to the Barrenjoey (Land) Company in 1912 and received 1025 pounds when she relinquished her 'weekender' and the rounds of golf she would have played on our local course. Minnie and Winnie and other 'society' guests would have been visitors, playing late afternoon bridge her habits would suggest. Palm Beach had become 'the place to be' by the 1920s', sophisticates had moved in among the fishermen and dairy cow herders.

By 1921, perhaps an added reason for giving up the property, Dr Gullett, inspired by a visit to a conference at the Queen Victoria Memorial Hospital in Melbourne, managed and run by women, one of only three such in the world when it was opened in 1892, returned to Sydney determined to set up a similar facility, also managed and run by women, in Sydney. With Dr Harriet Biffin she founded the NSW Association of Registered Women Doctors and went on to open the 'New Hospital for Women and Children' in Surry Hills. The cost of the property at 11 Lansdowne Street... 1000 pounds. In 1921 this became the Rachel Forster Hospital for Women and Children in Redfern, a bastion for womens' health.

Her championing of womens' rights and issues, her kindness for stray animals, her attendance to small details are recorded as, 'often bringing parcels of groceries to her poorer patients, and it was she who insisted the hospitals Outpatients' Department should be open at night so that working women should notlose a days' pay for attending hospital. She was also a great dog lover and fed stray dogs from all over Kirribilli, where she lived with her sister Minnie' (Cohen, L. 1972).

Dr Gullett clearly knew that healing is not just about skills you learn at University. Healing is something that comes from your heart as much as your hands. Healing is something you experience in your connection with the land.

From her Great Uncle, whose blood ran in her veins, to close these snippets of her songs, words that remind of her days in our breezes;

To one who has been long in city pent,  
 'Tis very sweet to look into the fair  
 And open face of heaven,—to breathe a prayer  
 Full in the smile of the blue firmament.  
 Who is more happy, when, with heart's content,  
 Fatigued he sinks into some pleasant lair  
 Of wavy grass, and reads a debonair  
 And gentle tale of love and languishment?  
 Returning home at evening, with an ear  
 Catching the notes of Philomel,—an eye  
 Watching the sailing cloudlet's bright career,  
 He mourns that day so soon has glided by:  
 E'en like the passage of an angel's tear  
 That falls through the clear ether silently.

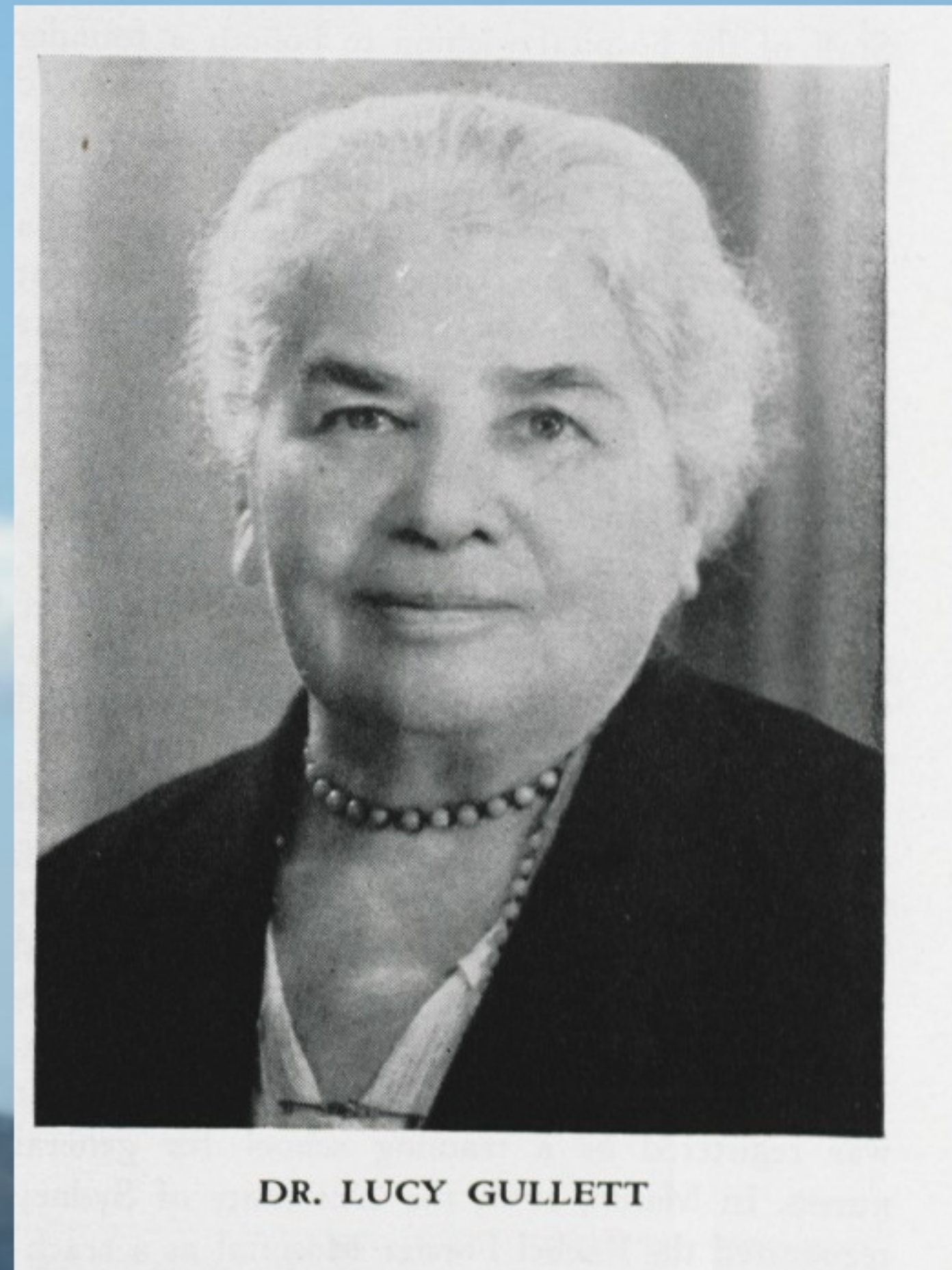
John Keats, Sonnet XIV

Further reading:

Cohen, L. 1971. Rachel Forster Hospital, *The First Fifty Years*, PDF; (right) supplied by the Elizabeth Bass Collection, Matas Library, New Orleans.

Heritage Impact Statement for Rachel Forster Hospital, Retrieved from: [http://www.planning.nsw.gov.au/asp/pdf/07\\_0029/HIS.pdf](http://www.planning.nsw.gov.au/asp/pdf/07_0029/HIS.pdf)

SUPPOSED POISONING IN SOUTH BRISBANE. (1902, July 5). *The Brisbane Courier* (Qld. : 1864-1933), p. 7. Retrieved April 17, 2011, from <http://nla.gov.au/nla.news-article19203225>



DR. LUCY GULLETT

Dr Gullett as a mature woman, and below, at 11 years of age, 1887, bottom Amy at 14 years 1887. Far Right top, Minnie at age 13, 1888 and Winnie aged 6.1887 and 1888 images image kindly sent by Leonie Smith, of San Francisco, USA, living relative.



Manly Warringah and Pittwater Historical Society

This Society has kept the only continuous records of historical documents, mementos and research of the Northern Beaches. They are one of the oldest suburban historical Societies in Australia. Visit their informative website by clicking on logo:



LucyGullett\_JAMWA\_v5p294[1].pdf  
 Size : 2729.228 Kb  
 Type : pdf

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## MackKay Reserve Meditation

**In Summer** a billion cicadas in full voice through the banks of green make the trees seem to loom and sway and sing.

**In Spring** there are wildflowers, from those that bloom first, the boronia, small pink stars,, to the later bush fuchsias, sweet with nectar.

**In Autumn** the trees' trunks change colour, yielding up the final flushes of blossom.

**In Winter** these grounds own peace and recitude.

After bushfires imposed by local arsonists my eyes are brought to rest on the new shoots of green.

Most of all these grounds hold one favourite tree and conjure up another's meditation. He, of Lucy Gulletts' generation, who fought in France during the 'Great War', wrote the most famous poem about a tree:

I think that I shall never see

A poem lovely as a tree.

A tree whose hungry mouth is prest

Against the earth's sweet flowing breast;

A tree that looks at God all day,

And lifts her leafy arms to pray;

A tree that may in summer wear

A nest of robins in her hair;

Upon whose bosom snow has lain;

Who intimately lives with rain.

Poems are made by fools like me,

But only God can make a tree.

Alfred Joyce Kilmer, 1913.



Sgt. Joyce Kilmer, as a member of the Fighting 69th Infantry Regiment, circa 1918.

Retrieved from: [http://en.wikipedia.org/wiki/Joyce\\_Kilmer](http://en.wikipedia.org/wiki/Joyce_Kilmer)



## COMPOSTING AT THE ECO-HOUSE

In recognition of International Composting Awareness Week, Pittwater Council will host a free composting workshop at the Kimbriki Eco House on Wednesday 4 May from 10am to 12pm.

Composting Week runs from Sunday 1 May until Saturday 7 May 2011 and to celebrate, Kimbriki will also be giving away 500 bags of compost daily free-of-charge to residents using the waste facility.

Mayor Harvey Rose said composting can improve not only residents' gardens but the environment too. "Many residents might not know that 60% of the rubbish they put in their everyday garbage can be put to better use in the garden as compost and mulch, improving soil quality," said Cr Rose.

Emma Mackay from the Council's waste education team said the workshop would show that composting is good not only for the garden, but also local parks and landscaping projects. "Participants will have the opportunity to see compost under a microscope teeming with life and making it so important for a healthy garden," said Ms Mackay. "Soil expert Rob Nicol will discuss composting and soil health and the value of compost in larger projects."

Mark Winser from Kimbriki thanked sponsors Australian Native Landscapes for their support of Compost Week. As places are limited, bookings are essential; to reserve your place at the workshop please phone the Education Team on 9970 1194.

