June 17 - 23, 2012: Issue 63

Avalon Tattoo - 16th of June, 2012

Above: **Australian Federal Police (CCPB) Pipe Band:** They performed at the Edinburgh Tattoo in 2008 to great acclaim, and have been invited and shall attend this year's Edinburgh Tattoo, (August 3-25, 2012). This will be the 52nd extravaganza to be staged at the Scottish capital's ancient Edinburgh Castle.

Her Excellency Professor Marie Bashir AC CVO

Major General Brereton and Rg.Sgt.Maj. Peter Sly

Freedom of Entry

MC in 2012 Andrew MacGregor, Avalon Sub-branch and Ted Noble from the Rural Fire Service Band

Neil Johnston, Avalon Sub-branch, MC for Aerial Displays

Avalon Tattoo - 16th of June, 2012

The Avalon Tattoo, through twelve months of hard work by Avalon Sub-branch President, Commodore Graham Sloper RAN Rtd. and the Sub-branch of the Avalon Beach RSL, brings together our community and every generation to enjoy and gain insight into our Defence forces. Each year one of our Defence Services is the focus of the Avalon Tattoo, although all are represented. This year it was the turn of the Air Force.

A full day of festivities that included a street Parade, local bands as well as the wonderful music of traditional Pipe and Drum outfits, some travelling from Brisbane to participate, great displays from the Pittwater Motor Enthusiasts, and even a Rescue simulator from Broken Bay Marine Rescue which was a hit with the children, kept visitors quite happy despite a steady rain.

Air Force year brought highlights of the Roulettes solo display, the Huey Iroquois Helicopter UH-1H , courtesy of the generous Patrick Soars of Australian Native Landscapes who again brought in Australian Vietnam Veterans and a special passenger, Hon. Bronwyn Bishop, the Pitts S1 Glider Pilot Simulator and a very cute puppy named 'Avanti' of the Air Force Fire Service.

Patrick Soars with Hon. Bronwyn Bishop.

Gary Everitt, John Davies, Peter Rumble, Rick Tregent, Russel Marsh

The Freedom of Entry was exercised by 305 SQN AAFC yesterday. This 2012 observance of an ancient tradition involves the practice of conferring the Freedom of Entry upon military units, allowing them the privilege to march into the city "with drums beating, colours flying, and bayonets fixed". This ceremony stems from ancient Rome and was re-instigated during the Middle Ages when independent companies of armed men were maintained by land owning nobles. As our towns grew into cities, and town councils became the governing authorities, formed bodies of troops were not allowed to march through a borough without seeking the permission of the governing council. Pittwater's Mayor, Cr. Harvey Rose and Captain Van Dyke, representing the Chief of Navy, granted the Freedom of Entry.

A Commemoration Service, recognising the June 18th 1940 speech by General Charles de Gaulle, which galvanised occupied France and is cited as the origin of the French Resistance, took place at the cenotaph outside Avalon RSL.

The 2012 Avalon Tattoo had a steady rain all day which kept everyone damp but could not dampen the spirits of those who contributed, participated or attended this wonderful community event. A Pittwater celebration of Military Music, which is, as Major General Brereton so rightly stated in his address, is of fundamental importance to our community and society. Tattoos celebrate our heritage, invest our culture with a richness that music provides and this, as with all music, communicates unity.

Taking the salute from the assembled Cadets this year, Her Excellency Professor Marie Bashir AC CVO, also gave those assembled a keynote as to what spending a day learning more about our Defence Service peoples gives to those who attend.

" I...felt elated and inspired by what we saw today and in particular where we glimpse the future of Australia in our young people. We must not cease to nurture them and be glad that they are embracing those values and traditions. It's not vainglory or wearing a uniform, it's an Australian tradition of caring for one another that is being handed down for as long as this country has existed.

I want to thank all of you who nurture this Avalon Tattoo, and all who are represented here tonight, from so many sections of our community. I'd like to thank you all and thank you on behalf of all the citizens in New South Wales and would like you to raise your glass to toast all those wonderful people who have brought you this Tattoo again, to Commodore Sloper and his team and all those in the community who've pulled together to preserve and enhance what we call the Australian spirit...so indefinable..

To the Avalon Tattoo."

Commodore Graham Sloper RAN Rtd., Superintendent Doreen Cruickshank and Insp. Nigel Taylor.

Avalon Tattoo 2012 Pictorial

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Pittwater Online News

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This Weeks Articles

Avalon Tattoo 16.6.2012

Toba and Kii Katsuura by Paul Wheeler

Mermaids of Palm Beach Currawong Day 2012 by Michael Mannington

Profile: June 2012 Ladies: a celebration of four wonderful women who have invested decades in Pittwater: Doreen Cherry, 60 years in Pittwater and a lifetime of helping others

Previous Profiles:

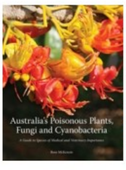
Barton Lynch Shane Withington Commodore Sloper Herminie Swainston Teresa Cutter Joanne Brigden-Jones Tamara Sloper Harding Katie Spithill Chris Salisbury Doug Crane Henry MacPhillamy Ben Baillie Aim for the Stars Foundation Broken Bay Marine Rescue Pittwater Environmental Foundation Rotary Club of Pittwater 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 Samantha Shaw Danielle DuBois Mumpreneurs Neil Johnston Simon Hyland Paul Wheeler Ian McGiffen Brian Friend Pittwater Council Zonta Club of Northern Beaches Sydney Northern Beaches Symphonic Wind Ensemble Bei Loon Dragon Boat Club Margaret Molloy OAM Patricia Giles OAM

History: **Pittwater Creeks in June**; it may be getting colder but there's something about the warbling of a creek that instils life into the quieter days; (East) Careel Creek Compiled by Marita Macrae, Geoff Searl and Paul Hardie

Previous History Pages:

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

Park Bench Philosopher: **June 2012: Australian poets warbling about creeks: Dorothea Mackellar and Ruth Bedford, Pittwater ladies**



Books: **The Carrott Collection, The Value of Water in a Drying Climate, Australia's Poisonous Plants, Fungi and Cyanobacteria: A Guide to Species of Medical and Veterinary Importance,Life in a Gall: The Biology and Ecology of Insects that Live in Plant Galls, The Backyard Duck Book; For the Love of Ducks, Little Critter: Just a Little Too Little**

Old Books: **Thoughts from G. K. Chesterton (1913)Author: Chesterton, G. K.**

My Father As I Recall Him, Mamie Dickens(1896)

Events: PBL Breakfast, Mumpreneurs July Speaker, Lime Cordial & NBO, Inaugural 2012 Northern Beaches Music Festival, Unique Vehicle Show, Harvest Festival 2012, PCC Camera Workshop, Zonta Annual Trivia, Book Fair, Computers; Yes You Can!, Free Softball Clinic, Jane Rutter and NBO Rotary Spring Concert, 150 years of Coopers; for lovers of beer, Marine Art & Wine Tasting @ RMYC, FoNLC Paddles and Walks, Bob Dylan Celebration at Opera House, Guringai Fest. 2012, Poetry and Playreading @ MV Library, Chicken Town! Council Events and more.

News From our Inbox **Hmm?, The Whole Lemon, Alternate Riverdance, 50 funny fisherfolk, History Mystery, Voiceless 2012 Grants Program now open!** How to keep your Facebook photos PRIVATE

Tweet Like +1

Community News: Shelagh and George Champion History pages, Breakfast with the Birds, Moape Ravuvu, Mona Vale's Cold Water Classic, Pub2Pub 2012, Church Point Commuter Wharf, RMYC Car Show, Avalon Tattoo 2012, BushCare for June, Our Council's Notices, Fed. Govt. Media and more

Environment; Australian Marine Reserves announced this week, No More Cloudy days for Solar, Sydney over the next 20 years; Have Your Say, **Breakfast with the Birds**, **Cooee June Issue**, local Environment groups and orgs.

Lynda Hill: **Update 8.6.12**: Here We Go Again; It's Groundhog Day *Deja Vu All Over Again* - May's Partial Lunar Eclipse

Pictures: The Avalon 2012 Tattoo

Youth: You Tube's Space Lab, School Holiday Fun, Library Story-times for Littlies, Who's on First?; Words for the week, What is a Crake? and a Fairy poem for youngsters Great New Song Contest, **January 2013 Australian Youth Olympics Festival** + more

Seniors; NSW Budget 2012 – seniors, Hip replacement recall, One liners, Healthy Tips Free Information Session at Mona Vale, Larry Griswold and Frank and Dean on Frank's show; humour for you, links to local Support and Education Activities.

Community Clubs: Updates on Activities and links to sites.

Artist of the Month: June 2012: Oliver Wyatt is almost 12 and has a deft hand in the mediums of painting, sketching, drawing, ceramics and photography

Reflections by George Repin. **This week; HAVE YOU STOPPED TO LOOK?**

DIY Hints: Five Dollar make in Half an Hour Worm Farm; easy, use recyclable materials, have worms for Spring!

Collector's Corner: Chinese Guardian Lions; some facts, history and the surge in Chinese Artefacts market

Food: The Walnut: cultivated for 4000 years with evidence is much older. Some facts, nutrition information and a recipe; great for the heart and your immune system.

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Above: Golf Winner Peg Hayman receives the Currawong Cup from Elizabeth Moore.
Below: Currawong Cup scratch winner Sue Richards receives her prize from Elizabeth Moore

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The Mermaids Variety NSW Bash 2012 - Currawong Day
by Michael Mannington

Once again the Mermaids of Palm Beach are participating in the 2012 NSW Variety Bash. Led by Beryl Driver with co-drivers Viktorija MacDonnell and Elyse Cole the Mermaids car number 2108 will be making its way to the very top of Cape York.

Beryl Driver and Elizabeth Moore

The Mermaids held their annual Currawong day as part of the fund raising for the Variety NSW the Childrens Charity. More than fifty participants travelled to Currawong to take part in the annual bridge or golf day. Golfers competed for the annual Currawong Cup where the winner was Peg Hayman. The sun shone all day but recent rain had created several unexpected water hazards on the picturesque course.

Golfers take the ferry to compete in the Currawong Cup

Runner up in the Currawong Cup competition Judy King with Elizabeth Moore

This year's Bash is from Balmain to Bamega at the tip of Queensland. Departure is August 19 and participant should be in Bamega on the 28th. The annual Variety Bash is Australia's most successful charity motoring event. It is the focal point of fund raising efforts by many hundreds of supporters of Variety, with the money raised helping children who are sick, disadvantaged or have special needs to live, laugh and learn.

For Beryl Driver this is her 14th Bash her first being back in 1999. She is the oldest competitor on the Bash and hopes to compete in at least one more after this. The Mermaids Bash car, this year number 2108, is a 1966 EH station wagon. Each of the 14 years of participation the Mermaids have raised $35,000 each year for Variety and Beryl has raised in total more than half a million dollars for the charity.

The Mermaids Currawong Day was the 14th and attracts regular participants. This year Currawong raised $1700. The next and last Mermaids event before the cars depart is on 30th July at the Palm Beach RSL. Contact details are on the Mermaids website www.pittwater.org.au/mermaids

Learn more about Variety at www.variety.org.au

Currawong Beach Golfing - June 14th, 2012

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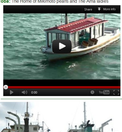
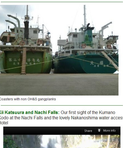
Tobe: The Home of Milimoto pearls and The Ama ladies.

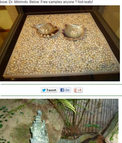




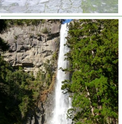
Coasters with non OHNO pentgramms

Kii Katteuna and Nachi Falls: Our first sight of the Kumano Kodo at the Nachi Falls and the lovely Nakanoshima water access Hotel

Above: Dr. Milimoto. Below: Free complex phone ??? Hell no!!



Above: The magic dragon, water deities associated with rainfall and bodies of water. Below: Kumano Nachi Taisha and Seigantto-Ji are important Temples and Shrines



The Nachi falls

Morning view from our room

Above: Wheeling our bags to the station. En route to all used the Fisherman wearing their nets. It's a back route. It's quite a commonly scene

Below: The cable

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Toba and Kii Katsuura

by **Paul Wheeler**

Out of Takamatsa back down to Nagoya and change there for the Mie peninsula. Nagoya is a huge station. It consists of lines lead to Nagoya and this is where an example of "only listen to people in uniform" was found. A lovely helpful young woman saw us trying to work out where to go and where good English skills to attend us when we got to the right platform. Once on the train to the Mie peninsula we could see a line entrance, a fair old distance through a very crowded station to the main rail company servicing Toba and Katsuura. We were in the wrong place but not too far to get to and we were in the wrong place with not too long to go before our train departed from the other side of a Humungous station up two flights of stairs. Fortunately, Nagoya is a very modern station with lifts attach. The Lady made a very reasonable assumption but the uniforms always look at your ticket.

Speaking of assumptions, I had assumed that I may be a little bored at the Yokohama quilt show. I wasn't and I had also assumed that Toba would be a bigger place for a little of the things that I like. WRONG... just saying.

There seems to be still a lot of resentment to Japan's coastal shipping in Japan, at least it's more apparent there. Toba is a pretty little port on a pretty bay with plenty of offshore islands to be serviced and a lot of ferry traffic between them and the mainland. Unfortunately we could see a lot of them at the Ryokan Senpukaku. Asako from Mitrui Travel had booked us into a very reasonably priced hotel, Ryokan Senpukaku. It was a traditional Japanese hardcore and serviced room and although there was a free shuttle bus it was a very easy walk once you had dumped the luggage.

Dinner at the Ryokan Senpukaku

So down into town we went stopping only to photograph the Mikimoto Pearl Island. Mikimoto is famous for cultivating pearls in a lake launch. A lake launch can be problematic staying in Rurikeru because your dinner is going to be a gazillion courses long and you need to be back in time for it. Not a problem for us though. We had found a nice looking seafood restaurant but the owls thing wasn't enough on the menu turned out to be lukewarm. We didn't mind that too much because we were to explore our predicament with the pot noodles/miso Japanese style. Then as we insisted that Hai Isa Tsai is what we want, they accepted our order and then the heavens opened up and it really pissed down and they very kindly sneaked us into the restaurant for our takeaway out of our gorgeous pot noodles in our newspaper wrapping here la very much.

