

Pittwater Online News

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January 1 - 7, 2012: Issue 39

Happy New Year's Day !



New Years Eve 2012, Rowland Reserve, Bayview. Michael Mannington, 2011-12

Quotes for the Week

Every new year people make resolutions to change aspects of themselves they believe are negative. A majority of people revert back to how they were before and feel like failures. This year I challenge you to a new resolution. I challenge you to just be yourself.

Aisha Elderwyn; Australian Artist, Author, Musician and Composer

*And ye, who have met with Adversity's blast,
And been bow'd to the earth by its fury;
To whom the Twelve Months, that have recently pass'd
Were as harsh as a prejudiced jury -
Still, fill to the Future! and join in our chime,
The regrets of remembrance to cozen,
And having obtained a New Trial of Time,
Shout in hopes of a kindlier dozen.*

Thomas Hood



Above: Pretty Woman. Below: About Time



Past Features Archives



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The Dawning of a New Regatta

by Damian Devine

stopover and some friendly hospitality from the Coffs locals some 30 years ago was all that was needed to launch what is now one of Australia's most treasured regatta classics – the Pittwater & Coffs Harbour Regatta. As they say, it's all in a drink!

On 2 January 2012, a fleet of just under 50 will line up for the start of the regatta to Coffs Harbour yacht race hosted by [The Royal Prince Alfred Club](#).

Known as the "warm water classic" is the first race of the rebadged & Coffs Harbour Regatta consisting of five races with another four races staged in Coffs Harbour over two days on 5-6 January. The five will count for the overall regatta score with no discards and double weighted for race one.

The regatta will also feature the inaugural Australian PHS Championships. The Championship will have 15 HS boats competing for a trophy to become the National champion. The regatta attracts racing enthusiasts from a broad base of clubs across the region and for the record the fleet of 47 will come from 3 states representing 15 clubs extending from Hamilton Island in the North to Brighton in the South. There will be 14 new boats, nine boats under 11m and two contesting the 11m and over Division. In IRC, there will be 26 racing whilst 21 boats will be Australian PHS championship.

Commodore Rob Curtis competing with his Murray 42 'Secret Men's Business' #1 says, "Both the RPAYC and CHYC have put in a lot of hard work setting up the regatta and we know it will be another great event for many years."

John Griffiths, skipper of the *introduction of the Australian PHS championships we hope that it will be for some excellent competition in the PHS arena. I am looking forward to competing in the event after having a rest for a couple of years, and a race that goes South on Boxing Day. My crew and I are very keen to race at the regatta this year and especially, the turning left towards Coffs."*

Wild Oats X', skippered by Mark Richards took line honours in the regatta in 2011 in a time of 23hrs 6mins 48secs whilst Julian Farren-Price's 12 'About Time' won dual IRC crowns for the race and overall series conditions in three years.

Julian Farren-Price and his aptly named Cookson 12 'About Time' says "I and my crew are looking forward to again being a part of the Pittwater & Coffs Harbour Regatta. Having placed in the last four regattas I suspect it is a bit edgy and optimistic to think we could get a 5th result but you can bet we will be wearing our sheets out to give it a good shake. Ideally, we like weather and another nice hole for the boys in front would again be a divine intervention".

Regulars will be amongst the competition including two 25 plus race skippers Richard Hudson and Brian Ellis who will be respectively in the 45 'Pretty Woman' and the Farr 40 'Witchcraft' owned by the same people. In his 25 attempts to date, Richard Hudson, also the Coffs Harbour Regatta Committee Chairman, has climbed the podium ten times with his syndicate owners Russell Murphy and Michael Lockley in 2009 when they captured a trifecta of seconds, line honours, IRC handicap and regatta.

John Griffiths says "I look forward to the regatta as I do every year and getting to Coffs for the first time racing. There's been plenty of work behind the scenes in preparation for the regatta at both ends so the crews should have a great time. The fleet is a very competitive one and we should see some very close racing."

Absolon's Volvo 60 'Spirit of the Maid', the largest in the fleet is keen to defend its inaugural PHS title. Absolon, a regular to the event over the past five years once again make the trek down from the Whitsundays commented, "I have been competing in the Pittwater & Coffs regatta each year and sharing the camaraderie with other crews. We're also excited about competing in the PHS Championships which is a great initiative for the regatta."

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This Weeks Articles

[The Dawning of a New Regatta](#) by Damian Devine

[On Bushrangers Hill 1891 and 1935 by The Spectre and Dorothea Dowling](#)



Profile: January 2012 is a Pittwater Summer Mix; to open the year, **Lange Theory**: great music, attitude and just good fun !

Previous Profiles:

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



History: January, Summer 2012, Events; The First Pittwater Regatta; 1888 or 1906 ?

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](#)



Park Bench Philosopher: Soundtrack of The Mind IV: beachboy, or girl, classic



Food: Tapas: great for this time of year; history + Prawn and Mango Salad Recipe



Books: Summer Reading; something old, something new, something borrowed, something about the blues.. sea, sky and music.

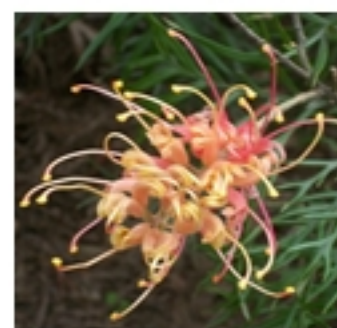
Old Books: January; By River and by Sea: An Australian Story (1888)
The seashore book : Bob and Betty's summer with Captain Hawes (c1912)



Events: Laughter from the Elanora Players, Anti-Bullying Skills for 6-12 year olds, New Beginnings Festival, Talent Workshops, Canning Track Art, ArtzSpace, Tumbleweed at Mona Vale, Sandcastles at Windsor, It Just Is Cricket, Circus Oz, Picasso, Ocean Swims, Summerama, History Competition, Council Events and School Holiday Fun.



Community News: Pittwater to Coffs Regatta, Hoshin School Holiday Workshop, Council fights to stop Telecomm Poles, Dr Rip Event, Stop Smoking, Adopt a Cat, Media Releases from Federal Govt. and more



Environment: Summer Creature Features (Water), Coastal Ambassadors 2013 applications open, **WetlandCare Australia Photo and Art Competition**, New CSIRO Mags, **Coonee Newsletter for Dec.**, Seed Bank with full Index of all Australian plants Facts Sheets and more.



Lynda Hill: Update 18.12.11: Seeking Embodiment And Goodwill To All People: December's Capricorn New Moon



Pictures: Images of the Year by Michael Mannington and Volunteer Photography



Youth: Muppets Movie Trailer; opens Jan. 12th 2012, National Year of Reading 2012: For teens; Creative Reading Prize, BACK TO SCHOOL AND BULLYPROOF! with Hoshin Jujutsu Australia, **Summer Fun I (movie):** The Kid Stakes (1927), **Summer Fun II (book):** Mr. Punch (ca. 1890) is Children's Poetry, Pittwater Council's School Holiday fun, Links for local websites for, about and by Youth.



Seniors: Resolutions for Summertime; Mildred Greets the New Year, link to Seniors Online Newspaper and Information regarding local Health and Education Activities.



Community Clubs: Updates on Activities and links to sites.



Artist of the Month: January 2012: Annette 'Nettie' Lodge; Artist of brilliant Summer colours



Reflections by George Repin. **This week; Seafood in Sydney**



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



Collector's Corner: Seashells with links to Sydney Club for collectors and Online Identification website



News From our Inbox: Mother Love Photos from WAG & RG, Internet Updates, **Rhythm and Blues Revue** (1955): Willie Bryant, Freddie Robinson, Lionel Hampton, Count Basie, Faye Adams, Bill Bailey, Herb Jeffries, Amos Milburn, Sarah Vaughan, Nipsey Russell, Big Joe Turner, Martha Davis, Little Buck, Nat 'King' Cole, Mantan Moreland, Cab Calloway and Ruth Brown and **James Stewart Week (Summer Exhales):** Made for Each Other (1939) Pot o' Gold (1941)

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BUSHRANGERS HILL

Glorious View from the Summit.
by DOROTHEA DOWLING

It rises in sugar-loaf formation overlooking Newport Beach-a distinct landmark all silhouetted against a backcloth of deepest blue.

Its ascent is by no means difficult, and once the slope is conquered and its rocky summit scaled the sightseer is liberally rewarded with a delightful panoramic view for his scant pains. Here he can take his choice between the peaceful beauty of the sleeping river, fringed with mangrove trees and studded here and there with yachts and small crafts, while on his right the vast ocean rises to meet the sky in varying shades of blue and the restless surf pounds on sandy beaches which appeal when viewed from the height, so symmetrically divided from each other by their high green headlands. There is an air of freedom in the fresh salt breezes, and the weary traveller is aware of mingled feelings of peace and exhilaration as the green of the hills and the blue of sea and sky merge and swim before his fascinated vision.

BUSHRANGERS' HILL. (1935, November 9). The Sydney Morning Herald (NSW : 1842 - 1954), p. 13. Retrieved from <http://nla.gov.au/nla.news-article17227564>



Colourful Images Copyright Pittwater Online News, 2012.



ON BUSHRANGER'S HILL

by THE SPECTRE

*Rest, and be thankful. On the verge
Of the tall cliff, rugged and grey,
At whose granite base the breakers surge,
And shiver their frothy spray,
Outstretched, I gaze on the eddying wreath
That gathers and flits away,
With the surf beneath, and between my teeth
The stem of the "ancient clay."*

"Here you are," said our guide, "here's where the bushrangers used to come and hide in the old days."

The bushrangers showed good taste, truly, in their selection of a retreat, though it is hardly likely that artistic considerations influenced them in their choice. The knowing old hands - the men who had run the old gamut of villainy and were now being hounded down again by the law - only chose the resort because of the commanding view of the country all about. Lying perdu here they could keep their eyes on the whole coast from Port Jackson to Broken Bay; the track to Newport ran almost under their nose, and given a proper watch, a surprise was impossible. So the bushrangers' hill became famous in the convict days, and from all parts of the country the men who had taken to the bush drew toward the lonely eyrie. Then, when the place began to get unwholesomely crowded, the troopers would make a rush; but long ere they could reach the hill its occupants would be gone, and nothing but a smouldering camp fire left to mark the spot. Some old hand, doubtless, standing where the trigonometrical cairn now makes a black mark against the sky, had seen the heliograph-like flash of the troopers' swords hours before; had watched the little band as it forded the Narrabeen Lagoon, and long before it could even reach the track which leads up to the foot of the hill, had given the alarm signal which had once more scattered his mates all over the bush.

The process must have been repeated many times, and so, years after, when a scanty fringe of settlement began to creep up and around Pittwater, and to dot its indented shores with little flower-covered homesteads, the place kept its name. And then in later days a man, armed with a theodolite and a compass, and various other mathematical instruments, struggled up the top of the mass of rock. He also found the commanding position of the hill of value, though he acted from motives far different from those which guided the old bushrangers. He simply wanted a prominent point to form the apex of one of his primary triangles, a point which could be looked up to and its angle measured for miles around. So, to make sure of the point, and to prevent any blundering surveyor measuring the angle subtended by the wrong piece of rock, he planted a stout pole, having a pyramidal cairn of stones by way of foundation. Then he put a couple of discs, like railway following signals, on top of the pole, and went away quite contented with his work.

No one goes to the place much now; a few city visitors sometimes find their way up the hill, and after saying "how pretty," remark that it must be time for lunch, and so find their way down again. Even the little black-and-tan hotel dog has got tired of the hill. He wagged his tail joyfully when he saw that we were going for a walk, and even condescended, in his patronising way, to accompany us along the dusty road. But when we commenced the ascent of the hill he protested. "Can't see what you stupid people want to climb the hill for on a hot day like this. There's nothing at the top except some ugly rocks, not even a 'possum or a wallaby to chase. Besides I've been there before." So he wagged his little tail and set out on his own account. When we came back to the hotel a few hours later he was quietly resting in the shade of the doorway. "I told you so," he said as he gave us greeting. "Hope you'll take my advice next time."

