Pittwater Online News

March 18 -24, 2012: Issue 50

Alyse Saxby

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Saint Patricks Day Celebrations at The Quarterdeck Brassiere, RMYC
17th of March, 2012

Above: Peter Storiey, Andrew Churchill, Alex McGain, Gavin Straney (House Manager)

Saint Patrick's Day is widely celebrated in Australia - green items of clothing are traditionally worn and the streets are often filled with revellers drinking and making merry from early afternoon until late at night. The Irish have made a large impact on the social, political and education systems, of our country, many of whom emigrated to, or were brought over as convicts during the 19th century. Saint Patrick's Day is seen as a day to celebrate individual links to Ireland and Irish heritage.

Saint Patrick's Day (Irish: Lá Fhéile Pádraig (The Festival of Patrick); Ulster-Scots: Saunt Petherick's Day) is a cultural and religious holiday celebrated on 17 March each year. It commemorates Saint Patrick (c. AD 387–461), the most commonly recognised of the patron saints of Ireland, and the arrival of Christianity in Ireland. The wearing of the green stems from St Patrick using the shamrock, a three leaved green plant alike our clover, to explain the Trinity to Irish folk. The day is observed on March 17th as this is considered the date of his death.

It was life that was being celebrated at the Royal Motor Yacht Clubs Quarterdeck Brassiere for lunch on Saturday. Guests and staff were clearly enjoying themselves and the great food that can be had from this local, on the water, food fest, may not have been all green but the salads, steaks and fish are some of the best in Pittwater. We don't like wasting an opportunity to celebrate St Patrick, or the wearing of the green, around here.

When Irish Eyes Are Smiling, sure 'tis like a morn in spring.
In the lilt of Irish laughter you can hear the angels sing,
When Irish hearts are happy all the world seems bright and gay,
And When Irish Eyes Are Smiling, sure, they steal your heart away.

All Images by Michael Mannington, St Patrick's Day 2012.

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Back row: Frank Stevens, Tony Morgan, Adrian Short, Anne Mills, Martin Taylor, Front row: Georgina Watsford, Merran Doiyle, Murray Regan, Valerie Taylor

March 18 -24, 2012: Issue 50

This Weeks Articles

St Patrick's Day Smiles at the RMYC

I was a scavenger by Huang Zhi-Wei (aka Reg Wong)

Avalon Quilters

Are YOU up to the Red Belt Challenge? by Hoshin Australia

Profile: In March it's a Ladies Month to celebrate International Women's Day all month long; surfer, writer, Marriage Celebrant, Danielle DuBois

Previous Profiles:

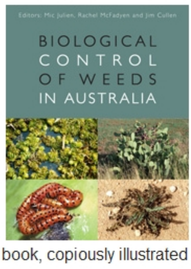
Barton Lynch Shane Withington Commodore Sloper Herminie Swainston Teresa Cutter Joanne Brigden-Jones Tamara Sloper Harding Katie Spithill Chris Salisbury Doug Crane Henry MacPhillamy Ben Baillie Aim for the Stars Foundation Broken Bay Marine Rescue Pittwater Environmental Foundation Rotary Club of Pittwater 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

History: Pittwater Waters in March: on the water in steamers, skiffs, wooden boats and yachts; this week The Woody Point Yacht Club

Previous History Pages:

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

Park Bench Philosopher: Timbres; We love the possibilities in every single voice



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

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

Events: Art for Animals, Gardens in Small spaces Workshop, Award Winning Band to play Pittwater, Nan Bosler and Bob Waterer Seniors Event, Rotary Information Evening, Pray The Devil back to Hell Movie screening, Poetry Comp. from PCA, AvPals Free Seminar, ABFE Workshops, Friends of Narrabeen Lagoon Catchment Activities, State Library Talks, Canning Track Art, History Comp., Council Events and more.

News From our Inbox: **Ship Launches; The Good, The Bad, The Ugly**, Mark Twain's Letter to the Next Burgular, Why We Love Children, Save Sealions Online, **State Library of NSW Maps and Land Title Records now ONLINE**: links and one example for you, New HarperCollins Book Comp, the Bridport Prize, Weather Photo Comp.

Community News: Seniors Week Activities, CSIRO: *Growing atmospheric nitrous oxide levels explained*, Mermaids Thank You, Midholme available, 20th Celebrations, Folk and Dance Concert, Free Anti-Bullying Workshop, Pittwater Poetry Competition, Our Council's Notices, Fed. Govt. Media Releases.

Environment; **Autumn Flowerings, Waterbirds Survey, Leadbeaters even more endangered now, Cooee Newsletter for March From CSIRO: New Books for April Release +: *Reducing the Impacts of Development on Wildlife* & Africa-Australia Cotton**, local Environment groups and organisations.

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

Pictures: Kookaburra Home Turfs; Autumn signals the time of year when young kookaburras are leaving the nest

Youth: Red Belt Challenge, **MUSICOZ** with over 300k in prizes, **PCA and Dorothea Mackellar Poetry Comps. and Drama at the Library, Get Involved:** Year of Reading 2012: Links for local websites for, about and by Youth.

Seniors; Alcohol Test and The Laws of Life; Fun Seniors emails circulating this week, **Seniors Week 2012 Listings for WHOLE of March,** Pam Bayfield's Inspirational Books, link to Seniors Online Newspaper, Information and links to local Support and Education Activities.

Community Clubs: Updates on Activities and links to sites.

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

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

DIY Hints: Autumn Maintenance; Guttering Guards

Collector's Corner: Not just Boys Own Adventure stuff anymore; comic collectors pay thousands or over a million for rare comics

Food: **Zucchini**: some history, Nutritional and Health facts and a favourite recipe.

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March 18 -24, 2012: Issue 50

Above: Our hovel, 50 years on, now with new owners

Above: The tropical jungle has reclaimed my clearing

Above: I caught catfish here half a century ago

Above: My favourite delicacy – Durian (King of Fruits)

Above: Fish for sale but beyond my means

Above: Unaffordable Roast Pork, Duck and Chicken

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I was a scavenger

Huang Zhi-Wei (aka Reg Wong)

Have you noticed that Warringah Mall's Country Growers bears little resemblance to the green grocers of yesteryear? You know what I mean? Remember the bare-boned stores operated by first-generation Italian immigrants forty or fifty years ago? They are not like those anymore. Today, green grocers are still mostly operated by ethnic Italians – but now by those born here - and on a scale their fathers never imagined possible. Vumbacca's in Dee Why is such an example and the renovated Country Growers in Warringah Mall ranks as one of the best on our North Shore - for variety, scale and visual appeal.

On this particular day, my attention wasn't so much captured by the flawlessly arranged produce as by a young Indian employee who was preparing Chinese cabbage for display. He was almost robotic, as he reflexively wielded the sharp knife with a dexterity obviously acquired from weeks, perhaps even months, of practice. He picked up one Chinese cabbage after another from a box brimming with the vegetable. Sure, his task was mindless but he executed it with effortless alacrity and a graceful fluidity that was fascinating to watch. He selectively sliced off every one of the cabbage's outer leaves that was less than perfect, letting it drop into a large bin, and then placing the tucked-n-nipped product alongside its equally-faultless fellows on the shelves – all in one automated seamless motion!

Looking at what I judged to be still good-enough-to-eat cabbage leaves going to waste, I was immediately stirred to ask, "Are you giving the trimmings to anyone?" But the question remained unuttered, suspended above my pursed lips, as my mind transported me back to a place far away and a time long gone.

* * *

It's now half a century since I was a scrawny kid surviving in a jungle clearing but, in spite of the passage of so many intervening years, I still remember how I scavenged to survive. Yes, I scavenged! Even today, in Seremban, my old town's market place, vendors are still wont to removing the outer layers of limp and moth-eaten leaves from the Chinese cabbages. My rolê in our unscripted survival play was to gather these trimmings and bring them back to our hovel for sorting into what was suitable for pigswill and what was salvageable for turning into salted cabbage for our own consumption.

The mere memory of what was once such an essential struggle for daily survival jolted my mind to return to the present and prompted me to look at myself, finger the Rivers shirt I wore, gloat at the Rockports on my feet, and feel the bulging wallet in my pleated tailor-made trousers. With a breath born of resignation and acceptance, I whispered in relief. "Well, old boy, haven't you come a long way since those bad old days?"

We think that scavenging is an endemic way of life in the Philippines, India, Mexico and most third world countries. Here in the midst of overwhelming plenty, my Aussie children and grand children can't even conceive of anything remotely resembling scavenging. But I can … and not just for rotting vegetables discarded by green grocers.

* * *

The War was over, the ubiquitous Japanese were vanquished and driven back to their islands, and the British had reclaimed Malaya as another one of its sovereign territories. But pervasive peace was elusive. The war against the Japanese aggressors was now replaced by a fight against the Communist terrorists who felt they deserved a fair share of the spoils of a successful joint campaign.

Compounding the problem for the army was the empathy the jungle-based terrorists enjoyed from the poverty-stricken masses that supported them with supplies of food. To isolate the terrorists from their sympathisers, the-then British High Commissioner, later to be Sir Gerald Templar, devised an innovative scheme to corral all people living outside urban areas into fenced and guarded villages. My family was among those shepherded into an enclosed kampung baru ("new village") where, although in relative safety, we still needed to keep body and soul united.

As an emigrant from rural China, my father was untrained in any trade or profession that made him employable in Nanyang (South-East Asia) to which waves of Chinese and Indians flooded to escape the dire poverty in their own motherlands. Adding to my father's woes was his addiction - and enslavement - to opium. He just didn't have either the will to work or the strength to drag himself out of his smoke-filled den. Thus, the unenviable task of supporting an ever-increasing family fell upon my mother's tiny but strong shoulders. I am not boasting when I claim that it was our family who lent veracity to the adage that "the rich get rich but the poor beget children". And before I forget, I make another claim : our family was so poor we actually raised the status of the proverbial church mice!

When you are hungry your primitive olfactory glands develop a disproportionately heightened sense of smell for food. Even now I remember with unbridled embarrassment that whenever my nose picked up the wafted aroma of beef stewing in a pot of curry or chicken frying in a wok - from where else but the neighbours' directions? - I would salivate involuntarily, and profusely, just like one of Pavlov's dogs. Why is it that we crave protein, as in meat, more than we crave carbohydrates, as in rice, whenever we've been without proper nourishment for any prolonged period? I have my own explanation but you may want to formulate your own.