Tobee

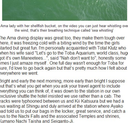
I wasn't sure whether my prawn was dead or alive when I called but it was as lively as it was large so I wasn't worried. We ordered a bottle of Sake and it went and, quite surprisingly, managed to order our Shuffle bus with the help of a uniformed gentleman after looking at several timetables.

2011 was of course Japan's annus horribilis but in the hoohaa no one has ever noticed the news of the Typhoon that gave the Philippines record pasting. We just plenty of evidence of it from now on until we left Japan. Fortunately, we

have been horrendous. Apparently as typhoons go it was pretty normal it was just that instead giving everything a soaking as it passed over Japan it decided to sit over the Philippines for a few days and gave everything a very long soaking and pounding, consequently we saw a lot of landslides, broken paths, flooded river flats and had to miss one section of train travel as the tracks were still out to lots.

The next morning we went down to the Mikimoto pearl Island. There is a lot of controversy surrounding Mikimoto. The Ama ladies who work of the complex was very interesting and I'm not really a pearl fanatic. Dr. Mikimoto was quite a character and he built something really worthwhile whilst facing personal setbacks, business challenges, and first of all how to get the oysters to make pearls. The shop was interesting because it was full of pearls and I'm not a pearl fanatic. Having your Purchase wrapped in a Japanese shop is a display of art-ity in itself.

Kerry, with a present she bought for herself in the Island Shop



Anna lady with her shuffle bus/hot, on the video you can just hear whistling over the wind, that's their breathing technique called 'ave whistling'

The Ama diving display was very good too, they make them tough over there, it was freezing cold with a biting wind by the time the girls finished their display and they were swimming in and out of the boats. Kerry's wife's wife said "Let's go to the Toba Aquarium, world class, huge, got it's own Manatees." I said "Nah don't want to", honestly some times I just amaze myself. One full day wasn't enough for Toba for sure, I'd love to go back again but that's pretty much how I felt about most places we visited.

Bright and sparo the next morning, more waits than bright I suppose but that's what you get when you ask your travel agent to include everything you can think of. It was decided to head to our next exclusive shuffle the hotel insisted we use rather than a cab. The bus was a bit unreliable and arrived late at the station. We had a bus waiting at Shingu and duly arrived at the station where Asako had told us to call our taxis in the locker, great service, and catch a taxi to the hotel. Our first stop was the Kumano Hongu Taisha Shrine, Kumano Nachi Taisha and Seigantto-Ji.

Tori gate leading to Nachi falls

Cauldron in front of the falls. I think it relates to a fire festival held here

Kumano Nachi Taisha

The Toba and Kii Katsuura videos are really worth the download by the way, they're in HD and look great on a big screen. We had to have packed our backpacks before before and just left the bags in the lockers, the lockers are good for three days, catch a cab down to the station and then a bus to the hotel and then the hotel hakanoshima. It tipped the callbox and on return he wouldn't let my wife touch her bag and took it all the way to the boat for her.

Hotel Nakanoshima, out expensive, we could have spent much longer here if we'd only known

The hotel was sensational, you could get to the roof and then walk around the small woods to the roof where there was a volcanic footbath. It makes me relax just thinking about it, and beautiful views from the rooms and the food. The food was fantastic and the fish was really beautiful. I know I keep going on about beautiful and that sort of guff but it really is. It's the sort of place that could support a very slow meander along, a couple of months maybe. Neither the Toba Ryokan Senpukaku or the Kii Katsuura Nakanoshima hotel were expensive places to stay considering the quality of the accommodation and shopping; the food was terrific, the people were as helpful as all get out. Check the entries folks. Tomorrow we are off to Tanabe and the start of two days hard walking in the mountains.

Above: Young Ama Ladies. Below: Kumano Nachi Taisha

Above: The Ama and Ki Katsuura. Below: You access the woods on the top of the ones from the roof of the hotel. Are was the view. There was a volcanic foot bath up here too, like a public coastline is very sensational

The train to Tanabe, the driver let us in early so we gave him one of our cakes for his trouble, just a young bloke, when the view changed before Tanabe he knocked on the window to give us the thumbs up

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Actress Tina Howe.

Rotary Take Action Grants
Take Action Network
Rotary Action for Group Service
Membership Development Grants

Rotary Club of Mona Vale

Rotary Club of Mona Vale and 2013 Pittwater police officers have attended Pittwater Police Station to present Rotary Awards for Community Service to Police Officers.

Rotary Club of Mona Vale Sergeant Craig Cooke, Area Command Coordinator and Commander Superintendent Peter Cotter, Area Commander

Rotary Club of Mona Vale President Tina Howe presented Rotary Awards for Community Service to Police Officers Sergeant Craig Cooke, Area Command Coordinator and Commander Superintendent Peter Cotter, Area Commander.

The Rotary Club of Mona Vale has a long history of supporting the Police Force and the community in which it operates. Rotary Club of Mona Vale President Tina Howe said "Police and Rotary share the same ideals."

Rotary Club of Mona Vale President Tina Howe said "Police and Rotary share the same ideals."

JAZZ Victory Pages 2012

Having sat on Victory pages as an Executive Committee member for the past 3 years, I have had the opportunity to see the hard work, dedication and commitment that our Jazz Band members put into their performances.

Jazz Victory Pages 2012

Having sat on Victory pages as an Executive Committee member for the past 3 years, I have had the opportunity to see the hard work, dedication and commitment that our Jazz Band members put into their performances.

Elvis Festival Australia - Bruce Lee with the Elvis Impersonators Competition Winners announced

Having Elvis singers with the following talents at the Elvis Festival Australia - Bruce Lee with the Elvis Impersonators Competition - Sing, Dance, Play Guitar, Play Drums, Play Piano, Play Bass Guitar, Play Saxophone, Play Trumpet, Play Violin, Play Harmonica, Play Keyboard, Play Trombone, Play Clarinet, Play Flute, Play Ukulele, Play Mandolin, Play Banjo, Play Accordion, Play Harp, Play Cello, Play Double Bass, Play Tuba, Play Bagpipes, Play Didgeridoo, Play Bongos, Play Conga, Play Tambourine, Play Maracas, Play Xylophone, Play Vibraphone, Play Steel Drums

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BARGAIN.

What do you think the Kindly Folk, the fairies, gave to me?
A bird-delighting fountain
And an almond-tree,
A trembling silver tinkle of creek, a little house of stone,
And a clean and leafy woodland
Wherein to walk alone.

What was the price the Good Folk asked?
Never their gifts are sold.
I would not chaffer with them
For the fairy gold.
I freely gave a promise instead, that pleased the fairies well,
But what It was, for Paradise,
Orchid-valleys, and trees of spice
I will not tell.

DOROTHEA MACKELLAR.

FOR THE CHILDRENS. BARGAIN. (1926, May 15). The Sydney Morning Herald (NSW : 1842 - 1954), p. 11. Retrieved from http://nla.gov.au/nla.news-article16292243

WEST WIND.

Out from the West land
A silver wind blew;
All the trees winced and paled
As it came through.
White-throated freesias
Leaned to the grass,
Spilling their fragrance,
They let the wind pass.
Whistling the west wind
Chillily went,
Trailing along with it
Thin scarves of scent.
Silvering the sombre figs;
Loud with dismay,
Blowing a deeper blue
Into the bay,
Ruffling each rockpool to
Cornflower blue,
Silver and azure,
The west wind came through.

DOROTHEA MACKELLAR.

WEST WIND. (**1926, October 9**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 11. Retrieved from http://nla.gov.au/nla.news-article16322373

DAY'S DELIGHT.

--o--

MORNING.
The veils are off the face of day,
Up-speeds the lark on eager wing
His immemorial herald's way,
Carolling and carolling!
Sweet sounds the magpie's note, and new;
The dew lies bright across the lawn;
As fresh and clear are song and dew
As when the world first saw the dawn.

NOON.
All blue and gold are sky and hills;
The crows fly over, shadow-wise,
Their cry of malice jars and chills--
Most sinister of evil cries.
Beneath the she-oaks' darkest green
The creek is winding, slow and cool;
The wind's asleep; the willows lean
And dip their fingers in the pool.

EVENING.
The birds are calling once again;
The colours deepen, merge and change;
The plovers cry across the plain;
The day slips down behind the range.
Up-curls the smoke towards the sky,
The evening sky of gold and red;
Tiptoe the dusk is stealing by
Where sleepy chickens crowd to bed.

RUTH M. BEDFORD.

DAY'S DELIGHT. (**1925, July 18**). *The Sydney Morning Herald*(NSW : 1842 - 1954), p. 11. Retrieved from http://nla.gov.au/nla.news-article16224033

In June 2012 we feature a run of creeks in our History pages and their warblings. To celebrate this we also will feature Australian poets who have written about these life sustaining water courses:

Issue 63:

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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Doreen Cherry

Above: Doreen with Her Excellency Governor Marie Bashir at Avalon Tattoo reception, 16th of June, 2012.

Below: Land Army Uniform, 1945

Above: Stephanie and Doreen in Avalon Fashions for Me window, April 1967

Below: With her daughters and friend, Avalon (sandhills in backgrund)

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Above: Doreen (3rd from right) raised $4000.00 of this total, beside her is the lady who helped her, Mrs Veda Deaton (2nd from right), formerly of Palm Beach.

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The essence of Doreen Cherry, Avalon resident for sixty years, is one of generous giving of self from an early age and sharing her time and energy to make the lives of those around her better. A Career as a nurse, contributing to community by helping raise funds for, as an example, the Burns Unit at Hornsby Hospital in 1978, this lady has filled each day with doing for others.

I was delivered by a midwife in a cottage hospital in Hornsby on the 20th of January 1927. I grew up with my older brother who was three years old when I was born. Our father built our house in Waitara, not that populated and amongst the bush. We were considered 'hicks' as it was over an hour by train from the city. It was a great place to grow up and my parents were very involved in the community and became Life Members of Hornsby Hospital.

When I was 8 years old I joined the junior Red Cross and the Bird League. Hornsby Hospital Cottage caught fire and my mother made sandwiches for the firemen and I ran through the bush with the sandwiches in an Arnott's biscuit tin to the hospital.

My father was often in hospital for a year at a time from war injuries; he was injured twice in the First World War; I got to know a lot about hospitals and long term illnesses and people on crutches. My father used to do the Anzac Day March often on crutches and join in halfway; so I was proud to carry the Australian Flag leading the Land Army for the last time at the Sydney Anzac Day march this year.

I went to the Waitara Infants School, Hornsby Public School and Hornsby Home Science School and as a boarder Stratford Church of England Girls School at Lawson in the Blue Mountains, Barker College and Oxford College in Sydney. I still have friends from that era, one a neighbour in Avalon.

I joined the Australian Women's Land Army early in 1945 prior to commencing my General Nursing training. I trained to be a nurse at Royal North Shore Hospital of Sydney from 1945 to 1949, after graduating I travelled to England originally to skate in an Ice Show and then decided to work in Blood Bank Unit in Liverpool and then travelled throughout England, Scotland and Wales with the blood bank.

The second Nursing qualification I completed was the Tresillian Mothercraft Certificate in 1960.You had to 'live-in' at Tresillian Willoughby, which was a challenge with two young children but made possible with a very supportive husband. I always wanted to be a Baby Health Centre Sister so I studied mid-wifery at North Shore Hospital of Sydney as a mature aged student from 1981-1982. I offered to work in the country after my husband John died and spent 10 years in Goulburn and Bowral Districts in a career as Baby Health Centre Sister which I absolutely loved. I completed my forth certificate in 1984 became an Early Childhood Nurse Specialist.

Could you share some insights about your time in the Australian Women's Land Army and your early nursing career

I was sent to Griffith and then Black Mountain near Guyra, the coldest place in Australia! Even in summer it was like going into a refrigerator. I picked peas and dug and graded potatoes with frozen fingers! Living in huts was a harsh experience. One of the girls became a nanny and lived in the farm house.

Nurses received a small salary. You had to buy your stockings, aprons, pay board and your parents helped out with extra pocket money. The camaraderie in both the Land Army and Nursing really kept you going. All the girls were very dedicated and endured a great deal of hardship.

I was fortunate to train in a wonderful hospital with dedicated staff. One of my greatest achievements was establishing the Graduate Nurses Association at Royal North Shore. When the Maternity Block was officially opened it was discovered there were no nurseries so and Mrs Edmond Collins asked if the graduates would help raise money for air conditioning to be installed in the solariums. I I am a past president and remain a staunch supporter and I often attend meetings at Royal North Shore.

The Graduate Nurses Association is still in operation and one of our biggest achievements was when a very dedicated Graduate Nurse Una Sullivan ensured that we raised money for a magnificent stained glass window for the hospital chapel designed by Philip Handel.

How did John come into your life? I know you were a pen-pal with his sister…

That is true. A relative returned to England and a girl in her family my age called Mary asked to write to me as a pen friend. Pen friends were very popular in the 1940's. When Mary married I received a letter from Audrey Cherry a friend of Mary's asking me to be her pen friend, she also asked me to write to her cousin Robert in the Army in India and her brother John who was in the RAF in the Middle East. John wrote to me regularly whist I was living in the Nurses Home and when I finally went to England to work, he arranged to meet me under the clock at Liverpool station it was a wonderful meeting and we were engaged within 10 days. My poor father took a year to recover.

Audrey and I also became very close. John and I returned to Australia to be married, Audrey followed and remained in Australia to work for a few years. My parents were very close to John. He was popular wherever he went. One of his great achievements was Voluntary Clerk of Works on the Avalon Beach Girl Guide Hall. He died at only 45 in 1971. He was a wonderful family man and devoted to his two daughters.

He established a retail business "Avalon Fashions For Me" with Stephanie Mc Donald on the corner of Old Barrenjoey road and Avalon Parade in a cottage belonging to a Mrs Wickham, a very well known Avalon identity. She lived in the cottage part, which became the Post Office and General Store and Avalon Fashions. The cottage is currently the Ibizia café.

