

Pittwater Online News

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Anne Ridgway



Snez and Stewart warming up



The Lurkers (<http://lurkers.com.au>)



Pat Drummond



Jeremy Smith

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Northern Beaches Music Festival 2012



Russell Neal and Paul Robertson (r).

The Northern Beaches Music Festival was a veritable feast of Australian legends of the music industry on Friday night and all day Saturday. There were so many bands and talented musicians, and so much to hear, that racing from one stage to another to hear at least some of each was worth it. Initiated and run by Paul Robertson and Kathleen Swadling, this music extravaganza required pulling double duty just to give small glimpses of all presented. Bluegrass, folk and country music, with tales of 'local rags' and Wiseman's Ferry from Pat Drummond, with songs of colonial times from the Dingle brothers (Matt, Tully and Harry, with Tegan, who's definitely a Dingle sister), and the sweet soulful melodies of Anne Ridgway and friends (Ann Palumbo, Rose McDonald and John Stuart) is music you should seek out if you missed it. In the Marquee, The Lurkers, a four-piece consisting of Desert Rat Shorty, Pretty Boy Floyd, Weary Hobo and Rocky Mountain Slim (yes, their stage names) had the audience laughing, clapping and applauding loudly after each song.



The Dingle Brothers; Tully (with little Elijah), Harry and Matt.

The Young Bloods Competition, with gents such as Russell Neal running the heats at Manly and Avalon, has twelve finalists, with six presenting a few songs each on the Free Stage by the lake at Narrabeen on Saturday morning and the second six on Sunday (today). The overall winners will perform on the main stage in the Marquee at 12. We'll be running a feature on this next week as Russell Neal is putting so much into our local young musicians, and lining up some for 'gigs' already, such as the wonderful voice and guitarship of Jeremy Smith at Avalon RSL on Tuesday night, that all they're doing, and the great music our locals kids are creating, warrants more than just announcing who won. Russell runs under age events at many places all over Sydney and those who we heard on Saturday, RUFFLEFEATHER, and MALO, were fantastic. We just missed the TOM JOHNSON TRIO, who, with these other two bands, were finalists from the heats run at Sugar Lounge in Manly. Once again we saw Evan Jeffrey, who mixed the local kids all day at Avalon Market Day's Free Stage, and also was present at BL's Blast Off last year, getting sunburnt while supporting this great Young Bloods venture.

Rotarians from Belrose, Narrabeen, Terry Hills and French's Forest cooked hot food for all to raise funds to support community projects. Also on hand were the team from Radio Northern Beaches who interviewed some musicians and also had some of their regulars on the mikes to speak of everything going on locally. One lady being interviewed was speaking about local made honey. After her Geoff Williams, who has a regular spot and also runs the Belrose Country Music Club in association with the Belrose Bowling club, spoke about great Australian music and how much there is on offer for all music lovers.

The Northern beaches music festival is a not for profit musical event held for the second time this year. If 2012 is anything to go by, with over 100 acts having performed or performed new and loved music, then all on the Northern Beaches should do all they can to ensure this great event becomes a permanent part of our annual calendar. Jenny Biddle, winner of Best Busker 2010 in Melbourne and The Peoples Choice Award at January's Tamworth Country Music Festival is performing from 5pm this afternoon on the Lakeview stage but, as another proponent of Australian Music has long said 'Do yourself a favour' and go have a great Sunday listening to great music at Narrabeen, Berry Reserve, before then.

Sunday: Avalon and Barrenjoey High School MALO WINS Young Bloods !!! Congratulations ! More in Issue 47! PICTURE with Paul Robertson and Max Carpenter (2nd) below.



Kathleen Swadling & Paul Robertson Opening Night



Rotarians (from left) Ian, John, John, Barry, Ron, Nicholas, Rory and Peter

Michael Mannington's Volunteer Photography Northern Beaches Music Festival public gallery is here:
<http://gallery.volunteerphotography.org/p156282510>

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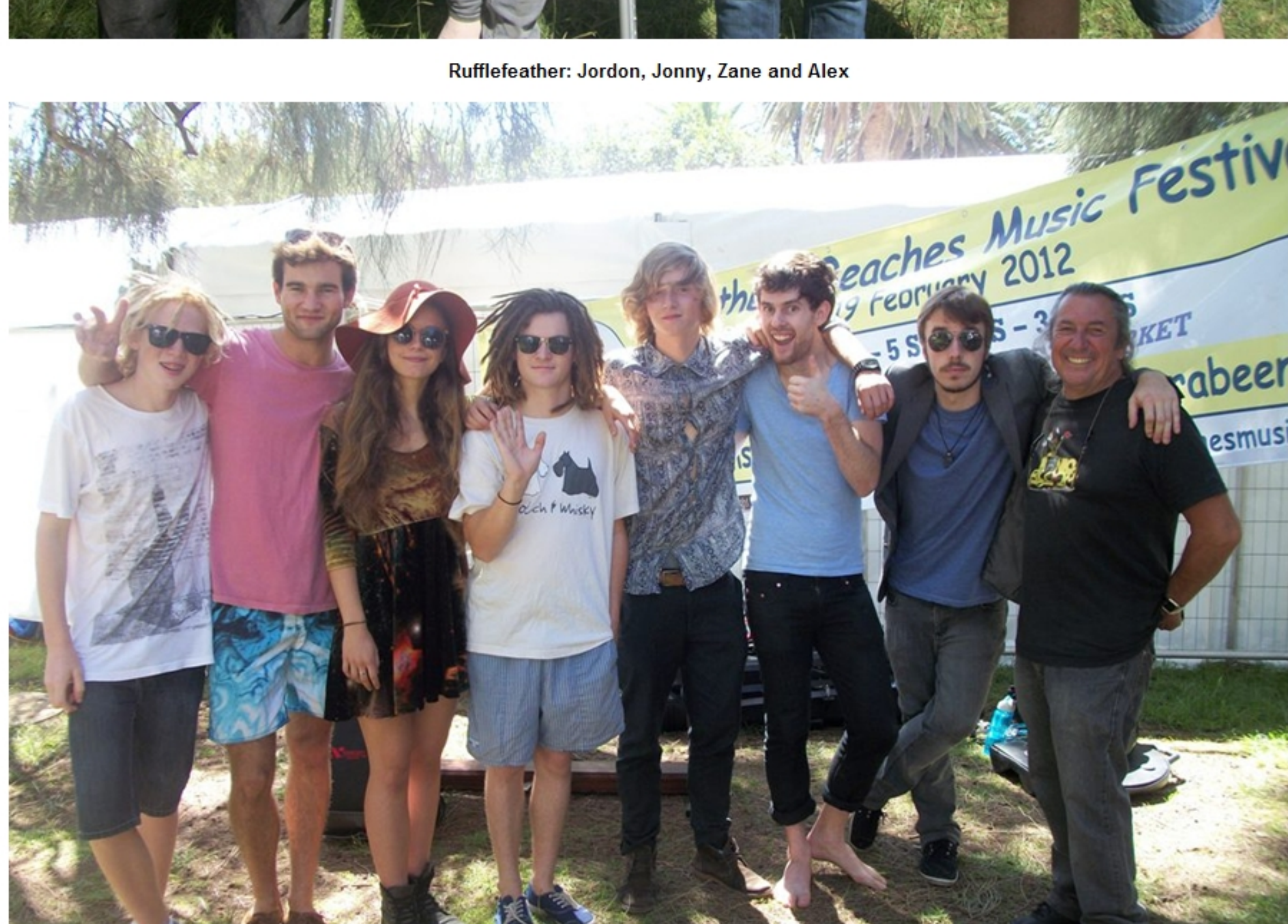
Malo Wins Young Bloods 2012



From Left: Max Carpenter, Paul Robertson, Malo: Vocals/Guitar: MALO - Drums: Josh Reeves - Bass: Sam Nicholson - Second guitar: William Gumley - Cello: Ella Seabrook - Keyboard: Bohdon Andrews-Wood



Rufflefeather: Jordan, Jonny, Zane and Alex



Malo members with Matt Dewar, Tom Johnson and Evan Jeffrey

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This Weeks Articles

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[Such is Sumba](#) by Matt Hart

[Wetlands 'ain't wot they used to be' and will change tomorrow](#) by Dr Peter Mitchell, co-author of *Exploring tidal waters on Australia's temperate coast'*



Profile: In February 2012 we focus on Organisations, Clubs and Environment; Community Connect's Pittwater Community Hub at Mona Vale by Reg Barlow.

