September 23 - 29, 2012: Issue 77

ARTFEST 2012 - 'Our Community'

Visual Arts Group Meredith Rasdall **'Our Place'** 5-12 years. Photo by Michael Mannington.

Mayor Harvey Rose addresses opening night for ArtFest 2012 audience. Photo by Michael Mannington.

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Pittwater ArtFest - 2012 Theme 'Our Community'

Pittwater Artfest, now in its 7th biannual year, had 360 entries for this year's exhibition in the main hall of Avalon Recreation Centre. ArtFest is a free community event celebrating our area and the artistic pursuits of the children who live here.

On Friday night, 21.9.2012, the opening, conducted by Mayor Harvey Rose, resonated with a well chosen stanza to resonate a key idea behind this celebration of engendering and appreciating art in all its forms from Samuel Taylor Coleridge's *Kubla Kahn*.

Cr. Rose stated that Arts are essential to our culture as "Arts give us a glimpse of something more substantial. A glimpse of the Divine that lifts us above the mundane, and raised up we see more."

The ArtFest festival encourages children to put down their digital devices, turn off televisions, get off the computer and pick up a paint brush, pencil, pen or musical instruments and create something based on the year's theme. With 'Our Community' as their inspiration subjects as wide ranging as land and seascapes to people filled every work displayed from all schools in Pittwater and as far afield as Terrey Hills. Each child we spoke to on Friday night was clearly delighted with what they had created and had enjoyed using their own personal choices for creating something that shared a little of their perspectives on the world. Their deftness with addressing and completing these works proves Art in Pittwater and its surrounds has a very bright future.

Continued

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Grace Holland and her work 'Through the Lens'.

Ruby Evans and her 'Make-up Girls'.

Andrew Churchill and James Hiller - sweet Jaz Tronne sounds for Opening Night.

PITTWATER ARTFEST WINNERS & HIGHLY COMMENDED

PRESCHOOLS
Prize packs are given to all preschoolers - total of 20

GROUP Section
Highly Commended Prizes = $100 each

3C Bilgola Plateau School Group Title: 'Fish n Chips'
School: 3C Bilgola Plateau School Group NO. 139

2M Bilgola Plateau, Title: Our Bilgola
School: 2M Bilgola Plateau No. 67

4-6 Art Club Title: Bayview - How we can see it
School: Loquat Valley. 4-6 Art Club No. 348

Avalon Public 34 AH Title: Our Community Many Families
School: Avalon Public 34 AH No. 101

Avalon Public class 2ES Title: The Avalon Daily
School: Avalon Public class 2ES No. 6

PP ANTS - 10 Highly Commended
Prize = 10 canvas's & face paints

Highly commended Ella Pittard,
School: Narrabeen Primary

Highly Commended Milena Gomes
School: Avalon Primary

Highly commended Whiley Toll
Title: My Street
School: Avalon Primary

Highly Commended Abel Young
Title: Butterfly swimmer
School: Mona Vale

Highly commended Ella Dolby
Title: Ella's Community
School: Elanora Heights

Highly commended Bridie Bennan
Title: Rubber Ducks
School: Avalon Public

Highly Commended Will Hoaghuis
Title: Community of water
School: Newport public

Highly Commended Sienna Brown
Title: People in the park
School: Sacred Heart

Highly Commended Joshua Lakeman
Title: The Island
School: Newport Public

Highly Commended Claudia Powell
Title: Scribbly Hesler
School: Mixed Palette art school

PRIMARY SCHOOL - 1 winner, 4 highly commended

WINNER Charlie Lewis, Title: 'Cloud Watching'
School: Avalon Public

Highly Commended Sarah Hopkins, Title: Sarah with a Twist
School: Avalon Primary
Highly Commended Jasmine Young, Title: 'Cockatoo'
School: Mona Vale Primary
Highly Commended Heather Trett, Title: Narrabeen fun and splash
School: Elanora Heights Primary
Highly commended Ondine Hall, Title: 'Painting in the Park
School: Mona Vale Public

JUNIOR HIGH SCHOOL - 1 x winner, 3 x highly commended

WINNER - Junior High Tyla Botes, Title: 'All of Us'
School: Barrenjoey High

Highly Commended - Junior High Julia Cole, Title: 'Temptation
School: Barrenjoey High
Highly Commended - Junior High Christopher Cole, Title: To The Rescue
School: Barrenjoey High
Highly Commended - Junior High Bronnie Frost, Title: 'My Brother the Spirit of Avalon'
School: Bilgola

HIGH SCHOOL Category

WINNER - High School Thomas Hammond, Title: Ray of Hope for Crying Faces of Nature
School: Northern Beaches Christian School

Highly Commended - Senior High Ewan Coopey, Title: The Ocean is my Community
School: Pittwater High
Highly Commended - Senior High Lillie Rasdall, Title: Pittwater
School: Stella Maris
Highly Commended - Senior High Carly Zinger, Title: 'Where in the World'
School: Barrenjoey High

MEREDITH RASDALL ARTISTIC ACHIEVEMENT AWARD
(DONATED BY BERKELOUW BOOKS)
Winner Aza Carothers, Title: 'Time to Surf'
School: Barrenjoey High

Meredith Rasdall Scholarship Awarded to:
Ewan Turner
Barrenjoey Junior High

Debbie Waters Mixed Palette Schlarship
Lillie Knowles
Bilgola Plateau school

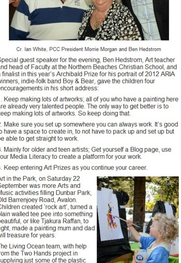
Packers Prize
Oliver Festa
Avalon Public School

Mayor Harvey Rose award:
Montei Goodrick
Balgowlah Boys campas

http://pittwaterartfest.com.au/

Luca Smithhard creating Rock Art.

Pittwater Artfest encourages self esteem by exhibiting the work of every child that enters. It not only encourages children but engages families and local artists to participate together in the local community. Pittwater Artfest attracts thousands of people to the area during its duration. Entrants submitted 2-D Media including Painting, Drawing, Collage, Printing, Digital/ Arts, Photography and Mixed media.



Cr. Ian White, PCC President Monie Morgan and Ben Hedstrom

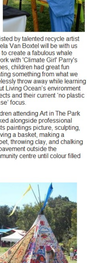
Special guest speaker for the evening, Ben Hedstrom, Art teacher and head of Faculty at the Northern Beaches Christian School, and a finalist in this year's Archibald Prize for his portrait of 2012 ARIA winners, indie-folk band Boy & Bear, gave the children four encouragements in his short address:

1. Keep making lots of artworks; all of you who have a painting here are already very talented people. The only way to get better is to keep making lots of artworks. So keep doing that.

2. Make sure you set up somewhere you can always work. It's good to have a space to create in, to not have to pack up and set up but be able to get straight to work.

3. Mainly for older and teen artists; Get yourself a Blog page, use your Media Literacy to create a platform for your work.

4. Keep entering Art Prizes as you continue your career.

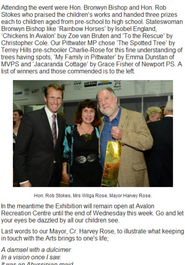


Art in the Park, on Saturday 22 September was more Arts and Music activities filling Dunbar Park, Old Barrenjoey Road, Avalon. Children created 'rock art', turned a plain walled tee pee into something beautiful, or like Tjakura Raffan, to right, made a painting mum and dad will treasure for years.

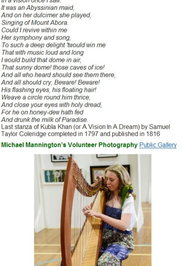
The Living Ocean team, with help from the Two Hands project in supplying just some of the plastic refuse they had gathered from our beaches, created a whale to emphasise whose home we are polluting styled on their own logo.

Assisted by talented recycle artist Angela Van Boxtel we all with us also to create a fabulous whale artwork with 'Climate Girl' Parry's Ravies, children had great fun creating something from what we carelessly throw away while learning about Living Ocean's environment projects and their current 'no plastic please' focus.

Children attending Art in The Park worked alongside professional artists paintings picture, sculpting, weaving a basket, making a puppet, throwing clay, and chalking the pavement outside the community centre until colour filled every square.



Since being initiated by local artist Meredith Rasdall in 1998, the Children's ArtFest has run every second year and is now managed by Pittwater Community Arts also supported by Pittwater Council. This year ArtFest was overseen by Stephanie Brown who toiled hard and long to produce a wonderful display of the children's colourful, imaginative and lovely talented artworks. Michelle Cruickshank, Karen Hick and Michelle Watts assisted Stephanie and received her heartfelt thanks on Friday evening.



Attending the event were Hon. Bronwyn Bishop and Hon. Rob Stokes who praised the children's works and handed three prizes each to children aged from pre-school to high school. Stateswoman Bronwyn Bishop like 'Rainbow Horses' by Isobel England, 'Chickens In Avalon' bus Zoe van Bruten and 'To the Rescue' by Christopher Cole. Our Pittwater MP chose 'The Spotted Tree' by Terrey Hills pre-schooler, Charlie-Rose for his fine understanding of trees having spots, 'My Family in Pittwater' by Emma Dunstan of MVPS and 'Jacaranda Cottage' by Grace Fisher of Newport PS. A list of winners and those commended is to the left.

Hon. Rob Stokes, Mrs Wilga Rose, Mayor Harvey Rose.

In the meantime the Exhibition will remain open at Avalon Recreation Centre until the end of Wednesday this week. Go and let your eyes be dazzled by all our children see.

Last words to our Mayor, Cr. Harvey Rose, to illustrate what keeping in touch with the Arts brings to one's life;

A damsel with a dulcimer
In a vision once I saw.
It was an Abyssinian maid,
And on her dulcimer she played,
Singing of Mount Abora.
Could I revive within me
Her symphony and song,
To such a deep delight 'twould win me
That with music loud and long
I would build that dome in air,
That sunny dome! those caves of ice!
And all who heard should see them there,
And all should cry, Beware! Beware!
His flashing eyes, his floating hair!
Weave a circle round him thrice,
And close your eyes with holy dread,
For he on honey-dew hath fed
And drunk the milk of Paradise.
Last stanza of Kubla Khan (or A Vision In A Dream) by Samuel Taylor Coleridge completed in 1797 and published in 1816

Michael Mannington's Volunteer Photography Public Gallery

Khyana Sholston with Mardi Gras, Saturday.

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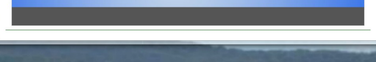

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Articles This Week:

ArtFest 2012

Harvest Day 2012 at Maria Regina Avalon by Alexis Conn and Peta Wise

Byron Bay Writers Festival by Robyn McWilliam

Reflections by George Repin: Hotels at Bondi

Pictures: Car & Bike Fest 2012 by Michael Mannington

All Previous Articles

Profile: Spring Ladies 2012; women who have an undeniable 'font' within; Karen Braddy bubbly, vivacious and a human dynamo; on women's advocacy, midwifery

Previous Profiles:

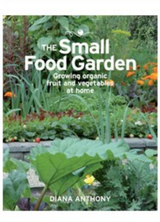
Barton Lynch Shane Withington Commodore Sloper Herminie Swainston Teresa Cutter Joanne Brigden-Jones Tamara Sloper Harding Katie Spithill Chris Salisbury Doug Crane Henry MacPhillamy Aim for the Stars Foundation Broken Bay Marine Rescue Pittwater Environmental Foundation Rotary Club of Pittwater Sophie Haythornthwaite Joan Fisher Mark Ferguson Veteran Carolyn McKay Christine Hopton Ian White Jack Elsegood Robert Grace Colin Casey Bob Waterer The Surfers Group The Palm Beach Yacht Club Pittwater Natural Heritage Association Pittwater Friends of Soibada Pam Bayfield Denise Casey Lynda Hill Belinda Grundy Paul Christie Neil Evers Andrew Holder Ian Curlewis Lange Theory Phil Colman-Peter Mitchell and Exploring tidal waters on Australia's temperate coast Geoff Clarke Palm Beach Sailing Club The Populaters Pittwater Camera Club Dragonfly Environmental Pittwater Community Hub Pittwater Community Arts Hayley Turner Samantha Shaw Danielle DuBois Mumpreneurs Neil Johnston Simon Hyland Paul Wheeler Ian McGiffen Brian Friend Pittwater Council Zonta Club of Northern Beaches Sydney Northern Beaches Symphonic Wind Ensemble Bei Loon Dragon Boat Club Margaret Molloy OAM Patricia Giles OAM Doreen Cherry Cindy Goode Milman Stephen Marr Bob Hamilton Simon Abbott Peter Rumble Graham Spong Sailability Pittwater Mona Vale Hospital Auxiliary Avalon Active Seniors Group Northern Beaches Orchestra Sonja Elwood June Lahm Valerie Vickers

History: The Spring tides of Ocean and Estuary and who has long been in them; Pittwater Sailing clubs and Surf Life Saving Clubs: Warriewood Surf Life Saving Club

Previous History Pages:

Marie Byles Lucy Gullett Kookoomgiligai Frank Hurley Archpriest JJ Therry Sir Patrick Gordon Taylor Bowen Bungaree W. Bradley 1788 Journal Midholme Loggan Rock Cabin La Corniche La Corniche II Lion Island Bungan Beach Botham Beach Scarred Trees Castles in the Sand Dame Nellie Melba lunches at Bilgola Spring, 1914 First to Fly in Australia at North Narrabeen Mona Vale Golf Club's Annual Balls Governor Phillip camps on Resolute Beach Ruth Bedford Jean Curlewis Mollie Horseman Charlotte Boutin May Moore Neville W Cayley Leon Houreux Frederick Wymark Sir Adrian Curlewis Bilgola Heron Cove Mullet Creek Shark Point Woodley's Cottage A Tent at The Basin Collin's Retreat-Bay View House-Scott's Hotel Bilgola Cottage and House The First Pittwater Regatta Women Cricketers Picnic Filmed In Pittwater Governor Phillip's Barrenjoey Cairn Waradiel Season The Church at Church Point Governor Phillip's Exploration of Broken Bay, 2 – 9 March 1788 Petroglyths: Aboriginal Rock Art on the Northern Beaches Avalon Headland Landmarks Steamers Part I Pittwater Aquatic Club Part I Woody Point Yacht Club Royal Motor Yacht Club Part I Dorothea Mackellar Elaine Haxton Neva Carr Glynn Margaret Mulvey Jean Mary Daly Walter Oswald Watt Wilfrid Kingsford Smith John William Cherry George Scotty Allan McCarrs Creek Narrabeen Creek Careel Creek Currawong Beach Creek Bushrangers at Pittwater Smuggling at Broken Bay An Illicit Still at McCarr's Creek The Murder of David Foley Mona Vale Outrages Avalon Camping Ground Bayview Koala Sanctuary Ingleside Powder Works Palm Beach Golf Course Avalon Sailing Club Mona Vale Surf Life Saving Club Palm Beach SLSC Part I - The Sheds

Park Bench Philosopher: *Then again* **by Asahel Bush, Spring of 2012**



Books: The Small Food Garden - Growing Organic Fruit and Vegetables at Home, Birds of Prey of Australia - A Field Guide, Sustainable Coastal Management and Climate Adaptation, The Cochlear Story - Bright Ideas Series + Two Greedy Italians from Antonio Carluccio and Genarro Contaldo, 9th Edition of Field Guide to Birds of Australia, Kokoda Front Line by Neil McDonald, The story of Damien Parer Australia s greatest war photographer, and Lighthouse Bay.

