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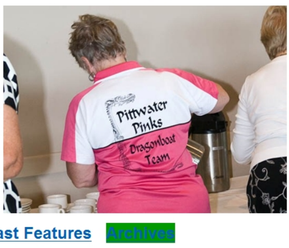
Above: Guest Speaker Nici Andronicus and Yvette Blount, Vice President of the Zonta Club of the Northern Beaches

Above: Superintendent Doreen Cruickshank

Above: Hon. Bronwyn Bishop with Zonta ladies

Nici Andronicus



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Tribute to Patricia Giles

By Reverend Dr Gordon Moyes

Patricia Giles is the longest serving mayor of Pittwater Council, having served seven terms from 1997 to 2004. She also served as deputy mayor for four terms from 2005 to 2009. Patricia will retire, after more than 25 years of fighting for Pittwater, at the next local government elections in 2012. Patricia Giles played an important part of the Pittwater Municipality Committee in 1985 that began the fight to secede from its giant southern cousin, Warringah Council. In 1991 then Minister for Local Government, David Hay, announced that Pittwater would be legally divorced from Warringah. A provisional council was installed and at the first election in 1992 Patricia Giles was elected to represent central ward and she has been re-elected ever since, easily outlasting every other councillor on Pittwater Council.

Since the 1980s Patricia has been involved in many resident action groups—in particular, the Pittwater Grove Residents Committee. Patricia led the fight to retain and upgrade Mona Vale Hospital from 1997, along with the saving of the Warriewood-Ingleside escarpment. She also led the fight to create a regional park at Winnererremy Bay, which resulted in the saving of the area from development. It was subsequently turned into a large reserve which, to this day, is a highly popular area of open space used by the local community and visitors to the area. She was also active in saving Bicentennial Park at Mona Vale, raising $14,000 for playground equipment.

Patricia has held positions on numerous committees and taskforces including chairperson on the National Parks and Wildlife Advisory Committee, member of the Bicentennial Environment Committee, the Local Government Association Land and Environment Taskforce, the Ministers Migration Taskforce and the New South Wales Local Government Advisory Group. She is a patron of the Newport Surf Life Saving Club Disabled Nippers Program and has been awarded the Distinguished Service Award by Surf Life Saving Northern Beaches. She has also donated and sponsored the Mayors Award for Courage in Lifesaving and is patron of the Mona Vale Girl Guides.

On Australia Day in 2006 Patricia Giles was awarded the Order for Australia Medal for service to her local government and to the community of Pittwater. In 2007 she received the Emeritus Award at the Local Government Council as well as the Manly Daily Centenary Medal for service to the community.

Patricia will leave Pittwater Council in 2012 with a sense of great pride at having been a part of a new council that took a few years to find its feet but has since achieved the sort of functionality other councils and ratepayers can only envy. Patricia has never changed her goal, which is to conserve, protect and enhance Pittwater's natural and built environment for current and future generations. She has always used her Christian beliefs as a platform for her decision-making and firmly believes that councillors must reflect the view of the majority of its residents and be prepared to make the tough decisions. I conclude with a recent quote from Patricia Giles that is indicative of the way we should all act in representing the people of New South Wales. She stated:

*I've always believed in trying to do what is best for the future of Pittwater. **I'm from the community for the community**—that has always been my mantra.* (Former Warringah Federal MP) *Edward St John once told me to always vote with your heart, be true to yourself, and to never blindly follow the party line. I took his advice to heart. I always tried not to be political but to do what was best for Pittwater, not what was best for political gain.*

Patricia thanks God for directing her pathway. She is always proclaiming, "If God is for you, who can be against you?" She thanks her wonderful family of six children, their spouses, a large number of grandchildren and her husband, Ian Giles, who have walked with her the long miles each step of the way. Finally, she thanks the fantastic people with community spirit in Pittwater who have always encouraged and supported her to continue to fight and who regularly make her life a piece of paradise. Rise up and praise her. They call her blessed.

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On hearing of Patricia's being named the Pittwater Woman of the Year Rev. Dr Moyes responded "*Well deserved.*"

Cr. Patricia Giles, when contacted, stated, "*It's an absolute thrill and was a real surprise.*"

This highly respected and much loved lady of Pittwater expressed feeling a little daunted at joining the band of women who have been recognised for their contribution to Pittwater in being honoured with this award, stating so many others have provided such a legacy for all in Pittwater. Cr. Giles was appreciative of how the results of 20 years hard work have all been wonderful and was delighted that Hon. Rob Stokes, someone she admires so much, and Mayor Harvey Rose conferred this honour on her. Patricia Giles AO is most definitely ***From the Community and For the Community.***

Patricia was named Pittwater Woman of the Year at the Annual Zonta Club of the Northern Beaches International Women's Day Breakfast at Mona Vale Golf Club. District 24, Northern Beaches, was charted in 1975. Zonta was begun in Buffalo, New York in 1919, by Marian de Forest, a journalist and playwright who envisioned a network of women who would help each other reach their rightful places in all professions. This came at a time when women were beginning to enter the professional workforce and also had recently been given the right to vote in the US. The members of Zonta clubs '*voluntarily apply their time and talents to working locally and globally, on a variety of service projects and advocacy initiatives that are designed to advance the economic, professional, educational, health, legal and political status of women.*'

All images by Michael Mannington. Zonta Public Gallery in Volunteer Photography: HERE

Above: Hon. Rob stokes, Nici Andronicus, Ann Asker, Cr. Patricia Giles AO, Hon. Bronwyn Bishop

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This Weeks Articles

Pittwater's Woman of the Year is the wonderful Patricia Giles: Tribute to Patricia Giles by Rev. Dr Gordon Moyes

Pittwater's Inaugural PCA Ceramics Awards

HIAM Fundraiser; song, laughter and tears, films, speakers

Profile: In March it's a Ladies Month to celebrate International Women's Day all month long; a lady with a golden voice is Samantha Browne

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 Lange Theory Phil Colman-Peter Mitchell and Exploring tidal waters on Australia's temperate coast Geoff Clarke Palm Beach Sailing Club The Populaters Pittwater Camera Club Dragonfly Environmental Pittwater Community Hub Pittwater Community Arts Hayley Turner

History: Pittwater Waters in March: on the water in steamers, skiffs and yachts; this week The Pittwater Aquatic Club

Previous History Pages:

Marie Byles Lucy Gullett Kookoomgiligai Frank Hurley Archpriest JJ Therry Sir Patrick Gordon Taylor Bowen Bungaree W. Bradley 1788 Journal Midholme Loggan Rock Cabin La Corniche La Corniche II Lion Island Bungan Beach Botham Beach Scarred Trees Castles in the Sand Dame Nellie Melba lunches at Bilgola Spring, 1914 First to Fly in Australia at North Narrabeen Mona Vale Golf Club's Annual Balls Governor Phillip camps on Resolute Beach Ruth Bedford Jean Curlewis Mollie Horseman Charlotte Boutin May Moore Neville W Cayley Leon Houreux Frederick Wymark Sir Adrian Curlewis Bilgola Heron Cove Mullet Creek Shark Point Woodley's Cottage A Tent at The Basin Collin's Retreat-Bay View House-Scott's Hotel Bilgola Cottage and House The First Pittwater Regatta Women Cricketers Picnic Filmed In Pittwater Governor Phillip's Barrenjoey Cairn Waradiel Season The Church at Church Point Governor Phillip's Exploration of Broken Bay, 2 – 9 March 1788 Petroglyths: Aboriginal Rock Art on the Northern Beaches Avalon Headland Landmarks Steamers Part I

Park Bench Philosopher: The poet gets it... and is finally warmly rapt

Books: New March Releases from Colleen McCullough and Katrina Kelly plus CSIRO's Biological Control of Weeds in Australia and 2nd Edition of Snakes

Old Books: **First in the Field: A Story of New South Wales** (**1894**) by George Manville Fenn, **An Indian summer reverie** (**1889**) by James Russell Lowell (lithographs) and **A Yacht Voyage Round England** (**1870**) by WHG Kingston: This is a most remarkable book, copiously illustrated with interesting engravings.

Events: Nan Bosler and Bob Waterer Seniors Event, Contact, Twilight Open Day, Rotary Information Evening, HIAM Health, Pray The Devil back to Hell Movie screening, Poetry Comp. from PCA, ABFE Workshop, Friends of Narrabeen Lagoon Catchment Activities, State Library Talks, Canning Track Art, History Comp., Council Events and more.

News From our Inbox: **Dolphin Friendly**, Save Sealions Online, **State Library of NSW Maps and Land Title Records now ONLINE**: links and one example for you, New HarperCollins Book Comp, the Bridport Prize; Voiceless $15,000 Short Story Comp (LAST WEEK). Weather Photo Comp.

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Community News: Timor- Leste 1st President Vale, Zonta Breakfast, Pittwater Woman of the Year, Stress Talk, Probus Sailor Talk, 20th Celebrations, Internationally respected Professor gives Talk in Pittwater, Pittwater Poetry Competition, Our Council's Notices, Fed. Govt. Media Releases.

Environment; **Autumn Flowerings, Waterbirds Survey, Australian Bush Flower Essences Workshop,** Local Bush Care, **Cooee Newsletter for March with Great Articles**., New EMU Mag. **From CSIRO: New coastal website linking local research with local councils**, local Environment groups and organisations.

Lynda Hill: **Update 6.3.12**: The Swimming Race vs Treading Water: March's Piscean Full Moon

Pictures: A Week in Pittwater; Slushie Day, Storm Swells, Pittwater Ceramics Awards

Youth: **MUSICOZ** with over 300k in prizes, **Animations for the Littlies and Free Programs Info**, **PCA and Dorothea Mackellar Poetry Comps. and Drama at the Library,** Last Week to View Youth Club Plans, National Year of Reading 2012: Links for local websites for, about and by Youth.

Seniors; The Red Green Show: handyman senior from Canada with great ideas !**Seniors Week 2012 Listings for WHOLE of March,** Pam Bayfield's Inspirational Books, link to Seniors Online Newspaper, Information and links to local Support and Education Activities.

Community Clubs: Updates on Activities and links to sites.

Artist of the Month: March 2012: Cindy Goode Milman has a passion for SALTWATER

Reflections by George Repin. **This week; The Trocadero**

DIY Hints: Autumn Maintenance; Guttering Guards

Collector's Corner: Arnotts Biscuit Tins; a collector's item that increases in value each year

Food: **Oranges**: Autumn is a great time to dose up on your Vitamin C; some history, Nutrition facts and two recipes, one flour-free.

Disclaimer: The content of editorials and Advertisements in this Publication have been provided by a number of independent sources. Any opinions expressed are not necessarily those of the Editor and Publisher of *Pittwater Online News*, and no responsibility is taken for the accuracy of the information, or any factual errors contained within items published. Readers should make their own enquiries directly to any organisation or business prior to making any plans or taking any action.

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Mayor Harvey Rose, PCA President Lorrie Morgan, Chrissy Holland and Gonzalo Muslera of Schott Solar

Andrea McDowell with her mum and dad from Point Clare, Central Coast

Katie Gurman

Cr.Julie Hegarty liked that one

Leura Boys accepting their award

Pittwater's Inaugural Ceramics Awards

9th of March, 2012 @ Pittwater High School

O Attic shape! Fair attitude! with brede
Of marble men and maidens overwrought,
With forest branches and the trodden weed;
Thou, silent form, dost tease us out of thought
As doth eternity: Cold Pastoral!
When old age shall this generation waste,
Thou shalt remain, in midst of other woe
Than ours, a friend to man, to whom thou say'st,
"Beauty is truth, truth beauty,"—that is all
Ye know on earth, and all ye need to know."

From Ode On A Grecian Urn, John Keats, spring of 1819

Mayor Rose read this and the first stanza of this great ode to a 2000 year old urn to emphasise the immortality of all pottery in opening the first Pittwater Ceramic Awards on Friday evening. In introducing our Mayor, organiser Chrissy Holland had also expressed the immortality of ceramics and how archaeologists, in excavating any site, find the culture of times past in the shards of pottery found and can thus determine when a pot or amphorae shard was made, how it was made and even, from the glaze used, where it was made. Ceramics is an art form for and of all Ages which allows the cultural aspects of humans long gone to be glimpsed and marvelled.

Pittwater Council's and the Pittwater Community Arts Organisation's inaugural Ceramics Awards attracted entrants from New South Wales, Victoria and Queensland. The range of art forms filled the big space of Pittwater High School's hall and was arranged so people could see the works from all angles. Children from local schools, the PLC and Barker College and resident Ceramicists also entered the competition, displaying works of such high quality that most belong, as Mayor Rose stated 'in a museum dedicated to celebrating such works'

Gonzalo Muslera, who was representing Schott Solar, a company that has 54 years of experience within the solar industry and had provided the major prize of 28 Solar Panels to be given to the teaching establishment with the best overall result, expressed how pleasant it was to start the weekend viewing these artworks. Mr Muslera cited the kilns used by ceramists and the energy provided by solar panels as a vision for the future that will ensure this artform lasts. He took pleasure in knowing Schott Solar is contributing to technology and investing in the future in a way that compliments the essentially earthy Ceramics world, recalling the journey Schott Solar began with Pittwater High School a few years ago. This High School is home to the Pittwater Solar Power Station, the 4th largest solar installation in Australia. Chrissy Holland's son, Amnon, iniated this project at Pittwater High School and recently won the Young Citizen of the Year Award at Pittwater's Australia Day ceremony at Newport in recognition of his initiative and hard work.

Students from PHS, who had earlier prepared the scrumptious food offered to those attending, also provided wonderful music. Their smiles and attitude tells you this school is getting it right. Chrissy Holland also gave thanks to the generous contributions and support of Hot and Sticky Kilns & Clay Technology, Walker Ceramics, Cesco and Feeneys, FreshStart Wellness & Fitness Centre, Mona Vale and Sydney Solar Electricity. Brookvale Ceramics were thanked for firing for free the works of the children of Bilgola Public School so they too could enter the competition, and Paul Purvis of AvPals who constructed the Pittwater Ceramics website.

Voilinists left to right: Kate Armstrong, Neesha Weiss, Natalie Mavridis, Isabella Lorimer

Brownies and Meringue girls: Emi, Mez, Natalya, Kate

President of the PCA, Lorrie Morgan, in thanking Chrissy for all her dedication and hard work said it was very very difficult to judge the winners as all the works were excellent. Lorrie stated she couldn't wait for next years Ceramics Awards to see what new creations may be entered.

Here are the winners in order of categories.

Primary School's Award 1st :Conor Bastow Barker College, 2nd: Lucinda Coolee Mona Vale Art Club, 3rd: Lachlan O'Sullivan Bilgola Plateau Public School

Secondary School's Award 1st: Solomon Frank from Redlands school, 2nd: Tom Bailey Barker College,
3rd: Equal 3rd between Hannah and Ebony Tarry Narrabeen Sports High

Tertiary Student's Award 1st: Margaret Shipton, 2nd: Kylie Lobel Hornsby Tafe, 3rd: Rona Sissons Hornsby Tafe.

Teacher's Award 1st: Peter Anderson Kambala Girls, 2nd: Trisha Dean Hornsby Tafe, 3rd: Nola Kaney Brookvale Ceramic and Stone Sculpture Studio, 4th-Highly commended: Ellen Macdonald Barker College.

Ceramicist's Award 1st: Karen Niblock-Stuart, 2nd: Izette Felthun, 3rd: Kieko Matsui.

Schott Solar Prize For The Overall Best Teaching Institution went to Leura Primary School for their environmental work that included recognising endangered species "bugs and plants" and making tiles of them. Amazingly the whole school participated in making an architectural mosaic sculpture from them and presented the10 best for the exhibition with a photographic display of the finished work.

More at: http://www.pittwaterceramics.info/ More Michael Mannington Pictures

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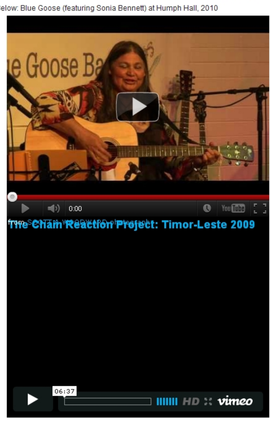
Maree, Sue, Tamara and Anne

Wayne and Sonia

HIAM HEALTH (Timor-Leste) from The Chain Reaction Project on Vimeo.