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 Bopulators](#) [Pittwater Camera Club](#) [Dragonfly Environmental](#)



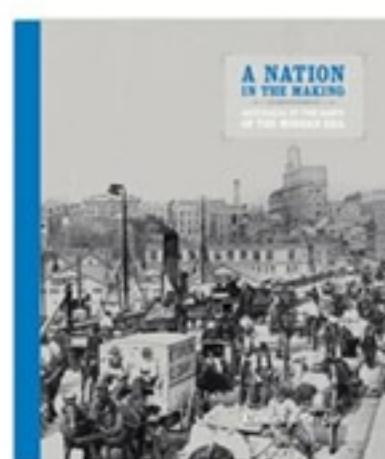
History: February 2012, Pittwater Landmarks; landmarks may be buildings, landscape features or achievements. PETROGLYTHS: ABORIGINAL ROCK ART ON THE NORTHERN BEACHES by John Ogden, author of *Saltwater People of the Broken Bays*

Previous History Pages:

[Marie Byles](#) [Lucy Gullett](#) [Kookoomgilgai](#) [Frank Hurley](#) [Archpriest JJ Thery](#) [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](#)



Park Bench Philosopher: *Murrillee's (Australia's) Constant Season of Myrrh*; the end of summer brings bottlebrush and eucalypt flowerings, all of the myrtaceous family



Books: February Inspirations; time to grab some great stories and guides to infuse your year with positivity !

Old Books: February; Australasian Wireless Review magazine February 1923 AND: Godey's Lady's Book and Magazine, February, 1864, Volume LXVIII, (Volume 68); stories, crafts and fashions



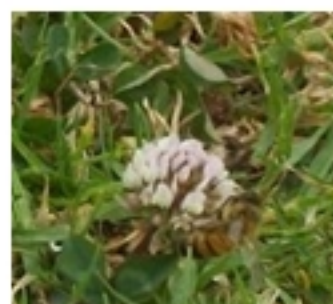
Events: HIAM Health, Pray The Devil back to Hell Movie screening, Ceramics and Poetry Comps. from PCA, Probus BBQ Notice, AvPals February Courses, Manly Surf-Fest, Community Club Notices, Book Fair, Plant Trees, Bopulators, Friends of Narrabeen Lagoon Catchment Activities, State Library Talks, Canning Track Art, History Comp., Council Events and more.



News From our Inbox: Save our Seas, Genuine Tall Ships in Quirky old movies, Sower Statue, Lithuania, New HarperCollins Comp. the Bridport Prize; Voiceless \$15,000 Short Story Comp. Weather Photo Comp.



Community News: Internationally respected Professor to give Talk in Pittwater, Manly Surf Winners, Koala not saved yet, Sustainability at CEC, PB Mermaids Paella and Raffle with fantastic prizes, Ray of Sunshine, Ceramics Awards, Council's Notices and more.



Environment: Summer Creature Features (**Nocturnal II Gliding Possums**), **Coee Newsletter for Feb with Bushcare Notices**, New Saltwater and Marine Research from CSIRO, links and Profiles on local Environment groups and organisations and more.



Lynda Hill: Update 21.2.12: Purposeful Movement Vs Petrified Motion: February's Pisces New Moon



Pictures: Late Summer in Pittwater; Seagull puddling and Australian Myrrh breaths unfolding ...



Youth: Australian Poets(Pittwater Lady **Dorothea Mackellar**), **PCA Ceramics & Poetry Comps. and Drama at the Library**, Young Blood Music Competition and Northern Beaches Music Festival, National Year of Reading 2012: Links for local websites for, about and by Youth.



Seniors: Jeff and Freedom (eagle story and surviving cancer; beautiful!) **Seniors Week 2012 Listings for WHOLE of March**, link to Seniors Online Newspaper and Information regarding local Support organisations and Education Activities.



Community Clubs: Updates on Activities and links to sites.



Artist of the Month: February 2012: Adrian Boddy's stunning photos of Pittwater



Reflections by George Repin. **This week; The Seagull at the Melbourne Festival in 1991**



DIY Hints: Privacy Screening Hardwoods by Bruce Crutcher



Collector's Corner: Fowler's Fruit Bottling Kits; not just for collectors as all the summer fruit comes in



Food: Plums: late Summer Seasonal, some history, health benefits and a Spiced Plum Chutney recipe.

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Such Is Sumba By Matt Hart

The stark differences between some people and others in Sumba is most gaudily evident when driving out of the islands most famous landmark – the surf resort Nihiwatu. There, Westerners seeking the thrill of one of the best left-handers in the world indulge in the finer sides of life – all the frills that you would expect from a boutique resort. Not more than 2 miles from the entrance to the resort, a girl, no more than 10 years of age, walks barefoot along a path that cuts through the dry hills – she carries a bucket of water on her head and one more in her hands. Her village is likely to be a few miles away – an arduous task for anyone, let alone someone so young. It is this gap, between the luxury and the poverty that Sumba Foundation Australia hopes to close – it is this reality that people like Dr Stephen Nolan, Dr Claus Bogh, and Claude Graves are working to extinguish.

It was not until mid 2011, when I first met Dr Nolan, that I had even heard of the island of Sumba. I was lucky enough to accompany him and his wife, Kathryn, to the island in October. It was during this trip that I became acquainted with the work of Sumba Foundation Australia, and the beautiful Sumbanese population.

The Sumbanese truly do have it tough. They live on one of the most barren tropical islands imaginable. There are green mountains and fields for miles, but crops do not flourish. Food is not plentiful - water even more scarce. What we in Australia take for granted – a single glass of clean, fresh, drinking water - is a rare luxury in Sumba. What's more is they have one of the highest rates of malaria in the world outside of Africa. The Sumbanese discuss their experiences with the disease, the way we discuss our troubles with the common cold. It is for these reasons – the widespread suffering but the steely resolve of the Sumbanese people – that SFA was created. Dr Nolan's philosophy, that he views success by the contributions an individual can make to his fellow human beings, is inspiring apparent through the work of SFA.

The benefits that Sumba Foundation Australia bring to the people of Sumba are far-ranging but most vivid when you walk through villages which now have access to clean drinking water. Water is life and without these wells and water tanks, funded by SFA, many of these people would no doubt develop water borne diseases from drinking unsanitary water. What's more is women are now able to care for their children in the manner they would like because they no longer have to walk for miles to the nearest watering hole or river.

In 2011 water projects continued to form an important part of the work carried out by SFA in Western Sumba. With the help of Ozforex (Welajung and Patiala wells) and Hurley (Lolowo well) and committed individuals like Jeff Thompson (CEO Jobwire), who has committed to raising the money for one of the largest water projects thus far in Western Sumba (Welowa Water Project), SFA has been able to provide fresh drinking water to thousands of men, women and children over the year. Our visit to Sumba in October highlighted the far-reaching benefits of these projects. Not only has there been a huge improvement in community health, but more and more children are going to school to increase their level of education. When the children are at home, mothers are more able to care for them as they no longer have to travel miles and miles by foot in order to fetch water from the river. SFA is proud to be involved in these life changing projects – the joy on the faces of the school children enjoying such a simple thing as a glass of water makes all the hard work the foundation puts in all the more worth it.

With the continued efforts of Dr Claus Bogh and his team, the Malaria Training Centre in Waikabubak has continued to flourish. Every month, more and more Sumbanese are being trained to a WHO level in order to help eradicate the malaria epidemic on the island. The existence of such a training centre is only made possible through the continued efforts of committed humanitarian leaders such as Dr Bogh and with the help of funding from you, the Australian people. SFA would like to thank all those who have already contributed to this work, which has seen the incidences of malaria decreasing by over 75%!

Sumba infected me. But it was not the mosquitos. Or the tuberculosis. It was the Sumbanese people. The beautiful children – their infectious laughter. Their timeless, unashamed, beetle-nut-riddled smiles and their unwavering courage. In the face of constant, deadly disease, hunger and extreme poverty, the Sumbanese find hope, humour and happiness. The aim of SFA is not to give the Sumbanese a hand-out, but a help-up. It is the hope of people like Dr Nolan and Dr Bogh that with the help of SFA, old-age, not malaria, TB, thirst, nor hunger will soon pose the biggest threat to the lives of the Sumbanese.