Old Books: **My Garden in Spring** (1914) by Edward Augustus Bowles. Publisher: London, T. C. & E. C. Jac = **Gaelic names of beasts (Mammalia), birds, fishes, insects, reptiles, etc. in two parts:** (1905) by Alexander Robert Forbes. + **Shakespeare's greenwood : the customs of the country : the language, the superstitions, the customs, the folklore, the birds & trees, the parson, the poets, the novelist** (1900) by George Morley, of Leamington, Eng. Publisher: London : David Nutt

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Community News: ODE to Mayor Harvey Rose, Bullett Regatta, Mona Vale Garden Show, Soibada Insight, Grandparents Day at Maria Regina, Village Living closes, Curlew's Last Runs, Blue September, INTERNET EXPLORER HAS BUG - FREE Microsoft fix-it, Open Letter to Parents, AvPals Volunteers needed, DisabiliTea 2012, AFTSF 2013 Grants Open, Your Say 2025, Our Council's Notices, Fed. Govt. Media and more

Environment; SPRING EQUINOX TODAY 23.9.2012, Pittwater Weed of the Week, Bush Turkey Family at Careel Creek, Major changes needed to protect Australia's species and ecosystems - CSIRO, Sustainable Coastal Management and Climate Adaptation examined in new book, High-tech voyage will investigate life in the sea-ice zone, Destroyed Coastal Habitats Produce Significant Greenhouse Gas - NEW PAPER, **September is Save the Koala month**, **Save the Places You Love Campaign**, Cooee September Issue, local Environment groups and orgs.

Lynda Hill: **Update 24.9.12**: Going For It, Grounding Realities Or Grinding To A Halt: September's Aries Full Moon

Pictures: Car and Bike Fest at Pittwater Rugby Park by Michael Mannington

Youth: **Happy Spring Holidays!**, The 1year old Hippo & 100 year old Turtle, Student App now available for Android , MIDNIGHT Basketball - new season, , Special Lunch bags, Applications Open for Australian Youth Forum Steering Committee, Star Texts, School Holiday Fun, Beach Buddies, Goofy Goofy Gander, Online Computer History Museum Exhibits, Pittwater Science Club for Juniors, Library Story-times for Littlies.

Seniors; **Pensions Increased This Week**, Continued growth in aged care sector, Advisory Panel on Positive Ageing, Kaliedoscope,TRUE LOVE, You Send Me U3A Lectures, Lumosity, local Support and Education Activities.

Community Clubs: Updates on Activities and links to sites.

Artist of the Month: September 2012: Eric Martel has a passion for yachts, Sydney Harbour and streetscapes

Reflections by George Repin. **This week; HOTELS AT BONDI**

DIY Hints: Spring Lawn Care and timely specials from Johnson Brothers Mitre 10, local hardware stores that support community

Collector's Corner: Surf Reels; developed by Aussies for Aussies.

Food: Avalon Chinese Restaurant; traditional authentic Chinese cuisine

News From our Inbox Great Southern Land on ABC1 TV starts 7.30pm, Sunday 23 September, Puffer Fish Patterns & Sand x250, **Pirates Eye Test**, Improving Memory for Specific Events Can Alleviate Symptoms of Depression, New 'ATM' Takes Old Phones and Gives Back GreenOur Future World: **Global Megatrends** from CSIRO.

Events: Wheels at Winn. Bay and DOG Day by the Bay TODAY, PNHA Breakfast with the Birds, School Holiday Fun from Council's CEC,Tram Museum, IMAX Special, Great Film to SCreen in Avalon, Bird Talk, Local Poet at MVL, Darren Simpson at Chelsea, Bilgola PS FETE, October PBL Breakfast, Manly Arts Fest. Pam Bayfield NEW BOOK Launch, Pittwater to Coffs Regatta OPEN for Entries, Bird Workshop, Guringai Aboriginal Tours, Sidney Nolan & Patrick White at State Library, Bobbysox at AvRSL, Council Events and more.

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Harvest Day at Maria Regina Primary School, Avalon
Tuesday 18th September

Students in years three and four from Maria Regina Catholic Primary School in Avalon, were treated to a fun filled, eco friendly day as part of their inaugural Ready Set Grow Harvest Festival. Students harvested vegetables grown in the school eco-garden and took part in a master class cooking demonstration, lead by year four teacher, Alexis Conn. Using produce from the garden, students prepared and cooked a delicious three course meal which was shared with teachers and parents in the garden.

Throughout the term, students were treated to hands on gardening lessons in the school Eco-garden lead by Peter Rutherford and Rachel Kernaghan from Kimbriki Eco House and Garden. Students learnt about composting, growing vegetables from seedlings and harvesting techniques. In class, students explored the benefits of healthy eating and healthy food and activity choices.

The program was supported and funded by Northern Beaches Health Promotion Unit, with support from Manly Sea Eagles and Kimbriki Eco House & Garden. The Ready Set Grow program recruits schools into fruit and vegetable garden workshops and encourages them to start gardens at their schools as a way to promote healthy foods to students.

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Words by Alexis Conn. Images by Peta Wise, 2012.

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Byron Bay Writers' Festival 2012

By Robyn McWilliam

This year the Byron Bay Writers' Festival is sweet sixteen. The first weekend in August is a time to forget the chill of winter and head north. Run by the Northern Rivers Writers' Centre, this event is a delight for booklovers and writers.

I recall the inaugural festival, promising my husband beach time while I slipped out to the many and varied sessions. For me my home festival in Sydney is such a hassle to get to; hours of peak-hour traffic and queues into crowded venues. I think I've only missed two at Byron. This year we rent a cottage and take our labradoodle, Timo who runs wildly on the off-leash beach. Byron is one of the most beach-orientated towns on our coast. The alternate lifestyle is an eye-opening break from suburbia.

The week before the Festival, workshops are held for writers to work on their craft. They range from surf writing to humour, journalism and speculative fiction to crime. There's a literary lunch and two dinners, a night of Stand Up Comedy and the premiere of the movie, The Sapphires. North Byron Events, the Festival site, is eight minutes' drive from the town centre and a shuttle bus operates as well.

Five monstrous marquees are spread across a paddock. There's a bookshop, a restaurant along with food stalls and lines of portaloos. This year a variety of sculptures add to the atmosphere as crowds surge through the gate. As I have purchased a three-day pass I receive a yellow wrist band. My program is circled with the sessions that interest me.

Potted palms flank the dais. Cane chairs await the performing writers; microphones on stands at crazy angles. The PEN organisation also has an empty chair to acknowledge writers around the world who are not free to say what they wish. We, the audience, sit on white plastic chairs, excitement building as if under the Big Top.

The first session I attend is called Curdled Milk: Schoolyard Memories chaired by Mary Delahunty. John Marsden, a teacher and children's author, who has sold two and a half million books in Australia, is one on the panel with two other writers. John has set up his own school and writes realist fiction.

Nick Earls

John Marsden and Mary Delahunty

I move on to learn how Nick Earls constructs a short story. At another session Andy Griffiths says kids told him to write something funny. In an endeavour to transmit his own joy of childhood books to the next generation he wrote *The Day My Bum Went Psycho*.

Jessica Watson

Tom Keneally with Chris Hanley

Tom Keneally is thoroughly engaging talking about his new novel, *The Daughters of Mars*. This evolved while writing a history of WWI. Tom read the journals of nurses and the struggle of feminism at the time surprised him. On to Elliot Perlman who discusses his novel, *The Street Sweeper*. He says apart from creating characters the reader cares about it's not a bad thing to be politically involved as well.

Katherine Boo with Fran Kelly

Jessica Watson is one of three young women on a panel entitled Extreme Journeys. Her solo sail around the world and the writing of *True Spirit* was a mission to show that young people can follow their dreams.

Another journey highlight is listening to Katherine Boo. A staff writer for the *New Yorker*, she travels to India, engages with slum dwellers and writes their story of resilience and hope in *Behind the Beautiful Forevers*.

Peter Doherty

A great ideas session on What is Australia For? features Peter Doherty, a Nobel Prize winning scientist, Michael Kirby, a retired High Court judge and Julianne Schultz, the editor of the *Griffith REVIEW*. Responding to the negativity in this country in 2012, Peter says Australia has a role in global and national science. Michael would like us to have a charter of human rights. Julianne adds defining what we're about as a nation would make it clearer for newcomers.

Michael Kirby

There are many wonderful novelists talking about their work and new books this year. Alex Miller's *Autumn Laing* is based on Sidney Nolan's wife and delves into lust and art. Susan Johnson's reading about the croissant season from *My Hundred Lovers* becomes the talk of the festival. Those who haven't lived in Paris may not be aware that for six weeks when the flour is fresh the croissants taste better. Susan is back from living overseas and recently resettled in Brisbane. I so enjoyed her contributions on a number of panels. For me she is the star of the festival. Charlotte Wood's *Animal People* and Gail Jones's *Five Bells* are both set over one day. Their discussions with Susan Wyndham revealing how they work are a gem for writers and readers alike.

Susan Wyndham with Charlotte Wood and Gail Jones

Whether it's discovering new authors, hearing favourites or engaging in ideas Byron Bay Writers' Festival is a feast for booklovers. Travel north next year to this great literary event and be rewarded.

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The Reader by Marie France Boissonneault

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Then again

A spry wind follows the canyon walls
Carries a sea fog spray
Along a misty hillside path
Seven years ago this day

First a flicker then a flash
Memories of things now gone
Recorded in your eyes
The waves flash in the dawn

Minds are mountain crags
Where life is hard and cold
And stories of unpleasant truths
Gathered round and told

Could the freshness of the moment
Not just a thing to say
Carry forth the weight of feelings
The rock, the wind and spray

But the dreams and all the times
Passed from flower to flower
The meaning of seven years
Pass within the hour

Will there be no redemption
For things gone before
Will the winds never placate
The rhythm of the shore

Asahel Bush

Park Bench Philosophers

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

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

Contact us at: pittwateronlinenews@live.com.au

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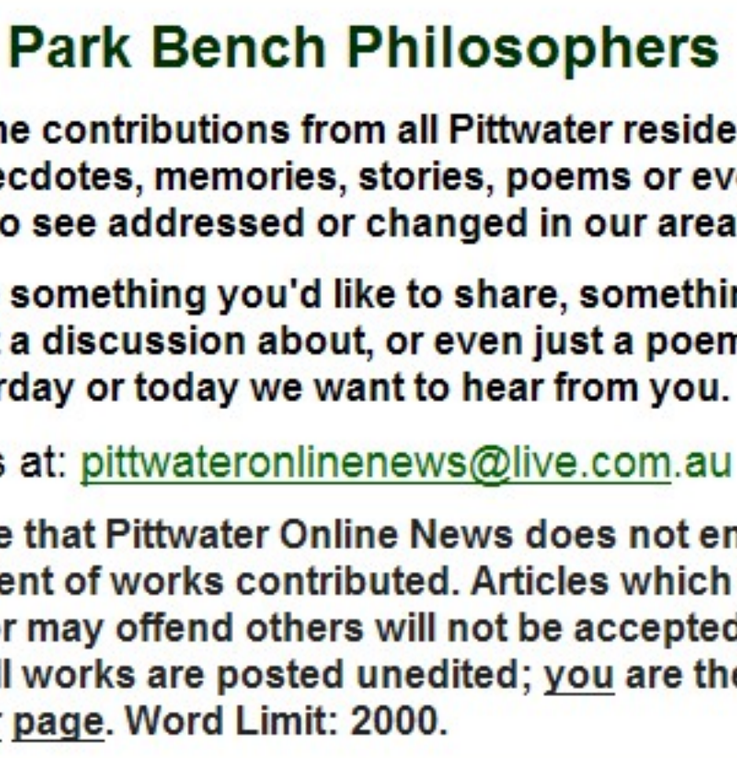

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Pittwater's Community Newspaper

Wednesday 26 September 2012

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Articles This Week

ARTICLES

Harvest Day 2012 at Manly Regha Society by Warren Cook and Peta Wilkinson

Mona Vale Rotary Changeover Dinner by Rotary Club of Mona Vale

Pittwater Art Prize Winners Announced by Pittwater Council

Pittwater Online Marketing Newsletter Update 25/9/2012 - 2012 Pittwater Online Marketing Photography Competition Winners Announced

Mona Vale Rotary Changeover Dinner by Rotary Club of Mona Vale

Pittwater Council's Art Prize Winners Announced by Pittwater Council

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Karen Draddy. Photo by Michael Mannington.

Pittwater Women of the Year: Eileen Gordon (2010), Karen Draddy (2005) and longest serving Mayor for Pittwater, Cr. Patricia Giles (2012).

Brookvale, Old Pittwater Road, c.1950. Courtesy Sempre Con Te

Mona Vale Hospital and sixth floor.

Mona Vale Beach pre-dawn.

Dee Why Pool. Photo by Michael Mannington.

Karen, Eileen and Waverney of Mona Vale Hospital Auxiliary. Photo by M Mannington

Karen Draddy

One of the bubbliest, most warm hearted, generous and high energy ladies we've been fortunate to meet is Karen Draddy. Karen was International Woman of the Year for Pittwater in 2005, recognising her support of new mums and her staff of midwives, was made a Life Member of the Nursing and Midwifery Unit Manager Society of NSW in 2002 and was State President twice. She will be stepping down from the Executive as Vice President at the AGM in October. Recently Karen was given Life Membership of the NSW Nurse Association. Other hours involved in Soroptimists International, an organisation that advocates for women at the United Nations, represent a small drop of a huge passion of ensuring all women's rights are recognised and maintained.

Last weekend Karen attended a Nursing and Midwifery Leaders forum with the Senior Nurse and Midwifery Managers for NSW. This lady also sits on Tribunals as a Nursing and Midwifery Consultant for the Nurses and Midwives Board of NSW and finishes her 2012 year by sitting on a three person panel for the masters in Nursing Student at Sydney University where she will get grilled for two hours on leadership.

Karen's dedication to our community, to women and children, among those who fought to have Maternity Services returned to Mona Vale Hospital, where her role as the woman in charge of maternity services at Mona Vale ran for 28 years, is incalculable. This week we celebrate another wonderful Pittwater woman in gaining a small insight into one of our most respected and loved assets…

My parents moved to Dee Why in 1949, having grown up in the same street in Lane Cove only a few houses apart and both were from fairly large families, my mum the middle of 9 and my dad the eldest of 5. I am an only child, born in 1951, sadly their only surviving baby but cherished and loved and growing up in a home where there was almost one or another relative living or staying with us. I sometimes think I talk a little fast as our house was always full of conversation and both my parents were readers and involved in local RSL and other Community Groups.

One of my earliest memories is being minded by my grandmother at around 3 years, while she sat in the front garden for the Mater Hospital Crows Nest running the stall there, while she rolled bandages. I could never understand why there were so many beautiful things for babies, shaving gear for men and toiletries but at the other end of the table there were potatoes and onions. On reflection is was probably a sign of the times but it put me around hospitals at an early age and hence I always wanted to be a Nurse.