Below: Blue Goose (featuring Sonia Bennett) at Humph Hall, 2010



HIAM Health Fundraising Evening

8th of March, 2012 @ Humph Hall, Allambie

Hamutuk Ita Ajuda Malu or Together we help each other

There was laughter, insights, great music and even tears at Humph Hall on Thursday night as the three ladies we brought you news of last year, two nurses and a Nutritionist, Sue Williamson RM IBCLC, Anne Scollon RM IBCLC and Maree Twomey BS Nutrition had a Fundraising evening for HIAM Health, Timor-Leste. The evening was organised by vibrant Sue Williamson, lactation nurse, who was helped out to the nth degree by Anne as MC and Maree as Raffle lady. HIAM Health is a Non Government Organisation (NGO) based in Dili East Timor (Timor Leste) working to create a future for this struggling nation in the way of education, rehabilitation and prevention of malnutrition. HIAM was founded by Rosaria Matins da Cruz, a Timorese lady with a determination to see her country and its people rise from all wrought on them. Focusing initially on addressing malnutrition in infants, Rosaria's aim to empower her people has developed a holistic approach that addresses the root causes of high mortality in Timor-Leste through education, financial and social support as well as hands on approach. In 2004 Jill Hillary, a West Australian lady with four adult children who wanted to do something for the people of Timor-Leste, flew to this beautiful island and offered to help Rosaria and has been doing so ever since. Jill called for Australian women, particularly Nurses with lactation skills and nutritionists, to come help and Sue, Anne and Maree heard her.

The way their faces lit up and small laughs escaped them while watching the first film presented shown on Thursday evening, about the Tour De Timor and the Chain Reaction Project, show these ladies have fallen in love with these children.

Anne first introduced Pittwater's own Tamara Sloper-Harding, chairlady of the Pittwater Friends of Soibada, who seems to get more articulate and eloquent each time she speaks of the experiences that led her to devoting so much time and energy to helping the people in the village of Soibada, Timor Leste. Her anecdote of being on a helicopter that crash landed in a remote New Guinea jungle and being able, thanks to army fatigue pockets, make coffee, do some crocheting and even purchase items from the people who appeared out of the greenery at dusk, or still 'shop, have coffee and crochet!' in the middle of nowhere' had the audience roaring in laughter. Tamara then spoke of how highly regarded HIAM is and the PFOS plans to utilise them as part of their ongoing projects.

Our initial focus will be on sanitation and education. We will start with the school toilets and education programs for the community with the assistance of Timorese run NGOs. This is where we will be making use of HIAM Health. It is far more appropriate for us to fund Rosaria and her team to go up to our village than to start a similar process from scratch. We will also commence sending volunteer medical and teaching personnel from Pittwater over to the village to mentor the locals. Eventually we will build a community centre and market place.

The film we watched was about the Tour De Timor, a cycle endurance event that was part of the 10 year independence celebrations in 2009. Jill Hillary heard there was not enough accommodation for all the cyclists arriving from overseas and she and Rosaria offered rooms and began what is now known as ***The Chain Reaction Project***. Using the race as a platform, and harnessing the power of social networking and media, TCRP successfully raised awareness for Timor and more than $50k for HIAM-Health.

Before a tea break we were treated to the fantastic a Capella voices of Sydney Harmony, perhaps induced to perform as Sue's husband Rob is a member. They were fantastic, making their combined voices an orchestra that gave brilliant renditions of Under the Boardwalk, In My Room, Crazy Little Thing Called Love and other songs. They closed with the melody they sing after every rehearsal, an Irish Blessing, 'May The Road Rise to meet you', dedicating it to all who do their utmost for the people of Timor-Leste and especially Sue, Anne and Maree.

After a cup of tea and yummy delights made by a 91 year old supporter of the girls, parts from a more sobering film ***Timor Leste We Forget*** was seen. Commissioned by the Mary MacKillop East Timor Mission and the Sisters of St Joseph as a teaching tool to promote a wider appreciation of the intricate historical links between Australia and Timor-Leste, it was launched on December 17th, 2011 as that was the 70th anniversary of the landing of the Australian diggers of Sparrow Force in Timor-Leste in 1943.

Timor was regarded as a potential launch-pad island for the Japanese during WWII and so Australian Troops were sent to occupy the island. Unfortunately their presence then attracted Japanese invasion and led to the slaughter of at least 40 000 Timorese peoples when they left as a reprisal for helping the Aussies. The Diggers in the film expressed shame and were clearly distressed that the people who had looked after them while they were in Timor had been let down by their Leaders in Government. Their disgust at subsequent Governments not coming to the aid of these people when they were invaded by Indonesia was clear, their anger justified and some were obviously close to tears. The scenes shown of murdered little ones and Creados of then and the later scenes that showed some of the atrocities the people of Timor went through under Indonesia brought tears and outrage from the audience too.

The evening was fittingly closed by the beautiful and strong voice of Sonia Bennett singing of Katoomba and Australia's 'Poet Lorikeet' Denis Kevans 'Never Forget You'. This poem refers to the Australian Army leaflet dropped over Timor during World War Two and the betrayal of the the Timorese people by successive Australian Governments. Sonia was accompanied by Wayne Richmond of Loosely Woven and owner of Humph Hall who had generously loaned his premises for the Fundraiser.

"May the road rise to meet you
May the wind be always at your back
May the sun shine warm upon your face
May the rain fall soft upon your fields
And until we meet again
And until we meet again
May God hold you in the palm of his hand."

Further:

HIAM Health: http://hiamhealth.org/

Tour De Timor 2012 Registration at:
http://www.tourdetimor.com/race-info/2012-registration/

Pittwater Friends of Soibada:
http://www.pittwaterfriendsofsoibada.org/index.html/

Humph Hall (fantastic musicians playing soon): http://humphhall.org/

Sydney Harmony: www.sydneyharmony.com.au

Sydney Harmony

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Articles This Week:

Pittwater Women at the Helm in the weekend Palm Beach Pittwater Mona Vale Pro Surfing Classic
Pittwater's Newest YLP Learning to Race!!
Pittwater Rugby Union Club Celebrates 50 Years
Reflections by George Ryan on the Tsunami Disaster
Profile of Tina Wood, Mark 2012 Ladies Month, Samantha Smeaton Memorial Trophy Winner
Pittwater Rugby Union Club, in the water in diamonds, skirts and yachts. This week: Pittwater Rugby Club
Pittwater Lacrosse, Mark 2012 Ladies Month, Sarah Hall Memorial Trophy
Gill Sista, Autumn is a great time to install or upgrade your heating system

A toast for the Country and the People of Timor Leste

Pittwater Rugby Union Club Celebrates 50 Years

The opening of the Governor of Timor Leste's Residence in Dili on the 10th of March was a proud moment for Australia and Timor Leste. Pictured here are Timor Leste Prime Minister Xanana Gusmao, Governor General Quentin Bryce AC CVO, Timor Leste President Jose Ramos Horta and Australian Defence Force Chief General David Hurley AC DSC. Photo: Australian Defence Force

Pittwater Rugby Union Club, in the water in diamonds, skirts and yachts. This week: Pittwater Rugby Club

Pittwater Lacrosse, Mark 2012 Ladies Month, Sarah Hall Memorial Trophy

Gill Sista, Autumn is a great time to install or upgrade your heating system

A toast for the Country and the People of Timor Leste

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PITTWATER COUNCIL

PITTWATER'S WOMAN OF THE YEAR ANNOUNCED

Pittwater Council's Woman of the Year for 2013 is Mona Vale Hospital Councillor Patricia Giles (24th) as Pittwater's Woman of the Year. Councillor Giles was presented with the award by Mayor Rob Stavdal at the Pittwater Council Meeting on Monday 11 March.

Rob Stavdal presented Cr Giles the fair-weather efforts people have undertaken to help the community in times of need, such as the recent flood clean-up efforts in Mona Vale and Bayview, as well as the ongoing work and strengthening our Nation. Cr Giles was a recipient for the Australia Day Medal in 2011 for her work in the community and was also awarded the Pittwater Council Australia Day Citizen of the Year Award in 2011.

Cr Giles has been a Councillor for Pittwater Council for 20 years and was the longest serving Councillor when Rob Stavdal was elected Mayor in September 2012.

Pittwater Mayor, Rob Stavdal congratulated Cr Giles on her award and commented on her dedication to the Council and the community. "Cr Giles has been a Councillor for 20 years and her dedication and hard work has been rewarded."

Cr Giles was presented with a framed photograph of Pittwater Council's Coat of Arms and a gift voucher to a local restaurant.

Pittwater Mayor, Rob Stavdal congratulated Cr Giles on her award and commented on her dedication to the Council and the community. "Cr Giles has been a Councillor for 20 years and her dedication and hard work has been rewarded."

Cr Giles was presented with a framed photograph of Pittwater Council's Coat of Arms and a gift voucher to a local restaurant.

COUNCIL SUPPORTS CAMPAIGN TO SAVE AUSTRALIAN CONSULATE

Pittwater Council has endorsed a campaign to save the profile of Australia's consulate in Auckland from the axe by the Australian Government.

Pittwater Council has endorsed a campaign to save the profile of Australia's consulate in Auckland from the axe by the Australian Government.

Pittwater Council has resolved to write to Foreign Minister Bob Carr to express concern at the Government's proposal to close the Consulate-General in Auckland and downgrade the consulate to a Consulate.

Pittwater Mayor Rob Stavdal said the Government was proposing to close the consulate in Auckland, which is the largest city in New Zealand, despite the fact that there are more than 70,000 Australians living in Auckland.

"Auckland is the gateway to Australia for many New Zealanders and is a key destination for Australian tourists," Cr Stavdal said.

"Auckland is also the second largest city in the Tasman Trans-Pacific region and is the commercial hub for many Australian businesses operating in New Zealand.

"Pittwater Council has resolved to write to the Minister to express our concern at the proposal to close the consulate in Auckland and downgrade it to a consulate.

"We have also resolved to support the campaign by the Australian Consulate-General Employees Association to save the consulate in Auckland."

PITTWATER BUSINESS SURVEY OF TOURISM

Pittwater Council has received a $10,000 grant from the NSW Government to undertake a survey of tourism businesses in Pittwater. The survey will be undertaken by Pittwater Council's Economic Development Officer, Jason Wilson, and will be conducted in the form of a questionnaire which will be distributed to a number of tourism businesses in Pittwater.

The survey will be undertaken in April and May and will be distributed to businesses in Pittwater by email and by hand.

The survey will be undertaken in April and May and will be distributed to businesses in Pittwater by email and by hand.

Jason Wilson said the survey was designed to collect information about the number of visitors to Pittwater, the number of overnight visitors, the number of day visitors, the number of visitors staying in hotels, motels, caravan parks and camping grounds, the number of visitors staying with friends and relatives and the number of visitors staying in private accommodation.

Jason Wilson said the survey was designed to collect information about the number of visitors to Pittwater, the number of overnight visitors, the number of day visitors, the number of visitors staying in hotels, motels, caravan parks and camping grounds, the number of visitors staying with friends and relatives and the number of visitors staying in private accommodation.

"The survey will also collect information about the number of visitors to Pittwater who are attending conferences, meetings, functions and events, the number of visitors who are attending weddings and the number of visitors who are attending sporting events," Jason Wilson said

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The Poet Gets It

"The poet gets it." they sigh, shaking their heads.

"The poet gets it..."... so hand it over.

"The 'bum' in other words." the poet laughs, then smirks, for their necessary derisive outrage, and laughs happily, laughs joy up into the air.

The poet. The bum. The sidler sidling along the late night roads, the standing starer up into winter sparked skies, up into the two hundred foot trunk of an old gum tree. The sidler in all weathers finally warmly wrapt.

They sigh, almost throwing up their hands while handing it over, and let the poet know, in the meaning of their looks, and with withering stares, that they wish it fit the first son, or the second son, or even the third, so that it fit someone of worth. They are deepest disappointed it doesn't fit the newborn reminder of the owner of the myth, he who looks like him. They tell while their fingertips entwine in the cloth of the legend of the jacket, of the legend the legendary cloth was cut for. The cloth was woven for the legend, the cloth to button measure of cut was made for the legend, the blood of the family given to a war that ended over fifty years ago, his blood spilt on some Greek peninsular.

"Your great uncle was a great man, a great man. He came from a great and old family that has its own colours, its own cloth ... and all the sons of this family had their cloth cut to measures that fit."

It fits the shorter arms of the poet best though, bunches up at the shoulders, hangs nearer to the knee then mid thigh, but is closer to the poets' size then the size of the newborn reminder, he of this generation who looks like he of the past. And so it is passed over and tried on, and once on remains on, lights up the poet so the poet hugs the jacket tighter around her thin form. Now a wonderer wonders about the wondering that must have been in those eyes once, eyes that must have seen what the poet now gazes on. And now, for whiles, for times, the thought of its original owner walks at one with another along those night roads, is nudged, whispered to, to look at that bird, just look at that bird... and... have you ever seen such a tree.

The poet gets it. It fits the back of the poet. As if the poets, blooded and unblooded, haven't always, through long ages, taken up the discarded coats of many histories and made their small and large truths breathe again. The poets put such treasures on, and take them for a walk in todays' breath, in the changing coloured lights.

The poet gets it, even though the poet appears alien to the familys' blood. Unworthy. The poet gets it, and wears it over and over, long after others have forgotten what they discarded, what must be handed on to one whom it fits lest it rot. On the morrow the poet will don a grand grandmothers' shawl, will rock beside a late night fire dreaming of suppers gone by and children who are grown. The poet gets it... and thus the poet breathes back into the world a doubly afired breath. The poet of our self same blood, one among all, finally warmly wrapt.

Extract from Village Green; *Will II, Part II*, copyright A J Guesdon 1985-2012. All Rights Reserved.

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: Sam with Simon Hyland, Nativity Rehearsals, December 2011

Samantha Shaw

Sam is from Essex in the UK just on the border of North East London. A love of the outdoors and playing in the Epping Forest as well as horse-riding and dancing filled her childhood. Daughter of Olivia Shaw, a singer and actress, Sam began attending a local dance studio from age 4. Brother Steve is an 'aging rock star drummer' and her sister still sings in a choir. Sam moved to Sydney with her Aussie husband, Graham Browne, and their 2 boys, just over 3 years ago. After training in Musical Theatre at the Arts Educational College in London she went on to have a successful 30 year career in theatre, recording, concerts, TV and radio. With a very flexible vocal ability Sam was in demand to play character roles. A precis of her work includes: - the West End of London - Fantine in Les Miserables, Jenny Diver in The Beggars Opera (Royal Shakespeare Company), Anthony and Cleopatra (RSC), Louisa in The Art of Success (RSC Fringe), Chess (Prince Edward Theatre), Witch in Which Witch (Piccadilly Theatre), one of the cast of 3 in Starting Here, Starting Now (original London cast), Rose Seller in Oliver!, (national and international tours), Oliver! (Aldwych Theatre) In repertory theatres and national tours - Rosie in Aspects of Love, Audrey in Little Shop Of Horrors, Dorothy in The Wizard of Oz, Laura in From A Jack To A King, Becky in Mr Cinders, an Ayola Sister in Dona Rosita, Godspell, It's A Girl, Be Bop A Lula, Balthazar in Romeo and Juliet, Annie.

Sam has worked extensively as a voice over artist in TV and radio commercials (e.g. Honda, Bundaberg Rum, Smiley's Tyres and Exhausts, Metro Radio Newcastle) and character dubbing for animation (Hairy and Scary, Millennium Actress, Santa's Apprentice, Laura's Star, Blanche, Fantagiro, Football Stories). Her main source of work since having children has been as a session singer on film soundtracks including Nine, Mama Mia, A Christmas Carol, Transformers, 300, Troy (recorded in LA), Bee Movie, Lion King 3 and as a soloist in concert in London and the UK performing with the BBC Radio Concert Orchestra on many occasions, The London Symphony Orchestra and The Royal Philharmonic Orchestra at The Barbican Concert Hall and The Royal Albert Hall. Sam also featured in BBC Radio 2's adaptations of musicals alongside many well known artists. She has appeared many times on TV in the UK including three series of a children's programme called "Let's Pretend" for Central Television.