Apart from my own family an important influence in my life since my husband died has been the Australian Women of the Year organisation which acknowledges achievement and contributions to the community. I was introduced to the organisation by Elizabeth Elscome-Schmidt a BOAC flight attendant in 1975 in Canberra and I have been attending functions for 35 years. Many of the women are some of my closest and dearest friends. It's very humbling in lots of ways when you know what some people achieve and what sacrifices they make. The wonderful guest speakers have widened my horizons tremendously with luncheons in a different state each year.

What is *Look Good Feel Better* about?

I have been involved in *Look Good Feel Better* at Royal North Shore Hospital since I had breast cancer. I was asked to attend a gathering to give me moral support and tell me how to cope with feeling better. *Look Good Feel Better* is dedicated to helping women who are undergoing cancer treatment to manage how they look. I didn't have chemotherapy, I had radiotherapy; I could stand back a little from losing my hair but I was absolutely dedicated then to getting the Women of the Year to collect scarves for *Look Good Feel Better. Look Good Feel Better* has helped more than 50,000 women since its inception in 1990.Teaching women to cope with the side effects of cancer therapy using wigs, makeup and scarves. My groups have sent more than a 1000 new and unwanted scarves to L.G.F.B

What is your favourite place in Pittwater and why?

I enjoy many places although the Basin has been a haven for families to have a picnic, barbecue, boil a billy and swim in a safe environment. My family have also loved camping at the Basin and staying at Currawong.

And of course Avalon Beach itself; Avalon I think is one of the prettiest beaches. I never tire of walking along Avalon Beach and seating on a bench looking at the view whilst enjoying a takeaway coffee. Avalon is a very unique village and my association with the Girl Guides, forming two Avalon Girl Guide Companies with Mrs Wentworth as the Commissioner and building the Guide Hall with community effort. The council (Warringah) gave us the land, and it has been very distressing to see the Guide bulldozed recently because of neglect and the lack of leadership.

What is your favourite sport?

My passion in sport would be ice skating, which was an absolute pleasure. I was not allowed to skate when I was training to be a nurse. My father never opposed my skating, he didn't think people should dictate what I did on my days off. I had to make sure I didn't have any accidents. There is nothing like dancing on ice with a partner and skating backwards on the ice!

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

I love the phrase **"*Take the T out of Can't and you can!*"** from The Art of Positive Thinking by Joanne Chase. I've often said to young people, particularly surfers, who, in a competition, get nervous, I say 'take the T out of Can't and you can' and they rush back to say to me 'I did!'

A Wonderful life

I have amazing two daughters, 4 grandaughters,2 grandsons, 1 great granddaughter, 2 great grandsons with another great grandchild due in July.

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Above: Planting near the creek at Ettval St.

Tubestock is planted near Sewer pumping station, May 2009.

Above: Bushcare volunteers planting tubestock in November 2011

Below: Trees & shrubs are growing fast. Swamp Mahogany (*Eucalyptus robusta*) will provide winter food for honeyeaters and lorikeets.

Above: Stone Curlew, October 2011.

Below: Trees planted near sewer pumping station, March 2012

Tweet Like +1

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Careel Creek

Geological History

The familiar coastal landscapes of the Northern Beaches have developed quite recently in geological time. The earlier coastline during the last glaciation was about 20 kilometres to the east. Today's familiar beaches and estuaries developed as a result of sea level rise as the ice age ended, about 10 000 years ago. The sea reached its present level about 6000 years ago.
Many beaches along the NSW coast are (or were) backed by dunes with a wetland, lagoon or creek behind the dunes, into which the hinterland drains. Typically the lagoon opens periodically to the ocean. The opening generally is where dunes are lowest, at the north end of the ocean beach. Southerly ocean currents and winds carry sand northwards until blocked by a rocky headland. Narrabeen Lagoon and beach is a typical example. ICOLL is the acronym geologists give to this landscape feature – intermittently closed and open lake or lagoon.

Avalon Beach and Careel Creek, before European settlement, would have been a similar landscape formation. However, the catchment of Careel Creek is much smaller than that of many along the coast, bounded by the ridges of Avalon Golf Course, Bilgola Plateau, the rise towards Clareville, Stapleton Park and the slopes near Kevin Ave and George St. The creek behind the dunes was quite wide and shallow and would have retained water much like a coastal lagoon particularly after heavy rainfall events. But perhaps there never was enough water flowing down the creek to force its way through dunes. Also, the lie of the land is lower towards Pittwater so the creek flows into the receiving waters of Careel Bay.

Careel Creek since European settlement

The name Careel is thought to be a corruption of the word Careen – the hauling ashore of boats for maintenance and to clean the hull of marine life. The earliest recorded European settlement at Careel Bay occurred in 1818 with the area developing as farm land. Europeans came to the area not just to farm but as fishermen, vegetable gardeners, shell diggers, small boat builders and coastal traders. More about Careel Bay: (Careel Bay Org History)

In the early days of settlement, about 1840-1880, the Collins family had a dairy farm at Careel Bay. It occupied most of North Avalon. They leased the land from Father Therry. The creek was dammed just south of the present North Avalon Rd to ensure a supply of freshwater. It had an earth wall, with a spillway on the western side. Below the dam Barrenjoey Rd crossed the creek. A 1930 aerial photo indicates the dam was well and truly gone but had left a strange "kink" in the creek.

In the 1940s Bill McDonald, a prominent citizen of early Avalon, was able to paddle his surf ski up to the shops, when the tide was high and especially after a heavy downpour. This would have been before the creek behind the dunes was turned into an open concrete drain.

Careel Creek – or Avalon Main Drain?

The catchment of the creek has been progressively urbanised. With settlement come increased and sudden flows of stormwater off the hard surfaces of roads and roofs. Avalon shopping centre is almost at sea level. Flooding has been a problem, particularly when heavy rain coincides with high tides.
One early solution to this was to turn the upper section of Careel Creek into a concreted open drain, in the hope of speeding the flow of stormwater which would have been impeded by the wetland and vegetation downstream. Pittwater Council staff believe the concrete drain was installed when Barrenjoey Rd was widened in the 1960s.

To reduce risk of flooding, more recently (2005)a stormwater detention basin was installed in the grassed area beside Old Barrenjoey Rd and the drain under North Avalon Rd widened (2008). For more information about flooding: (Pittwater Council Flooding Doc.)

Water Quality

Another effect of urban development has been a deterioration in water quality in the creek. Wetlands are natural filters for organic and mineral sediments and plant nutrients such as phosphorus. The concrete drain allows any pollutants in the catchment wash straight down the creek. A Gross Pollutant Trap near the eastern end of Central Rd catches large items such as plastic bottles and other rubbish, also larger organic material such as leaves. However water quality is not suitable for swimming.

The concrete drain ends near alongside the Barrenjoey High School fence. Then the creek's banks and bed are of mud and sand. Occasionally the creek's lower reach gives off strong unpleasant sulphurous smells. Pittwater Council undertook investigations into the odours from the creekline and has determined that the source of the smell is natural anaerobic decomposition of leaf litter and other organic matter washed down the creekline. For more information: (Pittwater Council Careel Creek Brochure May 2011)

Dredging to reduce flooding and smells is not an option because of the presence of acid sulfate soils. Like sleeping dogs, these must be let lie. Acid Sulfate Soils occur naturally in both coastal (tidal) and inland or upland (freshwater) settings. Left undisturbed, these soils are harmless, but when excavated or drained, the sulfides within the soil react with the oxygen in the air, forming sulfuric acid. This acid, together with associated toxic elements (heavy metals and other contaminants), can kill plants and animals, contaminate drinking water and food such as oysters, and corrode concrete and steel. This would be a disaster for Careel Bay.

Careel Creek, Avalon Dunes & Careel Bay

These areas offer valuable habitat to wildlife, all the more so if they are connected. Avalon Dunes was once infested with Bitou Bush, the creek's banks with various woody weeds and Careel Bay's saltmarsh areas were under attack from Asparagus Fern and other weeds.

Since 1990 ongoing bush regeneration projects have enabled local native vegetation to replace the weeds and recreate valuable fauna habitat. To provide this link to Careel Bay, Careel Creek's banks are being progressively revegetated with local native plants.

Current revegetation work (2012) along the section from the sewer pumping station to North Avalon Rd is being funded by a Community Action grant to Pittwater Natural Heritage Association, in partnership with Pittwater Council. The grant is from the Federal Government via Hawkesbury Nepean Catchment Authority. Students from Barrenjoey High School, Avalon Public School and community volunteers have helped with planting tubestock here.

Fauna

Birds often seen along the creek include: Pacific Black Ducks, Australian White Ibis, Little Pied Cormorant, White-faced Heron. Unfortunately many of the ducklings are eaten by large eels. As native plants grow small birds such as Superb Wren, Spotted Pardalote and White-browed Scrub Wren will forage for insects there. Watch for the mud nests of Magpie Larks in the trees on the western bank.

The Bush Stone-curlew is an endangered species in the Sydney area, but breeds in Careel Bay. During 2011 one was often seen along the creek or nearby. This bird needs open woodland or saltmarsh, with fallen branches to hide among, as it relies on camouflage to protect itself and its nest on the ground.

Schools of small fish, perhaps mullet, come upstream to the start of the concrete. The highest tides push upstream to about this point. So despite the poor water quality from a human perspective, at least some fauna find it acceptable.

The walking track from Avalon to North Avalon, the "Yellow Brick Road", swings eastwards around the dunes before the sewer pumping station. But an informal track continues along the east bank of the creek. By a quirk of past subdivision, the rear boundaries of some Elaine Ave properties adjoin the western high school boundary in midstream. So this track is actually on school property.
Unfortunately much of the western creek bank here is private property and very weedy. We can but hope for future improvements.

More Information:

Map of Careel Creek Catchment: at Pittwater Council

Acid sulphate soils:
http://www.clw.csiro.au/acidsulfatesoils/

Compiled by Marita Macrae, Geoff Searl and Paul Hardie.

Eastern Great Egret *Ardea alba modesta*; a white heron, on Careel Creek, January 2012

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YouTube Space Lab

Washington, DC – YouTube, Lenovo, and Space Adventures today announced the two global winners of YouTube Space Lab (youtube.com/spacelab), the worldwide science competition that challenged 14-18 year-olds to design a science experiment that can be performed in space. Amr Mohamed from Egypt (17-18 year old age group) and Dorothy Chen and Sara Ma from the U.S. (14-16 year old age group) were awarded the honor at a ceremony in Washington, DC, attended by members of Space Lab partners including the National Aeronautics and Space Administration (NASA), the European Space Agency (ESA), and the Japan Aerospace Exploration Agency (JAXA). The students will have their experiments conducted by astronauts 250 miles above Earth aboard the International Space Station (ISS) and live streamed to the world on a Lenovo ThinkPad laptop via YouTube later this year.

"Humanity's future relies on moving beyond Earth," said renowned scientist, Professor Stephen Hawking. "Realising this goal will require an entrepreneurial spirit and a new generation of scientists and astronauts. YouTube Space Lab is a wonderful initiative that helps inspire young minds around the world to take a greater interest in science and the future of space exploration."

Amr Mohamed, 18, from Alexandria, Egypt, came up with an experiment to explore the question: "Can you teach an old spider new tricks?" Amr proposed investigating the effects of microgravity on the way the zebra spider catches its prey and whether it could adapt its behavior in this environment. "The idea of sending an experiment into space is the most exciting thing I have ever heard in my life," said Amr. "Winning YouTube Space Lab means everything to me, to my family, and to the people of the Middle East."

Dorothy Chen and Sara Ma, both 16, who attend Troy High School in Troy, Michigan, created an experiment that asks: "Could alien superbugs cure disease on Earth?" Dorothy and Sara want to send bacteria to the space station to see if introducing different nutrients and compounds can block their growth in the hopes of providing new tools to fight germs on Earth. "The idea that something that is your experiment being sent up into space and actually becoming a reality is incredible," said Sara. "I definitely want to pursue science as a career," added Dorothy.

In addition to having their experiments performed in space, Amr, Dorothy and Sara will get to choose one of two unique space experiences: either a trip to Japan to watch their experiment blast off in a rocket bound for the ISS, or once they turn 18-years old, a one-of-a-kind astronaut training experience in Star City, Russia, the training center for Russian cosmonauts.

For more information on YouTube Space Lab visit youtube.com/spacelab and stay tuned to the channel for more information on the live stream later this year (September).

Professor Stephen Hawking Welcomes You to YouTube Space Lab: Featuring Professor Stephen Hawking, YouTube Space Lab Judge

The Winners time in Washington & The ZERO-G Flight

THE CRAKES.

Do you know the Crakes that creep in the creek?
Or does nobody know them but me?
They're just like the great big Water-hens,
But tiny, as tiny can be.

There's the Spotted Crake, and the Spotless Crake,
And tho Little Crake-that's three;
But you've got to keep-Oo-ever so still,.
If a Crake you want to see.

They creep In and out of the reeds and grass;
They're as shy as over can be;
You must lie quite still, and hold your breath,
If a Crake you want to see.

And then they will all come creeping out,
One-and two-and three;
They will point their toes and flick their tails,
As grown-up as can be.

Tho Coot and tho Redbill are great big birds,
And they're quite easy to see;
Still, the Crakes are grown up, too, you know,
Although they are tiny-wee.

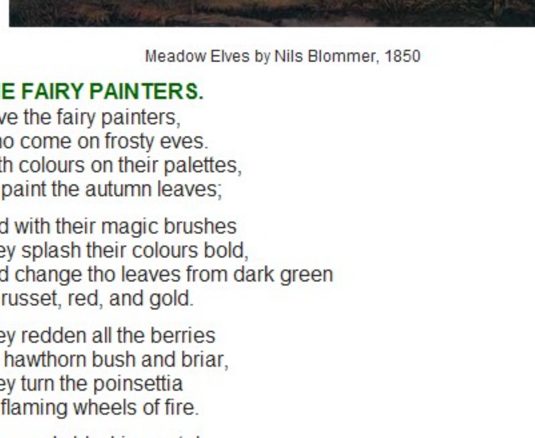
They are not black, and they are not blue,
But brown as over can be;
And I suppose they're brown because
It makes them hard to see.

They're the loveliest darlings In all tho creek,
Because they are so wee;
And because they creep, and sneak, and hide.
And because they're hard to see.