On days when the tropical gales raged and monsoonal rains poured, I would stand close to our neighbours' mango trees. Even though not yet eight I was already wise enough to know that ripe mangoes simply gravitated to the ground when buffeted by strong winds and pounded by torrential rains. And it was a case of Finders Keepers. On clear days, I would venture into the padi (rice) fields and forage for the eggs of water fowls. By the time I reached my teens, I would fish for catfish with a makeshift bamboo rod whenever the streams were full from a downpour. At night when the fruit bats enclosed their wings around the bountiful tropical fruits in a rapture of feeding frenzy, I would use my shanghai to bring one down to place over an impromptu charcoal barbeque. Ah, the smell and taste of glorious meat! What memories they evoke!

* * *

My days of scavenging for discarded vegetables, foraging for birds' eggs in padi fields, and catching catfish in polluted streams are now interwoven into the fabric of my inextricable past. Today my larder is overflowing and the next meal of fresh fruit and vegetables, roast meat and dessert – everything that was once foreign - awaits me and is only a few steps away in my state-of-the-art kitchen. And does that erase the memory of my beginnings?

Traditional Chinese people believe that if you happen to see a white peahen - that is more beautiful than a bride adorned for her husband - good luck will follow you for the rest of your days. But I have never seen a white peahen. So how can I explain my current position of abundant blessings except that it is entirely traceable to God's generosity? And why has He chosen to smile so benignly at me? I don't know. I am truly stumped for an answer. But it's a mystery I am willing to accept … humbly and graciously.

March 18 -24, 2012: Issue 50

Above: some of the quilts on display at the recent Avalon show

Above (l to r): Margaret Kench, Trish, Jane Kingston, Carolyn Jones, Anne Perry, Avalon Quilters at their recent Show

Above: Sandy Caller

Michael Mannington's Volunteer Photography Public Gallery: HERE

Above: Maureen Powers and Foundation Peicing. Below: Mascot !

Avalon Quilters

On Saturday the 10th March,2012 at Avalon Uniting Church the Avalon Quilters held their bi-annual Show, exhibiting 75 works that had taken months and in some cases years to create. Some on display were antiques while others were reproductions of famous quilts, such as that made by Anne Perry of Francesca Josephson's 1800's quilt. Avalon Quilters is 28 years young and one of the oldest quilters groups in Australia.

Quilting is an ancient craft that dates back to Egypt and China. Ostensibly created to provide layering for warmth the forms and fabrics and the way pieces of material are cut to form a feature in a quilt, such as cutting pieces to create another flower, or utilising stripes in a fabric design to create a secondary pattern, elevate this 'craft' to an artform.

Creating a flower from the way fabric is cut

Clam shell quilting (rounded edges made by hand and an old English method), Foundation piecing (cutting ½ inch hexagons from card, sewing fabric to these and then these to a backing cloth, another old English method) and Generational Quilts, where succeeding generations of women within one family add to a quilt are just a few examples. The stitching is so fine in those seen on Thursday that it cannot be seen. One girl is making what is termed an 'embroidery section' and is stitching shoes, clothes and handbags onto separate pieces that will be then be put together for a June birthday present for a sister in the UK who loves shoes, clothes, handbags. Another girl is making a traditional Hawaiian quilt from her own design based on grevilleas. Hawaiian quilts have been made since missionary times, prior to then these islanders used tapas cloth.

Hawaiian Quilting and Jane's Grevillea design

Three layers of fabrics (top, batting for warmth, and backing) are first tacked then stitched together to keep the middle layer from slipping and clumping. The fabrics too are beautiful and the ladies seek out French, English and American traditionals to make their quilts from. Most of these 100% fabrics are hard to come by now and must be sought from speciality shops. In Pittwater we have one at Warriewood, Cottage Quilt Works, who also can put quilters in touch with well known tutors, and Patchwork on Pittwater, which is at Mona Vale.

The Avalon Quilters began in 1984 and has 22 members who meet weekly in Avalon's Uniting Church. Each year they make and raffle a quilt for the Mitochondrial Foundation (http://www.amdf.org.au). Last year a member took 24 quilts to Japan for those affected by the earthquake and tsunami. Each year they participate in the Biggest Morning Tea to raise funds for Cancer research.

The girls also meet to chat and because, as one lady stated during the week, it's '*totally addictive*'. It's a 'downtime' few hours where they can exhale, speak of their common interest in quilting and apply themselves without distractions. Besides working on their own quilts the members all contribute to what they call 'Friendship Quilts'. In this each lady designs a quilt and all help by making and contributing patches to this quilt (some are flowers, some are layers of houses in just one 'patch' !) so that by the end of the year each member ends up with a quilt. They all sign their patches so the owner can trace each contribution and appreciate what a combination of beauty women can produce together.

Further:

Avalon Quilters on Facebook:
http://www.facebook.com/avalonquilters

Cottage Quilt Works at Warriewood:
www.cottagequiltworks.com.au

Patchwork on Pittwater: http://www.patchworkonpittwater.com.au/

Upcoming Events and Exhibitions:

Contemporary Quilt Textiles - a biennial juried exhibition of contemporary quilt textiles presented in partnership with the **Manly Art Gallery. The next exhibition will be held from 27 April to 4 June 2012.**

Sydney Quilt Show – the biggest in Australia - presented in conjunction with the Craft & Quilt Fair at **Darling Harbour. The next exhibition is 13-17 June 2012.**

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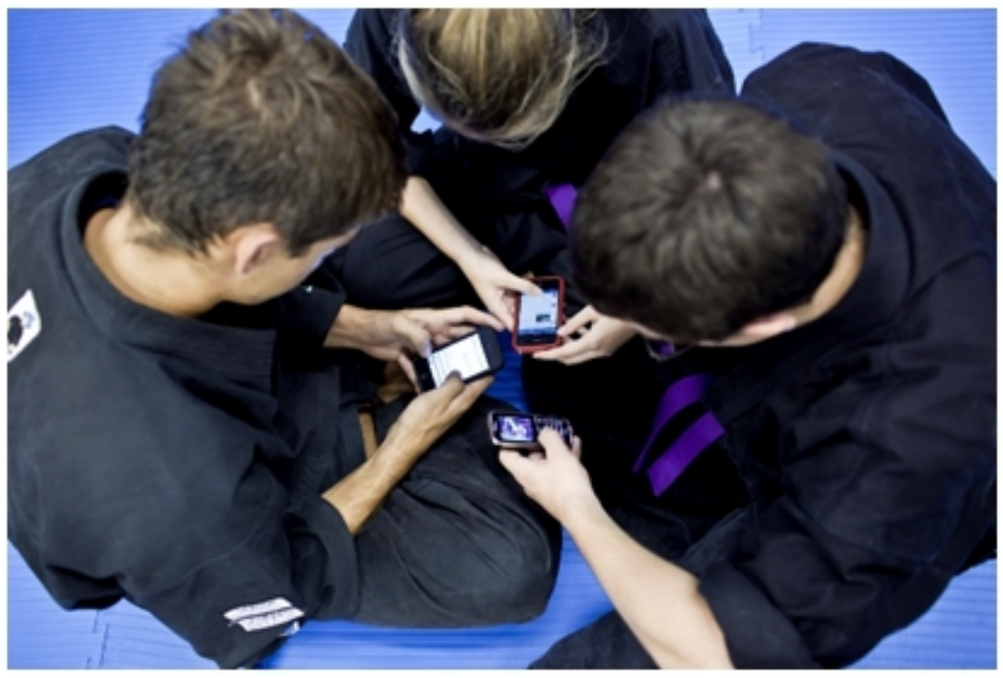
Above: Avalon Quilters, March 2012 . Below: Anne's Clamshell quilting

March 18 -24, 2012: Issue 50



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Are YOU up to the RED BELT CHALLENGE?

by Hoshin Australia.

Something strange is happening in homes with teenagers across the Pittwater area. Social media like FaceBook, Twitter, Tumblr and more are being voluntarily switched off and left off .....for SIX WEEKS!

Mobile phones are being switched off and handed to parents at 8pm nightly and not given back until 7am the next morning!

Junk food has been deleted from teenage diets, video games packed away, popular music switched off, violent action movies avoided and bad language shut down until the 27th of April!

No, Aliens have not abducted our teenage children; students from Hoshin Jutsu Australia are participating in the 2012 Red Belt Challenge!

The Red Belt Challenge, now in its 16th Year, is participated in by Dojos (Martial arts schools) all over the world. It was started back in 1996 as a way of assisting at-risk teenagers of giving up anti social behaviours. Now it is used as a very effective tool for teaching mindfulness.

Instead of looking at all the rules imposed by the challenge as "restrictions for six weeks", students are asked to think about each rule as an opportunity to remind themselves "ah, yes, I am working on improving myself through participation in the challenge" - essentially learning to become mindful of what and why they are doing a particular action and what the triggers are around certain behaviours they are currently modifying or controlling.

During the challenge, participants also choose two areas of their life they would like to improve. This could be as simple as improving at maths or school work, or learning not to fight with a sibling, or being more helpful around the house for Mum and Dad.

Students train twice a week as part of their commitment and journal their experiences as a way of being able to look back on their challenge and see how their thinking, feeling and behaviour has changed.

There is no failure of the challenge, if students do not adhere to the rules, the entire dojo simply gets "punished" (2k run, 100 pushups, horse stance for 30 minutes.... the instructors can be very inventive) and the challenge is lengthened for another week for each serious transgression. Serious infractions mean that ALL the dojos participating do a "punishment" in solidarity. This keeps the different martial arts schools very alert, as nobody wants to be the Dojo to inflict a 5k run on everyone else!

As a group the dojo works together to ensure that everyone is successful and almost all students are open and forthcoming about their hits and misses when the group sits together once a week to discuss how their part in the challenge is going.

It is not too late to join the challenge and Hoshin Australia invites other Dojos to feel free to join in. It costs absolutely nothing.

Adults and teenagers who would like to improve an area of their lives are also welcome to come and join the Avalon dojo while the challenge is on, and learn some valuable self defence skills while they work on their personal goals... and one great side effect of the Red Belt Challenge is everyone always gets fit and loses some weight!!!