The absence of the dog, however, did not prevent us toiling steadily up through the tangled masses of fern and flannel flower, till we reached the cairn at the top. It is a pleasant place to sit and think whilst the dull boom of the breakers makes muffled music right under your feet, and the kingfishers flash brightly to and fro in the branches all round. There is a grandeur about the shore line as seen from this bird's-eye point of view. From Barranjoey to the Heads the coast stretches, not straight, but in a series of noble curves fringed with a shining line of yellow sand, and a glistening white circle of breakers. Here and there the reefs jut (with long finger-like points) provokingly out into the blue waters, and the sea lashes at them impotently, sending up clouds of white mist over and around those immovable rocks. It is an old story, as old as the world. For ages the sea, lazily sending in its breakers one after the other, has been striving against those rocks, and for ages the rocks, secure in their position, have declined to move out of the way. The sea is in a quiet mood today. The long blue Pacific rollers are gentle, almost languid in their movements, and they break on the rocks with a deprecating couldnt-help-it kind of an air. They are no longer angry with the rocks, a truce has been patched up, a truce which may last for a day or two at the most, until Mr. Russell sends along another storm, and all is again commotion. The water inside the narrow sand line which forms the lagoon has undoubtedly the best time of it. Nothing makes much difference in this sheltered quarter. Whether it be storm or calm outside, the lagoon remains smooth and peaceful. At intervals, indeed, the sea forces a passage through the sandy barrier, but beyond agitating the water inside a little, no great harm is done. It is curious, indeed, the habit which this Narrabeen Lagoon has of opening and closing its own entrance, sometimes shutting itself off entirely from the sea, as if it aspired to become an inland lake, and at other times admitting the great waters freely until it becomes little else but an arm of the sea. Further on still, one can just see the great white college at Manly clearly outlined against the black background of the North Head, and beyond this again the houses of Vaucluse shine out on the southern side of Sydney Harbour. All is clear and bright and distinct as it ought to be on such a day, when the southerly gale of the last week has consented to leave off blowing for a while, and all nature is taking a well-earned rest.

But to leave the ocean and turn round. There is water on this side as well. Not the rough blue heave of the ocean, but the quiet calm of an inland lake. It is Pittwater, that highly-favoured arm of the sea, sheltered in such a way as to be a lake in all but the name. The narrow peninsula slopes sharply down to the water's edge, and the little blue lake extends before us for miles, until at last it seems to turn the corner and disappear, going far away north to meet the ocean again in the stormy Broken Bay. There are tiny ships on this lake - small coasting schooners, which come round here at intervals and load firewood for Sydney. You can see piles of this wood stacked along the bank, waiting until it can be taken off in a primitive fashion to the vessels which are anchored a short way from the shore. The houses are few and far between, and for the most part have a comfortable old settled look, hidden away as they are beneath the masses of almost tropical vegetation. And behind the orchards slope chequer-board fashion up the green hillsides. At the far end of the bay, where one sees two or three cottages grouped rather closely together, an attempt is being made at settlement on a new plan. The owner, by subdividing his property and selling it in allotments, is trying to gather round him a little artistic colony. Here he hopes the men who wield the brush and the pen will make for themselves homes and create a new art centre. The idea is a happy one, and nature, as if in accord with it, has done her best to make the place of settlement beautiful. She has provided picturesque gullies, full of ferns and palms, and has even laid on a waterfall a couple of hundred feet high. All that is wanted now are a few red-roofed chalets, peeping out from among the foliage, and these, I suppose, will come in time. One artist, indeed, has already built himself an ingeniously designed dwelling - something between a Norwegian hut and a Swiss chalet. Others will doubtless follow, when the public learns the value of local art and extends it a full measure of patronage. For this sort of elegant rusticity, though very pretty and pleasant to look upon, requires a good deal of money, the very thing which artists, as a rule, are lacking in. So the settlement - for the present at any rate - progresses but slowly, and artists, when they want a spell in the country, have to be content with the old-fashioned log hut, leaving tiled roofs and gable ends to the capitalist who can afford to indulge in such luxuries.

There are plenty of other things to be seen from the top of the hill, and though the view at present lacks animation, one can easily pardon this fault for the sake of the peace and quietude all around. Some day, perhaps - one can only look forward with dread to the time - Pittwater, now such a happy smiling inlet, will be the centre of a rushing, bustling, commercial activity. The banks will be covered with wharfs, and the smoke of factories will pollute the pure air of the bush. At present one little steamer weekly suffices to take away all the produce grown in the neighbourhood, and to bring up all the supplies needed by the few fruit-growers who have settled around the shore. But as time goes on this must alter. There is abundance of rich land available, there are miles of deep-water frontage, and there is a harbour practically unlimited in size, and unrivalled for safety. So that, as far as one can see, there is nothing to prevent Pittwater from going ahead, and the hill which the bushrangers loved to frequent may one day overlook a busy city.

ON BUSHRANGERS' HILL. (1891, November 28). The Sydney Morning Herald (NSW : 1842 - 1954), p. 5. Retrieved from <http://nla.gov.au/nla.news-article13868244>



Image No.: a924065h, New South Wales, 1879 - ca. 1892. N.S.W. Government Printer, Bushrangers Hill, Newport, NSW. Courtesy State Library of NSW.

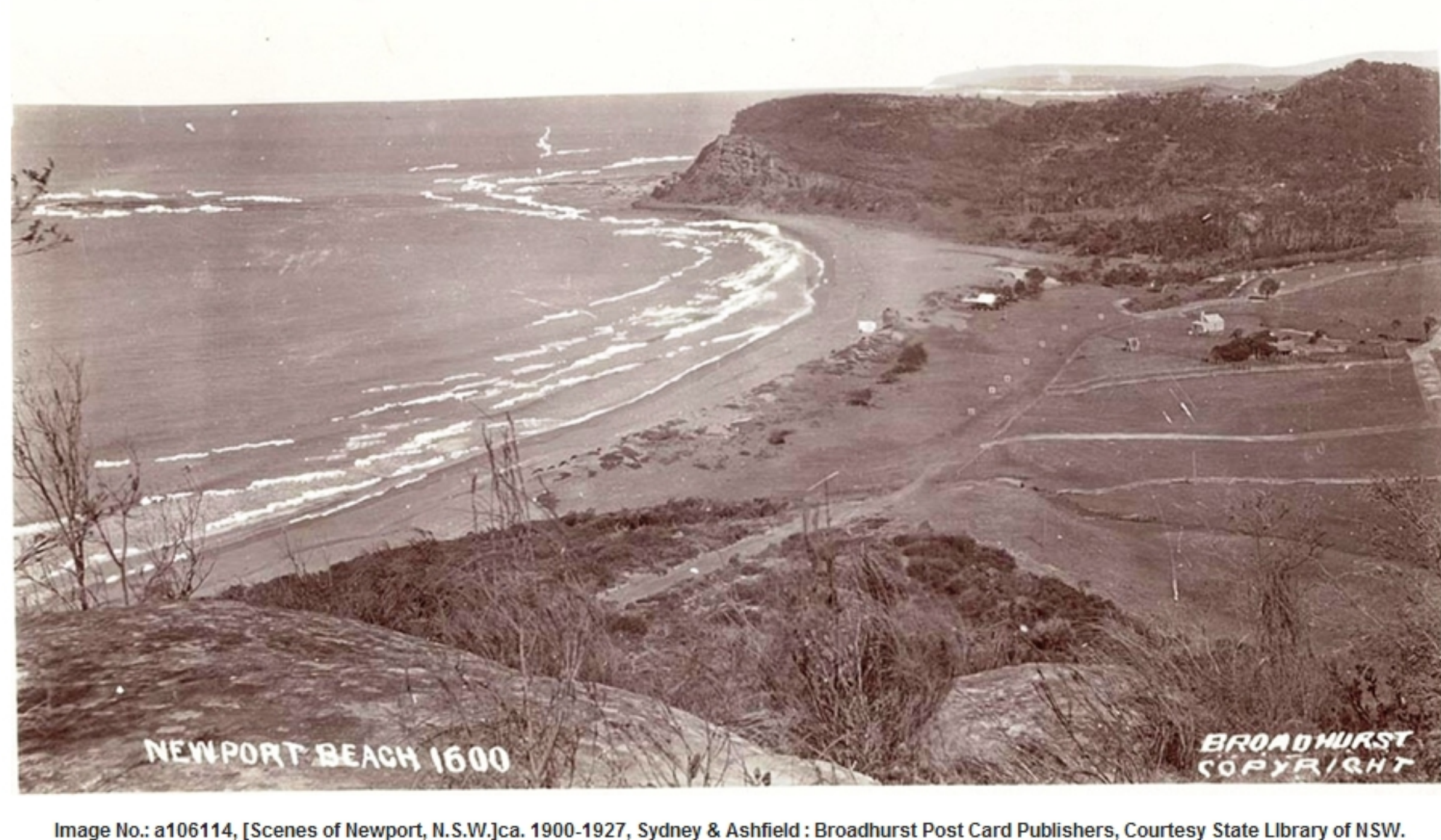


Image No.: a106114, [Scenes of Newport, N.S.W.]ca. 1900-1927, Sydney & Ashfield: Broadhurst Post Card Publishers, Courtesy State Library of NSW.



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Soundtrack Of The Mind IV

From JJ Smith – Everyday angel

What you running for, from, or running to? Do you really think I was that frumpy sprinting along the fairway to heaven all the way here, even though some part of you knows, **knows**, there must have been a little leap into the air, a jaunty whistle, a word like 'beauty!!' exhaled or even a song of words booming from my whole heart, whole soul, whole mind.

Of course there was. Want to hear it? DJ this; On The Road Again; Good Good Good Vibrations; For Once in My Life; Moving on Up/Out of the Darkness/My Light shines On; Never-ending Story; and, of course; I Can See Clearly Now, and all as though every song that has been sung is stored in your fibre of being, ready to rise up and fill you in ways songs sung externally can't always do.

Paracletes hear music; I can hear music, sweet sweet music. At 4am, the time I wake if asleep, music comes, informing with resonances you don't get even when listening to the same song outside your skin. I Hear musical messages, and sense a message in the music, because I beg for it to be simple, as often as I revel in the paisley veils, because I am, I assure you, a bit... thick, with only the usual inherent eloquent musical reverence to guide me.

Music is simple, is emotion communicated succinctly and infuses truth directly. Music is also plain-speak, even when music fills you, swells in and from you. There is the other swells in symphonies, as it always is with things divine, the Mozart, Beethoven and Strauss of your limbs and cavernous pink lit innards. But for me it's not just these grand and glorious sounds, mine also come in rock and roll musics, in old folk tunes, in snatches of jazz that mean something to me. For instance, this four am, the first was about 'listening to what the man says', followed by those swelling ethereally upwards Mozart violins, then a jazzier 'it's the one thing' of Afro-American currentness, complete with hiccuping middle and main riff I was envisioning myself doing gymnastic loops of form to, followed, near dawn, by a Hebrew diamond's rendition of 'holly holy' building to crescendo in me, so I know that today is going to be a good day to sing new and whole songs, even a song of songs... that new spirit is in me.

These songs or musics inspire, inform, toll, fill you with spirit that is telling what is coming, what is around and current, what you can do, in/to enflaming, and what's in you, what may bloom.

If there was a song you could summon to sound out of thin air, to play now, that songs how you feel, hum a little of it to yourself until it fills, signals. It is nature unto Nature, especially for those who consider themselves a bit thick, and is, spirit-wise, a wisdom that expresses the resonances of spirit in similar simple complexities, even in a single note.... a horn, a trumpet; what walls are falling down? It is a form of Presence which is one of the blessings on any Paraclete.

Lately I dream of the notes of music between the written down notes, these are what I seek to Hear. A moment later a taste of Jasmine is on my breath. Investigation brings the meaning of Jasmine, through many weavings of languages defining, as 'looking' and I laugh, knowing my Boss is enjoying my seeing of things. Remember this please, Converse in scents, visions, tastes, in inklings, will come. If you follow these, and follow through, you will win reconnection for you and all life after that will be an experience not lived or breathed as you were before that moment.

We hear and Hear, smell and Smell, taste and Taste. This can be a whole occurring every moment, is alive, living. And Messages; echoes of signals; musical, mystical, even in tunes you wouldn't credit owning that much soul, or soulful meaning, are confirming cheers from your support crew as well as letting you know how well you are wearing your spiritual skins. Are you getting anything yet? Need to tune some parts of you in? Sensing Truths is another note, a thread of, twinkle twinkle and inkle, refinement.

In action it can be; feeding hungry ones, cuddling the forlorn, healing or nursing the sick. If it seems un-natural, against our natural nature, and thus a block on our becoming, it probably is. Keen for the natural until this is obvious. The knell that sounds through you when something is wrong can become a joyous concordance of all angels singing when something is right.

Extract from Ch.6. *Paracletes, Alchemists and Bodhisattvas. Seeing Things*. Copyright A J Guesdon. 2008-2012.