Don't you know the Crakes that live in the creek?
O, why can't you ever see?
I sometimes think the Fairies must
Have made them just for mo.
ALTER EGO.

FOR THE CHILDREN. (**1925, July 18**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 11. Retrieved from http://nla.gov.au/nla.news-article16224035

The Australian Spotted Crake (Porzana fluminea) is a species of bird in the Rallidae family. It is endemic to Australia, where its natural habitat is dense reedbeds, shallow open water and mudflats or floating vegetation in fresh or salt water wetlands including lakes, swamps and salt-marsh. Can also be found far from water. Spotless Crake (*Porzana tabuensis*) SE Queensland, Australia Image by www.aviceda.org



Meadow Elves by Nils Blommer, 1850

THE FAIRY PAINTERS.

I love the fairy painters,
Who come on frosty eves.
With colours on their palettes,
To paint the autumn leaves;

And with their magic brushes
They splash their colours bold,
And change tho leaves from dark green
To russet, red, and gold.

They redden all the berries
On hawthorn bush and briar,
They turn the poinsettia
To flaming wheels of fire.

The rose's blushing petals,
They rouge like any dame;
The maple and persimmon
Are turned to vivid flame.

The pear tree In the orchard,
They tint to shining gold.
And every whispering sephyr
Shakes down its wealth untold.

I love the fairy painters,
Who come to try and cheer
With glowing, heart'ng colours '
The saddened, dying year.
ISABEL HOUISON.

THE FAIRY PAINTERS. (**1925, July 18**). *The Sydney Morning Herald* (NSW : 1842 - 1954), p. 11. Retrieved from http://nla.gov.au/nla.news-article16224028

Headspace 'We've got your back' campaign – launched May 24th, 2012

A groundbreaking national awareness campaign developed by National Youth Mental Health Foundation headspace aims to dramatically increase young Australians' awareness of everyday mental health issues affecting them and their friends. The campaign will run for the next 3 years.

headspace CEO Chris Tanti said the campaign, being rolled out in partnership with Hoyts and Channel 11, marked a new phase in headspace'sengagement with the those eligible to use its services - young people aged 12-25. "Over our short history, headspace has already helped 62,000 young people deal with everyday issues in their lives before they become big problems," said Mr Tanti. "Whether they drop into one of our 40 centres around the country, or access our online support service eheadspace, young people are increasingly becoming aware that headspace 'has their back'.

"This campaign aims to significantly increase that awareness, reaching young people in the places they go for entertainment, and across the channels the access for information."

The ads cover six everyday issues that young people commonly struggle with as they approach adulthood and beyond. These are:

Depression (Daniel vs the Black Cloud and Jasmine vs the Black Cloud), Exam/School Stress (David vs the Avalanche of Exams). Anxiety (Sarah vs the Dreaded Butterflies), Drugs (Luke vs the Smoke Screen), Relationship break up (James vs the Broken Heart), Fitting in around sexuality or with regard to family pressure (Angleo vs the Pressure to Pretend)

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

Federal Government Media Releases this week concerning you:

Delivering an Asia literate' curriculum for Australia's students - PORTFOLIO: Education, Employment and Workplace Relations

SNIPPET: More students will be encouraged to learn Asian languages and cultures with the Gillard Government providing another $870000 funding to support the work of the Asia Education Foundation (AEF), School Education Minister Peter Garrett said today. Making an Asia literate' national curriculum a priority for learning in schools will help ensure every Australian child can reap the benefits of the Asian century, Mr Garrett said. The national curriculum will help equip more students with the skills to communicate in an Asian language and to develop a sense of appreciation and understanding of Asian culture and society, which will help Australia continue to be good neighbour in our region.

New curriculum will help school students become active and informed citizens - PORTFOLIO: Education, Employment and Workplace Relations

SNIPPET: All school students between Years 3-8 will learn to be active, engaged and informed Australians under a national curriculum being developed for Civics and Citizenship.. The draft shape paper is written on the assumption that students from Year 3 to Year 8 will study the subject during the school year, while students in Years 9 and 10 will also have the opportunity to further study this subject in preparation for senior secondary school.. As students progress through their schooling they will also learn what young people need to do to become active and informed citizens within Australia and around the world..

Schools and families critical to tackling cyberbullying - Australian Institute of Family Studies (AIFS) - PORTFOLIO: Families, Housing, Community Services and Indigenous Affairs

SNIPPET: The relationship between parents and schools is critical in educating and addressing cyber-bullying among young people, according to the Australian Institute of Family Studies. Australian Institute of Family Studies researcher, Elly Robinson said schools should work closely with parents and be prepared to share responsibility for what happens outside the classroom, as cyber-bullying incidents tend to occur outside school hours. Australian estimates suggest that between 7-20% of school-aged young people have experienced cyberbullying.

Young Australians Have Their Say on National Mental Health Report Card - PORTFOLIO: Health and Ageing

SNIPPET: THE HON MARK BUTLER MP. The Youth Roundtable is the next step in a national consultation on the Report Card led by the National Mental Health Commission, and the first part of a broader engagement process with young Australians across the country. As part of its commitment to partner with stakeholders in the sector and ensure that consultation activities are widespread across Australia, the National Mental Health Commission co-hosted the WA Youth Roundtable with the WA Youth Mental Health Project Development Steering Group, in partnership with the WA Mental Health Commission.

Australian Youth Olympics Festival 2013

The Australian Youth Olympic Festival (AYOF) is an initiative of the Australian Olympic Committee (AOC) following the success of the Sydney 2000 Olympic Games. It is the largest Australian multi-sport event for athletes aged 13 to 19 years – the next edition will be held in Sydney from 16 to 20 January 2013. The AYOF is now an established multi-sport event on the youth international sporting calendar. With the IOC's introduction of the first Youth Olympic Games in Singapore in 2010, the AOC has decided to host the AYOF every four years. 24 Nations will participate and the teams will live in a village atmosphere as preparation for becoming future Olympic athletes. People met and friendships formed during such events are usually kept for life. This experience, whether competing as an athlete or joining in as a volunteer, is bound to bring you moments that will continue to make you smile (details on how to apply to be a volunteer below).

Sports

There are 17 sports on the AYOF program for 2013, including for the first time, the 2016 Olympic sports of Rugby 7s and Golf. The full list of sports is: Athletics, Badminton, Basketball 3 on 3, Canoe/Kayak, Cycling, Diving, Golf, Gymnastics, Hockey, Judo, Rowing, Rugby 7s, Shooting, Swimming, Triathlon, Weightlifting, and Wrestling.

Volunteer Opportunities (from AOC website):

Volunteers play a fundamental role in the Australian Olympic Committee's organisation of the Team for the Olympic Games, the Winter Olympic Games and the Australian Youth Olympic Festivals (AYOF). Volunteers come form all walks of life with energy, ideas, skills or just an interest, all of which eminently help us put together the Olympic Team and our Youth Olympic Festival. Volunteering for The Australian Olympic Committee may include your choice of a wide variety of tasks, including:

• administration and general office help • driving vehicles for athlete pickup • measuring for outfitting • spectator services • airport arrivals and transport • opening ceremony

Please email us to enquire about the upcoming events you can become involved in as a volunteer.

The 24 nations participating in the 2013 AYOF: Australia, Argentina, Belgium, Brazil, Canada, China, Fiji, Great Britain, Hungary, India, Indonesia, Italy, Japan, Korea, Malaysia, Netherlands, New Zealand, Combined Oceania, Samoa, Singapore, Chinese Taipei, Tonga, USA, Vanuatu

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/

Words of the Week

We'd like to share a word-play skit with you this week; world famous and a great example of how 'playing with words' can produce food for thought and playing with confusion can addle even those who seek clarity !

Who's On First?

Abbott and Costello greatest skit on baseball or words and wordplays? Who's on First?" is descended from turn-of-the-century burlesque sketches that used plays on words and names. Examples are "The Baker Scene" (the shop is located on Watt Street) and "Who Dyed" (the owner is named Who). In the 1930 movie Cracked Nuts, comedians Bert Wheeler and Robert Woolsey examine a map of a mythical kingdom with dialogue like this: "What is next to Which." "What is the name of the town next to Which?" "Yes." In English variety halls (Britain's equivalent of vaudeville theatres), comedian Will Hay performed a routine in the early 1930s (and possibly earlier) as a schoolmaster interviewing a schoolboy named Howe who came from Ware but now lives in Wye. By the early 1930s, a "Baseball Routine" had become a standard bit for burlesque comics across the United States.

Who's on First?. (2012, May 28). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Who%27s_on_First%3F&oldid=494799275

WINTER COASTAL CAPERS

The Coastal Environment Centre (CEC) has an exciting program planned for its Kids on the Coast holiday activities in July. **Kids on the Coast runs from Monday 2 July to Friday 13 July.**

As well as some trusty favourites, there are nine additional fun activities for children to enjoy. These include Fauna Faces; Marine Discovery; Adventures of Skiffy the Sea Turtle; Searching for Seahorses; Fur, Friends & Blubber; Creepy Crawlies and Creatures of the Night and Washed Up. Last year the CEC took out the Northern Beaches Local Business Award in the Outstanding Education Service category.

"Kids on the Coast is a fun, interactive and educational program with a diverse range of activities. We pride ourselves on teaching kids the value of our natural environment in a fun way," said Mark Beharrell, Natural Environment & Education Manager at the Council.

Kids on the Coast activities are suitable for children aged 5 to 12. All-day events run from 10am to 3pm at $55. The all-day event includes morning and afternoon activity plus supervision over the lunch period. You can also choose morning sessions from 10am to 12 noon or afternoon sessions from 1pm to 3pm, at $22 per session.

Participants should bring lunch and snacks, a refillable water bottle and wear appropriate clothing, and enclosed shoes. The CEC is located on Pelican Path, in the grounds of Sydney Lakeside Holiday Park, off Lake Park Road, North Narrabeen. It is 300m from North Narrabeen beach.

For more information or to book a place visit www.pittwater.nsw.gov.au/ceckids; or call the CEC on 1300 000 CEC (232).

Environmentally Art-Rageous: 3rd Jul 2012 10:00am-12:00pm
Bush Creature Creations 4th Jul 2012 10:00am-12:00pm
King Neptune & His Mermaids 5th Jul 2012 1:00pm-3:00pm
Wild about Whales 9th Jul 2012 1:00pm-3:00pm
Something Fishy 10th Jul 2012 10:00am-12:00pm
Shell Discovery 10th Jul 2012 1:00pm-3:00pm
Home Sweet Home 11th Jul 2012 1:00pm-3:00pm
Marsupial Magic12th Jul 2012 1:00pm-3:00pm

All activites are for 5 to 12 years olds.

CRAFTY KIDS AT MONA VALE LIBRARY

School aged children across Pittwater are invited to visit Mona Vale Library during the holidays and take part in one of the free craft sessions on offer. Children aged between 5 and 12 can drop into one of six sessions at the library during the winter holidays, where they can make anything from paper dolls to treasure chests!

Sessions will start at 10am until 1pm on Monday 2 July, Tuesday 3 July and Wednesday 4 July and again from Wednesday 11 July, Thursday 12 July and Friday 13 July.

Mona Vale Library's event coordinator Rebeccah Vick said the sessions provided children with creative and fun projects to make. "All the sessions are designed to stimulate children's interest in crafts," she said. "The drop-in sessions allow children and their parents or grandparents to have fun with craft without having to do all the preparation and the tidy up afterwards."

The sessions run for two hours however, children can drop in at any time between 10am and 1pm when they are running. Bookings are not required. Further information about the sessions can be obtained by calling the library on 9970 1600.

Storytime for preschoolers
Held every Wednesday morning at Avalon Library 10:30am - 11am

Avalon Library Storytime is held every Wednesday morning from 10.30am at the Library. Hear stories, listen to music and enjoy craft activities. Sessions run for between 30 and 40 minutes. Suitable for preschoolers, 3 to 5 years of age.
Venue: 59A Old Barrenjoey Road, Avalon (above the Recreation Centre).
Cost: Free however bookings are essential.
Bookings: Phone: 9918 3013 or email avalonlibrary@ozemail.com.au

Storytime at Mona Vale Library
Tuesday, Wednesday and Thursday Mornings, 10- 10.45am

Mona Vale Library Storytime is held three mornings per week during school terms. Hear stories, sing songs and enjoy craft activities. Sessions run for approximately 45 minutes. Suitable for preschoolers, 3 to 5 years of age. Venue: Mona Vale Library, 1 Park St, Mona Vale. Cost: Free. No bookings required

THE SONG COMP – Songsalive! Australia is holding its very first song writing competition! from Newsletter by Russell Neal of Songs On Stage

We're very excited about this. We've had a lot of sponsors come on board, to the extent that the main prize winner in The Song Comp will receive $20,000 in cash and prizes. Check out the site – www.thesongcomp.com and www.facebook.com/TheSongComp

Unlike other competitions, we let you see who the judges are, and we have quite a few industry heavyweights listening to the songs, and we're putting as much of the proceeds of the competition into the prizes. Each section winner receives at least $250 cash, plus period membership of Songsalive! Australia and Song Central, and in many cases, recording time, recording hardware or other prizes. We want this to be meaningful for all entrants, but we also want to make it easier for Songsalive! Australia members to enter, as we're running it. So, the base entry fee per song is $35. The base entry fee per song for Songsalive! Australia members is $20 - Almost 50% off.

Entries can be uploaded from June 15, so there's time to work out what you want to do. The site has all the categories, prizes, judges and even an FAQ to cover what questions we think you may ask. **Comp. entries close July 31st, 2012.**

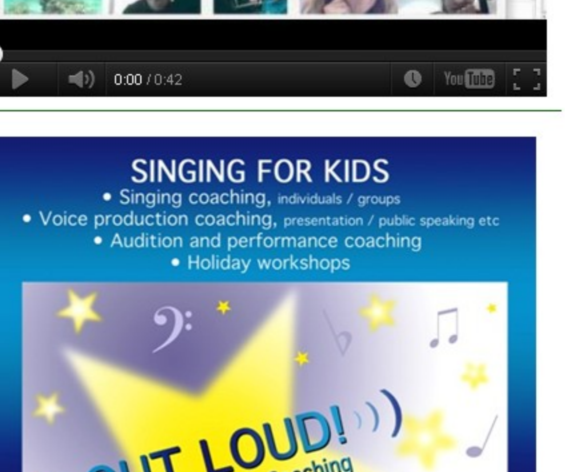
If there is a question you'd like to ask, which we haven't addressed, please contact stephenkiely@songsaliveaustralia.org.au and he'll answer it as best he can, and post it to the site if necessary.