If you would like to know more about the Red Belt Challenge, visit www.hoshin.com.au or contact us through our website for more information.

Pittwater Online News

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Pittwater Online News

March 18 -24, 2012: Issue 50

Timbres in the Daily Golden Hour

This, ultimately behoves; walking through the golden gardens, that is, in the hour of dawn, when the world is new again, as ever, and there we must be like those birds in whose songs we can hear the gurgling of water.
We returned and reverted to going into the garden to greet the Dawn, literally, for one day and then for life. Watching the Light come back and up through everything, where things far away can appear again instead of being one murk on the horizons, or hearing the last owl hoots, and being amongst, touching the rising of light again, dark orange, then gold, then pink in its edges of glowing, gold and pink, uriel and raphael energies, or in other Translations, Earth Healing in simple song, and manifest reverting in and to manifold pure glory, is a practice all may revert, or return, to.
Still, still morning, mist over the ground, salt air denser layer over this, and high soft streaked feathered clouds and puffs of elongated cumulus drifting slower under these, even the first birds having to twirl wings a little faster in their first uphill tree to tree shifts, accentuates the layers we are seeing, dwelling in, returning to for being.
Return to being among the Brimming Lights as you know this Physically instils the Glory Light and the Chorus of all angels into Metaphysical you. Connection. Contact.
For a thousand thousand years you have dwelt and washed yourself in this ever rising coloured dew. Dipped, bathed, Greeted the Dawn as though each day has some Presence, and do this not only instinctually with hallowed breath, but also because all in you wants to be this way when greeting this Dawn.
Dawn-lit, brimming, chorusing of joy over-pouring, pouring out of you too, transformed into a Nature Spirit, or spirit of Nature, by this simple returning to where and what you know. Not only hearing the Song Breath inside everything, also hearing them inside of you. Dawn, and you there 'feeling' more 'beautiful' and sometimes even breathing out softly this word…"*beautiful*."
Beautiful colours, beautiful light, beautiful trees, beautiful birds. Beauty full. Full of beauty.
'I feel Beauty.' You are thinking. Feeling. In layers, in meridians, in essence, in mind and in heart.
Wanting to Greet the Day in the day. Washing, Ablutions before Adorations, preparations to be in to greet optimum state, not only for the fuller Glory, the more, the what else this brings, but also because shifting east, west, north, south, forward, back, up and back to base to be in that state of reverence, to bring it about, brings with it the also and all that it is comprised of. And all to get there from here.
Wherever there is, wherever here is.
There is here.
Get back into the Dawn. Return to where you know it's at.
And all else this brings your way. Brings back into you.
And your Sway.
Sway east, forward, up and back. Upright and thankful in the brimming of day. Amongst and touching all the bird song unfold. Birds are tokens of Spirit, their song is a Spirit-U-El. A symphony unfolding rising again meaning by all their rising again songs.
Get back into getting back into the dawn, your childhood experience of this will lead you back to the instinctual spiritual parts of your construct. These built in innocences will unfold spirit manifestations for you. And this brings Genuine into you and thus Becoming more genuine.
Genuinely beautiful. Beautiful.
Beautiful morning. Beautiful day. Beautiful colours brimming, also, in you. Beautiful awareness growing in you. Deepening. Heightening. Bringing all else with it and what then comes out, naturally, in you. Spirit of your Nature. Nature Spirit. Spirit in Nature. Spirit of, Embrace of. More and more aware of the timbre, instead of the timber, in trees. Timbre of, timbre in, and standing among in upright brimming, in humming, in singing.
All these voices
All speaking
And beneath their speaking,
Their tunes and all else their speak of...
Their timbre
Their tone,
Their individual notes from special sprung nuances
Are creating some unheard or slightly heard, and perceived in other senses symphony,

Which has a harmony,
Made from all these speaking unspoken voices inside each and everyone's speaking and heard voice

It is this we love,
This weaving
The starkness of the individual voice
In each and every flock of a thousand birds
A thousand voices

A thousand songs
All woven into one harmony
One whole earth song
We love the possibilities in every single voice
We love sensing them under the surface and how they are making up the essence of everything everywhere
As one whole song
We love the quietness and stillness that allows us to sense them and this whole song
In each golden hour commence of day

Extract from Ch.6. *Paracletes, Alchemists and Bodhisattvas*, Seeing Things. Copyright AJGuesdon. 2008-2012. All Rights Reserved.

Park Bench Philosophers

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

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

Contact us at: pittwateronlinenews@live.com.au

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

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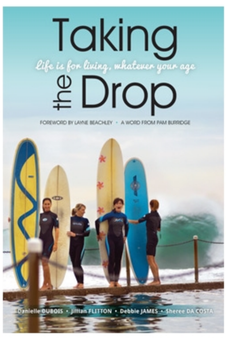
March 18 -24, 2012: Issue 50



From Introduction of Taking The Drop:
After a surfing session we are euphoric, cleansed, solid and ready to take on the world and time allowing, conversation over coffee leads to an all-girl alliance where the Chicks On Sticks (COS) philosophy of - 'life is for living, whatever your age' is applied. A place to take a chance, push the boundaries, follow your dreams. Never take NO for an answer – believe in yourself. Where it's all about attitude – and we have plenty of that.
Through the gift of friendship we have grown strong, become support crew and confidantes, and tasted the poignant flavour of life, learning the true value of self-worth. We are a foursome who share a life bursting at the seams with fun and laughter, tears and sadness, adventure and excitement, and especially honesty and trust.
Whatever life throws our way we are prepared to 'take the drop'...

Surfing is a mirror image of life. Taking the drop requires commitment, purpose, focus and a positive "I can do this" attitude. Most surfers live by the creed, "if you hesitate, you die." In big waves, these are the words that inspire me, and the same applies out of the water.
Layne Beachley, from her Foreword for *Taking the Drop: Life is for living, whatever your age*

Taking the Drop is available from Berkelouws, Mona Vale and online at:
http://www.vividpublishing.com.au/takingthedrop/

Above: the girls, Danielle at back on right

Danielle DuBois

Late last year we brought you news of the great book written by four lovely resident ladies, 'Taking the Drop', an inspirational entertaining and inspiring range of chapters written by each woman about their love of surfing which spoke out loud '**life is for living, whatever your age'**.;

They (the girls) *wrote this book not only to provide an entertaining and inspiring insight into surfing, but also to share their very different stories of how a group of Australian working mums came together to forge stronger identities, increase self-esteem and find happiness and solace within the ocean – mother nature's realm.* (**excerpt from Press Release)**

One of these ladies is effervescent Danielle DuBois. Danielle was born in Austria, migrating to Australia in 1968, and still speaks fluent German. As a young child her love for the water was apparent. H2O was the place she sought serenity, peace and comfort and an environment she still spends time in every day, surfing if there's a decent wave to be caught. Danielle also works as a very popular and in demand Marriage Celebrant and Justice of the Peace, work she loves. During our March focus of celebrating life-affirming women who are 'doing it for themselves', and International Women's month rather then merely a Day, Danielle is one who instantly sprang to mind.

You're a modern day woman who is versatile and a hard worker in many fields, author, Marriage Celebrant, surfer... how do you do it all ?

It's important to keep a balance in my life. So I try to always start the day with some time for myself, with either a walk with my dog, a surf or a yoga class. I find this centres me, gets my adrenalin and body moving and ultimately gives me more energy to get through the day. After that it's a matter of prioritising and being extremely organised.

There's a passion you apply to whatever you undertake, where does this stem from?

My father was a very driven passionate man, I think growing up and observing him has definitely instilled this quality in me.

What is the best thing about being a Marriage Celebrant ?

It's always a happy and joyous day, full of love and I am honoured to be able to share this and be a part of it.

You are also a JP (Justice of the Peace), why did you decide to become one ?

Simply because it's a service our society requires – often, and I was myself often frustrated when unable to find one.

What are your plans for 2012 ?

To be as healthy as I can possible be. Now that I have passed the 1/2 century mark, I feel this is imperative. Everything else will fall into place if my health is at peak.

What is your favourite place in Pittwater and why ?

The Rocks on North Avalon Beach, it's my home beach, I walk there every day with my dog Bindi, I can sit there and reflect on life and chill for a bit.

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

Obstacles are what you see if you lose sight of your goal, and the road to success is always under construction!

Danielle DuBois - CMC, JP, AAMCA
At: http://www.yourmarriagecelebrant.com.au/

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Above: Danielle's Favourite place, photograph by Neil Evers

March 18 -24, 2012: Issue 50

Above: The original Woody Point Yacht Club emblem

Above: Philip Bond and Trilby McIlveen

WPYC Putt-Putts and Gents Launch Regatta 2012

Woody Point Yacht Club

The Woody Point Yacht Club began around 1980 by gents gathering to do what gents do when they are fond of the water and watercraft; restoring a boat. The vessel they joined in restoring was the 'Pelican' an ancient Putt-putt owned by Tim Shaw. Anyone who knows a little about wooden boats, and these traditional originals, also knows that planking, sealing, caulking, sourcing original materials and putting together bits from several motors to make one work requires steady consideration, much deliberation, patience and endurance.

Michael Waller, David Lahm, Arthur Spithill, Philip Bond, John Hebden, Bruce Lane, David Yardley (an airline pilot at the time) and Barry Cozens on occasion, volunteered to assist with the restoration and would gather on Sunday mornings in Tim's boatshed at Woody Point. After a few hours toiling the gents would light a BBQ and make breakfast. This soon developed into a social gathering with the 'Pelican' becoming secondary to the BBQ.

Rules of Attendance, such as "bring something to throw on the BBQ, preferably a fish caught on the way across, and a bottle of champagne" were followed. Soon enough those gathering decided a very exclusive Club of eight may be formed. At the time none owned a yacht but all had a wooden craft of some description and thus, in one of the first instances of the quirky sense of humour that is still an inherent 'code' of this unique club, The Woody Point Yacht Club was formed with the eight aforementioned gents as Founding Members and Barry Cozens listed as Patron. Tim Shaw is listed in the WPYC Log as the first Commodore and had emblems made up for fun at the business next door to his own.

