

# Pittwater Online News

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January 22 - 28, 2012: Issue 42

## Hoishin Anti-Bullying Camp Saturday 21st of January, 2012



Investing in your children is a thought that springs up as we survey the cost of sending our children back to school in the next few weeks. Fees, uniforms, books, extra-curricular activities and courses and tutors can make us blink.

There is another aspect to 'investing in your children' which relates to those things that aren't purchased with dollars but instilled with care, consideration and the handing on of having a great attitude, respect and basic politeness for others to promote an inner steady pace and skills to guide themselves to be how they want to be. That's what we want for our kids, for them to be who they want to be, do all they want to do, providing they're not hurting themselves or others.

On Saturday morning, Rose-Simone Smith brought laughter and exercise to 50 children for three whole hours. Rose, more importantly, also gave these children skills and resources to deal with bullying in its verbal, physical, emotional and cyber or online forms. Beginning with a series of practising safety postures or stances, and also how these can make you look bigger or taller while communicating calmness to aggressors, the children were also given pointers on how to speak and what to say. The term 'fogging', when having to respond to bullies, while bringing giggles from the children when demonstrated by Rose and her students, also was clearly being understood. Types of Bullying were described and explained so the children recognised bullying is not just physical threats or verbal assaults, but can also be identified as others trying to manipulate them. Rose went on to speak about building resilience, about how to not attract bullies, and 'I' statements. Cyber-bullying formed an important part of Rose's program, particularly the trend to use Facebook, or 'Spacebook' as someone here calls it, to malign others. Those who misuse it must be reported. If you're being bullied, switch it off. If you're being a by-stander, do something about it; speak up, disagree, disengage, walk away.



In all these parts of her program Rose reiterated to the children to keep practising these skills and phrases until they become more confident in using these if needed. Program notes, tips and ideas were available for mum and dad to take home to continue the practice. The exercises, how to speak skills, realising that the online world is not as great as a fresh breeze in your face and developing resilience help anyone to take their own stance as a real person in the real world. The bright eyes of those who attended on Saturday will help these children in becoming all they want to be; happy, confident, positive, strong in heart and mind, capable of walking upright and looking the world in the eye.

Hoshin is a street realistic style of jujutsu that has been running in Australia for many years. It is headed in the Australia-Pacific region by Sensei Rose Smith, 5th Dan and her very capable team of instructors. Sensei Smith has been teaching for 20 years and has inspired thousands of children to build their confidence, personal responsibility and good citizenship skills. For more about further Programs (for adults too) visit; [www.hoshin.com.au](http://www.hoshin.com.au)

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Above: Rose-Simone Smith

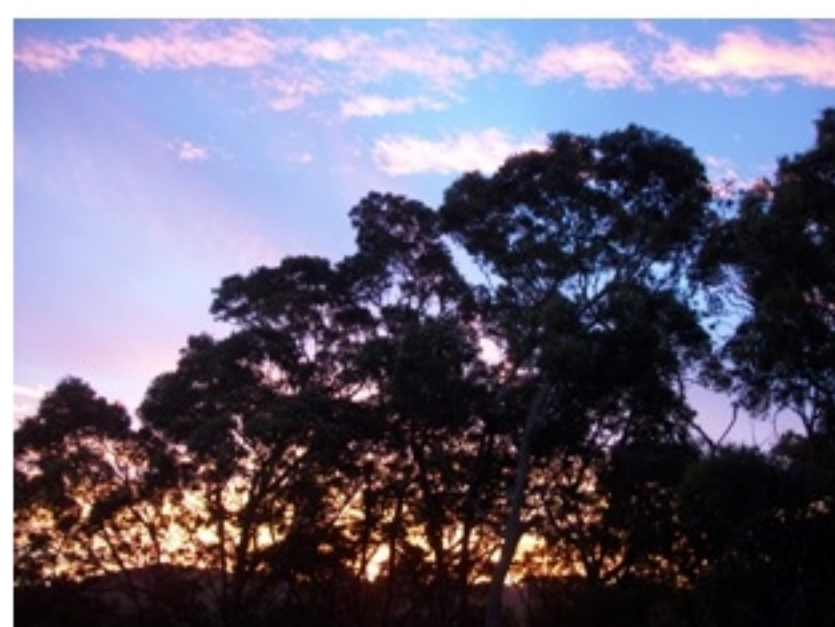
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Above: Demonstration and practice of stances



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## This Weeks Articles

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[Almost a Hobie Widow](#) by Robyn McWilliam

[A Christmas Holiday Trip](#) from 1893

[Careel Bay Salt Marsh: Pittwater Wetlands I](#)



**Profile:** January 2012 is a Pittwater Summer Mix; Palm Beach Sailing Club is 50 years old in 2012, definitely 'tide' we knew them

## 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](#)



**History:** January, Summer 2012, Events; **Governor Phillip's Barrenjoey Cairn.**

## 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](#)



**Park Bench Philosopher:** Wallowing in the Summer Sea is good for thee...



**Food: Summer Fruits:** Mango, a fruit with properties to guard you from the excesses of the season, some facts and a recipe



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

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



**Events:** Australia Day 2012: Council, Pittwater RSL and The Arms, Bopulaters, Friends of Narrabeen Lagoon Catchment Activities, Eco Bird Walk & More for Wetland Day, State Library

Talks, Canning Track Art, Artzpace 2012, Ocean Swims, Summerama, History Competition, Council Events and more.



**Community News:** Council's Wetlands Day Eco Events, Australia Day Ambassador, Gone Fishing Gallery, Year of the Dragon begins 23.1.2012, Media Releases from Federal Govt. and more



**Environment;** Summer Creature Features (**Treed Part I; KOALA**), **WetlandCare Australia Photo and Art Competition**, **Cooee Newsletter for Dec.**, Seed Bank with full Index of all Australian plants Facts Sheets and more.



**Lynda Hill: Update 9.1.12:** Something Old Something New Something Borrowed Something Blue: January's Cancer Full Moon



**Pictures: Pittwater Wetlands;** To lead into Wetlands Day on 2.2.2012 we celebrate Pittwater's Salt Marshes and Wetland reserves: Careel Bay this week



**Youth:** Young Blood Music Competition and Northern Beaches Music Festival, National Year of Reading 2012: For teens; Creative Reading Prize, Links for local websites for, about and by Youth.



**Seniors; 1911:** How things have changed!; amazing facts and figures and Australia's HMAS *Australia* (1911), link to Seniors Online Newspaper and Information regarding local Health and Education Activities.



**Community Clubs:** Updates on Activities and links to sites.



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



**Reflections** by George Repin. **This week; How Far From Sydney?**



**DIY Hints: Privacy Screens I** by Bruce Crutcher



**Collector's Corner:** Marilyn Monroe 1955 Calendar with picture by Tim Kelley taken in 1949 'Red Velvet' sessions



**News From our Inbox: Summertime Exhales:** **Australiana Week**, the Bridport Prize; Voiceless \$15,000 Short Story Comp. Weather Photo Comp., Internet Updates.

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Above: son-in-law sailing the same Hobie Cat with dog Madison,  
**Words and picture Copyright Robyn McWilliam, 2012. All Rights Reserved**



## ALMOST A HOBIE WIDOW

by Robyn McWilliam

My introduction to sailing on a 14 foot Hobie Cat later engendered a mid-life passion for the sport. Little did I realise that boat nearly cost me my husband.

Those were the days - the late '60s early '70s - when Palm Beach produced endless golden summers. Friday afternoon would bring a drive along the Peninsula's beaches, waves breaking to froth on white sand. The family weekender, a two storey weatherboard waterfront on Pittwater. Its picture window provided the perfect vista for the afternoon cuppa; yachts tethered by moorings, an expanse of sparkling flat water and eucalypt clad hills of the National Park. Beside the house was the new toy - my husband's Hobie.

Once on the beach rigging procedure began. The scariest part assisting in raising the mast. Occasionally it would jump out of the socket spearing the sand. Finally held erect by stays the mainsail could be fed up its track. Stripes of yellow and blue on the white dacron made the sail easy to spot when out on the water. Then blocks and sheet ropes contrived to make the whole thing manoeuvrable. Atop twin yellow hulls was a frame for the trampoline. Initially I'd clamber on with some trepidation over my husband's meagre experience to try the vagaries of the wind. Pittwater always looked so inviting.

During one of the many times we were in irons (head to wind going nowhere) wind gusted under the trampoline catapulting the whole boat backwards. I was thrown overboard cutting my leg on one of the rudders. Meanwhile, he righted the boat and sailed off leaving me to look for fins in the middle of Pittwater.

I waited some time for his expertise to improve, then consented to go extracting a promise not to tip the boat again. Speed in a fresh breeze made the rigging strum almost as loud as my screeches. Some were exhilaration as we swept across the water, others fearful as I watched the lower hull. If it buried I expected to be hurtled forward and really come to grief. I never had the slightest inclination to learn to handle such an unpredictable craft on my own.

When my brother-in-law bought an identical boat the competition to outsail each other began. A course selected, the boys would run down the beach, launch boats and complete the race by screaming through the moorings and up the beach. Wives were sometimes taken as crew. Perhaps this was the spark for my love of racing. The boys soon felt they were such crash hot sailors only the weather could challenge them. A southerly of 30 to 40 knots turning Pittwater a murky green would still see them heading out.

One day it was raining as well as blowing a gale; clouds scudding low and moving fast. Two brothers out there in the wildest of winds, my husband just in front as we saw him thrown from his boat. Clouds closed in. Inside the picture window - chaos erupted. Comments had my husband knocked unconscious, drowned or eaten by sharks. As I watched my curly headed toddler charging around the room I couldn't believe they had me a widow.

"He'll come back, screaming up the beach, smiling as usual," I said.

My mother-in-law, seeing a man in skindiving gear, ran outside with me in her wake. She was yelling at the man: "The cat, the cat." Pointing out to the choppy water she had him bewildered. Had her pet cat gone swimming? He stared back at her his incomprehension increasing as the towel she'd had over her head slipped. Driving rain ruined the pink rinse in her hair. Rose rivulets ran down her face and neck giving a sad vaudevillian effect to the scene.

I finally explained my husband had fallen off his catamaran. The man had a dive boat and ran off to get keys to effect a rescue. I took the now shaking ruined rinse back into the house.

"Put me under the shower and give me a brandy," she ordered. Steam emanated from the cubicle; the glass came out empty. Her agitation subsided.

Returning to the kitchen I remembered the rescuer. As I passed the window two boats appeared flying up onto the sand almost a dead heat. The sailors had no idea of the drama ashore. Confronted with my story they explained theirs. The following brother had seen the fall, picked up his opponent and sailed after the errant boat.

My intuition proved correct and Pittwater sailing is still enticing. A keel yacht replaced the skittish Hobie Cat and my mother-in-law dropped out of the pink-rinse set.



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Above: Narrabeen Hotel Picture: [No heading]. (1893, November 25). *Illustrated Sydney News* (NSW : 1853 - 1872), p. 15. Retrieved from <http://nla.gov.au/nla.news-page4846491>

Below: Mrs. Norris [Morris ?] and family group outside Narrabeen Hotel Circa 1890, by Perier, A. J. (Albert James), 1870-1964, Image No: Home and Away - 34425, Courtesy State Library of NSW



The Newport Hotel, Pittwater.

**Newport Hotel, Pittwater.**

12 Miles from Manly. STUART GREIG, Proprietor.



The Newport Hotel, at Pittwater, which is reached twice daily by coach from Manly, and every Sunday, per s. s. "Cobar," from Fort Macquarie, offers every convenience to visitors.

An excellent Table d'Hôte is provided daily, and Host Greig spares no efforts to make the time of his guests pass pleasantly.

Lovely scenery, ferns and wild flowers in profusion, shady walks, swings, &c., and a magnificent ocean beach are assuredly sufficient attractions to satisfy the most fastidious seeker after pleasure.

**SPLENDID ROAD FOR MOTORISTS.**

Coaches leave Manly daily 10.15 a.m. and 4.15 p.m. Saturdays, 10.15 a.m. and 3.15 p.m. S. S. "COBAR" leaves Fort Macquarie every Sunday, at 10.15 a.m.; Return Fare, 2/-. Table d'Hôte at 1 o'clock daily.

**Hotel Tariff: from 7/- per Day or 35/- per Week.**  
 Children under 12 years and Servants half-price.  
 Splendid Oil Launch and Boats for Hire.

## Christmas Holiday Trip.

The beautiful pictures accompanying this Article will give the general public some idea of the beauties of the district around the favorite and well-known holiday resort of Manly. It is my intention to give, in as short and interesting a manner as possible, the best way of spending one, two, or more days in doing this delightful trip. If any of my readers will take this excursion I am sure they will spend an enjoyable holiday at a very small cost, and in a region equally as charming as the more remote Mountains, where half the day is spent in the train amidst dust, heat, squalling children, fruit, sandwiches, and general uncomfortableness.

tarting from Circular Quay at 9 a.m., one arrives at Manly at about 10. Passing down the Harbor on a summer's morning, with a fresh breeze blowing the dust from your eyes and hair, you reach Manly feeling refreshed and enlivened. After collecting all your bags, baskets, children, wives, sisters, or other fellows' sisters, you land at the pretty pier of the loveliest watering place in New South Wales. Before proceeding up into the town one should pay a visit to the Manly Municipal Baths, built in 1892, at a cost of £1300, under the direction of Mr. W. Drake, the architect. They are 100ft wide and 200ft in length, varying in depth from 2ft to 10ft in the deepest part, with a splendid sandy bottom. Mr. Ralph Stennet, the well-known swimmer, is manager, and under him the baths are gaining a well-earned reputation amongst the clubs of the district. They are fitted up with the latest improved arrangements for freshwater showers. There is good accommodation for ladies and children, special hours being set aside for them. Terms, either weekly, monthly, quarterly, or yearly, are exceedingly reasonable.

The Esplanade at Manly is a charming spot, with its avenue of trees, reaching, round from the pier to the baths, where you find numbers of comfortable seats at intervals, and the cool green grass is very inviting. After resting a short time admiring the pretty view of the bay, and watching the fishing boats as they dance up and down on the sparkling blue water, you feel uncommonly like a stroll and a slight refresher. Along the street called The Corso, the principal part of the town, you will find that the shops contain everything conducive to comfort and elegance. Take, for instance, the handsome and commodious establishment of Messrs. Butler Bros., who are without doubt the leading tradesmen of the town, their places of business extending a great distance up the street. They make a business of catering in the very best way for the comfort and convenience of the public, their stock consisting of everything, from a tin of sardines to a possum rug. Should you feel faint, you will find the pharmacy of C. H. Braddock close at hand, and he will be able to fix you up in a brace of shakes. He is a chemist of long study- and experience, and makes a speciality of certain preparations as panaceas for the ills that flesh is heir to. On the other side will be found the business place of Mr. Robert Royan, estate agent and auctioneer, who has lately opened up large premises, and does, business for his clients in a way that will suit the pockets of everyone. On application, either by post or personally, a circular can be obtained which will give one all particulars as to his new innovation as regards the sale of properties and furniture. He is also agent for the Australian Mutual Provident Society, and will be very pleased to give any intending insurer all requisite information.

As you stroll along you will be attracted to the establishment of Mr. Smart, the curio shop of Manly, a visit to which will amply repay the curious visitor. There you will find a most wonderful collection of curiosities, from a little shell up to the jaws of that terrible monster of the deep, the shark. Mr. Smart has a wonderful collection of seaweeds, eggs, butterflies, Sandwich Island curios, photographs, shells, &c. Almost next door will be found the confectionery shop of J. G. Purves, who supplies the majority of the visitors and residents with bread, cakes, &c.

Prowse's tea-rooms are exceedingly comfortable. Mr. Prowse has been established here for many years, and thoroughly understands the art of catering to the public taste in the way of confectionery and tea making. Mr. Kebblewhite's chemist shop is almost next door, and should you desire to purchase anything in the way of scents or soaps, or to replenish your smelling salts - or maybe you will have a prescription requiring special attention - you will find that it can be done here as well as at the leading shops in Sydney.

There are several hotels in Manly, but the accompanying photograph of the dining room at the most celebrated, and one of the oldest established hotels in Manly - the Clarendon, kept by Mrs. Kilminster - will give you a first-class idea of the style in which this hostelry is served. You can get the best of liquors, cigars, &c, and the best lunch or dinner to be obtained in the town at the Clarendon. It is a favorite resort for parties from Sydney on moonlight evenings. A spacious room for dancing and concerts will be found there, and it is certainly the most home-like and comfortable place for anyone desiring a charming residence and sea air. The view from the front is unsurpassed.