I went to Brookvale Public School and it was here from my very first day that I made life long friends with Ornella Tomaino, Bev Jones and Vicki Foley. I walked to School through Brookvale oval with kids from Schackle Avenue and Pine Ave every day; we were a group of different ages but usually 6 or 7 of us. I remember the day Graham Thorn was kidnapped because my Mum turned up at school to walk all the kids home, I was so embarrassed as I was a big girl and able to walk with the big kids. My parents were mindful and did not want me growing up spoiled so they sent me to every thing they could afford, and made sure I understood sharing as well. I went to Girls Brigade at Narraweena, Ballet for 10 years at Balgowlah, Tennis lessons for a couple of years until they finally came to terms that I was no athlete. I loved primary school and as a child of the fifties it was a golden time for us all.

I went to Manly Girls High School, we were the first of the first years when the school opened. I continued my friendships with my friends from Brookvale and added Sue Green and Lynn Smith and all theses years later the 6 of us meet every 6 to 8 weeks for dinner or lunch. To have women this long in ones life is a true gift. During high school riding push bikes to the beach or Manly as a group of kids was not unusual and we made our own fun with swimming or movies etc. I have travelled overseas several times and I was very lucky in the experiences and opportunities I have had during my career.

What are the main changes you have noticed in the Brookvale - Manly - Dee Why area since the 1950's?

Traffic – We used to be able to walk to school as a group of kids and ride pushbikes into Manly on Saturday afternoons as teenagers to see a movie. We could walk to the beach, but there was only one ice-cream shop but it had 3 flavours.

Where did you train as a nurse ?

I attended my General Nursing Certificate at Gosford Hospital as my parents had purchased a holiday home at Tuggerawong which they later retired to.

What area of nursing did you focus on working in during your career?

I did not remain in Nursing and as Gosford had no Midwifery training in 1973, I came to Auburn with several other trainees under a scheme that saw the class made up of Gosford, Auburn and Goulburn students and it was a great training.

You have taken on many other roles related to health and health services; what was the impetus for this?

Advocacy, I was very self-aware that I could talk to anyone, anywhere and it was my mother's influence following her statement to me at the kitchen sink " you are just like your father" at 22yrs, when I was complaining that I was always the one speaking out at meetings. She told me **my gift was I could talk to anyone and that I must use it for good and speak up for those who can't, and so I have always tried to do so**. She also told me to be truthful and again I have tried always to be so with my professional and private life.

What was the first extra role you took on?

I have been on so many committees, panels, forums, working parties etc. all my working life. But the first one was on the Gosford Hospital Senior Nurse Ball Committee for 2 years. In those days we had balls at the Gosford Leagues Club for over 600 people, it was fun and always a successful night and tickets cost $2.00, we made 20 cents a head, we thought we were terrific to make a profit.

What do you feel is your greatest achievement as a person?

Professionally never having lost a mother on my watch, working with and having so many fabulous midwives, nurses, doctors, auxiliary staff, mothers and families come through my life. Personally the family, friends and supporters I have in my life, I am very lucky.

You are also very active in the Mona Vale Hospital Auxiliary and its current Vice President. Why is the MVHA so important to and for the community?

It is the heart of the community in the hospital, many staff will come, work, leave or retire like me but the Auxiliary is the constant, raising funds and ensuring services are supported.

If you could be another creature for a day, furred, finned or feathered, what would you be and what would you do for that day?

I would love to say a whale or dolphin as I love the water but in truth I feel I would be a cat with personality, and I would meander around the neighbourhood bring joy and cheer but mostly picking up the amazing "morsels " from all I come in contact with, scrumptious.

What is your favourite place/s in Pittwater and why?

I have a few, the view from Level 6 at the hospital at sunrise, Brookvale oval as I walked through it to go to school every day and dad and I watched Sea Eagles together. Lastly the top step of DY Baths as it was where I learned to swim with Mrs Smith in 1955 and because the beauty of the view restores the soul.

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

1-See a job and do it and 2 Don't go home till the jobs done.

I would like to thank the community for all the support they have given me personally as the N&M Unit Manager for Maternity Services during my 28 year tenure and as the Complaints Manager for the last 18 months. I would like to thank the community for all the support they give to the hospital, the staff, patients and auxiliary. Lastly I would like to thank my own amazing staff and the staff throughout the hospital who come to work every day and give such important, skilled and necessary care to one and all.

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September 23 - 29, 2012: Issue 77

Warriewood Surf Life Saving Club

One of our sweet beaches, tucked away at the southern end of Mona Vale beach, is the lovely bay of Warriewood beach. Although quiet and secluded this stretch of waters is just as dangerous to the unaware as more trafficked stretch of beach in Pittwater with rips and tides that are made more so by the way they swirl around her northern headland. The manner in which the waves break can quickly become boiling surf in quick weather changes. There are three main rips at Warriewood, one which sweeps over the southern rocks (known as Pot Rocks), one at the northern end in front of the cliff and not a central rip. The notorious swimming hole for cause of many rescues by Warriewood surf club members.

John Ogden's excellent book, Saltwater People of the Broken Bays relates the name of Warriewood is uncertain but is thought to be derived from the English word 'wood' and an Aboriginal word said to mean 'place of Pittwater' or warrie meaning 'wild and untamed' to refer to the swamp wetlands much of Warriewood valley used to comprise. A further translation of Warriewood is 'place where the waters meet'. This valley once was a feeding ground for local indigenous peoples with yabbie and eel filled creeks, seasonal fruit trees and bush foods. Shipwreck Reef, Leon Hroure were wood cutters in Warriewood, indicating tall timbers once grew here.

On the coastal side the eastern facing strip of beach a small family orientated surf club officially opened in February 1950. Prior to that the waters below Turimetta Headland were frequented by locals.

BOAT OVERTURNS. Man Drowned in Surf. SURVIVOR'S DESPERATE STRUGGLE. Robert McIntosh, 31, of Park street, Narrabeen, was drowned, and William Gadd, 01, of Long Reef, had to make a desperate swim to the shore when a fishing boat overturned near Warriewood Beach yesterday morning. The two men, who were unemployed, intended to make some money by fishing to help them over the Christmas season. They left Narrabeen about 7.30 a.m., and fished for three hours before they were caught in a strong southerly. They immediately set out for Warriewood Beach. When within 100 yards of the shore they were caught in a great breaker, which overwhelmed the boat and capsized it. Both men were thrown into the water. Gadd managed unaccompanied to save himself when McIntosh came to the surface about 10 feet from him. McIntosh struck the water with his arms, and his friend could see that he was helpless. Gadd made an effort to reach him. When he was within two or three feet from him he threw out his left hand to help him, but he shouted, and sank. Gadd was washed aside by a huge wave, and had difficulty in reaching the shore. He was thrown on the beach, and did not revive until he had been treated by Constable Huckins, of Narrabeen. BOAT OVERTURNS. (**1931, November 10**). *The Sydney Morning Herald* (NSW : 1842 - 1954). p. 9. Retrieved from http://nla.gov.au/nla.news-page/16819190

MISSING FROM ROCKS SYDNEY Monday - Police searched today along the base of precipitous rocks between Warriewood beach for Percy Albert Honeysett 42 of John street Leichhardt. Honeysett with his wife and two children left his home early yesterday morning to fish off the locks near what is known as the blow hole He left his wife and family in their car at the top of the cliff and was known to have not return late in the afternoon his wife notified the police Narrabeen and Manly police with Mrs Honeysett and civilians searched for him. They found Honeysett's overcoat and fishing bag on a rock but no sign of the missing man. MISSING FROM ROCKS. (**1939, May 9**). *The Argus*(Melbourne, Vic : 1848 - 1956). p. 8. Retrieved from http://nla.gov.au/nla.news-page/12126304

The beach was accessed and enjoyed by many of the local families in the valley over the hill and at Narrabeen. Its shift from one still wild frontier to a place acknowledged as being frequented by many is its inclusion in Depression era works which saw many rock pools constructed along our coasts.

The Warringah Shire Council has decided to construct a new rock baths at Warriewood beach for use during the coming surfing season. BUILDINGS CONTEMPLATED. (**1931, September 1**). *The Sydney Morning Herald* (NSW : 1842 - 1954). p. 4. Retrieved from http://nla.gov.au/nla.news-page/16825334

GEAR INSPECTIONS. Every year, at the commencement of the surfing season, the Surf Life-saving Association's gear Inspection committee makes a round of all surf life saving clubs in the metropolitan area, and Inspects the equipment they possess. This inspection will be carried out as follows:-

October 17. Bondi. North Bondi. Tamarama. Bronte.
October 18. Coogee. North Cronulla. South Brighton. Brighton. Maroubra. Coogee. Clovelly.
October24. Manly. North Steyne. Queenscliff. Freshwater. South Curl Curl. North Curl Curl.
October 25. Palm Beach. Whale Beach. Bilgola. Avalon. Newport. Mona Vale. Alum. **Warriewood.** North Narrabeen. Long Reef.

SURF LIFE-SAVING. (**1936, October 7**). *The Sydney Morning Herald* (NSW : 1842 - 1954). p. 18. Retrieved from http://nla.gov.au/nla.news-page/17277246

During World War II the whole stretch of Pittwater's coastline became a series of trenches, barbed wire fences and watch posts manned by soldiers of the 2nd Australian Imperial Force. The Australian part time volunteer military force of World War II modelled on the British Home Guard. Surf clubs were manned by women, younger children with messages taken to and from those who went surf bathing did not drown.

SURF LIFE-SAVING. The Surf Life Saving Association is taking steps to form a N.S.W. Police Surf Life-saving Club, with headquarters at Warriewood. A meeting to form the club will be held on September 9 at Police Headquarters, Sydney. (**1941, August 7**). LIFE-SAVING. (**1941, August 7**). *The Sydney Morning Herald* (NSW : 1842 - 1954). p. 12. Retrieved from http://nla.gov.au/nla.news-page/17745560

By 1950, at the pleading of resident mums, current life member Jack Mackay and Brendon Loughlin, both 12 years old, remember for Pittwater and lifelong Warriewood resident Jim Longley acceded to taking on a club. (**1950, December 6**). Surf Life Saving Club. Council minutes from Meetings Requests by Surf Clubs for appointment of Secretary. Letter of Beach Inspector Longley to them, were for Warriewood. - A.Ormsby, J.Mackay, R.Stevens-Jones, G.Longley J.Smiles and J.Lenton. Equipped with a surfboat donated by skilled swimmer Sid Fisher, then owned at Bilgola, and described by some members as a 'crate' Warriewood SLSC was officially launched. Jack Mackay, President Warriewood SLSC for 13 years describes this boat thus:

The boat was a dreadful old thing. The boat was broken, and instead of a curve from one end to the other, in the middle it was flat, ribs broken and planks disbonded and leaked like a sieve. The members cautiled it Titanic, provided it but three sets of cut in the surf it used to fill up in about five minutes. It eventually made great BBQ fuel

It should come as no surprise that this occurred in 1952;

Lifesavers HURT IN BOAT CRASH Three Warriewood lifesavers were injured yesterday when their surfboat crashed on a sand-bank at Whale Beach. Coach Ken Scully received back injuries, bowman John McKay injured his legs, and Allan Kersey slightly hurt his right leg.The boat, owned by the Warriewood Surf Life Saving Club Beach, restricted carnival, was described by officials as the most unusual and hazardous event in the carnival. Mr. Scully said: "Everything was the Warriewood boat caught a small wave which petered out near the edge of a sand-bank. The boat hit the sand-bank and bounced up behind the boat. As the dumper curled and broke, about 18 inches of water in the boat. Then it hit the sand-bank. The lifesavers were to prevent a crash. The boat smashed nose first on the sandbank, bounced, and then did a stem to stern turnover, landing upside down. LIFESAVERS HURT IN BOAT CRASH. (**1952, November 28**). *The Sydney Morning Herald* (NSW : 1842 - 1954). p. 7. Retrieved from http://nla.gov.au/nla.news-page/17602490

Warriewood, like all our SLSC is built on the people who are members. You cannot summon skis, boards, boats, reels and IRB's out of thin air, money funds through sausage sizzles, cake bakes, anything that will turn pennies into pounds or cents into dollars is pursued with a dedication to support those who patrol the beaches, even if a newly formed club;

Action Likely On Surf Club Fees: Eleven surf clubs will be barred from competing in carnivals unless they pay their capitation fees by Friday week. This was decided at the Sydney branch meeting of the S.L.S. last night. The club whose fees had not been received are Bronte, Coogee, North Bondi, North Narrabeen, Maroubra, Malabar, Lake, Barring Palm, North Palmbeach, Long Reef, and Warriewood. Action Likely On Surf Club Fees. (**1950, December 6**). *The Sydney Morning Herald* (NSW : 1842 - 1954). p. 12. Retrieved from http://nla.gov.au/nla.news-page/18190228

SURF CARNIVAL.-Warriewood Surf Club will hold a surf life-saving display at Warriewood beach on Sunday afternoon. **Proceeds of the display will go to the Australia Day appeal fund of the new club-house**. U.S. BOXER MAY VISIT. (**1952, January 31**). *The Sydney Morning Herald* (NSW : 1842 - 1954). p. 7. Retrieved from http://nla.gov.au/nla.news-page/18258805

MANY SEE SURF GALA. About 3,000 people saw a gala display of lifesaving and surfboat riding at Warriewood yesterday. Competing clubs included North Narrabeen, Avalon, Warriewood Beach, Mona Vale, Bilgola, Palm Beach, Newport, Collaroy, North Palmbeach, Collaroy, and North Palm Beach. MANY SEE SURF GALA. (**1952, February 4**). *The Sydney Morning Herald* (NSW : 1842 - 1954). p. 5. Retrieved from http://nla.gov.au/nla.news-page/18254505

Soon after:

THIEVES ROB SURF CLUB: Thieves broke into a temporary storeroom of the Warriewood Surf Club (N.S.W.) at Mona Vale and stole three surf-reel lines worth £50 and other equipment. Members of the club discovered the theft yesterday. The secretary, Max Muras, said the club is due to hold its first surf carnival, and was struggling desperately for funds. Detective R. Sadler, of Manly, is investigating. (**1952, July 22**). CLUB LOSES GEAR. (**1952, July 22**). *Sydney Morning Herald* (NSW : 1842 - 1954). p. 3. Retrieved from http://nla.gov.au/nla.news-page/18271544

The first clubhouse was constructed by members and their families with materials gained where they could be found and some costs being met by donations. The council in Warringah Shire made minutes from their 10/11/1953 meeting record, Warriewood. Surf Clubhouse. Architect's estimate £2,000. Mr. Ogden. Mr. Lenton. Mr. Stevens. Mr. Longley. Mr. Mackay. The Council supply the pipes, the Club to Carry out the work. Warriewood S.L.S. Club, 18/8/53, expressing appreciation of Council's support and assistance in Carnivals, Displays and 21. Officers, and particularly in connection with the concreting work recently done by Council. (**1953**). Surf Clubhouse

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Warriewood's growth, and the name of this new surf boat, as much as the club's membership, is a far cry from the small boat to be utilised by others and illustrates how long GM (USA) and Ford have had their eyes on each other's markets,

NEW FORD 6 HERE NEXT WEEK. (**1952, August 2**). *Border Watch* (Mount Gambier, SA : 1861 - 1954). p. 1. Retrieved from http://nla.gov.au/nla.news-page/1082764

Warriewood's strong focus on family and training the next generation also ensured members played a vital role in leading the fight for women to become a recognised part of the lifesaving movement. Maurie Segedin, former president of Warriewood junior club, recalls;

In the late seventies, fellow nipper dad Ian Dose, and I would take our children down to Warriewood beach for Nippers. We had six daughters between us and back in those days girls weren't allowed to participate in surf lifesaving activities. It didn't take long for our girls to get bored just watching their brothers compete on the beach every Sunday morning. They were pretty upset about the unfairness of it as well. After all, they said, why should the boys have all the fun. At the time I was President of the Warriewood Junior Club, so between Ian and I we strongly lobbied the SLSAA to include women in surf lifesaving. I'm very proud to say that we were successful, thanks to our darling daughters.