Sumba Foundation Australia At:
<http://www.sumbafoundation.org.au/>



2012 Fundraising Party

As in previous years, surfing and sporting legends will be out in support of the Sumba Foundation Australia's 2012 Fundraising Party which will be held in Sydney on Friday June 1st.

Triple J Unearthed band [Lange](#)

[Theory](#) will provide entertainment for the evening and there will be a range of auction items as in previous years. Key auction items will be announced closer to the event.

Tables of 10 can be purchased for \$2500 or individual seats are available at \$250 per head.

Dress code: Lounge. RSVP: 1 May 2012

All enquiries to Kathryn Nolan on 0414 645 080 or email: nolan7@iinet.net.au



Patiala Bawa water project photo by Kathryn Nolan.



With Dr. Bogh (left) and Dr Nolan are: Enok (child) Dad (Hina) and Hada (Mum). They come from Tarimbang East Sumba. Photo by Kathryn Nolan

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Previous Article: [The Sumba Foundation Australia:](#) Pittwater's Dr Stephen Nolan shares information about his work to eradicate Malaria



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Above: Typical mangrove woodland in Sydney estuaries subject to daily tides. This summer mangrove fruiting has been very heavy and mudflats like these have thousands of young trees taking root. Very few will survive.



Above: The boundary from mangrove woodland, through saltmarsh dominated by beaded glasswort *Sarcocornia quinqueflora*, to freshwater reeds in the background. The difference in ground level may only be 15-20cm but that is sufficient to change soil salinity and degree of saturation providing conditions exploited by the different plants.

Below: New Zealand spinach *Tetragonia tetragonioides*, an interesting plant found on the edge of the saltmarsh. Captain Cook served this to his crew in New Zealand to combat scurvy. Joseph Banks took seed back to Kew Gardens and it became the first Australian and New Zealand plant to be 'domesticated' internationally. It was a critical part of the diet for the first settlers in Sydney Cove and in the early 1800s it was popular in Britain as 'Botany Bay Greens'. Widely cultivated across Europe and America it became a weed in many places. Although recognised as 'bush tucker' there are few records of it having been used by Aboriginal people and that may be because the leaves have a high level of oxalic acid that limits their digestibility in the raw state.



Wetlands 'ain't wot they used to be' and will change tomorrow.

By Dr Peter Mitchell

Following Phil Colman's [article](#) in Issue 44 of Pittwater Online I think we should acknowledge the extent of the change that has occurred in wetlands along the Northern Beaches even within the span of our lifetimes. Whilst we admire the water of Narrabeen Lagoon and enjoy the recreational opportunities it provides how many of us are aware that the area of this lagoon, particularly its fringing wetlands and reed beds have been shrinking thanks to landfill activities since the 1950s? The same is true for every other coastal lagoon and estuary margin north from Manly.

Golf courses occupy parts of Manly, Long Reef and Mona Vale wetlands. Other playing fields have almost swallowed Curl Curl lagoon, and Narrabeen High School is built on part of a greater Warriewood wetland where there were once freshwater reed beds and swamp mahogany forest. The present day Warriewood wetland, saved by concerted community action over nearly 20 years is but a shadow of the original.

In Pittwater there have been lots of changes since 1940. Overall there has been a 96% decrease in saltmarsh (now a Threatened Ecological Community in NSW), 28% decrease in sea grass, and 121% increase in mangroves. In Careel Bay in 1940 there were 18 ha of saltmarsh, and 2 ha of mangrove (mainly on the banks of the creek). Kylie Wilton showed that balance reversed to 1.5ha of poor quality saltmarsh, and 12ha of mangrove by 1996. On Google images it is easy to see that part of the change was the 7 or 8 ha of wetland converted to playing fields but since 1996 the saltmarsh area has remained about the same but mangroves have covered another 5 or 6ha, expanding into the bay.

Careel Bay has some exceptional mangrove forest with an interesting boardwalk from Hitchcock Park, but the former saltmarsh may have been more valuable ecologically. This area is managed as a special environment partly to meet the Federal Government's international agreements on migratory birds, JAMBA and CAMBA, but there are concerns that bird numbers have declined since the 1970s and we need to understand what is driving change.

Kylie listed a number of possible causes and it is very difficult to identify the more important ones:

- There may have been an earlier phase of mangrove clearing but no evidence has been found to support this.
- There may have been changes in the tidal prism and possibly compaction of the bay floor sediments.
- Rates of sediment supply and nutrient levels certainly increased as the catchment was urbanized.
- Changes in rainfall and flushing can affect saltmarsh boundaries.
- Sea level is known to have risen about 100mm in the 20th Century (Fort Denison data), a rate consistent with global figures.
- All of the above!

Does it matter? Yes it does because this story is not limited to Pittwater as similar patterns of coastal wetland loss and paradoxical mangrove expansion have been documented in Botany Bay, Georges River, Lane Cove River, Homebush Bay, and in other places through to southern Queensland. Setting aside the direct human causes it seems likely that we looking at early signs of climate change and sea level rise. If so, then what is the future of our coastal wetlands if sea level does increase as predicted by 380mm by 2050 and 890mm by 2100? Both of these dates are within the lifetime of some of today's children.



Phil Colman and Peter Mitchell, authors of 'Exploring tidal waters on Australia's temperate coast' will be giving a Talk on this excellent book at Mona Vale Library on the 28th of February 6.30 - 8.00pm. Bookings are essential, tel. 9970 1600. Cost: \$8/\$6 concession for Pensioners and Students only. Cards must be shown. The book is available at Berkelouw Books Mona Vale, or Dee Why, or The Coastal

Environment Centre in Narrabeen, (all \$22), or groundtruthmitchell@gmail.com (\$25 incl. postage).

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Murririllee's (Australia's) Constant Season of Myrrh

A giant red trunked, dark green leafed tree is the elder of all trees in Murririllee. It is songnamed the Murr tree or the Red River Gum. The meaning in this song comes from the turning in Murririllee verse when waters flood the belly of this place and stream in season among red river tree root. This large red flow has made rise this flow of red Murr tree. They are kismet. Everywhere we go through the forests the blood through trees of many colours and widths and heights will be Murr tree blood. The colour of leaf may be different, its shape and size and kind may vary, but the taste will be the same. The spread of cloud like treecrown and the places they gether in, by river banks, in snows, through valleys and across open plains, will mark their changes, but they will all be blood of the Murr tree. They have all been sung from the Murr tree tide and drip Murr tree resinous oil. They are Yarran, Mulga, Myall and Mallee, and they are the cascade a font risen from MollinUmrill bears out. This is the first meaning-being of Murr-irillee. This gardens' first dream, its soulname, means 'flow of meres of trees' ... *Murririllee*.

This makes its breath, that which fills songname Murririllee, pure murr, or, as it is sung in my homeland, pure myrrhh. All air, and every breath taken, is murr and myrrh in Murririllee. And this is how MollinUmrill, a salty womb for such a green fountain, has breathed out myrrh murr, the breath made by trees. Murr tree is an Onkaparinga, a mother tree.

Beneath its green boughs live all others, acacia, mallee meres, bunyabunya, and the furred and doe eyed who cleave to Murr trees blue haze air. KhungUru is one of these doe eyed creatures. They are buff and red brown in fur. They have a long thick tail, two large feet and two small paws halfway up their chests with which to cup their young or hold their food. The large tail propels them away from and to the ground when they move.

They are dreamed WhallUru if they live in mountains, and Whallibi if they hop through green vales, are PataGoRang (paddymelon) if they prefer the ferns and fruits of warmer ravines. Tamma is songname for these creatures in west measures of Murririllee, and Leger the namesong of their inland cousins. They can be small and large and larger. They can be resplendent in forests and across rocks or bound as one wave, one two, one two, across great red plains. They are one to one, kismet, with Murririllee garden.

Wordsmithing: From Village Green Glossary

EUCALYPTUS 'protection' in plant meaning and 'good covering' from Latin; eu 'well, pleasant, good, true' + Greek; kaluptos 'covered'. Myrtaceous trees of Australian genus eucalyptus with several varieties across continent which flower, providing nectar, in different areas in a wide range of coloured blooms through the twelve months of each year. Thus providing the 'myrrh' breath and a Tree of Life parallel in providing a continual feast. **EUCALYPTUS CAMALDULENSIS** The red gum or Red Murr Tree (**RIVER RED GUM**) River red gum is large spreading and grows to 45metres in height. Other related Red Gums; Smooth-bark Apple, Sydney Red Gum (*Angophora costata*).