Membership Fees were set at $2.00. The 'Fee' covered the supplies needed at BBQ's such as gas and tomato sauce. Club Assets and 'fiscal responsibility' was established at this time, and this policy is still adhered to. At present it consists of A beer temp rite and three essential temp rite accessories - being a BBQ, a PA system, and a tarpaulin. The Club also has a commercial mooring in Lovett Bay which is available to members for short term occupancy . The Annual General Meeting, apart from nominating the next Commodore and 'office bearers', is 'to is to expend whatever funds have been accumulated during the year on beer, wine and food .' A WPYC quorum ("fixed number of members whose presence is necessary to transact business") consisted of one member and a bottle. Ladies, including Christine Hebden, June Lahm, Trilby McIlveen and Annette Freeland joined a little later.

Thirty people attended the launch of the Pelican, a celebration still recalled with smiles and also for being the day Arthur Spithill was renamed 'Splithead' after falling off the jetty.

After 1985 discussions held at Church Point between David Yardley, Tim Shaw and Mick Waller it was decided the Club should apply for official 'Registration' in order to enjoy 'club' privileges. The official 'Club Log' lists the first Commodore as being Tim Shaw in 1987, and the second as Tony Stackhouse, both unfortunately deceased. Bob Blackwood, is the third listed Commodore. The Club was not incorporated until this was imposed upon them for Insurance in racing, registering a WPYC course and fear of litigation purposes. John Hebden is credited with achieving this.

By 1990 the group of eight had become 100 with members who did possess yachts and raced them. Arthur Spithill and Philip Bond set themselves the task of compiling all records to date and writing the WPYC Charter.

The WPYC began in mateship, in camaraderie, and as a Social Group that would enjoy putt-putting to offshore areas for picnics, fishing, and parties. The original Breakfast is still held once a month. They were and are a community and family-orientated group with a passion for beautiful wooden boats. Membership is limited to 100 each year on a first come basis. Social racing Events, such as The Gentleman's Launch and Putt Putt Regatta, with a calendar of Summer Series (20 races), Winter Series (12 races) bring old friends and new together on the waters they love. The Putt Putt Regatta helps outsiders see what defines the heart of this club, scheduled for when Treharne Cove's beach will be accessible (IE: not invisible under a full tide in January) members deck out their boats and themselves in themed costumes and 'race' around Scotland Island and back to moor off the cove. Each deck has children as well as adults who are relaxed, happy and at home in this place. A BBQ on the beach afterwards continues this celebration of family, Pittwater waters, and the beauty of the offshore areas.

Treharne Cove, between Towler's Bay and Long Nose Point, was named by the WPYC in honour of the Trehernes, a well known yachting family of Pittwater and more particularly, Ian Treharne. A local moorings gent, former Pittwater Councillor and yachtsman who sailed on the winning 1987 Sydney to Hobart yacht, Ian is well known to offshore and Scotland Islanders for all the assistance he has given to anyone who needed a hand and is considered 'a true gentleman'. Offshore folk remark he was always 'the first to arrive and last to leave' whenever any community work needed doing. His barge was the 'flagship' of the Wooden Boat Races. Although not marked on maps as such as yet, this is how this watery nook is known and named by locals.

An annual Trophy Series (3 races), honours Tim Shaw, the gent who is revered, and sometimes blamed, as the Founder of the Woody Point Yacht Club. He will always be remembered and his spirit, attitude and the 'customs' he helped verse will always be carried on in the Club he initiated. In its tenets and customs the WPYC honours all that is truly and originally Australian and all that is pure Pittwater spirit and essence.

We would like to thank Paul Burchall (Past Commodore), Philip Bond (Past Commodore and Founding Member) and Ian Major, current Commodore for their kind assistance and insights in putting this History together.

Woody Point Yacht Club Website: http://www.wpyc.com.au/

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Treharne Cove, January 2012. Picture by Michael Mannington.

March 18 -24, 2012: Issue 50

Special Article for you this week:

Are YOU up to the RED BELT CHALLENGE ?

Also, all of you who read comics should also read our Collectors Corner this week; may inspire you to keep some !

MUSICOZ

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

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

All the above categories are National Musicoz Awards.

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

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

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

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

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

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

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

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

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

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

National Year of Reading 2012:

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

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

Bullying; NO WAY !!!

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

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

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

Australian Stories Online

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

Teaching Our Children to be Safety Conscious

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

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

FREE! EASTER HOLIDAY MARTIAL ARTS WORKSHOPS FOR KIDS!

Hoshin Australia runs anti-bullying workshops for kids most school holidays, but we know sometimes kids just want to cut loose and have fun - so THIS EASTER, we have TWO free workshops you are going to LOVE!

April 16, 9am - 12pm METSUBUSHI Seminar! Kids 8 - 12 years

Learn how Ninja Warriors made themselves "Disappear" in Ancient Japan! Learn tactical thinking skills playing games like "capture the flag" Have a great time making a HUGE MESS and getting dirtier than ever before! YES! It is our Ninja Holiday Workshop and it's FREE!

April 16 1pm - 3pm Kids 4 - 7 years

Learn how Ninja Warriors threw Shuriken! Improve your eye-hand coordination, focus and posture! Learn how to throw things and hit your target!

YES! This is our school holiday workshop for the littlies and we are going to THROW STUFF AROUND!

Information regarding items needed for Holiday workshops will be emailed out to families on confirmation of booking. Books are compulsory, please visit www.hoshin.com.au and go to our contact form, please ensure you include a contact phone number. Alternatively, TEXT your details and number of participants to 0413376356

Are You up to the Red Belt Challenge? by Hoshin Australia

PITTWATER COUNCIL

A BOOK OF PITTWATER POETRY

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

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

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

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

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

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

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

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

CHILDREN'S THEATRE NO DRAMA AT LIBRARY!

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

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

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

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

Send In Your Stuff

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

All are Welcome, All Belong !

Tweet Like

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

New Website for Northern Beaches Youth

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

www.northernbeachesyouthinfo.net.au

www.facebook.com/manlyyouthcentre

www.myspace.com/manlyyouthcentre

March 18 -24, 2012: Issue 50

Seniors Week 2012

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

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

Northside Community CONNECT

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

Profile on Community Connect Northern Beaches

PITTWATER COUNCIL

'LIVE LIFE' IN SENIORS WEEK

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

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

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

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

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

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

INFO FOR SENIORS WITH AN INTERNATIONAL TWIST

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

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

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

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

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

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

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

Avalon Computer Pals for Seniors

COMPUTER PALS FOR SENIORS AVALON

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

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

Article on their Seminar

Contact Community Care Northern Beaches by clicking their logo:

CCNB COMMUNITY CARE NORTHERN BEACHES) LIMITED

HEARTMOVES Heart Foundation

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

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

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

Independent Website for Elders:

http://www.agedcarecrisis.com/about

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

Alcohol Test

C/- W.A.G.; Fun Seniors emails circulating this week

This is an alcohol test: If you pass it, you can keep drinking, if not, it's time to stop. Follow the simple instructions below:

1. Click on the man's nose above (below)

2. A new window will open - click on the man's nose again.

3. For each time you click on his nose, you can drink another glass of wine!!! Cheers !

Laws of life

C/- Gerald Deston, Seniors emails circulating this week

1. Law of Mechanical Repair - After your hands become coated with grease, your nose will begin to itch and you have to pee.

2. Law of Gravity - Any tool, nut, bolt, screw, when dropped, will roll to the least accessible corner.

3. Law of Probability - The probability of being watched is directly proportional to the stupidity of your act.

4. Law of Random Numbers - If you dial a wrong number, you never get a busy signal and someone always answers.

6. Variation Law - If you change traffic lanes or queues, the one you were in will always move faster than the one you are in now. Works every time!

7. Law of the Bath - When the body is fully immersed in water, the telephone rings.

8. Law of Close Encounters - The probability of meeting someone you know increases dramatically when you are with someone you don't want to be seen with.

9. Law of the Result - When you try to prove to someone that a machine won't work, it will.

10. Law of Biomechanics - The severity of the itch is inversely proportional to the reach.

11. Law of the Theatre & Football Stadium - At any event, the people whose seats are furthest from the aisle, always arrive last. They are the ones who will leave their seats several times to go for food, beer, or the toilet and who leave early before the end of the performance or the game is over. The folks in the aisle seats come early, never move once, have long gangly legs or big bellies and stay to the bitter end of the performance. The aisle people also are very surly folk.

12. The Coffee Law - As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.

13. Murphy's Law of Lockers - If there are only 2 people in a locker room, they will have adjacent lockers.

14. Law of Physical Surfaces - The chances of an open-faced jam sandwich landing face down on a floor, are directly correlated to the newness and cost of the carpet or rug.

15. Law of Logical Argument - Anything is possible if you don't know what you are talking about.

16. Brown's Law of Physical Appearance - If the clothes fit, they're ugly.

17. Oliver's Law of Public Speaking - A closed mouth gathers no feet.

18. Wilson's Law of Commercial Marketing Strategy - As soon as you find a product that you really like, they will stop making it.

19. Doctors' Law - If you don't feel well, make an appointment to go to the doctor, by the time you get there you'll feel better…but if you don't make an appointment, you'll stay sick.

Pam Bayfield's Inspirational Books:
Seniors Month 2012

Come With Me

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

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

Challenging Lives

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

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

Knees Up Mother Brown
How to Get New Knees and Survive

DO YOU NEED NEW KNEES? WANT TO KNOW MORE?

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

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

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

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

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

Pam Bayfield Profile

Senior Movers

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

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

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

www.seniormovers.com.au

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

The Senior Newspaper Online

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Australian Senior PUBLICATIONS

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Pittwater Online News

March 18 -24, 2012: Issue 50

Autumnal flowers: *Melaleuca* (Paperbark Trees)

Melaleuca leucadendra is a tree belonging to the Melaleuca genus. The common name, Cajuput Tree, is derived from the Malay word *kayu putih* (old Indonesian spelling: kaju putih) - meaning "white wood".