Women were officially allowed to be SLSC members and part of clubs, recalls;

The Warriewood SLSC website state the goals of the Warriewood Surf Life Saving Club are:

- *To supply services that minimise danger and prevent loss of life or injury to beach users.*
- *To raise the skills and knowledge of the beach-going public in areas of aquatic safety and recreation.*
- *To be fully supportive of the authority on matters relating to beach and aquatic safety and management.*

http://www.warriewoodslsc.com.au/

View from Warriewood Headland looking towards Manly, **June 1933**. Call Number: Mitchell Library, Sydney

The Beach at Warriewood. The seclusion of Warriewood Beach, near Mona Vale, makes it a haven for those holiday-makers who avoid the beaten track. The Beach at Warriewood. (1933, June 6). *The Sydney Mail* (NSW : 1912 - 1954). p. 12. Retrieved from http://nla.gov.au/nla.news-article17220183

RESISTANCE MOVEMENT. (**1943, June 5**). *The Australian Workers Weekly* (1933 - 1962). p. 5. Retrieved from http://nla.gov.au/nla.news-article54430719

Ron Seal, who photographed and collated many of our Pittwater events won a prize for this image of the Warriewood surf boat in 1950. Below is this local gent and his photograph. Mr Seal is the father of his highly respected resident historian Geoff Seal. Image courtesy: *Pittwater Local Studies Unit at Mona Vale Library.*

NEW FORD 6 HERE NEXT WEEK. (**1952, August 2**). *Border Watch* (Mount Gambier, SA : 1861 - 1954). p. 1. Retrieved from http://nla.gov.au/nla.news-article82764482

SURF MEN'S RESCUES - Boats Answer Night Calls

Surf boats manned by members of two Sydney surf life-saving clubs last night made two dramatic rescues in heavy seas, far off the coast. Four men were taken from a sinking launch 4 and 5 miles outside the heads by members of the Bondi surf club. North Narrabeen club members battled for several hours to save a 30ft launch, with three aboard, that was driven on to rocks.

CALLED FROM DANCE: Palm Beach club members were holding a dance in their clubhouse when a distress call was received. Most of the men were about 9.30 p.m. Five surf members, four rowers and a sweep, quickly changed into swimming trunks and rowed one and a half miles to where the distress launch had been seen.

There they found a battered 30-foot cruiser, with the four men on board, awash to the deck.

MAKING RAFT: The men had hacked at the cabin-canopy and were making a raft with this, with planks and a barrel as floats. They were taken aboard the surf boats, and as the wreck seemed in danger of sinking at any moment. The surf boat was able to draw alongside long enough for the men to step into it. Heave seas were then running. The surf boat made towards the southern end of Palm Beach, because calmer waters were necessary for a safe landing. The cruiser was sinking as the surf boat left.

The surf crew managed to land the four men safely in the light of car headlamps. The rescued men left in a car for their homes in the suburbs of Sydney.

NO HARBOUR: The men, who would not give their names or addresses, lost all the belongings they had on board.

The five men left Sydney Heads W. E. Sweetapple, R. Gurney, J. Kraseft, M. Hall-Dost, R. Butler. All are in their early twenties.

The launch was washed up on North Palm Beach at 11 o'clock last night.

POLICE HELP: The North Narrabeen club crew also was made as the 35-foot launch was going on the rocks at Warriewood Point, near Mona Vale. Residents at Warriewood telephoned police about 7pm when they saw the craft drifting towards the rocks. Sergeant Adams of Narrabeen police went to North Narrabeen Surf Club, where a dance was in progress and called the club's secretary, Mr. Muras. Members of the club, Jim Mason, Norman Ambrose, Ken Hodges, Ron Well, Leslie Brown, and R.Noonan, took out the club's boat and by a line, while other members of the club raced to Warriewood beach and scrightened the launch with motor car headlights

HARD ROW: They rowed four miles against a heavy sea and an easterly wind, through rain and huge waves and reached the launch when it was 20 yards from the rocks. One of the surf club members, Ken Hodges, dived from the surf-boat and swam 50 yards with a line to the launch. The other lifesavers then pulled the yacht clear of its sister-ship to raise an anm.

At 11 o clock they had the launch in tow before the south wind while the police launch Harmeo raced to give assistance. The lifesavers had intended to take the launch to Mona Vale beach, since both Narrabeen and Narrabeen beaches were too rough. But at 11 o'clock the strong southerly had forced them to go beyond Mona Vale and keep a straight course ahead.

"It looks as if they will have to keep on going north until the Nemesis catches up with them," a member of the North Narrabeen club said. Mr Bill Ford, reported at 11.15 last night.

At 11.30 last night, the two boats were apparently helplessly in heavy seas a mile and a half off Avalon. The police launch Nemesis had just reached them.

HEAVY WEATHER: At 1 o clock this morning police aboard the Nemesis reported that they had no weatherproof clothing for the crew and these people from the yacht aboard. They were making heavy weather of it and the surf boat they were towing was completely submerged at one time, a police launch was also having acrisis it.

SURF MEN'S RESCUES. (**1952, December 27**). *The Sydney Morning Herald* (NSW : 1842 - 1954). p. 1. Retrieved from http://nla.gov.au/nla.news-article18626413

Safer Beaches At A Cost! By a Staff Correspondent

MANY THOUSANDS of people will welcome the official opening of the surfing season this weekend-but not all of them will be pleased by it. NOTHING will be done to go the sea will do so with comparative peace of mind. Anyone in trouble in an undertow, or in dumpers has only to raise an arm.

That is the signal for a human torpedo to shoot through the water with white lifeline stroking behind him and a team of trained men in action on the beach. For on all main beaches the lifesaver will be on patrol week-ends and holidays from now till Easter. He likes the surf, and he likes saving lives, but it does not confirm something

Most Australians have accepted his sacrifices year in and year out, but without thinking very much about them. It costs the life-saver up to £101 annual subscription to his club, and he has to find time for training, for patrolling, for training and on beach patrol and matched matches it costs him his life. For instance, that of cost Jim Penman, 23 year-old captain of North Cronulla Surf Club, lust summer when a lifesaver was drowned and pulled him under while he was rescuing Daphne Knowles, 16, of Bexley.

A month earlier Harbord lifesaver, Mervin Fletcher, 16, had been drowned when seaweed fouled his legs while he was rescuing a friend.

Shocked by these deaths and another near-tragedy at Newcastle in the same manner, the S.L.S. decided to ban competitions in which the prize was a quick-release safety belt should be made standard equipment. It approved two belts, the Ross and Warriewood. Training either of these the life saver, with a flick of the wrist, can release himself from belt and line. This season each club will have one or more safety belts, but most will have to use oldtype belts because the Association cannot afford to re-equip with safer belts.

S.L.S.A. officials put it in the same with all types of gear. The clubs, which have always had to battle for funds, are up against inflation. A reel and line, which cost about £20 before the last war, now costs £36. A surf boat that could be put on the water for £100 now costs £300.

Last year the Commonwealth Government for the first time granted £5,000 to be shared between about 160 surf clubs in Australia. But even this with State grants could not make up the leeway, and small clubs have just carried on.

Like Warriewood, Bilgola and Long Reef, will be desperate for gear, according to S.L.S.A. officials.

A fast-growing population and increasing popularity of the surf have increased the problems of the clubs. More patrols are needed, more gear and more "social work" to raise funds.

New Australians have swelled the ranks of the surfers and banned up more problems and anxiety for the lifesavers. Many of them don't understand, or ignore, the "Baths between the flags" signs and seem unconscious of the patrolman's whistles and signals when they drift towards a treacherous rip or undertow.

Like so many of the old Australians, the migrants just take it for granted when the lifesavers drag them from death in the surging waves.

I'm sure that most of the New Australians think we are paid to do the job," said Mr. A. R. Lofton, Sydney Branch secretary of the S.L.S.A.

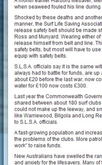
Club membership is not what it used to be in the pre-war days, when most big clubs had closed memberships and waiting lists. In some clubs the membership is falling off and the old hands are working hard to maintain efficiency.

Since it started its voluntary work in 1907 the Association has saved about 80,000 lives. It is modest for another 3,500-odd members to join it.

Safer Beaches—At A Cost. (**1955, September 30**). *The Sunday Herald* (Sydney, NSW : 1949 - 1953). p. 8. Retrieved from http://nla.gov.au/nla.news-page/2637097

ATTACKED BY SHARK SYDNEY, Jan. 13: When attacked by a big shark 400yards off Mona Vale beach today, **Donald Hosier** (19), of Warriewood, beat his surf cell smashed and was thrown into the water. A club-mate, also on a surf-ski, risked attack himself by paddling close by and escorting the other youth to the beach. He was **Lindsay Payton (17), of Mona Vale**. The shark followed the surfers to within 50 yards of the beach but did not attack again. ATTACKED BY SHARK. (**1949, January 14**). The Sydney Australian (Perth, WA : 1879 - 1954). p. 12. Retrieved from http://nla.gov.au/nla.news-article73940087

The meeting of sharks off Australian beaches was begun in1937 in the Sydney area. In December last year, it was extended to the four beaches at Wollongong and five at Newcastle. The meshing cost is met by the State Government Last year, fenders were set for the meshing of Wollongong by £4800, for Sydney £8000, and for Newcastle, £2450 for a specified number of settings each month. The contractors, Messrs. Anthony Hordern and Sons Limited, Sydney, have fixed the number of nets number, and the cost went up accordingly, so that the actual cost to the Government was about £18,000 for the three areas for the year. The meshing is done off Sydney and Wollongong by Captain P. R. Stuart Pty., Ltd., of Sydney, and off Newcastle by Mr. N. Gorsheni. The Government apparently is satisfied with the meshing as it has added two more beaches, **Warriewood and Bilgola** to those to be meshed off Sydney this year. SYDNEY SURFERS ARE LUCKY—THEY CAN BATHE IN PEACE. (**1950, December 2**). The Courier-Mail (Brisbane, Qld. : 1933 - 1954). p. 2. Retrieved from http://nla.gov.au/nla.news-article60034513



Warriewood Beach looking north to Mona Vale. 2011. Pic by AJG.

September 23 - 29, 2012: Issue 77

Hippopotamus and the Tortoise - Much of life can never be explained but only witnessed. -C- Irene Anderson

NAIROBI (AFP) - A baby hippopotamus that survived hundreds of miles on the Kenyan coast has formed a strong bond with a giant male century-old tortoise in an animal sanctuary in the port city of Mombassa. Officials said the hippopotamus, nicknamed 'Owen' after conservationist Owen Sheldrick, was rescued by a team from Sheldrick Wildlife Trust in Nairobi. Owen had been found by a shocked tourist when tsunami waves struck the Kenyan coast on December 26, 2011, before wildlife rangers rescued him.

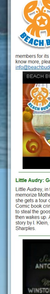
It is incredible. **A less-than-a-year-old hippo** has adopted **a male tortoise, also a century old, and they've become** inseparable. They are very happy with being a 'mother,' ecologist Paula Kahumbu, who is in charge of Langata Park, told AFP.

"After it was swept away and lost its mother, the hippo was traumatized. It began to look for something to replace its lost mother. Fortunately, it landed on the tortoise and established a strong bond. They swim, eat and sleep together," he ecologist added.

The hippo follows the tortoise exactly the way it followed its mother. It somebody approaches the tortoise, the hippo becomes aggressive. It is very protective of the tortoise and very jealous indeed. "The hippo is a young baby, he was left at a very tender age by nature, hippos are social animals that like to stay with their mothers for four years," he explained.

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

This is a real story that shows that our differences don't matter much when we need the comfort of another. We could all learn a lesson from these two creatures.



Look beyond the differences and find a way to walk the path together.

Federal Government Media this week for you:

Student App now available for Android (Minister for Human Services) - PORTFOLIO: Human Services

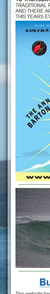
SNIPPET: Thousands more students will benefit from managing their study and money with the Student App, after the free mobile app now available for Android devices. Minister for Human Services Senator Kim Carr said almost 40,000 students receiving the Youth Allowance, Australia or ABSTUDY payments can now use the iPhoneAwkg version of the app since its launch in August. Students can download the free application from the Apple App Store or Google Play.

The beach is the backdrop for our fun and creative school holiday program for children aged 5-10 years. Bring your buddies and meet new ones. Each surf session is 1 hour long and we run in the afternoon. All kids are welcome to join in the fun.

The Beach Buddy Kids Program Programs helps raise funds for surf clubs as well as helping the club find new members for its flipper programs. If your surf club would like to know more, please call us on 0programs@bbkids.com.au

Little Audry: Goody Goody Gaiter (1950)

Little Audrey, the schoolchoom, is sent to the corner stool to memorize Mother Goose rhymes. She falls asleep and dreams that the Old Woman Who Lived in a Shoe is her teacher. Mother Goose Comic book criminals meet the Mother Goose characters and decide to steal the goose who lies golden eggs. Audrey captures them and then wakes up. Animation by O. Gemmanelli and Steve Muffatti, story by I. Klein, scenics by Anton Loeb, music by Winston Douglas.



The Computer History Museum offers an online exhibits on a variety of topics related to the history of computing. Over 500 years of Computers is HERE

SCIENCE CLUB FOR JUNIOR RESIDENTS

Mona Vale Library is offering a special four week science club for Pittwater primary students in October, known as the "Little Bang Discovery Club." The science club begins on **Tuesday 9 October** and will run for four consecutive weeks. The Pittwater Discovery Museum and is suitable for children aged 3 to 5 years and their accompanying parent or caregiver.

Museum Curator Bronwyn Howe says the course would encourage ideas and skills among young children, inspiring them to get interested in the scientific principles of everyday events and objects. Ms Howee said the course was designed for experiential learning, including art lessons.

The intention is for children to experience each concept, rather than simply talk about it, she said.

The course will run each **Tuesday from 9 October to 30 October at 10.30am**. Bookings are essential on 9970 1500, with payment required at the time of booking. For more information, visit the Mona Vale Library, 1 Park Street, Mona Vale.

HSC 'LOCK-IN' AND FREE PIZZA OFFER RETURNS!

Mona Vale Library is once again offering to 'lock up' HSC students for the night, from 5pm on Tuesday 16 October to 8am on Wednesday 17 October. Before studying for the HSC exams even more palatable, the Library will be offering students free pizza along with Tuesday evening study sessions. **The lock-in and free pizza sessions will be every Tuesday evening from 6pm to 8pm between 25 September and 16 October.**

Early opening hours at Mona Vale Library will also be on offer for HSC students each weekday from 8am to 10am, from **Monday 8 October to Friday 26 October**. The library normally opens at 9.30am, but will open its doors to HSC students an hour and a half earlier than the library's regular opening time.