About Songsalive! Australia: Founded as Songsalive! in Sydney in 1997, and finding its roots again in 2011, Songsalive! Australia is one of Australia's most successful songwriting organisations. With song writing workshops, showcases, CD's and online files of members' songs, and now The Song Comp, we're doing all we can to support and promote Australian song writers.

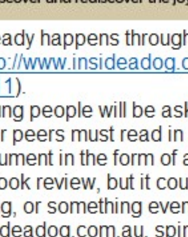
About Songs On Stage: Russell Neal organises a lot of gigs for our local young musicians and runs numerous competitions at local venues. He provides experience in performing live in doing so. His Newsletter is filled with great opportunities and pointers. Send your e-mail address to songsonstage@hotmail.com and he will add you to the mailing list.

Hangout from the Great Barrier Reef - Live on Google +

Award winning documentarian Richard Fitzpatrick, together with the team from the Catlin Seaview Survey, will be hanging out from beneath the sea - LIVE from the Great Barrier Reef. Be sure to follow them on Google+ and stay tuned to join the next live hangout!



Love Food, Hate Waste Cookbook



Our own Pittwater Council has joined with other councils in our area to produce an online cookbook especially for children. This 'flipbook' Program allows you to read through and get some great ideas on how to use leftover veggies to make great pasta or make mini pizza. Yum !

Love food hate waste book: HERE

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/

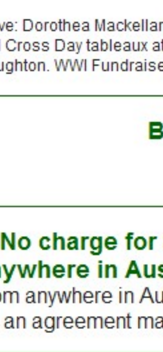
As part of this: **Bedtime Stories: Downloadable Tales for Children** Available right now AT: http://www.australianwomenonline.com/bedtime-stories-downloadable-tales-for-children/

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 !

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

Bus Pass Replacement

HERE

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.

Tweet | Like | +1

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

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

Bullying; NO WAY !!!

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

Pittwater Online News

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

June 17 - 23, 2012: Issue 63

OLDIE BUT GOODIE

There was a man who had worked all of his life, had saved all of his money, and was a real miser when it came to his money. Just before he died, he said to his wife, "When I die, I want you to take all my money and put it in the casket with me. I want to take my money to the Afterlife with me."

And so he got his wife to promise him with all of her heart that when he died she would put all of the money in the casket with him.

Well, he died. He was stretched out in the casket his wife was sitting there in black, and her friend was sitting next to her. When they finished the ceremony, just before the undertakers got ready to close the casket, the wife said, "Wait just a minute!" She had a box with her; she came over with the box and put it in the casket. Then the undertakers locked the casket down, and they rolled it away.

So her friend said, "I know you weren't fool enough to put all that money in there with your husband."

The loyal wife replied "Listen, I'm a Christian, I can't go back on my word. I promised him that I was going to put that money in that casket with him."

"You mean to tell me you put that money in the casket with him?"

"I sure did" said the wife. "I got it all together, put it into my account and wrote him a check. If he can cash it, he can spend it."

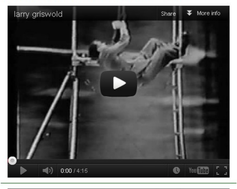
Courtesy Best Seniors Jokes for the Week from Suddenly Senior.

Larry Griswold C/- W.A.G.

Larry Griswold world's greatest comedy diver co-inventor of the trampoline.

The Frank Sinatra Show: Dean and Frank Medley

Dean Martin and Frank Sinatra do a very awesome and funny medley together on The Frank Sinatra Show. Enjoy!



Media Releases concerning Seniors this week from National Seniors Australia

With around a quarter of a million members, National Seniors is Australia's largest consumer organisation for the over 50s and fourth largest group of its kind in the world.

Senior Australian News and Research website at

http://www.seniorau.com.au/

Internet Relay Calls

Internet relay calls are ideal if you are deaf, can't hear well or have difficulty using your voice. You just need an internet connection. All standard calls are free within Australia.

See more at: Relay Service.

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.

www.seniormovers.com.au

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

The Senior Newspaper Online

Click on logo:

Australian Senior Publications

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

Warringah Council | Pittwater Council | SHS

Super Seniors Directory

A massive directory for all northern beaches seniors is hitting the streets for Seniors Week. The Services, Activities & Housing Directory 2012-2013 is a one-stop-shop for all northern beaches seniors thanks to a successful partnership between Warringah, Pittwater and Manly Councils.

The directories can be found at Council's Customer Service, Libraries, Community Centres or online at the council websites.

If older people with mobility problems have difficulty assessing the directory - contact Aged Services and you will be sent a copy.

Pittwater Community Hub

Our recently opened office at Mona Vale is ready for service. We are located in Shop 17 on the ground floor of the Peninsula Plaza at 20 Bungan Street. We are open Monday to Friday, 9.00am to 4.00pm. The new Hub is fully 'manned' by our professional staff and local volunteers who can answer enquiries and provide personal assistance to meet the needs of residents of the northern beaches. Pittwater Community Hub Profile

Click on logo to visit their website for more

Northside Community CONNECT

NSW Budget 2012 – seniors

From; Seniors Australian News and Research at: here

The New South Wales Treasurer Mr Mike Baird handed down a $60.552 billion budget for 2012-2013 today in the face of a difficult economic environment. NSW's GST revenue has fallen by more than $5 billion and the Federal Government has also 'shifted' $690 million which has contributed to a Budget deficit in 2012-2013 of $824 million.

The Budget provides for a number of areas associated with seniors interests, some of which are outlined below.

Ageing and disability support services

Supports services have been allocated $2.7 billion in the budget

Accommodation and respite places for people with a disability will be increased for services to older people, people with a disability, their families and carers.

This includes an increase in disability funding of $178 million on the previous year.

A commitment to individualised funding packages coincides with $336 million to implement the second year of 'Stronger Together Two', the NSW Government's five year, $2 billion strategy to reform disability services.

$6 million will go to the NSW Ageing Grants Program to support services and projects that meet the needs of older people. This will coincide with the implementation of the NSW Ageing Strategy to be announced this year.

9,125 new places will be created in 2012-13 for people with a disability, their families and carers. This includes:

860 places for flexible respite options to support people with a disability, their families and carers in the community; 530 new supported accommodation places; an additional 300 places to increase community engagement for adults; 3900 additional decision support service places to improve access to local services and programs; 70 additional Aboriginal and family intensive support places.

The Budget commits $148.5 million for capital works including $70 million for improved alternative accommodation for people with a disability living in large residential centres.

The capital works investment will provide high standards of living for people with a disability, providing a home environment, while being highly accessible to a community in which they can become involved.

Mental health

$67 million over four years for works on the Missenden Mental Health Unit at Royal Prince Alfred Hospital with an expected completion date of 2015

$40 million over four years for the NSW Mental Health Commission, which will be established on 1 July 2012 to improve the mental health system and ensure greater accountability

$25.7 million to complete the construction of the Hornsby Hospital Mental Health Units

Health

An extra 50,000 emergency department presentations, 30,000 additional acute inpatient services including an extra 2,000 elective surgery procedures and $10 million for additional intensive care services

$64 million for 500 more nurses and over $4 million for more clinical nurse/midwife educators and specialists

Major new hospital works: Blacktown/Mt Druitt, Bega, Hornsby Kuring-gai, Tamworth, Parkes and Forbes hospitals. New car parks at Blacktown, Nepean and Wollongong hospitals

$45 million for health and medical research including $5 million for the new Medical Devices Seed Fund and a $5 million boost for the Medical Research Support Program

The full set of Budget papers with details of provisions are available at http://www.budget.nsw.gov.au/home11

Hip replacement recall

The Therapeutic Goods Administration (TGA) advises that the R3 metal liner component of the R3 acetabular system (used in hip replacements) is being recalled.

The recall by the Australian sponsor, Smith & Nephew Surgical Pty Ltd, is due to a higher than expected rate of revision surgeries for this particular liner component. This action is being taken globally.

Data sourced from Australia's National Joint Replacement Registry (NJRR) and United Kingdom's National Joint Registry have identified that the R3 acetabular system with metal liners has a higher rate of revision surgery than the average for total conventional hip replacements.

The TGA is in the process of cancelling the R3 metal liners from the Australian Register of Therapeutic Goods.

It is important to note that the rate of revision surgery of R3 acetabular components used in conjunction with ceramic or polyethylene liners (sometimes called inserts) is in line with the expected rate of revision surgeries and are not affected by this recall and product cancellation.

People with an R3 acetabular system as a component in their hip replacement should contact their implanting surgeon to check whether R3 metal liners were used.

PITTWATER COUNCIL — CELEBRATING 20 YEARS 1992-2012

HEALTHY TIPS FOR SENIORS

Northern Beaches' residents aged 55 and over are invited to a free information session on the benefits of staying active and eating well in life. The session is on **Wednesday 27 June at the Mona Vale Memorial Hall from 1pm to 2.30pm.**

June Jones from Healthy Lifestyles will present on the importance, benefits and most appropriate types of physical activity people should be doing as they age. The session will include a brief exercise demonstration that attendees can then practice in their own home. Participants are asked to wear comfortable shoes.

Organiser Melinda Hewitt from the Council acknowledged local service providers supporting the event.

"Nerimah Hickford, a community dietician with NSW Health, will discuss the effects aging can have on the body and better eating habits for daily life. Ms Hickford will cover the importance of good nutrition as we age and the overall health benefits of making small but important changes to your diet," added Ms Hewitt.

The session is free and includes a light afternoon tea. **Bookings are required; please call 9970 1169 to RSVP by Friday 22 June**.

The program is hosted by Pittwater Council on behalf of the Manly Warringah and Pittwater Social Inclusion Working Party with participating groups Healthy Lifestyle and NSW Health (Northern Sydney Region).

BOB HOPE ONE-LINERS

ON TURNING 70 "You still chase women, but only downhill".

ON TURNING 80 "That's the time of your life when even your birthday suit needs pressing."

ON TURNING 90 "You know you're getting old when the candles cost more than the cake."

ON TURNING 100 "I don't feel old. In fact I don't feel anything until noon. Then it's time for my nap."

Contact Community Care Northern Beaches by clicking their logo:

CCNB COMMUNITY CARE (NORTHERN BEACHES) LIMITED

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 or phone 02 8064 3574

Article on their Seminar

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June 17 - 23, 2012: Issue 63

Marine Reserves Announced

Federal Government Media release regarding this;

The Hon Tony Burke MP- Minister for Sustainability, Environment, Water, Population and Communities
Gillard government creates the world's biggest marine reserves network - Media release - 14 June 2012

Australia's most precious ocean environments will be protected by the world's largest network of marine reserves created by the Gillard Government. Environment Minister Tony Burke today released the Government's final network of marine reserves which - once proclaimed under national environmental law - will increase the number of marine reserves from 27 to 60, expanding the national network to cover more than a third of Commonwealth waters.

"For generations Australians have understood the need to preserve precious areas on land as national parks. Our oceans contain unique marine life which needs protection too," he said. "We have an incredible opportunity to turn the tide on protection of the oceans and Australia can lead the world in marine protection.
"The maps I have released today are most comprehensive network of marine protected areas in the world and represent the largest addition to the conservation estate in Australia's history. This new network of marine reserves will help ensure that Australia's diverse marine environment, and the life it supports, remain healthy, productive and resilient for future generations."

The new marine reserves take the overall size of the Commonwealth marine reserves network to 3.1 million square kilometres, by far the largest representative network of marine protected areas in the world.

Following the huge number of submissions received, protection has been increased for a number of iconic reefs in the Coral Sea Marine Reserve that are important for marine turtles and large ocean predators.

Together the Great Barrier Reef Marine Park and the Coral Sea Commonwealth marine reserve will become the largest adjoining marine protected area in the world, covering 1.3 million square kilometres.

The national marine network features:

The Coral Sea Region is the jewel in the Crown and covers an area of more than half the size of Queensland. It supports critical nesting sites for the green turtle and is renowned for its diversity of big predatory fish and sharks. The network includes protection for all reefs in the Coral Sea with the final proposal adding iconic reefs such as Osprey Reef, Marion Reef, Bougainville Reef, Vema Reef, and Shark Reef included as marine national parks.

The South-West Marine Region extends from the eastern end of Kangaroo Island in South Australia to Shark Bay in Western Australia. It is of global significance as a breeding and feeding ground for a number of protected marine species such as southern right whales, blue whales and the Australian Sea Lion. Features in the South-West region include the Perth Canyon – an underwater area bigger than the Grand Canyon and the Diamantina Fracture Zone – a large underwater mountain chain which includes Australia's deepest water.

The Temperate East Marine Region runs from the **southern boundary of the Great Barrier Reef Marine Park to Bermagui in southern New South Wales,** and includes the waters surrounding Lord Howe and Norfolk Islands. It is home to the critically endangered east coast population of grey nurse shark, the vulnerable white shark and has important offshore reef habitat at Elizabeth and Middleton Reefs and Lord Howe Island that support the threatened black cod.

The North Marine Region includes only the Commonwealth waters of the Gulf of Carpentaria, Arafura Sea and the Timor Sea extending as far west as the Northern Territory-Western Australian border. Globally important nesting and resting areas for threatened marine turtle species including flatback, hawksbill, green and olive ridley turtles will be protected. As will important foraging areas for breeding colonies of migratory seabirds and large aggregations of dugongs.

The North-west Marine Region which stretches from the Western Australian - Northern Territory border through to Kalbarri, south of Shark Bay in Western Australia is home to the whale shark which is the world's largest fish and provides protection to the world's largest population of humpback whales that migrate annually from Antarctica to give birth in the water off the Kimberley.

Mr Burke said over the past 12 months, the Government has consulted with marine and tourism business representatives, environmental groups and members of the public through 250 meetings across the country. "I have met with stakeholders across the country and more than 1950 people have been involved in the full consultation process," he said. "Our aim is to protect our unique marine environment, while supporting coastal communities and marine industries around the country.