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Beach Boys - Do It Again



About the Songs:

I Can Hear Music: was written by Jeff Barry, Ellie Greenwich and Phil Spector. It was originally performed by the Ronettes in 1966, and later covered by the Beach Boys in 1969 on their 20/20 Album.

Do It Again: was written by Brian Wilson and Mike Love for the American rock band The Beach Boys. It was first released as a single by The Beach Boys in 1968 on Capitol Records. The song was recorded in May and June 1968 and was included on the band's 1969 album 20/20. The B-side of the single release was "Wake the World". The song was produced by Brian and Carl Wilson. It features Mike Love on lead vocals.

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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

Please note that Pittwater Online News does not endorse any of the content of works contributed. Articles which contain swearing or may offend others will not be accepted. Please note that all works are posted unedited; you are the author, this is your page. Word Limit: 1500.

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Above: James. Below: Mitch.



Above: Dean. Below: Billy. Below this: Mona Vale Hotel, October, 2011.



On the 14/15 of January Lange Theory are playing at The New Beginnings Festival at Lake Macquarie. Also if people order their tickets through a link on their Lange Theory Facebook page they will get \$5 off ticket price, and also get the boys a better time slot in the line up, which would be awesome!!!

Then on the 29th of January they're playing in the Moonshine Bar on the top floor of The Steyne in Manly. This will be just them playing two 45 minute sets. Throughout March they have a residency at Murray's (above Manly Blades) in Manly. This means they will be playing every Sunday in March.

To listen to their music: <http://www.reverbnation.com/langetheory>

Facebook Page: click on Logo



Lange Theory

The beautiful area we live in seems to inspire creative people, every second house has someone creating; thespians, painters, crafts, wordsmiths, dancers, musicians, foodies, photographers and camera-people, we have dearth of talent involved in every aspect of the creative arts. Summer lends itself to festivals where all of these mix and Summer itself has a soundtrack that infiltrates the lyrics and music of every being inspired to harmonics whether they're a bird, a bandicoot, a whale or a human being.

One such outfit of the human kind is Lange Theory the four piece outfit of James Lange (singer/songwriter/guitar/ukulele), Mitch Levett (Bass), Billy O'key (Drums), and Dean McLeod (Guitar). Sprung from Barrenjoey High School, which has a great reputation for supporting and raising the bar in musical terms, these lads are now sharing their great music with all (upcoming gigs listed below) and form part of what we are listening to this Summer.

Can you tell us a bit about the band ?

Lange Theory is an up and coming 4 piece band from the Northern Beaches of Sydney. James (lead vocals, guitar, ukulele, songwriter), Mitch (bass), Billy (drums), **all aged 19**, came through Barrenjoey High, 'the school on the beach', where they grew and developed their unique sound intrinsic to the influences of the beach culture and environment. More recently Dean McLeod (**24**) has contributed his considerable talent on the electric guitar adding a whole new dimension to the music. On their way to establishing their own genre, Lange Theory encompass a diverse range, from reggae to alternative folk rock, all in the name of bringing back honest beach inspired tunes combined with a mature, modern perspective.

Some of the venues Lange Theory have performed at include The Basement at Circular Quay, Bondi Beach Road Hotel, Lansdowne Hotel, Manning Bar at Sydney Uni, Low 302, Coogee Hotel, Oxford Arts Factory, Mona Vale Hotel, Bondi and Chatswood FM radio, Gaelic Club, our own Avalon Tattoo and Market Day and the Manly Jazz Festival.

Who are the individual band members, their musical starts and how you came to be Lange Theory?

James Lange started playing guitar at the age of 9 and was singing long before he can remember. He first began performing with Mitch in Year 6, though at the time Mitch was on the drums and only later found his calling when he started playing sweet and sexy melodic lines on the bass. Taking out the Year 6 talent quest was an extreme confidence boost for them both, and the music dream was born. In James' first performance at High School he began to feel extremely nervous in front of all the older kids.

Angus Stone saw his face, as pale as could be and stepped in to help with the vocals, which was much needed and appreciated. Then in year 11/12 James was accepted into the Talent Development Program, where his skills and personality flourished in the midst of so many amazing musicians. The same year he was asked to write a song with John Foreman and three other students from around NSW, for the national 'Music Count Us In' Program. "Meeting and performing our song with Peter Garrett and John Foreman in front of hundreds of thousands of school children around Australia" James says, "was a dream come true". Throughout that year he began jamming with Billy, and soon discovered how amazing this drummer was. Billy became part of the band.

Since year 12 James, Mitch and Billy have been playing gigs all around Sydney under the name of Lange Theory. Until 2-3 months ago they remained a trio, then the magical tones of Dean's irresistible guitar playing was thrown into the mix. Now a four piece outfit, they indulge themselves in a range of genre's ranging from Folk to Indie Pop to Reggae. James says these are the genre's which reflect his personality best.

James is now at Sydney University studying a Bachelor of Science, though music remains his true passion. "It's tough juggling them both, but I like to keep busy and my mind stimulated on different fronts"

Mitch Levett: I have been playing music since I can remember. Being brought up on the Northern Beaches, Beach Culture is a huge influence in my life and my music. We always had music in the house dad playing guitar. I didn't officially start until 3rd grade playing drums in the school band. The first time James and I got together in year 6 and we won the Talent Quest at Avalon Public School. In High School I played Drums in the school band and this is where we meet Billy. James and I joined a band who already had a drummer so I started to play bass. James did his own thing for a while I continued to play with this band, a different style more rap-funk. James and I always got together to do market days at Avalon each year. We all did music at school and this is where we formed the band.

Dean McLeod grew up on the northern beaches of Sydney surfing and playing guitar from when he was super young. After playing in bands through high school, he completed a music degree at Macquarie Uni. When his friend James asked for a lead guitar player for Lange Theory he accepted and high 5ed James immediately. Dean enjoys toasted sandwiches and the resurgence of vinyl!

Billy O'Key started playing drums at the age of 12 when he was in year 7. He played with as many bands as he could throughout high school. After topping his music class and being one of the very few short listed for N.S.W Encore performances at the Opera house he has since played in groups around the Northern Beaches and the city, both as a full time drummer and a session drummer. Since 2010 He has been drumming in the Manly and Mosman Musical society productions. Next year, Billy hopes to attend the Sydney Conservatorium of Music to study for a Bachelor of Music in Jazz Performance. He is hoping to take his music career further and become a top session musician.

What is your favourite place in Pittwater ?

Our favourite place on the Beaches is basically anywhere with friendly people and waves. We are all based around Avalon so I guess you could say it's our favourite spot around here.

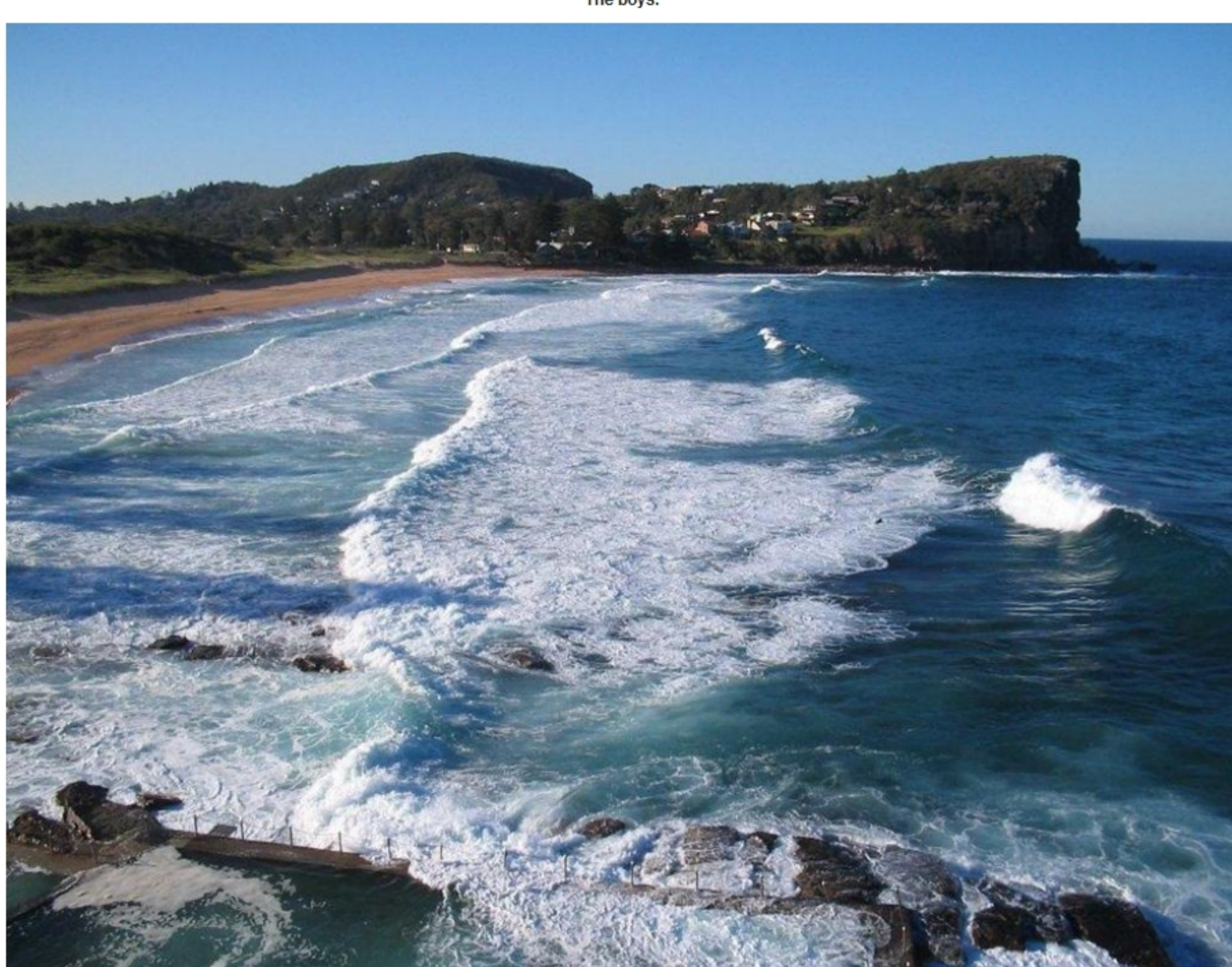
What is the band's Motto for Life?

We do have a song called "Don't Worry", and we are a pretty chilled out, easy going bunch of people, so that would be our motto.

[Tweet](#) [Like](#) [+](#)



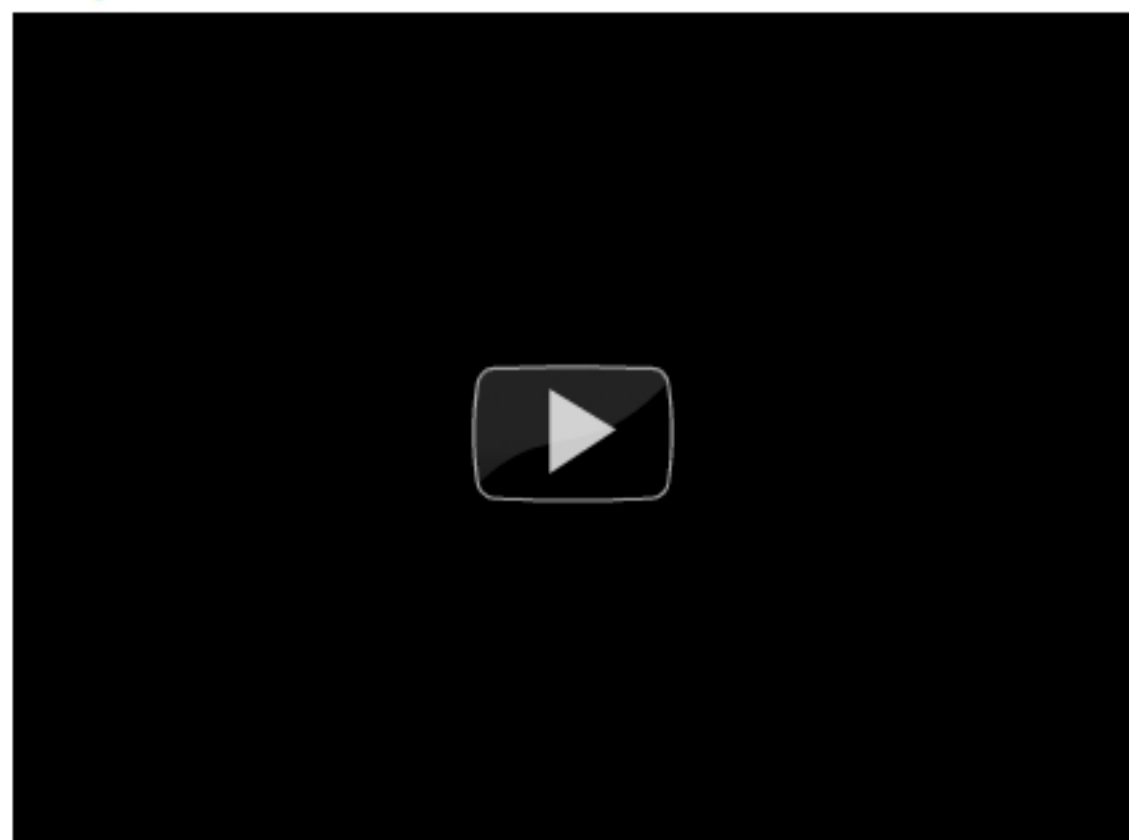
The boys.