Melaleuca leucadendra is widely distributed in northern parts of Australia (Western Australia, the Northern Territory and Queensland) and is found even further north in the Solomon Islands and on New Guinea in Papua New Guinea and Western New Guinea. The tree has thick spongy bark, similar to the Broad-leaf paperbark Tea Tree (Melaleuca quinquenervia). The foliage of Melaleuca leucadendra is of a brighter green and has a slightly weeping habit. Cajeput oil is a volatile oil obtained by distillation from the leaves of the myrtaceous tree Melaleuca leucadendra, and other Melaleuca species. The trees yielding the oil are found throughout the Malay archipelago, the Malay Peninsula and over the hotter parts of the Australian continent; but the greater portion of the oil is produced from Sulawesi.

The oil is prepared from leaves collected on a hot dry day, macerated in water, and distilled after fermenting for a night. This oil is extremely pungent, and has the odor of a mixture of turpentine and camphor. It consists mainly of cineol from which cajuputene, having a hyacinth-like odor, can be obtained by distillation with phosphorus pentoxide. The drug is a typical volatile oil, and is used internally in doses of 2 to 3 minims, for the same purposes as, say, clove oil. It is frequently employed externally as a counterirritant. It is an ingredient in some liniments for sore muscles such as Tiger Balm and Indonesian traditional medicine Minyak Telon. It is also used as an ingredient in inhalants/decongestants and topical pain/inflammation remedies such as Olbas Oil. It is noted for its antiseptic properties, as is its cousin, Tea tree oil. Like Tea tree oil it may have use against resistant staph infections.

Swamp Paperbark (***Melaleuca ericifolia***) is a small tree or small shrub with a low crown, pale bark, creamy to yellow flowers and narrow leaves, and it is found in places along the coasts of Victoria, Tasmania and New South Wales. ***Melaleuca quinquenervia***, commonly known as Niaouli or Broad-leaved paperbark or the Paper Bark Tea Tree, is a small- to medium-sized tree of the allspice family, Myrtaceae. The plant is native to New Caledonia, Papua New Guinea and coastal Eastern Australia, from Botany Bay in New South Wales northwards, into Queensland and the Northern Territory. The broad-leaved paperbark grows as a spreading tree up to 20 m high, with the trunk covered by a white, beige and grey thick papery bark. The grey-green leaves are ovate and the cream or white bottlebrush-like flowers appear from late spring to autumn.

Melaleuca quinquenervia was first described as a member of Metrosideros by the Spanish naturalist Antonio José Cavanilles in 1797, with Stanley Thatcher Blake of the Queensland Herbarium later placing it in Melaleuca in 1958. Antonio José Cavanilles (16 January 1745 – 5 May 1804) was a leading Spanish taxonomic botanist of the 18th century. He named many plants, particularly from Oceania. The genus name is derived from the Ancient Greek melanos 'black' and leukos 'white' (this references the trunks of other plants of this species). The specific epithet is derived from the Latin quinque 'five', and nervus 'nerve' or 'vein' – referring to the leaves. It is commonly known as the Broad-leaved Paperbark, Broad-leaved Tea Tree or simply Paperbark or Tea Tree in Australia, and is known as niaouli in New Caledonia

Melaleuca quinquenervia grows from 8–20 m (25–60 ft) high with a spread of 5–10 m (15–30 ft), with thick white and beige papery bark. Arranged alternately, the leathery dull- or grey-green leaves are 5–10 cm (2–4 in) long by 0.5–2.5 cm (¼–1 in) wide, and ovate to obovate in shape. Flowering occurs from spring to early autumn, September to March in Australia. The white or cream flowers are arranged in cylindrical brushes some 4–8 cm (2–3 in) long and 2–3 cm (1 in) wide borne at or near the end of branchlets. They are followed by small woody seed pods containing many tiny seeds which are released annually

Melaleuca quinquenervia has multiple uses, and is widely used traditionally by indigenous Australians. A brew was made from the bruised young aromatic leaves to treat colds, headaches and general sickness. The steam distilled leaf oil of the cineole chemotype is also used externally for coughs, colds, neuralgia, and rheumatism. A nerolidol and linalool chemotype is also cultivated and distilled on a small scale for use in perfumery.

The paper-like bark is used traditionally for making coolamons, shelter, wrapping baked food and lining ground ovens. The nectar is extracted traditionally by washing in coolamons of water which is subsequently consumed as a beverage. The scented flower also produces a light to dark amber honey depending on the district. It is strongly flavoured and candies readily and is not regarded as a high quality honey, but nevertheless is popular. Australian Aborigines used the leaves traditionally for many medicinal purposes, including chewing the young leaves to alleviate headache and for other ailments.

The essential oil of *Melaleuca quinquenervia*, usually labeled as **Niaouli,** is used in a variety of cosmetic products especially in Australia. The oil is reported in herbalism and natural medicine to work as an antiseptic and antibacterial agent, to help with bladder infections, respiratory troubles and catarrh. Niaouli has a very low (level 0) hazard score on the Cosmetic Safety Basebase. The timber is tolerant of being soaked, and is used in fences. *Melaleuca quinquenervia* is often used as a street tree or planted in public parks and gardens, especially in Sydney.

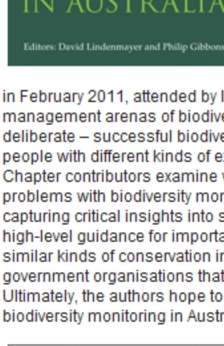
Melaleuca leucadendra. (2011, May 31). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Melaleuca_leucadendra&oldid=431912375
Melaleuca quinquenervia. (2012, January 7). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Melaleuca_quinquenervia&oldid=470097358

Illustration: Franz Eugen Köhler, Köhler's Medizinal-Pflanzen 1897. Melaleuca leucadendra. Source: http://pharm1.pharmazie.uni-greifswald.de/allgemei/koehler/koeh-eng.htm List of Koehler Images

Reducing the Impacts of Development on Wildlife
James Gleeson, Deborah Gleeson
Photographs, Illustrations
248 pages, CSIRO PUBLISHING
Paperback - April 2012 - AU $ 89.95

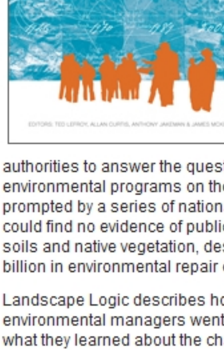
"This book should not be on the shelf of every ecologist, consultant or developer – it needs to lie open on their desk, sit at the top of their field bag and be widely discussed around the lunch-room table. Indeed – if your copy is not dog-eared and well-worn, you are clearly not doing your job properly! The book is well-written, clearly laid out and provides a huge array of practical strategies and techniques to mitigate the effects of developments on wildlife."
Dr Rodney van der Ree, Deputy Director of the Australian Research Centre for Urban Ecology, Royal Botanic Gardens Melbourne

Reducing the Impacts of Development on Wildlife contains a comprehensive range of practical measures to assist others to reduce the impacts resulting from development on terrestrial flora and fauna, and promotes ecologically sustainable development. It will be very useful to environmental consultants and managers, developers, strategists, policy makers and regulators, as well as community environmental groups and students.



Biodiversity Monitoring in Australia
Edited by: David Lindenmayer The Australian National University
Philip Gibbons The Australian National University
224 pages, CSIRO PUBLISHING
Paperback - April 2012 - AU $ 49.95

Ecological and biodiversity-based monitoring has been marked by an appalling lack of effectiveness and lack of success in Australia for more than 40 years, despite the billions of dollars that are invested in biodiversity conservation annually. What can be done to rectify this situation?
This book tackles many aspects of the problem of biodiversity monitoring. It arose from a major workshop held at The Australian National University in February 2011, attended by leaders in the science, policy-making and management arenas of biodiversity conservation. The diversity of participants was deliberate – successful biodiversity monitoring is dependent on partnerships among people with different kinds of expertise.
Chapter contributors examine what has led to successful monitoring, the key problems with biodiversity monitoring and practical solutions to those problems. By capturing critical insights into successes, failures and solutions, the authors provide high-level guidance for important initiatives such as the National Biodiversity Strategy, similar kinds of conservation initiatives in state government agencies, as well as non-government organisations that aim to improve conservation outcomes in Australia. Ultimately, the authors hope to considerably improve the quality and effectiveness of biodiversity monitoring in Australia, and to arrest the decline of biodiversity.



Landscape Logic
Integrating Science for Landscape Management
Edited by: Ted Lefroy University of Tasmania
Allan Curtis Charles Sturt University
Anthony Jakeman Australian National University
James McKee NRM Northern Tasmania
312 pages, CSIRO PUBLISHING, Paperback - April 2012 - AU $ 49.95

In 2005, researchers from four Australian universities and CSIRO joined forces with environmental managers from three state agencies and six regional catchment management authorities to answer the question: 'Can we detect the influence of public environmental programs on the condition of our natural resources?' This was prompted by a series of national audits of Australia's environmental programs that could find no evidence of public investment improving the condition of waterways, soils and native vegetation, despite major public programs investing more than $4.2 billion in environmental repair over the last 20 years.

Landscape Logic describes how this collaboration of 42 researchers and environmental managers went about the research. It describes what they found and what they learned about the challenge of attributing cause to environmental change. While public programs had been responsible for increase in vegetation extent, there was less evidence for improvement in vegetation condition and water quality. In many cases critical levels of intervention had not been reached, interventions were not sufficiently mature to have had any measurable impact, monitoring had not been designed to match the spatial and temporal scales of the interventions, and interventions lacked sufficiently clear objectives and metrics to ever be detectable. In the process, however, new knowledge emerged on disturbance thresholds in river condition, diagnosing sources of pollution in river systems, and the application and uptake of state-and-transition and Bayesian network models to environmental management.

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.

Coastal Environment Centre

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

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

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

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

HERE

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**

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.

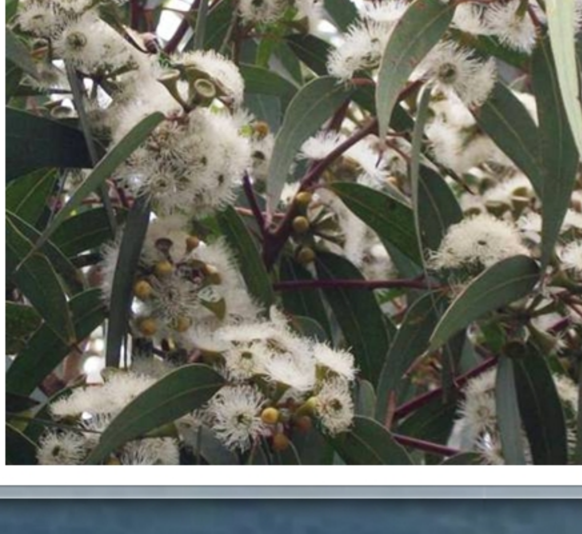
The calendar has been coordinated by Pittwater Council on behalf of the Pittwater, Hornsby and Gosford communities and was funded by a $50,000 grant from the Hawkesbury Nepean Catchment Management Authority, through the federal government's Caring for Country grant program.