"Over the coming months, the Government will consult the fishing industry and fisheries management agencies on the design and implementation of a fisheries adjustment assistance package. We now go through one final 60 day consultation period. It's too late for people to say I want this line shifted or I want this zone painted a different colour. The question now is very straight forward. Do we go ahead with the most comprehensive marine park network in the world or do we not?"

It is expected that the final marine reserves will be declared before the end of the 2012.

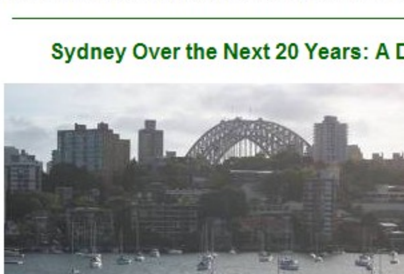
Follow this link for copies of the maps and details:
http://www.environment.gov.au/marinereserves

Green Turtle photograph courtesy Brocken Inaglory.

Marine and Freshwater Research Volume 63(6)

Includes: Effects of drought and subtidal sea-level variability on salt intrusion in a coastal karst aquifer; Effects of a gradient in river regulation on the longitudinal trends in water quality and benthic algal and macroinvertebrate assemblages in the Hunter River, Australia; Genetic population structure and connectivity in a commercially exploited and wide-ranging deepwater shark, the leafscale gulper (*Centrophorus squamosus*); Intra- and inter-annual changes in chemistry of Australian glacial lakes ; Small home range in southern Australia's largest resident reef fish, the western blue groper (Achoerodus gouldii): implications for adequacy of no-take marine protected areas

Sydney Over the Next 20 Years: A Discussion Paper



Have your say about the type of city you want Sydney to become over the next 20 years. A new metropolitan strategy is being developed for Sydney. This document will provide a framework for Sydney's growth - one that will help us understand how we should plan for housing, employment, transport, infrastructure, the environment and open space.

Throughout the year the Department of Planning and Infrastructure will consult with communities, residents, businesses, workers, government and industry about what people want from Sydney.

A discussion paper, ***Sydney Over the Next 20 Years***, has been released for public comment. A draft strategy will follow in mid-late 2012. A final document will be released following community consultation.

Take a look at the discussion paper and have your say about Sydney's future(Paper is on the Have your Say page; link below).

To quickly and easily tell us what you think, join our online forum (see below). Each forum question is related to a chapter in the discussion paper and designed to start the conversation on a key planning issue for Sydney. You are encouraged to refer to each chapter of the discussion paper for additional ideas to consider and comment on. You do not need to respond to every question.

You will also have an opportunity to talk directly to a NSW Government planner to share your ideas. A schedule of 15 public drop-in sessions are being held in libraries across the city. Date and location details are listed under the 'Key Dates' tab on this page or available to view on this map.

You can also provide your feedback by making a submission on the Have Your Say page. **Submissions close 5pm 29 June 2012**. From: http://haveyoursay.nsw.gov.au/metrostrategy

Australian Native Foods website: http://www.anfil.org.au/

Pittwater's Environmental Foundation

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

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

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

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

Sydney Harbour Foreshore Authority Carbon Footprints Document

CLIMATE ACTION PITTWATER

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

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

Warriewood Wetlands: Breakfast with the Birds.
Birdwatching and monitoring winter birds - June 24th, 2012

Swamp Mahoganies will be flowering, attracting a variety of honeyeaters. Bring: binoculars, water, raincoat. Meet: end of Katoa Close (off Garden St) Narrabeen Time: 8.00-10.30am. Cost: $2.00 for Tea/Coffee/Cake. Bookings: P: 9918 3368/0439 409 202. E: pnhainfo@gmail.com

No more cloudy days for solar
CSIRO Media Release – 14th of June, 2012

For a country with so much sunlight, some might think Australia has been slow to adapt its electricity generation mix to include solar power. One of the main reasons for this is solar intermittency. We can't control when the sun shines or when a cloud passes by. This effect – solar intermittency – adds an additional level of complexity for the electricity market and network in the already delicate balancing act involved in managing the electricity grid. However, CSIRO and partners now better understand what it will take to manage solar intermittency so it is no longer a barrier to the uptake of large scale solar energy.

In a year-long, world-first study funded by the Australian Solar Institute, CSIRO, together with the Australian Energy Market Operator and the Energy Networks Association, have investigated the concerns around solar intermittency and its impact on electricity systems. During the project it was found that in some cases local utilities do limit solar power generation because they fear that adding solar power to the grid will make it harder to manage their electricity system.

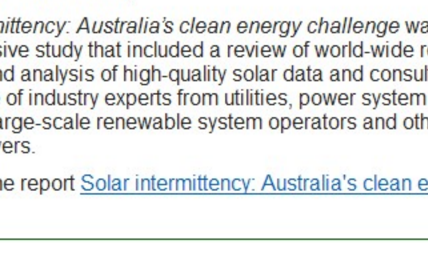
The report, ***Solar intermittency: Australia's clean energy challenge***, is now available and demonstrates that there are no insurmountable barriers to increasing the use of large scale solar energy in the national grid.

The key findings included:
1. We can 'fix' intermittency. With knowledge and tools, such as solar forecasting and energy management, CSIRO can provide the information required to manage solar intermittency.
2. We need a customised approach. There is no global consensus on managing solar intermittency. It is not uniform and different sites, regions and countries require individual solutions. Local research and demonstration pilots are required. Australia has a unique electricity network and we need unique solutions.
3. We need a highly flexible electricity grid. If large amounts of solar energy are to be used as a power source in the future, the electricity grid has to be designed or adapted for renewable energy sources, while keeping network costs low.
From this study, CSIRO now has the foundation research required to help Australia's electricity and solar industries cost effectively manage solar intermittency.

Solar intermittency: Australia's clean energy challenge was a comprehensive study that included a review of world-wide research, collection and analysis of high-quality solar data and consultation with a range of industry experts from utilities, power system operators, large-scale renewable system operators and other industry players.

Download the report Solar intermittency: Australia's clean energy challenge.

Coastal Environment Centre



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

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

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

JUNE 2012 Newsletter includes information on: BushCare Planting Activities (volunteers needed), Workshops and Events, and more

HERE

Birdlife International Updates for April

The new BirdLife Australia website is live!

www.birdlife.org.au is the place to go for everything about Australia's birds and their conservation. Whether you want help to learn more about our native birds, wish to find out about some of the important conservation work we do, or perhaps want to get involved with those who share your passion for birds in your local area – it's all ready and waiting for you.

This is phase 1 of the new website development and phase 2 will come later in the year with even more on offer. The new website brings together the work of Birds Australia and Bird Observation & Conservation Australia (BOCA), the two organisations that merged to create BirdLife Australia (BirdLife Partner).

Thank you for being part of our truly motivated community of bird lovers, and helping us to create a bright future for Australia's birds. Explore, Learn, Discover, Enjoy!

PITTWATER COUNCIL

ONLINE BIODIVERSITY CALENDAR A FIRST

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

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

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

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

How Green is a Spotted Gum when Wet?

Tweet | Like | +1

PITTWATER NATURAL HERITAGE ASSOCIATION INC.

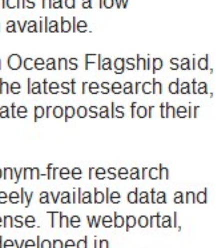
What Does PNHA do?

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

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

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 regional and local research projects.

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 webportal has short, plain English, acronym-free research summaries and it provides further links to freely available data and research, under the Creative Commons license. The webportal, which uses a Google Maps interface, was developed in cooperation with TERN – the Terrestrial Ecosystem Research Network, which will now manage the website.

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.

Tweet | Like | +1

"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

17th Century Dutch explorers help the Atlas reach a major milestone - 30 million records!
From CSIRO Media Releases

The **Atlas of Living Australia** added its 30 millionth species occurrence record last week, making it the largest collection of rich information on Australia's plants, animals and fungi. The Atlas, a collaboration between all Australian museums, herbaria and biological collections, CSIRO, Adelaide and Southern Cross Universities and the Commonwealth Government, reached this milestone when over half a million records from Birdlife Australia were incorporated. Some of these records come from the diaries of 17th Century Dutch navigators, such as the record for a Brush Bronzewing dated 1629.

The Atlas provides access to over 350 large and small datasets, from the NSW Government's Atlas of Wildlife to the records of a community group who look after a local creek. One of the applications in the Atlas, 'Explore Your Area', allows you to enter an address or location to find the recorded species nearby. At the click of a button you can create a list and map of species that have been found in your local area and photos of most of them.

florabank

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

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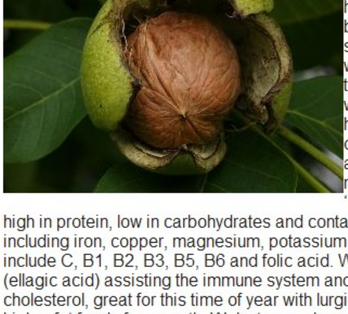
Waluts



Winter is a time for nuts, the edible variety, which will, unless you're allergic to them, bring health benefits befitting the body's needs during this colder season. Over the next few weeks we will look at some of these individually commencing with the walnut. Containing the highest amounts of plant omega 3s called alphalinoleic acid – ALA, and monounsaturated oils these are 'brain food'. Walnuts are very high in protein, low in carbohydrates and contain a range of minerals including iron, copper, magnesium, potassium and zinc. Vitamins in waluts include C, B1, B2, B3, B5, B6 and folic acid. Walnuts are high in antioxidants (ellagic acid) assisting the immune system and also assist in lowering cholesterol, great for this time of year with lurgies and a tendency to consume higher fat foods for warmth. Walnuts are also reputed to be beneficial to the kidneys, liver, brain, skin and digestive system. Harvested from mid April to the end of May in Australia, this year's crop should be in your fruit and veg shop now ready for consumption.

Image: Walnut seed inside it's husk. The Common walnut or Persian walnut, is the original walnut tree of the Old World. Photo by Friedrich Böhringer

Walnut and Banana Loaf

Ingredients
75g butter or margarine
1 large free-range egg
110g caster sugar
Grated rind of 1 small orange and 1 small lemon
4 medium bananas, peeled
50g walnuts, chopped
225g self raising flour

Method: Put sugar, butter and beaten egg into a bowl. Sift in flour and baking powder. Slice the bananas into another bowl and mash them with a fork. Whisk the first mixture thoroughly then add the rinds, banana and walnuts. Whisk again and spoon the mixure into a lined and greased loaf tin. Bake for 50-55 minutes at 180°C until risen and springy.

Nutty Facts:

Almonds are rich in Vitamin E with 30g providing 85% of the Recommended Daily Intake (RDI) for Vitamin E, a fat-soluble vitamin and antioxidant which helps maintain heart health.
Brazil nuts are a great source of selenium, a vital mineral and antioxidant that may help prevent heart disease and two Brazil nuts a day will provide your daily intake of selenium.
Cashew nuts are a source of magnesium, needed for strong bones.
Hazelnuts are referred to in a manuscript found in dating from 2838 BC. Hazelnuts contain significant amounts of B group vitamins including folate and Vitamin B6. Plus, they are the highest in fibre of all the nuts.
Macadamias - the Australian nut - are brimming with healthy monounsaturated fats and have been found to lower blood cholesterol.
Pine-nuts were an aphrodisiac to Ancient Greeks and Romans. They contain nutrients including useful amounts of zinc, niacin, manganese and the amino acid or protein arginine.
Walnuts *Juglans regia* are understood to have first been cultivated more than 4000 years ago, with fossilised shells found in South West France dating back 8000 years. The modern name walnut comes from the German 'wallnuss', meaning foreign nut. While ancient in name, walnuts are essential for health. They contain the highest source of natural plant omega 3s called alphalinoleic acid – ALA. Their appearence leads many to believe they are excellent 'brain food'.

Franz Eugen Köhler, Köhler's Medizinal-Pflanzen. Walnut. 1897.

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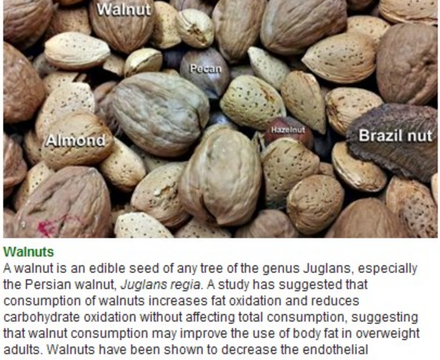

Walnuts
A walnut is an edible seed of any tree of the genus Juglans, especially the Persian walnut, *Juglans regia*. A study has suggested that consumption of walnuts increases fat oxidation and reduces carbohydrate oxidation without affecting total consumption, suggesting that walnut consumption may improve the use of body fat in overweight adults. Walnuts have been shown to decrease the endothelial dysfunction associated with a high-fat meal. Aged rats fed diets containing 2% to 6% walnuts showed reversal of age-associated motor and cognitive function, but a 9% walnut diet impaired performance, suggesting a J curve.
On October 11, 2006, Science Daily published a report which stated "*New research shows that consuming a handful of raw walnuts along with meals high in saturated fat appears to limit the ability of the harmful fat to damage arteries*," and attributed the result to a 2006 article in the Journal of the American College of Cardiology.
Medicinal uses: Scientists are not yet certain whether walnuts act as a cancer chemopreventive agent, an effect which may be a result of the fruit's high phenolic content, antioxidant activity, and potent in vitro antiproliferative activity. Walnuts contain the ellagitannin pedunculagin. Compared to certain other nuts, such as almonds, peanuts and hazelnuts, walnuts (especially in their raw form) contain the highest total level of antioxidants, including both free antioxidants and antioxidants bound to fiber.
Walnut. (2012, May 31). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Walnut&oldid=495311280