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Above: Dean Martin and The Mills Brothers on Dean Martin Show. Below: Ella Fitzgerald and Louis Armstrong - Summertime. Right: Nina Simone - Feeling Good.



Independent Website for Elders:

<http://www.agedcarecrisis.com/about>

About us: We are an independent group of Australian citizens, who are deeply concerned at the provision of aged care in Australia, specifically the delivery of quality care for our elderly and frail citizens, including those who are residents of aged care facilities. We do not receive any funding. We are not affiliated with any government body. We are not affiliated with any religious body. We are completely independent. www.agedcarecrisis.com provides a voice for elderly and frail citizens in Australia

Resolutions for Summer

by Mildred Gertrude Smythe

RESOLUTE from Latin resolutus, from resolvere 'to resolve', from re 'to know again or anew' + solve 'to find the explanation for or solution to a mystery, problem', etc. Firm in purpose or belief. Steadfast. Determined.

RESOLVE from Latin resolvere 'to unfasten, reveal', from re 'to know anew' + solvere 'to loosen, release, free, reveal'. Obsolete; to dissolve. To determine or decide firmly. To find the answer or solution. To examine the parts of anything and how they become one whole.

George and I don't smoke, rarely drink and aren't given to swearing unless something has really become quite frustrating and a short sharp 'goodness!' is called for, if only for a little relief. Therefore we have decided to embark on a greater definition of resolution, that 'of examining the parts of anything and how they become one whole' and apply this to the season of Summer itself.

We examine the airs of summer, the currents from northeast and southern coolings that bring thunderstorms at end of more humid Summer days. We examine the East Australian Current, the largest ocean current close to Australia which sweeps warm waters down from the Coral Sea and may move up to 30 million cubic meters of water per second in a broad ribbon that covers as much as 100 kilometres in width and 500 meters in depth. It is strongest in the early months of the year our Summer, and if not affected by upwelling, the movement of waters from deeper layers of the sea to the surface which are generally cooler, we shall be swimming in summer waters until March.

We examine what blooms in the garden and what fruits fill the market stalls; all the stone fruits, raspberries, avocados, and eat green and butter beans, tomatoes and eggplants from George's own garden. The lime tree has been abundant this year, wonderful firm and filled with juice citrus that will form a New Year's Day Key Lime Pie for guests this afternoon.

Fish we will catch off the beach, George having paid for his licence, and there shall be flathead, salmon and kingfish to feast on.

Mostly we will revel in a season whose pace is similar to our own; slowed and easy and filled with peaceful resonances and time for reflections. Our home and garden will ring with the delightful laughter of grandchildren and the quieter voices of our sons and daughters now grown. George will stroll around the neighbourhood with the dog and perhaps slightly quicker around the golf course. I shall find a nice shady tree and read one of the books I've been longing to read.

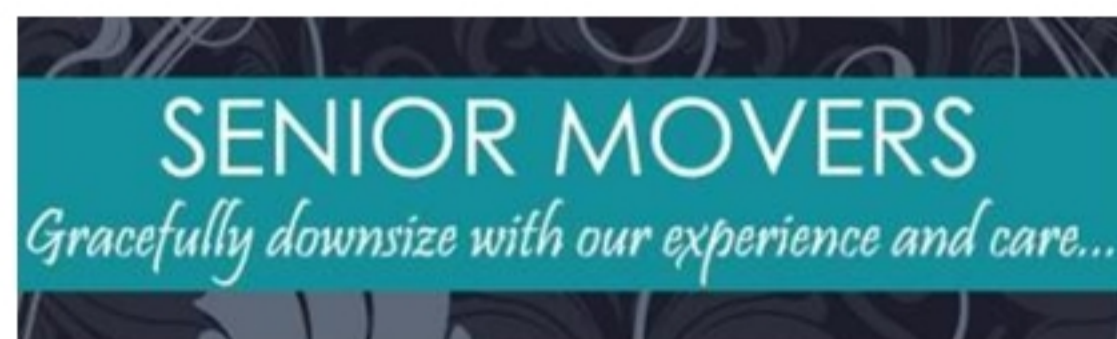
At dusk we will prepare a Summer feast and play some of those lovely tunes that remind us of what a blessing it is to dwell among the seasons. May we wish you days and days of the same and moments to examine the small parts, and how they make one whole, not just on New Year's Day but throughout 2012.



Senior Movers

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

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



www.seniormovers.com.au

Also see Belinda Grundy's [Profile](#) other great Business; www.bgpropertystyling.com.au

The Senior Newspaper Online

Click on logo:



Avalon Computer Pals for Seniors

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

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

[Article on their Seminar](#)



Enable Me

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

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



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

The program may include advice and support with:-

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

For more information or to register please phone.

Call Kerrie on 9979 7677



Contact Community Care Northern Beaches by clicking their logo:



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

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

Ingrid Davey is a qualified Older Adult Instructor and accredited Heartmoves Leader who will guide you through an exercise program that is fun, safe and modified to suit you. Tuesday 9.30am and Thursday 10.30am at Nelson Heather Centre, 4 Jackson Road Warriewood. New people welcome every week. \$8.00 casual Phone Ingrid to secure your spot on 0405 457 063.

www.heartfoundation.org.au



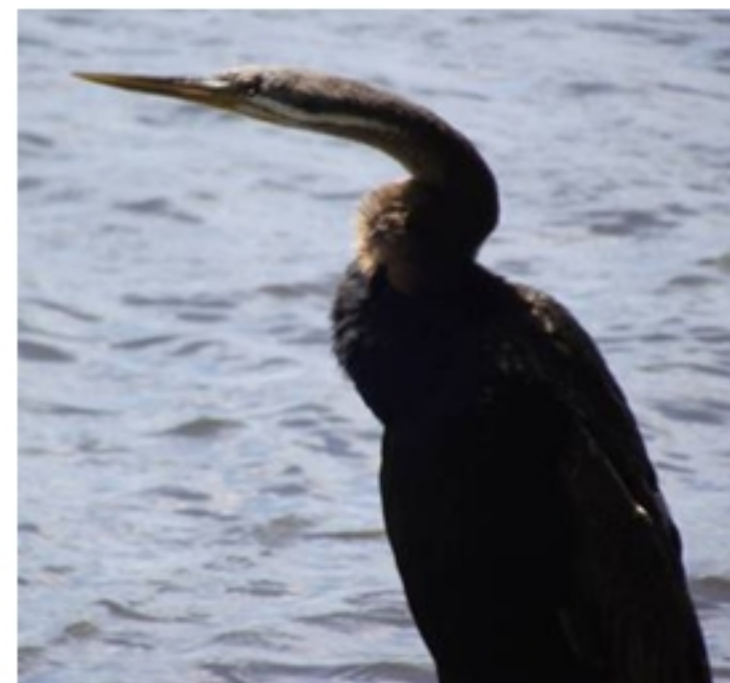
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Summer Creature Features (Associated with Water)

Darter or Snake bird



This waterbird is a Darter or Snake-bird *Anhinga melanogaster*, probably a male, (has chestnut neck markings). It gets the name Snake-bird because when swimming, only the neck and head are above water. It catches fish by spearing them with its sharp stiletto beak, then tosses them into the air and catches them to swallow head-first. It perches on a dead branch

or navigation pile to dry its wings by spreading them out from its body.

"Anhinga" is derived from the Tupi *ajinga* (also transcribed *ayinga* or *ayingá*), which in local mythology refers to a malevolent demonic forest spirit; it is often translated as "devil bird". The name changed to *anhinga* or *anhanga* as it was transferred to the Tupi-Portuguese *Lingua Geral*. However, in its first documented use as an English term in 1818, it referred to an Old World darter. Ever since, it has also been used for the modern genus *Anhinga* as a whole.

Anhingidae are large birds with sexually dimorphic plumage. They measure about 80 to 100 cm (2.6 to 3.3 ft) in length, with a wingspan around 120 cm (3.9 ft), and weigh some 1,050 to 1,350 grams (37 to 48 oz). The males have black and dark brown plumage, a short erectile crest on the nape and a larger bill than the female. The females have a much paler plumage, especially on the neck and underparts, and are a bit larger overall. Both have grey stippling on long scapulars and upper wing coverts. The sharply pointed bill has serrated edges, a desmognathous palate and no external nostrils. The darters have completely webbed feet, and their legs are short and set far back on the body.

Darters are mostly tropical in distribution, ranging into subtropical and barely into warm temperate regions. They typically inhabit fresh water lakes, rivers, marshes, swamps, and are less often found along the seashore in brackish estuaries, bays, lagoons and mangrove. Most are sedentary and do not migrate; the populations in the coolest parts of the range may migrate however. Their preferred mode of flight is soaring and gliding; in flapping flight they are rather cumbersome. On dry land, darters walk with a high-stepped gait, wings often spread for balance, just like pelicans do. They tend to gather in flocks – sometimes up to about 100 birds – and frequently associate with storks, herons or ibises, but are highly territorial on the nest: despite being a colonial nester, breeding pairs – especially males – will stab at any other bird that ventures within reach of their long neck and bill.

Darter. (2011, November 28). In Wikipedia, The Free Encyclopedia. Retrieved from <http://en.wikipedia.org/w/index.php?title=Darter&oldid=462895838>

Australian Water Dragon



The Australian Water Dragon (*Physignathus lesueurii*), which includes the Eastern Water Dragon (*P. l. lesueurii*) and the Gippsland Water Dragon (*P. l. howittii*), is an arboreal agamid species native to Eastern Australia from Victoria north to Queensland, there is also a small population in the south-east coast of the State of South Australia.

Australian water dragons have long powerful limbs and claws for climbing, a long muscular laterally-compressed tail for swimming, and prominent nuchal and vertebral crests (A nuchal crest is a central row of spikes at the base of the head. These spikes continue down the spine, getting smaller as they reach the base of the tail.) Including their tails, which comprise about two-thirds of their total length, adult females grow to about 60 cm (2 feet) long, and adult males can grow slightly longer than one metre (3 feet) and weigh about 1 kg. Males show bolder colouration and have larger heads than females.

Australian water dragons are extremely shy in the wild, but readily adapt to continual human presence in suburban parks and gardens. The one pictured here, in great photos taken by Adrian Boddy, visits each morning and is unafraid of the other residents. They are fast runners and strong climbers. When presented with a potential predator, they seek cover in thick vegetation, or drop from an overhanging branch into water. They are able to swim totally submerged, and rest on the bottom of shallow creeks or lakes for up to 90 minutes, to avoid detection. Both males and females display typical agamid behaviour such as basking, arm-waving and head-bobbing. Fast arm-waving signals dominance, while slow arm-waving signals submission. Males are territorial, and in areas of higher population density, males exhibit displays of aggression toward other males including posturing and chasing.

Australian water dragons hibernate over winter. During spring, usually in early October, the female excavates a burrow about 10–15 cm (4-6 inches) deep and lays between 6 and 18 eggs. The nest is usually in sandy or soft soil, in an area open to sun. When the mother has laid the eggs, she backfills the chamber with soil and scatters loose debris over it. Australian water dragons exhibit temperature-dependant sex determination; the sex of the hatchlings is determined by the temperature of the nest site.

When the young are born they stay near the entrance of the burrow for some time before leaving home. When they finally leave the nest, they tend to group together away from the adult population. As its name suggests, the Australian water dragon is associated with water and is semi-aquatic. It can be found near creeks, rivers, lakes and other water bodies that also have basking sites such as overhanging branches or rocks in open or filtered sun.