Library Manager Cathy Howie said that the after-hours study sessions aimed to help HSC students to make use of a quieter environment for studying. "We hope the offer of free pizza on Tuesday evenings will help those studying a little less stressful for them," she said. "The only requirement for students to take advantage of the free pizza is that they must arrive by 5.30 pm on the Tuesday evening at the library, or by 10am for the early morning sessions."

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

National Geographic online fun For Wee kids

Online Fun, games and a variety of fun activities for a child by industry experts on this award winning website HERE.

Australian Clearing House for Youth Studies

ACYS provides support youth organisations, youth workers, youth researchers, policy makers, practitioners in the field, police, policymakers, researchers and practitioners in other sectors who are working with youth. The clearinghouse focuses on information about early adolescence to the early adult years (10 to 25).

ACYS's mission is to contribute to the wellbeing of young people by providing comprehensive and up-to-date information about key issues and practices in the youth field for access by the community. ACYS also aims to promote the development of a national youth and wide-ranging issues that affect young people today, and by disseminating news of research and developments on best practice in the youth field, encouraging networking, discussions and collaboration.

Great Website with daily Updates HERE

Bus Pass Replacement

HERE

IN 2012 BL'S BLAST OFF WILL RUN FROM **MONDAY 24TH TO THURSDAY 27TH SEPTEMBER**. THIS IS OUR LARGEST EVENT FOR THE WEEK OF THE NSW SCHOOL HOLIDAYS AND THERE ARE SOME GREAT PLANS AND NEW IDEAS FOR THIS YEARS EVENT.

Bullying; NO WAY !!!

This website has many different stems and guidelines on how to prevent bullying. Click on the **Kids** section and you will find a lot of information on **What kind of a bully are you are here!** We are here to let each other up, not tear each other down. Anyone who tries to tell us otherwise is wrong.

Send In Your Stuff

Pittwater Online News is not only Fun and About you, it is also **DIY** you. We cannot publish swearing or the maligning of others (this is the opposite of what we stand for). If you have a poem, story or something you want to see addressed, let us know or send to pittwateronline@live.com.au

All are Welcome, All Belong !

Tweet | Like | Share

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

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

Australian Stories Online

Project Gutenberg Australia, has a great list of old legends and books, filled with stories, that you may be able to access anytime as some of them are a few hundred years old and either out of print or inconvenient to get to a library and you don't like to read these words. You can access them online though. Project Gutenberg Australia is at: http://gutenberg.net.au/

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

Headspace 'We've got your back' campaign

A groundbreaking national awareness campaign developed by National Youth Mental Health Foundation headspace aims to encourage young people to seek help for emerging or existing mental health issues affecting them and their friends. The campaign will run for the next 3 years.

eheadspace is a confidential, free, anonymous, secure space where you can chat, email or speak with qualified youth mental health professionals if you are 12 to 25 years.

LaunchPad Gymnastics Australia

A new initiative of Gymnastics that includes all age groups from KinderGym to competitive gymnastics. Entertainment is seeking expressive exercise and access to the sport of gymnastics. Their Launch Pad website can be found at: www.launch-pad.org.au/

Feel hooked? Or would you like to know more about any of the information above, register your interest here

Words of the Week

Have a great Spring Holiday !

Those who bring sunshine into the lives of others, cannot keep it from themselves.

SECOND SEASON OF MIDNIGHT BASKETBALL OPENS

Registrations are open for another Midnight Basketball tournament that will run for Saturday 29 October.

Council's Acting Manager of Community Services Melinda Hewitt said the first tournament had seen 10 teams competing and 100 players registered. "We've also had nearly 50 volunteers helping us to coordinate the games, prepare meals and keeping players home," she said.

Ms Hewitt said Midnight has been invited in Pittwater for two years and is aimed at young people aged between 12 and 18. Participants will be able to register their teams and sign up players online via the team building, self-esteem and healthy living. Following games there will be a green meal and organised hangout room.

The Midnight tournaments are being run by Youth Beach and Midnight Basketball Australia with assistance from the Council. Games are held on Saturday nights from 7.30pm at the Northern Beaches Indoor Sports Centre, Jacksons Road Warriewood

Ms Hewitt said a new iteration of the Outdoor tournament would be classes in Tan Ba, a martial art.

"Registrations for the outdoor tournament can be done online at www.midnightbasketball.com.au," she said. "We're also looking for more volunteers to join our terrific group of helpers."

For When You Go Back to School

Movie over Comic Sans, we've had a stroke of luck. Galaxy Zoo has it's very own font, finding galaxies to match letters. Enjoy playing with the universe: www.mcgalaxies.co.uk/#en

Star Tevis - CSIRO

Winners at Winn Bay

Pittwater Council will celebrate Bike Week 2012 at Winnerremby Bay Reserve Mona Vale with a host of activities for keen cyclists and riders and families on **Sunday 23 September from 9am until 1pm**. The Bike Week celebrations will be launched by Mayor Rob Merrity to Bayview bike ride. The anniversary will be commemorated by Pittwater Cycle Club and Mona Vale Cycle Club competing in a historic bike race from Bilgola Beach to Bayview and back to Winn Bay.

Pittwater Council's General Manager Mr Mark Ferguson said the Pittwater community were pleased to be part of this historic occasion. "Pittwater will celebrate the arrival of the cyclists from the Manly Warringah Cycle Club with a light morning tea and brief welcoming ceremony at 11.30am. The cyclists will then head off in the Win Bike Week (15.2 kilometres)," he said.

Road Safety Officer Michelle Carter invited riders of all skills levels to participate in the event at Pittwater's recreation facilities that have workshops on bike safety, maintenance, theft prevention and more. "Bike Week is an opportunity to promote cycling as a healthy, easy, low cost and environmentally friendly way of getting around," she said. "We're also hoping to encourage riders to enter a friendly competition, a mountain bike time trial competition, maintenance and safety checks. The NSW Police will provide tips on how to prevent theft and will be organising bikes between bike part from free-of-charge", added Ms Carter.

All riders participating in the Bike Week event must wear a correctly fitted helmet, have a bike in good working order and bring a water bottle. For more information about Bike Week 2012 events, please contact Pittwater Council's Road Safety Officer on 9970 1198 or email michelle_carter@pittwater.nsw.gov.au

Applications Open for Australian Youth Forum Steering Committee

Applications are now open to young people who wish to be on the 2013 Australian Youth Forum (AYF) Steering Committee. The AYF is a key communication channel between the Australian Government and young people. It is coordinated by the Minister for Youth, Peter Garrett.

Mr Garrett said there will be 10 young people on the 2013 Committee, aged between 15 and 24, from all over Australia. "As Minister for Youth, I continue to be inspired by the energy, talent and ideas of young Australians in action," Mr Garrett said.

"I look forward to seeing the contributions the new Steering Committee members will make." Applications open from 10 September 2012 and close midnight on 8 October 2012. For more information visit www.youthaction.gov.au

Spring Buzz From: CSIRO

Spring blossoms: with eight coloured plates (not before 1830) Children's Poetry

Includes: Spring blossoms - Man Friday - Jane and her needle - The two doves - My pretty Polly - The birds - Robinson Crusoe - My canary.

Powerhouse Museum Online Fun

The Powerhouse Museum, besides offering great exhibits, also has a range of online activities and games with a bit of science thrown in.

For example: They offer an online game which is based on a Victorian style game of ballon, c. 1860, made of wood and coloured paper. The Powerhouse Museum's collection number A1570). Games which combined an element of chance while developing hand-eye coordination were popular as

NSWGR '38 class" Steam Locomotives working a 1960's Newcastle Express ; "Steam for the road"

Peats Ridge 2012

Peats Ridge Festival Gates Open 8:00 Celtic Roads Road Glenworthy Valley, Glenworth Valley, New South Wales 1 hr north of Sydney To go on sale, 10am Monday 20th of August at peatsridgefestival.com.au

Murder under the Microscope by Lesley Stevens

Murder under the Microscope is an environmental murder mystery, played by students in years 5 to 10 in every Australian state and territory. This online game is all about environmental science, forensic science, and the scientific method, and team work.

Students teams are asked to sign on as 'investigators' to assist Catchment Headquarter take on a mysterious murder case over a period of 5 or 6 weeks. In that time the investigating teams must research vital information about a number of suspects (by completing cause and effect, set get-distracted by some soapy operas elements, and then use their findings to solve the murder.

The first murder mystery, Murder in the Crocodile Creek was written by famed Eco Sleuth Rod Allday. This year's game is called 'Lament for the Lucky Country'. The game website opens on 23 July. Visit www.microscope.edu.au for the full story.

Summer vacation scholarships : make a positive impact

Dreaming of summer? This year, you can spend your summer break working on real problems and make a positive impact. Applications have opened for CSIRO's Summer Vacation scholarships in engineering, computer science, mathematics, statistics and sciences around Australia. More

information here: http://ow.ly/cs7hO

Study Tools 101 - Mind Maps

If you decide to go to a tertiary institute once you've finished your High School studies one of the first study tools you will be introduced to is what is called a 'Mind Map'. Mind Maps are great tools for every subject you wish to apply them to in your life, especially as a way of studying. Mind Maps are a way of taking notes that are more efficient than words, ideas, facts, or other items related to a central key word or idea. Mind maps are used to generate, visualize, structure, and classify ideas, and as an aid in studying and organizing information, solving problems, making decisions, and writing.

The constituent elements of a mind map are arranged according to the importance of the concepts, are connected, and grouped, and groupings, branches, or areas with the goal of representing semantic or other connections between portions of information. Mind maps may also aid recall of information by presenting ideas in a radial, graphical, non-linear manner, mind maps encourage a transitioning process in planning and organizing activity.

Author Tony Buzan suggests the following guidelines for creating mind maps:

Start in the center with an image of the topic, using at least 3 colors.

Use images, symbols, codes, and dimensions throughout your mind map.

Select key words and print using upper or lower case letters. Each word/image is best alone and sitting on its own line.

The lines should be connected, starting from the central image. The connections are thicker, organic and thinner as they radiate out from the central.

Make the lines the same length as the word/image they support. Use multiple colors throughout the mind map, for visual stimulation and clear divisions of ideas.

Develop your own personal style of mind mapping.

Use emphasis and show associations in your mind map.

Keep the mind map clear by using consistent hierarchy, numerical order or outlines to enhance your branches.

Review and revise your mind map. A more concise version of the same information and the mind map of these guidelines is itself intended to be more memorable and quicker to scan than either the prose or the list.

Love Food, Hate Waste Cookbook

Our own Pittwater Council has joined with other councils in our area to produce an online cookbook especially for children. This 'kidcook' Program allows you to read through and get some great ideas on how to prepare meals and even make great pasta or make mini pizzas !

Love food hate waste book: HERE

Pittwater Online News

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

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Spring Equinox Today 23rd of September, 2012- The Vernal Tide

Sunday, 23 September 2012, 00.49am EST is the Spring Equinox minute or two and we are now, officially, on our way towards Summer and the longest day of the year. Here comes more light, flower scented air and a return to our trees and waterways of migrating birds.

Major changes needed to protect Australia's species and ecosystems – from CSIRO, 18th of September 2012

A landmark study, ***The implications of climate change for biodiversity conservation and the National Reserve System***, has found that climate change is likely to have a major impact on Australia's plants, animals and ecosystems that will present significant challenges to the conservation of Australia's biodiversity. The comprehensive study, conducted by CSIRO (Australia's national science agency), highlights the sensitivity of Australia's species and ecosystems to climate change, and the need for new ways of thinking about biodiversity conservation.

Water availability in rivers, wetlands and surrounding landscapes is a critical ecological process in seasonally variable tropical savannas of northern Australia such as the area around 17 Mile Falls in Nitmiluk National Park. (Image: Adam Liedloff)

"Climate change is likely to start to transform some of Australia's natural landscapes by 2030," lead researcher, CSIRO's Dr Michael Dunlop said. "By 2070, the ecological impacts are likely to be very significant and widespread. Many of the environments our plants and animals currently exist in will disappear from the continent. Our grandchildren are likely to experience landscapes that are very different to the ones we have known," he said.

Dr Dunlop said climate change will magnify existing threats to biodiversity, such as habitat clearing, water extraction and invasive species. Future climate-driven changes in other sectors, such as agriculture, water supply and electricity supply, could add yet more pressure on species and ecosystems.

"These other threats have reduced the ability of native species and ecosystems to cope with the impacts of climate change." Dr Dunlop said.

One of the challenges for policy and management will be accommodating changing ecosystems and shifting species. The study suggests the Australian community and scientists need to start a rethink of what it means to conserve biodiversity, as managing threatened species and stopping ecological change becomes increasingly difficult.

"We need to give biodiversity the greatest opportunity to adapt naturally in a changing and variable environment rather than trying to prevent ecological change." Dr Dunlop said.

The study highlights the need to start focussing more on maintaining the health of ecosystems as they change in response to climate change, from one type of ecosystem to another.

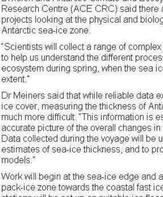
"This could need new expectations from the community, possibly new directions in conservation policy, and new science to guide management," Dr Dunlop said. "To be effective we also need flexible strategies that can be implemented well ahead of the large-scale ecological change. It will probably be too late to respond once the ecological change is clearly apparent and widespread."

The study found the National Reserve System will continue to be an effective conservation tool under climate change, but conserving habitat on private land will be increasingly important to help species and ecosystems adapt. The team of researchers from CSIRO carried out modelling across the whole of Australia, as well as detailed ecological analysis of four priority biomes; together covering around 80 per cent of Australia.

The study was funded by the Australian Government Department of Sustainability, Environment, Water, Population and Communities, the Department of Climate Change and Energy Efficiency and the CSIRO Climate Adaptation Flagship.

View the full *The implications of climate change for biodiversity conservation and the National Reserve System* report here

High-tech voyage will investigate life in the sea-ice zone



Field team at work on the first SIPEX voyage: October 2007 (Photo: Sandra Zicus)

For the first time under-ice and airborne vehicles will be used simultaneously to investigate the impacts of climate change on the sea-ice environment off East Antarctica. An autonomous, underwater vehicle will measure the thickness of sea-ice floes while a remotely-operated robot will observe the hidden lives of algae and krill that live beneath the ice. More than 50 scientists, from nine countries leave Hobart today (14.9.2012) aboard Australia's icebreaker *Aurora Australis* to gather information critical for a greater understanding of the connection between sea ice and Southern Ocean ecosystems.

Science leader, Dr Klaus Meiners, from the Australian Antarctic Division and Antarctic Climate and Ecosystems Cooperative Research Centre (ACE CRC) said there are many integrated projects looking at the physical and biological elements of the Antarctic sea-ice zone.

"Scientists will collect a range of complex measurements and data to help us understand the different processes affecting the region's ecosystem during spring, when the sea ice is at its maximum extent."

Dr Meiners said that while reliable data exists on the extent of sea-ice cover, measuring the thickness of Antarctic sea ice had been much more difficult. "This information is essential in providing an accurate picture of the overall changes in the amount of sea ice. Data collected during the voyage will be used to improve satellite estimates of sea-ice thickness, and to provide input to sea-ice models."