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

"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



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

Help protect Careel Bay and estuaries by restoring the native vegetation.
We need volunteers to help plant and mulch the area corner of Etival and Barrenjoey Roads.
Meet at the dog exercise car park area - Etival Street, Avalon. ALL WELCOME!
Tools, equipment and morning tea provided. Please wear enclosed shoes.
This project is supported by a "Caring for our Country" grant and Pittwater Natural Heritage Association. FREE Native Plants to local residents.

Court rules logging can continue in Leadbeater's habitat

It was a sombre day outside the courtroom on Wednesday, after the judgment on the 'Last Chance for Leadbeater's' court case revealed that Victorian law is not currently designed to protect the endangered species. But the news isn't all bad.

After months of protests at the Sylvia Creek logging sites by locals and environment groups, with protesters enduring freezing temperatures, rain and police arrest; after local environment group My Environment bravely put itself on the line to bring VicForests to court; after dozens of community members spent days in court showing support for our forests, VicForests was let off the hook on Wednesday after they changed their logging plans at the last minute to escape prosecution. But the time and energy dedicated by everyone who has been involved in this campaign hasn't been without effect. My Environment's efforts in court have resulted in significant changes in the ability of VicForests to continue logging in the area.

Justice Osborn also acknowledged that there is an urgent need to reassess the protection of Leadbeater's Possum habitat in light of their continued population decline. For further details on the outcome click here.

We thank all of you for your support and commitment to the protection of Sylvia Creek over the last 9 months, and urge you not to be too disheartened. Without this court case, VicForests would have continued to log in the Sylvia Creek area, and significant habitat for Leadbeater's Possum would have been lost.

Leadbeater's Possum (*Gymnobelideus leadbeateri*) **is an endangered possum restricted to small pockets of remaining old growth mountain ash forests in the central highlands of Victoria (Australia) north-east of Melbourne**. It is a primitive, relict, non-gliding petaurid and, as the only species in the Gymnobelideus genus, represents an ancestral species. Formerly, Leadbeater's Possums were moderately common within the very small areas they inhabited: their requirement for year-round food supplies and tree-holes to take refuge in during the day restricts them to mixed-age wet sclerophyll forest with a dense mid-story of Acacia. The species was named after John Leadbeater the then taxidermist at the Museum of Victoria. They also go by the common name of fairy possum. **In 1968, the State of Victoria made Leadbeater's Possum its faunal emblem.**

PITTWATER-WIDE SURVEY OF WATERBIRDS

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

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

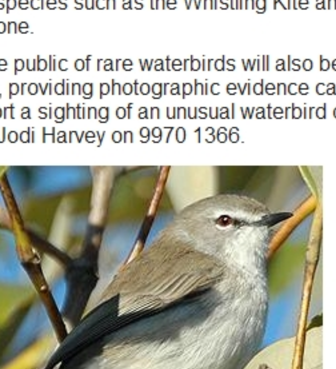
"However this is the most comprehensive Pittwater-wide survey of waterbirds," said the Council's Natural Environment & Education Manager Mark Beharrell. "We are using boats and land-based observations to track the birds," he said.

Mr Beharrell said the entire Pittwater estuary would be mapped by the survey, from Barrenjoey Head in the north through to McCarrs Creek in the west and Winnererremy Bay in the south. Pittwater's offshore areas will also be surveyed.

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

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

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



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

New coastal website linking local research with local councils

From CSIRO Media Releases

The latest coastal research will now be at the fingertips of councils and developers, with today's launch of a new webportal at the Australian Coastal Councils Conference in Hobart. The CSIRO-developed website will enable coastal councils, and other coastal stakeholders, to find research easily at a national level, and then focus on 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.

Australian farmers and scientists share cotton lessons with West Africa

Dr Peter Carberry (CSIRO) and Dr Ousmane Ndoye (CORAF/WECARD in Senegal) with a local farmer assessing crops as part of our Africa Food Security Initiative. Photo by John Stewart.

In a new partnership with sub-Saharan Africa, Australian scientists and farmers are hosting a delegation of key African cotton industry representatives and researchers to share their knowledge and insight to help improve farming practices and thereby reduce poverty in West Africa.

The Australian cotton industry has a world-wide reputation for its high yields and quality fibre and can offer vital assistance to West and Central Africa where cotton is an important income source.

The largest cotton producing countries in the region are Chad, Benin, Mali and Burkina Faso (often called the Cotton-4 countries). Six representatives from these countries will spend two weeks touring the cotton growing regions of Queensland and New South Wales with Australian scientists from the CSIRO, cotton industry representatives and farmers.

Dr. Peter Carberry, Deputy Director of CSIRO's Sustainable Agriculture flagship, said non-staple crops like cotton are extremely important for West Africa.

"These crops provide small holder farmers with cash to either purchase food or buy farm inputs that can be used to grow other food crops like maize and sorghum. Cash crops also offer important income sources for things like school fees and medical expenses," Dr. Carberry said.

Funded by the Department of Agriculture, Forestry and Fisheries (DAFF), through its International Agricultural Cooperation program, with support from Conservation Farmers Inc (CFI), the team will exchange lessons on how to improve West and Central Africa's cotton production systems, particularly cotton seed production.

"There are some important commonalities between the production systems in West and Central Africa and Australia. The crops we grow are similar and we both struggle with highly variable climates," Dr. Carberry said.

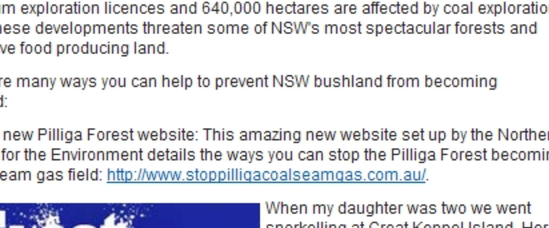
Dr. Ousmane Ndoye, a researcher from Senegal and Program Manager from West and Central Africa's CORAF/WECARD is excited by this partnership.

"Australia has been able to overcome so many similar issues and is now the world's third largest exporter of cotton, producing 4.2 million bales of cotton in 2011, which is around double the Cotton-4 countries," Dr. Ndoye said.

"The team from West and Central Africa are keen to learn the lessons from Australia to really help our farmers understand how to improve their yields.

"We'll take the group from Toowoomba to Narrabri, training on-farm with Australian farmers and industry representatives. We'll cover cotton agronomy based on the Australian Cotton Industry's Best Management Practices, visit our cotton seed production and storage facilities and engage with cotton researchers at Myall Vale," Mr Michael Burgis, CEO of CFI, said.

Dr. Ndoye is expecting big results. "After our visit to Australia, this small group will return to our respective countries and train at least 25 industry workers and farming representatives," Dr. Ndoye said.



Groups unite to oppose Coal Seam Gas in Northwest NSW

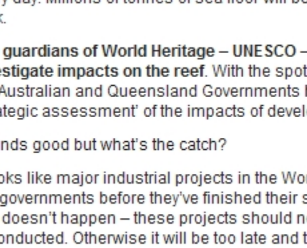
Earlier this month, 50 people from over 20 community groups attended a two day strategy meeting about protecting our forests, farms and water from coal and coal seam gas in northwest NSW. The meeting took place in Narrabri just kilometres from the site where Santos have recently admitted to 20 hazardous incidents including five spills of toxic coal seam gas water.

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

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

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

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



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

The other day she asked about my work. I told her I'm trying to protect the water flowers from being destroyed by dirty great big piles of coal. It's a crude over-simplification but it pretty much sums it up. The Great Barrier Reef is under threat from the coal and gas export boom.

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

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

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

Sounds good but what's the catch?

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

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

Save The Reef From Coal Online Petition

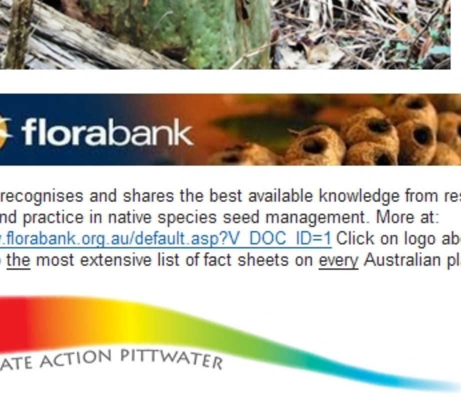
Thank you for being part of this critical work.

John Hepburn
Senior Campaigner
Greenpeace Australia Pacific

Emu
Volume 112 Number 1 2012

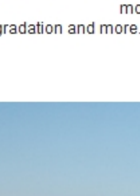
Includes: Hybridisation and the future of austral ornithology, Habitat influences on nest-site selection by the Painted Honeyeater (Grantiella picta): do food resources matter?, Effects of group size, habitat and hunting risk on vigilance and foraging behaviour in the Lesser Rhea (Rhea pennata pennata), Corrigendum to: The abundance and distribution of two species of fairy-wren in suburban and natural habitats

How Green is a Spotted Gum when Wet?