Sam has also sung backing vocals for many well-known artists such as Robbie Williams, Donny Osmond, Michael Ball, Mischa Paris, Hayley Westenra, Sarah Brightman, Marti Webb, Elaine Page, Michael Crawford and others. Sam has written many songs and had one piece of music published and used for a TV commercial in Europe.

Recently this dynamo has appeared in two concerts here in Pittwater, raising money for the village of Soibada in East Timor. She is a member of the committee of Pittwater Friends of Soibada who helped to organise the concerts and runs their website (www.pittwaterfriendsofsoibada.org.au). She helps to run the children's choir at Maria Regina Church in Avalon with Simon Hyland who is the Minister for Youth and Music in the Catholic Parish of Pittwater and she also runs the choir at Maria Regina Catholic Primary School.

OUT LOUD! Singing and Voice Coaching
Apart from all of that, Sam is now running her own Singing and Voice Coaching School in Avalon called "Out Loud!" (www.facebook.com/OutLoudCoaching), coaching children and adults alike in singing technique, voice production for public speaking, assisting with repertoire, and generally guiding people to a better understanding of their voice and to have FUN in the process! She teaches individuals but also groups, especially for younger children who don't necessarily benefit from a great deal of technique until they're in their teens but can learn to listen and understand music and enjoy singing their favourite songs. She love's to assist kids and adults with their presentations and public speaking commitments, getting them to clearly communicate their message to their audience using speech techniques, emotion and physical expression. She is also working as a vocal coach at Erana Clark's recording studio in Dee Why, Meshach Musik (www.meshachmusik.com) Erana is the Vocal Director of the X Factor and Australian Idol and has been an inspiration to Sam professionally and as a friend.

Recently this dynamo has appeared in two concerts here in Pittwater, raising money for the village of Soibada in East Timor. She is a member of the committee of Pittwater Friends of Soibada who helped to organise the concerts and runs their website (www.pittwaterfriendsofsoibada.org.au). She helps to run the children's choir at Maria Regina Church in Avalon with Simon Hyland who is the Minister for Youth and Music in the Catholic Parish of Pittwater and she also runs the choir at Maria Regina Catholic Primary School.

Next term (School Term 2) Sam is starting a regular community singing group called The Big Sing which is for adults who can sing, can't sing, want to sing, have never sung but want to have a go, think they can sing, sing in the shower, love a laugh and a sing, young or old or middle aged and thrive on socialising!! Details are as follows: The Big Sing, Tuesdays 10 - 11, Avalon Recreation Centre. Bookings essential, $10 per session. Call 0401 343 569 or email sammeeshaw@gmail.com

What is your most memorable moment on stage ?

First performance as Fantine in London's West End production of Les Miserables. It was something I had dream about for years beforehand. Terrifying but at the same time exhilarating!

Funniest experience in the business ?

I was playing a flying witch in a musical called "Which Witch" at The Piccadilly Theatre, London. It was about a medieval witch hunt of the 13th century. In one scene I would fly across the stage hanging by a harness on wires with a couple of guys working the pulleys in the wings! I'd fly from one side of the stage, land the other, then going back again I'd do a backward somersault over the cauldron, land then fly across and off the other side. One night, for some reason on one of the pulleys and on trying to execute my impressive backflip I ended up **IN** the cauldron!! No harm done, just a lot of very unprofessional cooking oil!

What is your favourite song or album ?

Eva Cassidy's Songbird or anything by Earth Wind and Fire- yes, showing my age!! Saw them live at Albert Hall about 10 yrs ago..... As awesome as ever!

Which album or single did you first buy with your own pocket money and how old were you ?

Dad used to get records through a record club at work and I ordered Sister Sledge Circle of Love (disco queen or what?!!) age 12 ish.

What is your favourite place in Pittwater and why ?

I love The Boathouse at Palm Beach. On a glorious day it's the best place in the world to just hang out with friends over a glass of chilled crisp white wine and a plate of their unbeatable fish and chips. Love taking visitors from home in the UK there to watch the seaplane taking off and landing. Such a contradiction to chilly England!

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

Ironically, "***Enjoy life! This is not a dress rehearsal***"

Sam and Simon Hyland on stage during Songs for Soibada II

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The Boathouse, Palm Beach

Views from the Boathouse, Palm Beach

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Bayview 1912, Image No d1-12324r, Courtesy State Libray of NSW.

Regatta on Parramatta River, Hood Image 30438r, Courtesy State Library of NSW

The Trophy now at 2012 Pitwtater Aquaitc Club, photographs by Michael Mannington

A Single Sculler. Hood image 02787r, Courtesy State Library of NSW

Event at Pittwater Aquatic Club image no: Digital Order No. a409025
Courtesy State Library of NSW

SCULLING.

PITTWATER CLUB.

Pittwater Aquatic Club will decide a Glad- handicap over the Bayview course on Handicaps are:—
A. Fryer, 12s; B. Paddon, 13; V. Williams, scr; C. Wilson, 13; F. Smith, 15; D. Hickson, 15; Prize, 5s.

LIGHTWEIGHT TITLES.

At the last meeting of the New South Wales Rowing and Sculling League, Cedric Williams, Pittwater, handed in the titles he held of lightweight champion sculler and lightweight Gladstone skiff champion of New South Wales. Williams has been an outstanding lightweight sculler in the State for the last few years and his retirement from the lightweight division should create greater interest in these championships.

Sydney Morning Herald Snippet, 9th of April, 1935

The Pittwater Aquatic Club

Pittwater has contributed to the historical development of many water sports, particularly yachting and sculling with a few champions amongst these ranks. Many of these local 'amateur' clubs were also community minded and contributed at every opportunity to the social development and welfare of others.

Beginning in 1922 in Bayview, with meetings originally held in the boatshed of local gent Cedric Williams and later in what is now the Scout Hall, was the original sculling club version of the Pittwater Aquatic club. Cedric Williams must have been a fit man as he regularly won PAC events and those run when competing with other NSW clubs:

SCULLING. Parramatta River Club. CHAMPIONSHIP REGATTA. The Parramatta River Sculling Club held Its championship regatta over the Putney-Gladesville course on the Parramatta River on Saturday.

The main attraction on the programme, the light-weight Gladstone skiff championship of New South Wales, was won for the third successive year by Cedric Williams, of Pittwater, who defeated his clubmate, F. Kerr, by three lengths. SCULLING. (**1935, March 11**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 13. Retrieved from http://nla.gov.au/nla.news-article17172714

The PAC also included ladies in its ranks who regularly competed with each other and at inter-club events. Their inclusion began in 1933 and they soon began winning inter-club races as well:

SCULLING. - Pittwater Aquatic Club.
Pittwater Aquatic Club closed Its 1932-33 sculling season and financial year on June 3. The membership was Increased during the year by 40. During the year a women's section was attached to the club, which now has a membership of 19 active competitors. The club has had a very successful season, and at present holds four of the five State championship titles allotted by the New South Wales Professional Sculling and Rowing League. On Broken Bay during the season 167 races were held.
SCULLING. (**1933, June 29**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 14. Retrieved from http://nla.gov.au/nla.news-article16963459

The club had various cups and trophies to be competed for during the season, the Pittwater Cup, a Relay Race for the Parramatta Cup, the PAC Fox Trophy for Men's Best and Best Handicap, and the Penniman trophy and even one called the Giant Brand Paint trophy. In February of each year they held a two day Regatta to which competitors from Shoalhaven, Parramatta and Balmain would come. The most well known of all these trophies is one initiated by Cedric Williams Esq. to be raced for as a perpetual trophy between clubs. At the last race prior to the outbreak of war in 1939 this trophy, a model of a Racing Four complete with sculls, and mounted in a glass case made by then well known model maker Stuart Murray, was won by the Balmain club. It gathered dust at their club stuck atop a cupboard until 2009 when remodelling caused pause for thought and the return of this item to its home in the new Pittwater Aquatic Club.

The PAC original version also had a few controversies:

ROWING CHAMPION Refused an Injunction.DISQUALIFICATION STANDS.
Mr. Justice Long Innes, in Chambers yesterday, refused an interim injunction to John William Erickson, holder of the rowing championship for Gladstone skiffs in New South Wales to restrain officials of the Pittwater Aquatic Club and the New South Wales Professional Sculling and Rowing League from disqualifying him as a member and from otherwise dealing with him except as a member of the club and of the league respectively.
The purpose of the application was to put Erickson In the position of being able to row at the Pittwater regatta today and to compete in the lace for the Gladstone skiff championship of New South Wales on the Shoalhaven River on New Years Day. The defendants to these proceedings were Sir Clifton Love and Cedric Williams, president and honorary manager respectively of the Pittwater Aquatic Club, and Mr George Towns and Cedric Williams, president and secretary and treasurer respectively of the New South Wales Professional Sculling and Rowing League.
An affidavit by Erickson stated that he last rowed on May 7, 1933, at Pittwater, competing in a race for Gladstone skiffs, and finishing in second place The defendant, Cedric Williams was also a competitor. After the race, they had a dispute of a personal nature on the finishing line. Subsequently, Williams handed Erickson his prize-money and said, "You are disqualified for the way in which you spoke to me out there " That day Williams put up a notice on the club's premises at Bayview in the following terms, "I, Cedric Williams, do hereby disqualify J Erickson from the Pittwater Aquatic Club for 12 months " Erickson said he asked Williams to take the notice down which he did, but he put it up again on the same day Erickson also said in his affidavit that Mr Williams said, "You have been disqualified because you have been abusive to officials of the club" Erickson said he denied this. The two bodies disqualified him at meetings held subsequently.
His Honor, in refusing the injunction, said that perhaps Erickson had a good case, but the application had been brought loo late, and he could not decide the matter ex parte The other side had been served very late on the previous afternoon
ROWING CHAMPION. (**1934, December 29**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 12. Retrieved from http://nla.gov.au/nla.news-article17115574

Mostly the Pittwater Aquatic Club were about community and enjoying the estuary though.

PITTWATER AQUATIC CLUB.
The 13th annual ball of the Pittwater Aquatic Club will be held in the Pittwater Hall Mona Vale on Saturday. The proceeds will be presented to the William (Bill) Beach Memorial Fund. The club at the close of its season had83 active members and during the season held 26 races in Gladstone skiffs and outriggers.

PITTWATER AQUATIC CLUB. (**1935, July 12**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 15. Retrieved from http://nla.gov.au/nla.news-article17185820

During WWII the club lapsed (1939) and those who were members stayed on the water fulfilling roles in keeping Pittwater safe. Cedric Williams, along with older brother Jack, worked on Pittwater and became an Army Lieutenant in the small ships section. (see 1.)

Further:

1. From; Beau McFee of Bayview describes his role in Pittwater during World War II at http://www.pittwater.nsw.gov.au/library/local_history/Pittwaters_past/pittwater

Pittwater Aquatic Club 2012: http://users.tpg.com.au/paqclub/home-1.html

Cedric Williams Marine Pty Ltd 2183 Pittwater Road Church Point NSW 2105 9979 7317; Yes ! Still listed by BIA...

One Wednesday in 1949, K.C. Dalton Esq. Skipper of the "Owen Davern", and Cedric Williams Esq., Skipper of the "Christina", sailed a match race around Lion Island. The event aroused so much interest and enjoyment that it was decided to form a yachting association, and so BYRA was born. From; http://www.byra.org.au/history.php

Sir Clifton Love also spent Christmas Holidays in Pittwater aboard his luxury cruiser; Sir Clifton Love in Spindrift
AQUATIC GAIETY. (**1933, December 16**). The Sydney Morning Herald (NSW : 1842 - 1954), p. 7. Retrieved from http://nla.gov.au/nla.news-article17033201

Also see The First Pittwater Regatta

CLUB SAILING FIXTURES.
PITTWATER -**Cedric M Williams trophy** race Waterwitch 21m 19m Tug 14m 8m Wln^s 12m8m Mavis 12m fin Sunny 10m 8m Swastika Popeye 9m 8m Bunyip 6m 6m Ncmlsls 3ljmam Pandora 2m scr Cygnet set ser I roller 7m Swift scr set
CLUB SAILING FIXTURES. (**1937, October 21**). The Sydney Morning Herald (NSW : 1842 - 1954), p. 16. Retrieved from http://nla.gov.au/nla.news-article17407142

SCULLING. Parramatta River Club. CHAMPIONSHIP REGATTA.
The Parramatta River Sculling Club held Its championship regatta over the Putney-Gladesville course on the Parramatta River on Saturday. The main attraction on the programme, the light-weight Gladstone skiff championship of New South Wales, was won for the third successive year by Cedric Williams, of Pittwater, who defeated his clubmate, F. Kerr, by three lengths. J. Hanlan, Pittwater, won the outrigger handicap, and the skiff handicap,
Results:
Lightweight championship of New South Wales, In Gladstone skills, Im (holder, C. Williams); C.M. Williams (Pittwater), 1; F. Kerr (Pittwater), 2.Only starters. Won by three lengths.
Women's Gladstone skiff handicap, Im.: Miss D.Pamplin (Parramatta), 52s, 1; Miss D. Hammond(Parramatta), 38s, 2; Miss M. Hickson (Pittwater),16s, 3. Won by four lengths. SCULLING. (**1935, March 11**). The Sydney Morning Herald(NSW : 1842 - 1954), p. 13. Retrieved from http://nla.gov.au/nla.news-article17172714

Sir Clifton Love: http://adb.anu.edu.au/biography/love-sir-joseph-clifton-7243

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MUSICOZ

THE NATIONAL MUSICOZ AWARDS NOW OPEN FOR ENTRIES - $300,000+ PRIZE POOL (and growing) Australia's largest independent music awards program, The National Musicoz Awards, is now open for entries (until March 31st). Commonly referred to through-out the music industry and media as the independent(s) ARIA's, The National Musicoz Awards are now in its 12th year. Entries are sought in 17 genres including:

Rock Pop Dance/Electronica
Urban Country Alternative Acoustic/Singer-Songwriter
Schoolies Video Metal/Hardcore World/Folk Live
Jazz/Classical Blues/Roots International Instrumental
Christian/Spiritual

All the above categories are National Musicoz Awards.

As well as this we have several other awards chosen from entries in the above categories:
The Nova Unsigned Initiative Award
The APRA Songwriter's Award
Tony Mott Photography Award
Garth Porter Producer Award
People's Choice (Public Vote) Award, and
The Musicoz Artist of the Year Award.

Entrants are judged by the elite of the music and entertainment industry. The amazing Musicoz Judging Academy details are below.

NATIONAL INITIATIVE – NATIONAL EXPOSURE
The Awards receive an amazing amount of exposure from the smallest to largest media platforms right across metro and regional Australia. Our thanks also to the significant push and coverage by our presenting partners MTV, The National Nova Network, The Daily Telegraph (News Group), Street Press Australia, BigPond Music, Rova (Taxibacks) and Hot Country who support Australia's independent music scene. In 2008, $180,000 prize pool was awarded to various winners excluding priceless media and exposure opportunities. The Musicoz Artist of the Year received over $75,000 worth of prizes, making it the largest individual prize for independent artists in Australia and vital to helping them become Australia's future major success stories. The Top 50 artists of each genre were also marketed and exposed as the top of their class, for 2008, creating profile and exposure to well over 800 of our best artists.

AUSTRALIA'S LARGEST MUSIC PRIZE POOL
As well as the prestige of winning an actual National Musicoz Award, we also have amassed well over $300,000+ worth of cash, prizes and industry opportunities for winners of our various awards in 2012. Prizes include Cash, Recording Time in Australia's best recording studios, Record Deals, Publishing Deals, Photo Shoots, Music Videos, Prizes from Turramurra Music, Maton Guitars, Rode Microphones and Roland, Push out Artist for MTV (NEW), National Airplay across The Nova Network, Featured Artist – Free Song of The Week BigPond Music (NEW) (and a few major surprises to come).