To find out more about Composting visit [www.compostweek.com.au](http://www.compostweek.com.au)

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

## Meanwhile...In Russia..

Evgenia Chirkova is a leader of a courageous fight to save the Khimki forest from a league of corrupt forces, including the Russian government. She's been harassed and threatened. Some of her fellow protesters have been arrested and beaten — one journalist was brutalized so badly that he now has to use a wheelchair. He can no longer speak.

All because they want to stop the destruction of one of the few protected old-growth forests in all of Russia — a forest critical to the entire ecosystem around Moscow.

It's an incredible story, one that starts with a corrupt deal to build a \$1 billion highway from Moscow to St. Petersburg right through the Khimki forest, even though other routes were easily available.

After she discovered the proposed plan, Evgenia and others started the "Save Khimki Forest" movement. In a country fed up with rampant corruption, human rights abuses and environmental degradation, their movement struck a nerve.

Last summer, thousands of people demonstrated in Moscow's center, leading to President Medvedev's unprecedented action of holding a public discussion on the proposed highway. The Associated Press has labeled their movement "Russia's broadest protest movement in years."

But now President Medvedev has said that the government won't budge. And while Evgenia and her fellow protesters risk their personal safety to keep on fighting, Vinci's bulldozers may start taking down the Khimki forest within weeks, or even days.

Further Reading:

Khimki Forest: [http://en.wikipedia.org/wiki/Khimki\\_Forest](http://en.wikipedia.org/wiki/Khimki_Forest)

April 15th, 2011 Petition: <http://climate-connections.org/2011/04/15/save-khimki-forest-stand-with-russias-human-rights-and-environmental-activists/>



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

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



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

Update on Tamar from Tasmanian Wilderness Society

## Kelty report finally released - now it's time for action



Carbon dense old-growth trees in the upper Florentine, coupe FO44A. This coupe was logged in the summer and autumn of 2009. Photo: Geoff Law

Bill Kelty, the facilitator of the Tasmanian forest agreement talks, has handed his long awaited interim report to the Tasmanian and Federal Governments.

The public release of this report is an important step in the progress of the forest peace talks. Its now time for Government action to implement the agreement. Following the release of this report we now need clear commitments and action from the Tasmanian and Federal governments to protect native forests and the timber industry.

[Click here to sign our cyber action calling on the Federal Environment Minister to insist on forest conflict resolution](#)

The Wilderness Society remains committed to the protection of Tasmania's native forests and the development of a diverse, sustainable timber industry in Tasmania. We believe the agreement provides the best opportunity to deliver these outcomes and finally resolve the conflict over logging native forests in Tasmania. The report has identified a range of opportunities and challenges that need to be addressed.

1. Protection of native forests



The interactive HCV Forest map includes the names and locations of the HCV coupes, boundaries and photos of intact and destroyed forests in Tasmania.

With the moratorium on logging and road construction in high conservation-forest reserve areas now overdue, the Governments must move quickly to deliver on their commitments to protect these precious forest areas as national park conservation reserves.

Both Governments must help reduce logging pressure on the forests and encourage sawmills and workers in the native forest sector to exit the industry. Legislation must also ensure formal protection for these high conservation values forests.

[View the interactive high conservation value forests map](#)

2. Plantation processing and Gunns' pulp mill

The Wilderness Society and other environment groups continue to be opposed to the Tamar Valley pulp mill proposal.

It is clear that the Tamar Valley pulp mill with its many legacy issues, including community opposition and fundamental lack of community confidence should be the base around which we build a new, conflict-free timber industry in Tasmania.

Bill Kelty has rightly identified the Tamar Valley pulp mill and its assessment process as a cause of serious community concern. He has proposed a process review of the pulp mill assessment and we await further details of this process.

Any new process must be independent, robust and explore all alternative job creation and plantation processing options for regional Tasmania. It must also have the capacity to recommend against the Tamar Valley pulp mill.

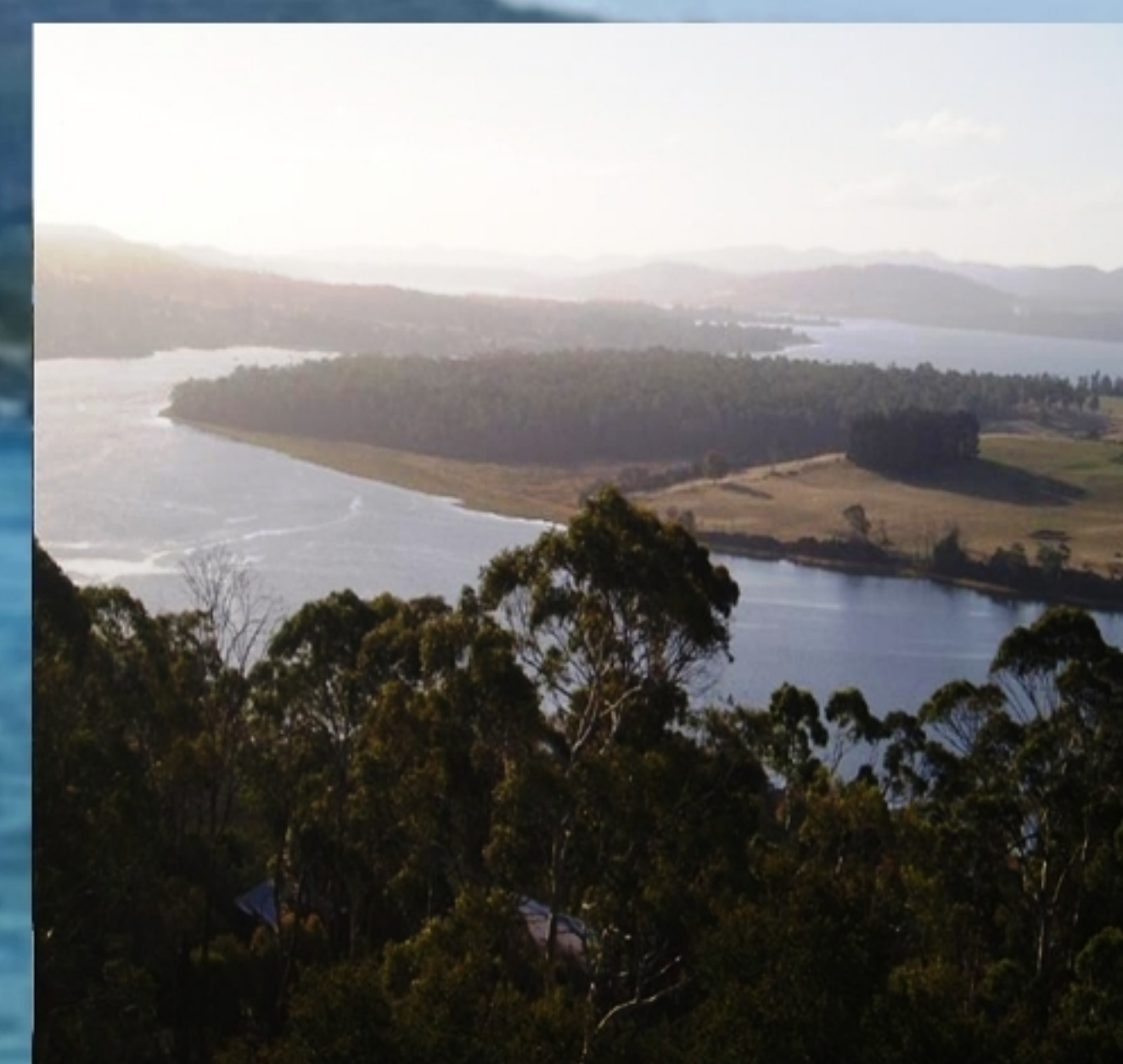
3. Where to from here

The Wilderness Society will continue to participate in any process that works towards protecting Tasmania's forests and resolving the long running conflict over logging. Over the coming months, we'll be hosting a range of forums and events across Tasmania to discuss with the community the forests agreement process and put forward our position.

The Wilderness Society will continue to engage with local communities about areas they wish to see protected and will work towards an outcome where the forests are protected once and for all in national parks and conservation reserves.

[Click here to read the full report.](#)

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



April 17 – 23, 2011: Issue 2

## Elephant Xing Restaurant, North Avalon.

We have trouble getting out of Avalon when it's pouring with rain. Luckily there are many options for great food within an easy distance of puddled and teeming nights and the Elephant Crossing at North Avalon, which provides traditional and authentically spiced Indian dishes, is one of these.

We started with a mixed entree, a luscious selection of Tandoori chicken, a tender lamb chop, samosa and sweet and moist Tiger prawns. For mains we had personal favourites Rogan Josh, Butter Chicken and Palak Paneer; pureed fresh english spinach with cubes of homemade cottage cheese. The Rogan Josh has had its spices tweaked and places a perfumed essence over the palate not tasted elsewhere. Highly recommended by our Rogan Josh officiano.

All the portions were so generous there were leftovers to take home and have for lunch today. There's also a couple of specials running at Elephant Crossing at the moment, two free naans with every meal over \$50.00 and every third beer is free. Altogether a homey and relaxing evening hosted by warm and polite staff happy to share stories of their homeland.

### Elephant X-ing Restaurant

**TRADING HOURS: Wed. to Sun: Dinner: 18:00 - 23:30**  
**Take Away Menu provided.**

**Careel Bay Shops**  
**Careel Head Road**  
**Avalon NSW 2107**  
**Ph: 9973 1006.**



## Assessing Asserting Assuming and Aligning: April's Libra Full Moon

We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light. Plato

Confront the dark parts of yourself, and work to banish them with illumination and forgiveness. Your willingness to wrestle with your demons will cause your angels to sing. Use the pain as fuel, as a reminder of your strength. August Wilson

As soon as your consciousness is right, God is there. He is not hiding from you, you are hiding from Him. Paramahansa Yogananda

In times like these, it helps to recall that there have ALWAYS been times like these. Paul Harvey

If there is no God, who pops up the next Kleenex? Art Hoppe

Make friends with the angels, who though invisible are always with you... Often invoke them, constantly praise them, and make good use of their help and assistance in all your temporal and spiritual affairs. Saint Francois de Sales

These sure are interesting times and many people are reporting that they're not particularly enjoying the very intense energies that have been around. Of course, as is natural in the scheme of things, some are doing fine, rowing their boat and getting on with their lives. However, they will most likely have quite a few people around them that are finding it difficult to find the direction, the vehicle, the impetus, the approval or the oars that they need. What a handful of energies we're confronted with with this full Moon in Libra. It's amajor Aries event with Mars and Saturna facing off across the relationship axis of Libra and Aries.