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

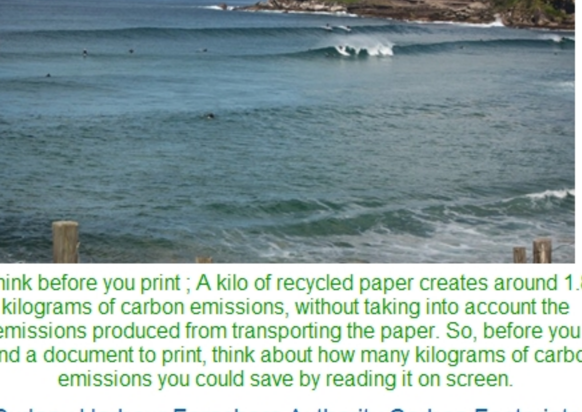
For tips on how to be more energy efficient, visit Climate Action Pittwater at: http://www.climateactionpittwater.org.au/



Marine and Freshwater Research
Volume 63 Number 3 2012

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

Tweet | Like



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

March 18 -24, 2012: Issue 50

Late Summer early Autumn: Zucchini

Although a vegetable that prefers hot open spaces for growing, zucchinis are plentiful and reasonably priced in our stores at the moment. As the weather cools slightly, with lovely fresh breezes this week, the appetite wants something a little more substantial but not the stews and casseroles that make mid-Winter cosy. This week's Zucchini Fritters recipe has been a favourite for a few years now; it makes a great light lunch or can be an accompaniment to larger evening meals. Served alone, with a yoghurt sauce or with a crisp salad and crusty bread they're delicious. They even taste good cold. When cooking we've found it's a good idea to have a baking pan kept hot in the oven as the batches will take a little while and that way you finish off or keep warm those already done. 180 degrees usually works best for.

Zucchini Fritters with Yoghurt Sauce

Ingredients:
500grams (about 3 medium) zucchini, coarsely grated
1/2 cup coarsely grated parmesan cheese
2 eggs, lightly beaten
1/4 to 1/3 cup flour (see recipe notes)
1 teaspoon salt
Freshly ground black pepper
3 to 4 tablespoons vegetable oil
1 tablespoon parsley or other fresh herb (optional)

Method:
Grate the zucchini on the largest holes of a box grater into small holed strainer. Squeeze out as much liquid as possible, then place it in a large mixing bowl. Add the parmesan cheese, eggs, flour, salt and pepper and mix well. The batter will be loose but shouldn't appear watery.
Heat 3 tablespoons of the oil in a large pan over medium-high heat. Working in batches, add about 2 tablespoons of the zucchini mixture for each fritter, leaving plenty of room in the pan to turn them easily. Fry until golden brown and the edges of the fritters hold together fairly well when you try to flip them over, about 2 to 3 minutes per side. You may need to add more oil to the pan after a batch or two. Alternative method is to use non-stick pan for less oil/butter.
Transfer to a paper towel lined platter and blot the excess oil. Serve with a warm marinara sauce for dipping. Makes 12 fritters.

Sauce
½ cup Greek-style yogurt
1 to 2 Tbsp. fresh lemon juice
½ tsp. ground cumin
Salt and pepper
1 lemon, cut into wedges
In a small bowl, whisk together yogurt, lemon juice, cumin, salt, and pepper. Serve fritters with the yogurt sauce and wedges of lemon.

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The zucchini or courgette is a summer squash which often grows to nearly a meter in length, but which is usually harvested at half that size or less. It is a hybrid of thecucumber. Along with certain other squashes, it belongs to the species Cucurbita pepo. In a culinary context, the zucchini is treated as a vegetable, which means it is usually cooked and presented as a savory dish or accompaniment. Botanically, however, the zucchini is an immature fruit, being the swollen ovary of the zucchini flower.

Zucchini, like all squash, has its ancestry in the Americas and are derived from the summer squash of Central America (**grown by 5500 B.C.E.).** However, the varieties of squash typically called "zucchini" were developed in Italy, many generations after their introduction from the "New World". This occurred late in the 19th century near Milan; early varieties usually included the names of nearby cities in their names. The alternative name courgette is from the French word for the vegetable, with the same spelling, and is commonly used in France, Ireland, and the United Kingdom. It is a diminutive of courge, French for squash. "Zucca" is the Italian word for squash and "zucchina" is its diminutive, becoming "zucchine" in the plural. However, "zucchino", the masculine form, becoming "zucchini" in the plural, is commonly used in the dialect of Tuscany as the name of the fruit and sometimes is improperly used in Italian as the name of the plant. "Zucchini" is used in Tuscany, and in Australia, Canada and the United States. 'Zucchini', the plural in the dialect of Tuscany, is one of the plural forms in English (along with 'zucchinis') as well as the singular form.

Nutrition: Nutrition: Zucchini is high in beta-carotene (vitamin A, a natural antioxidant), folic acid, vitamin C, and vitamin E. Minerals include potassium, iron, calcium, magnesium, phosphate, copper, and zinc. **Zucchini seeds contain traces of protease trypsin inhibitors, a cancer-preventing substance that inhibits activation of viruses and carcinogens in the digestive tract**. The zucchini fruit is low in calories (approximately 15 food calories per 100 g fresh zucchini) and contains useful amounts of folate 1/2 cup of zucchini also contains 19% of the recommended amount of manganese.
Cultivation: Zucchini is one of the easiest fruits to cultivate in temperate climates. As such, it has a reputation among home gardeners for overwhelming production. One good way to control over-abundance is to harvest the flowers, which are an expensive delicacy in markets because of the difficulty in storing and transporting them. The male flower is borne on the end of a stalk and is longer lived.
While easy to grow, zucchini, like all squash, requires plentiful bees for pollination. In areas ofpollinator decline or high pesticide use, such as mosquito-spray districts, gardeners often experience fruit abortion, where the fruit begins to grow, then dries or rots. This is due to an insufficient number of pollen grains delivered to the female flower. It can be corrected by hand pollination or by increasing the bee population.
In Mexico, the flower (known as flor de calabaza) is preferred over the fruit[citation needed] and is often cooked in soups or used as a filling for quesadillas.
In Italy, zucchini are served in a variety of ways, especially breaded and pan-fried. Some restaurants in Rome specialize in deep-frying the flowers, known as fiori di zucca.
In France courgette is a key ingredient in ratatouille, a stew of summer fruits and vegetables prepared in olive oil and cooked for an extended time over low heat. The dish, originating near present-day Nice, is served as a side dish or on its own at lunch with bread. Zucchini are stuffed with meat with other fruits like tomatoes or bell peppers in a dish named courgette farcie (stuffed zucchini).
In Turkish cuisine, zucchini is the main ingredient in the popular dish mücver, or "zucchini pancakes", made from shredded zucchini, flour and eggs, lightly fried in olive oil and eaten with yogurt.
In the Levant, zucchini is stuffed with minced meat and rice plus herbs and spices and steamed. It is also used in various kinds of stew. Stews that have low salinity are favorable in such cooking. It can also be stuffed with a mixture of rice, meat and eaten with yoghurt.
In Greece, zucchini is usually fried or boiled with other fruits (often green chili peppers and eggplants). It is served as an hors d'œuvre or as a main dish, especially during fasting seasons. Zucchini is also often stuffed with minced meat, rice and herbs and served withavgolemono sauce. In several parts of Greece, the flowers of the plant are stuffed with white cheese, usually feta or mizithra cheese, or with a mixture of rice, herbs and occasionally minced meat. Then they are deep-fried or baked with tomato sauce in the oven.
In Bulgaria, zucchini are fried and then served with a dip, made from yoghurt, garlic and dill. Another popular dish is oven-baked zucchini—sliced or grated—covered with a mixture of eggs, yoghurt, flour and dill.
In Egypt, zucchini are cooked with tomato sauce, garlic and onions.
In Spain, zucchini (calabacín in Spanish) is a core ingredient of pisto. Zucchini are also fried with egg and onions in olive oil to make a "Spanish" tortilla called "tortilla de calabacín".

March 18 -24, 2012: Issue 50

Kookaburra home turfs among our trees

Every year we are fortunate to see two new kookaburras grow up in our home yard's trees. We've seen one year's brood after another follow their mum and dad among the eucalypts, learning all kookaburra lore. By the end of Summer and into Autumn, they are still a little smaller then the adults, and the whole group of four will congregate on the boughs of their home trees to have discussions. Although the chicks leave the nest after 30-35 days, and the young adults will leave around March to April, these new adults will stay in the family area for up to four years to help raise new siblings and defend their home turf. Some pairs may fledge two broods between Spring and the end of Summer.

Kookaburras form permanent pairs and breeding occurs from Spring through to the end of Summer. They will be fed by their parents for around 3 months after learning how to fly. The ones in our yard produce two new kookaburras each year but other sources state up to four eggs and siblings may be produced. Each kookaburra may live for up to 20 years in kind environments. The male has more blue feathers in its plumage on the lower back and tail.

Their 'laugh' song rings out pre-dawn and at dusk. Kookaburras distinguish territorial boundaries by this and their territory, usually including nearby parks, can extend for a hundred or more house blocks or a half a valley of trees in bird terms. To our original custodians and indigenous peoples this dawn song was a signal to the Sky People to light the great fire (sun) that warms and lights each day. To many settlers the song caused an unnerving feeling initially until they were thought of in terms of being 'bush roosters' signalling, alike their European customs, the time to get up and get to work.

The Laughing Kookaburra, ***Dacelo novaeguineae***, is the largest of the Kingfisher family. There are 80 species of Kingfisher worldwide, 10 of these in Australia.

The family in our yard seem quite used to us and will perch in the gum trees above us when we're gardening ready to swoop down over our shoulders and snatch up any 'wrigglies' unearthed. We've also noticed them swoop on a Norfolk pine to our eastern boundary late each afternoon, continually opening up a bough wound to eat or gather the sap it weeps.

Above: Fledgling Kookaburra end of October, 2011

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Kookaburra Family in our backyard, Wednesday afternoon, 14.3.2012 (babies in between adults).

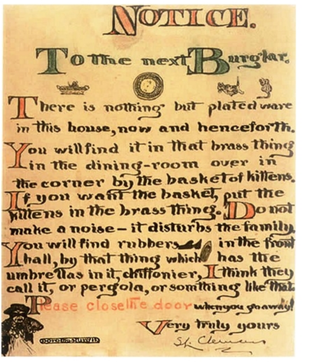
Pittwater Online News

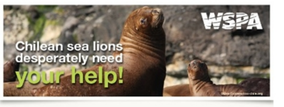
March 18 -24, 2012: Issue 50

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

To the next Burglar

As he slept upstairs on September 8th of 1908, two young burglars entered Mark Twain's home, took an entire sideboard into the garden and proceeded to break it open to steal the contents. They were eventually caught by police with a stash of silverware. The next day, with the help of an aspiring young artist named Dorothy Sturgis, Twain (S L Clemens) produced note below for any future burglars. From that day on, it was permanently attached to his front door. Image kindly supplied by Stanley Gould.