ENTER ONLINE AT: http://www.musicoz.org/default.aspx

Dorothea Mackellar Poetry Awards Optional Theme for 2012: Wheel and Wings and Marvellous Things

The oldest and largest poetry competition for school aged children in Australia. The Awards optional theme for the 2012 is 'Wheels and Wings and Marvellous Things' - celebrating the vivid images poetry creates as we read and ponder the written verse.

The competition dates for this year are from 1st March to 30th June 2012. More Information and Entry at;

http://www.dorothea.com.au/

Above: Dorothea Mackellar dressed as one of the Graces for Mrs T.H. Kelly's Italian Red Cross Day tableaux at the Palace Theatre, 20 June 1918 / photographer, Glen Broughton. WWI Fundraiser. Courtesy State Library of NSW. Image a928963

National Year of Reading 2012:

For teens, we (Federal Government) will be running the National Year of Reading Creative Reading Prize. It's an expansion of something that already happens through the Centre for Youth Literature (http://www.insideadog.com.au/blog/inkys-creative-reading-prize-2011).
Young people will be asked to nominate the one book they think their peers must read in 2012 and then to provide a convincing argument in the form of a creative response to the story. This will be a book review, but it could be in the form of words, pictures, film, song, or something even more avant garde. We'll be partnering with insideadog.com.au, spineout.com.au and Madman Entertainment to create a fantastic competition with some really great prizes. More at: http://www.love2read.org.au/

As part of this: **Bedtime Stories: Downloadable Tales for Children** Available right now AT:
http://www.australianwomenonline.com/bedtime-stories-downloadable-tales-for-children/

Bullying; NO WAY !!!

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

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

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

Australian Stories Online

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

Teaching Our Children to be Safety Conscious

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

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

Animations for the Littlies: Gumbasia by Art Clokey; precursor to later 'Gumby' animations. And Little Miss Muffet animation.

Animation is the rapid display of a sequence of images of 2-D or 3-D artwork or model positions to create an illusion of movement. The effect is an optical illusion of motion due to the phenomenon of persistence of vision, and can be created and demonstrated in several ways. The most common method of presenting animation is as a motion picture or video program, although there are other methods.

Free Animation Programs (some with Trial only basis)Info and LINKs:
http://animation.about.com/od/referencematerials/a/freesoftware.htm

PITTWATER COUNCIL

A BOOK OF PITTWATER POETRY

The Pittwater Community Arts organisation is inviting contributions for a book of poetry dedicated to Pittwater to be published later this year. According to Lorrie Morgan from Pittwater Community Arts, 'the book will contain poems set in Pittwater or which encapsulate the poet's personal experiences of the area'.

The book's publication is timed to coincide with Pittwater's 20th birthday, which the Council will celebrate during the birthday month of May. The Pittwater Council area was officially proclaimed in May 1992, the first uniquely formed local government area in NSW for 100 years.

Ms Morgan said the book could include newly created pieces as well as past works. "Poets of all ages, whether amateurs or professionals, are invited to submit poems," she said. "We also want to encourage young poets to be involved and there are competitions for both primary and high school students. Prizes will be awarded for the top three entries from both high schools and primary schools."

Cash prizes will be awarded to schools and in addition the winning students from each category will be given a trophy and the winning poems published in the book. The schools competitions will close at 5pm on Wednesday 4 April with winners announced in May. Ms Morgan said an independent panel would be engaged to judge the competition and assess the adult entries for inclusion in the book.

Mayor Harvey Rose said the Council was very supportive of the poetry book. "To produce a book on the poetry of Pittwater is a marvellous initiative by Pittwater Community Arts," he said. "Pittwater has a very substantial and natural environment. Poetry is perhaps the most fitting form of expression to capture this for posterity."

Poems must be no longer than two A4 pages. The competition for Primary School and High School closes on Wednesday 4th April.

Schools can post entries to:
Pittwater Community Arts
PO Box 663
Mona Vale 2103. NSW or contact Lorrie Morgan 9997 8079 lorriemay@bigpond.com for arranging a collection time.

The general public section closes on 31st May.
Please post entries to:
Pittwater Community Arts
PO Box 663
Mona Vale 2103. NSW
More at Pittwater Community Arts: http://www.pittwaterarts.com.au

CHILDREN'S THEATRE NO DRAMA AT LIBRARY!

Budding dramatists aged between 10 and 12 will soon be able to act up at Mona Vale Library. A 'reader's theatre' will be hosted by drama teacher Helen Rosenkranz free of charge once a fortnight at the library, starting on Wednesday 15 February.

As librarian Sharelle Ravenscroft explains, the reader's theatre gives children the chance to read aloud and perform plays under the direction of an experienced drama teacher. "They'll learn how to project their voice, the importance of using expression to add emotion and tips on speaking clearly and more slowly to get their audience's attention," she said. "Overall the reader's theatre classes are designed improve children's confidence in public speaking."

The reader's theatre will be held at Mona Vale Library every Wednesday fortnight between 4pm and 5pm, starting on Wednesday 15 February. Classes are free-of-charge but bookings are essential; to book phone the library on 9970 1600.

The reader's theatre is just one of several events planned to celebrate 2012 as the National Year of Reading. Other events, including two reading competitions, will be announced at the library by Mayor Harvey Rose on 14 February.

Mona Vale Library is located at 1 Park Street Mona Vale. For more information visit **www.pittwater.nsw.gov.au/library**

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

Send In Your Stuff

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

All are Welcome, All Belong !

Tweet Like +1

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

Mobile phone calls to **Lifeline** made from anywhere in Australia will be free of charge from **1 July** under an agreement made between the three major phone carriers.

New Website for Northern Beaches Youth

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

www.northernbeachesyouthinfo.net.au

www.facebook.com/manlyyouthcentre

www.myspace.com/manlyyouthcentre

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Seniors Week 2012

Sunday 18 March – Sunday 25 March 2012
More at; http://www.nswseniorsweek.com.au/home

Community Connect Northern Beaches
At; http://www.northsideconnect.com.au/

During Senior's Week we are holding a seminar in conjunction with Pittwater Council and Centrelink on the aged pension bonus scheme. The date is 22 March at the Mona Vale library from 2 to 4pm. I believe this will benefit a lot of seniors who have found their superannuation won't cover their retirement needs. If a person defers going on the aged pension for up to five years there are cash bonuses available for single and partnered couples. Centrelink will provide all the details on the day.

Profile on Community Connect Northern Beaches

PITTWATER COUNCIL

'LIVE LIFE' IN SENIORS WEEK

Cycle training and scrapbooking are just part of a host of free activities taking place in Pittwater during March for this year's Seniors Week. Mayor Harvey Rose said that as a commitment to older residents, Pittwater Council would be supporting Seniors Week throughout March.

The theme for this year is 'Live Life' and the Council's Community Development Officer Susan Machar said that the range of events on offer will give participants a chance to do exactly that!

"We have a mix of groups such as seniors clubs and community organisations working with us to provide free activities that will offer something for everyone." Ms Machar said that one of the highlights of this year's program is the chance to explore the natural treasures of Pittwater's wetlands including Winnererremy Bay."

The free event on Thursday 22 March from 2.30pm to 4.30pm gives participants the chance to view plants and animals unique to the area, including ongoing restoration work.

Some of the other activities include:
• The Wanderers walking group on Wednesday 7 March at 10am starting from the Central Railway Station (under clock) and taking in interesting sights of urban and industrial landscapes along Rozelle and Blackwattle Bays. Enquiries: Kim 9999 1870.
• A stress relieving free yoga session on Monday 26 March from 10am to 11.30am at the Nelson Heather Centre, Warriewood. Bookings essential: 88775304
• A free workshop on caring for your dog on Wednesday 28 March from 10.30am to 1pm at the Nelson Heather Centre, Warriewood. Bookings essential: 9770 1226.
• Nelson Heather Centre Open Day on Thursday 29 March from 10am showcasing the extensive range of activities on offer at the centre. Enjoy a fashion parade and sample a delicious two-course lunch for only $5. Bookings essential: 9913 2522.
• The University of the Third Age (U3A) is holding a screening of features from the golden age of film on Wednesday 14 March from 1.30pm to 4pm. Enquiries: 9913 7968.
• U3A will offer a series of fun courses including: Scrapbooking on 14 March at 10am, ph: 9970 7161; Welsh culture on 15 March at 2pm, ph: 9913 7968; Singing for fun on 16 March at 10am, ph: 9913 7968; An overview of science on 16 March at 2pm, ph: 9913 7968.
• Small group sessions for internet training will take place at Mona Vale Library during Seniors week starting Monday 19 March. Bookings essential: 9970 1600.
• Sailing for beginners with Sailability Pittwater on Wednesday 28 March between 1pm and 4pm. Crew with an experienced sailor in safe and unsinkable dinghies. Enquiries: 9451 9074.

The Pittwater Seniors Week program is available free-of-charge from Council's customer service centres, libraries and community centres. The program can also be downloaded at www.pittwater.nsw.gov.au For details of events across NSW visit www.nswseniorsweek.com.au For more information about Seniors Week in Pittwater call 9970 1169.

INFO FOR SENIORS WITH AN INTERNATIONAL TWIST

Pittwater Council is supporting a series of information sessions for seniors from culturally diverse backgrounds during March. About 8% of Pittwater residents are from a non-English speaking background, according to the 2006 Census. Figures from the latest Census in 2011 are yet to be published. The sessions will provide an opportunity for non-English speaking residents to find out what support services are available for them and their families locally.

Community and Library Services Manager, Lindsay Godfrey said attendees at the workshop would also learn how to better manage their finances and make the most of Centrelink services.

There will be four information sessions, with interpreters available to assist.

•Italian Seniors, Monday 12 March, 10am – 12.30pm
•Spanish Seniors, Monday 12 March 12.30pm – 3pm
•Chinese Seniors, Monday 19 March 10am – 12.30pm
•Serbian Seniors, Monday 19 March 12.30pm – 3pm

The sessions will be held at the Salvation Army Hall, 1 Fisher Road, Dee Why. Refreshments and a light lunch will be provided.

Pittwater Council Mayor, Harvey Rose praised the initiative organised by Northern Sydney Local Health District, Community Care Northern Beaches Ltd, Community Connect Northern Beaches and Manly Warringah Pittwater Community Aid Inc. "It's important that those from non-English speaking backgrounds can readily access services and support to assist them if they need help," he said.

Bookings are essential for catering purposes. All enquiries and bookings can be made by contacting Kristen Taylor 8877 5317.

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

Contact Community Care Northern Beaches by clicking their logo:

CCNB COMMUNITY CARE (NORTHERN BEACHES) LIMITED

HEARTMOVES — Heart Foundation

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

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

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

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

The Senior Newspaper Online
Click on logo:

Australian Senior Publications

The Red Green Show

"If the women don't find you handsome, they should at least find you handy."

A few months ago one of our esteemed Seniors sent an email with a Red Green homemade one-man/two man saw as part of the information sent. Further investigations of this Canadian gent have only produced more laughter. Canadians seem to be the northern counterpart to Australians in their temperament and outlook. Red Green (Steve Smith) is definitely one of the planet's more active seniors with a wealth of ideas he's happy to share with all. We hope he inspires all you fellow handymen out there to get to it in your own sheds and produce some Australian marvels and the videos shared here give your good lady wives a good giggle. You may find many more by Googling (giggling?) Red Green on You Tube. We laughed out loud!

The Red Green Show was a Canadian television comedy that aired on various channels in Canada from 1991 until the series finale April 7, 2006 on CBC. Reruns are still aired today. The Show is essentially a cross between a sitcom and a sketch comedy series, and is a parody of home improvement, do-it-yourself, fishing, and other outdoors shows (particularly The Red Fisher Show). It was produced by S&S Productions, which is owned by Steve and Morag Smith, and directed by William G. Elliott.

The title character, Red Green (Steve Smith), is a handyman who tries to find shortcuts to most of his projects, **trusting most of his work to duct tape.** He is the president of the Possum Lodge, a fictional men's club in the small northwestern Ontario town of Possum Lake, near the also-fictional town of Port Asbestos. He and his fellow lodge members had their own TV show in which they gave lessons and demonstrations in repair work and outdoor activities, and advice for men.

The show's basic concept was that of a cable TV show, taped in part on a hand-held camera by Red's nephew Harold. The show's structure evolved over time and included several regular segments that appeared in almost every episode. These segments were interspersed with each episode's three main plot segments. The most frequent segments were "The Possum Lodge Word Game", "Handyman Corner", and "Adventures with Bill".

Handyman Corner
Red attempted to demonstrate creative and often humorous ways to tackle relatively common tasks, such as taking out the trash or making use of derelict cars, or to create something extravagant out of what ever he could get his hands on. Memorable examples included a paddlewheeler made out of a van on pallets and a revolving door, a jetpack made from two propane tanks, a hybrid car from recycled golf carts and satellite dishes, and a kiddie ride made from a bar stool attached to the agitator of a washing machine. Green often used duct tape in these projects. In one episode, he tried to duct tape the Ontario-Quebec border as a potential solution to Quebec separatism. The segment customarily concluded with the aphorism "If the women don't find you handsome, they should at least find you handy."
The Red Green Show. (2012, March 4). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=The_Red_Green_Show&oldid=480185313

Pam Bayfield's Inspirational Books:
Seniors Month 2012

Come With Me

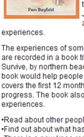
Come With Me is a story of true service to others in war time. Joan Fisher was only a young girl of 21 when she enlisted to become a voluntary aid. Little did she know that her journey would take her on a hospital ship, to the Atherton Tablelands and finally to Borneo where she nursed the prisoners of war after the war was over. Joan felt privileged to nurse wounded soldiers back to health with love and devotion. Life after the war was difficult for these ladies and settling down to civilian life took time. Joan finds love and marries and follows her teacher husband around many small country schools with two young boys.

Order your copy now: $25.00 (plus $3.00 postage within Australia)

Challenging Lives

The book is called Challenging Lives - the memoirs of Paula and Julien Vanslambrouck. In this book Pam has intertwined the life stories of both Paula and Julien to make for a very interesting read. Paula was one of nine in the depression years and her story tells of the struggle to survive with her father out of work. Her two great grandmothers were the among the first pioneers of the Wauchope district and now their progeny still live in the area. The two women became firm friends. One was an Irish orphan from the workhouse and the other an English migrant and when one dies young the other takes on the responsibility of rearing the ten children which are shared among the family.

Julien is a Belgium migrant who endured Nazi occupation during the war and came to Australia as a 22 year old. Julien and Paula meet in New Guinea and fall in love and we share their adventures in this interesting country and also South Africa where Julien is sent after joining the Kellogg's company. In retirement they settle on a farm out of Goulburn and rear angora goats giving Julien time to help others in the many organisations he joins for which he is awarded the Premier's Medal in 2001. They now live in the War Vets in Narrabeen and Paula, an accomplished pianist plays for the singalongs. They indeed have lived challenging and interesting lives.



Knees Up Mother Brown
How to Get New Knees and Survive

DO YOU NEED NEW KNEES? WANT TO KNOW MORE?

Book still available - has been re-printed for third time.

Read Pam Bayfield's book Knees Up Mother Brown - How To Get New Knees and Survive. In this book Pam takes you through the first 12 month's journey of rehabilitation as seen through her eyes. She had a bilateral knee replacement in July 2004 and kept a diary to record the whole process. There are also letters from other knee recipients who tell of their experiences.

The experiences of someone who has had a bilateral knee replacement operation are recorded in a book titled Knees Up Mother Brown or How to Get New Knees and Survive, by northern beaches resident Pam Bayfield. Mrs Bayfield said she hoped the book would help people who had had the operation or were about to have it. The book covers the first 12 months of her rehabilitation, as she kept a diary to record her progress. The book also contains letters from other bilateral patients telling of their experiences.

•Read about other peoples have said about the book in testimonials
•Find out about what has been written in the news here
•There is a new knee replacement shaped specifically to fit a woman's anatomy! The 'Gender Solutions' knee is made by Zimmer and is available now throughout Australia and New Zealand. If you would like to read more please visit www.femaleknee.com.au
The book is $25.00 (plus $3.00 postage within Australia, if outside Australia, please contact me)

All Available at: http://www.pambayfield.com.au/index.html

Pam Bayfield Profile

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.