A nut is a hard-shelled indehiscent fruit of some plants. While a wide variety of dried seeds and fruits are called nuts in English, only a certain number of them are considered by biologists to be true nuts. Nuts are an important source of nutrients for both humans and wildlife. Nuts are a composite of the seed and the fruit, where the fruit does not open to release the seed. Most seeds come from fruits, and the seeds are free of the fruit, unlike nuts such as hazelnuts, hickories, chestnuts and acorns, which have a stony fruit wall and originate from a compound ovary.
Culinary usage of the term is less restrictive, and some nuts as defined in food preparation, like pistachios and Brazil nuts are not nuts in a biological sense. Everyday common usage of the term often refers to any hard-walled, edible kernel as a nut.
A nut in botany is a simple dry fruit with one seed (rarely two) in which the ovary wall becomes very hard (stony or woody) at maturity, and where the seed remains attached or fused with the ovary wall. Most nuts come from the pistils with inferiorovaries (see flower) and all are indehiscent (not opening at maturity). True nuts are produced, for example, by some plant families of the order Fagales.
Order Fagales, Family Fagaceae: Beech (Fagus), Chestnut (Castanea), Oak (Quercus), Stone-oak, Tanoak (Lithocarpus), Family Betulaceae, Alder (Alnus), Hazel, Filbert (Corylus), Hornbeam.
A nut in cuisine is a much less restrictive category than a nut in botany, as the term is applied to many seeds that are not botanically true nuts. Any large, oily kernel found within a shell and used in food may be regarded as a nut.
Because nuts generally have a high oil content, they are a highly prized food and energy source. A large number of seeds are edible by humans and used in cooking, eaten raw, sprouted, or roasted as a snack food, or pressed for oil that is used in cookery and cosmetics. Nuts (or seeds generally) are also a significant source of nutrition for wildlife. This is particularly true in temperate climates where animals such as jays and squirrels store acorns and other nuts during the autumn to keep from starving during the late autumn, all of winter, and early spring. Nuts used for food, whether true nut or not, are among the most common food allergens.
Some fruits and seeds that do not meet the botanical definition but are nuts in the culinary sense: Almonds, pecans and walnuts are the edible seeds of drupe fruits — the leathery "flesh" is removed at harvest. Brazil nut is the seed from a capsule. Candlenut (used for oil) is a seed. Is considered a true nut. Cashew nut is a seed. Chilean hazelnut or Gevuina. Horse-chestnut is an inedible capsule. Macadamia nut is a creamy white kernel (Macadamia integrifolia and Macadamia tetraphylla). Malabar chestnut Mongongo Peanut is a legume. Pine nut is the seed of several species of pine (coniferous trees). Pistachio nut is the seed of a thin-shelled drupe.

Nutritional and Health benefits: Several epidemiological studies have revealed that people who consume nuts regularly are less likely to suffer from coronary heart disease (CHD). Nuts were first linked to protection against CHD in 1993. Since then many clinical trials have found that consumption of various nuts such as almonds and walnuts can lower serum LDLcholesterol concentrations. Although nuts contain various substances thought to possess cardioprotective effects, scientists believe that their Omega 3 fatty acid profile is at least in part responsible for the hypolipidemic response observed in clinical trials.
In addition to possessing cardioprotective effects, nuts generally have a very lowglycemic index (GI). Consequently, dietitians frequently recommend nuts be included in diets prescribed for patients with insulin resistance problems such as diabetes mellitus type 2. One study found that people who eat nuts live two to three years longer than those who do not. However, this may be because people who eat nuts tend to eat less junk food.
Nuts contain the essential fatty acids linoleic and linolenic acids, and the fats in nuts for the most part are unsaturated fats, including monounsaturated fats. Nuts also provide Arginine, a substance that may help make the walls of the arteries more flexible and less prone to blockage from blood clot formation. Many nuts are good sources of vitamins E and B2, and are rich in protein, folate, fiber, and essential minerals such as magnesium, phosphorus, potassium, copper, and selenium.
Nuts are most healthy in their raw form. The reason is that up to 15% of the healthy oils that naturally occur in nuts are lost during the roasting process. Roasting at high temperatures could also cause chemicals that advance the aging process to form.
Raw or unroasted walnuts were found to have twice as many antioxidants as other nuts. Although initial studies suggested that antioxidants might promote health, later large clinical trials did not detect any benefit and suggested instead that excess supplementation of antioxidant supplements is harmful.
Historical usage: Nuts were a major part of the human diet **780,000 years ago** including the wild almond, prickly water lily, acorns, pistachio andwater chestnut. Prehistoric humans developed an assortment of tools to crack open nuts during the pleistocene period. Aesculus californica, was eaten by the Native Americans of California during famines after the toxic constituents were leached out.
Nut (fruit). (2012, June 5). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Nut_(fruit)&oldid=496120915

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Avalon Tattoo - 16th of June, 2012 - Air Force

Aviation Displays

The aviation segments had Geo Cribbin in his Combat Dragon, Paul Bennet in his P38s, DJ followed by FLT Lt Jon Tuffley of the Roulettes. The Roulettes are raised pilots from the Royal Australian Air Force's Central Flying School, located at RAAF Base East Sale, 2hr drive East of Melbourne. Aerobatics and formation flying are core skills of the pilots of the Roulettes. Their display routine includes the Diamond nine roll and diesel mix into the hot exhaust gases, where it is vapourised. This is used to not only visually enhance the display but to also plots locating each other when separated from formation.

Participants

Australian Air League in Manly since 1934. Left to right, Zach Collins, Hamish Lumsdaine Boyd, Jon Conrad(Air Activities Commissioner), Matija Simovic, Joey Remigon

Sea Scouts

Coal and Candle Creek Rural Fire Service

Broken Bay Marine Rescue

Bushfire Rescue simulator

Glider

Pittwater Friends of Soldada. Left to right: Tamara Shoemmelhorng, Daniel Hoythornthwaite and Dr. Peter Jones (Soldada's Director) will be accompanying the team to Soldada in July.

Visitors

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Avalon Tattoo 2012 Pipe and Drum Bands

NSW Rural Fire Service Pipe Band Lead by Drum Major Michael Donachie and Pipe Major Graham Hoskins. Wearing the Campbell of Cawdor Tartan, formed in 2006. Rural Fire Service Pipes & drums.

Clan MacLeod Pipe Band Lead by Drum Major Jon Townsend Pipe Major Bruce Wheatly. Wearing Macleod of Macleod Tartan. Clan MacLeod Pipe Band was first instrument in 1953 as Clan MacLeod Pipe Band. Ron Clement was the founding Pipe Major and served in that role until 2010.

Australian Air League Riverwood 'Hornets' Drum Corps The Riverwood Squadron Band has an enviable record amongst the Australian Air League. The Band has been competing in Australian competitions since 1974 and has received their title as the "Best Band" within the Australian Air League (AAL) at the AAL Review, held on the Gold Coast in Queensland. The Squadron also retained the title of "Best Drum Major" in 2002, won by Ian Kent.

Australian Federal Police (CCPD) Pipe Band They performed at the Edinburgh Tattoo in 2008 to great acclaim, receiving a standing ovation on the Castle Esplanade at Edinburgh Tattoo, (August 2-25, 2012). They will be the 52nd extra-sequence to be staged at the Scottish capital's ancient Edinburgh Castle.

Norwood RSL Sub Branch Pipe Band Lead by Drum Major Geoff Lace and Pipe Major Frank Fisher. Wearing the Black Stewart Tartan. Formed in 2005 from Sydney Uni Regt. Pipe Band. In 2008 the band won the Australian Open Band Championships and are the current State quick step champions.

Pipers and Drums of the National Servicemen's Association Lead By Drum Major Rob Cranes 16th Pipe Majors John Armfield & Ian Millard. Wearing the Royal Stewart Tartan. Formed in 1956 as the 3rd Field Regt Band. Killed regiment. Formed in 1959 of Earning & Wilfred 4DF memebers & 6+ service cadets. They wear the same badge as the 4 Hdtls. Cameron Highlanders. Travelled from Brisbane to attend and participate in this year's Tattoo.

Left to right: Ray Lynch / 111 N.S.T. 8th 3071, Ian Millard /Paul Reid

NSW Fire & Rescue Band and Blue Hiking Team: Mark Wang has been Musical Director for the past 25 Years and continues to ensure a very high standard of musicianship and presentation. The Band's Blue Hiking Team has been established as an integral part of the Fire and Rescue NSW's mission to provide public education on fire prevention and safety. The members raise their own funds though competitions and public performances throughout the year. The band and the precision drill marching team were invited to China for the 50th Anniversary of Diplomatic Relations between our two countries. In 2008, the group attended the Bournmouth festival in Brack on der Rhe in Austria.

Above: 2/3 Field Regiment Band Two Three Field Regiment Band title is borrowed from 2/3 battalions at El Alamain, old guniers would know this. Lead by LCDR Ross Griffiths.

AVALON TATTOO 2012 PARTICIPANTS

Bands: Australian Air League Riverwood "Hornets" Drum Corps, Australian Federal Police (CCPD) Pipe Band, Clan MacLeod Pipe Band, NSW Fire & Rescue Band and Precision Marching Team, NSW Police Pipe Band, NSW Rural Fire Service Pipe Band, The Pipes and Drums of the National Servicemen's Association, NSW Ambulance Concert Band, 2/3 Field Regiment Band,
School Bands: Barrenjoey Symphonic Wind, Mater Maria, Pittwater
Units: RAN Reserve-MG(SSTS, AMB DT Five, Army Reserve, RAAF, 22 SQN (City of Sydney Squadron) – Permanent RAAF, 305 SQN (City), 2011 ACU, Air Force Fire Service, Australian Navy Cadets – Drill Display Team, Rural Fire Service, Australian Air League, Sea Rangers,
Aviation: Roulettes solo display, Combat Dragon (Gary Criddle), Huey Helicopter UH-1H , courtesy Patrick Soars, Australian Native Landscapes, Pitts S1 (Paul Rennet airshows manoeuvrabilatics), Glider Pilot Simulator
Displays: ANR DT Five Dive Tank, Defence Force Recruiting, Pittwater Friends of Soibada, NSW Rural Fire Service, NSW Ambulance, NSW Fire and Rescue, NSW Marine Rescue (Broken Bay), NSW Police, Pittwater Motor Enthusiasts, Warringah Scottish Society, Vietnam Veterans Motor Cycle Club, Vietnam Musuem Bus, St Johns Ambulance, SES, RSL Recruiting
Additional Groups: French North Africa War Veterans, National Servicemen's Association Northern Beaches Sub Branch

Pittwater Online News

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Community News | Pictures | News From our Inbox | Books | Events | Artist of the Month | Reflections | Collector's Corner | DIY Hints

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

DON'T WASTE THAT LEMON PEEL

C/- Irene Anderson

Many professionals in restaurants and eateries are using or consuming the entire lemon and nothing is wasted. How can you use the whole lemon without waste? Simple..place the lemon in the freezer section of your refrigerator. Once the lemon is frozen, get your grater, and shred the whole lemon (no need to peel it) and sprinkle it on top of your foods.
Sprinkle it to your whisky, wine, vegetable salad, ice cream, soup, noodles, spaghetti sauce, rice, sushi, fish dishes. All of the foods will unexpectedly have a wonderful taste, something that you may have never tasted before. Most likely, you only think of lemon juice and vitamin C. Not anymore. Now that you've learned this lemon secret, you can use lemon even in instant cup noodles.
What's the major advantage of using the whole lemon other than preventing waste and adding new taste to your dishes?
Well, you see lemon peels contain as much as 5 to 10 times more vitamins than the lemon juice itself. And yes, that's what you've been wasting. But from now on, by following this simple procedure of freezing the whole lemon, then grating it on top of your dishes, you can consume all of those nutrients and get even healthier. It's also good that lemon peels are health rejuvenators in eradicating toxic elements in the body.
So place your lemon in your freezer, and then grate it on your meal every day. It is a key to make your foods tastier and you get to live healthier and longer! That's the lemon secret! Better late than NEVER!

Lemon photo by and courtesy of Deborah Roby.

What's so funny about fishing?

FYI Facebook

This has been circulating for a while, but just in case you missed it: Facebook told you when opening an account that they may or will start using your photographs in advertisments targeting your contacts and friends.

To keep your own Autonomy, and privacy, do the following on your Facebook page: Home - > Account Settings -> Facebook Ads (bottom of left hand navigation panel) - > Adverts shown by third parties - > Edit Third Party advert settings, then choose "No One" in the list. SAVE changes.

Voiceless 2012 Grants Program now open!

This afternoon we are excited to announce the launch of the 2012 Voiceless Grants Program. Now in its ninth year, the grants program rewards applicants with the ideas, passion and expertise to create meaningful change for animal protection.

Grants are awarded to projects that address the following subjects:

Factory farming, including all forms of 'industrialised farming' for food such as meat chickens, hens, pigs, dairy cows and the use of feedlots for meat production. Projects addressing the plight of bobby calves and live export of animals will also be accepted; or

The commercial kangaroo industry, not including culls undertaken by Government associated entities deemed to be 'conservation based'; or

Building animal protection as a social justice movement in Australia. Projects must apply to the whole animal movement (not a single issue) and build up broad social awareness and acceptance of animal protection. Activities may include conferences and workshops, market research, media, advertising, PR campaigns, online resources, publications etc.

We invite you to submit your application online now through the Voiceless website here www.voiceless.org.au/grants/2012

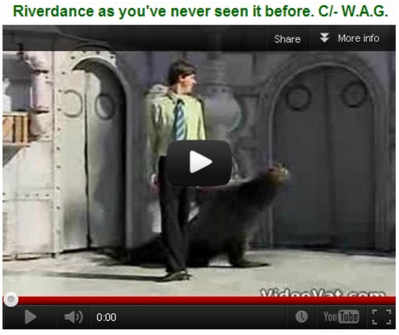
Applications close midnight Friday 20th July with judging taking place during August and September. At the conclusion of the judging process in late September applicants will be notified if they have been successful or selected for People's Choice voting. Successful projects will be announced at the annual Awards Event on 6thDecember at the Blue Hotel in Woolloomooloo, Sydney.

If you have any enquiries about the Grants Program, please be in touch with us at grants@voiceless.org.au

We look forward to receiving your applications.

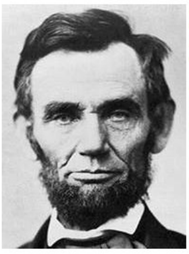
Hmmm..? C/- Neil Evers

Riverdance as you've never seen it before. C/- W.A.G.



History Mystery of Coincidences

C/- W.A.G.