Having thoroughly explored the town, we will embark on one of Mr. Leon Houreux's magnificent coaches, which can be engaged for parties desiring a lovely drive by writing to the proprietor. His coaches are the best in New South Wales, and add to the enjoyment of the drive. As we bowl along the pretty country roads, we pass numerous charming residences, and also a haunted house. The Salvation Army have a resting house for their hard-worked officers, which is beautifully situated on the side of a hill overlooking the sea.

There is a stopping place at the Narrabeen Hotel, kept by Mr. Norris - a most charmingly situated hotel facing the road, the picture of which will give you a good idea of the number of travellers who frequent this place. Close to the hotel are the celebrated Narrabeen Lakes, where there is splendid fishing, shooting, and boating, to be had within a half-a-mile of the hotel. Mr. Norris makes a speciality of providing boats, camping outfits, lunches, etc., for parties coming from town to spend a day or two in this lovely district.

After having partaken of light refreshments, a good assortment of which will be found here, we once more resume our journey, and after about three quarters of an hour's lovely drive through some of the prettiest scenery in the country, we pull up in front of a most comfortable and picturesque hotel at Rock Lily, owned by Mr. [Leon Houreux](#).

[Madame Houreux](#) is a most hospitable proprietress, and the rooms are most tastefully decorated in oil colors by Mr. Leon Houreux - stirring scenes on sea and land - the pictures well worth gazing at, not only from an artistic point of view, but as curiosities in such a pretty wayside inn. The gardens are laid out in good style. The tame and harmless native bear, the noisy laughing jackass, and the prying magpie are to be found here, making up a tiny and interesting menagerie. Mr. Leon Houreux evidently understands the way of catering for the public, as you can obtain the most recherché Parisian dinner here at a reasonable figure.

After having partaken of a choice lunch, with a bottle of real French claret, of which he is an undoubted judge, you once more resume your seat on the coach, and proceed to Newport, to arrive there in time for tea, which has been already ordered at them pretty hotel kept by Mr. Thomas H. Hodges. This hotel is beautifully situated, and the view is well worth taking the journey alone to see. Opposite the hotel is [Lord Loftus Point](#), which in the olden days was evidently a favorite spot for aboriginal encampments. From here you have a splendid view of Pittwater, which is the widest arm of the Hawkesbury, being over a mile wide. There is also Scotland Island, which is celebrated for its fine fish. The Hawkesbury River has been well called the Australian Rhine, and deserves the name, for grander and more picturesque scenery cannot be found in the colony. Starting back about half-past 5 in the evening we arrive back in Manly about 7 and catch the steamer, which lands you back in Sydney in good time, after having spent one of the most enjoyable one-day trips in the whole world.

A Christmas Holiday Trip. (1893, November 25). *Illustrated Sydney News* (NSW : 1853 - 1872), p. 14. Retrieved from <http://nla.gov.au/nla.news-article63672418>



Title Falls - Narrabeen Lakes, Date of Work ca. 1900-1910, Digital order no. a116484, Courtesy State Library of NSW



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- [A Christmas Holiday Trip from 1893](#)
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- [Profile of the Week](#): Palm Beach Sailing Club: Family Orientated and celebrating half a century in 2012!
- [History](#): Summer Pittwater Events: Memorial Cairn placed on Barrenjoey
- [DIY Hints by Bruce Crutcher](#): Privacy Screens I
- [Collector's Corner](#): Memorabilia I; 1955 Marilyn Monroe Calendar from Red Velvet Sessions

## PITTWATER COUNCIL

### PITTWATER'S AUSTRALIA DAY ACTIVITIES

Now in its 24th year, Pittwater's annual Australia Day Breakfast on the Beach will be held at Bert Payne Reserve at Newport Beach on Thursday 26 January 2012. Celebrations will get underway from 7am, with local service clubs preparing hot breakfasts and drinks until 10.45am. There will also be plenty of activities during the morning, including throw-throwing contests, treasure hunts, jumping castle and face-painting. Australia Day Ambassador and entertainment legend Maria Venuti will present Pittwater's Australia Day awards during a citizenship ceremony starting at 8am.

Federal Member for Mackellar the Hon. Bronwyn Bishop and Member for Pittwater Rob Stokes MP are guests of honour at the citizenship ceremony, along with Pittwater Councillors. Forty new citizens from 17 countries will make their pledge of loyalty to Australia during the ceremony.

Mayor Harvey Rose said Australia Day was a time to reflect on the birth of the nation and the efforts of those who have shaped Australia as a country. "We should also remember the traditional owners of the land, whose culture is still evident in the local area," he said

The Mayor paid tribute to the local Rotary, Lions and Zonta service clubs and the Rural Fire Service and SES for their organisation of Pittwater's Australia Day activities. "The Breakfast on the Beach has been an annual event since 1988, thanks to these local volunteer groups."

Entertainment at this year's Australia Day at Newport Beach will be provided by the band 'Rosella' who will perform popular 'Australiana' songs along with Newport resident Russ Pearce aka 'Aussie Boy' performing his own take on Aussie songs and jokes.

Young Newport soloist Naoise Teahan-Thomson will perform the national anthem and a selection of Australian ballads. Griego the Great Magician will also keep the crowd entertained with roving magic tricks from 8am.

Hot breakfasts of bacon or sausage and egg rolls and pancakes are \$4 a serve, with lamingtons, fairy floss and hot and cold drinks also on sale. All funds raised on the day will benefit local service clubs and volunteer emergency services.

Residents are reminded that Pittwater Council has declared the sand area at Mona Vale Beach an alcohol prohibited area from 6am on Thursday 26 January to 6am on Friday 27 January 2012. For more information visit [www.pittwater.nsw.gov.au/alcoholfreezones](http://www.pittwater.nsw.gov.au/alcoholfreezones)

For more information about Pittwater's Australia Day celebrations visit [www.pittwater.nsw.gov.au/australia\\_day](http://www.pittwater.nsw.gov.au/australia_day)

### PITTWATER'S 2012 AUSTRALIA DAY AMBASSADOR

The NSW Australia Day Council has announced entertainment legend Maria Venuti as Pittwater's Australia Day Ambassador for 2012. Maria will attend the annual Australia Day citizenship ceremony at 8am and also be present at the official proceedings at the Breakfast on the Beach at Bert Payne Reserve at 9.15am.

Bert Payne Reserve is off Barrenjoey Road at Newport Beach and the breakfast will take place on Wednesday 26 January 2012 between 7am and 10.30am.

Maria Venuti has carved out a unique and fascinating career as one of this country's leading performers. She has played in every major cabaret venue around Australia, New Zealand, Asia, Japan as well as entertaining our 'boys' in the Sinai Desert. Maria is also a dedicated charity and community worker and was recently decorated as a Member of the Order of Australia in the Queen's Birthday Honours for her 'services to the community as a fundraiser for charitable organisations.'

Maria began her career on Brian Henderson's Bandstand, subsequently performing on Graham's Kennedy's IMT then on to the Don Lane Show, the Mike Walsh Show and Variety Italian Style. Maria's popular character has also featured in the box office success, the movie Fat Pizza She starred as Bobo's Mama and the Pizza shop owner,

Venuti's acting ability has caught the eye of producers both on television, stage and feature films and includes her critically acclaimed one woman Jazz Cabaret Venuti's Dates including the unique Mama Claus Christmas Cabaret.

Maria thrives on 'variety being the spice of life' and some of her proudest moments have been accepting the Heart of Variety Award for her outstanding work with the Children's Charity Variety and being an Australia Day Ambassador, now in her 17th year!

"I'm very pleased to be chosen as Australia Day Ambassador for Pittwater and look forward to meeting the Pittwater community at the Breakfast on the Beach event," said Ms Venuti.

For more information about Pittwater's Australia Day event, visit [www.pittwater.nsw.gov.au/australia\\_day](http://www.pittwater.nsw.gov.au/australia_day)

### ECO-EVENTS IN FEBRUARY

**Timed to coincide with World Wetlands Day, the Council's Coastal Environment Centre will host several events in February to introduce residents of all ages to the wonders of Pittwater's environment.**

First up is a **Twilight Discovery Walk on Thursday 2 February between 6-8pm**, highlighting the nocturnal animals, plants and insects of the Warriewood Wetlands and learning about their importance in the past, present and future. Council staff and local experts will share their knowledge and history of the wetlands, plant and animal biodiversity and the importance of water and catchment management.

On **Saturday 4 February the Centre is hosting a bird-spotting walk in the Warriewood Wetlands.** This early morning walk, between **7.30am and 9.30am**, is guided by an ornithologist with detailed knowledge of the bird life of the wetlands - so binoculars are a must!

On **Sunday 5 February a family fun day aimed at increasing awareness of creeks and catchments will be held at the Winnerem Bay reserve at Mona Vale between 10am and 12.30pm.** Have fun with the whole family learning about how to keep local waterways clean and healthy. Staff from the Coastal Environment Centre will demonstrate the art of dip-netting, revealing the secret life teeming in the creek's waters. Learn some basic water monitoring skills and help plant native vegetation that will keep the creek's habitat healthy.

**All events are free of charge and suitable for children and adults,** although children must be accompanied by an adult. Bookings are essential for all the eco-events; book online at [www.pittwater.nsw.gov.au/cec](http://www.pittwater.nsw.gov.au/cec) or by phoning the Coastal Environment Centre at 1300 000 232 (CEC). Full details of each event, plus what to wear and bring with you, are also available at [www.pittwater.nsw.gov.au/cec](http://www.pittwater.nsw.gov.au/cec)

### A CLOSE ENCOUNTER OF THE VENOMOUS KIND!

Confront your fears and learn about some of Pittwater's more misunderstood creatures in February. Snakes, lizards, ticks and spiders will be the subject of a free workshop at the Coastal Environment Centre, which will teach residents how to co-exist more peacefully with these venomous animals – but also how to save someone's life if bitten!

Natural Environment & Education Manager Mark Beharrell said the Council had decided to offer the free workshop to the public, after it held a similar session for its field staff late last year.

"Feedback from employees was that they got a lot out of the workshop and came away much more aware about how to prevent bites and what to do if bitten," he said. "We thought residents would also benefit from a similar experience."

Mr Beharrell added that landscapers, gardeners or keen bush carers would be ideal participants at the workshop. Participants at the workshop will be shown live snakes, spiders and lizards by an expert handler, who will discuss how they hunt, breed, camouflage themselves and their reactions to disturbance.

Techniques focussing first aid, what NOT to do when bitten and the correct way to apply compression will be taught at the workshop. A free identification reference guide will be given to each participant and compression bandages available to purchase.

The workshop is on Wednesday 29 February between 6.30pm and 9pm at the Coastal Environment Centre, Lake Park Road North Narrabeen. Entry is free but bookings are essential; call 1300 000 232 (CEC) or book online at [www.pittwater.nsw.gov.au/cec/bookings/community\\_events](http://www.pittwater.nsw.gov.au/cec/bookings/community_events)

### ARE YOU A READING CHAMPION?

Lovers of reading are invited to be part of Pittwater's celebration of the National Year of Reading in 2012. Mona Vale Library is looking for residents who are avid readers and willing to coordinate a project to encourage residents to read more. Library Manager Cathy Howie said that reading champions will be awarded Bronze, Silver, or Gold status depending on their level of involvement.

"A bronze reading champion could get involved in writing book reviews or making reading recommendations".

"To become a silver reading champion you could organise a themed display in the library, while a gold champion may set up a reading event. A reading event could involve arranging something with a local school," added Ms Howie.

**The National Year of Reading 2012** is a collaborative project joining public libraries, government, community groups, media and commercial partners, as well as the public. For more information on the National Year of Reading 2012 visit [www.love2read.org.au](http://www.love2read.org.au)

For more information on becoming a Pittwater Reading Champion call 9970 1600 or to register your interest visit [www.pittwater.nsw.gov.au/readingchampions](http://www.pittwater.nsw.gov.au/readingchampions)

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

### R U OVER IT?

Pittwater and Warringah Councils will be joining forces over the Christmas and New Year holiday period with a drink drive campaign known as R U Over It? The campaign focuses on thinking about the day after a 'big night out' and the possibility that you may still be over the limit.

Pittwater Council's Road Safety Officer Michelle Carter said that the community needs to be reminded that alcohol can stay in your system for a surprisingly long time, even after sleeping, having breakfast and a shower!

"To help promote the R U Over It? message, pubs and clubs and other venues will be issued with free resources such as poster, coasters and brochures," said Ms Carter. "And to reinforce the drink drive message, bottle shops will be issued with paper bags with the random breath test message You Won't Know Where... You Won't Know When".

During the lead-up to Christmas and throughout January the Northern Beaches Highway Patrol will also ramp up their presence on local roads with a campaign known as Operation Burgundy.

Senior Sergeant Rick Janssen from the Northern Beaches Highway Patrol said they will be targeting drinkers who get behind the wheel of a car with random breath testing.

"What is of particular concern to us is that the northern beaches was ranked number one last year in the Sydney Metro area for drink drive charges," said Sgt Janssen.

Warringah Road Safety Officer Peter Wright also wished to remind residents that if they are going out and are drinking alcohol that they plan in advance how they are going to get home. We urge you to leave your car at home," said Mr Wright.

To help you plan your night out, you can pick up a Pittwater and Warringah Late Night Transport Card which provides details of local venues with shuttle services, taxi information and local evening bus timetables. The transport card is available at Council's customer service offices or at [www.pittwater.nsw.gov.au/localservices](http://www.pittwater.nsw.gov.au/localservices) or [www.warringah.nsw.gov.au](http://www.warringah.nsw.gov.au)

**The R U Over It? campaign will begin on 12 December and will run until the end of January.**

### Seniors Week 2012

Council is seeking senior's groups and organisations to host an event as part of NSW Seniors Week between 18 and 25 of March, 2012. Contact Susan Machar on 9970 1169 or email details of your event to [seniors@pittwater.nsw.gov.au](mailto:seniors@pittwater.nsw.gov.au)

### LEGO AT THE LIBRARY

Local children will have the chance to join a club specialising in one of the most enduring playthings of childhood from May. Mona Vale Library is starting up a Lego club on the first Sunday of each month from 2pm to 4pm. **Next is February 4th, 2012.**

The club is open to children aged between seven and twelve years of age, with younger children welcome with parental supervision. Mona Vale Library's Manager Cathy Howie thanked the generosity of Pittwater residents who have donated Lego for the club's use.

"Many residents have fond memories of playing with Lego when they were children. The idea of the club is a place where children can explore their creative side with Lego, as well as developing their problem-solving skills," Ms Howie said. "The children can bring their favourite Lego creation to the first session to inspire others."

Ms Howie said that library staff would co-ordinate the two hour session but would welcome parents who would like to be involved in the program. If you are interested in attending a Lego at the Library session contact the library on 9970 1622 or book in person at the library, 1 Park Street, Mona Vale.

**Sumba Foundation Article at: [here](#)**

**Website at:**



### Gone Fishing Gallery Has Closed its doors 17.1.2012

#### An Artist run initiative

It is with great sadness that the Gone Fishing Gallery has closed its doors today.

Our last newsletter celebrated the Gone Fishing Gallery's one-year anniversary at Church Point. Sadly after 13 months the Pasadena, our gallery space, has suddenly changed ownership. We have not had the option to stay on. Huge thanks and thoughts go to Mary and Joe who generously provided this space to our community.

We have new ideas in the pipeline so please visit our [website](#) and [Facebook](#) for further news.

#### GFG art still available

If you wish you'd picked up a work of art, don't worry, it's still available for purchase. Studio enquiries and visits are also welcome. [Contact us](#), we'll put you in touch with the artist.

#### Browse our online gallery

Our [online gallery](#) will continue. Browse through the Gone Fishing Gallery artists and watch out for new works.

#### Our thanks

Finally, we would like to thank our wonderful supporters from the community and beyond for making our ventures a success: fundraisers, book launches, and exhibitions unique to Pittwater. Now part of our community history, GFG at Pasadena will be long remembered as a place to meet, enjoy art, and celebrate.