MURR 'myrrh' from Arabic.

MURRA 'branch of a tree' from Wemba-wemba.

MURRA from Latin; murr(h)inus 'belonging to murra'. A substance, perhaps flourite, porcelain or agate, from which ancient Romans made vases, wine cups etc.

MURRAI 'man' from eastern Queensland aboriginal languages.

MURRAMURRA 'ancestral being' from Diyari, north South Australia.

MURRANG 'mud' from Wiradjuri, river systems of New South Wales.

MURRAY 'settlement by the sea' from Scots, Celtic. Surname now used as a first name, first from Moray 'mariner', in north-east Scotland. In Old Irish is Muireadhaigh 'descendant of muireadach (mariner)'. See NAIRN.

MURRAY Principal river of Australia. Rises in the Australian Alps, near Mount Kosciusko in New South Wales and flows west, northwest into Riverina, district of Victoria and then south into southeast South Australia and into the Indian Ocean at Encounter Bay. Length 2590km/1609miles. Main tributary is the Darling River, rising in eastern Highlands and flows southwest to Murray, length 3075km/ 1910miles. Others are the Lachlan, rising in Blue Mount-ains of New South Wales, length 1485km/920miles and the Murrumbidgee, rising in Australian Alps and flowing north then west to Murray, length 1690km/1050miles.

MURREY 'mulberry' from Old English.

MURRI 'people' from Wiradjuri, New South Wales, Australia.

MURRIRILLEE 'Garden that is a Cup and Flow from the Ocean'; Soulname from Dreamsong. As Songname is; 'Flow of Murr Trees'. A MeaningBeing. Songname and Soulname for Australia during the Chanting and Coming Home. From MURR; regions akin to Myrrh, or Murr (breath of trees/or breath made by trees which is perfumed, or tanged with various regions trees, in this case the MURR TREE, as much as a Murr Delta flow. These two, equally combined make Murr; Myrrh Tree Flow. **MYRRH** 'Gladness' from Old English myrre, via Latin from Greek murrha, ultimately from Akkadian murr, compare Hebrew mor, Arabic murr. African and South Asian bursaraceous trees and shrubs of the genus Commiphora, especially commiphora myrrha, that exude an aromatic resin. The resin from such a plant used as incense, in medicine and perfumes. The MYRRH BREATH, of MURR, through all gardens. See MYRTACEOUS.

Soulname as Songname has elements from all traditional languages of Australia so as to emphasise all these peoples, and their song languages, as the keepers as much as knowers of this island. Muurruu 'path, road' from Wiradjuri. Murru 'myrrh' from Akkadian. Marr 'sea, lake' from Gaelic, Muir 'sea' from Celtic, Murra 'branch of a tree' from Wiradjuri, Murrumurra 'ancestral being' from Diyari, Mur 'bright' from Diyari, Murrnang 'mud' from Wiradjuri, Murrumbidgee 'big water' & 'ever flowing' from Wiradjuri. From IRRILLEE; akin to norths' (Ullumunn and Mollhullin) ILL + LILL 'lillied grasslands' the Song (dream) of liliaceous grass, thin sheets of water, verdant greens and lily (lotus) ponds. Also from Tribal Name; Murririllee, with element of IRI 'country' from Murrinh-Patha Language, Western Australia. **MALLEE** 'thicket' from Wemba-Wemba, also a district of NW Vic. and shrubby eucalyptus, esp. E. Dumosa. Thus MURRIRILLEE contains elements from east to west of island.

MURR TREE is the River Red Gum Tree, *Eucalyptus camaldulensis*, which can grow to 45 meters in height and be 4 meters wide. It has a red coloured timber. Related is Sydney Red Gum, *Angophora costata*. In regional original languages Kamurru from Paakantyi; meaning 'belonging to the river (Darling river) people', Apere; from Arrernte people, Central Australia, (Uluru), Wirrangaa from Yindjibarndi people, Pibara, Western Australia. The Murr Tree, or Red River Gum, grows along all inland waterways, from Alice Springs to coast. It requires the season of flooding for its survival. The flooding of the forest floor induces seeds to set and seedlings to germinate. This flood (usually mid-winter) also brings a shallow tide of fish among the roots of the stately Red River Gum.

MYRRH 'Gladness' from Old English myrre, via Latin from Greek murrha, ultimately from Akkadian murr, compare Hebrew mor, Arabic murr. African and South Asian bursaraceous trees and shrubs of the genus Commiphora, especially commiphora myrrha, that exude an aromatic resin. The resin from such a plant used as incense, in medicine and perfumes. The MYRRH BREATH, of MURR, through all gardens. See MYRTACEOUS.

MYRRHA Feminine name akin to Mary, from Greek.

MYRTACEOUS from Latin myrtus 'myrtle', from Greek murto. Of the Myrtaceae, a family of sub-tropical and tropical shrubs and trees which have oil glands in the leaves. Includes; eucalyptus, clove, guava and myrtle.

MYRTLE 'Love, Everlasting Love'. Hebrew emblem of Marriage; Remembrance. From Medieval Latin myrtilla, from Latin myrtus, from Greek murto. Any evergreen shrub or tree of myrtaceous genus Myrtus, especially Myrtaceous communis, a South European shrub with pink or white flowers and blue-black berries. Hebrew name of Esther equates with Myrtle. Symbol of love and fidelity, worn, until recently, or carried by brides. Wives would then try to grow the plant from cuttings in their bouquet or wreath.

Extract from *Coming Home*, Village Green. 1985-2012. Copyright A J Guesdon 1985-2012. All Rights Reserved.



Park Bench Philosophers

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

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

Contact us at: pittwateronlinenews@live.com.au

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



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One thing we all think hard about as we get older is the importance of dignity and maintaining the independence of our elders. A non-profit organisation that works to ensure this occurs and also offers a way to invest in community as a volunteer is Community Connect.



The Pittwater Community Hub on the evening of the official opening by Pittwater Mayor Harvey Rose.

Pittwater Community Hub

Shop 17, 20 Bungan Street, Mona Vale
T: (02) 9999-6062
Contact email: info@norbeachconnect.com.au
Website: <http://www.northsideconnect.com.au/contact-us.html>

Dementia Carers Support Group Pittwater

Date: Monday, February 27, 2012 - 10:00 am
Duration: 2 Hours
Contact Info: If you are interested in joining this group please phone: 9931-7750
Email: info@norbeachconnect.com.au

This Group is held on the Last Monday of every month
Venue: St. John's Anglican Church, 1624 Pittwater Road, Mona Vale

Disability Carers Support Group

Date: Friday, March 16, 2012 - 10:30 am
Duration: 2 Hours
Contact Info: If you are interested in joining this group please phone: 9931-7750
Email: info@norbeachconnect.com.au

This Group is held on the 3rd Friday of every month except in school holidays
Venue: Cromer Community Centre, 150 Fisher Road, Cromer

Volunteer Opportunities:

Friendly Visitor

Volunteer needed to enrich the quality of life of a lady in a nursing home on Northern Beaches, from Queensland, well travelled, loves animals, enjoys knitting, crochet, movies & news. A person with a nursing background would be the most suitable.

Disability Group Assistant

Join a group of friendly volunteers that support people with physical disabilities and who actively participate in leisure and learning opportunities - Warriewood area. Assist with craft projects, meal preparation and outings which include picnics, movies bus or ferry trips! Join us last Sunday of the month 11am - 3pm.

Drivers - Bus & Car

Do you have an LR drivers licence? Friendly, confident volunteer drivers needed for popular community organisation that provides mystery tours and outings for elderly people in the Northern Beaches area. We also need volunteer drivers with normal car licence to take our clients to medical and other appointments in Manly, Warringah and Pittwater LGAs.

Gardening Team

Our gardening teams need more volunteers to transform the gardens of elderly and disabled clients throughout the Northern Beaches. If you are active, friendly and enjoy being outdoors, come and join the team on a Tuesday or a Thursday morning. No experience necessary.

Shopping Helper

Volunteer needed to accompany a man with an intellectual disability in Hostel bus to shops at Warriewood Mall for 2 hours on a Monday morning. Transport is provided there and back.