Work will begin at the sea-ice edge and aim to penetrate the entire pack-ice zone towards the coastal fast ice. Multi-day research stations will be set up on suitable ice floes and GPS equipment will help with positioning the various platforms on, above and below ice that is constantly moving.

"Researchers will also be using instruments mounted in a helicopter to take ice and snow thickness measurements, and ice-core data will be collected on the surface of the ice," Dr Meiners said.

The Australian Antarctic Division's Acting Chief Scientist, Dr Tas van Ommen, says that Antarctic sea-ice zone is an important driver and indicator of global climate processes, with its annual freezing and melting thought to be one of the largest seasonal cycles on Earth. Measuring the effects of climate change on sea ice is very difficult as satellite imagery mainly provides a measure of the amount of ocean the ice is covering, but gives little indication of whether the ice is thinning or changing in other important ways.

"In the Arctic there were major changes in ice thickness detected prior to the onset of the substantial reductions in sea ice we see there now each summer. SIPEX 2 will establish these measurements for Antarctica and help us track these changes in the future." Dr van Ommen said.

The seven-week voyage - Sea Ice Physics and Ecosystem eXperiment (SIPEX-2) – is a continuation and extension of SIPEX-1, which took place in September-October 2007 and is jointly coordinated by the Australian Antarctic Division and ACE CRC.

SIPEX-2 - which brings together scientists from Australia, Belgium, Canada, France, Germany, Japan, New Zealand and the United States - kicks off a busy 2012/13 polar season of Australian and international collaborative research. Around 550 expeditioners will travel south this season as part of Australia's Antarctic program, departing Hobart for Casey, Davis, Mawson and Macquarie Island stations and remote off-station locations.

More information: Follow the SIPEX voyage on Dr Wendy Pyper's Blog as she travels south with the scientists.

Willy Wagtail, Careel Playing Fields, September 2012.

Places You Love Campaign – from Birdlife Australia

Under the guise of cutting 'green tape' governments have announced an aggressive plan to wind back our environmental laws. The Places You Love campaign is a response to this proposal. The dismantling of Australia's environmental protection laws will result in significant backwards steps for our environment at a time when we need stronger, not weaker protections.

We strongly believe that the reforms proposed will set us back decades, and so have established this campaign to motivate and inspire the community to let the Federal and State Governments know that people care about environmental laws - we intend to fight for them!

We need your help—take part in the national campaign. This is a critical moment in time. It is essential that the Prime Minister hears community support for the laws that protect the places and wildlife that we love. We are asking supporters and members of the public

Pittwater Weed of the Week

Pittwater has a significant weed problem from introduced plants. Some of these, such as lantana, are easily recognised due to our familiarity with the long battle to return these areas to their original state and reinstate native plants. Others may be mistaken for Australian natives. For a full listing of all Pittwater weeds please refer to the Pittwater Council's website page on these.

Above is *Tradescantia fluminensis*: Native to South America (i.e. south-eastern Brazil, Argentina and Uruguay). Common Names: creeping Christian, inch plant, small leaf spiderwort, small-leaf spiderwort, spider wort, spider-wort, spiderwort, trad, wanderer, wandering creeper. It prefers damp and shaded areas in temperate and sub-tropical regions, but will also grow in more open habitats and in tropical regions.

Distinguishing Features: a somewhat fleshy long-lived herbaceous plant with trailing stems that produce roots at their joints. Its shiny leaves have dark green upper surfaces and often slightly purplish undersides. These leaves are alternately arranged along the stems and have sheathed bases. Its white flowers (about 2 cm across) have three pointed petals (7-10 mm long). these flowers are borne in small clusters near the tips of the branches.

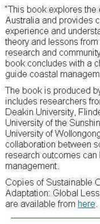
Impacts: Trad (Tradescantia fluminensis) is a significant environmental weed in Victoria and New South Wales. New South Wales: Class 4 - a locally controlled weed. The growth and spread of this species must be controlled according to the measures specified in a management plan published by the local control authority and the plant may not be sold, propagated or knowingly distributed (in the Hornsby, Ku-ring-gai, Lane Cove, Manly, North Sydney, Ryde and Willoughby local authority areas).

Bush Turkey Family at Careel Creek

These three Bush Turkeys were spotted Wednesday afternoon foraging along the banks of Careel Creek. In recent months both the males have been spotted as far south as behind Barrenjoey High School and further north in the creek that runs behind the Avalon Bulldogs clubhouse.

The Australian Brushturkey or Australian Brush-turkey, (*Alectura lathami*), also frequently called the Scrub Turkey or Bush Turkey frequents many of our backyards and wetlands areas and will be nesting this time of the year of not already feeding new young.

Sustainable Coastal Management and Climate Adaptation examined in new book – CSIRO, 20th September 2012



Sustainable management of Australia's much-loved coast is complex and challenging. Much is already known about coastal environments; but to date, coastal management has had limited success, in some cases management decisions have made problems worse. Many Australian researchers have contributed to a new book, *Sustainable Coastal Management and Climate Adaptation: Global Lessons from Regional Approaches in Australia*, being launched today at the **Coast to Coast conference in Brisbane.**

Australia's coast is shaped by severe events such as cyclones and floods, and climate variability is increasing their number and intensity. This book examines past, present and possible future coastal management and research, based on real cases. CSIRO's Our Resilient Coastal Australia Theme Leader, Dr Andy Steven, says that our coastal populations are growing, increasing social, environmental and economic vulnerability to these hazards.

"This book explores the evolution of coastal management in Australia and provides critical insights into contemporary experience and understanding," Dr Steven said. "It draws on current theory and lessons from case examples to highlight the roles of research and community engagement in coastal management. The book concludes with a chapter of recommendations, which can help guide coastal management and research around the world."

The book is produced by the Coastal Collaboration Cluster, which includes researchers from CSIRO, Curtin University of Technology, Deakin University, Flinders University, the University of Adelaide, University of the Sunshine Coast, University of Tasmania and University of Wollongong. The Cluster encourages better collaboration between scientists and decision-makers, so that research outcomes can be more easily used in coastal-zone management.

Copies of Sustainable Coastal Management and Climate Adaptation: Global Lessons from Regional Approaches in Australia are available from here.

Destroyed Coastal Habitats Produce Significant Greenhouse Gas

(**Sep. 6, 2012**) — Destruction of coastal habitats may release as much as 1 billion tons of carbon into the atmosphere each year, 10 times higher than previously reported, according to a new Duke-led study.

Published online this week in PLoS ONE, the analysis provides the most comprehensive estimate of global carbon emissions from the loss of these coastal habitats to date: 0.15 to 1.2 billion tons. It suggests there is a high value associated with keeping these coastal-marine ecosystems intact as the release of their stored carbon costs roughly $6-$42 billion annually.

"On the high end of our estimates, emissions are almost as much as the carbon dioxide emissions produced by the world's fifth-largest emitter, Japan," said Brian Murray, director for economic analysis at Duke's Nicholas Institute for Environmental Policy Solutions. "This means we have previously ignored a source of greenhouse gas emissions that could rival the emissions of many developed nations."

This carbon, captured through biological processes and stored in the sediment below mangroves, sea grasses and salt marshes, is called "blue carbon." When these wetlands are drained and destroyed, the sediment layers below begin to oxidize. Once this soil, which can be many feet deep, is exposed to air or ocean water it releases carbon dioxide over days or years.

"There's so little data out there on how much carbon might be released when these ecosystems are disturbed," said Oregon State University's Daniel Donato, co-lead author of the paper. "With this analysis we tried to reduce some of that uncertainty by identifying some 'bookends' that represent the lowest and highest probable emissions, given the information available."

The PLOS ONE study looked at the potentially massive amount of carbon tucked away from the atmosphere by the slow accretion, over hundreds to thousands of years, of soils beneath these habitats. Previous work in the area has focused only on the amount of carbon stored in these systems and not what happens when these systems are degraded or destroyed and the stored carbon is released.

Pendleton L, Donato DC, Murray BC, Crooks S, Jenkins WA, et al. (2012) *Estimating Global "Blue Carbon" Emissions from Conversion and Degradation of Vegetated Coastal Ecosystems*. PLoS ONE 7(9): e43542. doi:10.1371/journal.pone.0043542

September is Save the Koala Month

If you would like to help with Save the Koala Month, register online for a Donation Box to put in your local community; Register here. http://bit.ly/TaIVUF

On August 21st 4 Corners reported on the state of the Koala; view the full program here http://bit.ly/R2ewDR. To find out what the Koala Foundation Australia think please read here, http://bit.ly/RxpT90 an opinion piece by AKF CEO Deborah Tabart."

Visit our website: www.savethekoala.com to find out how you can help save koalas.

Company Overview: The Australian Koala Foundation (AKF) is the principal, non-profit, non-government organisation dedicated to the conservation and effective management of the wild koala and its habitat.

Australian Koala Foundation was formed in 1986 and celebrates over 20 years of operation under the direction of Chief Executive Officer Deborah Tabart. During this time, the Foundation has grown from a small group of people interested in researching koala disease, to a well-known, global organisation with a strong track record in strategic koala research, conservation and community education.

Mission: We are a non-profit, non-government organisation dedicated to the conservation and management of the wild koala and its habitat.

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Avalon Chinese Restaurant

After a feast for the eyes at the ArtFest Opening on Friday night we wanted a feast for the palate and crossed the road to the Avalon Chinese Restaurant. Located upstairs on Old Barrenjoey Road, this favourite local eatery has been serving traditional Chinese dishes for decades.

Current proprietors, Shirley and Ken Fung offer an extensive Cantonese menu of such high quality with seasonal fresh vegetables as part of their dishes, that we order our own personal favourites each time and know they will taste as great as they did on prior visits. A specialty is the Fung's focus on fresh seafood and our personal choices of Sweet and Sour Pork, Deep Fried Shredded Beef and Chicken Chow Mein are always supplemented by one of these seafood meals from their Specials Board.

On Friday we chose, as advised by Shirley, the Steamed Whole Lemon Sole with ginger and shallots. Melt in your mouth fresh fish dressed in a light soy sauce with slithers of fresh ginger and shallots was beautiful and does much to restore what each work week takes out. Preceded by the Chicken and Sweet Corn soup, another delicious mainstay of Chinese cuisine that is also a curative and health booster, the Avalon Chinese Restaurant is authentic dishes and generous servings of both old favourites and new inspirations.

Dining in-house on a Friday night, enjoying Chinese delicacies, good company and great wine, is still one of the best ways to relax into your weekend. Avalon Chinese Restaurant, always a bit busy, is where locals enjoy great service and legendary dishes that are consistently scrumptious.

For parties of five or more a wide range of Banquet menus allows you to sample the spectrum of tastes from an ancient culture renowned for its expertise with food. Shirley and Ken Fung's menu, restaurant room, wine list and staff continue to epitomise all this is great about traditional and contemporary Chinese food and culture.

Avalon Chinese Restaurant

6/74 Old Barrenjoey Road Avalon NSW 2107

PH: 9918 6319

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Sweet and Sour Pork

Chicken Chow Mein

Deep Fried Shredded Beef.

Avalon Chinese Restaurant's Steamed Whole Lemon Sole with Ginger and Shallots

Pittwater Online News

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Going For It, Groundhog Realities Or Grinding To A Halt: September's Aries Full Moon

I am a feather for each wind that blows. William Shakespeare

Our plans miscarry because they have no aim. When you don't know what harbor you're aiming for, no wind is the right wind. Seneca

Life is one cut from the strong, lightly the soul of my youth has taken flight Ishikawa Takuboku

Distracted by what is far away, he does not see his nose. Malagasy Proverb

If the winds of fortune are temporarily blowing against you, be patient. You can harness them and make them carry you toward your destination. Napoleon Hill

If you pay nervous attention to other people's opinions, maneuver to obtain their indulgence and to stand high in their esteem, you will be exhausted in their service and you will never be free. Gustave Coubert

A great end is blowing and that gives you either imagination or a headache. Catherine II

September's Aries full Moon occurs on September 29 in the United States and September 30 in Australia. It is a major astrological occurrence as the Sun and Moon in Libra, Venus and Mars' planetary ruler ships the Sun in Libra, ruled by Venus and the Moon in Aries, ruled by Mars. Venus and Mars are also in Libra. The full Moon and Mars is conjunct the north node of the Moon (sometimes called the dragon's head) and Venus is conjunct the nodes. Even more strong is the fact that Mars is conjunct the north node and Uranus/Pluto square. This full Moon is going to have a very strong emotional, physical and energetic component to it. It's important to be certain that many things are going to change

[Source:

The degree of the full Moon: Aries 8 A Woman's Hat With Streamers Flowing By The East Wind

Allow traditional wisdom to blow away the new and different to make room for the wave of acting superficially. In deeper, more permanent ways it has afforded protection from the more disruptive elements of situations. Shifts of mind and heart are the keynote of the

result, indeed, they need to happen for a truly authentic solution. But unfortunately, outside forces, out of our control, can make it uncomfortable to sustain things, and even to maintain the energy and motivation to get blown off course. Attuning oneself through eastern philosophies. Protective qualities. Ability to see through and be fashioning. The winds of time and change. Being aware of shifts in the wind.

The Cardinal Sign: Initiating solutions that others may not have the courage to launch. Insincerity and easily blown around. Losing one's rudder. Continually getting off track.

[How curious, no matter what I did, I could not format the wording of the Sabian Symbol for the full Moon above - correctly.] The message of being 'blown around is amplified by Uranus being smack on this full Moon at Aries 8. **A PERSON SUCCESSFULLY EXPRESSING THEMSELVES IN TWO REALMS AT ONCE** - how to ground the forces? Are you feeling overly blown? More on Uranus later. Of course, Pluto is squaring this full Moon from **Capricorn 7: A VEILED PROPHET SPEAKS, SEEDS OF THE POWER OF A CHILD** - what are the 'messages' you're hearing? Is it time to act on them? Are you recovering the message? What blows up through your mind?

The degree of the Sun: Libra 8 A BLAZING FIREPLACE IN A DESERTED HOME

This Symbol implies the ability, or the necessity, to provide warmth and reassurance in times of loneliness or discomfort.

You may need to remember that even in times of real loneliness, when you feel separated from your 'center', there is a constant, answer, sustaining energy always ready to receive you, no matter whether it be the fire of your own spiritual center, the warmth and familiarity of family and kin, or a knowing that one is sustained by humanity at large. You may need this reassurance yourself or you may be able to give it to others. You may be in a position to be a spiritual comfort left behind. Wood for burning and heating. Electricity. Electricity. Holidays. Homes rarely visited or inhabited. Homes filled with love. If not people or companionship. The warmth of the heart or the hearth. Fertility issues. Sweat lodges

The Cardinal Sign: Initiating solutions that others may not have the courage to launch. Insincerity and easily blown around. Losing one's rudder. Continually getting off track.

With Uranus opposing the Sun and Pluto squaring it, there may be opportunities presenting themselves for yourself and others to express yourself in various ways, even if it means feeling abandoned. Perhaps it's time to light your own fire in order to feel warm. Perhaps you could light a candle or a fire in your home and invite love and light in.