Australian water dragons are prey to snakes, cats, dogs and foxes. Nestlings and smaller juvenile water dragons are vulnerable to predation by kookaburras, currawongs, butcherbirds and other carnivorous birds. They are also prone to becoming road kill due to the attraction of warm bitumen and concrete for basking. The Australian water dragon's diet depends on its size. Juveniles and yearlings tend to feed on small insects such as ants, spiders, crickets, and caterpillars. When they get bigger, so does their prey. An adult diet includes small rodents such as baby mice, although insects are still the most commonly consumed.

Australian water dragon. (2011, November 25). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Australian_water_dragon&oldid=462401786

WetlandCare Australia National Art and Photography Competition

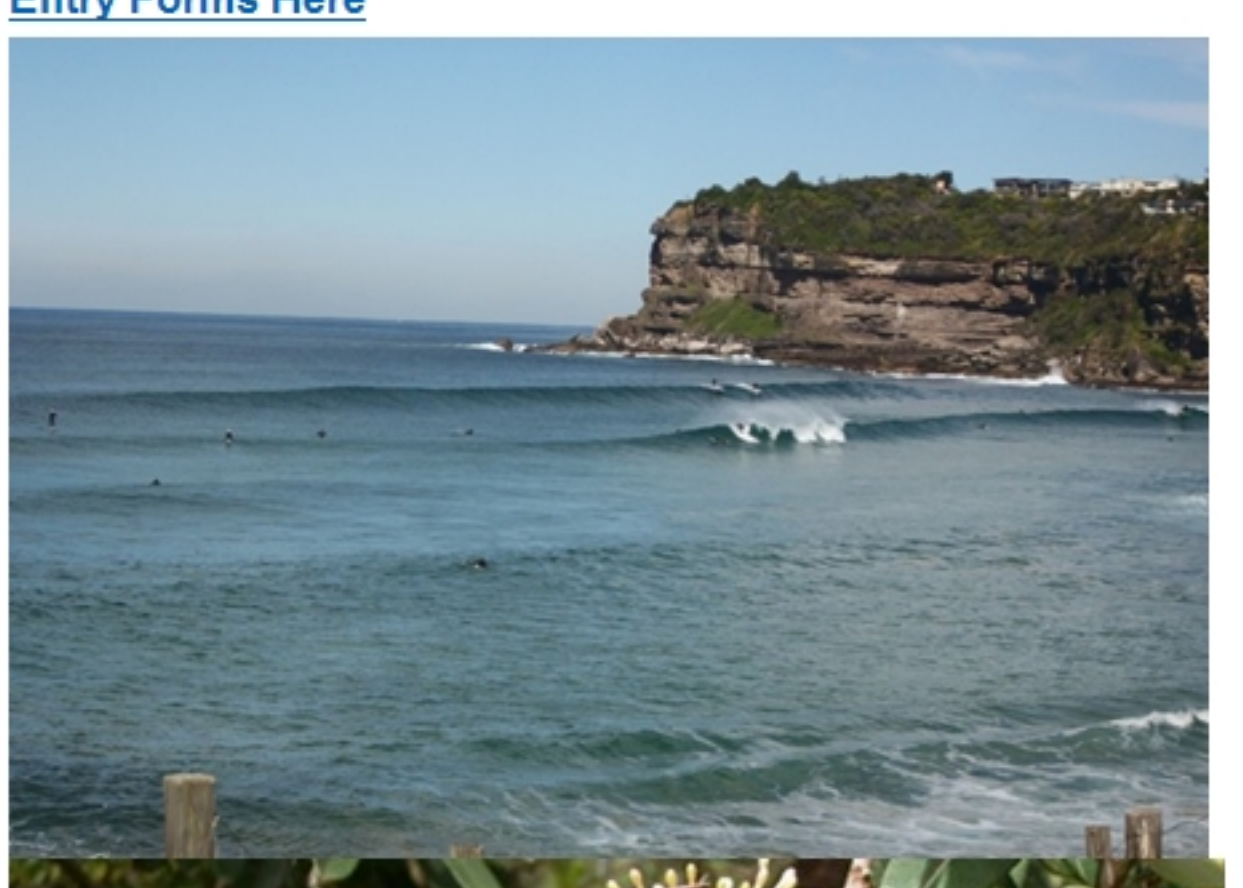
To celebrate World Wetlands Day 2012 on February 2, WetlandCare Australia is hosting their 5th annual Australia wide art and photography competition. There are categories for young people and adults, and for the first time the competition includes categories specifically for Indigenous artists.

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

- *NSW Catchment Management Authorities Open Art 1st Prize: \$1500 Open to all Australian residents
- *Central West Catchment Management Authority Youth Art 1st Prize: \$1200 Open to all Australian residents aged 12-17
- *WetlandCare Australia Children's Art 1st Prize: \$1000 Open to all Australian residents aged 4-11
- *Murray-Darling Basin Authority Indigenous Art Youth 1st Prize: \$1200 + Art supply kit Open to Aboriginal and Torres Strait Islander artists aged 17 years and under
- *Queensland Wetlands Program Indigenous Art Open 1st Prize: \$1200 + Art supply kit Open to all Aboriginal and Torres Strait Islander artists
- *NSW Office of Environment and Heritage Open Photography 1st Prize: \$1200 Open to all Australian residents
- *Golden Chain Youth Photography 1st Prize \$1000 Open to all Australian residents aged 17 years and under

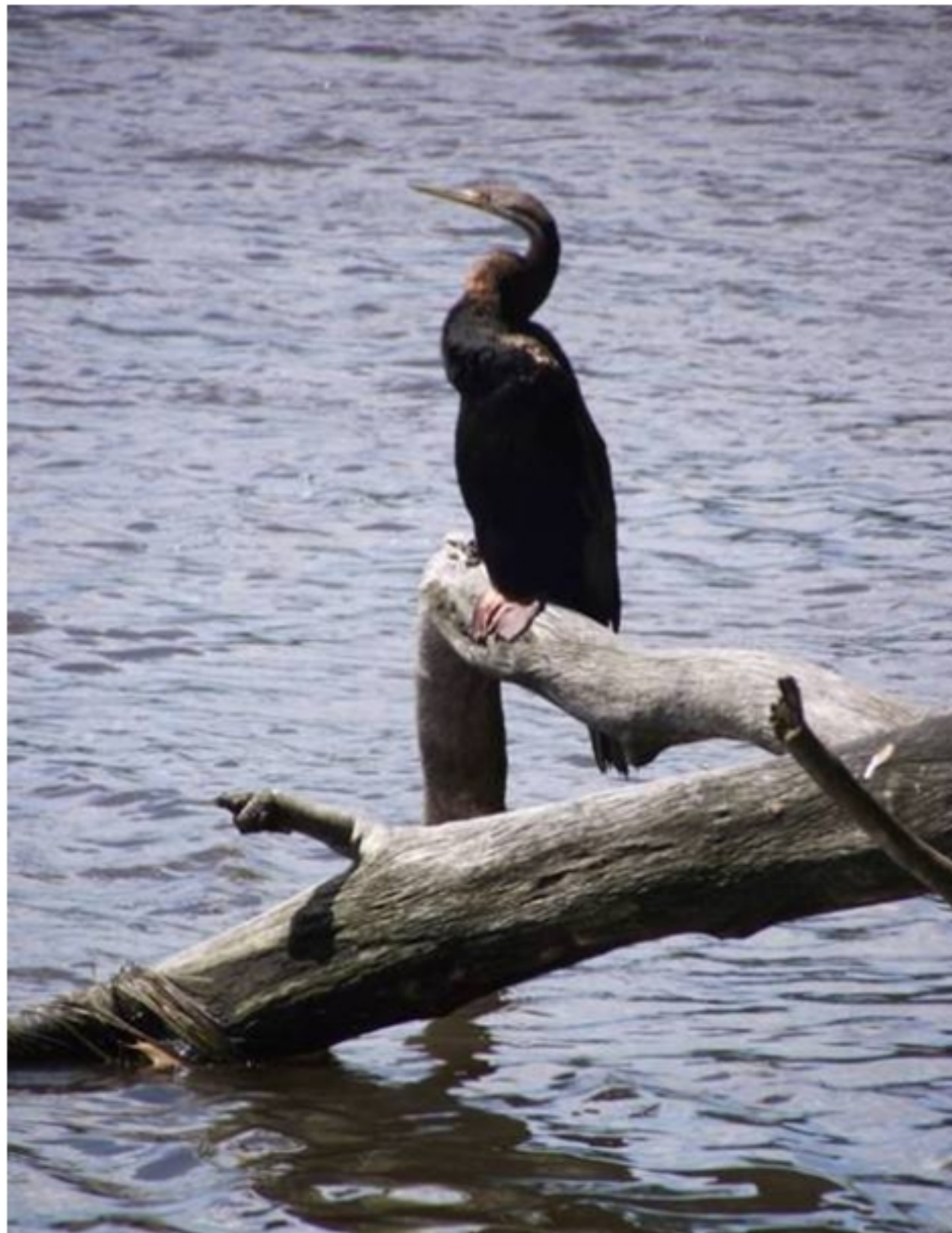
WetlandCare Australia Senior Management will select 3 of the winning works selected by the judges in Art, Indigenous Art or Photography that best promote the organisations objectives for the next 12 months. These works will be awarded a WetlandCare Australia Award, and will be used in promotional materials and events. See the Rules of the Competition for full details.

[Entry Forms Here](#)



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

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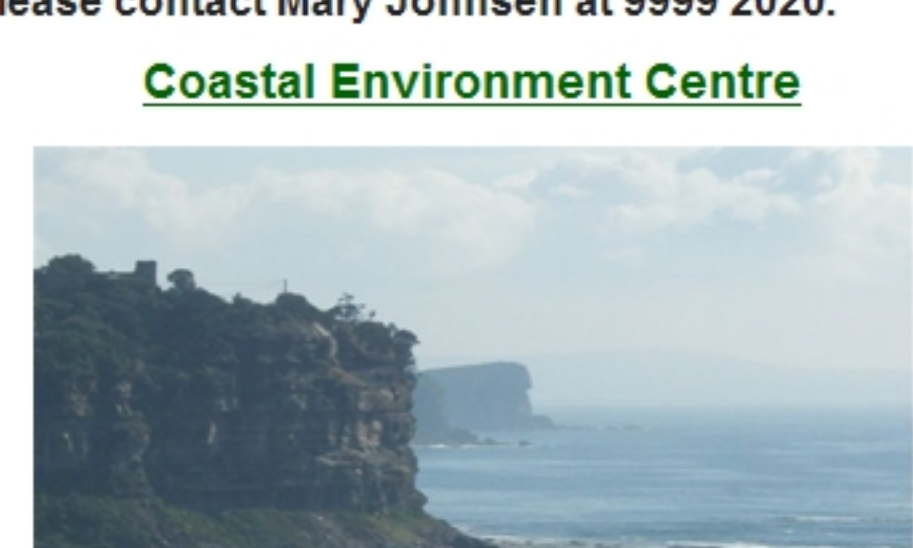


Bushcare at Warriewood

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



Coastal Environment Centre



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

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

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

December Newsletter includes information on:

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

[HERE](#)

How Green is a Spotted Gum when Wet?



PITTWATER COUNCIL

ONLINE BIODIVERSITY CALENDAR A FIRST

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

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

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

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

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

The calendar can be viewed at www.pittwater.nsw.gov.au/environment/biodiversity To submit photos for the biodiversity calendar email cec@pittwater.nsw.gov.au



What Does PNHA do?

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

Email: pnhainfo@gmail.com Or click on Logo to visit website: [PROFILE](#)



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

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



Pittwater's Environmental Foundation

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

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

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

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

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



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

from the Prayer of Saint Patrick

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Tapas

Tapas are a variety of Spanish appetizers that have evolved into a cuisine sympathetic to Australian Summers and our casual dining preferences during this season. Large platters of a variety of cold and warm 'finger foods' suffice and go well with relaxed afternoons and evenings and allow you to spend time talking and being with your guests instead of sweating in the kitchen.

Those shown here were created by the brother of a staffer and his partner for Christmas Day lunch and afforded a few hours of relaxing before the mains. Pictured are cauliflower florets dipped in seasoned flour and deep friend, whole mushrooms, chorizos, eggplant and zucchini slices, a prawn and mango salad, fresh salmon topped with haloumi and seared plums, chickpea and beetroot dips and marinated quail.

All cooked varieties were prepared on the BBQ and prove you are limited only by your imagination and the ingredients on hand.