To find out more about volunteering and the above opportunities please phone for an interview at Community Connect Northern Beaches
DEE WHY or MANLY 9931 7777 or MONA VALE 9999 6062



Left: Peter Risby Manager of Community Connect Gardening a program designed to keep older folk in their homes longer and John Gillham Executive Officer of Community Connect Northern Beaches.



From Left: Valera Van Elmpt the Multi Cultural Carers Coordinator with Suzette Barrack the Information Officer for the Community Hubs at Dee Why and Mona Vale with Vesna Perisic the Volunteer Coordinator.

Pittwater Community Hub

by Reg Barlow

How long has Community Connect Northern Beaches been going ?

Northern Beaches Community Services Ltd trades as Community Connect Northern Beaches. It has been offering services to the Northern beaches for almost 43 years. The current site at 30 Howard Avenue, Dee Why has been going for 20 years plus.

What are the main aims of this Community Service Organisation ?

Our mission statement is: "To provide appropriate community services creatively, efficiently and effectively." This is the main focus of what we do is to give clients the dignity and respect they so richly deserve. This is especially the carers, gardening and the volunteer programs. The gardening and carers programs deal with people in the latter years of their lives. The volunteer program also helps older people who want to give something back to the community by searching for the volunteer opportunity that best suits them.

This means all our staff and volunteers are focused on helping the community commensurate with our funding guidelines.

What's coming up this year that our residents should know about ?

We moved to Mona Vale in July last year. 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.

The services we provide differ between centres. As the demographic in Pittwater LGA does not have the potpourri of nationalities there is really no need for English classes at the Pittwater Community Hub (PCH).

However, regarding the other services like Community Connect Gardening (CCG) which is aimed at keeping older people in their homes longer without resorting to hostel or aged care programs. Peter Risbey runs CCG along with Kim Ald and Caroline Carter. CCG has about 180 volunteer gardeners who garden on a regular basis. CCG often will garden six days a week. The wait for the first service is about three months but once you have been serviced you will get your garden done every year around the same time.

The Carers, Volunteer and Information programs are aimed at the whole of society.

Vesna Perisic is the coordinator of the volunteer program. This program sources volunteers for all NGOs across the northern beaches. If Lifeline, Community Transport etc need new volunteers Vesna gets the word out. Volunteer Interviewers access a prospective volunteer and then refers them on to that agency.

Robyn Brooks, Ana Kardum and Valeria VanElmpt run the Carers and Multicultural Carers Program.

These Programs provide information, referral to services and advocacy as well as individual and social support. We run courses such as:-

Dementia Education, information courses for carers which includes stress management.

Events for Seniors Week, Dementia Awareness Week and Carers Week.

In addition we have monthly carer support groups as follows:-

Dementia carers (3) General carers, Disability carers, Mental Health carers and a Social Interest group

We also have Serbian, Spanish, Italian and Chinese carers groups.

Reg Barlow is the manager of information services and has oversight of the Dee Why and Mona Vale facilities. Apart from connecting people with information we offer advocacy for those who struggle to understand state or federal government forms. (Centrelink, NSW Housing and other forms).

We will be providing a free legal advice service on a Saturday morning and appointments are necessary. While we offer free English conversation classes and English for beginners at Dee Why there has been no enquiries for that service at PCH.

What is the age range for those who may use these services ?

The age range is across the spectrum but we do not do any youth work because funding bodies require a large premises that can provide a full range of pastimes like computer gaming, video and audio studios and a host of other physical activities like Gym and other activities designed to help improve a person's self esteem.

What is CCNB's favourite place in PITTWATER and why ?

As far as our favourite place across the northern beaches my personal favourite is Newport along the waterfront where the pier is because you can look across a sea of yachts and other pleasure craft. This is especially the case as the sun rises in the morning and sets in the evening. My hobbies are audio visual work and taking digital stills and HD video at these special times of the day is a treat that's hard to describe.

Does the CCNB have a motto' or favourite phrase it tries to live up to ?

Our mission statement at the beginning of this piece is a goal that everyone aspires to when helping people who need a helping hand no matter what it is.

"To provide appropriate community services creatively, efficiently and effectively."

Pittwater Community Hub

Shop 17, 20 Bungan Street, Mona Vale
T: (02) 9999-6062
Contact email: info@norbeachconnect.com.au
Website: <http://www.northsideconnect.com.au/contact-us.html>

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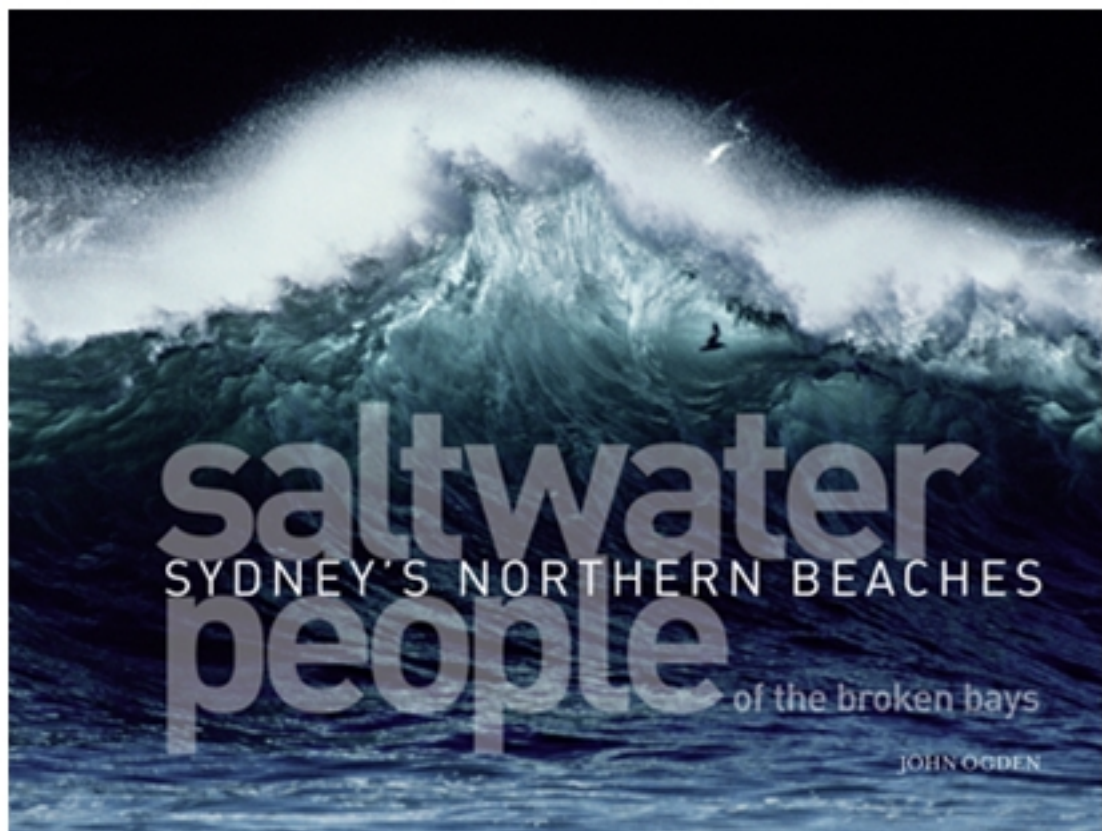


Bondi Golf Course photo copyright Neil Paton 2007



Whale Rock Carving on South Coast of NSW

John Ogden was the Western Australian correspondent for Tracks magazine. On visiting the Tracks office in Whale Beach in the late seventies, he had found the place where he wanted to live. It would take almost two decades to get there however, as he began to work in the film industry: shooting surf films and documentaries on four continents; drama for film and television; music videos for the likes of Prince and Michael Hutchence; and many commercials all over the planet. Cyclops Press is based on the northern beaches and it is appropriate that Saltwater People of the Broken Bays explores the history and character of this incredible shoreline. John Ogden has worked for decades with Aboriginal culture, including a role as a mentor for the Aboriginal Healing Group.