We want you to we help you gracefully downsize with our experience and care. Click on logo to visit website.

SENIOR MOVERS
Gracefully downsize with our experience and care...

www.seniormovers.com.au

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

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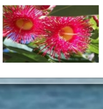


Pittwater Online News

March 11 -17, 2012: Issue 49

Autumn Bush Flowerings: Peach Flowered Teatree

Peach flowered tea tree *Leptospermum Squarrosum* flowers in Autumn and Winter in Pittwater on the sandstone escarpments and plateau bush areas in dark pink to light pink flowers on a small 2-3 metre high bush with small dark green leaves. It flourishes best in full sun.

Also called Peach Blossom Teatree the plant is of the Myrtaceae family native to eastern New South Wales. The flowers are approximately 16 mm (0.63 in) in diameter and have five pink petals. Flowering occurs from autumn to late winter.

The Name meaning of . Leptospermum is from the Greek, *lepto*, meaning slender, and sperma, seed, while *squamosum* is from the Latin meaning rough with scale or tips of bracts pressing outwards.

There's an ABFE (Australian Bush Flower Essences) Peach Flowered Teatree remedy which is good for the pancreas in particular and for people with extreme mood swings, hypochondriacal people and especially those who have a fear of getting old. It can also be used for people who get enthusiastic and then, for no apparent reason, lose that enthusiasm. It is for those who do not 'follow through' on their goals and convictions. Once the challenge goes they become bored and lose interest. It will help develop stability, consistency, drive and commitment. More here

YOUR INVITATION TO THE DAY
Level 1 WORKSHOP

2-DAY LEVEL ONE WORKSHOP in SYDNEY
17th-18th March 2012
Lecturer: Caitlin Graham-Jones

Don't miss this opportunity to:
*Become empowered and confident in using the Bush Essences
*Learn the history and philosophy of Australian Bush Flower Essences
*Learn how to select the right nature, the plant kingdom and yourself
*Understand how each of the 69 Australian Bush Flower Essences work with you
*Learn how to powerfully, yet gently change these patterns and improve the quality of your life
*Receive the most up to date in depth information on the research and development of Flower Essences
*Discover new tools to meet and resolve life's challenges and crises, learning
*Discover the 'Flower Language'
*Discover how to increase self-esteem and self-confidence
*Enjoy a stunning visual presentation of the flowers used to make the Essences as well as the diverse regions of Australia in which they grow.
*Actively participate in a bush walk, flower meditation and outdoor intuitive art process
*Learn the ancient metaphysical teachings of the four elemental personality types and their corresponding Essences
*Understand the endocrine system and its correlation to the Bush Essences
*Learn how to make a Flower Essence as well as prescribe the Australian Bush Flower Essences
*Master how to identify and clear negative subconscious sabotage programs

Venue: Kuringai Rudolf Steiner School
220 Forest Way
Belrose NSW

Date & Time:
Saturday & Sunday, 17th & 18th March 2012
9.30am to 6.00pm
Registration: 9.00am

Contact Unchi Willmer
Phone: (02) 9450 1358 (bh)
Email: unchi@ausflowers.com.au

Cost: $245.00 if prepaid by 9th March 2012 (or $295 thereafter)
(Prices include morning tea. Registration fee are 100% GST.)

Please note: If you have already completed a 2-Day Level 1 Workshop, this is available for the special price of $95.00

45 Boorala Road, Terrey Hills NSW 2084
Tel: +61 2 9450 1358 Fax: +61 2 9450 2669
Email: info@ausflowers.com.au
Website: www.ausflowers.com.au

Ian White, Founder of Australian Bush Flower Essences **Profile**

Caitlin Graham-Jones B.H.Sc., (Hat)

Caitlin has a passion for natural healthcare. With a degree in fine arts and psychology, she went on to naturopath in a busy Melbourne clinic. She has been working with Australian Bush Flower Essences for many years and has also found the time to teach meditation. After observing the profound connection between the emotions and patients' physical symptoms within her clinic, Caitlin has become passionate about communicating the value of the essences as a key cutting edge healthcare modality for students, practitioners and the general public. Caitlin's teaching style is grounded, with strong clinical references and experiences, coupled with a fun and refreshing outlook.

Booking Form in File Below (Click on and 'save as').

Syd_March_ABFE.pdf
Size : 143.365 KB
Type : pdf

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

Wings and Waterbugs
When: Sunday 18 March, 10am - 12:30pm

Creek systems are the life blood of the natural environment and an important part of our natural heritage. Creeks support a high diversity of plants and animals, as well as recreational areas for all to enjoy. Nature has signs to let us know about the environmental health of a creek. An abundance of native plants, small birds, frogs and clear water can contrast with a heavily weed infested creek with eroding banks and muddy or polluted water.

Join us in searching for some of these signs at Mullet Creek! Get involved in a water bug survey, learn about native vegetation and birds, and find out how you can help. Activities for the day include morning tea, bird watching, bush regeneration and bush survey that have taken place in the area, enjoying a spot of birdwatching and learning about the history of the area. Meet at Mullet Creek Reserve,Springfield (02) 9970 1313

Wear enclosed shoes, hat (no thongs or crocs), water bottle, appropriate clothing for weather conditions, camera, insect repellent and sunscreen and insect repellent

Bookings Essential

- Online - www.pittwaternpa.asn.au/cgi/bookings
- In person: Coastal Environment Centre, Lake Park Road, North Narrabeen
- Phone: 1300 886 235 (Reception - Option 1)

Family Fun Day at Narrabeen Lagoon
When: Sunday 4 March, 12 - 2:30pm
Cost: Free - Afternoon tea will be provided

Clean up Australia is a great day to get the family together and outdoors! Discover what lives below the waterline as you learn the skill of kayaking on the lagoon. Enjoy learning about our local waterways as you become involved in our 3D catchment model and hands on activities at the Environment Centre.

Lagoon with our Streamwatch expert. Our local Pittwater MP, Rob Stokes, will be presenting certificates to our Clean Up heroes.

Bookings essential (see above for details) What to bring: suitable footwear (no thongs or crocs), water bottle, appropriate clothing (for weather conditions), camera (optional), hat and sunscreen. Enquiries: Bianca Sigmund (02) 9970 1313

Community Planting Day
Kywong Reserve
When: Saturday 24 March, 8:30-11:30am

Come along and give us a hand to help restore this small bushland reserve. This project is supported by 'Caring for our Country' community grant and the Kywong Bushcare Group.

Where: Meet in reserve, access via right of way between 20-30 Strickland Ave, Elanora Heights. Morning tea provided. Free native plants for local residents. Please wear enclosed shoes.

Indigenous Walk
When: Sunday 25 March, 9 - 11:30am

An enjoyable and easy walk starting at the top of the Basin Track in Ku-ring-gai National Park on West Head Road heading to the lookout and return.

Damien McClellan and Sonja Elwood of the Coastal Environment Centre will talk about local flora and fauna while 'Uncle Kevin' of the Metropolitan Land Council will provide fascinating knowledge and interpretation of the many indigenous engravings in the area. Great views of Broken Bay and the whole family.

Where: Meet at the Basin Track, West Head Road, Ku-ring-gai Chase National Park. Bookings Essential: see details above.

Groups unite to oppose Coal Seam Gas in Northwest NSW

Earlier this month, 50 people from over 20 community groups attended a two day workshop in Gunnedah to discuss the threat to water, land and air from coal and coal seam gas in northwest NSW. The meeting took place in Narrabri just kilometres from the site where Santos have recently submitted its Coal Seam Gas proposals including five spills of toxic coal seam gas water.

Have a look at the media coverage of the Narrabri meeting: Groups present a united lobby front on Pilliga coal seam gas heat and CSG action groups unite

The scale of the Northern coal and coal seam gas mining in the region is unprecedented. Almost 6 million hectares of the northwest are currently under petroleum exploration licences and 640,000 hectares are affected by coal exploration titles. These developments threaten some of NSW's most spectacular forests and productive food producing land.

There are many ways you can help to prevent NSW bushland from becoming Gasland.

Visit the new Pilliga Forest website. This amazing new website set up by the Northern Council for the Environment details the way to stop the Pilliga Forest becoming a coal seam gas field: http://www.stoppilliacoalgasmine.com.au/

When my daughter was two we went snorkelling on the Great Barrier Reef. I was excitement over the coral, which she called 'water wowas' – translated as water flowers' – was a joy to watch. Two years later we still tell bedtime stories about that trip.

The other day she asked about my work. I told her I'm trying to protect the water flowers from being destroyed by dirty coal being piled on them. It's a crude oversimplification but it pretty much sums it up. The Great Barrier Reef is under threat from the coal and gas industry.

Our new report details the enormous coal expansion plans that are putting one of the world's greatest natural wonders at risk. It reveals 3 proposed dredge to massive coal port expansions in the World Heritage area. One of the ports, Abbot Point, is planned to become nearly three times larger than any other coal port in the world.

If the coal industry plans proceed unchecked, there will be over 10,000 coal ships passing through the reef each year, more than one ship departing port every hour of every day. Millions of tonnes of sea floor will be dredged and dumped in the marine park.

The guardians of World Heritage – UNESCO – arrive in Australia next week to investigate impacts on the reef from the spotlight of the world focusing on Australia, the Australian and Queensland Governments have agreed to do an 18-month 'strategic assessment' of the impacts of development on the reef.

Sounds good but what's the catch?

It looks like major industrial projects in the World Heritage area may be approved by our governments before they've finished their strategic assessment! We must ensure this doesn't happen – these projects should not get approval while the assessment is conducted. Otherwise it will be too late and the damage will be done.

The Great Barrier Reef is far too precious to let it be trashed by the coal industry. We need your help to defend it. This is the beginning of a vital campaign to protect our reef and our climate.

Save The Reef From Coal Online Petition

Thank you for being part of this critical work.

John Hepburn
Senior Campaigner
Greenpeace Australia Pacific

Pittwater's Environmental Foundation

Pittwater Environmental Foundation was established in 2005 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 reasonable natural condition. The rest has been cleared, with 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 and 9 endangered ecological communities and eight endangered communities or part bushland. To visit their site please click on logo above.

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 to a $50,000 grant from the Hawkesbury-Nepean Catchment Management Authority, through the federal government's Caring for Country grant program.

Representatives of the Eora people have provided their knowledge for descriptions of some of the images and the Guringai, Darkinyung and Dharug 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 weeds and pests.

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

"It's a living diary and will change and mature changes to the coastal environment and increase awareness of native birds, animals and plants," he said.

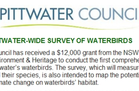
The calendar can be viewed at www.pittwater.nsw.gov.au/environment/bio/calendar
To submit photos for the biodiversity calendar: cec@pittwater.nsw.gov.au

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

Careel Bay Planting Day - Etival Street
Saturday 24th March 8:30 am - 11:30 am

Help protect Careel Bay and saltmarshes by restoring the native vegetation. We need volunteers to help plant around the Avona corner of Etival and Barrenjoey Road.

Meet at the dog exercise car park area - Etival Street, Avalon. ALL WELCOME!
Tools, equipment and morning tea provided. Please wear enclosed shoes.
This project is supported by a "Caring for our Country" grant and Pittwater Natural Heritage Association. FREE Native Plants to local residents.



PITTWATER-WIDE SURVEY OF WATERBIRDS

Pittwater Council has received a $12,000 grant from the NSW Office of Environment & Heritage to conduct the first comprehensive survey of waterbirds in Pittwater. The survey, which will measure bird numbers and their species, is also intended to map the potential effects of climate change on waterbirds habitat.

The survey will build on data obtained from earlier ones carried out between the late 1990s and 2007 in Pittwater, as well as a waterbird survey recently completed by Hornsby Council within the Hawkesbury catchment.

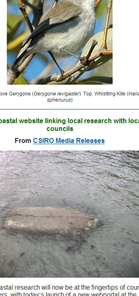
"However this is the most comprehensive Pittwater-wide survey of waterbirds," said the Council's Natural Environment & Education Manager Mark Belhamel. "We are using boats and land based observations to track the birds," he said.

Mr Belhamell said the entire Pittwater waterway will be mapped by the survey, from Barrenjoey Head in the north through to Mona Vale in the west and Winnerremey Bay in the south. Pittwater's tributaries areas will also be surveyed.

A total of ten surveys of waterbirds will be carried out between January and June this year, five by land and five by boat.

Common species such as ducks, cormorants, herons, ibis, pelicans and gulls will be assessed but the survey team are also hoping for sightings of rare species such as the Whistling Kite and the Mangrove Gerygone.

Sightings from the public of rare waterbirds will also be counted as part of the survey, providing photographic evidence can be supplied. To report a sighting of an unusual waterbird or their location, contact Jock Harvey on 9970 1366.



Above: Mangrove Gerygone (*Gerygone levigaster*). Top: Whistling Kite (*Haliastur sphenurus*)

New coastal website linking local research with local councils
From CSIRO Media Releases

The latest coastal research will now be at the fingertips of councils and developers, with today's launch of a new webportal at the Australian Coastal Councils Conference in Hobart.

The CSIRO-developed website will enable coastal councils, and other coastal stakeholders, to find research easily at a national level, and then focus on research that is relevant locally.

CSIRO committed to creating the Coastal Research Webportal at last year's Australian Coastal Councils Conference, when it was realised local councils had a low awareness of the range of coastal research available.

Dr Andy Steven, from CSIRO's Wealth from Oceans Flagship said, "By creating a central webportal to access the latest research data, decision makers will be able to better evaluate proposals for their communities".

"The website will also allow scientists and decision makers to investigate possible collaborations, to promote scientific research, and to identify any research gaps," Dr Steven said.

The webportal has short, plain English, acronym-free research summaries and it provides links to the Super Science Initiative and research, under the Creative Commons license.

Barry Sammels, the Chairman of the National Sea Change Taskforce said, "There is no doubt this webportal will be of enormous practical benefit for everyone who is involved in coastal planning and management".

The webportal, which uses a Google Maps interface, was developed in cooperation with TERN – the Terrestrial Ecosystem Research Network, funded by the Australian Government.

The webportal can be found at: http://coastalresearch.csiro.au/

This is an Australian Coastal Ecosystem Facility (ACEF) project under TERN, funded by ACEF and CSIRO. TERN is supported by the Australian Government through the National Collaborative Research Infrastructure Strategy and the Super Science Initiative.

The 2012 Australian Coastal Councils Conference is being held in Hobart 5-7 March at the Baha'i Centre of Learning, 1 Tasman Highway, Hobart.

Coastal Environment Centre

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

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

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

March 2012 Newsletter Including information on: Wildlife Friendly Fencing, Bushcare Planting Activities (volunteers needed), Workshops and Events, Blue ringed Octopus, Planting Food in Small Spaces.

HERE

Emu
Volume 112 Number 1 2012

Includes: Hybridization and the future of austral ornithology; Habitat influences on nest-site selection by the Painted Honeyeater (Grantella picta): do food resources matter?; Effects of group size, habitat and hunting risk on vigilance and foraging behaviour in the Lesser Kestrel (Falco naumanni); Corrigendum to: The abundance and distribution of two species of falcon in relation to urban and natural habitats.

How Green is a Spotted Gum when Wet?

Florabank, recognises and shares the best available knowledge from research and practice in native species seed management. More at: http://www.florabank.org.au/cgi-bin/view/FLOR/WebHome Click on logo above for index to the most extensive list of fact sheets on every Australian plant.

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

Marine and Freshwater Research
Volume 63 Number 2 2012

Includes: Bioturbation by stingrays at Ningaloo Reef, Western Australia. Lack of genetic differentiation observed in Pacific bluefin tuna (Thunnus orientalis) from Taiwanese and New Zealand waters using mitochondrial and nuclear DNA markers. Locating faunal breaks in the nearshore fish assemblage of Victoria, Australia. Spatial characteristics and species niche attributes modulate the response by aquatic passive dispersers to habitat degradation and more.

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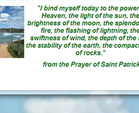
Sydney Harbour Foreshore Authority Carbon Footprints Document



PITTWATER NATURAL HERITAGE ASSOCIATION INC.

What Does PNHA do?