Mango and Prawn Salad

1kg Green prawns, shelled
3-4 mangos, diced and mixed with mint, fresh slivers of chilli, and 3 shallots

Bed of mixed salad greens to serve on (optional)

Dressing: 2 tablespoons sweet chilli sauce, 2 tablespoons olive oil, 2 tablespoons finely chopped mint, pinch salt and pepper

Edges of lime to serve

Grill prawns and arrange on bed of greens topped with mango mix, top with dressing and chill until ready to serve.



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History

The word "tapas" is derived from the Spanish verb *tapar*, "to cover". According to legend, the tapas tradition began when king Alfonso X of Castile recovered from an illness by drinking wine with small dishes between meals. After regaining his health, the king ordered that taverns would not be allowed to serve wine to customers unless it was accompanied by a small snack or "tapa".

According to *The Joy of Cooking*, the original tapas were the slices of bread or meat which sherry drinkers in Andalusian taverns used to cover their glasses between sips. This was a practical measure meant to prevent fruit flies from hovering over the sweet sherry. The meat used to cover the sherry was normally ham or chorizo, which are both very salty and activate thirst. Because of this, bartenders and restaurant owners began creating a variety of snacks to serve with sherry, thus increasing their alcohol sales.[1] The tapas eventually became as important as the sherry.

Tapas have evolved through Spanish history by incorporating ingredients and influences from many different cultures and countries. Most of the Iberian Peninsula was invaded by the Romans, who introduced the olive and irrigation methods. The invasion of the North African Moors in the 8th century brought almonds, citrus fruits and fragrant spices. The influence of their 700-year presence remains today, especially in Andalusia. The discovery of the New World brought the introduction of tomatoes, sweet and chili peppers, maize (corn), beans and potatoes. These were readily accepted and easily grown in Spain's microclimates. Tapas. (2011, December 28). In Wikipedia, The Free Encyclopedia. Retrieved from <http://en.wikipedia.org/w/index.php?title=Tapas&oldid=468099162>



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

Mother Love (thanks WAG & RG)



Rhythm and Blues Revue (1955) Joseph Kohn, Leonard Reed

Musical variety show filmed at the Apollo Theatre in Harlem, New York City featuring a cast of popular African-American performers: Willie Bryant, Freddie Robinson, Lionel Hampton, Count Basie, Faye Adams, Bill Bailey, Herb Jeffries, Amos Milburn, Sarah Vaughan, Nipsey Russell, Big Joe Turner, Martha Davis, Little Buck, Nat 'King' Cole, Mantan Moreland, Cab Calloway and Ruth Brown.



Internet News:

What Industries Will be Starving for Talent in 2012?

inc.com - These will be the five hardest slots for you (and any start-up) to fill in the new year. The year flew by mostly because it was a very, very busy one. Although the economy continues to face many challenges, the startup and tech...

How It Works in the Social Media Age?

mashable.com - Branding and social media - they seem to go together so well, yet they're both widely misunderstood. This infographic sheds some light on this often-misunderstood topic.

How Companies Lose Their Best Employees

forbes.com - Big companies are notoriously bad at keeping their best people. Here's why Dilbert lives in most big companies.

3 Ways to Use YouTube to Drive Traffic to Your Website

Links for cloud enthusiasts



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



eBooks

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



Marine and Freshwater Research

Volume 62(12) 2011
December 2011

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

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Like: +7



Summertime... exhales.

Live. Life. Love.

Jimmy Stewart Week:

Made for Each Other (1939) Directed by John Cromwell

Jimmy Stewart plays John Horace 'Johnny' Mason, a young lawyer who marries Jane Mason (Carole Lombard) after only know her one day. David O'Selznick Productions.



Pot o' Gold (1941) Directed by George Marshall

Jimmy, the owner of a failed music shop, goes to work with his uncle, the owner of a food factory. Before he gets there, he befriends an Irish family who happens to be his uncle's worst enemy because of their love for music and in-house band who constantly practices. Soon, Jimmy finds himself trying to help the band by getting them gigs and trying to reconcile the family with his uncle, an avid music-hater, all while winning the heart of the beautiful Molly! Stars James Stewart, Paulette Godard, Charles Winninger.



Photo competition

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

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

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

Entries must then be:

provided as photographic prints (minimum size 15 x 10 centimetres), accompanied by a completed [entry form](#), including details of all digital alterations, accompanied by no more than 10 other entries per person, and posted to the Bureau of Meteorology at the address below.

If a picture is shortlisted, the entrant must provide the image in its original format, whether that be negative, (35mm) transparency, or digital. Negatives and transparencies will be returned by registered post.

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

Contact:

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

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

A corporate LAWYER sent the following out to the employees in his company:

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

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

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

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

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Old Books

January 1 - 7, 2012: Issue 39

[Old Books: January 2012; Summer](#)

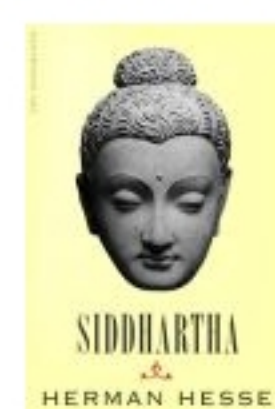
By River and by Sea: An Australian Story (1888)

Author: Tansor Southcote, Publisher: W.K. Thomas & Co., Printers

The seashore book : Bob and Betty's summer with Captain Hawes (c1912) Author: Smith, E. Boyd (Elmer Boyd), 1860-1943

Publisher: Boston : Houghton Mifflin

Something Old:



Siddhartha
An Indian Tale
written by Herman Hesse. 1922.

FREE DOWNLOAD E-Book

Genres: Philosophy, Fiction and Literature, Religion, Audiobook

An allegorical novel that follows the spiritual journey of an Indian man called Siddhartha during the time of Buddha (6th century B.C.). Beginning with the main character's departure from his

Brahmin home the search for enlightenment takes Siddhartha through a series of changes and realizations. The word Siddhartha derives from two words in the Sanskrit language, siddha (achieved) + artha (meaning or wealth). The two words together mean "he who has found meaning (of existence)" or "he who has attained his goals".

Something New:



Among the Islands: Adventures in the Pacific
by Tim Flannery

Twenty-five years ago, a young curator of mammals from the Australian Museum in Sydney set out to research the fauna of the Pacific Islands.

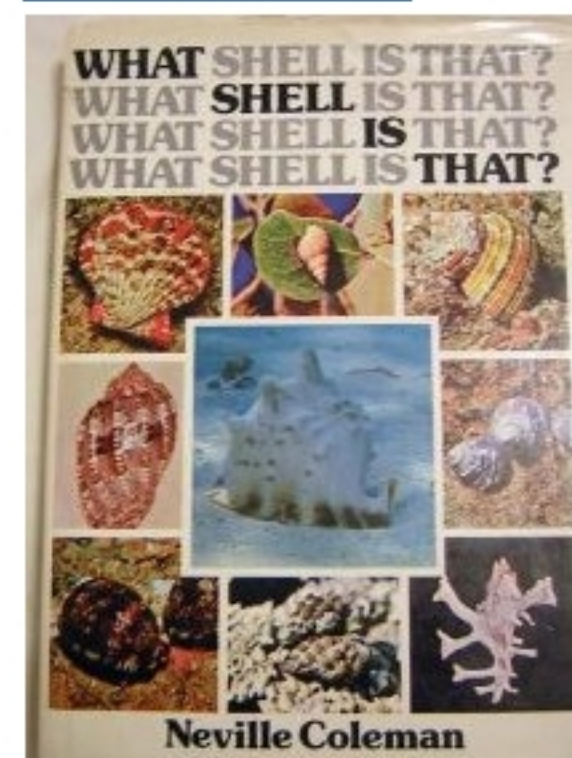
Starting with a survey of one of the most inaccessible islands in Melanesia—Woodlark, in the Trobriands Group—that young scientist found himself ghost-whispering, snake wrestling, Quadoi hunting and plunged waist-deep into a sludge of maggot-infested faeces in search of a small bat that turned out not to be earth-shatteringly interesting.

With accounts of discovering, naming and sometimes eating new mammal species; being thwarted or aided by local customs; and

historic scientific expeditions, Tim Flannery takes us on an enthralling journey through some of the most diverse and spectacular environments on earth.

Something Borrowed:

What Shell Is That?



by Neville Coleman

The following text is from dust jacket of the book, June 11, 2005
By Michael P. Gage

This magnificently illustrated and authoritatively written book brings a new dimension to the vast world of shells. From the first glimpse the reader becomes fully aware of shells as living animals, molluscs with fascinating histories and habits. With 750 species presented, this book will have wide appeal for the general public and for the dedicated shell collector. Close-up studies of the shells and animals take the reader into an exquisite, living world comprehensively brought to life for the first time. What Shell is That? contains vital and unique information on the ecology, natural

history, and conservation of shells. What Shell is That? reflects the dedication and enthusiasm of the author for his subject, and will no doubt swell the ranks of shell devotees. It will have a wide range of usage, whether for pleasure or for study.

Neville Coleman was born in Hunters Hill, Sydney in 1938, a fifth generation Australian. His interests in marine animals took a serious turn in 1963 when he began diving to further his knowledge. Since then he has become Australia's foremost underwater naturalist and has completed a 40,000 mile expedition around the Australian coast recording the marine life. Although interested in all marine organisms, molluscs have taken up the greater part of his studies. He belongs to a number of organisations concerned with the study of molluscs, their natural history and their ecology including the Malacological Society of Australia and the Australian Littoral Society. Many of his observations, articles and photographs have been published in overseas books and marine orientated magazines.

The majority of species shown in this book have been personally found by the author and the larger part of his collection has been donated to various State museums. He has located a number of new shell records for Australia and discovered many species new to science, two of which bear his name. He has acted as honorary photographer on several subtidal scientific expeditions and is a marine associate of the Australian Museum.

Avalon Library Hours

Monday to Friday 10am to 5pm

Saturday 10am to 1pm

Sunday 2pm to 5pm

59a Old Barrenjoey Road

Phone: 9918 3013 Fax: 9918 7046

Email avalonlibrary@ozemail.com.au

Web Address www.avalonlibrary.org.au

Children's Storytime at Mona Vale Library

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

Tuesdays 10.00am - 11.00am

Wednesdays 10.00am - 11.00am

Thursdays 10.00am - 11.00am

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



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The Blues:



Racing to Coffs - Memoirs of a Coffs Race Addict – written by Past Commodore of RPYAC, Angus Gordon.

In his foreword to the book RPYAC Commodore Russell Murphy says: "Angus Gordon's *Memoirs of a Coffs Race Addict* follows lengthy research into the Pittwater to Coffs Harbour Yacht Race from an author whose personal passion is sailing and whose professional life has been devoted to studying the climate and the sea.

The 148 page soft cover book "Racing to Coffs – Memoirs of a Coffs Race Addict" is a celebration of the 30th year of the Pittwater to Coffs Race. It contains a detailed history of the race starting from its birth out of the South

Solitary Island Race. Highlights of each year are presented along with the placegetters in all major divisions and a rundown on the weather experienced in each race. A few little "out of school" stories creep into the text to expose the otherwise forgotten exploits of some competitors such as the surprise of one crew as they involuntarily surfed across the Edith Breaker bombora, the beaching of a couple of yachts that tracked too close to the surf zone of Newcastle Bight and the cutting off of the mast of one yacht, at a height determined by the clearance under Swansea Bridge, just so they could get a drink at the Lake Macquarie Yacht Club.....having pulled out of the race after a challenging first afternoon.

A comprehensive section on preparing both vessels and crew has been included. This covers a wide range of topics from compliance with the regulations to sail selection, provisioning, and clothing and crew experience and training. There is a seven page detailed checklist of matters to be attended to in preparing your yacht. The checklist contains suggestions as to who should carry out each of the actions and is setout for easy use.

There is a chapter on the weather that can be experienced in the race. This covers: system winds; sea breezes; land breezes; catabatic winds; thunderstorms; microbursts and local modification of winds due to the shape of landforms. The weather systems are described and their likelihood of being experienced on various legs of the course is discussed along with ways to predict wind changes ahead of their arrival, with particular reference to unusual phenomenon specific to some legs. The chapter also covers both wind waves (sea) and swells, how they are generated and the way to interpret potential weather changes by "reading" the wave forms.

One of the trickiest tactical issues in racing to Coffs is how you understand and play the currents. To better equip you for this challenge the book provides information on the East Australian Current, wind induced currents, wave induced currents, the tidal currents near the river mouths, inshore currents along the beaches outside the surf zones and how the various currents interact in different locations along the coast.