Occurring on April 17 in the United States and April 18 in Australia, this full Moon is another in a series of **super moons**. With so much happening these last several months (particularly this last month around the time of the very powerful Virgo full Moon), many are feeling spaced out, concerned with difficult situations, wondering what might happen next and generally feeling a little pushed to the edge. This is another very Aries lunation, with Uranus, the Black Moon Lilith, Mars, Mercury, Jupiter and the Sun all in Aries. Add to the mix the fact that Mars is on a 'bomb' degree and it's smack opposite Saturn, and this is another rather incendiary lunar event.

People are looking for hope, inspiration and illumination and the Sabian Symbol of this full Moon can provide some. The Symbol is Libra 28: A Man Alone In Deep Gloom. Unnoticed, Angels Are Coming To His Aid. This Symbol, like most, has changed over the years since 1925 when they were given birth by the spiritualist medium Elsie Wheeler. Elsie's original reading of it is A Man In The Midst Of Brightening Influences, Marc Edmund Jones in his 1931 Mimeograph edition wrote the Symbol as A Man Stands Alone In Surrounding Gloom; Were His Eyes Open To Spirit Things He Would See Helping Angels Arriving. Dane Rudhyar, in his 1973 book had it as A Man Becoming Aware Of Spiritual Forces Surrounding And Assisting Him. This is an extremely evocative degree. The following are my keywords from my book [The Sabian Oracle: 360 Degrees of Wisdom](#):

**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. Guardian angels.

**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.

This is very much about letting go and trusting. Just when someone needs rescue and salvation the most, it will often appear as if from out of nowhere. So often 'Gloom' is brought about by depression, not knowing what is going to happen, or assuming that something bad is about to happen. It may be that 'Gloom' is disabling any ability to see one's 'Angels' or accept any support that is being offered. It is not always necessary to 'Notice' your 'Angels', but this Symbol is asking you to open up the them and to allow them to help in some way - things are somehow going to improve. Although it's been a difficult time, it is just beginning to dawn on you that you are being "helped" as the 'Angels Come' to 'Aid' in some way. There will be a slow, but sure, realization that things are getting better. If you continue to see the 'Gloom', you will put up a subconscious, or conscious, resistance to help and may continue on a downward spiral.

Adding to the mix is the degree of the Sun (the Moon is always opposite the Sun at the time of a full Moon) at Aries 28: A Large Disappointed Audience. This 28 degree axis of Aries and Libra is a very difficult one and one that asks (perhaps demands) that we change our perspective, that we analyse our behaviors, words, attitude, responses, etc, to ones that will work for us. The 'disappointment' can be what you're seeing in the world around you, in the political, economic and earthly landscape, and, it can be about how you're seeing your own life, your performance, your responses. It can have you looking back on things that have happened, like having a 'review' of your life.

**Keywords:** Adjustments of expectations bringing realizations about what is really possible. Expecting the response of others. Walking out during a performance. Not listening to something through a lack of interest. Anticipating a different result from what is delivered. Relying on feedback. Lines and queues of people. Criticism. The need to inspire and enthuse.

**The Caution:** Feeling sad, sorry or letdown because of defeat and frustration. A lot of people left feeling emotionally "wiped-out". Shattering of illusions. Fickleness. The attitude that one can't do anything. Everything being out of one's control. Watching what's going on and not participating. Being at the mercy of the whims and fancies of others. Judging and analyzing oneself or others. Too many people crammed into one spot. Not getting a seat. Refusal of entry. Boing and hissing.

Uranus and Lilith (Lilith the one who was kicked out of paradise), are on Aries 3: A Cameo Shows The Profile Of A Man That Suggests The Outline Of His Country. This speaks of analysing your place in the scheme of things. Where do you belong? How do you picture yourself? What is your 'profile'? How would you describe yourself? How do you rate your progress in terms of your goals and ambitions? Uranus and Lilith here may be asking that you make some bold statements or moves.

Mars, as mentioned above, is on a rather incendiary degree - it's Aries 13: A Bomb Which Failed To Explode Is Now Safely Hidden From Discovery. This is very much about the pressure valve that society is nowadays; it can be tantrums and explosive behavior, tempers that simmer, bombs, explosions, sudden and forceful events, valuable lessons of self restraint, discharging nervous energy, security checks, last minute escapes. It can be that something that was going to explode into consciousness is now put on the back burner (unintended pun there!) and 'safely hidden'. However, it can be that there was something you've needed to do or say and you could be feeling frustrated, especially if others may not welcome what's been on your mind or what your intentions are. This is the Karmic Condition of (the degree before) the last new Moon and recently Jupiter, Mercury and the Sun have traversed this degree = there's been lots of this energy around over the last month or so. (This degree being emphasized is interesting in the light of the situation of the nuclear energy plant in Japan). Further, Mercury is retrograding back over this degree and will sit on it for days as it turns direct on it). Mercury will also be sitting smack opposite Saturn for several days, which is not likely to be particularly easy. Getting things organised and problems and issues squared away seems to be the best bet here. Stuck feelings may be the outcome for many, though.

Mars is going to be feeling the heat of repression and frustration as Saturn (which is not particularly friendly to Mars) is sitting smack opposite Mars. Saturn is on Libra 13: Children Blowing Soap Bubbles. This degree is very much about play, being allowed to enjoy life and gather together, to take time off and relax, but it's also about the things that are said. 'Soap Bubbles' are like cartoon captions and with Saturn here opposing Mars on the bomb degree it seems that there may need to be a serious caution around what's said and what's thought. You may feel like your thoughts and words are just momentary, but Saturn's message may be saying that caution and restraint need to be imposed. It could be, of course, that there's been too much restraint and that holding back is just not working. Only you will know what the situation is for you.

Jupiter could be offering a solution in some ways. It's on Aries 20: A Young Girl Feeding Birds In Winter. This can show looking after others, or, the need to be looked after (or considered).

**Keywords:** Nurturing innocence. Feeding energy to situations that feel cold, hopeless and lost. Small efforts bringing their rewards. Co-dependent relationships. Nurturing. Helping those less fortunate or smaller. Taking time out for others. Doing things without thought of reward. Enjoying nature. Trying to find friends or company. Bread and water. Soup kitchens. Counseling. Hot vs. cold weather.

**The Caution:** Wanting to win approval. Creating a dependence with others that has to be maintained. Feeling bleak, lost and alone. The need to continually rescue others. Doing anything in order to be liked. Finding it difficult to stop giving. Not being able to say "no". Feeling used and unrewarded.

The karmic Moon's north node is on Sagittarius 26: A Flag-Bearer In A Battle, which is interesting in the light of the Bomb Which Failed To Explode being so prominent. Questions could include: what hill are you willing to die on and why? Who's waving the flag and why? What flag is being waved? Is anybody saluting? Is anyone noticing? Is your, or others, cause just? I can see a lot of what's going on politically around the world at present in this degree. Often the 'flag-bearer' is out front, waving his flag and trumpeting his cause, but without a weapon. The flag-bearer can end up taking the heat for others, especially if they're not willing to step forward and stand up for their ideals.

Further, the Moon's node is currently traversing that part of the zodiac that's called The Galactic Center - it's said to be where 'the mind of God' resides. The Law of Attraction is big at the moment and in amongst all the frustration and desire to get ahead it can help to remember it.

A message from Pluto could be coming through its placement on Capricorn 8: Birds In The House Singing Happily. This is a test, repeat: this is a test... one has to remember to be happy, to spread joy, to hear the birds, to think happy thoughts (even as the thumb screws are being applied). This degree seems to back up the idea of watching your thoughts and words (as we saw with Saturn's placement).

Perhaps the happiest placement is Venus, the ruler of this full Moon, in Pisces on Pisces 27: A Harvest Moon Illuminates The Sky. This is quite a 'full Moon' degree and adds to the feeling of it being a supermoon. What are your blessings? What do you 'harvest'? Are you eating well and nurturing yourself? It's a curious run of Moon degrees that inhabit the end of Pisces as the day after the full Moon, Venus moves onto Pisces 28: A Fertile Garden Under The Full Moon, which speaks, also, of fullness and fertility and having one's needs met (or the issue of it).

There's likely to be challenges to alliances and relationships, though, as Venus is squaring the Moon's nodes, and, the day before the full Moon, Venus passes over Pisces 26: A New Moon Reveals That It's Time For People To Go Ahead With Their Different Projects. Could be time to let go of someone or something in order to move into a new life. Adjusted expectations could be part of the big picture on this full Moon.

Last, but not least, is Neptune on Pisces 1: A Large Public Market. This is shown very clearly through what's going on in the world economically (particularly in the US with the threat of the withdrawal of monies to keep the government going). How's 'the market' working for you? Do you need to be in the game? Do you promote yourself? What value do you place on yourself?

We've all been trummeled by the last several new and full Moons. I do hope we all can feel safe and loved and any explosions are safely discharged or defused!