On-ground bush regeneration, eg: Asparagus Fern Cut Days
Activities: guided walks, talks, lectures
Quarterly information 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 & Inglewood Reserve, $20.00+p, attractive cards with photos of Pittwater scenes, flora and fauna $2.00

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

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

from the Prayer of Saint Patrick

Pittwater Online News

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March 11 -17, 2012: Issue 49

Oranges

Packed with fibre, antioxidants and Vitamin C, a favourite of children, the orange is a fruit originating 7000 years ago in India. This week we include two recipes, one a yummy pudding for cooling autumnal evenings and the other one for those who cannot eat flour, or even those who prefer pure tastes.

Flourless orange cake

Ingredients
Butter
3 oranges (1 for Syrup)
3 eggs
1 and ¾ cups caster sugar (reserve ¾ cup for orange syrup)
3 cups almond meal (around 300g)
1 tsp gluten-free baking powder

Method
Preheat oven to 170°C. Brush a round 22cm (base measurement) spring-form pan with melted butter to lightly grease. Line base with non-stick baking paper.

Place the oranges in a saucepan and cover with cold water. Bring to the boil over medium heat. Cook for 15 minutes or until tender. Drain. Return to pan and cover with cold water. Bring to the boil and cook for 15 minutes (this will reduce the bitterness of the peel). Refresh under cold water. Drain. Coarsely chop oranges. Remove and discard any seeds. Place oranges in the bowl of a food processor and process until smooth.

Use an electric beater to whisk the eggs and sugar in a bowl until thick and pale. Add the orange, almond meal and baking powder and gently fold until just combined. Pour into prepared pan.
Bake for 1 hour or until a skewer inserted into the centre comes out clean. Set aside for 15 minutes to cool.

Meanwhile, to make the orange syrup, use a zester to remove the rind from the orange. Juice orange. Place rind in a saucepan of boiling water and cook for 5 minutes or until soft. Drain. Return to pan with orange juice and sugar. Place over low heat and cook, stirring, for 2-3 minutes or until the sugar dissolves and the syrup thickens. Turn cake onto a serving plate and allow to cool for ten minutes. Use a skewer to gently prick the top. Spoon over syrup. Cut into wedges to serve.

Elizabeth Raffold's orange custard

(The first recorded recipe for the Eccles Cake is reputed to be in Mrs Raffold's book in ***1769****. Elizabeth Raffold was the cook and housekeeper at Arley Hall and worked for the Warburton family for a number of years before marrying the Head Gardener and moving to Manchester. Her recipe book was the first of its type and in its day, was as important and well known as Mrs Beaton's!)* Recipe By: Tamasin Day-Lewis From: Tamasin's Great British Classics

Ingredients
1 Seville orange
1 tbsp orange liqueur
110 g granulated unrefined sugar
4 large egg yolks
290 ml double cream
290 ml single cream
1 tsp orange flower water
2-3 drops sweet orange oil

Method
Preheat oven to 170 degrees. Remove the rind from the orange with a swivel bladed potato peeler, making sure there is no pith on the inside. Squeeze the juice and reserve.

Simmer the rind in a small saucepan of boiling water for 2 minutes. Drain and place into a blender with the orange liqueur, reserved orange juice, sugar and egg yolks. Whiz until the peel has been finely pulverised.

Pour the double and single creams into a saucepan and bring to scalding point. Keep the motor running and pour the cream slowly and carefully into the blender.

Add the orange flower water and orange oil. Ladle the custard into small ramekins and stand them in a roasting tin. Pour boiling water to come half way up the sides of the ramekins and bake in the oven for about 30 minutes, until lightly set. Remove the custards from the water and serve warm or chilled.

Above Photo by Ellen Levy Finch March 23, 2004.

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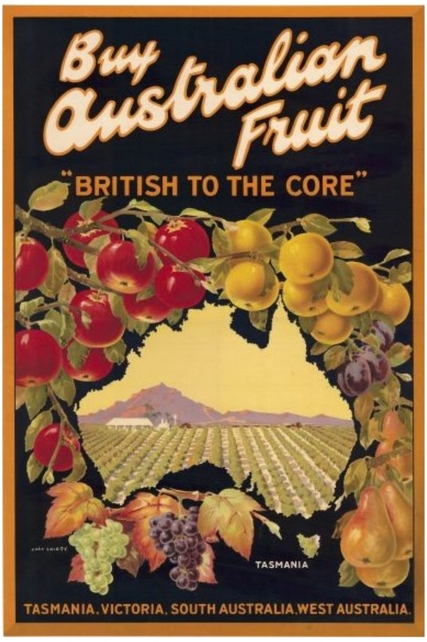
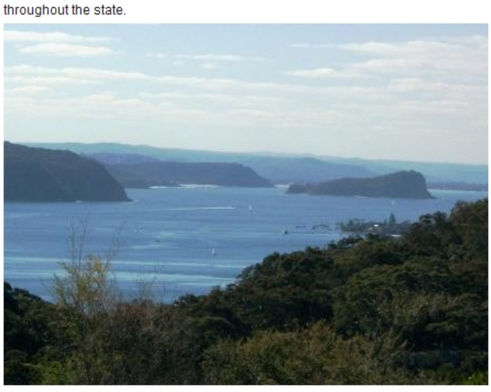


Above: Shiers, Chas. Buy Australian fruit [picture/poster]: British to the core nla.pic-vn5056565, 193?, courtesy National Libray of Australia.

An orange—specifically, the sweet orange—is the citrus Citrus *sinensis* (Citrus Sinensis (L.) Osbeck) and its fruit. It is the most commonly grown tree fruit in the world.
The orange is a hybrid of ancient cultivated origin, possibly between pomelo (Citrus maxima) and mandarin (Citrus reticulata). It is an evergreen flowering tree generally growing to 9–10 m in height (although very old specimens have reached 15 m). The leaves are arranged alternately, are ovate in shape with crenulate margins and are 4–10 cm long. The orange fruit is a hesperidium, a type of berry.
Navel oranges: Navel oranges are characterized by the growth of a second fruit at the apex, which protrudes slightly and resembles a human navel. They are primarily used for eating, as the skin is thicker and easier to peel than a common orange, they are less juicy, and a bitterness from limonin during processing renders them less satisfactory for juice. They are very popular because of their use as an eating orange, their widespread distribution, and their long growing season. According to Dorsett, Shamel, and Popenoe (1917) of the U.S. Department of Agriculture who conducted a study at first hand, a single mutation in 1810 to 1820 in a Selecta orange tree planted at a monastery near Bahia in Brazil, probably yielded the navel orange. a researcher at the University of California, Riverside, believes that the parent variety was more likely the Portuguese navel (Umbigo) orange described by Risso and Poiteau (1818). Because the mutation left the fruit seedless, and therefore sterile, the only means available to cultivate more of this new variety is to graft cuttings onto other varieties of citrus tree. **It was introduced into Australia in 1824.**
Beauty: You can make distilled orange peel water, by boiling the orange peels with distilled water. Collect the mixed and boiled orange water from the lower boiler and seal it in an air tight bottle. Leave for the next two days, after which you may apply the water directly on your face and skin to reduce darkening on the skin from sunspots, wrinkles, and cleanse the skin, also helping with acne in this way. This also, some sources state, will reduce scars although you are recommended to extend the use until you see results. Juice from the peel is also cited as a way to reduce dandruff and oily hair.
Nutritional value per 100 g Energy 192 kJ (46 kcal), Carbohydrates 11.54 g, Sugars 9.14 g, Dietary fiber 2.4 g, Fat 0.21 g, Protein 0.70 g, Thiamine (vit. B1) 0.100 mg (9%), Riboflavin (vit. B2) 0.040 mg (3%), Niacin (vit. B3) 0.400 mg (3%), Pantothenic acid (B5) 0.250 mg , 5%), Vitamin B6 0.051 mg (4%), Folate (vit. B9) 17 µg (4%), Vitamin C 45 mg .54%), Calcium 43 mg (4%), Iron 0.09 mg (1%), Magnesium 10 mg (3%), Phosphorus 12 mg (2%), Potassium 169 mg (4%), Zinc 0.08 mg (1%)
The peel of an orange has increased vitamin C and fiber, however one should only consume the peels of organically grown and processed oranges, where chemical pesticides or herbicides would not have been used on the peel. Orange peel contains citral, an aldehyde that antagonizes the action of vitamin A. Therefore, anyone eating orange peels should make certain that their dietary intake of Vitamin A is sufficient.
History: The orange is thought to have originated from the southeast and northeast India. Different varieties were grown in both the regions of India, which dates back almost 7000 years. They were cultivated in China by 2500 BC. The fruit of Citrus sinensis is called sweet orange to distinguish it from Citrus aurantium, the bitter orange. The name is thought to derive ultimately from the Sanskrit for the orange tree, with its final form developing after passing through numerous intermediate languages. In a number of languages, it is known as a "Chinese apple", e.g., Dutch *sinaasappel* ("China's apple") or appelsien, or northern German Apfelsine. In English, however, "Chinese apple" generally refers to the pomegranate. Romans were the first Europeans to taste oranges, reaching the Roman empire around the 1st century BC. The credit for introducing this fruit to the Roman empire, goes to Persian traders, who had trade relations with India and Ceylon.
The first major pest attacking orange trees in the United States was the cottony cushion scale (Icerya purchasi), which was imported from Australia to California in 1868. Within 20 years, it had wiped out the citrus industry around Los Angeles and seriously limited orange growth throughout California. In 1888, the USDA sent Alfred Koebele to Australia to study the scale in its native habitat. He brought back with him specimens of an Australian ladybird beetle, Novius cardinalis, and within a decade the scale had been controlled or eradicated throughout the state.



Pittwater Online News

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The Swimming Race vs Treading Water: March's Pisces Full Moon

In between goals is a thing called life, that has to be lived and enjoyed Sid Caesar

Picture yourself vividly as winning, and that alone will contribute immeasurably to success. Harry Emerson Fosdick

The battles that count aren't the ones for gold medals. The struggles within, inevitable battles inside all of us - that's where it's at. Jesse Owens

When you are content to be simply yourself and don't compare or compete, everybody will respect you. Lao-Tzu

The difference between a hero and an also-ran is the guy who hangs on for one last gasp. Paul Dietzel

Of all human powers operating on the affairs of mankind, none is greater than that of competition. Henry Clay

Live daringly, boldly, fearlessly. Taste the relish to be found in competition – in having put forth the best within you Henry J. Kaiser

March's Pisces full Moon occurs on March 8. The Sabian Symbol is Page 19: A Swimming Race. This Symbol speaks of being in the 'race' or being outside of it. Being competitive, or letting others take the lead without a contest, of the need to be in the lead versus not wanting to dive from the starting blocks.

From my book *The Sabian Oracle: 360 Degrees Of Wisdom* You may find yourself in competition with others or working your way through conflicting emotions and hoping to win, or come out on top. It is through hard work, practice and the control of your self and emotions that success can be achieved. The lessons learnt through your training may be called on now. Have faith in yourself and your abilities that you can win. You may be working hard at achieving the win for someone else, a larger picture (for club, school, country) or winning the race with purely personal gains in mind. If it's an intellectual or emotional 'fiasco' that you're competing in, it may at times be easier to let the other 'win'. Although winning can be really wonderful, a feeling of relief can accompany the desire to come out on top can wear you, and others, down and take the joy and spontaneity out of life. Plus, there are no real winners when people compete emotionally. Is the situation facing you worth the effort you must put in? If so, take a deep breath and go for it with all your might. If someone is just trying to rattle you, you might decide to pull out and let him or her go for it. People can't win against you if you're not competing against them and a refusal to compete against them can take the wind out of their sails. The best way to win is to enter a race, to compete against yourself, to always do your best. Looking sideways at others to see how they're doing can slow you down and affect your performance. Look ahead and go for your own objectives, doing the best you can is the best you can do. (Ref: p.19)

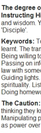
Keywords: Looking sideways to see how others are coping with the strain of competition. Competing with one's emotions. Capitalism. The need to win. Success or greatness. Swimming,sports, competition. Wanting to be first at everything. Learning how to win vs. Concentrating on the goal. Medals and awards.Training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

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

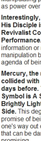
The photograph at the top of this blog is called *'A Race In Street Clothing'*. The men in the photo are diving into the water fully dressed in suits. Sometimes we feel like we have to jump into a situation unprepared, perhaps in the entirely wrong attire or uniform and we have to keep paddling to get to our desired end. With **Neptune** recently on **Pisces 1: The Large Public Market**, it can feel like there's a lot of people 'out there', a lot to 'compete with' or communicate with, or, contribute to the success of one's 'market'.

Neptune is now on Pisces 2, a Symbol that can have people wanting to hide away. A Squirrel Hiding From Hunters. With this degree, one can feel that they don't want to put their heads out of their hiding hole for fear that they will be taken out, or somehow compromised or endangered. Remember, this is Neptune and there's a lot of illusion taking place with Neptune on this degree.

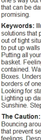
The Karmic Condition of the full Moon is Virgo 18: Two Girls Playing With A Ouija Board. This speaks of picking up on the vibrations of others around you, being attuned to what's being communicated, having someone to bounce your ideas or plans off. Are you sensing the messages around you?



The degree following the full Moon, the Quest Symbol, is Virgo 20: A Caravan Of Camels Headed For Promised Lands Where is it that you're heading? Where is your 'Promised Land?'. Who are you heading there with? Are you with others or setting off alone? Are you going over old ground again and again (in your mind or wherever) and not really getting anywhere? Should you be exploring new ground?



Keywords: Venturing into life with like-minded companions. The support of others in your life. Future vs. Nature. Seeking new territory. Rallies and caravans of cars. Exchanging money. Commerce. Buses, caravans, trailers, etc. Leaving behind known for the unknown. Gypsies. Hollywood, California. "Boom" towns. The 'magic bus'.



The Caution: Forsaking the individual path in favour of a more secure, common one. Perpetuating restlessness. Constantly seeking the 'Holy Grail'. Lack of roots. Instability in one's home life. Being a rolling stone. Forsaking lasting relationships. Crazy goose chases. Running away from problems. Fear of living.

The degree of the Sun at this full Moon is Pisces 19: A Master instructing His Disciple. This speaks of the transfer of knowledge and wisdom from one who has what you are the 'Master' or the pupil, the 'Disciple'.

Keywords: To give and to receive. Lessons that need to be well learnt. The transfer of knowledge. Taking time to instruct others. Being willing to both teach and learn. Step-by-step lessons. Passing on information, instructions and directions. Laying down the law with someone. Manuscripts and lessons. Masters. Gurus. Guiding light. Mentors and mentoring. Knowledge, wisdom and spirituality. Listening and learning. Knowing what questions to ask. Doing homework.

The Caution: Dogmatic instruction by rote. Talking down to others, thinking they know less. Someone having a 'know it all' attitude. Manipulating people for one's personal agenda. Using knowledge as power over others. Being above everyone else.

Interestingly, the Karmic Condition of A Master Instructing His Disciple is Pisces 18: In A Huge Tent, A Famous Revivalist Conducts His Meeting With A Spectacular Performance. Is this instruction or dogmatism? Is it useful information or mere rhetoric, loud voices, a performance, a manipulation by big egos with hysteria whipped up. Is there an attempt to control others by controlling others?

Mercury, the ruler of this full Moon, is on Aries 6, having just collided with Uranus afew days before. The Sabian Symbol is A Square Brightly Lighted On One Side. This degree contains a promise of being able to find one's way in situations that can be dark or not promising.

Keywords: Illuminated solutions that come from out of tight situations. Having to put up walls to protect self. Putting all your eggs in one basket. Feelings that are contained. Walls and fences. Boxes. Understanding the borders of one's activities. Looking for stabilization. Lighting up dark corners. Sunshine. Stepping outside the square.

The Caution: Extremes in thinking. Feeling trapped. Seeing only one side. Bouncing around, feeling like there's no way out. Internal struggles that prevent seeing solutions. Not acknowledging or expressing true feelings. Desperately wanting to escape tight situations. Fear of ambush. Fear of attack from behind. Claustrophobia. Padded cells.