The degree of Mercury: Libra 22 A CHILD GIVING BIRDS A DRINK AT A FOUNTAIN

This Symbol shows a giving nature, someone who usually goes out of their way to be helpful to others, or people in the process of caring for people or animals, especially for those who find it hard to help themselves. It also suggests people who are in the process of learning that are dear to others and consequently have to live up to their expectations. Dropping the "what's in it for me" attitude and recognizing that your own success can bring much joy and contentment. Taking time out of your busy life in order to nourish and protect others can bring rewards far greater than those of a material nature. Enjoyment of nourishing simple souls. Innocent reaching out. Interacting with nature. Water and the needs of the thirsty. Fountains. Birdbaths. Moments of innocence.

The Cardinal Sign: Initiating solutions that others may not have the courage to launch. Insincerity and easily blown around. Losing one's rudder. Continually getting off track.

There may be a certain emptiness, but you will see the light of day and move forward again. This Symbol can also suggest the process of letting go of operating in the dark and moving into a new day with new plans and fresh ideas. New ideas, opportunities, new perspectives and realizations are emerging. Getting up at dawn and facing the day with a sense of purpose. Awakening to the light of day. Gradual realizations of opportunities and possibilities. Dawn. Leaving the past behind. Dawn meditations. Yoga. Scenes of awe and amazement. Life and death issues. Trusting in God.

The Caution: Being fearful and distrusting of new experiences or situations. Difficulty thinking that everything will be OK 'tomorrow', but not 'today'. Being paranoid and not waking up.

Venus is squaring Mars, which can have people at odds with themselves or with others. Perhaps this is the time to communicate your issues and needs. Are you sharing your time with those you want to be with? Are you feeling overwhelmed the past or the future? Where's your center?

The degree of Mars: Scorpio 26 INDIANS MAKING CAMP IN NEW TERRITORY

This Symbol implies being able to, or having to, be in "New Territory". Once a new place has been found, there is the need to acclimatize, adapt, socialize and settle in. This can sometimes be a physical, emotional or spiritual framework. Whichever, you need to be aware of the fact that you are in a new place and that a corresponding sense of unease or loss that is natural to this change. Remembering that the rug may be pulled from under your feet. You may also be someone who moves often in life, and consequently you have also had to get a sense of belonging or having friends. However, there is likely to be a yearning or a venturing spirit. Settling in. Walk-ins. Concerns with territory. Immigration. Tents. Shelter. Cohabitation. Living in close quarters. Squatters. Homeless. Resettlement issues. Migration. Nomads.

The Caution: Moving into or invading people's territory. Putting up with things when one should move. Banging in. Having to compromise living space. Arriving somewhere.

With Mars so closely conjunct the Moon's north node, this could feel like a difficult time where you, or someone close to you, doesn't have much control over their abode or 'territory'. Issues to do with hurt/frustration may come up. Issues to do with moving/change of territory and the rights of people to be where they want to be.

The degree of Jupiter: Libra 30 THREE MOUNDS OF KNOWLEDGE ON A PHILOSOPHER'S HEAD

This Symbol speaks of having the ability to absorb and integrate information into physical objects. The 'Philosopher's Head' does intelligence and knowledge even without the need to say very much. Someone who is quietly domeanor, dress and manners, several different aspects can be combined to result in a truly wise and knowledgeable, yet intelligent, person. Remembering. Memorizing. Sometimes we need to pierce through appearances to see the truth of people and situations. With this degree, there can be a real talent for bringing abstract truths into reality and often the need to get

one's thoughts or beliefs out into the real world. However, be wary of constantly living in your head. Confusion. Questions. Lots of questions. Looking to the signs. Wisdom that comes from book knowledge. Phrenology. Great brains. The head, scull or cranium. Hydrocephalus.

The Caution: Analyzing things too much. Heavy reliance on intellect. Taking life far too seriously. Weighed down by intellectually. Having a "know it all" attitude. Analysing things.

The degree of Uranus: Aries 7 A PERSON SUCCESSFULLY EXPRESSING THEMSELVES IN TWO REALMS AT ONCE

This is a wonderful degree of being successful in one or more areas of your life. Even though life may sometimes seem chaotic, you will be fully expressive in each aspect of your life if you give each appropriate attention. You may be a person who is multi-talented. There's the ability to shift your focus from one thing to another when it is needed or useful. Be careful not to scatter your energies, but, of course, indulge in the various areas of life or projects that interest you. Can be straight jobs versus weird hobbies or vice versa or having two relationships or two versions of reality happening at the same time. Integrating the spiritual and the material. Creative versatility and duality. Moving through people's lives in a variety of strata. Living a dual life. Moonlighting. Versatility.

The Caution: Fooling yourself that you can be all things to all people and eventually failing. Infidelity and flickeness. Compromising to keep people happy.

This degree can refer fabulous things, but it can also show a scattering of energies, as can the degree following it - the degree of the full Moon...A Woman's Hat With Streamers. The issue is our grounded your vision and not to be adaptable and versatile so we can take on life's challenges and win your way through.

The degree of Neptune: Pisces 1 A CROWDED PUBLIC MARKET PLACE

This Symbol shows advertising, marketing, and selling things, bartering and completing a deal. People come together, bringing their talents, skills and wares to the marketplace. Being involved in the thing, and how you are involved will show what you need to do and the tempo of the buying and selling. It can indicate getting one's self or goods on display and ready for sale. The "Market Place" is said to be "Crowded" and "Public", aspects of the community are on display and available. Getting yourself or your products 'out there', where they can be appreciated and purchased. Whether you're the one offering or whether you're buying or selling, you are also to contribute. Benefit and gain. Human interchange. Bartering. Products. Commerce. Business. Crowded places. Signs. Competition. The Internet. Websites. Classifieds. Consumables. Money. Publishing.

The Caution: Too greedy to share. Having one's 'laundry', emotions or possessions in public. Not having a "shopping list". Paying off against each other. Cheap displays.

The 'Public Marketplace' in terms of finances, money changing hands, the ability to make a living. But ability to market one's skill or possessions, the global financial situation - the whole thing has been in an interesting state since Neptune landed on this degree several months ago. We've received a shake up and many have lost their fortunes' while others have made theirs. The thing is, to see yourself out there in the marketplace so you can get a share of what's on offer. Neptune is the ruler of Pisces, Aquarius, Scorpio, so long-time Neptune aspects will have a fulfilling life, because one is shaking things up. Some people's dreams (Neptune) have been too high, too hard to fulfill or they've been too risky versions of what to face the consequences... however, some have not aimed high enough, have not seen their true worth or the beauty they can bring to the world. Neptune is a curious planet and sometimes hard to fathom. What are your dreams? How is your financial situation? What changes in attitude are perhaps needed to push you forward? How towards what you really want?

The degree of Pluto: Capricorn 7 A VEILED PROPHET SPEAKS, SEEDS OF THE POWER OF A CHILD

This degree implies disseminating information or knowledge; there are messages and they are coming from a deep source, or from a place of authority. Still, it can be difficult to know whether it's always the truth that is being spoken or that's coming through. It can be carefully for the signs - is it truth that you are being fed? With such powerful energies, it's best to be aware of the source of the info as well as what we hear. This energy can be used for the good of all, involved, or it can just lead people astray. Something to watch out for is blind acceptance of things you see or hear. This is a very powerful degree. Hypnotherapy or hypnotic suggestion. Channeling and medium ship. Having insights that translated to a higher level. Empowerment. Translations. Prophets. Messages. Veils.

The Caution: Conscious manipulation. Being used. Mind control. Not owning up to all the elements of one's personality. Banging into other people's space or conversations.

As I mentioned above, Pluto is very closely aligned with this full Moon - so, the messages we hear and respond are very important ones. What are the choices that do go through your mind? What propaganda should you not be listening to? (your own or other's).

The degree of Chiron: Pisces 6 A PARADE OF ARMY OFFICERS IN FULL DRESS

This shows springing to attention and rallying to show duty, honor and protection of the community and high ideals. Recognition may be given for service to others, or you may be in the position of dedication, discipline and duty bring their own rewards. Dressing people with this Symbol turn up first with whatever is needed to make people feel better, protected or recognized. Putting on your best face, and your uniform – and there are many 'uniforms' that can be worn - and joining with others will mean success. There may be issues of showing one's 'authority' in public, staking a claim as part of the broader community that is not to be messed with. Parades. Being confirmed. Pride and dignity. Ceremonies. Memories of war. Being confirmed. Medals. Stripes. Drills. Weddings. Parades.

The Caution: "Stiff and unfeeling. Having special privileges that others don't. Having to do what one must do. Bullying and bossing others. Drill sergeants. Sloppy dressing.

Who has to continually show up, looking dressed for the job, doing the right thing, never showing their weak side, getting on with what needs to be done. What stories do you tell yourself about how you should behave in order to 'fit in'? Or not fit in? Do you feel the need to spruce up and act - to put on your uniform and show your shoes. Only you will know.

The degree of the Moon's True Node: Scorpio 28 THE KING OF THE FAIRIES APPROACHING THEIR DOMAIN

This Symbol shows the ability to, at the need, to feel at ease and in charge of your home, territory or domain. You may

have been searching for where you belong or where your "Domain" is. Although you may at times be off looking for this, times alone and alone won't work; there's a need to feel accepted, welcomed and loved. There may be the feeling of wanting to be the natural leader or having a doting populace. As long as egos are in control, this is not a comfortable Symbol. Being in control of your life and calm and spiritual place to be. Also, this degree can show a world of one's own creation or imagination – which can be fabulously rewarding although it can also be rather ungrounded in reality. Imaginary worlds. Finding a place to fit in and feel comfortable. Feeling in charge and in demand. Returning home. Taking command of your life. Fairies, nature spirits. Elves.

The Caution: An imaginary world. Dependence on trickery. Someone acting like a 'hot shot'. Lording it over people. Being impudent. Feeling locked out. Homelessness.

Where do you belong? Who do you belong with? Where is your sense of community?

This is not an easy full Moon, but it is a meaningful one and one that will see a lot of people going through a lot of changes.

Avalon resident Lynda Hill, FAA Pract. Cert , has been a professional astrologer for more than 18 years. 2010 marked her 10th birthday in Avalon. She contributes 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 is the author of Australia's first women's business Readers and the World Heritage-listed Blue Mountains. She's not writing books at the moment, she's selling them.

To schedule a psychic astrology reading with Lynda or to give feedback or ask questions, please email her at sphinxbooks@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 symbols that correspond with each of the 360 degrees of the wheel of the zodiac, from Aries 1 to Pisces 30. Consider Aries 1 as the first degree (Virgo 2 'A Harem') to as many as 21 words (Taurus 5: 'A Youthful Widow, Fresh and Soul-Cleansed From Grief. Knows of an Open Grave to Receive the Secret of Eternal Life). From one of these Symbols holds both a story and a unique energy field of their own. These images hold meaning for the purpose 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 born in San Diego, California, in 1925 by Marc Edmund Jones, a noted astrologer, author and spiritualist and the gifted clairvoyant Elsie Wheeler. Jones was interested to find a set of 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 H.L. Jones called it) as she had a remarkable ability to "see" messages, images and symbols. She used this talent to help her clients, but was rather weary of the standard questions she received, such as "when will I be rich?" and "when will I meet the love of my life?" She was eager to take part as she believed that this was an opportunity to really contribute something to astrology.

For more information: click here

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

This is your opportunity to have Lynda read your chart. Details below:
Times are crazy right now; eh? In fact, it seems to be times are always a bit crazy, do you need help in understanding yourself, your life, what's going on or what's coming up or how to get the most out of your life?

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

I want your clear and calculated transits and progressions you're having. I analyse your chart, taking in what the Sabian Symbols mean, along with the transits and progressions, and, using the Sabian Symbols, I can see many dimensions of what's going on for you. I then write it up to better understanding of your chart and outlines your strengths and the areas you may need to work on, and I also look at the timing, what is coming up and when it's coming up.

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

Before I start the recording on the computer (this is very easily done) where you can listen to it easily, and in your own time. Please email me if you have any questions.

Cost: $125 (please note the Australian dollar is now about 0% more than the US dollar) through the Donate page. Please note that this price will last long - I will soon be increasing it.

Please email sphinxbooks@gmail.com for date, time and place of birth (if you don't know exact time of birth, don't worry, I can work it out) and location, along with an outline of your life and anything you'd like to share with me. Don't be afraid to tell me some of your story, it helps to have a dialogue. Also, please let me know your level of understanding of astrology as this will help me to fine tune the reading.

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Car & Bike Fest 2012

By Michael Mannington

For the second year the Car & Bike Fest at Pittwater Rugby Park was organised by the Australian Chrysler & Valiant Owners Association. The event on Sunday 16 September featured nearly 200 vehicles and motorbikes to help raise funds for the Heart Kids charity. Event organiser Barney Bedelis from Newport was pleased to see sunny spring weather after last year's event was washed out with rain and had to be rescheduled.

Australian Chrysler & Valiant Owners Club has been going for 30 years now has members of all ages 18 to 80. The club is also organising a display show at Darling Harbour later in the year. Based at Concord members travel all over Australia participating in car shows and raising money for charities. Today's show featured Australian and American 'muscle cars', so-called because of their V8 engines and hotted-up bodies. Other highlights included Japanese performance cars, hot rods, motor bikes, commercial, classic and vintage cars.

Sharon and David along with children Finn and Mia entered their 21 Windows Volkswagen Campervan. One of possibly only seven in NSW the 21 windows version is quite are particularly as a right hand drive. The immaculate campervan was originally restored in Thailand and then shipped to the UK. Sharon recently purchased the vehicle online and imported to the Northern Beaches. Already Sharon's purchased has won classic car competitions. The Campervan is driven mainly around the Northern Beaches.

The Replica 1923 Ford T Model below is owned by Kevin Banks is now fitted with a 302 V8 Windsor C-4 Automatic and 9 inch Fairlane rear. Registered for limited use, Kevin has owned the T Model for 20 years. Naturally painted black mudguards have been replaced with fibreglass. Kevin has driven his pride and joy to Geelong and Queensland. Modern improvements include front disk brakes. Kevin lost his wife to cancer 20 years ago and the car is named after his wife and as he says she still travels with me. Kevin takes the car to a number of charity events particularly those supporting cancer.

Brent Carr purchased a 92 Chevrolet Corvette as a wreck, just a bare shell body and chassis. All glass and chrome has had to be replaced, in all a 13 year restoration. Brent grew up with the Corvette owned by his father and it has been a long time wish to own a Corvette. The vehicle is original except for the engine, still a Corvette but with a bit more power. The stunning colour is original so when you look at the car it looks like a 92 Corvette. Not so much fun to park it say Brent, but once on the highway its magic.

Bill McKinnon is working on a project to recreate a Slingshot dragster. It's taking shape and looks like a late 50's square box dragster. Supercharger is coming later and the front wheels are to be replaced. Still a work in progress.

Ray Blackett is the owner of a 1942 Harley Davidson WLA war bike and a member of the Northern Beaches Social Riders. Ray tows the Harley behind his bright orange Ford pickup also dated 1942. The pickup was originally a tow truck used to tow jeeps from Alice Springs to Darwin during the war. The vehicle was purchased by Ray about 30 years ago. At home on the Northern Beaches the pickup and bike have been as far as Rockhampton. The bright orange colour has its advantages as when it was recently driven by another person, Ray started receiving calls saying your pickup has been stolen! Ray has three other Harleys and a 52 Mainline Ute, a Mark II 56 Ford Zephyr and Mark 1 Cortina.