**If you know of a space that may be utilised to continue showing these great works please contact Paul Smith to discuss:**

Email: [info@gonefishinggallery.com.au](mailto:info@gonefishinggallery.com.au)

Paul Ph: 0404 103 601

### 2012 is Year of The Dragon



### 2012 : Happy New Year

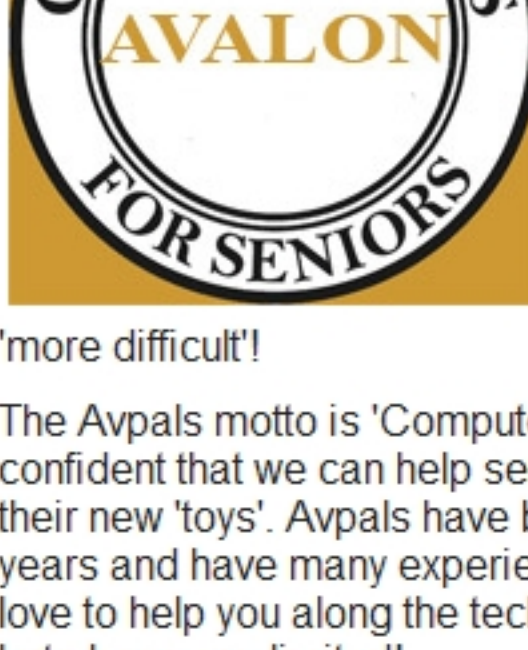
In the ancient Chinese Horoscope 2012 is the year of the Dragon. The fifth sign of Zodiac the Dragon is one of the major parts of Chinese Horoscope; it symbolizes vitality, leadership and action. Water has a calming effect on the Dragon's fearless temperament. The Chinese New Year begins on January 23rd, 2012, tomorrow!

These great pictures, by Palm Beach gentleman Adrian Boddy, who will be our [Artist of the Month](#) for February, were taken in his own yard. This is the Pittwater Water Dragon! The Australian Water Dragon featured recently in our January Summer of Creature Features in the environment page. All Issues of Pittwater Online News are put together as one and can be referred to in our Archives, so you can catch up there if you've been out and about, having fun.

If you know someone who should, or you are someone who wishes to share your art, musicians, wordsmiths, painters, sculptors, gardeners, boat builders (all is art to us) ... please contact us at: [pittwateronline@live.com.au](mailto:pittwateronline@live.com.au)

Oh...and **Happy New Year!**

Yes, we like saying that.



### Avalon Computer Pals for Seniors

As we enter 2012, the hard working committee at Avalon Computer Pals for Seniors (AVPALS) has come up with some exciting new concepts that may make your technology path a little smoother. Many of were the lucky recipients during this holiday season of new tools to make our life more interesting. Or should that read

'more difficult'!

The Avpals motto is 'Computers - Yes you Can' and we are confident that we can help senior Northern Beach residents enjoy their new 'toys'. Avpals have been in operation for more than ten years and have many experienced senior trainers who would just love to help you along the technology highway. Costs are minimal but places are limited!

This year, for the first time, Avpals is holding an enrolment day on **Friday March 23rd from 9am until noon**. On this day you can ask questions, take a look at our facilities and, if a spot is available, make a booking.

Because so many seniors now have tablet computers (like the iPad), special classes are going to be held to bring you up to speed with these wonderful new devices. Details on the 23rd of March!

Following the enormous success of the AVPALS seminar held last year another seminar is to be held on 31st March during Seniors week. More details will be available from Pittwater Online News nearer the day.

Contact Details:

Email: [info@avpals.com](mailto:info@avpals.com)

Phone: 02 8064 3574 or 02 9973 4161 (during school term dates)

### Federal Government Media Releases

#### News display

**PORTFOLIO: Agriculture, Fisheries and Forestry**  
SNIPPET: School leavers looking to take up an agricultural-related degree are being encouraged to apply for The Horizon Scholarship. An initiative of the Rural Industries Research and Development Corporation, in partnership with industry sponsors, The Horizon Scholarship provides a bursary of \$5,000 per year for the duration of a student's university degree. The Scholarship winners are announced in late February 2012.

**Call for comment on GM application** - Food Standards Australia New Zealand  
PORTFOLIO: Health and Ageing  
SNIPPET: Food Standards Australia New Zealand today invited comments on an application for food derived from a corn line genetically modified to be tolerant to the herbicide glyphosate. FSANZ acting Chief Executive Officer Melanie Fisher said that the application was received from Monsanto Australia Limited and seeks to vary Standard 1.5.2 Food produced using Gene Technology, in the Australia New Zealand Food Standards Code. Food derived from Herbicide-tolerant Corn MON87427.

**Constitutional recognition is a chance to shape a better future for us all**  
PORTFOLIO: Attorney-General's  
SNIPPET: 'Constitutional recognition of Aboriginal and Torres Strait Islander people will benefit all Australians,' Ms Branson said. 'Efforts must now focus on building consensus to ensure the chance is not lost to shape a constitution that can be equally respected by us all,' she said.

**ABARES report provides facts about foreign investment**-The Hon. Joe Ludwig - Minister for Agriculture, Fisheries and Forestry  
PORTFOLIO: Agriculture, Fisheries and Forestry  
SNIPPET: Acting Minister for Agriculture, Fisheries and Forestry, The Hon Simon Crean MP. The ABARES report says there is real concern lower levels of foreign investment would lead to lower food production, and this could result in higher food prices. The Government has today released its response to the report and a Policy Statement on Foreign Investment in Agriculture (attached), which provides guidance on specific factors that the Government typically considers in assessing foreign investment applications that involve Australian agriculture.

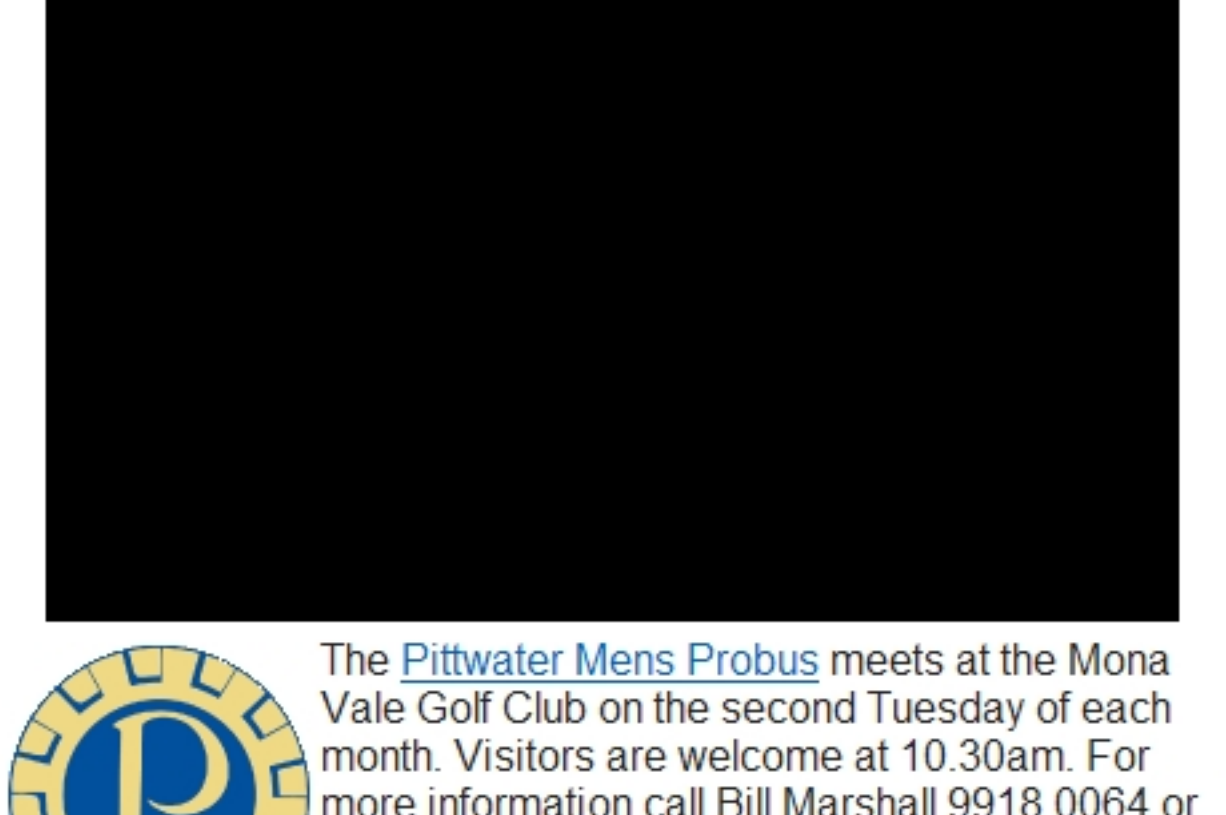
**Race Discrimination Commissioner congratulates People of Australia Ambassadors**  
PORTFOLIO: Attorney-General's  
SNIPPET: Race Discrimination Commissioner Dr Helen Szoke has today congratulated the 40 People of Australia ambassadors nominated by the Australian public. More than 350 applications for the People of Australia Ambassadors Program were considered by the 10 members of the Australian Multicultural Council following a public nomination process.

**New Commander in the Middle East - Department of Defence**  
PORTFOLIO: Defence  
SNIPPET: Major General Stuart Smith AM has taken over as Commander of Australian forces serving in the Middle East Area of Operations. Commander Joint Task Force 633 commands all ADF units assigned to Operation SLIPPER - Australia's military contribution to the international campaign against terrorism, maritime security in the Middle East Area of Operations and countering piracy in the Gulf of Aden. Major General Campbell described leading Australian troops deployed to the Middle East and Afghanistan as the pinnacle of his career and commended the efforts of the service men and women he had met during his time as Commander.

**Australian troops honoured by Timor Leste Government** - Department of Defence  
PORTFOLIO: Defence  
SNIPPET: Australian troops deployed with the International Stabilisation Force (ISF) in East Timor have been awarded a special medal by the Government of Timor Leste. More than 200 Australian personnel of ISF Timor Leste Task Group 3 (TLTG-3) were awarded the Timor Leste Solidarity Medal this week by East Timor President His Excellency Dr Jose Ramos Horta, at the Presidential Palace in Dili. These were presented to the troops by the Australian Chargé d'affaires to Timor Leste, Nadia Krivetz, in a separate ceremony.

**Government to boost transparency of foreign investment in agriculture**  
**[18/01/2012]**  
PORTFOLIO: Treasury  
SNIPPET: Assistant Treasurer Mark Arbib said the Government is improving the transparency of foreign investment in agriculture with more regular and expanded surveys, as well as guidance on the factors currently considered in assessing foreign investment applications in this sector. The Government has also today released a Policy Statement on Foreign Investment in Agriculture (attached), which provides guidance on factors the Government typically considers in assessing foreign investment applications involving the agricultural sector. The enhanced data collecting and Policy Statement will improve the transparency of foreign investment in Australian agriculture and the screening process for foreign investment applications in the sector.

**A New Ten Year Plan for Mental Health** - The Hon Jenny Macklin MP  
PORTFOLIO: Families, Housing, Community Services and Indigenous Affairs  
SNIPPET: Minister for Mental Health and Ageing, Minister Assisting the Prime Minister on Mental Health Reform, Today the Minister for Mental Health and Ageing, Mark Butler, and the Minister for Families, Community Services and Indigenous Affairs and Minister for Disability Reform, Jenny Macklin, invited Australians to help pave the future of our mental health system with the release of the draft Ten-Year Roadmap for National Mental Health Reform for public consultation.

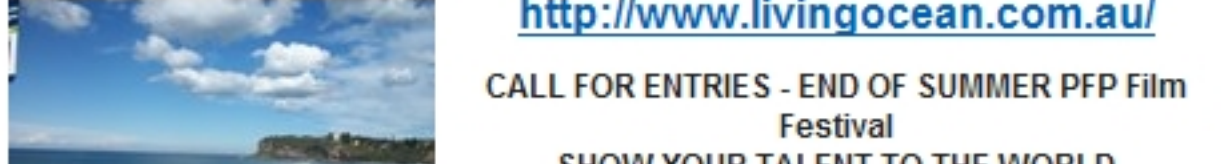


The **Pittwater Mens Probus** meets at the Mona Vale Golf Club on the second Tuesday of each month. Visitors are welcome at 10.30am. For more information call Bill Marshall 9918 0064 or Michael Maccanington 9973 1624



**Click on logo above to visit their website.**

**Pittwater Offshore Newsletter Update 17/1/2012: click on Logo. Also has an Extensive Local Directory.**



To contact Julian: [editor@scotlandisland.org.au](mailto:editor@scotlandisland.org.au)

### Living Ocean Short Film Competition

<http://www.livingocean.com.au/>

CALL FOR ENTRIES - END OF SUMMER PFP Film Festival

SHOW YOUR TALENT TO THE WORLD

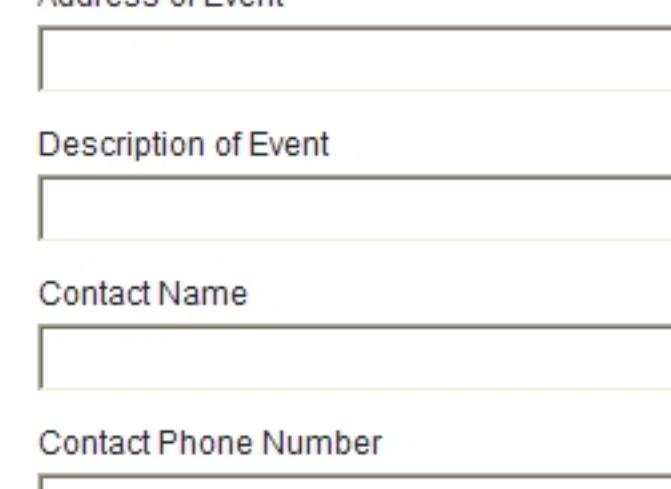
Plastic Free Pacific: Living Ocean Short Film Festival to celebrate Ocean lifestyles & raise awareness of plastic contamination

\* 'Short Film' 'Living Ocean' Theme - how the ocean inspires us - student & open section

\* '30 Second Commercial' 'Plastic in the Ocean' - Theme - plastic in the ocean - student & open section

Details of location, time and prizes are coming to hand... start creating now.

Living Ocean's Aim: To celebrate the ocean lifestyle, raise funds for active groups that help conserve and protect life in our oceans by focusing on the 300 million tons of plastic pollution in the oceans worldwide. Entry Form on website.



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

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

### Submit your Event

Name of Event

Date of Event

Address of Event

Description of Event

Contact Name

Contact Phone Number

Website or Email

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January 22 - 28, 2012: Issue 42

## Absolutism Attracts Absolutes

Patsy burns her bed after each departing user. She says she can never sleep there again, after sleeping there with him, and cannot stand the residue stink of him coming from the mattress. So she burns the bed, and dances through the ashes, shaking off her last shivers of revulsion. When she was eighteen Patsy tore *The Taming of the Shrew* out of the complete works of Shakespeare given her, burnt the pages and danced through those ashes too. It was a private burning, with no disrespect towards the bard intended, only a small righting of what seemed to her a rather large wrong.

I met Patsy while she was burning her third bed. I was just strolling by, on my way to buy an ice cream or milk, and saw her standing over her flaming and black smoking carcass of padding and wire, brown eyes shining with glee.

"Nice day for it." I remarked when she looked up at me.

"Isn't it?!!" she crowed in delight back.

She began her customary dance through the ashes then, similar to Dravida's circular shuffling of sock stuffing experiments except with an American Indian's thump thump THUMP of rhythmic beat.

"Ahhhh... that's better." she sighed when she finally stopped, "I feel better now, kind of cleansed as much as free." and pauses before saying "Swim?" to me.

Salt is also good for extracting toxins; physical, emotional and thoughtful. It returns balance unto thee.

The ocean is its usual brilliance this day, all scrolls of water poetics in motion and finer dreams spun through with seagrass, dolphins, starfish and tidal notions. Seagulls and people dive into and out of its seas and skies. We paddle out to the first sandbank and stand there. Patsy digs one toe then another into the soft shifting seabed beneath her until her feet steady in the water. She rocks, softly swaying, into and back with the incoming wave, back slightly arching, smile breaking over her face.

We rock back and forth with the tide, hips being pulled out and up towards the horizon, hips being pushed back then up towards land. We wallow, immersing in blue-green water and salt until the air is misty white before our sea stained eyes. '*Summer, Sum-mer sea*', the day hums.