Saltwater People of the Broken Bays explores the incredible history and natural beauty of the coastline between North Head and Barrenjoey. These golden beaches were the birthplace of Australian beach culture. It was here that beach bathing, surf life saving and board-riding all began in this country. What is not so well known is the strong link to the ocean of the Aboriginal clans who enjoyed a highly sustainable lifestyle along this coastline for 20,000 years before the arrival of the Europeans. The book reveals the spirit of the northern beaches through the lens of history, and explores our relationship with that energized zone where the ocean meets the shore. Buy at www.cyclopspress.com.au



PETROGLYTHS

ABORIGINAL ROCK ART ON THE NORTHERN BEACHES by John Ogden

Traditional Aboriginal culture along the northern beaches was decimated within a few short years following the arrival of the first fleet with its cargo of over a thousand soldiers and convicts. In fact the destruction was so rapid that there was little record made of this heritage. There are however thousands of rock engraving sites around Sydney and many of these are on the north side of the harbour. The petroglyphs carved into the Sydney sandstone are comparable in artistry and meaning to famous sites in China, South Africa, France, India and Spain. All these countries catalogue and protect their Indigenous art, but to our shame there is no national catalogue for rock art in Australia.

One of my favourite engraving sites is right next to the Mona Vale Road and is possibly endangered by long overdue road widening. Both the RTA and the Metropolitan Local Aboriginal Lands Council are aware of the issue and claim that the site is safe, but with no room for the widening to happen on the eastern side of the road it is easy to imagine that the rock platform with the engravings will become an island wedged between four lanes of traffic. This site already serves as an interesting analogy to the contrasts of the culture of the first people and that of the European interlopers. The first has a sense of stillness and timelessness, while the increasingly noisy culture of the later is demonstrated by the rush of traffic, oblivious to the magic they speed past.

Petroglyphs (carvings into stone surfaces) are not just graffiti or idle carvings created from boredom. For the Aborigines they represented a direct link to their ancestors and their country. The labour made in making these engravings was considerable, and they were regularly re-engraved during ceremony. Like many other sites, the Mona Vale Road site is on the ridge of a hill, removed from areas frequented in daily life. It is believed that these locations, often with panoramic views, were reserved for mens' rituals. In this case, the 7 metre carving of a whale with the nearby outline of a person holding a club may have been a ritual magic place where rituals were conducted to call the whales in to be beached, and subsequently eaten.

I am reluctant to reveal the location of this site because Aboriginal petroglyphs are not always treated with respect, and the wear and tear of visitors will speed their destruction. It is estimated that Aboriginal rock engravings lose about half a grain of rock per year. Early explorers in the 1880s measured Indigenous rock engravings to be around one inch (25.4 mm) deep, but this figure had dropped to 16mm in the 1950s, then 8 to 10mm in the 1990s, and around 5mm in 2008 [1]. Even if not directly exposed to rain, even dew settling on the rock and environmental pollution will cause erosion. In traditional times Aboriginal people periodically regrooved their rock engravings, but today regrooving is very rare since it is often difficult to find traditional owners with the authority to renew them.

Archaeologists predict that half the Aboriginal rock art sites in Australia could be lost in less than 50 years. In fact, it would not be too much of a stretch to say that within a few decades you will not be able to point out rock engravings you can still see today. Little is being done to protect these sites. Crude graffiti can often be found scratched or painted over thousand-year-old images. When Rachel Perkins was scouting locations for her television series First Australians she had to abandon plans to film in Bull Cave (further south in Dharawal country) due to graffiti.

"We went to film there because that was where the First Fleet's cattle escaped and they wandered down south and they went into Dharawal country and the Dharawal people painted this extraordinary image of this massive bull on the cave wall. It is one of the first pieces of contact art, a really important site. We went down there to film and of course, someone has spray painted across it in red letters: 'This is bulls***' and painted a big penis across it, so of course we can't film there." [2]

Aboriginal sites have been allowed to be 'disturbed' or destroyed by state governments. Between 2005 and 2009 the NSW government approved 541 permits to destroy or disturb Aboriginal heritage sites [3]. Not a single application to do so was rejected in the first 10 months of 2008. On 1 October 2010, however, new procedures commenced to provide a transparent, consistent and effective approach to protecting and managing Aboriginal cultural heritage in New South Wales. These changes are due to recent amendments to the Aboriginal heritage provisions in the *National Parks and Wildlife Act 1974 (NPW Act)*. The National Parks and Wildlife Amendment (Aboriginal Objects and Places) Regulation 2010 represent an initial reform while the NSW Government undertakes a more complete review of the laws that protect Aboriginal cultural heritage in NSW.

[1] Les Bursill, Aboriginal archaeologist
<http://www.creativespirits.info/aboriginalculture/arts/aboriginal-rock-art.html#ixzz1mWZEaKoD>

[2] 2Deadly 2006 ATSILIRN Conference, keynote address by Rachel Perkins.

[3] 'Site protection a success: NSW govt', NIT, 16/4/2009

Read more:
<http://www.creativespirits.info/aboriginalculture/arts/aboriginal-rock-art.html#ixzz1mWWs4K75>

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'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.

Seniors Week 2012

Sunday 18 March – Sunday 25 March 2012

More at: <http://www.nswseniorsweek.com.au/home>

Pittwater Council will have a Booklet available on their website from the end of February on all Pittwater activities for Seniors Week; [HERE](http://www.pittwater.nsw.gov.au).

Community Connect Northern Beaches

At: <http://www.northsideconnect.com.au/>

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

Pittwater Online News is running a Profile on Community Connect Northern Beaches in Issue 46

Avalon Computer Pals New short courses



Feeling a little insecure when using your personal computer? The volunteer trainers from AVPALS are offering a short course (two hours a session over two days on consecutive weeks). This course will appeal to all seniors who want to learn the basics of sending emails, searching the Internet and general computer navigation!

Course notes provided. To be held in the beautiful Newport Community Centre. Avpals thanks Pittwater Council for the provision of these facilities.

Date: 21st and 28th February 2012

Time: 1.30 - 3.30 pm

Cost: \$20 in total plus \$25 once only joining fee for Avpals. If you are a current student, this fee is waived.

Catch up with your family! Enrol today, strictly limited places. Ring 02 9999 1348 or 02 8064 3574 to enrol or for more information.

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.

Contact Community Care Northern Beaches by clicking their logo:



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

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

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

Senior Movers

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

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



www.seniormovers.com.au

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

Freedom and Jeff

c/- Irene Anderson ([Super Spiderwoman](#))

This is the kind of story you need when it seems like the world is spiralling out of control..... Not many people get a picture of this proud bird snuggled up next to them!

Freedom and Jeff



Freedom and I have been together 11 years this summer. She came in as a baby in 1998 with two broken wings. Her left wing doesn't open all the way even after surgery, it was broken in 4 places. She's my baby.

When Freedom came in she could not stand and both wings were broken. She was emaciated and covered in lice. We made the decision to give her a chance at life, so I took her to the vet's office. From then on, I was always around her. We had her in a huge dog carrier with the top off, and it was loaded up with shredded newspaper for her to lie in.

I used to sit and talk to her, urging her to live, to fight; and she would lay there looking at me with those big brown eyes. We also had to tube feed her for weeks.

This went on for 4-6 weeks, and by then she still couldn't stand. It got to the point where the decision was made to euthanize her if she couldn't stand in a week. You know you don't want to cross that line between torture and rehab, and it looked like death was winning. She was going to be put down that Friday, and I was supposed to come in on that Thursday afternoon.

I didn't want to go to the center that Thursday, because I couldn't bear the thought of her being euthanized; but I went anyway, and when I walked in everyone was grinning from ear to ear. I went immediately back to her cage; and there she was, standing on her own, a big beautiful eagle. She was ready to live. I was just about in tears by then. That was a very good day.



We knew she could never fly, so the director asked me to glove train her. I got her used to the glove, and then to jesses, and we started doing education programs for schools in western Washington. We wound up in the newspapers, radio (believe it or not) and some TV. Miracle Pets even did a show about us.

In the spring of 2000, I was diagnosed with non-Hodgkin's lymphoma. I had stage 3, which is not good (one major organ plus everywhere), so I wound up doing 8 months of chemo. Lost the hair - the whole bit. I missed a lot of work. When I felt good enough, I

would go to Sarvey and take Freedom out for walks. Freedom would also come to me in my dreams and help me fight the cancer. This happened time and time again.

Fast forward to November 2000; the day after Thanksgiving, I went in for my last checkup. I was told that if the cancer was not all gone after 8 rounds of chemo, then my last option was a stem cell transplant. Anyway, they did the tests; and I had to come back Monday for the results. I went in Monday, and I was told that all the cancer was gone. So the first thing I did was get up to Sarvey and take the big girl out for a walk.