Mars retrograde has many people feeling like they are 'treading water., The message of Mars seems to be that someone has to/will have or needs to have their 'veil' stripped away. Mars is moving very slowly, so it's highlighting this degree very strongly. **The Sabian Symbol is Virgo 12: A Bride With Her Veil Snatched Away.**

Keywords: Secret motives being revealed. Unveiling or changing true identity. Proving oneself with no excuses and no pretense. Breaking down walls that are keeping from relating on a deep level. 'Honeymoon periods'. Being true to one's self and others. Marriage rituals. Dropping pretense. Divorce.

The Caution: Stubbornly refusing to accept new directions in life. Failing to commit. Not coming up with what one promised. Feelings of violation. Not being ready to give up fantasies or illusions. Feelings of being used or exposed. Harsh realities. Illusions that may be best left that way. Withdrawal.

Interestingly, **Virgo 12** is the degree of **Elsie Wheeler's Sun** (the spiritualist medium who 'gave birth' to the Sabian Symbols in 1925) - she never married, but she had to remove her 'veil' in order to be in the 'marriage with God'.

From the Gospel of Philip: It is not possible for anyone to see anything at all unless they first actually exist unless he becomes like them... You saw the Spirit, you became spirit. You saw Christ, you become Christ. You saw the Father, you shall become Father. So in this place you see everything and do not see yourself, but in that place you do see yourself - and what you see you shall become.

In other words, one has to 'remove one's veil' in order to fully reveal one's self and to know others and to know God.

There can also be a need to come to terms with one's 'mistakes', foibles, uncertainties and failures - to strip the pretense. With Mars here, it could be time to accept or reveal the truth of another. Here, there can be issues of how one stacks up to judgment (by one's self or others), and whether we live up to the expectations of others. This is especially so as **Mars** will retrograde back over **Virgo 11: A Boy Molded In His Mother's Likeness For Him.** Are there problems with living up to other's expectations? Do issues of being a 'good' child, parent or being a good example to others come up? Do you feel that you, or others, are letting the team down?

Keywords: Being directed on the journey or shaped against one's free will. Plastic or cosmetic surgery. Building the physical or emotional shape. Finding one's way or destiny. Pre-determined destinies. Looking like one's mother or father. The challenge of individuality. DNA. Parents as patterns. Allowing others to dictate who you are. Inherited values. Following in the family's footsteps.

The Caution: Remaining tied to the apron strings of mother or others. Conforming to social expectations. Not having a clear sense of what one wants to be. Merely being a reflection of what somebody else wants. Being a 'mummy's boy'. Not knowing the free will of one's own. Living the unlived life of the parents. Squashed individuality.

Venus is in the sign that it rules, Taurus, and is on a lovely degree. It's Taurus 4: The Pot Of Gold At The End Of The Rainbow. It's interesting to have this degree along for the ride with The Caravans Of Cars Headed For Promised Lands. Many are striving for their 'Pot Of Gold', and the search can, in the end, be it's own reward and many things can be found in that search, but some find that there is a continual search over the hills and far away.

Keywords: The promise of riches, in whatever forms these may take. Creative imagination. Goals and ambitions. Alchemy. Splashes of color. Rewards contained. The search for the treasure. Seeking communion with nature and life's bounty. Wealth derived from changing perspective. Talent and beauty.

The Caution: Seeking easy, tempting solutions. Thinking that rewards are always just 'over the horizon'. Thinking that one is never going to get near 'it'. Elusive success. Forgetting the more immediate things in life. Seeking perfection.

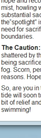
Uranus is on Aries 4: Two Lovers On A Secluded Walk. This can speak of lovers together, but it often speaks of people by themselves and feeling like they want some private space, some time out, to not be disturbed while they get on with their objectives. This degree can bring up loneliness, especially with Uranus there, it can feel like a real splitting off.

Keywords: Walking love's path. Secret love affairs. Seeking shelter from others' eyes. Wanting or needing to be undisturbed. The young at heart. Being by one's self and wondering where the 'other' is. Romance. Quiet moments. Seclusion and peace. Intimacy and sharing. Desired destinations. Walking and strolling together.

The Caution: Being 'selfish' by keeping one's partner or friend to oneself. Jealousy when others are around. Feeling left out and uninvited. Narrow-minded responses to people or things. Loneliness and/or the desire to be left alone. Denial of self and needs. Not wanting contact. Rejecting those who don't measure up.

Jupiter is on Taurus 9: A Christmas Tree Is Decorated And Shines In The Darkness. This is a lovely degree that asks that we open our hearts to others regardless of race, creed or background. As at Christmas time, who do you want to spend your time with? Who's invited and who's not? Are there gifts to be shared with others? Do you know how to receive gifts yourself or are you a giver without knowing how to receive?) Even when things are really difficult, it helps to see the goodness in life, in others, in the possibilities around you.

The Black Moon Lilith is on Taurus 10: A Red Cross Nurse With Warm Sympathy. This reflects the feminine in it's ability to care, look after and nourish others. Jupiter conjunct Lilith seems to be bringing a lot of flack about women and their rights to the fore in the media.

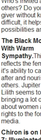


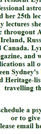
Chiron is on Pisces 7: Illuminated By A Shaft Of Light, A Large Cross Lies On Rocks Surrounded By Sea And Mist.

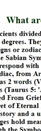
Keywords: Renewed dedication after loss. Looking for signs of hope and recovery. Coming to terms with loss or failure. Rocks, mist, howling winds on coasts. Crosses of faith. Important and substantial sacrifices. Being devastated by events. Being in the"spotlight" in difficult times. Finding the way through the dark. The need for sacrifice. Alternative religions. Stepping outside religious boundaries.

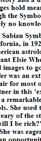
The Caution: Lost faith. Hopes dashed. Giving up. Being shattered by the constraints of life. Depression. Feeling like one is being sacrificed, sometimes for nothing. Unable to see through the fog. Scorn, persecution and attack because of religious or social reasons. Hopelessness. Things grim, dark and foreboding.

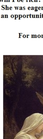
So, are you in the Swimming Race or are you treading water? The tide will soon turn as Mars goes direct in Virgo - that should bring a bit of relief and a bit more genuine outcomes to one's efforts. Keep swimming!

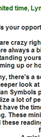












Avalon resident Lynda Hill, FAA Pract. Cert . has been a professional astrologer for more than 18 years. 2010 marked her 25th birthday in astrology. She is in addition to the many lectures she has conducted for astrologers and the public throughout Australia, England, Scotland, Wales, Ireland, Russia,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

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

What are the Sabian Symbols?

The ancients divided up the sky, just like any other circle, into 360 degrees. They assigned each of the 12 constellations (star signs or zodiac signs) 30 degrees each: 12 times 30 = 360. The Sabian Symbols are a set of 360 phrases of words that correspond with each of the 360 degrees of the wheel of the zodiac, from Aries 1 to Pisces 30. Consisting from as little as 2 words (Virgo 2: 'A Harem') to as many as 21 words (Taurus 5: 'A Youthful Widow, Fresh and Soul-Enhanced Cross-ways to Maturity'), they meet the love of Secret of Eternal Life), each one of these Symbols holds in itself such a unique energy flavor of their own. These images hold meaning for those degrees of the signs. Although astrologers have their theories of the Sabians, absolutely no knowledge of astrology is needed to use them.

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

For more Information: click here

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

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

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

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

A mini-reading works this way:

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

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

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

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

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

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

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

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

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

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Pittwater Online News

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Slushie Day at Maria Regina School, Avalon: raising funds for Caritas Project Compassion

Images courtesy of Joanne Kelly

Michael Mannington and Volunteer Photography: Free photographic services to Volunteer, Charity and Not for Profits.

Pic: Michael and Cheeky (AC's pooch) at WPYC Putt Putt Regatta, Jan. 2012.

Big Swell Week; Dawn at Mona Vale Beach 9.3.2012
pictures by Michael Mannington

Pittwater's Ceramic Awards Opening Night 2012- pictures by Michael Mannington & AJG

Natalya Fonesca

Nic Auton giving demonstrations more at www.legendpottery.com.au

Gorgi Armen and Michelle Luschwitz, Cermacists

Ceramicist and her work

Newport Sculptor Patsy Clayton-Fry

Bilgola Public School Ceramics

The Big One This Week: Mona Vale Pool

Mona Vale Pool, Dawn 9.3.2012, by Michael Mannington. All Rights Reserved.

Pittwater Online News

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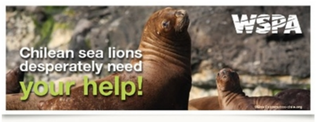
Pittwater Online News receives a lot of information from various sources each week. For Your Interest and Bemusement:

Dolphin Friendly

Autumn is a time when many dolphins seem to return to our beaches, or are easier to see as they come closer to shore. The water is pristine and shoals of fish are chased on the sandbanks. To celebrate we share some furred and finned images and also one from PBSC who we were privileged to present material on during January and February.



Thousands of sea lions in Chilean waters are at risk of needless slaughter. Now they need your help. Take action now to protect them, and stop the possibility of legalised culls!

In Chile, sea lions are a protected species. But the government is planning to use loopholes in current legislation to open the door to a mass cull, despite huge opposition from the people of Chile. If they do, thousands of these sociable sea mammals will die.

The plan for a mass cull is a reckless reaction to the scarcity of fish in Chilean waters. In fact, decades of over-fishing are to blame.

Without protection: the Chilean government will approve a plan to cull thousands of sea lions. Without protection: the sea lions are exposed to further exploitation, like capture and live export to 'perform' in aquariums and zoos. Without protection: the sea lions are at risk of being killed and their body parts exported to Asia for use in 'aphrodisiac medicines'.

Please support WSPA, our local partner Ecoceanos and all the concerned Chilean citizens to prevent the cull.

Sign this letter to President Piñera of Chile today - tell him the world will not accept the needless slaughter of sea lions.

March HarperCollins Competition

Signed Book Pack Competition! New Books by Australians this Month on our Books page
Can't get to one of our author events this month? Never fear!
For your chance to win 1 of 5 book packs containing *The House on Willow Street* AND *Balthazar*, both signed by the authors, email us at promotions@harpercollins.com.au **by 30/3/12** and tell us about your biggest brush with fame!

Tweet Like +1

The Voiceless Writing Prize sponsored by Australian Ethical Investment invites writers of fiction and nonfiction to reflect on the ethical relationship between humans and animals. Submissions should be between 5,000 and 10,000 words and should focus on animals produced for food or found in the Australian landscape.

The Judging Panel is chaired by Nobel Laureate J. M. Coetzee, and includes Voiceless co-founder and managing director Ondine Sherman, Literary Editor of The Sydney Morning Herald Susan Wyndham, and Dr Wendy Were, former director of the Sydney Writers Festival. The best pieces will be released as a collection by Publishing Partner Allen & Unwin, and The Sydney Morning Herald is supporting the Prize as Media Partner.
There is over $20,000 in prizes to be won, including $15,000 for the winner chosen by the Judging Panel (sponsored by Australian Ethical Investment), $5,000 for the People's Choice winner sponsored by Deborah and Peter Debnam and $500 for each writer chosen for publication.
Hurry, entries close 16 March! For further details visit Voiceless and **to enter visit Allen & Unwin.**

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

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

State Library of NSW Maps and Land Title Records now ONLINE

DIXSON MAP COLLECTION DIGITISED
With thanks to the collaborative support of our many generous benefactors, we have been able to scan over 1 000 rare and beautiful maps from the Dixson map collection. Selected maps are now available on our Discover Collections page

NEW ONLINE ACCESS
Historical Land Title Records of New South Wales from the Land & Property Management Authority accessible via our Electronic Resources page. Click on browse to connect (only within the Library). Information on viewing Historical Land Title Records (PDF 815 KB)

Many of these are 'zoom-able' which means you can click on them and enlarge the images to view the details.
State Library of NSW

Aboriginal carvings of Port Jackson and Broken Bay / measured and described by W.D. Campbell. Zoomable image of Map at: HERE

William Dugald Campbell was born circa 1841 at Argyllshire, Scotland. He was the son of Captain Charles Dugald Campbell and Bower Caroline Mylne. He married, firstly, Constance Julia Tuson in 1879 at Argyllshire, Scotland. He married, secondly, Margaret Elizabeth Williams on 28 August 1910 at Queensland, Australia. He died on 26 July 1938 at Almeda, Queensland, Australia. He was invested as a Fellow, Geological Society (F.G.S.).

William Dugald Campbell, surveyor, was in New Zealand where, between 1876 and 1882, he published material on surveying. In 1886 he was appointed a licensed surveyor in New South Wales where he continued publishing. Between 1906 and 1923, while in Western Australia, he published further material. Besides surveying, his writings included papers on the ethnology of Australian Aborigines, which were published by learned societies. He was also Chairman of the NSW Vegetarian Society from 1891.

Image a4341001: Aboriginal carvings, Port Jackson and Broken Bay, 1893-1896 by William Dugald Campbell. Volume 1 contains original drawings of the carvings, giving dimensions and locality, with an index. Volume 2 consists of parish and military maps, marked in ink at the points where the carvings were found.
Zoomable Image at Link above, courtesy of State Library of NSW ONLINE Exhibitions

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

Links for cloud enthusiasts

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

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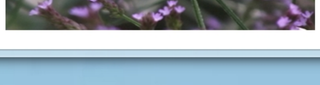

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Monthly Meeting Guest Speaker
Tuesday 5th March 7.30pm
Life at a Professional Yachtsman
Ian Kirkpatrick

Ian, one of club member Jim Kirk's trained as a child's captain and RYA and spent a phenomenally successful career as a professional yachtsman around the world. He now works on an Australian Maxi yacht and will be sharing with us his many chapters.

Please visit the club homepage at www.pittwaterrsl.com.au/rsl-sailing-club/ for more information.

The Pittwater Menu Podcast is back at the Pittwater RSL Club. Click on the image to see the podcast.

Pittwater Sailing Notice Board Items

2-DAY LEVEL ONE WORKSHOP in SYDNEY
Saturday 6 & Sunday 7 April
Location: Cabarita Community Hall
Early bird price extended! You can discover the healing power of Reiki!
Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Reiki is administered by "laying on hands", which allows the patient to receive life force energy. Reiki is based on the belief that when life force energy is flowing through us we are healthy, happy and full of vitality. When life force energy is blocked or low, illness, pain, stress and negative feelings may manifest.
Reiki is easy to learn and has many benefits for self and others. Reiki is a wonderful tool for personal development and for assisting others on their healing journey.
Reiki is a complementary therapy and is not a substitute for medical treatment. Reiki is not a religion and does not require any belief system.
Reiki is safe for all ages, including babies, children, adults, pregnant women, the elderly, animals and plants.
Reiki is a beautiful gift to give yourself and others.
Reiki is a powerful tool for personal development.
Reiki is a wonderful way to relax and promote healing.
Reiki is a simple technique that anyone can learn.
Reiki is safe and natural.
Reiki is non-invasive.
Reiki is gentle.
Reiki is complementary to other healing therapies.
Reiki is available to everyone.
Reiki is free from dogma.
Reiki is universal.
Reiki is unconditional.
Reiki is supportive.
Reiki is nurturing.
Reiki is loving.
Reiki is healing.
Reiki is Reiki.
Reiki is Usui Shiki Ryoho.
Reiki is Usui Reiki Ryoho.
Reiki is Usui Reiki.
Reiki is Usui.
Reiki is Reiki.
Reiki is Reiki.
Reiki is Reiki

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Above: Exterior of The original Trocedero and Sam Hood Picture of '*Radio station 2CH's Children's Christmas party, Trocadero*', Date of Work 22/12/1936, Home and Away - 30090, Courtesy State Library of NSW

Above: Frank Coughlan and his band on the Trocadero stage.