We rock back and forth in the lulling soothe of the sea. We stand there dreaming of the deeper temples of ocean and what it is to be a fish yanked from your realm, dragged from water harmonics.

When we return to land, bones heavy, waterlogged, salt encrusted sodden skin making white haze and rainbows all around us, from fingertips, from eyelashes, drifting off in steamy waves like a sea mist coming to smoor the hot mid-morning land, this sense of immersion in Nature, and its calmness, remains. We emerge as sea from the sea, just as when you go into the air and become Air, or go into the desert and become alike sand, or into the garden and become as the Garden, immersed.

Patsy has returned herself unto her self and is smiling, calm, happy.

Extract from *Animals Sheltered*. Ch.2. **Seeing Things**. Copyright A J Guesdon. 2008-2012.

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## Park Bench Philosophers

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

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

Contact us at: [pittwateronlinenews@live.com.au](mailto: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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## Palm Beach Sailing Club

Palm Beach Sailing Club is a family oriented club, catering for absolute beginners right through to world champion catamaran sailors. We sail on Saturday afternoons from Spring, right through Summer and into Autumn. Pittwater provides not only a beautiful and safe sailing environment, it is also a wonderful training ground, having produced some of the worlds leading sailors, many from our club.



Racing is very social - you can take it as seriously as you like, but we always focus on the fun. Experienced members are always happy to share their knowledge with new sailors, offering advice on boat rigging and tuning, crew techniques and racing tactics. New sailors may choose to start sailing by crewing for an experienced sailor, or they can bring their boat along and just plunge in.

We have fairly equal numbers of men and women, and spread of ages from kids and teenagers to people in their 70s. We have people from all sorts of ethnic backgrounds, and we don't care where you live - you certainly don't have to live anywhere near Palm Beach! In fact, most of our members live in the more 'average' parts of Sydney. We don't care, we just belong here to have fun sailing with friends, old and new.

The club periodically holds Saturday morning sailing schools, where everything from basic knot tying to advanced racing techniques are taught. There is usually an informal barbeque at the clubhouse immediately after getting the boats off the water.

### HISTORY

**PBSC is 50 years old in 2012!** We will be holding a **celebration regatta and barbeque on Feb 11 at Sand Point, Palm Beach.**

PBSC started in 1950 when it sailed mostly small monohulls however there were the odd catamaran. They mostly sailed from the southern end of Sandy Beach on Pittwater. In 1962 another club was formed, the Pittwater Catamaran Club which also sailed off Sandy Beach, but near the middle of the beach from Sand Point Lane. PCC was strictly for catamarans, of all types and was the breeding ground for State, National, World and Olympic champions. In 1999 the Palm Beach Sailing Club merged with the Pittwater Catamaran Club. The PBSC continues its long tradition but with a focus on catamaran sailing. While all types of cats are welcomed the most popular is the Hobie 16 - a boat that has had over 113,000 built to date, the largest class of catamaran in the World.

### THE BOATS WE SAIL

While there is no requirement for people to sail any particular class of boat, all our current members sail catamarans of one type or another. The most populous is the Hobie 16, a world famous evergreen 16 footer sailed by two crew on trapeze. We also have A Class, a leading edge development class 5.4m long, that attracts America's Cup sailors like Jimmy Spithill and Glenn Ashby to its championship events. At the other end of spectrum, we see the Hobie 14, and have a fleet of Hobie Waves - a small trainer ideal for children to learn on. In between, we see F16s and F18s at our invitational regattas, and some Nacras and other classes.

Hobie 16s are a fun boat to sail in close match racing at club level. Being a 'one design' class means all the boats are pretty much the same, so it comes down to skipper and crew on the day. Some cynics reckon it's like racing HQ Holdens, but that is part of the attraction: they have their foibles, but every crew has to deal with them, and if you get it wrong, you swim! But that's all part of the fun!

A Class catamaran design is defined only by a simple set of rules on length, width, sail area, and minimum weight. Other than that - anything goes! This class has led the development of almost all new ideas seen on larger boats for the last 30 years. Foam sandwich epoxy construction, big head sails, kevlar and mylar sails, carbon fibre hulls and masts, curved and lifting foils - these ideas and many more first appeared in A Class cats. Needless to say, they are called the Formula One of single handed sailing. Older Mk4 boats (the class started in 1956, so there is a long history) can be purchased quite cheaply and are, surprisingly, very forgiving to sail. Newer Mk5 (and we are seeing the next evolution into what might become Mk6) boats will cost up to the price of a family sedan!

Hobie Waves are 4m long, 2.1m wide, and being roto-moulded are virtually indestructible. They are ideal for kids to learn on, and PBSC runs fun training sessions at regular intervals, and on demand. A masthead float means they are extremely easy to right if pushed too hard, and that is also part of the fun. Even experienced sailors enjoy a session on a Wave.

### TRAINING

PBSC runs a number of training and mentoring programs throughout the year. These programs are free to members, and the first is also free to prospective members. The training programs are targeted and focused on increasing the skill levels of different groups.

We also have at least two "Try Sailing" days each year, when club members take visitors out for a real sailing experience.

Some examples of what we offer are;

- Beginners and kids: using the Hobie Wave, this is introductory training in the basics of boat handling and safety, and understanding wind and sails and how a sailing boat can sail into the wind.
- Crew Training Program: aimed at members wishing to become proficient at the sharp end of the boat. Good crews are always in demand so this program provides a path for people wanting to get on the water but not wanting to purchase their own boat.
- Skipper/ Boatowner Program: designed to assist boat owners and skippers to get the most from their boats.
- Elite Athlete Program: in conjunction with the Yachting Australia and NSW Institute of Sport. This program is aimed at developing our young sailors to the top level.

All programs are presented by experienced and highly motivated sailors. The course content is approved by a teaching professional. Some of the aspects of catamaran sailing you can expect to cover in these programs are;

- Boat preparation, rigging and tuning for performance;
- Boat handling, sail trimming and trapezing;
- Understanding the wind and how it affects your boat;
- Racing strategies and tactics.

All new members are assigned a mentor to assist them. Mentors are the more experienced members of the club, who help new members get the most out of their sailing experience, and that's always more fun!

### ACHIEVEMENTS PAST, PRESENT AND FUTURE

**PBSC turns 50 this year! On Saturday Feb 11, we will be holding a celebration regatta and social event. There will be some fun mock racing focusing on kids and families, some serious racing featuring Hobie 16s, F18s, and A Class cats, and a brunch barbeque on shore from 11:00am. All happening at Sand Point, Palm Beach (via Woorak Lane, off Iluka Road off Barrenjoey Road).**

The club has bred many champion sailors over the years, and the 2011-12 season is no exception. Our hall of fame goes back to 1978, when one of our women won both the NSW and National Hobie 14 Championships. Then the Waterhouse family began to make the record books, a trend continued in January 2012 by the next generation, Jason Waterhouse and his crew Lisa Darmanin took out the Hobie 16 National Titles in Qld. The sweep of years in between includes some standouts like Forbes and Booth in a Tornado at the Barcelona Olympics, more from Kerli and Ali Corlett in a Hobie 16, Upu Kila in the Papua New Guinea National Titles, and four time winners of the Volvo ISAF Youth World and National Championships. The full record can be found at <http://www.pbsc.org.au/halloffame.html>

What is PBSC's favourite place in Pittwater and Why?

We love Sand Point on land, because that's where we sail from. And on the water - anywhere the breeze is blowing!

What is the Club's 'Motto' or a phrase it tries to live by?

**Sailing is fun, sailing on two hulls is twice the fun!**



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click on PBSC logo to go to their website:





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PITTWATER. Commemorative Cairn. TO BE UNVEILED TO-DAY. (BY G. A. KING.)

During his five years' Governorship of New South Wales, Captain Arthur Phillip played many parts. Not only was he the head of the Government of a colony thousands of miles from a base, but he was the officer commanding the naval and military forces in the new colony, and he was also the chief gaoler-the term is used with due respect to the memory of a great man-responsible for many of the most-hardened criminals the English gaols of the day could produce. Those responsibilities would be sufficient for any ordinary man, but Phillip, a man of remarkable energy and action, found time for many other activities calculated to advance the welfare of this Greater Britain in the Southern Seas. Not the least important of these activities was his desire to become acquainted with the virgin country which surrounded the new settlement at Sydney Cove. This afternoon, Phillip's successor in the post of officer commanding the naval forces in Australian waters-Rear-Admiral Evans will unveil a cairn at Barrenjoey to commemorate the naming of Pittwater by Phillip 141 years ago. Commendable, if tardy, recognition of the first Governor's work is at last being made, and the three principal historical societies-the Royal Australian, the Parramatta, and the Manly bodies-have of recent years erected quite a number of memorials, which, apart from their main object, exemplify the increased interest now being taken in the early history of the Commonwealth.

Admiral Evans will proceed to Barrenjoey by motor car, and as he gazes over the great expanse of water in Broken Bay, Pittwater, and Brisbane Water the thought will doubtless occur to him of the hazardous undertaking of his illustrious predecessor, who, with his officers, explored the uncharted coastline and inlets adjacent to Port Jackson.

## PHILLIP'S ENERGY.

It is remarkable evidence of the first Governor's unbounded energy that within six weeks of the first landing at Sydney Cove he should have had the new colony sufficiently in order to warrant him setting out on a voyage of exploration to examine what Cook, in years previously, had described as "broken land, which appeared to form a bay," and which the great navigator named Broken Bay. There is, however, a grave doubt whether the Broken Bay we know to-day is really the inlet so named by Captain Cook, or whether the part of the coastline he referred to was in the vicinity of Collaroy and Narrabeen Lake. The distance of Broken Bay from Port Jackson as Phillip found it did not agree with that given in Cook's journal. Phillip did not comment on this discrepancy, but subsequently Flinders suggested that Cook's "broken land" was in the neighbourhood of Narrabeen Lagoon.

Phillip's examination of Broken Bay and Pittwater was the second great discovery made by him within two months of sailing into Botany Bay with the First Fleet, the units of which were coated with the sea-crust of a long and weary eight months' voyage. The first Governor had "discovered" Port Jackson, although it had been sighted and named (but not entered) by Cook; and in March, 1788, he explored and named Pittwater after William Pitt, the younger, who was then Prime Minister of England.

Fortunately for posterity Phillip left a full record of his work, and equally fortunate is it that these records, for the most part, remain intact. "On the 2nd March," he wrote, "I went with a long-boat and cutter to examine the broken land mentioned by Captain Cook, about eight miles to the north-ward of Port Jackson. We slept in the boat that night within a rocky point in the north-west part of the bay (which is very extensive), as the natives, tho' very friendly, appeared to be numerous; and the next day, after passing a bar that had only water for small vessels, entered a very extensive branch, from which the ebb tide came out so strong that the boats could not row against it in the stream; and here was deep water. It appeared to end in several small branches, and a large lagoon that we could not examine for want of time to search for a channel for the boats amongst the banks of sand and mud. Most of the land on the upper part of this branch was low and full of swamps. Pelicans and variety of birds were here seen in great numbers. Leaving this branch, which I called the north-west branch, we proceeded across the bay and went into the south-west branch, which is very extensive, and from which a second branch runs to the westward, affording shelter for any number of ships, and as far as we examined there is water for the largest ships, having seven fathoms at the entrance, and deep water as you go up. But the almost continual rains prevented any kind of survey. Here the land is much higher than at Port Jackson, more rocky, and equally covered with timber, large trees growing on the summits of mountains that appear to be accessible to birds only."

## FIRST ENTRY TO PITTWATER.

On the same day-March 3, 1788-Phillip's party crossed Broken Bay, and he recorded that "Immediately round the headland that forms the southern entrance into the bay there is a branch, which I think the finest piece of water I ever saw, and which I honoured with the name of Pitt Water. It is, as well as the south-west branch, of sufficient extent to contain all the navy of Great Britain, but has only eighteen feet at low water on a narrow bar which runs across the entrance." The last-quoted phrase is eloquent of Phillip's thoroughness in examining the inlet.

"Within the bar," continued Phillip, "there are from seven to fifteen fathoms of water. The land here is not so high as in the south-west branch, and there are some good situations where the land might be cultivated. We found small springs of water in most of the coves, and saw three cascades falling from a height which the rains had rendered inaccessible. I returned to Port Jackson after being absent eight days in the boats. Some of the people feeling the effects of the rain, which had been almost constant, prevented my returning by land, as I intended, in order to examine a part of the country which appeared open and free from timber."

**Pittwater was the first place in Australia formally named by Phillip.** The Governor apparently had a keen eye for the topography of the country, and although he did not have time during his first expedition to Broken Bay to make a thorough examination of the inlet he concluded that somewhere away in the hills (which he named Carmarthen, the Lansdowne and the Richmond Hills) there must be a large river.

From the time of Phillip's governorship, the Hawkesbury River, Broken Bay, and Pittwater have always occupied prominent places in the history of New South Wales. This afternoon's ceremony is particularly associated with Pittwater. Barrenjoey, near which headland the commemorative cairn has been erected, is at the extremity of the road from Manly, and forms the southern headland of Broken Bay. Stories of smuggling are associated with the early days of Broken Bay, and even as recently as 1870 there was a Customs House in Pittwater, just under Barrenjoey-or as it was for many years called, Barrenjoey.

Now, however, the district through which some of the earliest exploring parties travelled to reach Pittwater is a thriving pleasure and residential area, and the road from Manly to Barrenjoey is daily thronged with streams of motor cars. Pittwater is now almost as accessible as was Mosman in Phillip's time, but the cairn at Barrenjoey will remind the pleasure-seeker of the debt due to Phillip and his officers for their splendid work nearly one hundred and fifty years ago.

The cairn is a simple monument, and bears the following inscription:-"Erected by the Manly, Warringah, and Pittwater Historical Society to commemorate the naming, of Pitt-water by Governor Phillip on 3rd March, 1788. A.D., 1929. W. H. Ross, president; P. W. Gledhill, hon. sec."

PITTWATER. (1929, September 28). The Sydney Morning Herald (NSW : 1842 - 1954), p. 13. Retrieved January from <http://nla.gov.au/nla.news-article16588226>

## VIEW OF PITTWATER.



TODAY'S CELEBRATION MAKES THIS VIEW INTERESTING, AND THE SPECIAL ARTICLES ON THIS PAGE SHOW THAT GOVERNOR PHILLIP DECKED IT AS "THE FINEST PIECE OF WATER I EVER SAW."

View of Pittwater Picture from Newspaper: VIEW OF PITTWATER. (1929, September 28). The Sydney Morning Herald (NSW : 1842 - 1954), p. 13. Retrieved from <http://nla.gov.au/nla.news-article16588213>

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## Governor Phillip's Barrenjoey Cairn

**CAIRN** 'stone marker' from Scottish Gaelic '*karn*'. A mound of stones erected as a marker or memorial.



This cairn has been erected on the Pittwater shore between Palm Beach and Barrenjoey to commemorate Governor Phillip's naming of the water March 3, 1788.

Cairn Picture from Newspaper: CAIRN FOR PITTWATER. (1929, September 28). The Sydney Morning Herald (NSW : 1842 - 1954), p. 13. Retrieved from <http://nla.gov.au/nla.news-article16588210>

Erected beneath Barrenjoey headland, in Governor Phillip Park and unveiled on Saturday, September 28, 1929, was a marker to commemorate the naming by Governor Phillip of what we call today Pittwater.

## PITTWATER MEMORIAL TO BE UNVEILED TODAY.

The cairn to commemorate the naming of Pittwater by Governor Phillip on March 3, 1788, will be unveiled at Governor Phillip Park, Palm Beach, at half-past three o'clock this afternoon by Rear-Admiral Evans.

After the ceremony the party will pay an official visit to the Barrenjoey Lighthouse. The party will then return to the Royal Motor Yacht Club, Broken Bay clubhouse, where a dinner will be held, to be followed by a dance. The Broken Bay fleet of yachts will be lined off the cairn at Palm Beach.

PITTWATER MEMORIAL. (1929, September 28). The Sydney Morning Herald (NSW : 1842 - 1954), p. 21. Retrieved from <http://nla.gov.au/nla.news-article16588259>

## PITTWATER. CAIRN UNVEILED. ADMIRAL PRAISES PHILLIP.

"We read of Captain Arthur Phillip as the first and greatest Governor of Australia, and today we, just one little group of his admirers, gather to pay tribute to his name by the simple ceremony of unveiling a cairn. If Governor Phillip were asked to find an expression for this particular occasion, he would probably have said in his simple, straight-forward way, 'God bless our Empire, advance Australia, God save the King,' and in the same spirit I, who am but a humble twentieth century sailor, am honoured and delighted to perform this unveiling ceremony."