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

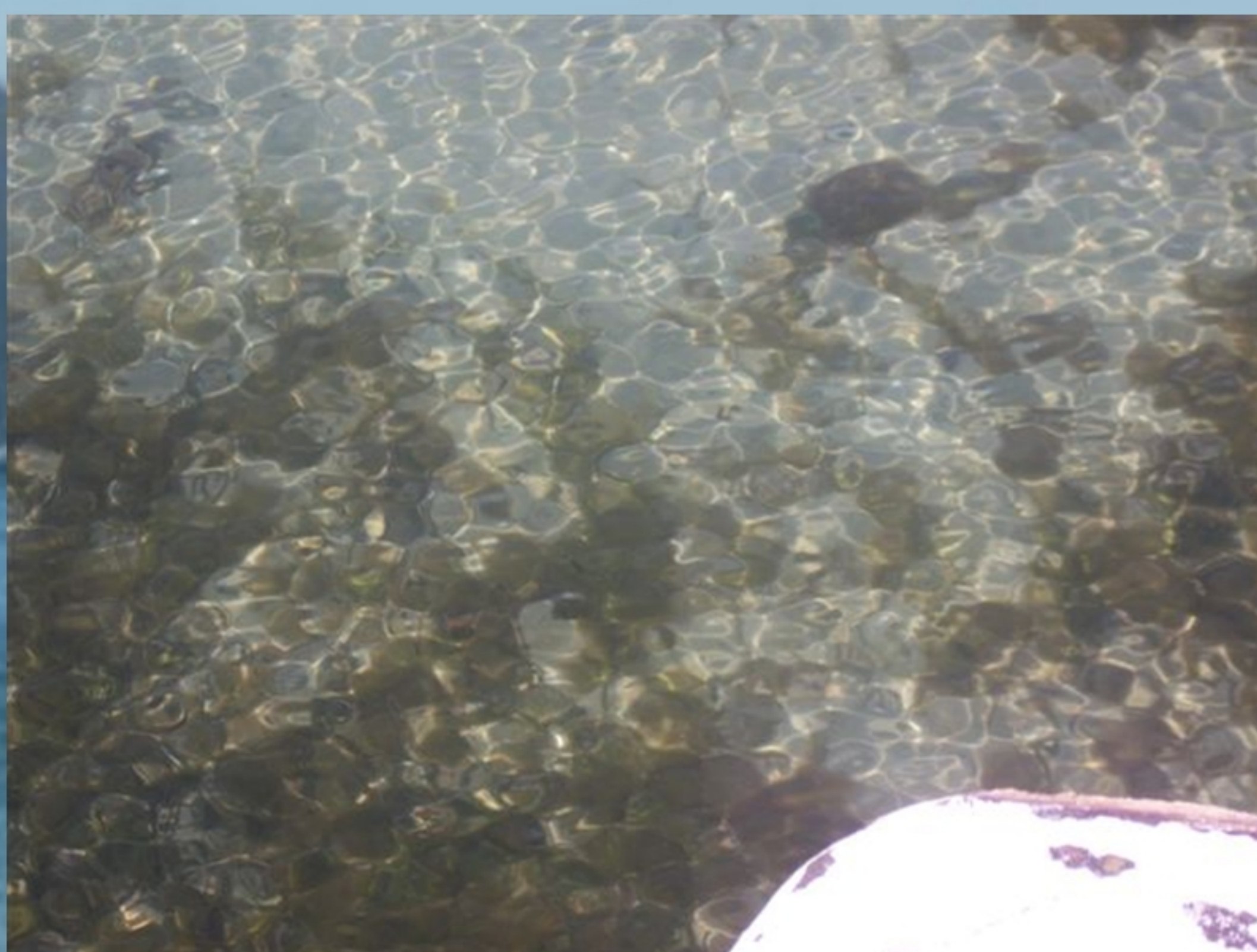
To schedule a psychic astrology reading with Lynda or to give feedback or ask questions, please email her at [sabiansymbols@gmail.com](mailto:sabiansymbols@gmail.com)

## What are the Sabian Symbols?

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

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

For more Information: [click here](#)



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Enable Me

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

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



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

The program may include advice and support with:-

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

For more information or to register please phone.

Call Kerrie on 9979 7677



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

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

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

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

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

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

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

Contact Community Care Northern Beaches by clicking their logo:



Warriewood wetlands are well known by Sydney's birdwatching community, particularly in autumn when the Swamp mahogany are in flower. The walk is flat and easy. For more information visit:

[Pittwater Council Website-Warriewood Wetlands](http://www.pittwater.nsw.gov.au/Environment/Pages/Warriewood-Wetlands.aspx)

### Mildred Gertrude Smythe; Birdwatcher.

We have a magpie family in the yard. Two of them wander inside if we leave the doors open and help themselves to food left out, usually the cat's biscuits. Mornings they stand on the front doormat and warble their glorious song loudly at us, filling the house with their joy. In the backyard is a family of Currawongs, timid but curious enough to sit on the fence and watch me put the washing out. Every year both currawongs and magpies bring new fledglings to meet us.

The walk George and I went on last week with the Wanderers has inspired us to take up Birdwatching more seriously. We have read a great deal of helpful hints on how to and where to in the website of Birds Australia and found Emeritus, another site dedicated to the preservation and observation of these creatures of the air.

The Royal Australasian Ornithologists Union, also known as Birds Australia, was founded in 1901 to promote the study and conservation of the native bird species of Australia and adjacent regions. This makes it Australia's oldest national birding association. It is also Australia's largest non-government, non-profit, bird conservation organisation. In 1996 it adopted the trading name of Birds Australia for most public purposes, while retaining its original name for legal purposes and as the publisher of its journal the [Emu](http://www.birdsaustralia.com.au/).

Best times for watching birds; pre-dawn (4.30am) dawn and dusk. Best Places: Estuary foreshores, open woodland, dense forest, waterfields, lakes. Remember: a lot of birds are 'heard' instead of being seen, you have to learn their 'songs' to recognise them, especially those that call at night, or go into their habitats, and still yourself, to see them. Bird Calls Page from Birds Australia: <http://www.birdsaustralia.com.au/about-birds/australian-bird-calls.html>

Bird logs are recommended, these are lists of birds you may expect to find in certain areas and allow for 'counts' of how many, whether adult, juvenile or chick, and at what times they were seen. Bird Conservation in which you may participate. [Australia's Endangered Birds](http://www.birdsaustralia.com.au/).

Eremaea Birds now sends me emails (subscription) each week on where birds have been seen. This is a way to chart the migratory birds return to our shores, and also a means to spot where other eagles are. Their data base is extensive and allows for searches of specific birds. [Eremaea Birds](http://www.ermaea.com.au/) A free birding atlas to which anyone can contribute.

In our area it is the parks where you will find so many of our birds. Make sure you take a sunhat, wear sunblock, and carry your sandwiches and water with you. Good sturdy boots and a small rug to sit on are advised. Binoculars, a pen and paper and a camera are also good ideas. You must walk in quietly and find a place to sit very still so they will come up to you or not be frightened off by your presence. Ku-ring-gai Chase National Park is the place for us to go.

Some of my photos are here; you have to be quick to get the little feathered darlings, or hope that they will be as curious about you as you are of them, so hopefully they will be closer portraits soon. Most of them are from near the water. Next time we're going to go bush! Will sign off with a little quote about birdsong from one my own generation and hope that you all see lots of birds and hear all of their wonderful tunes.

"It is the ancient wisdom of birds that battles are best fought with song." Richard Nelson

#### References and further reading:

Richard K. Nelson (born 1941) is a cultural anthropologist and writer whose work has focused primarily on the indigenous cultures of Alaska and, more generally, the relationships between people and nature.

From [http://en.wikipedia.org/wiki/Richard\\_Nelson\\_\(author\)](http://en.wikipedia.org/wiki/Richard_Nelson_(author))

Kur Ring Gai Chase National Park Lists of Birds by Seasons:  
From: <http://www.birdsaustralia.com.au/the-organisation/ku-ring-gai-chase-national-park.html>

A species list of birds and other fauna of this park can be found on the [Department of Environment & Climate Change](http://www.environment.nsw.gov.au/ClimateChange/) website.

Ornithology. (2010, December 18). In Wikipedia, The Free Encyclopedia. Retrieved 23:29, February 9, 2011, from <http://en.wikipedia.org/w/index.php?title=Ornithology&oldid=403064124>

Pittwater Councils' Lists of Flora and Fauna:  
[http://www.pittwater.nsw.gov.au/environment/plants\\_and\\_animals/native\\_animals/native\\_animals\\_species\\_list/](http://www.pittwater.nsw.gov.au/environment/plants_and_animals/native_animals/native_animals_species_list/)  
SQ DESIGN NAME=printer friendly

Royal Australasian Ornithologists Union. (2010, November 28). In Wikipedia, The Free Encyclopedia. Retrieved from [http://en.wikipedia.org/w/index.php?title=Royal\\_Australasian\\_Ornithologists\\_Union&oldid=399374409](http://en.wikipedia.org/w/index.php?title=Royal_Australasian_Ornithologists_Union&oldid=399374409)



### Ladies Golf at Bayview Golf

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

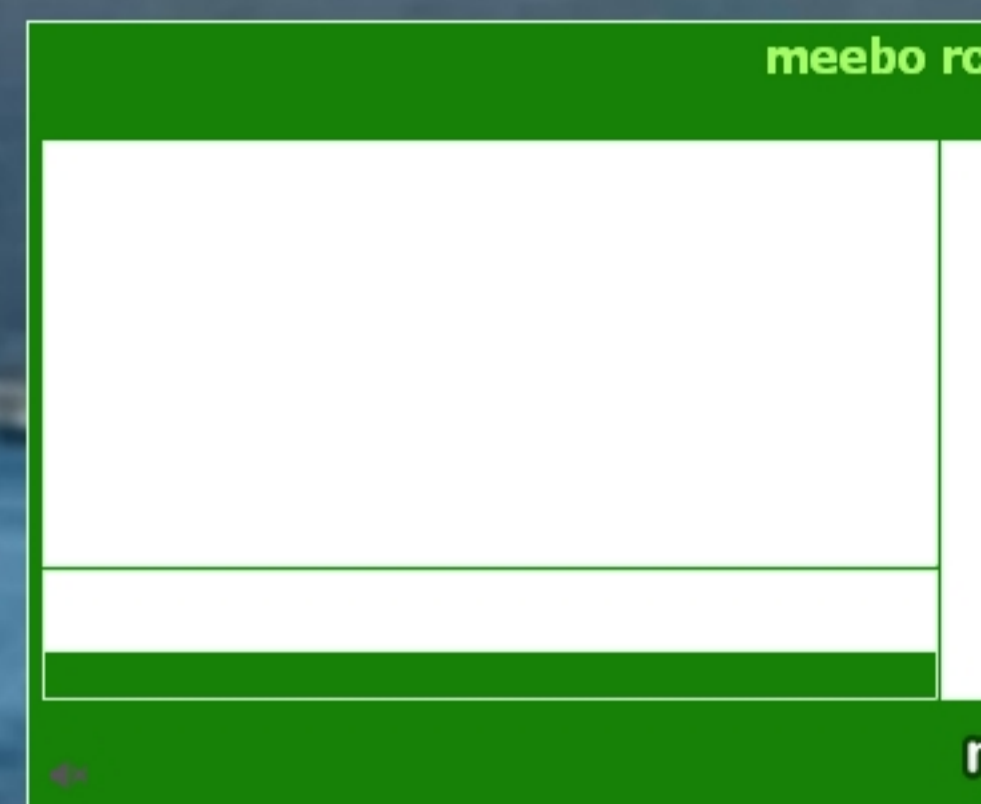
Bayview also offers a popular beginners program called "Swingers" to play golf and the rules and etiquette. The club holds a number of open days during the year in which they enjoy both the course and our hospitality at Bayview. These days are:

- Winneremery Swamp Cup (Stableford event for 31-45 handicaps)
- Teams Stableford (2 scores to count) - 30 May
- Silver Salver (0-20 handicap) - 28 July
- Bronze Bowl (21-36 handicap) - 28 July
- Gala Charity Day (Teams Stableford 2 scores to count) - 18 August

Click on Logo to visit their website:



### Pittwater Seniors Chat Room:



### Information for Mildred's Diary:

Knitting Group on Leisure Activities PDF from Pittwater Council:  
[http://www.pittwater.nsw.gov.au/data/assets/pdf\\_file/0006/49524/Pittwater\\_Pittwater\\_Social\\_and\\_Probus\\_clubs.pdf](http://www.pittwater.nsw.gov.au/data/assets/pdf_file/0006/49524/Pittwater_Pittwater_Social_and_Probus_clubs.pdf)

Avalon Active Seniors Art Group  
Mondays 9918 0424 Barbara Seaton Thursdays 9973 4447

Places are available for older residents in art classes offered through from 9.30am to 12.30pm and 1pm to 3pm on Thursdays from 9.30am to 12.30pm. All classes are held in Room 3 at the Avalon Recreation Centre. The art group where members can bring along a canvas and enjoy creating their own art.

For those who enjoy a bit of rhythm, residents can try ballroom dancing 1pm to 2pm at the Avalon Recreation Centre. If you would like to become a member of the [Avalon Active Seniors](http://www.pittwater.nsw.gov.au/Community/Pages/Active_Seniors.aspx), please complete the [application form](http://www.pittwater.nsw.gov.au/Community/Pages/Active_Seniors.aspx) and send it along with your \$10 annual membership fee.

Pensioners Excursion Ticket (BUS): The Pensioner Excursion Ticket concession holders with an all-day ticket that provides unlimited travel on ferries within a broad area in NSW for only \$2.50. Tickets are valid for 14 days. The ticket can be used for travel on:

- Sydney Buses
- Newcastle Buses and Ferries
- CityRail - Suburban and Inter-urban services bounded by Scone, Dubbo, (Nowra), Bathurst and Moss Vale
- T-way Services
- Sydney Ferries Corporation services
- Private buses in the Sydney Metropolitan, Wollongong/Illawarra, Blue Mountains and Central Coast/Newcastle/Lower Hunter areas.

Manly Art Gallery & Museum  
OPENING HOURS: Tuesday to Sunday, 10am - 5pm, (closed Monday)  
FREE ENTRY. PH: 9976 1420 From: <http://gallery.manlyaustralia.com.au/>  
ROYAL FAR WEST - CARING FOR COUNTRY KIDS IN MANLY  
Where: Manly Art Gallery & Museum, West Esplanade, Manly  
When: From Friday, 3 September 2010 to Sunday, 14 August 2011  
Cost: Free  
Time: Tues - Sun 10am-5pm

THE EXTRAORDINARY LEGACY OF STANLEY G. DRUMMOND  
DRUMMOND  
Presented in partnership with Royal Far West and curated by Margot, the exhibition gives insight into its unique history and service provided by the organisation since 1924. Initially bringing children from remote country areas to Manly's seaside environment and now providing specialist health services available in rural areas.

From: <http://www.gallery.manlyaustralia.com.au/events/?eventID=18>

MWP Community Transport Mystery Tour  
Manly Warringah Pittwater Community Transport (MWPCT) is a not-for-profit organisation that provides Shopping, Social, Flexible Transport and Mystery Tour Service for residents of the Manly Warringah and Pittwater Local Government Areas who can access services are people who are [frail, aged, disabled, a carer or a transport disadvantaged resident](http://www.mwpct.org.au/).

Services: Shopping Trips which run fortnightly to Warringah Mall, F. Warriewood Shopping Centres, Afternoon Mystery Drives to a scenic spot fortnightly. Door to door Flexible Transport for residents of the Manly Warringah and Pittwater area who wish to access medical and other appointments, or just get out of the house.  
<http://www.mwpct.org.au/>

The Beatles: Magical Mystery Tour:  
<http://www.combs.com.au/australia/Beatles33MXX>

Cottage Point Kiosk and History:  
<http://www.cottagepointkiosk.com.au/>  
Cottage Point Kiosk  
Kuring-gai Chase National Park  
Sydney NSW Australia  
Located at the junction of Cowan Creek and Coal & Candle Creek.  
(Entry via Terry Hills, Mona Vale Road)  
Phone: 9456 3024  
Fax: 9456 4084  
Email: [enquire@cottagepointkiosk.com.au](mailto:enquire@cottagepointkiosk.com.au)

Palm Beach RSL:  
<http://www.palmbeachrsl.com.au/Index.asp?pagename=Whats+On&page=1>

The Wanderers Walking Group for Seniors  
Easy Walks in Pittwater for Older People: The Wanderers is a walking club that undertakes a different walk each month around the northern beaches. We welcome you to join the group or phone Kim for a program of the month. It is a condition of participation that any leader or coordinator is not responsible for any injury, loss or damage sustained during a walk. Participation is a condition of participation. The Wanderers is a not-for-profit organisation. Pittwater Rugby Park, Pittwater Rd, North Narrabeen. Ph: (02) 9975 4444. Every 4th Saturday of each month. FREE. Parking: FREE. The Pittwater market at Berry Reserve is a vibrant community market selling jewellery, collectibles, home wares, exotic items, designer fashions, and more. Visit the Market, stroll through the local shopping area, walk along the beach, and enjoy the unique atmosphere of the Northern Beaches.





April 17 – 23, 2011: Issue 2

## Music As Knowledge

Our themes this week touch on poets, healers, nature as a healing; all the music that rings within the ether and within both words and our environment. Music is your language when you're coming of age. It says what you want to when you can't find the words, it moves as you move, it speaks to your heart as much as your mind. The dancing before mirrors becomes dancing at concerts. Listening to your parents' tunes becomes naming your own. Shimmering and shaking, notes that sound from your hear and bones, music carries us forwards or can take us, in an instant, straight home.

Scott C. Lethold, author of the new book, *Rediscovering Your Divine Music*, tells us "The music of Nature has no beginning and no end. It is everywhere from the birth of stars in deep space, to our own thoughts, feelings and emotions. And even more astonishing is the notion that there is no division between them. Everything, and I mean everything, is one grand symphony."

Mantras and chants, hymns and sacred tones, folks songs and operas or merely rhythm in your walk and blood, every culture, every Age has created music and song. The Harmony of the Spheres, or Musica universalis, as expounded by Pythagoras, 500 years BC, and Hebrew people earlier than that, ascribes 'notes' to each planet in our solar system and their concordance as a song or music. Perhaps this is what Steven Spielberg was getting at in *Close Encounters* movie? Either way, one thing is for sure, we all, as the Ronettes and Beach Boys put it 'hear music, sweet sweet music'.

Much as we'd like you to linger here our compatriots in noise both harmonic and discordant, in lyrics both bashful and strong, we must share a brand new page elsewhere that tells much more on this subject.

The goal of their new section is to educate website visitors about the architecture of our reality through sound, or as they prefer to call it, Divine Music. Conjecture and wishful thinking this may be deemed, but there is certainly a truth there, one your own marrow confirms. In collaboration with leading scientists and visionaries in the field of sound including harmonics, resonances, cymatics, and music, we would like to introduce you to.... the NEW Token Rock Sound Center ~ A Rock of Ages indeed!



AT:

Further Reading:

Also at: <http://www.scottlethold.com/>

"I Can Hear Music" is a song written by Jeff Barry, Ellie Greenwich and Phil Spector and performed by the Ronettes (1966).

Later the song was covered by the Beach Boys. They released it on their 1969 album 20/20 with Carl Wilson on lead vocals, and was their first single released in stereo.

Beach Boys Version:  
<http://youtu.be/hweXcgF1DRJ>

Ronettes Version:  
<http://youtu.be/zuKLw1YX8o4>

Musica universalis. (2011, April 3). In *Wikipedia, The Free Encyclopedia*. Retrieved 03:48, April 15, 2011, from [http://en.wikipedia.org/w/index.php?title=Musica\\_universalis&oldid=422122545](http://en.wikipedia.org/w/index.php?title=Musica_universalis&oldid=422122545)

Pythagoras. (2011, April 5). In *Wikipedia, The Free Encyclopedia*. Retrieved 03:50, April 15, 2011, from <http://en.wikipedia.org/w/index.php?title=Pythagoras&oldid=422560451>

### New Website for Northern Beaches Youth

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

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

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

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



## Gig of the Week: Byron Bay BluesFest

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

Thursday 21st to Tuesday the 26th of April, 2011



### COUNCIL SUPPORTS YOUTH CLUB IDEA

The Council has given in-principle support for a proposal to establish a Police & Community Youth Club within the Northern Beaches Local Area Police Command, which covers both Warringah and Pittwater.

At their meeting this week, Councillors were presented with a report outlining the proposal. The approach has come via the Northern Beaches Business Education Network, which organises a number of youth-based education activities on the northern beaches, including the Careers Expo held each May.