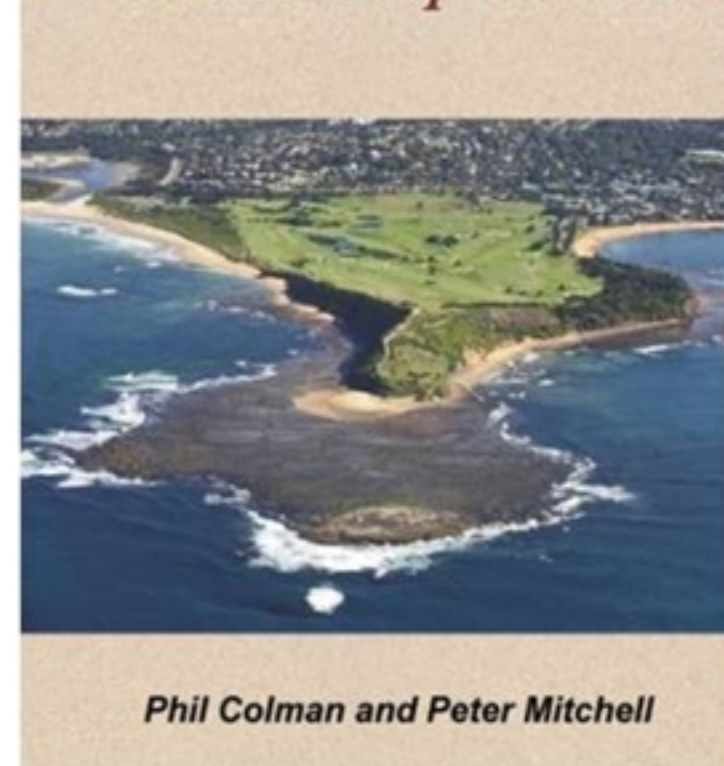
Route planning is discussed and tables of waypoints and the bearings and distances between waypoints are included along with suggestions and cautions as to the choice of route depending on weather conditions.

There is an extensive and detailed section on tactics. This breaks the course down into six legs: the start and Broken Bay; Third Point to Sugarloaf/Seal Rocks; Sugarloaf to Crowdy Head; Crowdy Head to Tacking Point; Tacking Point to Smoky Cape and Smoky Cape to Coffs Harbour. Each leg is discussed in terms of the suggested tactics for differing weather conditions and different size/speed yachts. Dangers to watch out for along the way are highlighted along with ways to get the best out of the weather, currents and characteristics of the various coastal embayments. Ports of refuge and marine rescue facilities are also mentioned in case a yacht needs to seek shelter or help.

A chapter has been included on returning to Sydney with suggestions as to the fastest course to take and potential waypoints. The appendices present a summary of the race results for each year of the race and some background on the history of the construction and shoaling of Coffs Harbour. A list of thirteen accredited Volunteer Marine Rescue stations is included along with the channels each monitors, their phone numbers and email addresses and whether they are 24 hour stations or not.

The book is available from RPYAC please [order your copy online here](#). The author (Commodore RPYAC 2005-2008), who volunteered his time, has dedicated all profits from its sale to development of young sailors. The 148 page book comes with a 330gsm gloss soft cover for easy storage and access on your boat.

Exploring tidal waters on Australia's temperate coast



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

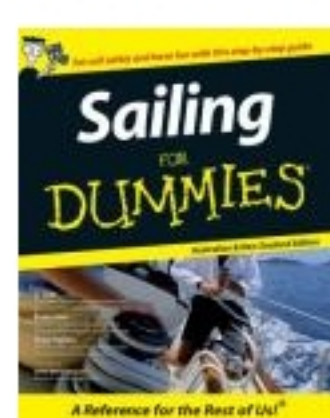
Exploring between tidal waters on Australia's temperate coast. The senior author, Phil Colman, has been taking groups of people over the rock platforms of the northern beaches for about 40 years. As a marine biologist, formerly of the Australian Museum, he is well equipped to explain the very rich and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

This book is designed to answer, in simple language, the many questions he has been asked over the years – What is it? He describes the book as scientifically accurate but not scientifically boring. Co-author Peter Mitchell, a retired professor,

added not only substantially to the written word but supplied all the many excellent photos, nearly all of which were taken locally.

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

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



Sailing For Dummies

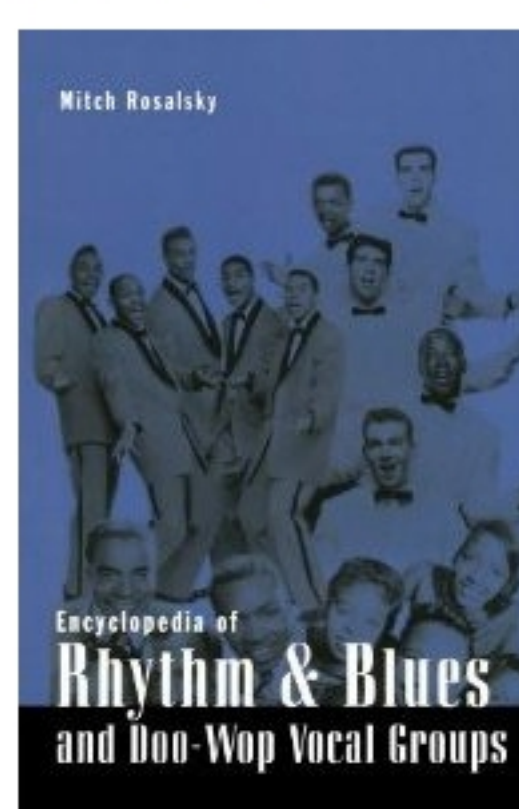
Australian and New Zealand Edition

Authors: J. J. Isler, Peter Isler, Tony Hollins

Published: 25th July 2007 by John Wiley & Sons Pty. Ltd., Australia

Want to sail into the sunset but don't know port from starboard? Don't worry! Sailing For Dummies, Australian and New Zealand Edition, covers the latest on boats, gear and racing. This hands-on guide helps you chart a course to sailing success, from getting familiar with nautical terms and seamanship basics to setting sail, navigating, docking and anchoring—even riding out a storm.

Author Biography: JJ Isler won Olympic sailing medals in Sydney and Barcelona. Peter Isler won the America's Cup twice as navigator aboard Dennis Conner's Stars & Stripes. Tony Hollins has been sailing all his life and is a developer of navigation training software.



Encyclopedia of Rhythm and Blues and Doo-Wop Vocal Groups
by Mitch Rosalsky

Publication Date: December 10, 2002
In this unique guide to rhythm and blues vocal groups, Mitch Rosalsky has collected an abundance of information on individual groups. One of the first books to approach this subject from the groups' personnel standpoint, the Encyclopedia of R&B and Doo Wop Vocal Groups presents trivia about individual members as well as discographies for the groups, and many rare photographs. Over 1,000 groups are listed alphabetically with cross-referencing that allows readers to see when individuals have performed with multiple groups. With its easy-to-use alphabetical format, accurate and hard-to-find information, the Encyclopedia is an essential reference for deejays, collectors, and music historians.

Assisted in his research by some of the very same authors of those famous biographies in those now famous but never forgotten magazines, this book is testimony of the need to give immortality to the individuals whose beautiful voices have thrilled us for years. Every effort has been made to present the most up-to-date and accurate information available.



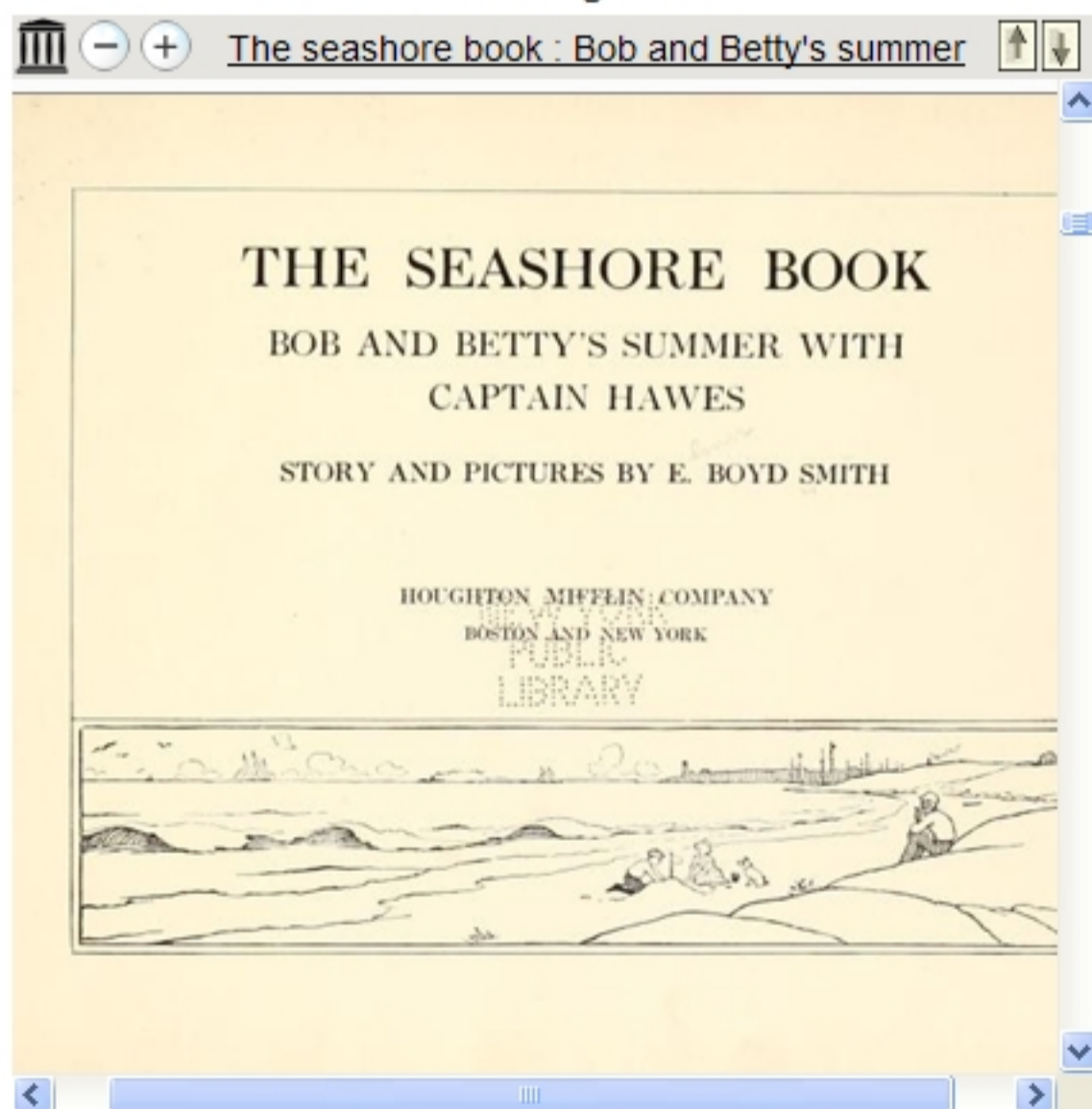
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Old Books

Old Books: we will change these monthly.