In those words, Rear-Admiral Evans, commanding the Royal Australian Navy, on Saturday afternoon unveiled a cairn erected beneath the shadow of Barrenjoey headland to commemorate the naming of Pittwater by Governor Phillip on March 3, 1788. The memorial was erected by the Manly, Warringah, and Pittwater Historical Society, and the president of the society (Mr. W. L. Ross) presided at the unveiling ceremony. Many members of the society attended, and there were also present the Minister for Works (Mr. Buttenshaw), Mr. Archdale Parkhill, the Chief City Commissioner (Mr. Garlick), Mr. P. W. Gledhill (honorary secretary of the Manly Historical Society), and representatives of the Warringah Shire Council, and the Manly Municipal Council.

Rear-Admiral Evans was escorted from the Broken Bay clubhouse of the Royal Motor Yacht Club to Palm Beach by a fleet of yachts, which anchored off the cairn during the ceremony.

In unveiling the memorial, Rear-Admiral Evans congratulated the Manly Historical Society, the members of which, even in these days of materialism, united in their minds and ideals the sacrifices and the splendid constructive patriotism of the sailor-explorers of the past with the aims, hopes, and purposes of today.

"Today," added Admiral Evans, "we are paying tribute to an Englishman of the pre-Trafalgar days, who helped to found dominions and who was one of the really great. In this gathering, nearly all Australians, are folk who look back upon the history of Captain Arthur Phillip's Governorship with a sense of pride and gratitude, as one of the founders of Australia that we know and love so well. Nowadays we have great ships, electric light, cooling apparatus, ice chests, and sweet water from distilling plants, with powerful engines to keep us off the rocks-we even have our own dental surgeons and cinemas on board-but the old-time sailors had none of these. They were baked alive in the sun, parched for want of water, fever-stricken in the Islands, scurvy-smitten on long voyages, and often murdered upon landing, like the valiant Captain Cook. Governor Phillip, who was one of the greater sailor-pioneers, learnt his qualities of leadership and sound administration in a very hard school-the school of tall masts and howling gales, whilst he learnt his patience in tropic seas and trying caims, and like many other sailor-explorers and servants of Empire, all of his herculean courage and cheerfulness came to him from his sea training."

The party subsequently inspected the Barrenjoey lighthouse. In the evening the Admiral was entertained at dinner by the Royal Motor Yacht Club.

PITTWATER. (1929, September 30). The Sydney Morning Herald (NSW : 1842 - 1954), p. 10. Retrieved from <http://nla.gov.au/nla.news-article16588598>

## The Manly Warringah Pittwater Historical Society,

whose first speaker this year is Margaret Millar, a lady who contributed to our Remembrance Day articles in 2011, is owed a debt of gratitude by all on our Peninsula. Since 1924 the members of one of Australia's oldest suburban historical societies have sought to communicate some of the breaths and footsteps of those who came before us.

Pittwater Online News contends that the naming occurred on 4th of March in [Governor Phillip Camps On Resolute Beach](#).

## Further:

**BARRENJOEY PENINSULA.** On Saturday afternoon about 60 members of the Royal Australian Historical Society visited Barrenjoey Headland, and inspected the various spots with historical interest along the peninsula. These dated back to the time of Captain Phillip, whose naming of Pittwater had been commemorated by the erection of a cairn, the work of the ManlyWarringah-Pittwater Historical Society. This society also placed a cairn on the site of the first lighthouse on the headland, and recently erected the Gledhill Lookout on the highest point. The visitors were taken to these places and subsequently shown over the Barrenjoey lighthouse.

BARRENJOEY PENINSULA. (1935, October 28). The Sydney Morning Herald (NSW : 1842 - 1954), p. 5. Retrieved from <http://nla.gov.au/nla.news-article17220905>

NB: Gledhill Lookout/Cairn was made from original lighthouse sandstone.

## BARRENJOEY LIGHTHOUSE.

Historic Visitors' Book. Stiff-limbed old men, grey-haired women athletic Girl Guides and youths climbed the precipitous heights of Barrenjoey on Saturday afternoon to witness the official handing over of the lighthouse visitors' book to officials of the Manly-Warringah and Pittwater Historical Society.

On August, 13 1932, the light was converted to the automatic system, and from then on keeper has been on the station Saturday's was consequently the last public inspection of the lighthouse, which has attracted 19,000 people since 1881

It was in a spirit of sadness that the visitors on Saturday signed the book and slowly filed up the stairs. Many found interest in the gaunt brick building which housed the lighthouse keeper, and is now deserted, a departmental "to-let" notice adorning the front window.

Captain M J Lowe (president of the Manly Warringah-Pittwater Historical Society, said that the society was determined to leave no stone unturned in keeping matters of historical interest before the public

The Minister for Commerce (Mr Stewart), in handing over the book praised the work of the society

The secretary of the society (Mr W Gledhill) read an interesting paper on the history of the lighthouse. This revealed that it was erected in 1881 at a cost of £16,695 The man responsible for the establishment in 1807 of a permanent beacon light at Barrenjoey was Mr R Stewart, M L A. During the erection of the present structure, two men lost their lives.

Captain Williams, deputy director of navigation and lighthouses said that the new light required nothing more than daylight to operate the sensitive valve controlling the functioning of the light

In future the visitors' book will be available for inspection at the Manly Art Gallery, BARRENJOEY LIGHTHOUSE. (1933, March 27). The Sydney Morning Herald (NSW : 1842 - 1954), p. 8. Retrieved from <http://nla.gov.au/nla.news-article16965450>

## MEMORIAL CAIRN UNVEILED AT PITTWATER.



Rear-Admiral Evans performed the ceremony on Saturday. The cairn has been erected by the Manly and Warringah Historical Society to commemorate the naming of the locality by Governor Phillip 141 years ago.

Cairn Unveiling Pic: PITTWATER. (1929, September 30). The Sydney Morning Herald (NSW : 1842 - 1954), p. 14. Retrieved from <http://nla.gov.au/nla.news-article16588598>

Pittwater Estuary from Barrenjoey Headland 2012:





# Pittwater Online News

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

January 22 - 28, 2012: Issue 42

## Young Bloods Competition From JAN 13 - FEB 10 2012

The Northern Beaches Music Festival is proud to announce the creation of the "Young Bloods" Competition with preliminary heats to be staged at multiple venues across the peninsula between 13 January and 10 February 2012. The finals of the competition will be held at the Northern Beaches Music Festival (17 - 19 February 2012). Our aim is to nurture and support young up and coming musical talent on the Northern Beaches. We wish to acknowledge and thank the great venues who have joined with us in this venture who all have a tradition of supporting young talent on the Peninsula.

### Venues

The venues staging the preliminary heats are:

- Avalon RSL
- Mona Vale Hotel
- Terry Hills Tavern
- Surgar Lounge (Manly)

The preliminary heats will be run in each venue over a 4 - 5 week period culminating in three winners from each venue (first, second and most popular) making 12 venue winners to be announced on 10 February. These 12 winners will compete at the Festival on the Free Stage on Saturday and Sunday mornings between 9.00am and 11.00am where our festival judges will select the Ultimate "Young Blood" winner and the Most Popular "Young Blood" winner. Their victory will be announced on Sunday on the Free Stage at 12.00 noon.

### Prizes

The festival and sponsors have been able to put together a selection of prizes. These prizes are:

1. Both the First and Most Popular "Young Blood" winners will provide a "victory" performance on the main stage in the Marquee at 1.00pm Sunday. Each will be given 15 minutes to showcase their extraordinary talent to our largest audience amongst some of the festival's high profile main acts.
2. Each will receive a multi-camera vision mixed and multi-channel audio DVD recording of their victory performance sponsored by Fwoin Multi Media Productions.
3. Each will receive a recording session sponsored by Billy Hyde Mona Vale at MVM studios.
4. There will also be a prize package of sponsored audio and musical equipment as yet to be determined. We wish to thank the producers of each venue for their cooperation and involvement. All applicants should apply to these producers for spots in the competition. All contestants may compete at all venues until that contestant has won a heat at a particular venue. Once this has occurred they may not compete at any other venue.

### Contact details for the venues are as follows:

Avalon RSL - Russell Neal, ph: 0411 827 571, email: [nearu01@gmail.com](mailto:nearu01@gmail.com) or [songsonstage@hotmail.com](mailto:songsonstage@hotmail.com)  
Terry Hills Tavern - Russell Neal, ph: 0411 827 571, email: [nearu01@gmail.com](mailto:nearu01@gmail.com)  
Mona Vale Hotel - Jaimie Keys, ph: 0421 064 314, email: [jaimie.keys@hotmail.com](mailto:jaimie.keys@hotmail.com)  
Sugar Lounge in Manly - Oscar Letelier, ph: 0428 238 619, email: [oletelier@gmail.com](mailto:oletelier@gmail.com)

The Northern Beaches Music Festival is looking to acknowledge, support and present the very best of our community's up and coming young musicians and performing artists. We look forward to seeing you there and good luck.

From: <http://www.northernbeachesmusicfestival.org/youngbloods/>



## Northern Beaches Music Festival 17th -19th of February 2012 Berry Reserve North Narrabeen

Lots of bands plus a 'Young Bloods' competition in February Featuring The Pigs, Kevin Bennett & The Flood, Sal imber & the Rolling Wheel, Mic Conway & Robbie Long, Fred Smith, Luke Escombe, the Wheeze & Suck Band plus lots more! Also featuring a Young Bloods competition for up and coming bands.

17th of February: 7:00pm-11:00pm

18th: 11:00am-11:00pm

19 February 2012: 11:00am-7:00pm

More info and to enter Young Bloods Comp.:

[www.northernbeachesmusicfestival.org](http://www.northernbeachesmusicfestival.org)

## MANLY WARRINGAH BASKETBALL CAMP

Mon 23rd, Tues 24th & Wed 25th

January 2012

Session One 5-11 years

10.30am to 12.30pm

Session Two 12-18 years

1:00pm to 3:00pm

Venue: NBISC, Jackson Rd

Warriewood

Special Guest Coaches, Professional coaching, Competitions with great prizes  
Cost: \$60

This is a 3 day camp ONLY. Payments must be made prior to camp starting date: Please complete details (form below) and forward to: Post: Po Box 396, Narrabeen NSW 2101. Fax: 99133644

Email: [mwba@manlybasketball.com.au](mailto:mwba@manlybasketball.com.au) Enquiries-99133622

•REFRESH YOUR SKILLS •IMPROVE YOUR GAME•HAVE SOME FUN•



Holiday Camp 2012.pdf

Size : 108.122 Kb

Type : pdf

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

For works now archived and available to all, please visit:

<http://www.archive.org/>

## Bullying; NO WAY !!!

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

## JOHNSON BROS MITRE 10

ABN: 12 000 669 986

### APPRENTICE CLUB

Johnson Bros are extending an invitation to all Building Trade Apprentices to join our exclusive "Apprentice Club". We have teamed up with our loyal suppliers to offer different tools each month at vastly reduced prices to help apprentices build up their tool boxes. File Below for further details and registration form.

At: <http://hardwoodsaustralia.com/a/117.html>



Apprentice club form1.pdf

Size : 494.83 Kb

Type : pdf

### 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/>



## PITTWATER COUNCIL

### PCYC CONCEPT PLANS ON PUBLIC EXHIBITION

Pittwater Council has agreed to place on public exhibition concept plans for a proposed Police and Community Youth Club (PCYC) to be located at North Narrabeen. The plans have been developed as part of a submission to the state government and PCYC NSW for funding for the project. Council submitted a comprehensive expression of interest late last month seeking a grant of \$2.5 million towards the establishment of a new club. This follows the NSW Government recently calling for expressions of interest for the establishment of eight new Police and Community Youth Clubs, with funding to be announced in early 2012. The overall funds required to build the new centre are estimated to be \$8.5 million and would come from a variety of sources.

The proposal would see a multi-purpose community centre built at the southern end of Pittwater Rugby Park North Narrabeen, encompassing the current function centre at the ground which would be replaced in the overall development. Management of the centre would be through PCYC NSW, a not-for-profit organisation closely linked to the NSW Police. PCYC NSW currently operates 57 community centres throughout New South Wales and offers a management model whereby a local PCYC is supported by an allocation of two additional police officers.

Community Services Manager Lindsay Godfrey said if Pittwater is successful in gaining funding the centre would have a focus on youth activities, with space for computers, a music rehearsal room and a commercial kitchen capable of hosting hospitality training. "The centre would also have a café, meeting rooms and office space for youth services and be able to host performances and sport-related activities," said Mr Godfrey.

The design concepts will be on exhibition until Friday 2 March 2012 and can be viewed at [www.pittwater.nsw.gov.au/exhibition](http://www.pittwater.nsw.gov.au/exhibition) The documents will also be available at Council's customer service centres at 1 Park Street, Mona Vale and 59A Old Barrenjoey Road, Avalon.

### 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 person 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](http://www.northernbeachesyouthinfo.net.au)

[www.facebook.com/manlyyouthcentre](http://www.facebook.com/manlyyouthcentre)

[www.myspace.com/manlyyouthcentre](http://www.myspace.com/manlyyouthcentre)



National  
Year of  
Reading  
2012

Discover and rediscover the joy of reading.

### 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](http://insideadog.com.au), [spineout.com.au](http://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/>

## 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/>

## PITTWATER COUNCIL

### CRAFTY HOLIDAY FUN AT MONA VALE LIBRARY

Children from 5 to 12 years of age are invited to free holiday craft sessions at [Mona Vale library](http://monavalelibrary.com.au) this January. The free drop-in craft sessions will run from 11am until 1pm on weekdays from Tuesday 3 January to Friday 27 January, with the exception of Australia Day.

Library Manager Cathy Howie said there would be a wide range of activities to suit both boys and girls between the ages of 5 and 12. "Kids will have the opportunity to make paper aeroplanes, a chance to create their very own jewellery or treasure box, along with bracelet beading and paper doll craft. Making a tote bag, creating something unique with paddle pop sticks and using stenciling techniques are also on offer. Each day there'll be a different craft activity so your child will find something creative and interesting," added Mrs Howie.

To complement the craft sessions the library has a range of craft books available for loan that will keep little hands busy at home over the holidays too. A detailed list of the children's craft activities on offer will be available from Mona Vale Library early in January. All craft sessions are free and bookings are not required.

For more information call 9970 1600. Mona Vale library is located at 1 Park Street, Mona Vale.

**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.





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## THE YEAR IS 1911

### From W.A.G; Seniors Emails Circulating This Week

This will boggle your mind, I know it did mine!  
The year is 1911 --- One hundred years ago. What a difference a century makes! Here are some statistics for the Year 1911:



The average life expectancy for men was 47 years.  
Fuel for this car (above) was sold in drug stores only.  
Only 14 percent of the homes had a bathtub.  
Only 8 percent of the homes had a telephone.  
There were only 8,000 cars and only 144 miles of paved roads.  
The maximum speed limit in most cities was 10 mph.  
The tallest structure in the world was the Eiffel Tower!  
The average US wage in 1910 was 22 cents per hour.  
The average US worker made between \$200 and \$400 per year.

A competent accountant could expect to earn \$2000 per year, a dentist \$2,500 per year, a veterinarian between \$1,500 and \$4,000 per year, and a mechanical engineer about \$5,000 per year.  
More than 95 percent of all births took place at home.  
Ninety percent of all Doctors had NO COLLEGE EDUCATION! Instead, they attended so-called medical schools, many of which were condemned in the press and the government as "substandard".  
Sugar cost four cents a pound.  
Eggs were fourteen cents a dozen.  
Coffee was fifteen cents a pound.  
Most women only washed their hair once a month, and used Borax or egg yolks for shampoo.  
Canada passed a law that prohibited poor people from entering into their country for any reason.

The Five leading causes of death were:

1. Pneumonia and influenza
2. Tuberculosis
3. Diarrhea
4. Heart disease
5. Stroke

The American flag had 45 stars.  
The population of Las Vegas, Nevada was only 30.  
Crossword puzzles, canned beer, and iced tea hadn't been invented yet.  
There was neither a Mother's Day nor a Father's Day.  
Two out of every 10 adults couldn't read or write and only 6 percent of all Americans had graduated from high school.  
Marijuana, heroin, and morphine were all available over the counter at the local corner drugstores. Back then pharmacists said, "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and bowels, and is, in fact, a perfect guardian of health!" (Shocking?)