Tweet Like +1

Invitation, Trocadero luncheon, Royal Tour, 4 Feb 1954 from collection of official passes and invitations relating to the Royal Visit to NSW 1954, printed by A H Pettifer, NSW Government Printer, Sydney, Australia, 1954 . Courtesy Powerhouse Museum

Read more: http://www.powerhousemuseum.com/collection/database/?irn=327437#ixzz1oCfVluTN

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THE TROCADERO IN SYDNEY

by George Repin

The sight of gentlemen in full evening dress (white tie and tails) or, at the very least, in dinner jackets with black ties, each struggling with a heavy overnight bag, a sports bag or a small suitcase, entering premises where a dance was being held, today would raise eyebrows. Yet their accompanying ladies, dressed to the nines in beautiful ball-gowns, often with lovely corsages pinned to their frocks, seemed oblivious to a sight which today would not pass unnoticed. In the days when liquor laws prevented dance venues such as **The Trocadero** from supplying alcoholic beverages the men carried the evening's supply of "grog" in the bags – bottles of beer, whiskey, soda water and some soft drinks – but never wine (in those days few people drank what they called "plonk").

Immediately after World War II and well into the fifties well-attended Balls were regularly organized by many organizations. In those days **The Trocadero** (affectionately known as the "**Troc**") filled a need because it was the only place big enough to cater for large functions staged by major charities, such as the Black and White Committee, for fund-raising purposes, by University undergraduate societies, trade and professional associations, hospital nursing and medical groups, sporting clubs and the like. Balls were very popular.

Opened on 3 April 1936, at the height of the Depression, as an initiative of the entrepreneur, Jim Bendrodt **The Trocadero**, was a mecca for those enjoying ballroom dancing and jazz immediately before World War II. It was referred to as a "Palais de Dance" – **never** as a dance hall.

It was a large single storey building on the West side of George Street between Bathurst and Liverpool Streets decorated inside in the ***art deco*** style.

Entering from George Street up a few wide steps patrons arrived in a wide carpeted foyer where they could meet and mingle. The well-sprung dance floor was in the middle of the building under a high ceiling. The thirteen piece dance band was at the far, western end of the dance floor on a flashy brightly illuminated raised stage (typical of the "big band" era). It played in the then popular styles of Glenn Miller and Tommy Dorsey. For many years it was led by Frank Coghlan, a trumpet player and arranger who was greatly influential in the development of jazz in Australia. Coghlan was a dashing figure in formal attire with a trim physique and a pencil thin moustache.

Columns around the dance floor supported the lower ceiling of a surrounding carpeted area where patrons sat at long tables covered with white table clothes. The tables were bare except for glasses and large numbers on stands to identify the areas booked by individual parties. On arrival the "grog" was unloaded and the bags pushed under the tables. A photographer was always present in the foyer and, later in the evening, did good business photographing couples and groups wanting a memento of the evening. "Proofs" could be viewed and prints ordered at the photographic firm's offices a few days later.

However **The Trocadero** catered for more than Balls. It arranged functions for many distinguished visitors to Sydney. During her first visit to Australia in 1954 a luncheon was held for Queen Elizabeth. Other visitors included Field Marshall Viscount Montgomery in 1947 and President Lyndon B Johnson of the United States of America.

For many years it was the meeting place of the Rotary Club of Sydney. It also was the venue for exhibitions and trade shows.

At the end of a Ball at **The Trocadero** the last tune always played was "*Good night sweetheart – till we meet tomorrow*". There was no tomorrow for the Trocadero after 5 February, 1971 when it closed, was demolished and replaced by a cinema complex. A bronze plaque fixed, on 13 July, 2002, to the southern wall of the foyer of the cinema complex marks the site where **The Trocadero** had stood.

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Arrowroot advertisement, 1917, Sydney Morning Herald

Illustrated Tasmanian Mail, (**1932**) *Arnott's biscuits advertisement from the Illustrated Tasmanian Mail, December 1, 1932.* From; University of Tasmania Library Special and Rare Materials Collection, Australia. (Unpublished)

Tweet Like +1

Advertising. (**1943, January 16**). *The Australian Women's Weekly* (1933 - 1982), p. 24. Retrieved from http://nla.gov.au/nla.news-article46445995

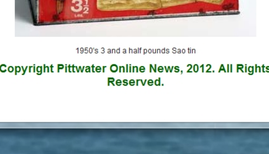
APPEAL TO RETURN BISCUIT TINS

An aftermath of the war which affects every housewife is the present tinplate shortage. This is the reason why the grocer has to say "No" so often when he wants to say "Yes," even with such favorites as Arnott's Biscuits. New biscuit tins cannot be made to replace the tins which are not returned—all tinplate is rationed and Arnott's tinplate ration will just not run to it. Empty tins now put aside or being misused would make a great difference in keeping biscuit ovens busy, so Arnott's ask the co-operation of every housewife in returning all empty biscuit tins to her grocer or storekeeper as promptly as is possible. A credit, as stated on each tin, is allowed for empties by all grocers and storekeepers.

APPEAL TO RETURN BISCUIT TINS. (**1947, June 19**). *Barrier Miner* (Broken Hill, NSW : 1888 - 1954), p. 3. Retrieved from http://nla.gov.au/nla.news-article48499504
Advertisements alike these appeared in every newspaper around the country up until 1947 there was a post-war tin shortage. Some sources state the tin shortage lasted well into the 1950's.

Arnott's flatbed trucks (nos. 17, built by C.Ibbotson, King St, Newtown, & 22) and van (no. 20, with sloping halved radiator), [ca. 1935-1940] / Milton Kent Digital Order No. a449002, Courtesy State Library of NSW Original vans were bright red from 1920's, prior to then deliveries were made by horse and buggy outfits.

Reproduction of a 1920's tin



1950's 3 and a half pounds Sao tin

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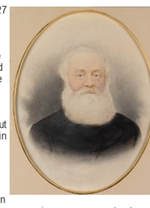
Arnott's Australian Biscuit Tins

Early Arnott's Tin in Newcastle Museum

Fetching between $1700 to $2000.00 for earlier tins, and some asking $24.00 for tins only a few years old, all who have Arnott's biscuit tins to store your own homemade Anzacs and cakes in, may want to relegate them, and their attractive finishes, to collectors items ands spare them the rust caused by water. Despite the Arnotts Company becoming the property of Campbell's Soup (US) in 1997, many people collect these tins in each year's edition (usually at Christmas or in other celebratory anniversaries and issues to celebrate events) due to their 'Australian' connection. Arnott's was considered an ephemeral Australian company; during the Depression they cut back workers hours to three days a week rather then dismiss people. They created and sent special biscuits in soldiers only tins for our troops during both WWI and WWII. They sold biscuits to many places overseas and around 10000 tons per year in Australia annually (1930's).

Used to store marbles, repair kits, photos, with some reports of people's ashes also being buried in them, the Arnott's biscuit tin has become part of an Australian heritage to some and one of those collectors' items that increases in value when not kept for aesthetic reasons.



William Arnott, was born in 1827 (1827-1901) in Pathhead near Kirkcaldy, Fife, Scotland and emigrated with his brother David to Australia in 1848. The milk arrowroot biscuit stemmed from an idea when crossing the ocean to Australia as this formed part of the diet of all those on board. He began a baker's business in Maitland but after floods in 1859 and again in 1861 moved to Hunter Street, Newcastle.

In 1875 a new enterprise, William Arnott's Steam Biscuit Factory opened in Newcastle. In 1900 the first Arnott's tins began appearing, as a means to store biscuits, keeping them fresh. The first Sydney factory was opened at Forest Lodge in 1894. In 1903, the Arnott family (William had seven sons and five daughters through two marraiges) wanting to expand, decided that a larger factory was required. Requiring access to the railway for transportation, the Arnott's purchased a six and half acre site at Homebush in 1906. The factory was designed by architect Charles Slatyer and built in 1907 at a cost of £10,400. Until 1940 biscuits were sold by weight in 14 pound tins.

Arnott's tins stamped with the Homebush address are very popular. One of the most sought and valuable Arnott's biscuits tins is the "beach bucket" containers produced by Arnott's at Homebush during the 1930's, in fact all tins made before the war (II) can be worth up to $2000 if found in very good condition. We found one Tinplate beach bucket style container with a lid, featuring images of families at the seaside, impressed to the base 'William Arnott Ltd - Biscuit Manufactures - Homebush NSW' Australia, circa 1920 (?), 26 cm high, 16 cm diam (to Right).

Another rare and collectible Arnott's tin was the castanet tin which can be worth even more. Several Arnott's promotional items were made, and the glass barrels used to display biscuits on shop counters are also very desirable. The value of Arnott's tins has increased since the company was acquired by Campbell Soup Company in 1997. While " *Any featuring early versions of the famous parrot logo (a Mexican species, according to legend) are especially prized. Some collectors only want the parrot in its various representations*" (James Cockington . 2007. It takes the biscuit. September 12, 2007. SMH)

The first printing and branded tins were made in 1868 by the UK biscuit company Huntley & Palmer, who introduced the Ben George tin (named after Benjamin George, who patented the new transfer-printing process and the first lithographic tin ever made, the "Ben George" tin.).

Vintage tins are usually heavier then more modern version due to the materials used, and their inks and paints will have faded due to age. Always try and collect those that are not rusted or damaged. Some state not to let the early transfer print tins get wet as this will cause a 'bloom' on the surface and ruin them.

Further:

Arnotts History Slideshow: http://www.arnotts.com.au/history.aspx

Buying Arnotts Tins: http://cookiejars.au-dot.com/buy/arnotts+tin

SMH Report on 2007 Biscuit Tin Exhibition at Musuem of Sydney: http://www.smh.com.au/news/investment/it-takes-the-biscuit/2007/09/10/1189276630940.html

Above in text: William Arnott, ca. 1890 - portrait; Date of Work, ca. 1890 Digital order no. a928166, courtesy State Library of NSW

WANTED, a Confectioner, that can work in the Bakery house, and boil sugar. Apply to Mr. WILLIAM ARNOTT, West Maitland. Advertising. (**1856, January 21**). *Empire* (Sydney, NSW : 1850 - 1875), p. 1. Retrieved from http://nla.gov.au/nla.news-article60172702

ARNOTT'S CAKES AND BISCUITS.
Although Arnott's principal establishment is at Newcastle, in all provision shops of Sydney there are to be found at the present time "Arnott's Christmas cakes." The popularity of these goods is shown by the ever increasing demand, and the quality of them is so good that many thrifty housewives are beginning to give up the making of cakes on the ground that they can get these nice cakes cheaper than they could make them. Although at this time of the year special attention is directed to the Christmas cakes, the huge variety of biscuits produced must not be forgotten. By far the largest biscuit-makers south of the line, the Messrs. Arnott have much to be proud of. Mr. William Arnott established the business in 1868 on small lines. Since then its ramifications have extended through all New South Wales.
ARNOTT'S CAKES AND BISCUITS. (**1894, December 20**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 3. Retrieved from http://nla.gov.au/nla.news-article13990166

ARNOTT'S BISCUITS.
Arnotts biscuits are well displayed in all the leading grocers' shops, and are in ever-increasing demand from those to whom quality appeals. Messrs Arnott Ltd have recently put on the market a few dainty and appetising new varieties, such as "King's Own" (an assortment of fancy biscuits especially suitable for the boys at the Front), "Good Luck" (a delicious shortbread), "Adora Cream Wafers," "Scotch Shortbread Fingers," "Date Shells," "Selected Afternoon Teas" (fancy line), " Mab Cake," " Mario " and "Creamy Chocolate," besides the old- established favourites, Arnott's Milk arrowroot "the children's food"), Sao Creams, Zuzu Mixed, Fairy Cakes, and a host of others
ARNOTT'S BISCUITS. (**1916, December 5**). *The Brisbane Courier* (Qld. : 1864 - 1933), p. 3. Retrieved from http://nla.gov.au/nla.news-article20095959

BISCUITS. Mr. C. R. Arnott's Visit. Among the passengers from South by the Canberra, was Mr. Campbell R. Arnott of the well-known firm of biscuit manufacturers, William Arnott Ltd, a name which is a house hold one throughout Australia. Mr. Arnott who is connected with the advertising side of Arnott's extensive business. Is paying his first visit to North Queensland, and he has al ready been -very favorably impressed by the passage through Whitsunday Passage and Townsville, in an Interview, Mr. Arnott stated his firm was doing an ever-expanding trade In Queensland. It was because of this that Messrs. R. M. Gow and Co., Arnott's Queensland representatives, had opened a branch in Townsville, and fresh stocks were sent here weekly direct from the factory to give North Queensland retailers the best service possible. They were deter mined to maintain service, along with the high quality of their products. It was interesting to learn from Mr. Arnott that there is no arrowroot In Arnott's arrowroot biscuits. 'Arrowroot is injurious to the baby's stomach,' said Mr. Arnott 'The biscuit has been given merely a trade name. Now, the shredded wheat biscuit describes exactly what it is. It the essentials of the grain plus that contains the whole of the wheat— all roughage which Is so essential to healthy digestion.' The mention of wheat prompted a remark from Mr. Arnott that he did not like to see it selling at so low a price. He liked everybody to be doing well, he said. For some to be doing badly, simply started a vicious circle. But things were not too bad now — not depressed. Times were nor mal, not supermormal. These were not boom times, nor had they a right to expect boom times yet ; they would be a long time coming, he thought. But why should we not be absolutely content with the normal for a while ? Alterations in the tariff had not assisted his firm, said Mr. Arnott they had stood on their own legs for 60 or 70 years, and did not fear foreign competition. **On the contrary his firm was invading foreign markets—Japan, China, the Malay States, Java, Egypt and all parts of Polynesia.** The factory makes 115 standard lines of biscuits, he said, and produces one new brand on the average once a month. The main part of the machinery used in their manufacture still came from England, but all additions and repairs were executed In Australia. 'And, think of the vast quantities of Australian raw materials that go into the production of those 10 000 tons of biscuits,' exclaimed Mr. Arnott 'And think of the vast quantity of Queensland sugar that is melted into them. I'm glad to be in the land where It grows. Mr. Arnott went on to Cairns by the Canberra. He returns to Townsville by the vessel and goes by train to Rockhampton, and back south.
ARNOTT'S BISCUITS. (**1933, March 21**). *Townsville Daily Bulletin* (Qld. : 1885 - 1954), p. 4. Retrieved from http://nla.gov.au/nla.news-article61379594

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Autumn Maintenance; Guttering Guards

When the leaves start dropping and the earth is still warm but bound to turn cooler soon, it's time to do a few tasks around the home to ensure the house's eaves and foundations will not flood from leaves blocking your guttering and downpipes. One of the standard products installed in new homes today is called Leaf Guard or leafguard. This high grade plastic, aluminium or propylene mesh is inserted into or over guttering to ensure leaves do not block and cause overflow in gutters which then causes water to pool around the foundations of your house. They're also vital for homes where the guttering is used to collect water into water tanks for further use in the garden during dry spells. You don't want leaves and their debris rotting in your tank.

The rule with these products is the higher the performance of the leaf guard system you install, the less maintenance there will be. Some are inserted into gutters while others go from a foot from tile or tin edge to cover the whole guttering as shown above (From Leaf Guard System 1.). If you have gum trees then you will need to clear the smaller twigs and branches that land on your roof through each season and while up there, will clear leaves and in this case one of the leaf guards that are inserted into the guttering itself may suit better. If you choose an insert product you will need to measure the length of your gutters and ensure the product is cut to fit. Lessen mix-ups by numbering or naming each gutter and keeping this system when ordering how much you want in total length and then when cutting to fit.

As a final check, make sure there is no soil or other debris build up against any house walls. Remove leaves and other blockages from drains and gullies before inserting leaf guards and clean and repair leaking gutters and downpipes.

Finally to prepare your home for Winter, clean up all patios and paths before they get slippery and make sure all exterior lighting is working. There are products you can purchase to make cleaning mossy cement easier but many are highly toxic so you will need to also purchase a mask and wear it while using these. Alternatively, vinegar is great at reducing mould and mix in a little bicarbonate in a 2/3 ratio in water and get out there with a yard broom and scrub this over slimey surfaces. The run off wont damage your lawn or plants as chemical products may.

Johnson Bros. in Avalon and Mona Vale stock all of these products and staff are trained to help you.

Further:

1. Leaf Guard (covers whole guttering, they install) 15 year guarantee: http://www.leafguard.net.au/aboutus.aspx

Leafstopper (Stocked by JBH) : http://www.leafstopper.com.au/gutter-guard.html

Come into Johnson Bros Timber department at Mona Vale and Avalon for further information on all your leaf guard options. Our sales staff are ready to help you with your project.

Click on logo to visit their website

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