Antonio with his 2008 Night Rod Harley fully customised including the 300mm rear tire, part of the Harley-Davidson "Dark Custom" series.

Volunteer Photography Public Gallery HERE

Words and Images by Michael Mannington of Volunteer Photography, 2012.

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Pittwater Online News

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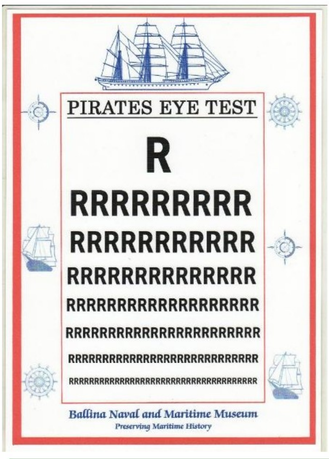
Pittwater Online News receives a lot of information from various sources each week. For Your Interest and Bemusement:

Amami-Oshima Island Japan

This incredible pattern on the sea bottom was made by a tiny puffer male fish to attract a female. The circle is approximately 2m in diameter. Scientists are still researching this behavior.

Sand x 250 - Australian Conservation Foundation



New 'ATM' Takes Old Phones and Gives Back Green

ScienceDaily (Sep. 17, 2012) — When new cell phones or tablets enter the marketplace, yesterday's hot technology can quickly become obsolete--for some consumers. For others, the device still has value as an affordable alternative, or even as spare parts.

With support from the NSF Small Business Innovation Research program, ecoATM of San Diego, Calif., has developed a unique, automated system that lets consumers trade in old electronic devices for reimbursement or recycling. (photo Credit: ecoATM)

Using sophisticated artificial intelligence developed through two NSF Small Business Innovation Research grants, ecoATM kiosks can differentiate varied consumer electronics products and determine a market value. If the value is acceptable, users have the option of receiving cash or store credit for their trade--or donating all or part of the compensation to one of several charities.

ecoATM finds second homes for three-fourths of the phones it collects, sending the remaining ones to environmentally responsible recycling channels to reclaim any rare earth elements and keep toxic components from landfills.

National Science Foundation (2012, September 17). New 'ATM' takes old phones and gives back green. ScienceDaily. Retrieved September 19, 2012, from HERE

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Our Future World: Global Megatrends - Published on Sep 5, 2012 by CSIRO: A team of scientists, economists and industry analysts took time out from their day jobs to tell us about the future. The result was a set of global megatrends.

Sydney Opera House Big Moments

The Sydney Opera House turns 40 next year. A short History of this building is here. A Competition launched at the end of June calls for all to share their 'Big Moment' at this Sydney landmark; this can be a concert on the forecourt or simpler moments. You will win a dinner for you and your friends on the Concert Hall Stage if your entry is successful. **Competition closes December 14th, 2012**. Full details HERE

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Steve Simpson presents 'Great Southern Land' on ABC TV

Professor Steve Simpson: "From the skies, we uncover the otherwise hidden patterns, rhythms, networks and systems that keep Australia fed, alive, on the move and thriving." [Image: Cordell Jigsaw]

Taking to the sky in gliders, helicopters, hot air balloons and anything else that will carry him, Professor Steve Simpson begins his journey across Australia today **Sunday 23 September**, in a documentary series on ABC TV looking at how humans interact with the landscape.

Professor Steve Simpson, from the University of Sydney's School of Biological Sciences, is presenting Great Southern Land, a four-part series exploring the amazing landscapes of Australia from the air.

The series will reveal how Australians use the land to produce food and generate electricity, and face the challenges of bushfires, droughts and floods. It will uncover how people, goods and data move around the continent, and show how the Australian population is concentrated on the coastal fringes in sprawling metropolises.

"From the skies, we uncover the otherwise hidden patterns, rhythms, networks and systems that keep Australia fed, alive, on the move and thriving," said Professor Simpson who is also director of the University's Charles Perkins Centre. "Filming Great Southern Land was an amazing experience - this land of ours is truly remarkable.

"In the series, we view Australia from above in all sorts of interesting ways, including while skydiving, while hang-gliding, from a NSW police helicopter, from the top of a crane moving shipping containers and even from the perspective of an electrical worker crawling along power lines with 500,000 volts running through them!"

With these unique perspectives on our land, the series seeks to explore how remoteness, distance and the relationship with the natural world shape the rhythm of daily life in Australia.

"The four episodes of Great Southern Land present some really startling facts and let you in on all sorts of processes that you might not normally think about but that affect your daily life. Just one example is how we unravel the network of food production by tracing the ingredients of the humble Australian burger from Roma in Queensland to Adelaide, and from Victoria's Mornington Peninsula to Queensland's Glass House Mountains.

"We set out to document the state of affairs in modern Australia - to provide an account of how 23 million of us manage to cling to the edges of this huge, dry continent and make our way in the world as a thriving advanced economy. The challenge for us as a nation is to balance meeting our needs and lifestyle aspirations, without compromising the health of our environment, or of ourselves," explained Professor Simpson.

"At the heart of the series are the fascinating human stories we uncover - the people behind the scenes who make this country what it is. We speak to an aerial fire fighter, a wheat farmer, a rice farmer, a group of coal miners, a wild dog trapper, a traffic reporter, a high rise window cleaner, a grave digger, a rainmaker who flies into storms to release iodine particles and lots more people. These intriguing and insightful personal stories for me are the highlight of the documentary series."

Professor Simpson was chosen to present the series as his biological research takes a big picture approach, having discovered the significance of protein in human diets from work that began with examining why locusts swarm.

Professor Simpson's research has been recognised with numerous awards and honours including being elected a Fellow of the Australian Academy of Science in 2007, awarded the Eureka Prize for Scientific Research in 2008, named NSW Scientist of the Year in 2009, and awarded the Wigglesworth Medal from the Royal Entomological Society of London in 2010.

***Great Southern Land* on ABC1 TV starts 7.30pm, Sunday 23 September.**

From: http://sydney.edu.au/news/84.html?newsstoryid=10078

Improving Memory for Specific Events Can Alleviate Symptoms of Depression

ScienceDaily (Sep. 17, 2012) — Hear the word "party" and memories of your 8th birthday sleepover or the big bash you attended last New Year's may come rushing to mind. But it's exactly these kinds of memories, embedded in a specific place and time, that people with depression have difficulty recalling.

Research has shown that people who suffer from, or are at risk of, depression have difficulty tapping into specific memories from their own past, an impairment that affects their ability to solve problems and leads them to focus on feelings of distress.

In a study forthcoming in *Clinical Psychological Science*, a new journal of the Association for Psychological Science, psychological scientists Hamid Neshat-Doost of the University of Isfahan, Iran, Laura Jobson of the University of East Anglia, Tim Dalgleish of the Cognition and Brain Sciences Unit, Medical Research Council, Cambridge and colleagues investigated whether a particular training program, Memory Specificity Training, might improve people's memory for past events and ameliorate their symptoms of depression.

In Iran, the researchers recruited 23 adolescent Afghani refugees who had lost their fathers in the war in Afghanistan and who showed symptoms of depression. Twelve of the adolescents were randomly assigned to participate in the memory training program and 11 were randomly assigned to a control group that received no training.

All of the adolescents completed a memory test in which they saw 18 positive, neutral, and negative words in Persian and were asked to recall a specific memory related to each word. Their responses were categorized as either a specific or a non-specific type of memory. They also completed questionnaires design to measure symptoms of depression and anxiety symptoms.

For five weeks, the adolescents assigned to the training attended a weekly 80-minute group session, in which they learned about different types of memory and memory recall, and practiced recalling specific memories after being given positive, neutral, and negative keywords.

At the end of the five weeks, both the training group and the control group were given the same memory test that they were given at the beginning of the study. And they took the memory test again as part of a follow-up visit two months later.

The adolescents who participated in the training were able to provide more specific memories after the training than those who did not receive intervention. They also showed fewer symptoms of depression than the control group at the two month follow-up. The researchers found that the relationship between participant group (training or control) and their symptoms of depression at follow-up could be accounted for by changes in specific memory recall over time.

These findings are promising because they suggest that a standalone training program that focuses on specific memory recall can actually improve depression symptoms.

Based on the results of this study, Jobson, Dalgleish, and colleagues conclude that, for individuals suffering from depression, "including a brief training component that targets memory recall as an adjunct to cognitive behavioral therapy or prior therapy may have beneficial effects on memory recall and mood."

Association for Psychological Science (2012, September 17). Improving memory for specific events can alleviate symptoms of depression.ScienceDaily. Retrieved September 19, 2012, from HERE

Disclaimer: *This article is not intended to provide medical advice, diagnosis or treatment. Views expressed here do not necessarily reflect those of Pittwater Online News or its staff.*

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Ring Out for the May 2013 to host an Australian Bell Ringing Festival

Ring Out for the May 2013 is a project that is celebrating and fundraising for the Australian Bell Ringing Festival to be held in Sydney in May 2013. The Festival will bring together bell ringers from around Australia and overseas to ring in the Sydney Harbour Bridge Anniversary.

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Bondi Beach 1875, Courtesy State Library of NSW.

Bondi Beach 1910, Courtesy State Library of NSW.

Astra Hotel International, circa 1925

Hotel Bondi, June 7, 2009 by Peter Liebeskind

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HOTELS AT BONDI

By George Repin

Audrey Tennyson, the wife of Lord Tennyson, Australia's Governor General from July 1902 to January, 1904 wrote regularly to her mother in England describing in detail her experiences while her husband was first, Governor of South Australia, then acting Governor General and subsequently Governor General. Fortunately her letters were preserved. Edited by Lady Hasluck they were published in 1978 by the National Library of Australia as **Audrey Tennyson's Vice-Regal Days 1899-1903**. The letters provide a penetrating and interesting insight into the politics and attitudes of the times as she, unlike her husband, was free to visit the gallery in Parliament and listen to the debates.

Her letters also include descriptions of personal and recreational activities. For example, she recounts an excursion to Bondi. The party travelled by boat on the *Lady Houpeton* to Rose Bay where grooms, who had come by land, were waiting with horses. Audrey Tennyson and her companions then galloped past Chinese market gardens and the newly established golf course (now The Royal Sydney Golf Club) across sand dunes to the beach at Bondi where they enjoyed a picnic. Bondi Beach, as we know it today came into being in June, 1882 after the Government resumed 25 acres of private land for public recreation – the beach and surrounding sand hills fringed by bush. By 1886 the tidal baths at the southern end were opened.

However, it was in first two decades of the new century, when transport links were established, that the popularity of Bondi as a holiday destination started to develop.

The **Hotel Bondi**, which opened in November, 1920 on the corner of Campbell Parade and Curlewis Street proved not to be the "white elephant" that some predicted. A brochure publicising the hotel promised that it "meets the demand of the most exacting. Perfectly situated, with a glorious view over the Pacific" giving "practical comfort that few Hotels can offer". It soon attracted wealthy country people from NSW and from other States, as well as overseas theatrical people performing in Sydney.

Two tram lines connected the city from Circular Quay to Bondi – one through Bellevue Hill and the other through Bondi Junction, the two lines coming together at the Hotel Bondi corner of Curlewis Street and continuing along Campbell Parade north to the terminus at North Bondi.

Campbell Parade, Bondi Beach in 1960 with P type tram courtesy SYDNEY TRAM MUSEUM

In 1929 the **Hotel International Bondi Beach** opened at the southern end of the beach on the site of the Cliff House Hotel demolished in 1922. Its publicity declared that it was "a veritable palace of luxury and delight". Its "sumptuously fitted dining room with beautiful paneled design and rich pile carpets " seated 200 guests" and "each of the 100 bedrooms had its own hot and cold water service" and a telephone. The hotel, with its palm court orchestra, roof garden and "magnificent ballroom" which accommodated "400 couples without any crowding" was perceived as having "class" and attracted both country and Sydney people. The Great Depression, however, was not kind to the Hotel International nor its owner, Jack Shaw, whose vision it had been to build the European-style hotel. When the Oldfield family took it over the name changed to **The Astra**. Through the forties and fifties the elegant, old world charm of its dining room and excellent food made it popular for business entertainment. However, as fashions changed the Astra went into decline and eventually closed in February, 1983. The building now houses the **Bondi Astra Retirement Village**.

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Bare patches appear in lawns during Winter - sow new seed

Spring lawn weeds.

Click on logo to visit their website

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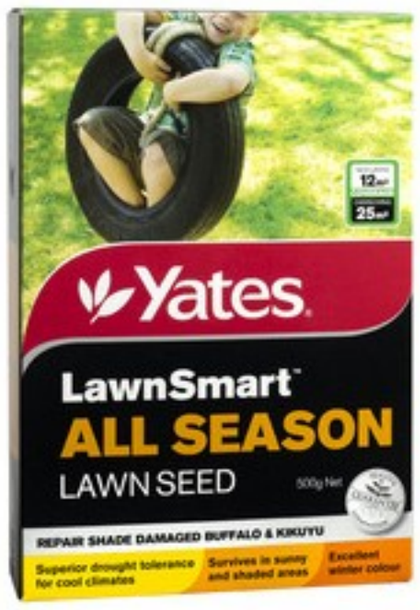
Spring Lawn Care

Springtime is a season where we feed everything growing in our gardens to encourage and support new growth and strengthen each plant prior to the heady summer days to come. Your lawn is no exception to this and a little work put in now will ensure you have a healthy spread of green when the weather becomes hotter and drier.



Just as we benefit from a massage to stimulate circulation, our lawns benefit from a good firm raking. During Winter our lawns and the soil supporting them often becomes compacted while the blades and roots may die off and this will reduce the health of lawn. Raking removes dead blades of grass, leaves and creates aeration and loosens up matted patches. If your lawn's soil is very hard it is suggested you use a steel rake to create points into the lawn to add extra air flow and water and loosen compaction. This will also encourage new growth.

The other base for a good lawn is having a close look at its condition each Spring to determine whether it's in good health. If you have a lot of moss plants amongst the lawn this is a sign of soil acidity. Lawns thrive on a neutral soil PH and applying lime will correct this.

If you have bare patches due to dog frolics, heavy traffic or water run-off and pooling you will need to re-seed these areas. Applying a slow-release nitrogen fertilizer as you do will benefit the new seedlings. Once the seed has germinated and you have given it the first cut, lawn experts recommend a quick release nitrogen fertilizer to boost its health. Sowing on a still day, due to this seed's weight, is always a good choice. You don't want the seed being blown away before it can grow.

If you fertilized your lawn in Autumn your lawn will generally be still using that in Spring. A lighter feeding is recommended for Spring and any organic fertilizer is going to be better for something that is organic itself and for the environment surrounding or adjoined to it.

The last Spring Care pointer is to weed now; bindis will multiply as the weather gets warmer and more Spring rains fall. This week a profusion of dandelion flowers out, if you're not going to use the leaves in salads and don't want these bright yellow flowers as part of your lawn, shows weeds will multiply, and quickly, if not attended to.

Johnson Brothers Mitre 10 currently have a range of Mighty Spring Specials (to 23/9/2012) that includes garden tools, lawn seeds, Turf Lifter organic based fertilizers and even a new lawnmower should yours need replacing. To ensure you have many happy rollings over the greens this Summer put in a few hours now and take advantage of their expert advice and timely sales at either their Mona Vale and Avalon stores now.