Eighteen percent of households had at least one full-time servant or domestic help.  
There were about 230 reported murders in the ENTIRE U.S.A. !

I am now going to forward this to someone else without typing it myself.

From there, it will be sent to others all over the WORLD - all in a matter of seconds!

Try to imagine what it may be like in another 100 years.

IT BOGGLES THE MIND!

**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](http://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](http://www.heartfoundation.org.au)



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## Australia 1911

The Australian Capital Territory is established through the Seat of Government (Administration) Act 1910.

**1 January** – The Northern Territory is politically separated from South Australia and transferred to Commonwealth control. The city of Palmerston is renamed Darwin in honour of Charles Darwin.[1]

**1 January** – Compulsory military training comes into effect in Australia.

**23 March** – The steamer SS Yongala sinks in a cyclone off the coast of Townsville, Queensland killing 122 people.

**26 April** – A federal referendum is held containing two questions: one on Trade and Commerce and the other on Nationalisation of Monopolies. Neither is carried.

**30 May** – The Supreme Court of the Northern Territory is established.

**1 June** – The University of Queensland opens.

**10 July** – King George V grants the title of Royal Australian Navy to Australia's naval forces.

**27 June** – The Royal Military College, Duntroon opens.

**16 September** – The 1911 NSWRFL season culminates in a final re-play win to Eastern Suburbs.

**30 September** – Essendon become premiers of the 1911 VFL season, defeating Collingwood 5.11 (41) to 4.11 (35).

**7 November** – The Parisian wins the Melbourne Cup.

**3 October** – A state election is held in Western Australia. The Labor Party led by John Scaddan defeats the incumbent government of Frank Wilson.

**2 December** – The Australasian Antarctic Expedition, led by Douglas Mawson, leaves Hobart to begin an expedition to Antarctica.

The Commonwealth Bank of Australia is established by the Commonwealth Bank Act 1911.

## HMAS Australia (1911)



HMAS Australia on delivery in the UK in 1913. Photo taken in June 1913, by Frederick Riley, HMAS Australia's chaplain.

HMAS Australia was one of three Indefatigable-class battlecruisers built for the defence of the British Empire. Ordered by the Australian government in 1909, she was launched in 1911, and commissioned as flagship of the fledgling Royal Australian Navy (RAN) in 1913. Australia was the only capital ship ever to serve in the RAN.

At the start of World War I, Australia was tasked with finding and destroying the German East Asia Squadron, which was prompted to withdraw from the Pacific by the battlecruiser's presence. Repeated diversions to support the capture of German colonies in New Guinea and Samoa, as well as an overcautious Admiralty, prevented the battlecruiser from engaging the German squadron before the latter's destruction. Australia was then assigned to North Sea operations, which consisted primarily of patrols and exercises, until the end of the war. During this time, Australia was involved in early attempts at naval aviation, and 11 of her personnel participated in the Zeebrugge Raid. The battlecruiser was not at the Battle of Jutland, as she was undergoing repairs following a collision with sister ship HMS New Zealand. Australia only ever fired in anger twice: at a German merchant vessel in January 1915, and at a suspected submarine contact in December 1917.

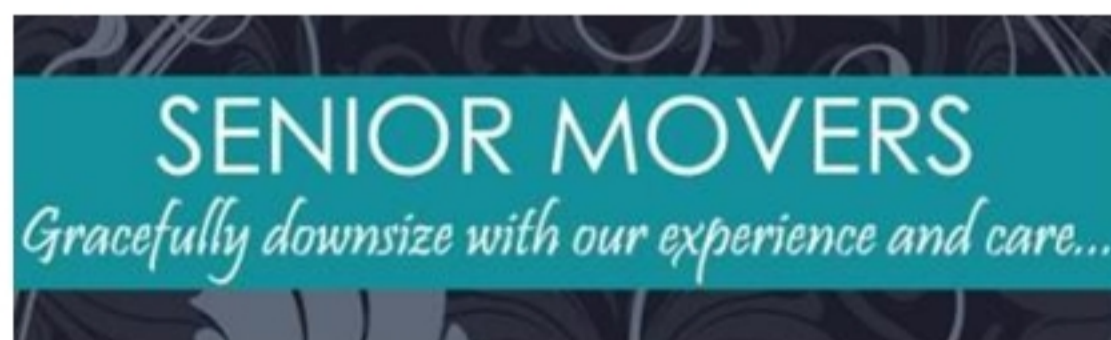
On her return to Australian waters, several sailors aboard the warship mutinied after a request for an extra day's leave in Fremantle was denied, although other issues played a part in the mutiny, including minimal leave during the war, problems with pay, and the perception that Royal Navy personnel were more likely to receive promotions than Australian sailors. Post-war budget cuts saw Australia's role downgraded to a training ship before she was placed in reserve in 1921. The disarmament provisions of the Washington Naval Treaty required the destruction of Australia as part of Britain's commitment, and she was scuttled off Sydney Heads in 1924.

More at; HMAS Australia (1911). (2011, December 26). In Wikipedia, The Free Encyclopedia. Retrieved from [http://en.wikipedia.org/w/index.php?title=HMAS\\_Australia\\_\(1911\)&oldid=467690214](http://en.wikipedia.org/w/index.php?title=HMAS_Australia_(1911)&oldid=467690214)

## Senior Movers

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

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



[www.seniormovers.com.au](http://www.seniormovers.com.au)

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

**The Senior Newspaper Online**

Click on logo:



## Avalon Computer Pals for Seniors

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

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

[Article on their Seminar](#)



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January 22 - 28, 2012: Issue 42

## Summer Creature Features: Koala Treed Part I

At one of those numerous Summer Parties we all go to a 24 year old was recalling how many koalas used to be in the trees at Avalon when she was younger and how she hasn't seen one for years now. Twenty years ago an Avalon lady, Kim Bolitho started a petition to preserve their habitat and provide some form of protection for these Pittwater originals. No local would deem these creatures as anything other than endangered, especially here and now. In February 2012 the Federal Environment Minister Tony Burke will announce a decision on whether to list the koala as a nationally threatened species and perhaps whether the Government will back calls to ensure this species survives.

The word koala comes from the Dharuk gula. Although the vowel /u/ was originally written in the English orthography as "oo" (in spellings such as coola or koolah), it was changed to "oa" possibly due to an error. The word is erroneously said to mean "doesn't drink".

The scientific name of the koala's genus, *Phascolarctos*, is derived from Greek phaskolos "pouch" and arktos "bear". Its species name, cinereus, is Latin and means "ash-coloured". Although the koala is not a bear, English-speaking settlers from the late 18th century first called it koala bear due to its similarity in appearance to bears. Although taxonomically incorrect, the name koala bear is still in use today outside Australia.

A typical Victorian koala (formerly *P. cinereus victor*) has longer, thicker fur, is a darker, softer grey, often with chocolate-brown highlights on the back and forearms, and has a more prominently light-coloured ventral side and fluffy white ear tufts. Typical and New South Wales koala weights are 12 kg (26 lb) for males and 8.5 kg (19 lb) for females. In tropical and sub-tropical Queensland, however, the koala is smaller (at around 6.5 kg (14 lb) for an average male and just over 5 kg (11 lb) for an average female), a lighter often rather scruffy grey in colour, and has shorter, thinner fur. In Queensland, the koala was previously classified as the subspecies *P. cinereus adustus*, and the intermediate forms in New South Wales as *P. cinereus cinereus*. A fourth variation, though not technically a subspecies, is the "golden koala", which has a slight golden tinge to the fur as a result of an absence of the melanin pigment that produces albinism in most other mammalian species. The variation from one form to another is continuous and there are substantial differences between individual koalas in any given region such as hair colour. Koalas may also have white fur in rare cases due to a recessive gene.

The origins of the koala are unclear, although almost certainly they descended from terrestrial wombat-like animals. Koala fossils are quite rare, but some have been found in northern Australia dating to 20 million years ago. During this time, the northern half of Australia was rainforest. The koala did not specialise in a diet of eucalypts until the climate cooled and eucalypt forests grew in the place of rainforests. The fossil record indicates that before 50,000 years ago, giant koalas inhabited the southern regions of Australia. The koala fills the same ecological role as the sloths of South America.

The koala will eat the leaves of a wide range of eucalypts, and occasionally even some non-eucalypt species such as Acacia, Leptospermum, and Melaleuca. It has firm preferences for particular varieties of eucalypt and these preferences vary from one region to another: in the south Manna Gum, Blue Gum, and Swamp Gum are favoured; Grey Gum and Tallowwood are important in the north, and the ubiquitous River Red Gum of the isolated seasonal swamps and watercourses that meander across the dry inland plains allows the koala to live in surprisingly arid areas. Many factors determine which of the 680 species of eucalypt trees the koala eats. Among trees of their favourite species, however, the major factor that determines which individual trees the koala chooses is the concentration of a group of phenolic toxins called formylated phloroglucinol compounds. Researches on koalas by keepers at 13 wildlife parks and zoos in New South Wales show that the most preferred group of Eucalyptus foliage had the lowest content of condensed tannins.

Koala. (2011, November 5). In Wikipedia, The Free Encyclopedia. Retrieved from <http://en.wikipedia.org/w/index.php?title=Koala&oldid=459137880>

## WetlandCare Australia National Art and Photography Competition

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

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

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

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

[Entry Forms Here](#)



Florabank recognises and shares the best available knowledge from research and practice in native species seed management. More at: [http://www.florabank.org.au/default.asp?V\\_DOC\\_ID=1](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](#) [+](#)

## Bushcare at Warriewood

The Warriewood bushcare group managed by Pittwater Council needs more volunteers on 4th Wednesday morning of the month - Can you help? Please contact Mary Johnsen at 9999 0000.



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



## Pittwater's Environmental Foundation

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

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

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



## ONLINE BIODIVERSITY CALENDAR A FIRST

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

The calendar has been coordinated by Pittwater Council on behalf of the Pittwater, Hornsby and Gosford communities and was funded 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 Dharawal people have provided their knowledge for descriptions of some of the images. The Guringin, Darkinyung and Darug people are also providing input into the calendar. Other information in the calendar includes details of environmental events and community species, weather patterns and hazards to the environment, such as weed species.

Pittwater Council's Natural Environment and Education Manager Marie Beharel 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/biodiversitycalendar](http://www.pittwater.nsw.gov.au/environment/biodiversitycalendar) To submit photos for the biodiversity calendar email [cec@pittwater.nsw.gov.au](mailto:cec@pittwater.nsw.gov.au)

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## Koala Further

"KOALA AN ASSET."  
Plea for Preservation.

Two of five koalas injured in bush fires at Newport on Saturday have died from exhaustion. The three bears which remain are being treated at Koala Park. The secretary of the Koala Club of Australia, Mr. Frank L. Edwards, said yesterday that, during 1937 and 1938, the club had participated in the rescue of nine maimed bears from the Pittwater district.

"At this rate," he added, "the animals will vanish from that district in three or four years. As there are not 200 of them left in New South Wales, this is a tragedy. Koalas, one of our best animal assets, are allowed to stray to their rapid destruction, as in the Pittwater district while the law requires that other stock be paddocked.

"If we lose them," Mr Edwards added, "would be of little use to talk of stocking up with koalas from elsewhere. The States are already refusing to transfer koalas and, in any case, the Queensland and Victorian native bears are different types from ours."

"KOALA AN ASSET.". (1939, January 17). The Sydney Morning Herald (NSW : 1842 - 1954), p. 10. Retrieved from <http://nla.gov.au/nla.news-article27976025>

## THE OFFICIAL STATUS OF THE KOALA

Koalas are in serious decline suffering from the effects of habitat destruction, domestic dog attacks, bushfires and road accidents. The Australian Koala Foundation estimates that there are less than 80,000 koalas left in the wild, possibly as few as 43,000.

There is arguably no legislation that effectively and/or consistently protects koala habitat anywhere within Australia, not necessarily because the legislation does not exist, but because there is not always the political will to adequately resource, implement, police and enforce such legislation.

There are four states where koalas occur in the wild - Queensland, New South Wales, Victoria and South Australia - and each state has its own legislation (see below).

The Federal Government passes responsibility for protection of koala habitat to the states. The states often pass principal responsibility to local government. Local government is where most day to day decisions are made about what happens to koala habitat but where there is often the least amount of resources and expertise in wildlife management or habitat assessment.

From the Australian Koala Foundation:

<https://www.savethekoala.com/koalasendangered.html>

## What you can do: write a letter or email:

Federal Environment Minister Tony Burke has announced that he has deferred a decision on whether to list the koala as a nationally threatened species (until February 2012). The Hon Tony Burke MP, Minister for Sustainability, Environment, Water, Population and Communities  
PO Box 6022  
Parliament House  
Canberra ACT 2600  
or email [tony.burke.mp@environment.gov.au](mailto:tony.burke.mp@environment.gov.au).

Save the Koala Month (all of September each year) and Day (last Friday of September): September 28th, 2012 to get involved:  
<https://www.savethekoala.com/fundraiseforkoalas.html>



Between pp. 48-49 A monkey or bear of N.S.Wales Image No. No. a2424015 from William Gottett notes and sketches taken during a surveying Expedition in N. South Wales and Blue Mountains Road by William Gottett on staff of Major Mitchell, Surveyor General of New South Wales, courtesy State Library of NSW. William Romaine Gottett was surveying Pittwater in January-February 1829.

## How Green is a Spotted Gum when Wet?



## Marine and Freshwater Research Volume 63 Number 1 2012

Includes: Riparian vegetation removal alters consumer-resource stoichiometry in an Australian lowland stream. Contrasting behavioural responses of grazing mayflies and detritivorous caddisflies to predatory fish. A systematic evaluation of the incremental protection of broad-scale habitats at Ningaloo Reef, Western Australia. Climate variability of the Great Barrier Reef in relation to the tropical Pacific and El Niño-Southern Oscillation

and more.



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

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

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



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

from the Prayer of Saint Patrick

## Coastal Environment Centre



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

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

Monthly Cocee Newsletter below. If you would like to receive Council's newsletter via email, please contact [jodi\\_harvey@pittwater.nsw.gov.au](mailto:jodi_harvey@pittwater.nsw.gov.au)

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

[HERE](#)





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## Summer Fruits: Mango



Few are immune to the delights of these beautiful golden fruits. Juice dripping down your hands and getting all over your chin is part of the enjoyment. The Mango is the Tree of life in Burma and is one of the world's most ancient fruits. They appear in Australian markets from early December on, long established as one of our favourite Christmas and January fruits. It has Summer Vitamins as part of its properties and seems to attest to ancient beliefs that each season produces what the animals

who consume vegetables and fruits need most to maintain balance and optimum health. Best eaten fresh and untouched, there is also a favourite recipe in this household, always ordered by the teenager when dining out. Perhaps we may come home to a home-made version soon...

### Mango Chicken

(Tofu and vegetables or Fish are other options)

#### Ingredients:

4 skinless boneless chicken breasts.  
1 tablespoon of vegetable oil.  
¾ cup of red onion, chopped.  
1 mango, peeled and sliced.  
3 cups of orange juice.  
3 tablespoons of cornstarch.  
¼ cup of hot water.  
1 cup of rice

#### Directions:

Place rice in cold water and run to remove some of the starch. Cover rice with fresh water by around an inch, salt and bring to boil. When rice has boiled for two minutes, cover and turn down to low simmer; reduction cooking method for rice (around 10-14 minutes). In a large skillet, brown the chicken breasts in oil until they are crispy and juices run clear. Add the chopped red onion to the chicken. Sauté for 3 minutes, stirring frequently. Add the orange juice and bring to a simmer. When the juice bubbles, add the mango slices. Turn down the heat and simmer for 2 minutes. Dissolve the cornflour in hot water, then stir it into the sauce. Stir until the sauce thickens slightly and serve on cooked rice with crisp green salad.



Cave photo: Ellora caves. Cave 34?. "On another cave, an imposing yakshi is seated on her lion under a mango tree, laden with fruits." from en:Ellora Source ; [http://pipimaru.dyndns.org/india\\_2004/index.html](http://pipimaru.dyndns.org/india_2004/index.html)

Author Y. Shishido

The mango is a fleshy stone fruit belonging to the genus *Mangifera*, consisting of numerous tropical fruiting trees in the flowering plant family Anacardiaceae. The mango is native to India from where it spread all over the world. In several cultures, its fruit and leaves are ritually used as floral decorations at weddings, public celebrations and religious ceremonies.