The PCYC model proposed would most likely see a new facility being constructed suitable for youth activities at a location either in southern Pittwater or northern Warringah. The PCYC organisation currently runs 57 youth clubs across Sydney and NSW. Activities held at PCYC youth clubs include sport, self-defence, music & drama, leadership and crime prevention.

Mayor Harvey Rose said there was strong support among Councillors for the idea. "The advantage of the PCYC type of club is that it provides the staff needed to run the activities as well as a heightened police presence in the local area," he said. Mayor Rose added that in areas where PCYC youth clubs had been set up, there was generally a reduction in criminal activity by young people within a year.

General Manager Mark Ferguson said the next step would be for the Council to identify potential sites for any new building to house the youth club. "Any new site would need to be a fairly central area, close to public transport so young people from Warringah and Pittwater can easily get to it."

For more information about PCYC youth clubs, visit [www.pcywnsw.org](http://www.pcywnsw.org)

Media contact: Lindsay Godfrey, Pittwater Council: 9970 1166



### Too Many Too Soon Project; addressing Youth Suicide; here

#### Northern Beaches Career Expo

The Northern Beaches Careers Expo is an annual event which offers young people and their parents within the Northern Beaches the opportunity to investigate options for when they decide to leave secondary education. The event encompasses universities, gap year providers, Apprenticeship Centres, Training Organisations, Sydney finest private Colleges and alternatively learning providers and peak industry bodies... in case you aren't sure what pathway is for you!

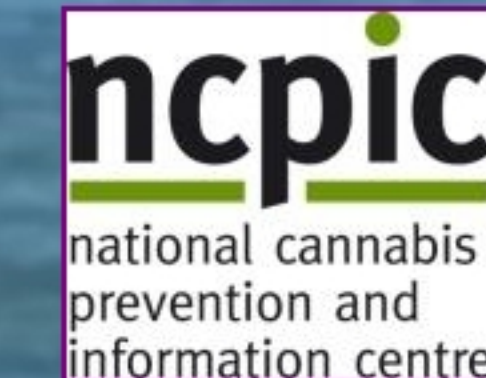
As the Northern Beaches has limited tertiary provider options, this a great opportunity for providers to showcase their organisation and for students access information directly from the source.

The expo has been offering this insight since 1975 and was originally developed and managed by the career advisors of the participating schools. Since then the event has grown to incorporate over 100 exhibitors and in excess of 2,200 visitors. From an event that began in school gymnasiums, the event is now being held at the Miramare Gardens function centre at Terrey Hills.

The details for this year's event are as follows:  
 Date/Time: 13 May 2011, from 8:45am - 3:00pm

The Northern Beaches Education Network is a stakeholder in economic development initiatives and opportunities related to youth employment on Northern Beaches.

Retrieved From: <http://www.nbben.com.au/nbce/>



### 2011 Poster Competition

The National Cannabis Prevention and Information Centre (NCPIC) Poster Competition gives secondary school students between the ages of 12 and 18 years the opportunity to showcase their creative talent and express their thoughts and ideas about cannabis. This year the competition will focus on the use of cannabis may impact negatively upon young people and their sporting performance.

Closing date

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

Announcement of winner

The National winner will be notified by 5pm on Friday 30 September 2011. The name and state of the winner will be published in The Australian on Saturday 1 October 2011.

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

### 2011 Short Film Competition

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

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

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

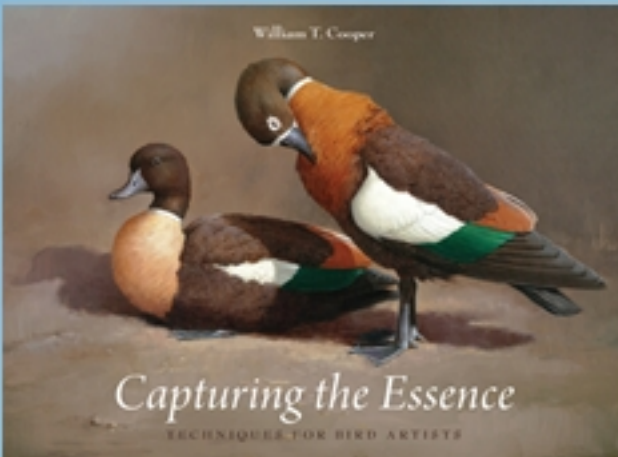
• **Announcement of winner:**

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



April 17 – 23, 2011: Issue 2

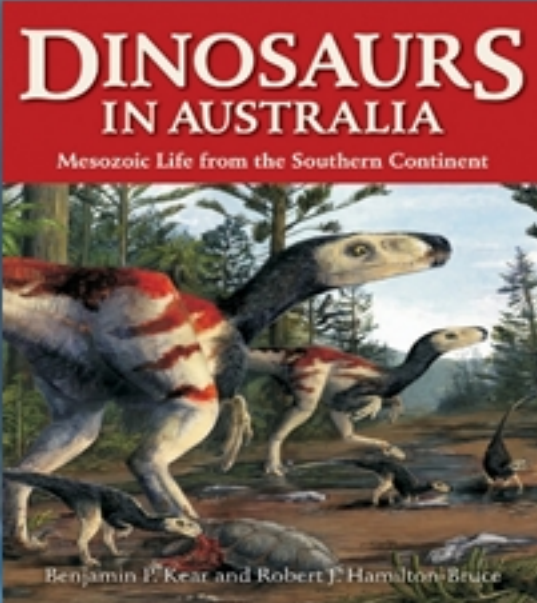
## New Books from CSIRO



**Capturing the Essence - Techniques for Bird Artists**  
William T Cooper

Colour Paintings  
128 pages, CSIRO PUBLISHING  
Hardback - May 2011  
ISBN: 9780643101562 - AU \$ 59.95

*Capturing the Essence is a step-by-step personal guide – by one of Australia's greatest living bird artists – to observing, retaining the essential information and then painting birds from field notes and sketches, photographs and other field observations.*



**Dinosaurs in Australia - Mesozoic Life from the Southern Continent**

Robert J Hamilton-Bruce South Australian Museum

Benjamin P Kear Uppsala University  
Colour illustrations, 200 pages, CSIRO PUBLISHING  
Paperback - April 2011  
ISBN: 9780643100459 - AU \$ 79.95  
Over the last few decades our understanding of what Australia was like during the Mesozoic Era has changed radically. A rush of new fossil discoveries, together with cutting-edge analytical techniques, has created a much more detailed picture of ancient life and environments from the great southern continent. Giant dinosaurs, bizarre sea monsters and some of the earliest ancestors of Australia's unique modern animals and plants all occur in rocks of Mesozoic age. Ancient geographical positioning of Australia close to the southern polar circle and mounting geological evidence for near freezing temperatures also make it one of the most unusual and globally significant sources of fossils from the age of dinosaurs. This new book provides the first comprehensive overview of current research on Australian Mesozoic faunas and floras, with a balanced coverage of the many technical papers, conference abstracts and unpublished material housed in current collections. It is a primary reference for researchers in the fields of palaeontology, geology and biology, senior undergraduate and postgraduate students, secondary level teachers, as well as fossil collectors and anyone interested in natural history. Dinosaurs in Australia is fully illustrated in colour with original artworks and 12 reconstructions of key animals. It has a foreword by Tim Flannery and is the ideal book for anybody seeking to know more about Australia's amazing age of dinosaurs.



**The New Ornamental Garden**  
Simon Rickard  
Colour photographs  
280 pages, CSIRO PUBLISHING  
Paperback - March 2011  
ISBN: 9780643095960 - AU \$ 39.95  
This book takes a fresh look at garden-worthy plants for Australian conditions. It will help gardeners to reappraise their climate, select appropriate plants and modify gardening practices to create beautiful gardens featuring native and exotic plants with proven drought tolerance, reliability and minimal weed potential.



## Three Australian Female Writers, One event - at Mona Vale Library

Ber Carroll, Dianne Blacklock, Liane Moriarty

Date: 27th Apr 2011  
Time: 6:30pm - 8pm

These best-selling writers of popular fiction for women write in the same genre as authors such as Cathy Kelly and Marian Keyes, but with their own distinctive styles.

The authors will speak about their different journeys that led them to publishing their first novel, the creative inspiration behind their latest books and the way they each approach the writing process.

As full-time novelists and mothers, they will also discuss the challenges of juggling publishing deadlines while raising families. The author talk will include a panel discussion at the end, including tips for aspiring authors.

Liane Moriarty's latest novel *What Alice Forgot* is the story of a woman who loses ten years of her memory. Alice believes she is 29, blissfully in love with her husband and pregnant with her first child. In fact she's 39, with three children and in the middle of a messy divorce.

The book explores how Alice learns how to reconcile how her life came to be what it is and how she slowly understands how the threads of her marriage began to unravel.