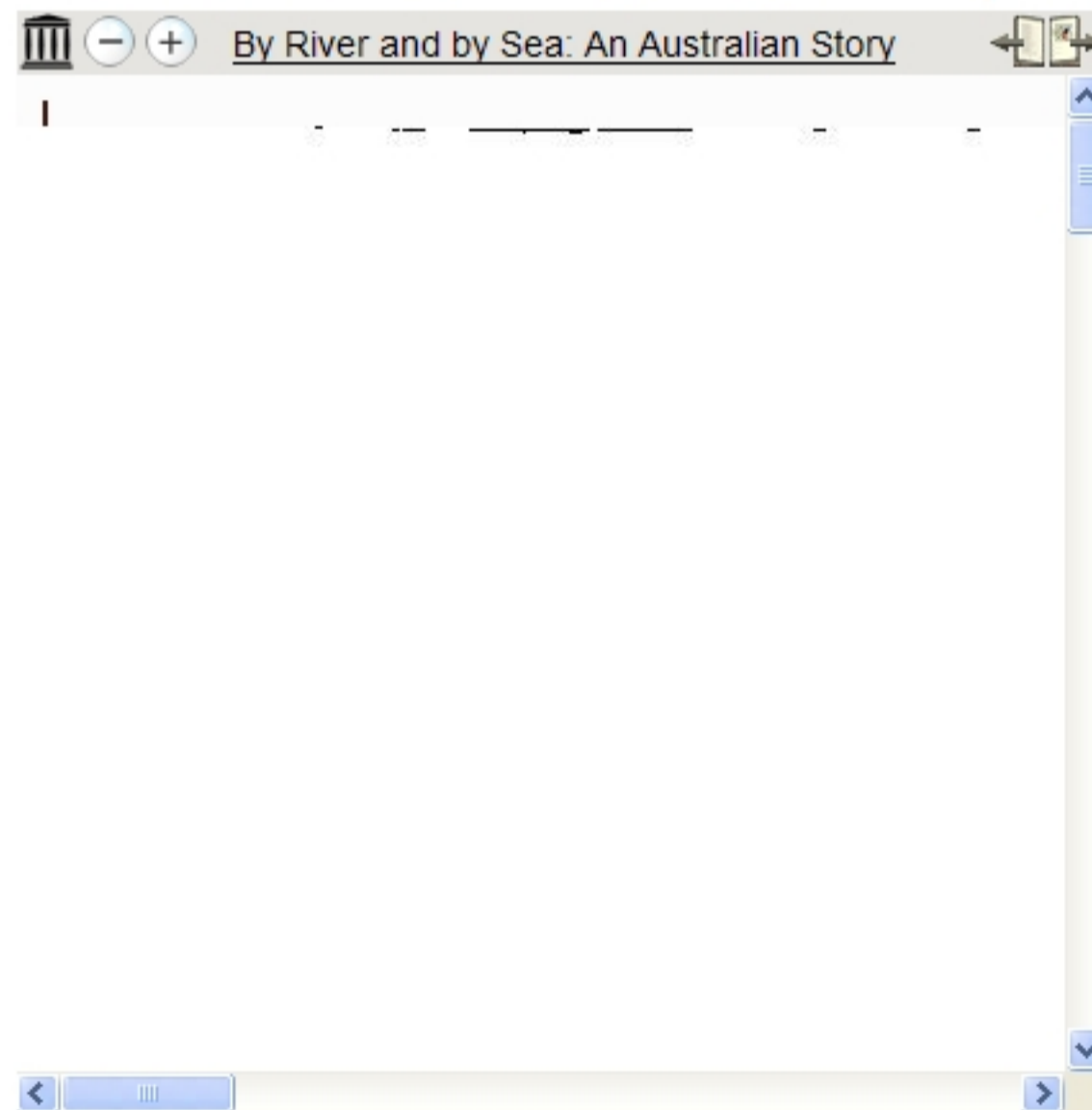
For more works now archived and available to all, please visit: <http://www.archive.org/>

Below: **The seashore book : Bob and Betty's summer with Captain Hawes (c1912)** Author: [Smith, E. Boyd](#) (Elmer Boyd), 1860-1943 Publisher: Boston : Houghton Mifflin



Sacred Texts Website: <http://www.sacred-texts.com/index.htm>

Below: **By River and by Sea: An Australian Story (1888)**
Author: Tansor Southcote, Publisher: W.K. Thomas & Co., Printers



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January 2012 - Annette 'Nettie' Lodge



Nettie Lodge was born in Nowra, NSW, Australia. Her family moved to Perth WA in 1969 where she finished high school and obtained a Bachelor of Fine Art at John Curtin University.

In 1980, she was accepted into a Post Graduate programme

at the Banff Centre of Fine Arts in Alberta, Canada for which she was awarded an Overseas Study Grant from the West Australian Arts Council.

Travelling has always been a potent source of inspiration to her work and she has held numerous solo exhibitions based on various and mysterious parts of the world she has visited. Her work is represented in public and private collections around the world. She currently works in Sydney as a freelance illustrator and a part time lecturer at the Billy Blue College of Design. She exhibits regularly at the Soho Galleries in Sydney where she has held numerous solo shows since 1995.

Annette is also an author and illustrator of children's books. In 2005, her children's picture book BIRD, published by ABC Books won a NOTABLE BOOK MERIT at the Children's Book Council of Australia Awards. Her most recent book NATEMBA, published by ABC Books is based on the plight of orphaned animals in Africa, for which she researched as a volunteer at a Vervet Monkey sanctuary in South Africa.

See more at: <http://annettelodge.com/>



Above: Butterflies



Above: The Memory of Fish

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Above: 3D Goanna Mixed Media

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Above: The Wind Trees



Bushfire 2:

An Angel Song:



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Above: The Queen's Club building, Queen's Square. File: 008\008795 ADDRESS: 180-182 King Street and 239-241 Macquarie Street. DATE: 1 Mar 1960 CITATION: NSCA CRS 47/1750 PROVENANCE: City of Sydney Archives

Below: Creator Hood, Sam, 1872-1953 Title Date of Work 5/1942 Call Number Home and Away - 10466 General Note [Moana Cafe, left]



Above: King Street, Sydney, 1861-ca.1900 / chiefly by Kerry & Co. Pic No. a568023h. Courtesy State Library of NSW . Below: Trams, King Street, Sydney, 1900 Repository: Tyrrell Photographic Collection, Powerhouse Museum www.powerhousemuseum.com/collection/database/collection=The_Tyrrell_Photographic



SEAFOOD IN SYDNEY

By George Repin

Long before good fish restaurants appeared in the suburbs around Sydney and the improved image of the Fish Markets attracted members of the public to go there, King Street was the place for the best seafood.

From the late 1890s to the late 1950s King Street was the virtual centre of Sydney because of the tram routes. From Erskine Street one line ran up King Street to Queens Square then through Kings Cross, past the Stadium in Rushcutter's Bay, through the Bay suburbs to Watson's Bay and the Gap. The other lines crossed King Street – along Pitt and George Streets to the inner Western Suburbs and significantly the routes along Elizabeth Street which serviced the racecourses at Randwick (now Royal Randwick), Kensington (now the campus of the University of NSW) and Rosebery (where housing estates are replacing the industrial complexes originally built on the racecourse site).

Punters ate in King Street before going to the races by tram and, if successful, returned for dinner. In the evenings those on their way to the Stadium, either for boxing or wrestling, or to hear the international artists who performed there, such as Frank Sinatra, Johnny Ray or the Beatles, ate in King Street. They had great choices of seafood - almost all provided by Greeks.

In the basement of the Queen's Club building in Queen's Square Jim Poulos ran **Raynaud's** until demolition to make way for the Law Courts building forced his closure and the Queen's Club to move to Elizabeth Street.

Gravas Café between Elizabeth and Castlereagh Streets was established by Spiro and George Gravas and their brother-in-law Spiro Andipas in 1932. They had come from Levkas. Spiro Andipas bought out his partners in 1945, entrusting its management to his son-in-law Leo Raftos in 1950. The closure of Gravas, when the building was demolished, was marked by a full-page tribute in The Daily Mirror with many distinguished customers recording their regret.

Stamell's, established in 1904 by two brothers from Ithaca, the Stamells, originally at 130 King Street and later further down the street in premises previously occupied by Woodward's Fish Café, was the oldest. It was unique in that it had a wine licence and also because ladies, who were precluded from eating on the ground floor, were taken by lift to a private ladies dining room. The building was demolished to make way for the MLC Building. For a time before the demolition Peter Raftopoulos and his wife ran a restaurant there.

Victor's Oyster Bar across the road was the only establishment not operated by a Greek although all his employees were. Victor, who was Jewish, spoke perfect Greek. He had escaped from Turkey when Greeks were expelled from Smyrna. Customers stood in front of a marble bar to eat oysters shucked before their eyes by men on the other side of the counter, wearing long rubber aprons. The wonderfully fresh oysters were served with wedges of lemon. Victor's lease, in the two storey building which is still there, did not allow him to fry or grill food, but he made a specialty of boiled schnapper with oyster sauce. After Victor died in 1950 his son-in-law continued in the business.

Turning the corner north into Pitt Street there were two later comers – **Fernandez** on the east side and the **Moana** on the west side.

The displays of fresh fish attractively set out on crushed ice were features of the cafes on ground floor street frontages. Live prawns caught overnight in the Parramatta River and the then famous King Prawns from Rose Bay were delivered daily by Italian fishermen. Plump oysters came from wherever they were best along the NSW coast depending on the season. The short lines of supply guaranteed absolute freshness.

Who were the regular customers? They were barristers, judges and solicitors because of the proximity of Phillip Street and the law courts, actors from the Theatre Royal and the Phillip Street Theatre, journalists from the Sun Newspaper just around the corner in Elizabeth Street, staff from David Jones and many others working in the city.

Leo Raftos, for whose recollections and assistance in the preparation of this article I am very grateful, reminisced about some of his customers who included well-known names such as Mr Justice Dovey, Lionel Murphy, Bob Dyer, Jill Perriman, Bill Orr the producer and Sir John Kerr who had his last fish meal in Sydney at Gravas' before moving to Yarralumla. He particularly remembers the pleasure of sitting down to chat with John Gielgud (later Sir John) who regularly came in for his favourite, John Dory, when appearing at the Theatre Royal.

It all changed when the trams were removed, parking in the city became increasingly difficult, real estate development replaced old buildings with modern high rise office blocks in which fish cafes could not afford ground floor street frontage rentals, and quality restaurants and fish cafes were opened in the suburbs.

The King Street Greek fish cafes disappeared but many descendants of their proprietors have gone on to contribute in the Australian community as lawyers, doctors and in other professions.

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Seashells

She finds seashells by the seashore...



Shells are mainly decorative in Australian homes. They have been and still are put to use elsewhere as currency, tools, in horticulture due to their high calcium content and its ability to enrich soils, in religion and spirituality, as musical instruments for thousands of years (The sacred chank, *Turbinella pyrum*, known in India as the shankha. In Tibet it is known

as "dung-dkar" and The Triton shell also known as "Triton's trumpet" *Charonia tritonis* which is used as a trumpet in Melanesian and Polynesian culture and also in Korea and Japan. In Japan this kind of trumpet is known as the horagai. In Korea it is known as the nagak. In some Polynesian islands it is known as "pu".) and for decorative purposes with some seashell necklaces being found in Stone Age graves and others being fashioned into buttons. They have also been used as architectural decorations, the shell sheen or pearl or in art, the goddess Venus most often being depicted as rising from the sea on a seashell. They have also long played an important part in the lives of our indigenous and Torres Strait Islander peoples.

Size pertains to age, with larger varieties clearly being older. A clam's age is determined by the size of its ridges, whereas scallops are said to produce around one ridge per day. Interestingly Giant Clams, in Micronesia's Koror Island, can weigh more than 227 kilograms (500pounds).

Collectors clubs and field guides are available to identify regional shells although some prefer purchasing imported products that have been prepared ready for display. Those who pick up these mementos here should be aware there are restrictions and rules and regulations regarding shell collecting in Australia. In QLD no more than five specimens of any species of shell may be collected in 28 days. Elsewhere specific organisations are responsible for each area and you should check if visiting. Just remember there are over 20 million others here who may want to take home a memento too.

Cleaning afterwards, if you don't want a continuous pungent sea smell growing ever acrid indoors, is necessary. Soaking the submerged shells in a mix of detergent and water overnight and then scrubbing them with an old toothbrush should remove all debris and odour.

In Australia the Cowrie shell is most popular and can be collected on every shore from south to north with a variety of colours and sheen that pertain to variety and where they are found. The varieties here show the smooth cowries (cypraea), one collected on Newport, along with a blue Abalone shell from New Zealand, called pāua (from the Māori language) and also used as a toggle that is worn by both males and females and regarded as a family heirloom, conch shells, clam, and others, some bought, some collected.

Lastly, why do we hear the seashore when we lift a shell to our ears; because the wave-like sound we hear is actually a concentration, within the shell, of certain frequencies from the 'white noise' of our surrounding environment. The seashell captures this noise, which then resonates inside the shell. Larger seashells will produce lower pitched sounds, smaller shells tend to produce higher pitches.

Further:

Sydney Shell Club meets once a month and have regular field trips:

<http://www.sydneyshellclub.net/>

Online Identification for Australian Seashells:

http://www.capricornica.com/Aust_shells/

Australian Seashells: <http://www.seashells.net.au/>

Glossary of Māori Words and Terms:

http://ojs.review.mai.ac.nz/info/mai_review_glossary_of_words.pdf

Seashell. (2011, December 27). In Wikipedia, The Free Encyclopedia. Retrieved from <http://en.wikipedia.org/w/index.php?title=Seashell&oldid=467862559>