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

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

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

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

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

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

March HarperCollins Competition

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

Tweet Like

eBooks

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

Photo competition

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

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

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

Entries must then be:
provided as photographic prints (minimum size 15 x 10 centimetres),
accompanied by a completed entry form, including details of all digital alterations,
accompanied by no more than 10 other entries per person, and
posted to the Bureau of Meteorology at the address below.
If a picture is shortlisted, the entrant must provide the image in its original format, whether that be negative, (35mm) transparency, or digital. Negatives and transparencies will be returned by registered post.

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

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

Links for cloud enthusiasts

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

Jocularity: Why we love children

C/- W.A.G., Seniors Emails circulating this week

NUDITY
I was driving with my three young children one warm summer evening when a woman in the convertible ahead of us stood up and waved. She was stark naked! As I was reeling from the shock, I heard my 5-year-old shout from the back seat, 'Mom, that lady isn't wearing a seat belt!'

OPINIONS
On the first day of school, a first-grader handed his teacher a note from his mother. The note read, 'The opinions expressed by this child are not necessarily those of his parents ..'

KETCHUP
A woman was trying hard to get the ketchup out of the jar. During her struggle the phone rang so she asked her 4-year-old daughter to answer the phone.. 'Mommy can't come to the phone to talk to you right now She's hitting the bottle.

MORE NUDITY
A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover. The little boy watched in amazement and then asked, 'What's the matter, haven't you ever seen a little boy before?'

POLICE # 1
While taking a routine vandalism report at an elementary school, I was interrupted by a little girl about 6 years old. Looking up and down at my uniform, she asked, 'Are you a cop? Yes,' I answered and continued writing the report. My mother said if I ever needed help I should ask the police. Is that right?' 'Yes, that's right,' I told her. 'Well, then,' she said as she extended her foot toward me, 'would you please tie my shoe?'

POLICE #2
It was the end of the day when I parked my police van in front of the station. As I gathered my equipment, my K-9 partner, Jake, was barking, and I saw a little boy staring in at me. 'Is that a dog you got back there?' he asked. 'It sure is,' I replied. Puzzled, the boy looked at me and then towards the back of the van. Finally he said, 'What'd he do?'

ELDERLY
While working for an organization that delivers lunches to elderly people, I used to take my 4-year-old daughter on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs. One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, 'The tooth fairy will never believe this!'

DRESS-UP
A little girl was watching her parents dress for a party. When she saw her dad donning his tuxedo, she warned, 'Daddy, you shouldn't wear that suit.' 'And why not, darling?' 'You know it always gives you a headache the next morning.'

DEATH
While walking along the sidewalk in front of his church, our minister heard the intoning of a prayer that nearly made his collar wilt. Apparently, his 5-year-old son and his playmates had found a dead robin. Feeling that proper burial should be performed, they had secured a small box and cotton batting, then dug a hole and made ready for the disposal of the deceased. The minister's son was chosen to say the appropriate prayers and with sonorous dignity intoned his version of what he thought his father always said. 'Glory be unto the Faaather, and unto the Sonnn, and into the hole he goooes.' (I want this line used at my funeral!)

SCHOOL
A little girl had just finished her first week of school. 'I'm just wasting my time,' she said to her mother. 'I can't read, I can't write, and they won't let me talk!'

BIBLE
A little boy opened the big family Bible. He was fascinated as he fingered through the old pages. Suddenly, something fell out of the Bible. He picked up the object and looked at it. What he saw was an old leaf that had been pressed in between the pages.
'Mama, look what I found,' the boy called out.
'What have you got there, dear?'
With astonishment in the young boy's voice, he answered, 'I think it's Adam's underwear!'

State Library of NSW Maps and Land Title Records now ONLINE

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

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

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

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

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

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

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

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

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

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

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

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

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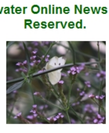

Pittwater Online News

March 01, 01, 1903, Every Wk

Do You WANT TO HAVE A CHAT WITH JESUS?
Join us at PITTWATER BIKE RIDE!
Bring your Bike, Helmet and your Information Enthusiasm!
Sunday 6th March 2011 - 9.00am - 5.00pm
Meet at Mona Vale Surf Club, Newport Beach International
Check the Subaru Freedom board near to Mona without a Mountain Bike, Helmet and Information Enthusiasm!
Contact Pittwater Bike Ride on 0404 - 0404 - 0404

Unveiling Fund to Small Spaces Game Entry
Sunday, March 6th, 11am - 1pm, Lake Park Bilgola, Bilgola Beach

Surfing Australia is a small charity based on the Central Coast of NSW. Our mission is to promote the sport of surfing and to assist the surfing community in times of need. Our vision is to be the most effective charity in Australia. Surfing Australia's Small Spaces Game Entry, which is being launched on March 6th, is a fun way for people to get involved in the sport of surfing and to support the charity. Surfing Australia's Small Spaces Game Entry is a game of skill and chance. Players will be required to hit a surfboard with a golf ball from a specially designed tee off platform and try to land the ball in a small hole on a nearby surfboard

March 18 -24, 2012: Issue 50

French Liberty. British Slavery, James Gillray's 1792 caricature poking fun at the French Revolution, anticipates the modern comic strip in having both separate panels and characters speaking via speech balloons. English: French Liberty. British Slavery. Js. Gy. desn. et fect. pro bono publico. SUMMARY: A design in two compartments. On the left is a lean and ragged sansculotte, seated on a stool before an open hearth ravenously eating raw onions, while he warms his bare toes at the fire. He is rejoicing. On the right is an immensely fat Englishman dining well, who is complaining about taxation and starvation. MEDIUM: 1 print : etching, color. CREATED/PUBLISHED: London : Pubd. by H. Humphrey, **December 21st 1792**. Source Library of Congress, Prints & Photographs Division, LC-USZC4-6088. Creative Commons Licence

Name: Detective Comics, No. 27 Value: $1,380,000. Batman made his debut in the 27th issue of this monthly series. The comic book sold for 10 cents when it hit the market in 1939. Seventy years later, the comic fetches $1.38 million.

Name: Action Comics, No. 1 Value: $1,500,000. This American comic book series - which first introduced Superman to the world - made its debut in April 1938. "Action Comics #1 is the Holy Grail of comic books," Stephen Fishler, a leading expert on collectible comics and founder of ComicConnect.com, told YourNabe.com. "Before Action Comics #1, there was no such thing as a superhero or a man who could fly. Comics weren't even that popular. It's the single most important event in comic book history."

X-Men2099

Tweet Like

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Comic Books

Collecting comic books has become quite a pastime since the first comic books were issued. In 2010 Action Comics No1, which introduced Superman to the world, sold for $1,500.00. A Detective Comics No. 27, which had originally been sold for 10cents in 1939, realized $1.38 million dollars. This was the debut of Batman's comic issue.

They may be great adventures to inspire little boys and girls to fly, but the artwork and rarity of originals, and the competition between avid collectors, may turn what was a pleasant childhood idle hour into the deposit for the young man's or lady's first home.

Comics began appearing in newspapers around the 1890s. Printing presses, invented in the 15th century allowed people to begin pamphleteering caricatures or events in satirical form earlier then this, and others state examples such as sequential depictions on Trajan's Column (13AD) are really the first examples of comics. Trajan's Column is a Roman triumphal column in Rome which commemorates Roman emperor Trajan's victory in the Dacian Wars by depicting the battles or 'epic wars'. It has been much copied since.

Although the word 'comic' stems from the Greek *kōmikos* "of or pertaining to comedy" *kōmos* "revel, komos", via the Latin *cōmicus*, the term has been extended to include those that address more serious subjects and have heroes as main characters. It also describes a medium where pictures predominates over words. In 1845 the satirical drawings that appeared in magazines and newspapers were named 'cartoons', which may have stemmed from Punch magazines (first issued in 1841) naming their drawings of humorous depictions of current events 'cartoons' to lampoon the Parliament of the day, who were themselves organising an exhibition of cartoons, or preparatory drawings, at the time.

Those shown here, the Flash Gordon No 1 from September 1966, and the X-Men2099 signed first edition are from a big boy's collection. The Flash Gordon one, kept in a sealed plastic bag, is the first drawn by Alfonso "Al" Williamson (March 21, 1931 – June 12, 2010) an American cartoonist, comic book artist and illustrator specializing in adventure, Western and science-fiction/ fantasy. He gained recognition for continuing Alex Raymond's (1909-1956), the original illustrator of Flash Gordon comics, with his own work on the Flash Gordon comic-book series. First published January 7, 1934, the strip was inspired by and created to compete with the already established Buck Rogers adventure strip. Alex Raymond, known as "the artist's artist"

In Australia, the character and strip were retitled Speed Gordon to avoid a negative connotation of the word "Flash". At the time, the predominant meaning of "flash" was "showy", connoting dishonesty.

X-Men 2099 was a comic book series published by Marvel Comics from 1993 to 1996 that chronicled the adventures of an X-Men team in the year 2099. It extends the Marvel 2099 imprint, which features other future versions of popular Marvel characters, such as Spider-Man 2099 and Hulk 2099. The series was written by John Francis Moore and largely pencilled by Ron Lim, whose signatures are on this cover and it too is the First of this run of editions, October 1993.

As with all vintage items the condition of the comic itself dictates the price it may realise if surrendered to a comic auction or to another collector. The flash Gordon is currently worth only $24.00, the XMEN for a mere $6.80, perhaps a little more due to the creators signatures on the cover. They have not been collected for any value they may bring in at some future decade, their owner is an avid X-Men fan and he thinks Flash Gordon is ok too. He wonders why Hugh is taking so long to come out with a new movie…

The vintage You Tube Flash Gordon video we've placed here is one of numerous available on the Internet and was produced by Columbia in 1936 as its first successful Movie Serial. Movie serials, or Chapter plays, were short serialised fiction made to run in conjunction with a feature film. The Flash Gordon serials were some of the most expensive made. They ran at the theatres they were shown in for a week with their cliff-hanger endings designed to induce patrons to return the following week simply to find out what happens next.

Al Williamson. (2011, November 30). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Al_Williamson&oldid=463313188