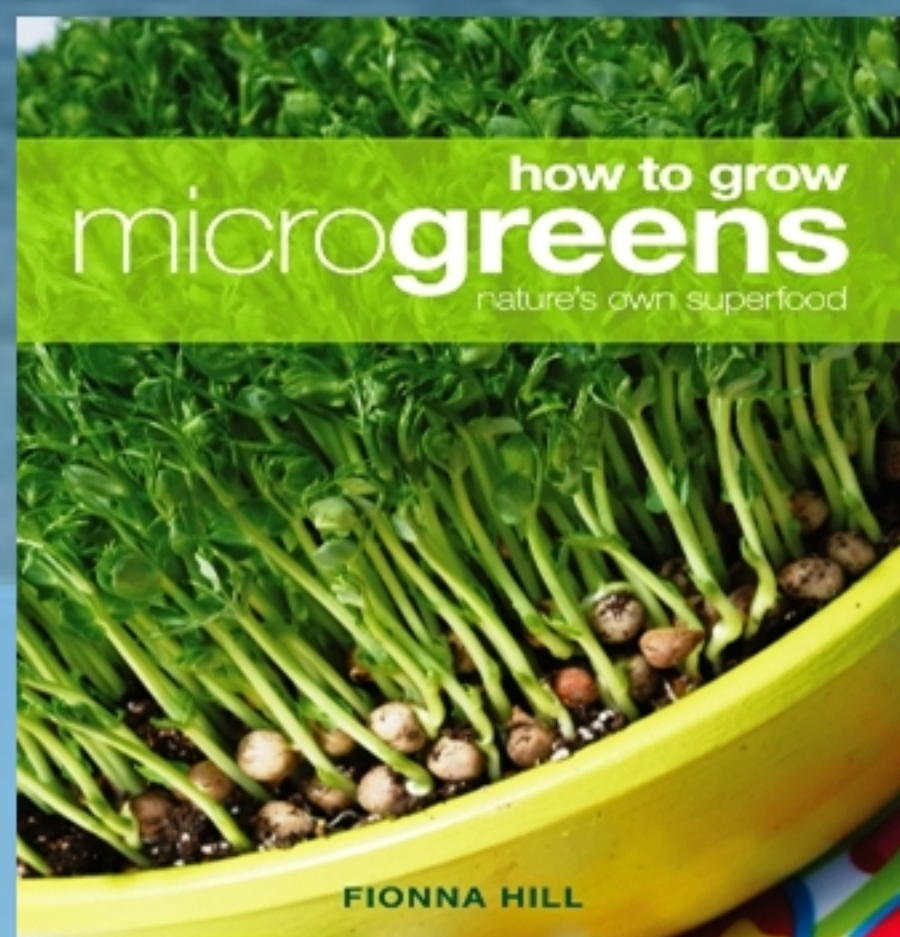
*The Right Time*, Dianne Blacklock's most recent novel revolves around the four Beckett sisters. Ellen has just separated from her husband of nineteen years, Emma feels like she's been waiting almost that long for Blake to propose, and Liz has been waiting longer than she cares to admit for Andrew to leave his wife.

It's not surprising that the younger sister Evie feels content with her ordinary little marriage, until husband Craig has other ideas. Despite their differences, the sisters are there for each other in a heartbeat. *The Right Time* is about unconditional love that you only find in families.

Ber Carroll's new release *Less Than Perfect* is about a young woman who has run far away from her home, her family and the shattering memories of her first love. In Australia, Caitlin works hard, plays hard and does her best to forget where she comes from. But when she meets Matthew and finds herself falling in love again, what happened back in Ireland is suddenly closer and more relevant than ever.

*Less Than Perfect* has been described as an emotionally gripping story about love, forgiveness and less-than-perfect families.

The Author Talk will take place at Mona Vale Library from 6.30pm on Wednesday 27 April. Bookings are essential; to book phone 9970 1600. Following the talk there will be book signings and light refreshments. Admission is \$7.50 adult, \$5.50 concession.



## How to Grow Microgreens - Nature's Own Superfood

Fionna Hill  
Colour photographs  
108 pages, Publisher: David Bateman, New Zealand  
Paperback - March 2011  
ISBN: 9781869537654 - AU \$ 29.95

**Microgreens – the tiny seedlings of herbs and vegetables – are today's hottest gourmet garnish, offering a multitude of colours, textures and distinct flavours, ranging from mild and subtle to spicy, hot or nutty.**



## Win a Donna Hay Prize Pack

To be in the running to win simply tell them in 25 words or less what your best fast, fresh, simple cooking tip is and why? Competition closes June 8, 2011. Click on links below.



**Poisonous to Pets**  
Plants Poisonous to Dogs and Cats  
Nicole O'Kane  
Colour photographs  
336 pages, Publisher: poisonous2pets  
Paperback- March 2011  
ISBN: 9780980634808 - AU \$ 39.95



**Australian Native Plants**  
Concise Edition  
John W Wrigley  
Murray Fagg  
400 pages, 260 x 185 mm  
Publisher: New Holland Paperback - 2007  
ISBN: 9781877069406 - AU \$ 45.00



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**ANZAC Day**  
**April 25th 2011**

**MARCH FROM PITTWATER PARK TO PALM BEACH RSL**

**10:30am at Pittwater Park**

**10:30am** Meet at Pittwater Park (next to Palm Beach wharf)  
**10:45am** March begins from Pittwater park to the club  
**11am** Commemorative service outside club  
**12 noon** Member's luncheon with special guest Phil Cornwall  
**1pm** Club open to the public  
**3pm** Two up

**16+ ONLY, SORRY NO CHILDREN IN THE CLUB AT ANY TIME ON THIS DAY/NIGHT.**

 **palmbeachrsl**  
1087 Barrenjoey Rd, Palm Beach | Ph: 02 9974 5566  
For the information of members and guests.

### 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@hotmail.com](mailto:pittwateronlinenews@hotmail.com)

Be you old or be you young,

We want to hear your voice, your song...



### Avalon Beach RSL ANZAC Day Services 2011

#### March

Time: 11.00am

Route: Avalon Public School to the Cenotaph Memorial.

1,000 participants anticipated with bagpipes, colour party and guard. Veterans and band followed by schools and community.

#### ANZAC Day Service

Time: 11.20am Location: Dunbar Park, Avalon

Commemorative address by the Hon. Bronwyn Bishop, attendance of 9,000 anticipated. National Anthems lead by professional musicians. The New Zealand anthem in both English and Maori. Lunch at the RSL Club.



### Dawn Service 2008

Five am. Cold. Raining. The world is quiet, still sleeping, apart from we moving softly through the grey darkness to our mark of respect and thanks. Behind the dunes a running swell hits the shore and resounds over the paddocks, as far off guns must have then, in that other place. We stand in silence together, shoulder to shoulder, the light rapping off our noses, our coats. We stand in silence during the Catapult Party, during the speeches, during the sound of the trumpet's first Rouse call as it lifts fast then lonely and long and lifting up into the grey as the last note falls. We stand unmoving, quietened by the dull thuds, by the shifting grey drizzle, by the catch in our throats. We stand with others have stood beside each other in trenches, in fields, in jungles. We feel their presence around our shoulders, us, with us. Their quiet faces, young and older, peer around the side of ours to see what's in our eyes. As if we draw in, draw them out of the pre-dawn air.

The waves pound in the distance all through the solemn raising of the flag. Relentless, monotonous, close and far every horizon, as though their drum rolls cover the whole world. Among us are relatives of those who are memorialised in feet in the Cenotaph's stone. Their blood, warming the drizzling air, further draws us closer to feeling all under one greatcoat and waiting in silence, listening, not just for those who move and listen on the other side, the 'enemy', but their voices, their laughs, and keeps them around us, remembered in dawn, when nature is quiet and with us too in presence, so strong there is no skin. Their faces keep peering around our shoulders, some smiling, some quiet and some alike us.

As the Last Post sounds anew, and then The Rouse, to wake them from the dead, marks the close of ceremony, the sound of the breakers keeps coming in regular muffled thumps over and through the morning. Drenched and cold we have sobered and quieter than other years. We will not go to the breakfast this morning, we will make strong tea laid at home and watch the Parade of those still with us until the last footstep of they of remnant Company passes.

Avalon Beach RSL: 1 Bowling Green Lane, Avalon Beach NSW 2107. Ph. (02) 9918 2201.

ANZAC DAWN SERVICE & TRADITIONAL BREAKFAST

Dunbar Park at 5.40am followed by complementary breakfast. Free drinks to those wearing medals.

ANZAC DAY 2-up: 4pm.

Palm Beach RSL: 1083-1087 Barrenjoey Road, Palm Beach NSW 2108. Ph: (02) 9974 5566

MARCH BEGINS AT PITTWATER PARK (beside Wharf) at 10.45am.

ANZAC DAY 2-up: 3pm -

Pittwater RSL: 82 Mona Vale Road, Mona Vale NSW 2103. Ph: (02) 9997 3833 ANZAC DAWN SERVICE & TRADITIONAL BREAKFAST

Commencing at 5.45am

ANZAC Day 2-up: 2pm - 8pm

#### Further Reading:

Avalon RSL Cenotaph: The word Cenotaph means empty tomb, a sepulchral monument in honour of a person who is elsewhere. The word is derived from the Greek Kenos - empty, Taphos - a tomb, Kenotaphion - Cenotaph.

<http://www.warrememorialsnsw.asn.au/details.cfm?MemNo=879>

#### Bugle Calls for Anzac Day:

<http://www.anzacday.org.au/education/tff/bugle.html>

#### Palm Beach RSL Anzac Day:

<http://www.palmbeachrsl.com.au/index.asp?pagename=History>

#### The Returned and Services League (RSL) NSW Branch was formed in 1917:

<http://www.rslnsw.org.au/about/index.html>



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Scenes from Currawong and Pittwater Park. All Images Copyright Michael Mannington, Phillip Rickerby, Woodard, Yap and Al. 2011. Contact Pittwater Online News or photographers for permission to use.

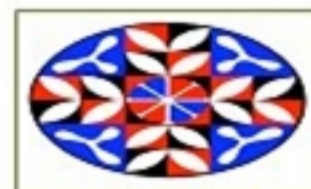
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Pittwater Online News receives a lot of information from various sources each week.

Posted here are some of these items For Your Interest.



## NSW WRITERS' CENTRE MEDIA RELEASE



### 2011 BLAKE POETRY PRIZE

### NOW OPEN FOR ENTRIES

#### Exploring the Religious & Spiritual Through Poetry

**Monday 11 April 2011:** The 2011 Blake Poetry Prize presented by the NSW Writers' Centre and the Blake Society is now open for entries.

This national award, now in its fourth year and generously supported by Leichhardt Municipal Council, offers a cash prize of \$5,000 for a new poem that best explores the religious or spiritual.

The prize is non-sectarian and encourages Australian poets to write a new work of up to 100 lines displaying a critical awareness of issues relating to the religious or spiritual. Poems sympathetic to those concepts are also equally welcome.

Tasha Sudan, winner of the 2010 Blake Poetry Prize for her poem "Rahula" said, "It is so important to have a prize that focuses purely on the spiritual. The Blake Poetry Prize is a wonderful opportunity for poets to engage people with the deeper questions of the human heart and mind."