The English word "mango" originated from the Tamil word *māṅgai* or *mankay* from the Dravidian word root of same name. The word's first recorded attestation in a European language was a text by Ludovico di Varthema in Italian in 1510, as *manga*; the first recorded occurrences in languages such as French and post-classical Latin appear to be translations from this Italian text. The origin of the "-o" ending in English is unclear.

Mango trees (*Mangifera indica* L.) grow up to 35–40 m (115–130 ft) tall, with a crown radius of 10 m (33 ft). The mango tree is long-lived, as some specimens still fruit after 300 years. Mangoes have been cultivated in South Asia for thousands of years and reached East Asia between the fifth and fourth centuries BC. By the 10th century AD, cultivation had begun in East Africa. The 14th century Moroccan traveler, Ibn Battuta, reported it at Mogadishu. Cultivation came later to Brazil, the West Indies and Mexico, where an appropriate climate allows its growth.

#### Nutrients and phytochemicals

The energy value per 100 g (3.5 oz) is 250 kJ (60 kcal), and that of the apple mango is slightly higher (79 kcal per 100g). Mango contains a variety of phytochemicals and nutrients. The fruit pulp is high in prebiotic dietary fiber, vitamin C, diverse polyphenols and provitamin A carotenoids.

In mango fruit pulp, the antioxidant vitamins A and C, Vitamin B6 (pyridoxine), folate, other B vitamins and essential nutrients, such as potassium, copper and amino acids, are present. Mango peel and pulp contain other phytonutrients, such as the pigment antioxidants – carotenoids and polyphenols – and omega-3 and -6 polyunsaturated fatty acids.

Mango peel contains pigments that may have antioxidant properties, including carotenoids, such as the provitamin A compound, beta-carotene, lutein and alpha-carotene, polyphenols such as quercetin, kaempferol, gallic acid, caffeic acid, catechins, tannins, and the unique mango xanthonoid, mangiferin, any of which may counteract free radicals in various disease processes as revealed in preliminary research. Phytochemical and nutrient content appears to vary across mango species. Up to 25 different carotenoids have been isolated from mango pulp, the densest of which was beta-carotene, which accounts for the yellow-orange pigmentation of most mango species. Peel and leaves also have significant polyphenol content, including xanthonoids, mangiferin and gallic acid.

The mango triterpene, lupeol, is an effective inhibitor in laboratory models of prostate and skin cancers. An extract of mango branch bark called *Vimang*, isolated by Cuban scientists, contains numerous polyphenols with antioxidant properties in vitro and on blood parameters of elderly humans

#### Cultural significance

The mango is the national fruit of India, Pakistan, and the Philippines. The mango tree is the national tree of Bangladesh.

In Hinduism, the perfectly ripe mango is often held by Lord Ganesha as a symbol of attainment, regarding the devotees potential perfection. Mango blossoms are also used in the worship of the goddess Saraswati. No Telugu/Kannada new year's day called Ugadi passes without eating ugadi pachchadi made with mango pieces as one of the ingredients. In Tamil Brahmin homes mango is an ingredient in making vadai paruppu on Sri Rama Navami day (Lord Ram's Birth Day) and also in preparation of pachchadi on Tamil new year's day.

The Jain goddess Ambika is traditionally represented as sitting under a mango tree. Mango leaves are used to decorate archways and doors in Indian houses and during weddings and celebrations like Ganesh Chaturthi. Mango motifs and paisleys are widely used in different Indian embroidery styles, and are found in Kashmiri shawls, Kanchipuram silk sarees, etc. Paisleys are also common to Iranian art, because of its pre-Islamic Zoroastrian past.

In Australia, the first tray of mangoes of the season is traditionally sold at an auction for charity.

Mango. (2012, January 2). In Wikipedia, The Free Encyclopedia. Retrieved from <http://en.wikipedia.org/w/index.php?title=Mango&oldid=469214383>



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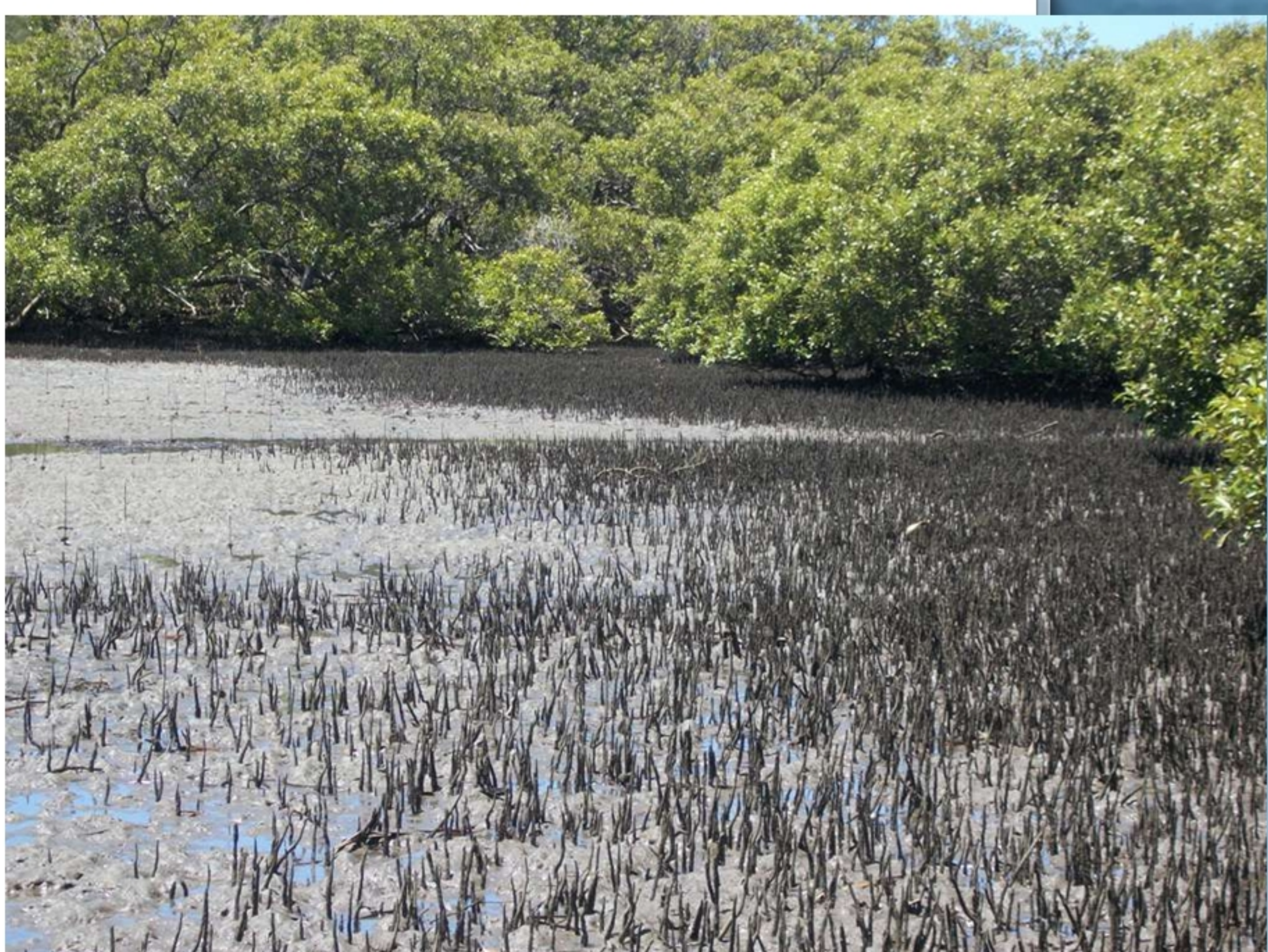
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## World Wetlands Day 2nd of February, 2012

Every year, on the 2nd of February, the Anniversary of the signing of the Convention on Wetlands of International Importance (Ramsar Convention) in Ramsar, Iran, on 2 February 1971, is celebrated as World Wetlands Day. Our own Pittwater Council is providing a range of activities to celebrate this day which are on the [Community News](#) page. To 'whet' your appetite we share some images taken this week in low tides at Careel Bay, a salt-marsh Estuarine Wetland.



## Reed's Seeds, Mangroves and Seagrasses





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

## Kangaroo - The Australian Story (1951)

Directed by Lewis Milestone

Maureen O'Hara, Peter Leonard and Richard Boone in Australia with Chips Rafferty and Bud Tingwell. This was Twentieth Century Fox's first of many productions in Australia. The promos for this movie say it all. Watch the film and compare:

"Tribute to greatness...TO-NIGHT SCREEN HISTORY IS MADE...as "Kangaroo," the first feature film in Technicolor produced by Hollywood in Australia, makes its debut before distinguished audiences at gala charity previews in Canberra, Sydney, Melbourne, Adelaide, Brisbane and Port Augusta (S.A.) ...memorable occasions to mark the beginning of a new phase of this great enterprise ..."

"SOON all Australia will be seeing the motion picture that has excited world-wide interest...Two years to make but worth waiting for. A motion picture of Australia - for Australia - expertly made as only Hollywood knows how!"

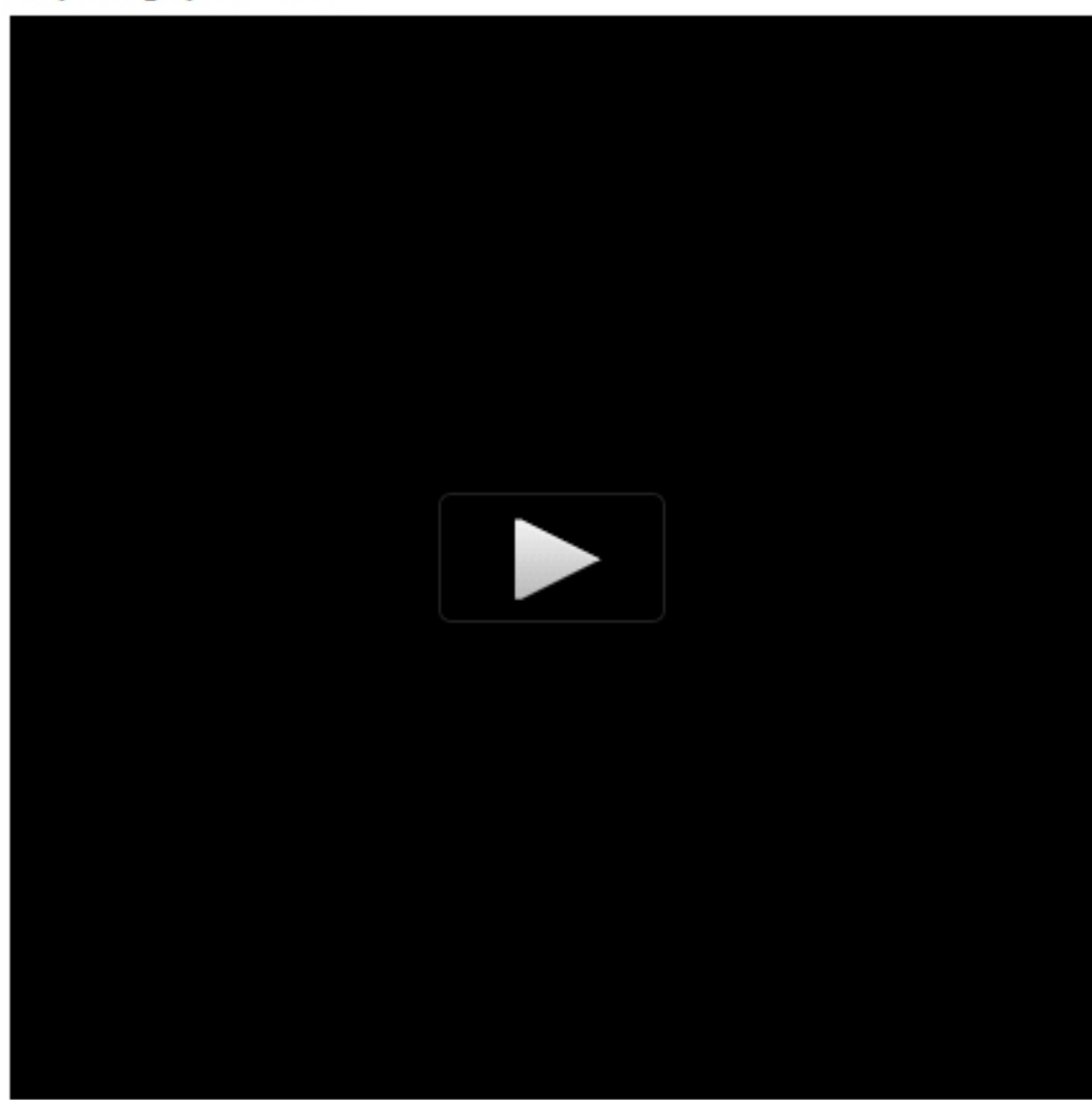
"The continent time forgot...See the aborigines of Australia dance the blood-tingling corroboree. See giant lizards, wombats, dingos, bull ants, extinct everywhere else for 60,000,000 years"

"They have caught the thunder of thirst-crazed herds, the scream of the boomerang, and a bull-whip fight never before seen on the screen"

"The cameras record the sight and sound of aborigines in the exciting dance of the corroboree"

"Excitement STAMPEDES THE SCREEN!"

"The Cry of Mighty Adventure!"



## Silks and Saddles (1921)

Australian silent film from 1921 about the lives of the people in the horse racing world.

DIRECTED AND PRODUCED BY John K Wells

WRITTEN BY John Cosgrove and John K Wells

CAST

Agnes Vernon - Bobbie Morton (as Brownie Vernon)

Robert MacKinnon - Richard Morton Jr

John Cosgrove - Dennis O'Hara

John Faulkner - Richard Morton Sr

Tal Ordell - Phillip Droone

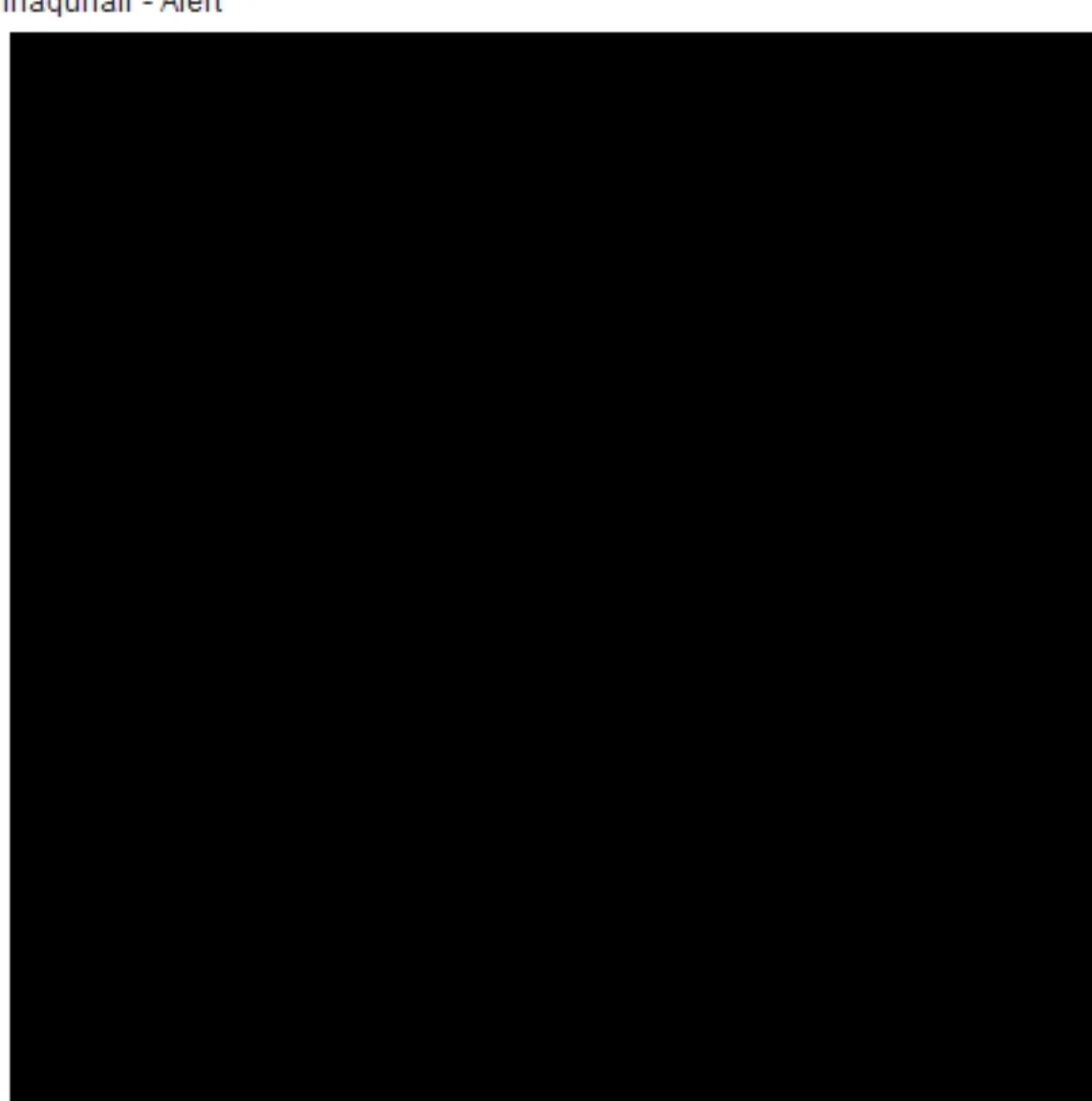
Evelyn Johnson - Myra Fane

Raymond Lawrence - Jeffrey Manners

Gerald Harcourt - Toby Makin

Tommy Denman - Dingo

Kennaquhair - Alert



## eBooks

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## 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: [librarvpic@bom.gov.au](mailto:librarvpic@bom.gov.au)  
from: <http://www.bom.gov.au/calendar/contest/index.shtml>

## the Bridport Prize poems-short stories-flash fiction

NEW CLOSING DATE: 31st May 2012

The Bridport Prize 2012 website is now open for entries. The Bridport Prize is the richest open writing competition in the English language - with **£5000 first prize** for a short story (of up to 5000 words); and **£5000 first prize** for a poem (of up to 42 lines). The category of Flash Fiction attracts £1,000 to be won for the best short, short story of under 250 words.