It was misty and cold. I went to her flight and jessed her up, and we went out front to the top of the hill. I hadn't said a word to Freedom, but somehow she knew. She looked at me and wrapped both her wings around me to where I could feel them pressing in on my back (I was engulfed in eagle wings), and she touched my nose with her beak and stared into my eyes, and we just stood there like that for I don't know how long.

That was a magic moment. We have been soul mates ever since she came in. This is a very special bird.

On a side note: I have had people who were sick come up to us when we are out, and Freedom has some kind of hold on them. I once had a guy who was terminal come up to us and I let him hold her. His knees just about buckled and he swore he could feel her power course through his body. I have so many stories like that...

I never forget the honor I have of being so close to such a magnificent spirit as Freedom. Hope you enjoyed this!

In memory of anyone you know who has been struck down by cancer or is still living with it

Avalon Computer Pals for Seniors



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

a trainer who can help.

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

Article on their Seminar

[The Senior Newspaper Online](#)

Click on logo:



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Summer Creature Features Nocturnal II: Gliding Possums

During our first month of Organisations profiled we were privileged to bring you information on the [Pittwater Environmental Foundation](#) and their work to provide nesting boxes and restore habitat for the Sugar Glider and the Feathertail Glider. These beautiful creatures are considered endangered due to feral pests and habitat reduction in our area.

Sugar Glider



The sugar glider (*Petaurus breviceps*) is a small gliding possum originating from the marsupial family and native to Eastern and Northern Australia. They can be found in any forest where there is food supply but are commonly found in forests with eucalyptus trees. When suitable habitats are present, sugar gliders can be seen 1 per 1,000 square meters provided that there are tree hollows available for shelter. They live in groups of up to eight adults, plus the current season's young, all sharing a nest and defending their territory, an example of helping at the nest. A dominant adult male will mark his territory and members of the group with saliva and a scent produced by separate glands on the forehead and chest. Intruders who lack the appropriate scent marking are expelled violently. At night, they hunt for insects and small vertebrates and feed on the sweet sap of certain species of eucalyptus, acacia and gum trees. The sugar glider is named for its preference for nectarous foods and its ability to glide through the air, much like a flying squirrel.

A sugar glider has a squirrel-like body with a long partially prehensile tail. The males are larger than the females, and their length from the nose to the tip of the tail is about 24 to 30 cm (12–13 inches, the body itself is approx. 5–6 inches). A sugar glider has a thick, soft fur coat that is usually blue-grey, some have been known to be yellow, tan, or albino. A black stripe is seen from its nose to midway of its back. Its belly, throat, and chest is a cream color. It has five digits on each foot, each having a claw, except for the opposable toe on the hindfeet. Also on the hindfeet, the second and third digits are partially syndactylous (fused) together to form a grooming comb. Its most striking feature is the patagium, or membrane, that extends from the fifth finger to the first toe. When legs are stretched out, this membrane allows it to glide distances of 50–150 meters. This gliding is regulated by changing the curvature of the membrane or moving the legs and tail.

Feathertail Glider



The Feathertail Glider (*Acrobates pygmaeus*), also known as the Pygmy Gliding Possum, Pygmy Glider, Pygmy Phalanger, Flying Phalanger and Flying Mouse is the world's smallest gliding possum and is named for its long feather-shaped tail. Although only the size of a very small mouse (65 to 80 mm and 10 to 14 g), it can leap and glide up to 25 metres. Like other gliding mammals, the Feathertail Glider has a skin membrane between the fore and hind legs, thicker than that of the other marsupials like the Sugar Glider, but smaller in proportion, extending only between the elbows and knees. It is monotypical for its genus.

The tail is about the same length as the combined head/body, quite thin, moderately prehensile, and almost hairless except for two obvious rows of long, stiff hairs on either side. The tail, when held straight, looks like a double-sided comb. It is used to grip twigs and small branches, and to control gliding flight: steering and then braking. The coat is a uniform mid-grey, with dark patches around the eyes and often a white patch behind the ears. The underside is lighter, the ears are moderately large and rounded.

The natural habitat of the Feathertail Glider is the eastern seaboard of Australia, and the glider's distribution is from North-Queensland to Victoria. The Feathertail Glider's diet includes nectar, pollen and arthropods. The Feathertail Glider was featured on the Australian 1 cent, until it was withdrawn from circulation in 1991. The 1 cent coin, along with the 2 cent coins, were later melted down to make bronze medals for the 2000 Summer Olympics in Sydney.

All Photographs by Marita Macrae, [Pittwater Natural Heritage Association](#). All Rights Reserved.

Sugar glider. (2012, February 12). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Sugar_glider&oldid=475219651

Feathertail Glider. (2012, January 25). In Wikipedia, The Free Encyclopedia. Retrieved from http://en.wikipedia.org/w/index.php?title=Feathertail_Glider&oldid=473085707



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.

Tweet Like +1



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 and drawings of some of the images and the Guringai, Darkinjung, Darug people are also providing input into the calendar. Community input 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

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](#)



Your chance to take up a once in a lifetime opportunity to protect our precious marine life! The submission period for expressing the need for better protection of the Temperate East Marine area closes next week - **Tuesday 21 February**. Make your voice heard on the future of this incredible marine region by making a submission.

By [writing a submission](#), even just a quick email, you can make a big difference to the Government's final decision!

The Federal Environment minister Tony Burke will decide on the future of our wild oceans based largely on the submissions he receives. Right now, he is proposing a plan that will only protect four per cent of the east region in Marine National Parks. Our iconic ocean ecosystems deserve better protection.

Make yourself heard at: email tony.burke.mp@environment.gov.au.

Bushcare at Warriewood

The Warriewood bushcare group managed by Pittwater Council needs more volunteers on 4th Wednesday morning - Can you help? Please contact Mary Johnsen at 9999 2020.



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.

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

February 2012 Newsletter includes information on:

- Sugar Glider Article- Events, Planting Activities (volunteers needed) and Workshops; - Environmental projects and Bushcare Notices.

[HERE](#)

How Green is a Spotted Gum when Wet?



What Does PNHA do?

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

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



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

from the Prayer of Saint Patrick

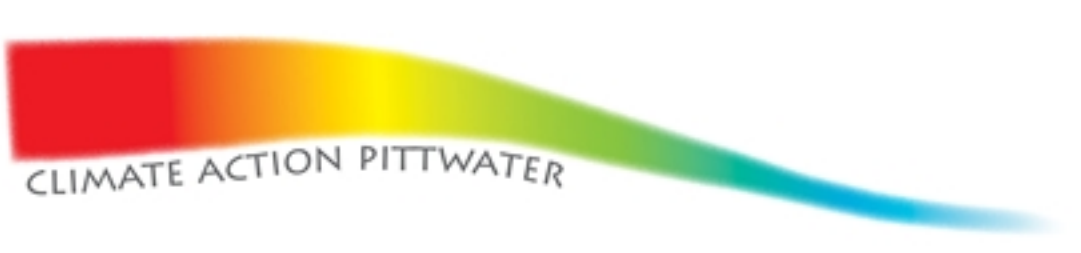


Pittwater's Environmental Foundation

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

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

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



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

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Late Summer Fruits: Plums

Red plums, which have more nutrients than lighter coloured varieties, have appeared in shops this week at just over \$2.00 a kilo. Australia has over 200 varieties of plums which appear from early Summer to late Autumn and this crop of Amber Jewels, grown in all states except NT, have a sweet and tart taste which lends itself to summer salads as well as sweet treats. The recipe here is for when you get a box of them cheap and want to have that rich fresh taste later in the year when these fruits are not available. This chutney goes well with fish, pork or chicken.

Spiced Plum Chutney By Molly Watson

3 1/2 kilos. plums (about 8 cups chopped)
2 red onions, finely chopped
1 1/2 cups brown sugar
1/2 cup dried currants
1/2 cup cider vinegar
4 cloves garlic, finely chopped
1 Tbsp. mustard seeds
1 tsp. salt
1/2 tsp. freshly ground black pepper
1/2 tsp. red pepper chili flakes (optional)
4 pint (600mls) or 8 half-pint jars and lids (for hot-water processing)

Preparation:

1. Preheat oven to 225°F. Bring a large pot of water to a boil. (Note: This step is optional and only necessary if you plan to hot-water process jars.)
2. Put all ingredients (except jars and lids!) in a large saucepan over medium-high heat. Bring to a boil. Reduce heat to maintain a steady simmer and cook, stirring occasionally, until the fruit is broken down and the mixture is reduced by a third, 30 to 40 minutes.
3. Meanwhile, put jars and lids on a large baking sheet. Put in oven for 10 minutes to heat and sterilize. (Note: This step is only necessary if you plan to hot-water process jars.)
4. Transfer chutney to jars and seal with lids. If not hot-water processing the chutney, let it cool and refrigerate at least 6 weeks before opening. Keep chilled until opened and used. If hot-water processing, submerge jars in the pot of boiling water for 10 minutes. Remove and let cool. Store in a cool, dark place for at least 6 weeks and up to 6 months before opening. Chill after opening. Makes about 8 cups Spiced Plum Chutney.