Abraham Lincoln was elected to Congress in 1846.
John F. Kennedy was elected to Congress in 1946.

Abraham Lincoln was elected President in 1860.
John F. Kennedy was elected President in 1960.

Both were particularly concerned with civil rights.
Both wives lost their children while living in the White House.

Both Presidents were shot on a Friday.

Both Presidents were shot in the head

Now it gets really weird.

Lincoln's secretary was named Kennedy.
Kennedy's Secretary was named Lincoln ...

Both were assassinated by Southerners.
Both were succeeded by Southerners named Johnson.

Andrew Johnson, who succeeded Lincoln, was born in 1808.
Lyndon Johnson, who succeeded Kennedy, was born in 1908.

John Wilkes Booth, who assassinated Lincoln, was born in 1839. Lee Harvey Oswald, who assassinated Kennedy, was born in 1939.

Both assassins were known by their three names.
Both names are composed of fifteen letters.

Now hang on to your seat.

Lincoln was shot at the theatre named 'Ford'.
Kennedy was shot in a car called ' Lincoln ' made by 'Ford'.

Lincoln was shot in a theatre and his assassin ran and hid in a warehouse.
Kennedy was shot from a warehouse and his assassin ran and hid in a theatre.

Booth and Oswald were assassinated before their trials.

Tweet | Like | +1

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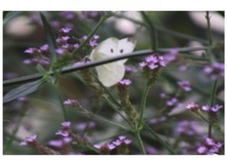

Pittwater Online News

Print: 27 - 31 DEC Issue 97

SYDNEY HAUTHORN BEACHES SYMPHONIC WIND ORCHESTRA - Sunday 7th August 2015 Northern Beaches Christian School Performing Arts Centre

Sydney Hawthorn Symphonic Wind Orchestra (SHSWO) is dedicated to the performance of wind band music from the Northern Beaches. Since its formation in 2012, SHSWO has performed at the Sydney Opera House, Carnegie Hall, Disneyland Paris and Tokyo Disneyland.

This is a premiere showcase for all members to perform in a concert setting. Come and support your local community band and enjoy a wide variety of music from the Symphonic Wind Orchestra, Concert Band, Jazz Band and Percussion Ensemble. Tickets are available at the door.

The Festival will commence with the Australian National Anthem.

Sydney Hawthorn Symphonic Wind Orchestra (SHSWO) is dedicated to the performance of wind band music from the Northern Beaches. Since its formation in 2012, SHSWO has performed at the Sydney Opera House, Carnegie Hall, Disneyland Paris and Tokyo Disneyland.

This is a premiere showcase for all members to perform in a concert setting. Come and support your local community band and enjoy a wide variety of music from the Symphonic Wind Orchestra, Concert Band, Jazz Band and Percussion Ensemble. Tickets are available at the door.

The Festival will commence with the Australian National Anthem.

The Pittwater Men's Probus meets at the Mona Vale Golf Club on the 2nd Tuesday of each month. Contact Secretary Ian Hall on 9999 4922 or visit the website www.pittwaterprobus.com.au

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Doors 8pm
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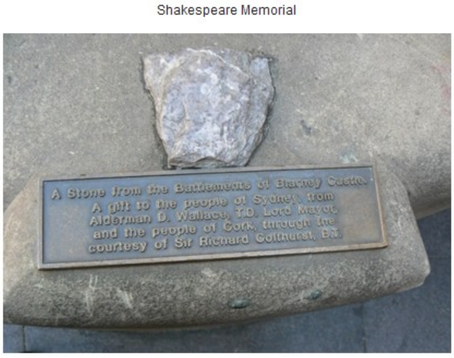
Statue of Queen Victoria outside the Queen Victoria Building

Islay – Queen Victoria's favourite pet

Shakespeare Memorial



Stone from the battlements of Blarney Castle by George Repin.

HAVE YOU STOPPED TO LOOK?

by George Repin

The Central Business District of Sydney abounds with statues, fountains and wishing wells, but they seem to be ignored by the city's workers as they hurry about their business. Tourists, on the other hand, find many of them interesting, read the inscriptions and can be seen taking souvenir photographs. Much of this street architecture, which includes some grand statues, has stories to tell and provides insights into the city's history.

A statue of the young Queen Victoria, originally erected in 1888, stands in Queen's Square near St James Church where it was moved from the centre of the square when it was redesigned following removal of the trams. Albert, the Prince Consort, is on the other side of Macquarie Street in front of the Hyde Park Barracks. After a long separation, during which he stood in front of Hyde Park and later in the Botanical Gardens, he and the Queen were reunited opposite each other in 1987.

An older Queen Victoria sits at the southern end of the Queen Victoria Building. Until 1947 the statue was in front of Leinster House, Dublin, the seat of the Irish Parliament. After it was removed as inappropriate in the Irish Free State it was long neglected. It was rescued to be presented to Sydney by the Government and People of Ireland "in a spirit of goodwill and friendship" and was unveiled on 20 December, 1987.

Nearby is a wishing well incorporating a bronze statue of the dog **Islay**, a favourite pet of Queen Victoria, modelled from one of her sketches (1). Sometimes, when the system is working, the dog will appear to speak, inviting donations. (The voice was recorded by John Laws.) A stone from the battlements of Blarney Castle (2), a gift from the Lord Mayor and the people of Cork, is let into the front of the well. Passer-bys are encouraged to "Touch the stone from Blarney Castle – make a wish – and cast a coin". (Donations go to the Royal NSW Institute for Deaf and Blind Children).

Another wishing well is in front of the Sydney Hospital, watched over by a bronze statue of a wild boar, Il Porcellino, its snout polished bright by people rubbing it and making a wish and a donation to the hospital. Il Porcellino is a copy of a statue originally in the Mercato Nuovo in Florence and will be the subject of a future ***Reflection***.

A statue of Athena (also known as the Kaphisodotos Statue) standing in the middle of Barrack Street, a gift from the Mayor of Athens to the Mayor of Sydney in 2000, reminds us of the outstandingly successful Sydney Olympic Games. It is a copy of a 4th Century bronze of the Greek Goddess Athena (sculptor unknown).

On an island in Shakespeare Place in front of the Public Library of New South Wales the bard stands above an impressive grouping of Shakespearean characters below on a plinth. The sculptor, Sir Bertram MacKenna, is said to have portrayed five of the most famous Shakespearean actors of the time in their most celebrated roles – Falstaff, Hamlet, Juliet, Portia and Romeo. An inscription on the base indicates the statue was presented to the City of Sydney by Henry Gullett in August 1914. Unfortunately to have a close look means braving the traffic to cross the busy dual carriageway around the island.

Many more statues are tucked away around the city, each with its own story and its place in the history of Sydney.

NOTES

Islay was the much loved Royal Skye terrier of Queen Victoria. The bronze sculpture was modelled in 1842.

The Blarney Stone is a block of bluestone built into the battlements of Blarney Castle in 1446. According to legend, kissing the stone endows the kisser with ***the gift of the gab*** (great eloquence - or skill at flattery).

Photograph details: The Queen Victoria statue sculpted by John Hughes, located outside the Queen Victoria building in downtown Sydney, Australia. Photograph by Bjørn Christian Tørrissen at http://bjornfree.com/galleries.html

Queen Victoria's favourite dog "Islay", was sculpted by local Sydney artist Justin Robson.

Shakespeare Memorial: The memorial, commissioned by Sir Henry Gullett (the father of Lucy Gullett) before he died in 1914, was sculpted by Sir Bertram MacKenna and installed in February 1926. Sir Henry had been President of the Shakespeare Society of New South Wales.

Blarney Stone Photograph by George Repin.

Waymarks Website kindly provided the Shakespeare and Islay images taken by Paul's Paper.

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Above: male Chinese Guardian Lion with flowers. Below; Back of this one

Above: Green Guardian Lion (facing east) one of pair. The colour green guards the East in Chinese lore.

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Chinese Guardian Dragons

In the gardens of many there are what is known as Chinese guardian lions, Shishi (Chinese: pinyin: *shíshī*; literally "stone lion") or Imperial guardian lion, and often called "Foo Dogs" in the West. These are a common representation of the lion in pre-modern China. They have traditionally stood in front of Chinese Imperial palaces, Imperial tombs, government offices, temples, and the homes of government officials and the wealthy, from the Han Dynasty (206 BC-AD 220), and were believed to have powerful mythic protective benefits. This tradition has been maintained in our current culture with pairs of guardian lions being used as common decorative and symbolic elements at the entrances to homes, restaurants, hotels and other structures.

With one sitting on each side of the entrance, the lions are created in pairs. The pair is a manifestation of yin and yang, the female representing yin and the male yang. The male lion has its right front paw on an embroidered ball called a "xiù qiú", which is sometimes carved with a geometric pattern known in the West as the "Flower of life" The female is essentially identical, but has a cub under the closer (left) paw to the male, representing the cycle of life. Symbolically, the female fu lion protects those dwelling inside, while the male guards the structure. Sometimes the female has her mouth closed, and the male open. This symbolizes the enunciation of the sacred word "om". The Buddhist version of the Lion was originally introduced to Han China as the protector of dharma and these lions have been found in religious art as early as 208 BC. (1.) From Wikipedia

There are various styles of guardian lions reflecting influences from different time periods, imperial dynasties, and regions of China. These styles vary in their artistic detail and adornment as well as in the depiction of the lions from fierce to serene. Carved traditionally from decorative stones (marble and granite) or cast in bronze or iron, private use of guardian lions was traditionally reserved for wealthy or elite families. In ancient China a traditional symbol of a family's wealth or social status was the placement of guardian lions in front of the family home and the material they were constructed from and decorated by indicated the level of wealth.

Nowadays those who appreciate the ornate art and beauty of these pieces may purchase less expensive versions cast from concrete and glazed or resin versions. These range from around $600.00 a pair for larger versions and up to thousands of dollars depending on the age and material they have been constructed from. Smaller pairs, made from silver or jade, can also be expensive. Those that are 'carved' can be more expensive then those from castings. Claims as to being 'antique' should be verified.

Garden Karma, an Adelaide based specialist in these statues, imports and sells hand carved in Indonesia Guardian Lion pairs from $3000.00 to $7500.00. These are sculpted from Java lava stone.

Those that can be identified by experts as belonging to a dynasty and authenticated are going to fetch the most for those who find them or have kept them as investment pieces. Materials they have been made, or carved from, can be an indication of cost to collectors. A pair of Chinese Carved Hardwood Guardian Lions, circa 19th c., from what was possibly zitan wood, finely carved, with glass eyes and ivory teeth, on tall carved stands, sold in May 2012 with starting bids of $1000.00-$3000.00.

Zitan wood is a rare tropical wood of the rosewood family. In ancient China it was said that the dark purple color of zitan resembled the color reserved for the use of Qing dynasty. As a result, only the imperial household was allowed to use zitan in China from the 17th to the 19th century. Zitan (*Pterocarpus*) is a type of Leguminosae, a member of the rosewood family. The wood originates from the tropical forests of southern China, Indochina and islands in the Indian Ocean. Zitan is an evergreen tree, and grows slowly, reaching 30 feet in height and 10 inches in diameter after 300 years.

"*The demand for Chinese antiquities has exploded, helping propel Hong Kong to third spot in the global auction market behind London and New York as collectors slap down eye-popping sums for a piece of the country's history. Helping drive the boom is a growing class of super-rich Chinese looking for opportunities to exploit their net worth while also "reclaiming" parts of Chinese history from Western collectors. Auction houses Sotheby's and Christie's together raised over $460 million from sales of Chinese antiquities and art works in 2011.* [Source: AFP, February 2012]

According to feng shui, correct placement of the lions is important to ensure their beneficial effect. When looking out of a building through the entrance to be guarded, looking in the same direction as the lions, the male is placed on the left and the female on the right. Thus when looking at the entrance from outside the building, facing the lions, the male lion with the ball is on the right, and the female with the cub is on the left.

Asiatic lions, which were once quite common throughout their historic range of Southwest and Central Asia, are believed to be those that have been used as models for these guardian lions in Chinese culture. With increased trade during the Han dynasty and cultural exchanges through the Silk road, lions were introduced into China from the ancient states of Central Asia by peoples of Sogdiana, Samarkand, and the Yuezhi (□□) in the form of pelts and live tribute, along with stories about them from Buddhist priests and travellers of the time. This exchange can be seen in that the Chinese word for lion is "Shi" (□, later □/□), which shares the same etymological roots as "Shiar" (شیر), the Persian language name for the animal.

Further:

(1.) Chinese guardian lions. (2012, June 2). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Chinese_guardian_lions&oldid=495620461

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Five dollar, 1/2 hour Worm Composting Bin

The beginning of winter is a good time to look forward to Spring. This good idea, utilising discarded seed trays, some shade cloth and a cosy corner of your garden, will provide soil enriching worms in the warmer months, great for your own food crops and any blooms.

For this version you'll need: 5 flat seed trays, a piece of heavy 3-5 mil plastic sheeting, big enough to line one tray with a couple of inches coming out over the top edge. This will be the bottom tray. Another piece to lay over the top as a lid is optional, or a piece of screen to keep pesky flies out, shredded or torn paper for bedding; newspaper, 1 small stick for spreading bedding and food scraps, about 500grams of red wriggler worms. Start with less if you like, it will just take a little longer to develop a population large enough to fill your trays. Of course, your needs will vary depending on the volume of scraps you generate, optional lid to keep varmints and light out; a scrap of wood will work fine, food scraps, vegetable matter only! No fats, which can clog the breathing pores on worm bodies.

Construct:

1. Choose one tray, line it with the plastic sheet.

2. Add shredded paper, enough to fill it about 1/4 full. If you're ready to add worms, dampen the paper lightly.

3. Second tray; layer your paper and some of your organic scraps.

4. Fit snugly into base tray.

5. Continue with other trays.

6. Add your worms and place in garden where will not get baked by the sun (this will kill your worms).

This great idea is shared with you under the Creative Commons attribution and rights and is from the Instructables, share what you make DIY website, words and images by Marcos, 2006.

You can get all you will need to create your own portable Worm Farm from our local DIY garden and hardware suppliers, JBH and Mitre 10.

Click on logo to visit their website

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ABN: 12 000 668 866

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