The Bridport is also known as a tremendous literary stepping-stone - the first step in the careers of writers such as: Kate Atkinson, Tobias Hill, Carol Ann Duffy and Helen Dunmore.

Anyone can enter - so long as the work is previously unpublished. It costs £8 per story, £7 per poem or £6 per flash fiction and the NEW closing date is 31st May 2012. Each year the prize is judged by well known writers - this year we are delighted to announce that Gwyneth Lewis will be judging the poetry, and Patrick Gale, the short stories and flash fiction.

The 2011 anthology of winning entries is available for just £12 or £15 overseas (including postage and packing). The 2010 and 2009 anthologies are available in limited numbers for £7 and £5 (£10 and £8 overseas)

Enter online at: [www.bridportprize.org.uk](http://www.bridportprize.org.uk)  
Or download an entry form: [www.bridportprize.org.uk/entrform.pdf](http://www.bridportprize.org.uk/entrform.pdf)  
Or email for a pdf entry form: [frances@bridportprize.org.uk](mailto:frances@bridportprize.org.uk)  
Or send an SAE for an entry form to be posted to you

The Bridport Prize  
PO Box 6910  
Dorset  
DT6 9BQ  
UK



## Internet Updates

### Obama Says So Long SOPA, Killing Controversial Internet Piracy Legislation

[forbes.com](#) - The growing anti-SOPA (Stop Online Piracy Act) support that has swept through the gaming and Internet community found a very big ally today. With websites like Reddit and Wikipedia and gaming organizations like Major League...

### 7 Video Best Practices in the Era of Social Media

[socialmediatoday.com](#) - Over two billion videos are downloaded every day on Youtube. That is roughly equivalent to the programming that the three major television networks put out. In one year. And, in my estimation: user-generated videos are just getting started.

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



Summertime... exhales.

Live. Life. Love.

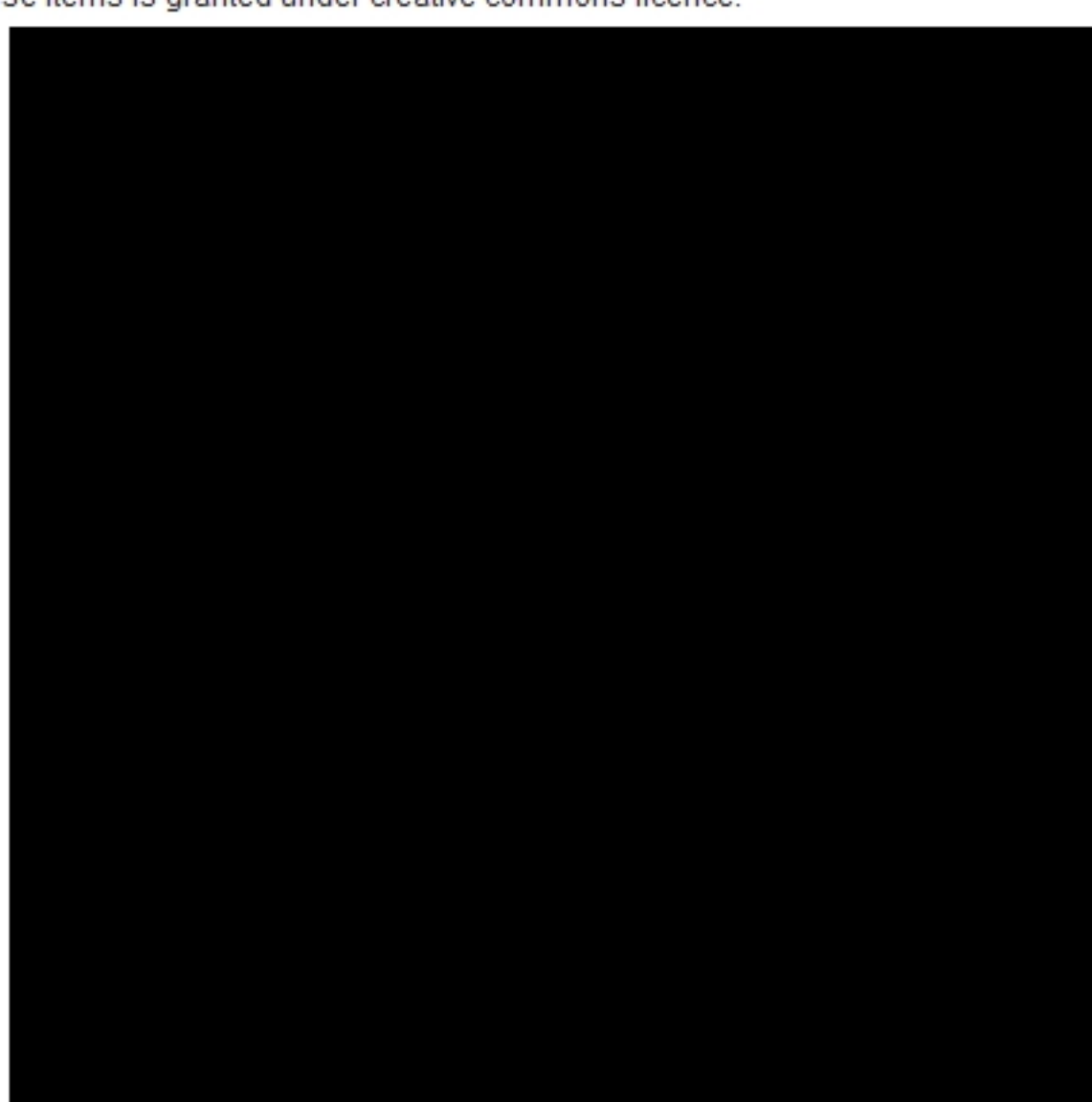
Australiana Week:

## Marvellous Melbourne (1910)

by Charles Cozens Spencer

Full Title: Marvellous Melbourne - Queen City of the South

An early documentary film about the City of Melbourne, then the interim capital city of Australia. Made in 1910. The director Charles Cozens Spencer was famous for his bushranger films: "Captain Starlight" (Robbery Under Arms), "Captain Midnight - The Bush King", "The Life and Adventures of John Vane, The Notorious Australian Bushranger", "Dan Morgan, The Terror of the Australian Bush" (Mad Dog Morgan). He also made the 1915 Film "The Shepherd of the Southern Cross." He introduced Australia's greatest silent film-maker, Raymond Longford, to the business. He died in September 1930 (he shot himself after going on a killing spree in Canada). Special contents of this edition copyright 2010 Shane I Sullivan. Permission to use these items is granted under creative commons licence.



## His Royal Highness - Frank Thring

Australia's first musical comedy featuring vaudevilian comic George Wallace the most popular Australian comedian of the era. The video and audio recordings contained in this film entered the Australian public domain in 1983. This film was ineligible for GATT/URAA restoration and remains in the US public domain.



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

The Judging Panel is chaired by Nobel Laureate J. M. Coetzee, and includes Voiceless co-founder and managing director Ondine Sherman, Literary Editor of The Sydney Morning Herald Susan Wyndham, and Dr Wendy Were, former director of the Sydney Writers Festival.

The best pieces will be released as a collection by Publishing Partner Allen & Unwin, and The Sydney Morning Herald is supporting the Prize as Media Partner. There is over \$20,000 in prizes to be won, including \$15,000 for the winner chosen by the Judging Panel (sponsored by Australian Ethical Investment), \$5,000 for the People's Choice winner sponsored by Deborah and Peter Debnam and \$500 for each writer chosen for publication.

**Hurry, entries close 16 March!** For further details visit [Voiceless](#) and to enter visit [Allen & Unwin](#).

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

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

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

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

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

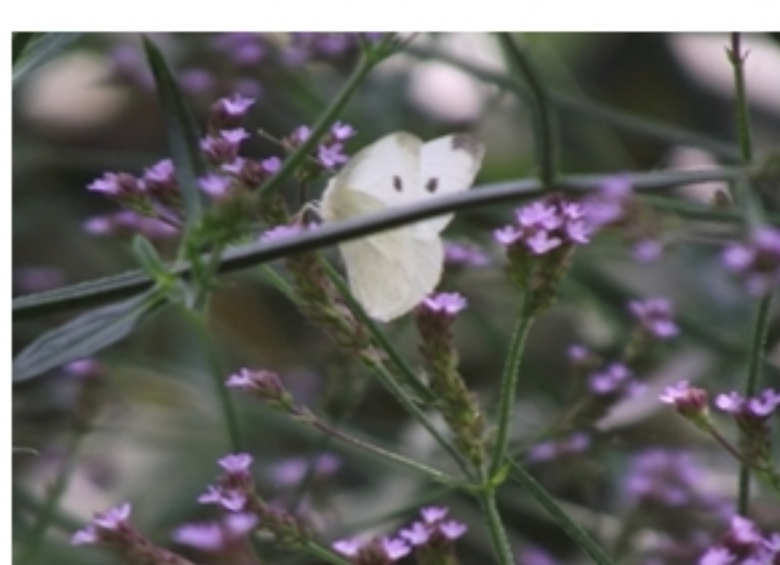
1. Visa Card Australia - 1800 621 199
2. Visa Card International - 1800 450 346
3. Lost Travellers' Cheques - 1800 127 477
4. MasterCard Australia - (02) 9466 3700
5. MasterCard International - 1800 120 113
6. Bankcard Australia - (02) 9281 6633
7. Medicare - 132 011
8. Centrelink Fraud - 137 230
9.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

## Links for cloud enthusiasts



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

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January 22 - 28, 2012: Issue 42

## Marilyn Monroe 1955 Calendar

With picture by Tim Kelley taken in 1949 'Red Velvet' sessions



Collecting calendars has become more popular as years go by. If a photograph of someone who many have a wide interest in is the subject, then the price paid by other collectors can escalate. The one here, a 1955 Golden Dreams Calendar, exploited the popularity of Marilyn Monroe. When these photos were taken Marilyn was only 22. By 1952-55 when the calendars appeared, she was doing very well, and in the 1955, then newly married to Joe DiMaggio, was at work filming 'The Seven Year Itch'. This film features the famous scene where she is standing over the New York subway in that white dress 'cooling herself'.

Tom Kelley contacted Marilyn on May 25, 1949. John Baumgarth, a wealthy Chicago manufacturer of calendars, had contacted Kelley about an upcoming calendar and he wanted a new model for artistic nude photo and Marilyn agreed. On Friday, May 27, 1949, Marilyn signed a contract with Tom Kelley under the pseudonym Mona Monroe. The photo session lasted two hours, Saturday, May 28, 1949. Natalie, the wife of Tom Kelley, attended and Kelley took twenty-four pictures, only two would be published. Kelley sold the publishing rights to the firm Baumgarth for \$500, and Marilyn received \$ 50 for the photo shoot.

This calendar is quite famous and has appeared in contemporary movies where the characters are seeking Marilyn Monroe or the script is set in the years 1954-55. The calendar brought a fair amount of criticism from media of Marilyn which the lady brushed off, refusing to lie about the circumstances surrounding their creation as asked by then employers, 20th Century Fox. Many years later Marilyn Monroe was attributed with saying, regarding this, "I didn't have anything on except the radio."

These calendars feature one picture with a pad of month pages to be torn away one by one, whereas modern paper calendars may have 12-13 pages with a different picture for each month. This transition seemed to begin during the '40s and '50s. A pad type calendar with a full pad will be worth more than one with few pages left. According to some sources the 1952 Golden Dreams version is worth the most but all years sell for between \$500-\$700.00 if complete and in pristine condition. Photographs from the session itself, signed by the photographer, sell from \$2500.00 (US).

### Further;

In 1953, Hugh Hefner bought the rights to publish one of these calendar shots, "Golden Dreams" and used it as the center-piece in the first issue of his new men's magazine, Playboy, but this was not one of the photos of Marilyn on red velvet. He also bought "A New Wrinkle" and other shots from the Kelley session.

Marilyn Monroe 1955 Golden Dreams calendar featuring the photograph taken by Tom Kelley from the 1949 Red Velvet session. 17 by 10 inches, overall 1955; Lot closed - Winning bid:\$437.50. (some have sold for \$640.00). (2010)

1954 Calendar, 14 by 8 inches, unframed; 1955 Calendar, 18 1/2 by 11 1/2 inches, framed, 1954: Lot closed - Winning bid:\$750 (2010).

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## January 2012 Specials in File



[JBHandMitre10January2012Specials.pdf](#)

Size : 841.461 Kb

Type : pdf

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## Privacy Screens I By Bruce Crutcher

Happy New year to all! I trust everyone has had (or is still having) a fun and safe holiday. In this issue, I will be discussing privacy screens. Privacy screens are, as the name suggests, great for creating private areas whilst still allowing light and air through.

The first step in erecting privacy screens is to make sure that it complies with council regulations. Privacy screens are generally permitted if they are not higher than 2.5m above existing ground level, no longer than 5m, are located in the rear yard and more than 900mm from lot boundaries. There are other restrictions, especially relating to balconies and decks. Please call your local council to ensure compliance.

Once you have worked out the scope of your screen, you will need to determine the material it is to be constructed with. Posts are usually either galvanized metal, treated pine or hardwood. Treated pine is the most common material used as it is easy to work with and durable. If the post is going to be placed in the ground, ensure the pine is treated to hazard level 4 (H4). To increase the life of your posts, consider using post shoes which keep the end of the post out of the ground. These post shoes are usually either bolted to concrete footings or the concrete footings are formed around the post shoes. If the posts are being sunk into the ground, allow at least 600mm below the ground.

Whichever method you use, ensure the posts are vertical in all directions using a spirit level. Use temporary bracing to ensure the posts stay straight whilst any concrete used is allowed to set. There is no hard and fast rule for spacing between posts, however, consideration must be given to the type of material used for screening, the length of the screen and the aspect of the screen. Being a natural product, timber will be affected by the environment more and will need more support. The closer together the posts are, the more stable the screen will be and will look better longer. The distance between posts should be from 1.2m to 2.4m.

Our next article will look at the various products available for screening. For the right advice regarding posts and post shoes, come into Johnson Bros Mitre 10 and ask our helpful staff.

Click on logo to visit their website

**JOHNSON BROS  
MITRE 10**

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