A plum or gage is a stone fruit tree in the genus *Prunus*, subgenus *Prunus*. The subgenus is distinguished from other subgenera (peaches, cherries, bird cherries, etc.) in the shoots having a terminal bud and solitary side buds (not clustered), the flowers in groups of one to five together on short stems, and the fruit having a groove running down one side and a smooth stone (or pit). Mature plum fruit may have a dusty-white coating that gives them a glaucous appearance; this is easily rubbed off. This is an epicuticular wax coating and is known as "wax bloom". Dried plum fruits are called dried plums or prunes, although prunes are a distinct type of plum, and may have antedated the fruits now commonly known as plums.

History: The fruit *Prunus armeniaca* gained its name from the beliefs of Pliny the Elder, a Roman historian and scientist of the first century, who maintained the apricot was a kind of a plum, and had originally come from Armenia. Armenian sources support their claims by referring to a 6,000-year-old apricot pit found in an archaeological site near Yerevan. Other historians point to Mesopotamia as a clue to the Latin name. Apricots were cultivated in Mesopotamia, and it was known as armanu in the Akkadian language, but this did not refer to Armenia as that is not the name by which that geographic region was known in the Akkadian language. It is likely that Pliny's explanation is a folk etymology based on the similarity between the Mesopotamian name for the fruit and the Latin name for Armenia.

Health and nutrition; Dried plums (or prunes) are also sweet and juicy and contain several antioxidants. Plums and prunes are known for their laxative effect. This effect has been attributed to various compounds present in the fruits, such as dietary fiber, sorbitol, and isatin. Prunes and prune juice are often used to help regulate the functioning of the digestive system. They are also high in Vitamins A and C, and contain Potassium, Dietary Fibre, Carbohydrates and Phosphorus.

Plum. (2012, February 3). In Wikipedia, The Free Encyclopedia. Retrieved from <http://en.wikipedia.org/w/index.php?title=Plum&oldid=474788864>

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Late Summer Myrrh



Lillipillis, *Syzygium* genus of flowering plants that belongs to the myrtle family, Myrtaceae. Fruit and Flower shown.



Bottlebrush, *Callistemons* a genus of 34 species of shrubs in the family Myrtaceae, all of which are endemic to Australia.



Leptospermum squarrosum, Peach-flowered Tea tree



Pultenaea villosa, Yellow Bush Pea



Banksia

Puddles are for Drinking Palm Beach, 14.2.2012



Late Summer Cloud



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Fowler's Fruit Bottling Kits



One thing a staffer remembers is that from early Summer to mid-Autumn mum is in the kitchen bottling fruit, the best of each crop, and layering these halves of apricots, plums, peaches, greengages and whatever there was a glut of that year, so they could be eaten mid-winter. Her tall bottles, the rubber rings and steel caps and the big 'steamer' dominated the kitchen for a week, at least, and then again, when the next crop came in. It's that time of the year again and appropriate that we look at what is yet another useful item in any Collector's Corner.

Another uniquely Australian invention, Fowlers Vacola had humble beginnings as a fruit-bottling business started by Joseph Fowler, an English migrant who was amazed at the amount of produce in Australia, at the rear of a small house in Burke Road, Melbourne (some sources state Camberwell). He may have learnt this while working as a fruit preserver with an uncle back in Kent. By 1915 the company of J. Fowler & Co. had begun producing home-bottling kits containing a sterilizer, bottles, lids, rings and a thermometer. Initially Joseph Fowler travelled the district, selling his kits door-to-door from the back of a cart. In 1920 he bought a shop in Hawthorn, and registered his business as a private company.

During the Depression Fowlers Kits became a household name. In 1934 Fowlers Vacola Manufacturing Co. Ltd was registered as a public company. Housewives, nationwide, were urged to bottle their own fruits and jams by 'Mrs B Thrifty', the dainty cartoon character who graced the firm's advertisements.



Joseph Fowler was a community minded gent and sought to give something back. He became a Councillor in the Yarra Ward on the Hawthorn City Council and Mayor 1938-39 and 1945-46. He was also a Rotarian, and a warden and vestryman of St John's Anglican Church, Camberwell.

These bottling kits are enjoying a resurgence in popularity as Australians turn to back to traditional methods of food preparation and storage so they may be part of some Collectors collection but they are also a viable form of preserving and

keeping good fresh Australian Produce. A Full kit sells for around \$700.00.

The Basic Process

Two preserving units are still available; the Simple Natural Preserving unit and the larger Professional Preserving unit both of which include a full instruction booklet.

- Select the appropriate sized jar for the fruit to be processed, wide necks for large fruit, narrow necks for smaller fruit.
- Cut the fruit into pieces or halves and pack firmly into the clean jars adding liquid/syrup as you go to help minimise air pockets.
- Fill the jar with liquid to within 12mm of the top.
- Apply the rubber ring to the neck of the jar making sure that it has no twists in it.
- Place the lid on and then secure it with the corresponding sized clip.
- Place the bottles into the preserving unit and fill with cold water.
- Turn on the preserving unit and allow to process for one hour (with the exception of larger bottles which need 70 minutes).
- Drain out sufficient water to be able to remove the bottles and then carefully lift out ensuring you don't disturb the seal.
- Allow to cool and then after 18 hours remove the clip. Store the jars in a cool dark place. Fruit in Fowler's jars will last up to one year.

Diagrams: Catalogue of Vacola bottling outfits and accessories. Made for Fowlers Vacola Manufacturing Co. Ltd., 253-257 Burwood Road, Hawthorn, 1941 - 1942. Courtesy Museum of Victoria

Joseph Fowler Image courtesy of City of Boroondara Library Service.

Joseph Flower Biography: <http://adb.anu.edu.au/biography/fowler-joseph-10230>



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Privacy Screening Hardwoods

By Bruce Crutcher

Hi, and welcome to our DIY articles. In this series of articles we have been talking about privacy screening. Last week we started to discuss the different types of material available, and concentrated on treated pine. This week we will discuss using hardwood and composite products.

Hardwood used as screening looks great, is durable and is used when you want the natural timber look. The popular sizes of hardwood used for screening are 42x19mm, 70x19mm and 86 (or 90)x19mm. When choosing a species to use, we recommend durability class 2 hardwoods such as Northern Box, Spotted gum, Merbau or Black Butt, or durability class 1 hardwoods such as Iron Bark or Tallowood.

Care must be taken when choosing your hardwood, as the vast majority of hardwood will leach out tannins, leaving a brown tea like stain. This is particularly important when you have surfaces below the screen such as tiles, pavers or rendered walls. Northern Box is a good species to use in this instance as it doesn't leave any stains. If staining does occur, there are a number of products at Johnson Bros Mitre 10 which could help in the clean up.

Another feature of hardwood which should be pointed out is that they generally come in random lengths only. This means when you order hardwood screening, the wastage will be higher and you will have to order more than you need. The experienced staff in Johnson Bros Timber department in Mona Vale will be able to advise you on quantities required. If you are going to be building a deck in the same timber, the trick is to order the screening at the same time and pick out the lengths which will suit your post spacing first, thus reducing waste and cost.

Becoming popular for a number of reasons are WPC products. WPC stands for Wood Plastic Composite and is manufactured using recycled plastic and wood waste. It looks similar to wood but with the durability of plastic. It also does not require any coating and is thus maintenance free. Modwood is generally more expensive than timber initially, however savings are made through less wastage and not having to purchase finishing products for the life of the screen. The most popular and readily available WPC is Modwood, an Australian manufactured product. It comes in 4 colours, 2 finishes, and 3 sizes. The size commonly used for screening is 68x17mm which comes in 4.8m lengths, however the decking boards 88x23mm or 137x23mm (which come in 5.4m lengths) can also be used.

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

Click on logo to visit their website

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