Rev. Dr Rod Pattenden, Chairperson of the Blake Society added, "It has often been through the slow shy work of poets and artists that Australians have accessed the mysterious depths and prickly irritations of what we might consider the religious and spiritual imagination to be. This Prize gives an opportunity to enjoy the unique contribution of poetry to this important cultural conversation."

The NSW Writers' Centre exists to promote writing-based culture and the rights and interests of writers in NSW. The Centre provides a dynamic program of activities including workshops, seminars, festivals, competitions and mentorships.

The Blake Society, named for the poet and artist William Blake, aims to stimulate the interaction of ideas and spiritual thought across all artistic media in Australia.

**Entries must be received by 5.00pm, Friday 3 June 2011 and the winner will be announced on Thursday 15 September 2011.**

Entry forms and more information are available at [www.nswwriterscentre.org.au](http://www.nswwriterscentre.org.au) or call 02 9555 9757.

For interviews and further information: David Ryding, NSW Writers' Centre, 02 9555 9757 or [blake@nswwc.org.au](mailto:blake@nswwc.org.au)

#### Vote in the 2011 People's Choice Award and win!

This year we're pleased to announce that the NSW Premier's Literary Awards People's Choice Award is being awarded once again to the candidate with the most votes. Candidates for the prize are drawn from the Christina Stead Prize for Fiction:

- Peter Carey - *Parrot and Olivier In America*
- Stephen Daisley - *Traitor*
- Lisa Lang - *Utopian Man*
- Alex Miller - *Lovesong*
- Kristel Thornell - *Night Street*
- Ouyang Yu - *The English Class*

**VOTE HERE** - <http://www.pla.nsw.gov.au/peoples-choice-award>

This year we have some **fantastic prizes** on offer, including 6 book packs worth over \$200 each, a Collector's Box Set of signed copies of the 6 nominated titles plus more prizes still to be announced.

Each week we'll be giving away one of the bookpacks – to be in the running all you need to is go to <http://www.pla.nsw.gov.au/peoples-choice-award> and register your vote for your favourite book. It takes about 30 seconds!

Voting is open to Australian residents only and will close on May 8. There is strictly one vote per person.

Visit [www.pla.nsw.gov.au](http://www.pla.nsw.gov.au) to see the shortlists or to find out how to book your tickets to the Award Ceremony being held at Sydney Writers' Festival on May 16.

## The 2011 Sydney Morning Herald Half Marathon Register and Run to Support your chosen Charity

May 15th, 2011

for more information click on the logo below



## Social and Community Clubs

PittwaterCameraClub

### WiSE: Women in Small Enterprise

WiSE was established in 2002 as a means for women in small enterprise to obtain information, share resources and support each other by meeting regularly to make quality connections with other women.

WiSE is about:

- informing
- supporting
- connecting with dynamic and like-minded women
- to develop strong business relationships, become advocates of one another and per chance make some life-long friends.

All women are invited to join us at upcoming events in Mosman and Pittwater which are scheduled alternately each month from February to November in 2011.

Contact Michelle McCallum: [register@WomeninSmallEnterprise.com](mailto:register@WomeninSmallEnterprise.com)

Here's the link to the next WiSE event in Pittwater  
[http://womeninsmallenterprise.com/Pittwater\\_WiSE.htm](http://womeninsmallenterprise.com/Pittwater_WiSE.htm) to be held on April 28 in Mona Vale.

### First Friday at 5

First Friday at 5 is a social networking event. Next one is listed here via this link  
<http://firstfridayat5may2011-eorg.eventbrite.com/>

Venue: Park St SC (Social Club)  
6/18-20 Park St Mona Vale  
5:00pm - 6:30pm  
Friday, April 5

This event is free. You can purchase a drink and nibbles if you like.



## Pittwater Camera Club

We encourage and welcome all photographers. We provide an opportunity to show and display your creative photographic skills in a friendly environment with people that have a similar interest.

May 9 – Presentation evening with Malcolm Fackonder – Malcolm will be providing tips and tricks of using the Topaz plug ins with Photoshop

May 23 – Club competition – the Reg Angus Award for Nature photography will be presented to the winner judged the best nature photographer in the club.

The club will meet on the above dates at BYRA Hall, 1842 Pittwater Road, Bayview 2104. Contact details are: The Club Secretary – [secpcc@bigpond.com](mailto:secpcc@bigpond.com)

Web: [www.pittwatercameraclub.org](http://www.pittwatercameraclub.org) Bayview

## Golf Club

Bayview Golf Club has a very active female membership base of over 330 members, which represents approximately 28% of total membership. Their Ladies Competition is run on every Thursday and they vary the competition played to include stroke rounds, stableford, foursomes and team events for example. The club regularly has over 100 ladies playing in their Thursday competition. Bayview also encourages their older and long standing members to continue playing, by holding a 9 hole competition. Bayview also offers a popular beginners program called "Swingers" where you can learn how to play golf and the rules and etiquette.

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

Winnererremy Swamp Cup (Stableford event for 31-45 handicap)  
– 19 May

Teams Stableford (2 scores to count) – 30

May

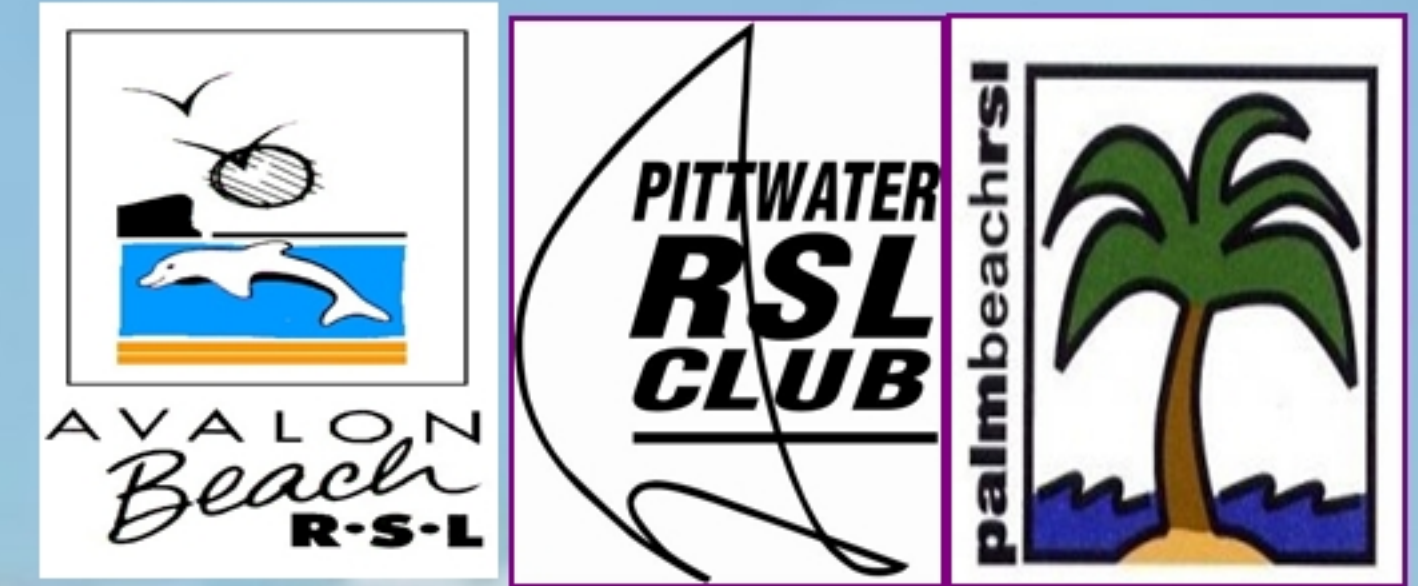
Silver Salver (0-20 handicap) – 28 July  
Bronze Bowl (21-36 handicap) – 28 July  
Gala Charity Day (Teams Stableford 2 scores to count)  
– 13 October

Bayview Golf Club runs an Open Day for golfers from all clubs to participate each Tuesday and Sunday after 10.30am. The fee is \$35.00 which is all inclusive of greenfee and competition fee.

[Bayview Golf Club Website](#)



## Pittwater RSL's; Click on logos to go to websites



## Manly Warringah and Pittwater Historical Society

This Society has kept the only continuous records of historical documents, mementos and research of the Northern Beaches. They are one of the oldest suburban historical Societies in Australia. Visit their informative website by clicking on logo:



## Sociable Seafarers Toastmasters Club

### Information for Guests

Sociable Seafarers Toastmasters meets at Pittwater RSL Club, corner of Pittwater Road and Foley Street, Mona Vale. The club meets on the first and third Monday of each month. Our meeting time is 6.45pm for 7.00pm and we finish our meetings at 9.30pm. Recommended dress is business or smart casual attire.

Their meetings consist of three main parts:

- Impromptu speaking
- Prepared speeches
- A short business session

Click on link above to go to their website for more information.



**Community Forum: please suggest any issues you'd like to see addressed or contribute insights or share experiences.**

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## MEMBERS WANTED FOR COMMUNITY REFERENCE GROUPS

**Pittwater Council is calling for expressions of interest from the community to participate in their reference groups over the next two years.**

Composed of Pittwater residents, reference groups discuss the Council's progress on implementing Pittwater's strategic plan, Pittwater 2020, in a number of key areas.

There are four reference groups including:

- Community Recreation & Economic Development
- Natural Environment
- Community Engagement & Information
- Planning an Integrated Built Environment.

Mayor Harvey Rose said that individuals in the community, current members of reference groups and representatives from community organisations were encouraged to apply.

"Reference groups were set up in 2009 and each group gives feedback to the Council regarding the goals and initiatives associated with key directions of the strategic plan," said Mayor Rose.

The reference groups meet once every three months, with the tenure of the selected group members commencing in May 2011.

"We want the community to play an active role in strategic decision making that will affect local residents' future," he said.

"Occasionally we will also seek feedback from the reference groups about particular projects", Mayor Rose said.


"We're particularly interested in hearing from younger residents under the age of 40 who may wish to be a part of these groups," Mayor Rose added.

Applications close Friday 15 April with details available at [www.pittwater.nsw.gov.au/referencegroups](http://www.pittwater.nsw.gov.au/referencegroups)



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